

Dance Descriptions

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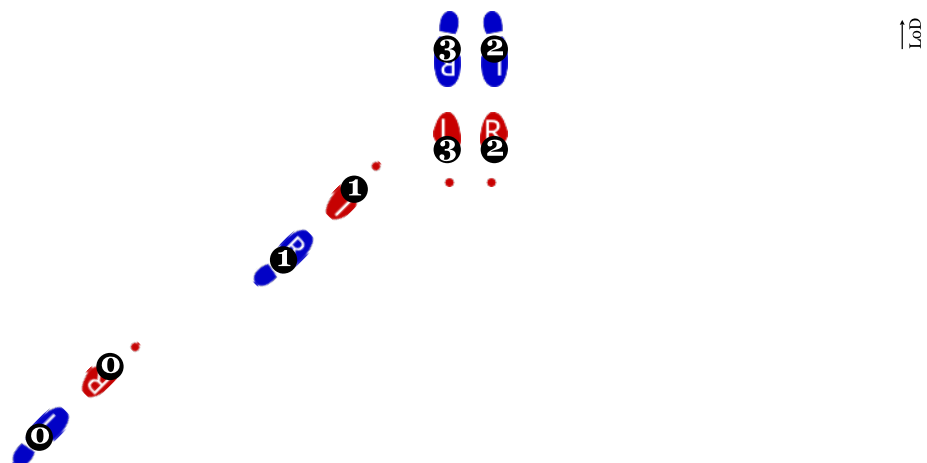
Chapter 1

Waltz

The Waltz is a ballroom dance in 3/4 time that is at the same time smooth and full of swing.

1.1 Natural half turn forward

First part of the basic movement



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take another step straight forward (LF), [slow]
making almost a half turn to the right while passing the partner.
- 3 Close the RF to the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the RF.

- 1 Take a step backward (LF). [slow]
- 2 Make almost a half turn to the right to let the partner pass,
taking a small step to the side (RF) to keep up with the partner. [slow]
- 3 Close the LF to the RF. [slow]

Preceding figures

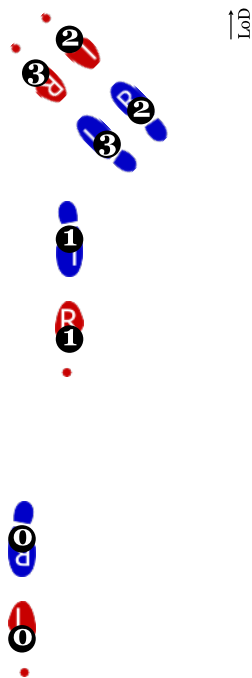
- 1.2 Natural half turn backward, page 4
- 1.10 Closed change (left foot), page 20

Following figures

- 1.2 Natural half turn backward, page 4
- 1.12 Closed change backward (left foot), page 24
- 1.16 Outside change, page 32
- 1.13 Natural spin turn, page 26
- 1.15 Hesitation change, page 30
- 1.14 Hesitation change (underturned), page 28

1.2 Natural half turn backward

Second part of the basic movement



Steps (man)

- 0 Begin in closed hold, backing against the line of dance, weight on the RF.

- 1 Take a step backward (LF). [slow]
- 2 Make almost a half turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 3 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take another step straight forward (LF), [slow] making almost a half turn to the right while passing the partner.
- 3 Close the RF to the LF. [slow]

Preceding figures

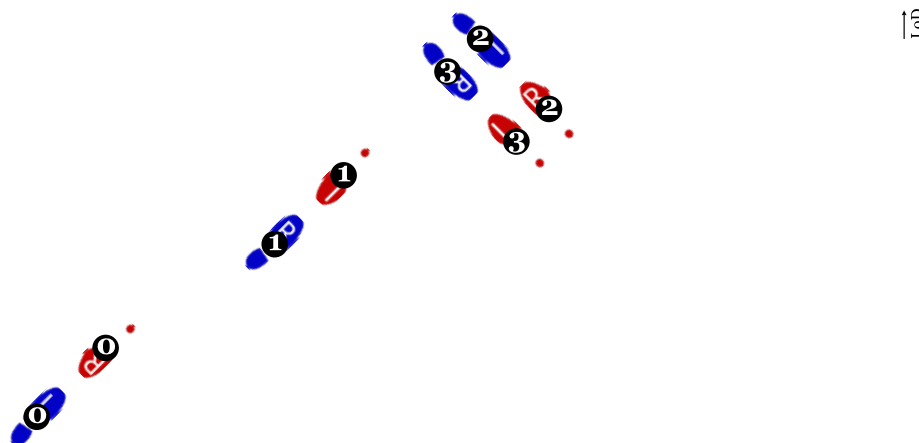
- 1.1 Natural half turn forward, page 1
- 1.11 Closed change backward (right foot), page 22

Following figures

- 1.1 Natural half turn forward, page 1
- 1.9 Closed change (right foot), page 18

1.3 Natural quarter turn forward

First part of the basic movement (quarter turns)



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take another step straight forward (LF), [slow]
making a quarter turn to the right while passing the partner.
- 3 Close the RF to the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the RF.
- 1 Take a step backward (LF). [slow]
- 2 Make a quarter turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 3 Close the LF to the RF. [slow]

Preceding figures

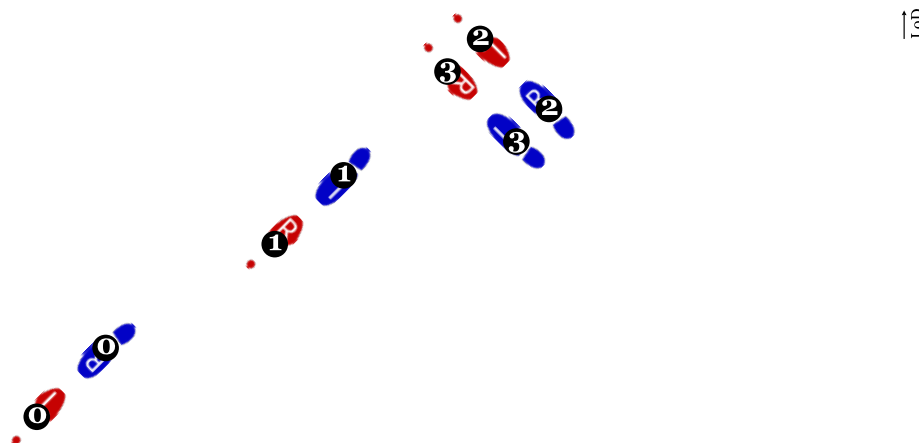
- 1.4 Natural quarter turn backward, page 8
- 1.10 Closed change (left foot), page 20

Following figures

- 1.4 Natural quarter turn backward, page 8
- 1.12 Closed change backward (left foot), page 24
- 1.16 Outside change, page 32
- 1.13 Natural spin turn, page 26
- 1.15 Hesitation change, page 30
- 1.14 Hesitation change (underturned), page 28

1.4 Natural quarter turn backward

Second part of the basic movement (quarter turns)



Steps (man)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the RF.
- 1 Take a step backward (LF). [slow]
- 2 Make a quarter turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 3 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take another step straight forward (LF), [slow]
making a quarter turn to the right while passing the partner.
- 3 Close the RF to the LF. [slow]

Preceding figures

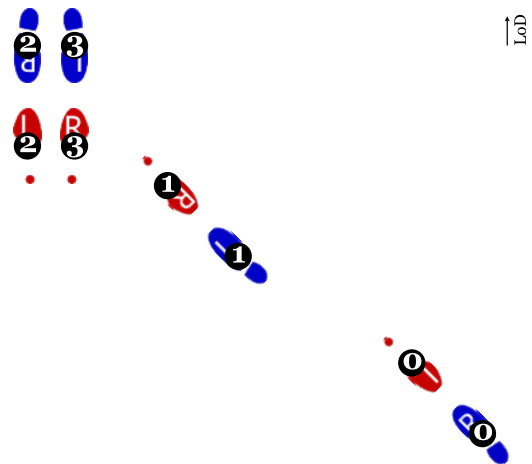
- 1.3 Natural quarter turn forward, page 6
- 1.11 Closed change backward (right foot), page 22

Following figures

- 1.3 Natural quarter turn forward, page 6
- 1.9 Closed change (right foot), page 18

1.5 Reverse half turn forward

First part of the reverse turn



Steps (man)

- 0 Begin in closed hold, facing diagonally to the centre, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Take another step straight forward (RF), [slow]
making almost a half turn to the left while passing the partner.
- 3 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the centre, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Make almost a half turn to the left to let the partner pass, taking a small step to the side (LF) to keep up with the partner. [slow]
- 3 Close the RF to the LF. [slow]

Preceding figures

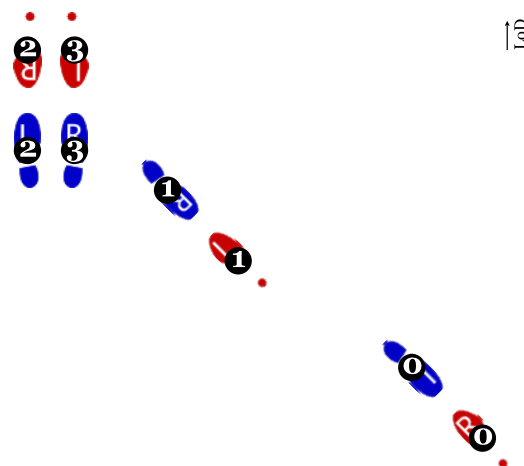
- 1.6 Reverse half turn backward, page 12
- 1.11 Closed change backward (right foot), page 22

Following figures

- 1.6 Reverse half turn backward, page 12
- 1.9 Closed change (right foot), page 18

1.6 Reverse half turn backward

Second part of the reverse turn



Steps (man)

- 0 Begin in closed hold, backing diagonally against the centre, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Make almost a half turn to the left to let the partner pass, taking a small step to the side (LF) to keep up with the partner. [slow]
- 3 Close the RF to the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing diagonally to the centre, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Take another step straight forward (RF), [slow]
making almost a half turn to the left while passing the partner.
- 3 Close the LF to the RF. [slow]

Preceding figures

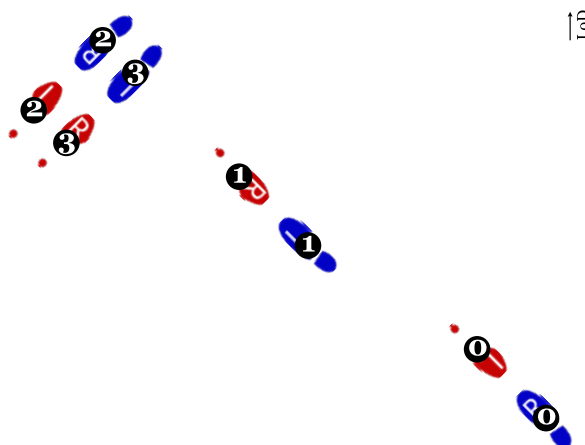
- 1.5 Reverse half turn forward, page 10
- 1.12 Closed change backward (left foot), page 24

Following figures

- 1.5 Reverse half turn forward, page 10
- 1.10 Closed change (left foot), page 20

1.7 Reverse quarter turn forward

First part of the reverse turn (quarter turns)



Steps (man)

- 0 Begin in closed hold, facing diagonally to the centre, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Take another step straight forward (RF), [slow]
making a quarter turn to the left while passing the partner.
- 3 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the centre, weight on the LF.

- 1 Take a step backward (RF). [slow]
- 2 Make a quarter turn to the left to let the partner pass,
taking a small step to the side (LF) to keep up with the partner. [slow]
- 3 Close the RF to the LF. [slow]

Preceding figures

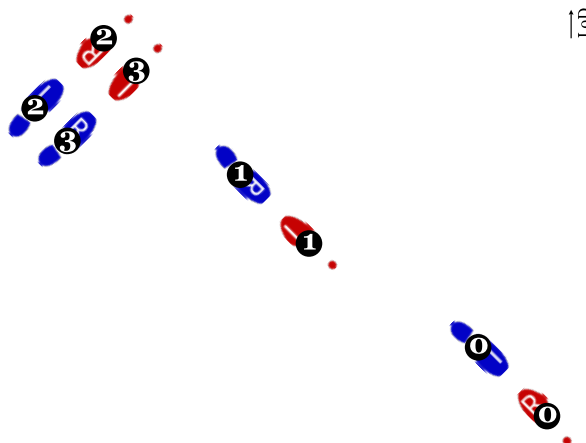
- 1.8 Reverse quarter turn backward, page 16
- 1.9 Closed change (right foot), page 18

Following figures

- 1.8 Reverse quarter turn backward, page 16
- 1.11 Closed change backward (right foot), page 22

1.8 Reverse quarter turn backward

Second part of the reverse turn (quarter turns)



Steps (man)

- 0 Begin in closed hold, backing diagonally against the centre, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Make a quarter turn to the left to let the partner pass, taking a small step to the side (LF) to keep up with the partner. [slow]
- 3 Close the RF to the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing diagonally to the centre, weight on the RF.

- 1 Take a step forward (LF). [slow]
- 2 Take another step straight forward (RF), [slow]
making a quarter turn to the left while passing the partner.
- 3 Close the LF to the RF. [slow]

Preceding figures

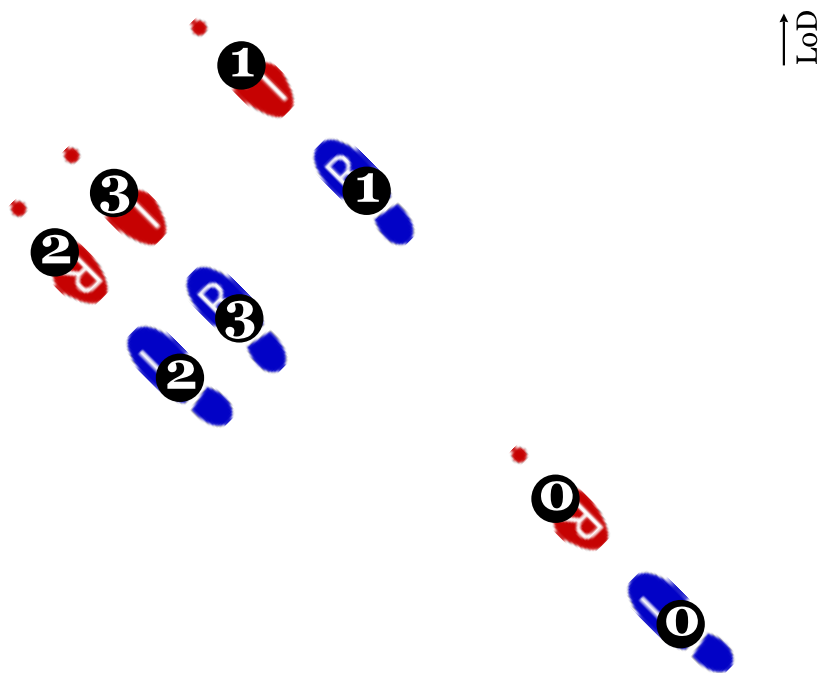
- 1.7 Reverse quarter turn forward, page 14
- 1.12 Closed change backward (left foot), page 24

Following figures

- 1.7 Reverse quarter turn forward, page 14
- 1.10 Closed change (left foot), page 20

1.9 Closed change (right foot)

Change from natural turn to reverse turn



Steps (man)

- 0 Begin in closed hold, facing diagonally to the centre, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take a step to the left (LF). [slow]
- 3 Close the RF to the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the centre, weight on the RF.

- 1 Take a step backward (LF). [slow]
- 2 Take a step to the right (RF). [slow]
- 3 Close the LF to the RF. [slow]

Preceding figures

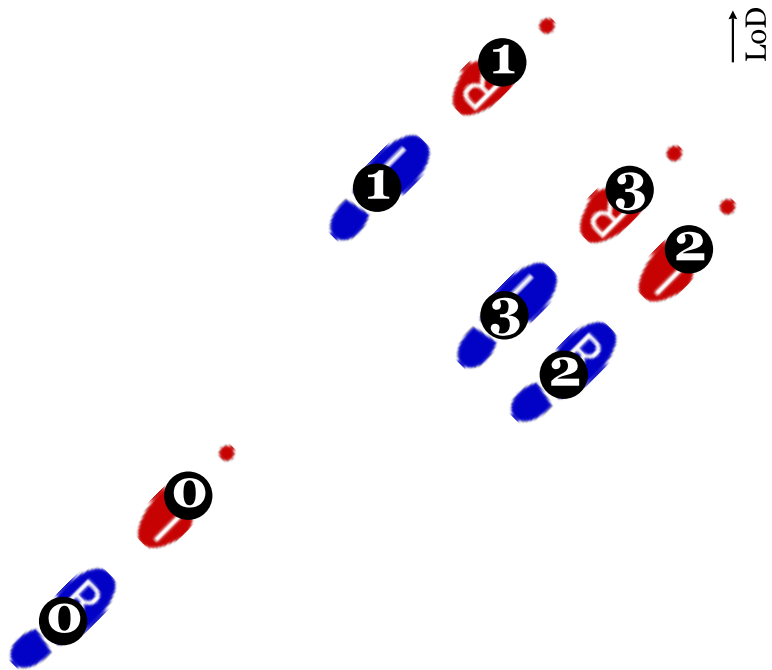
- 1.2 Natural half turn backward, page 4

Following figures

- 1.5 Reverse half turn forward, page 10

1.10 Closed change (left foot)

Change from reverse turn to natural turn



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Take a step to the right (RF). [slow]
- 3 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Take a step to the left (LF). [slow]
- 3 Close the RF to the LF. [slow]

Preceding figures

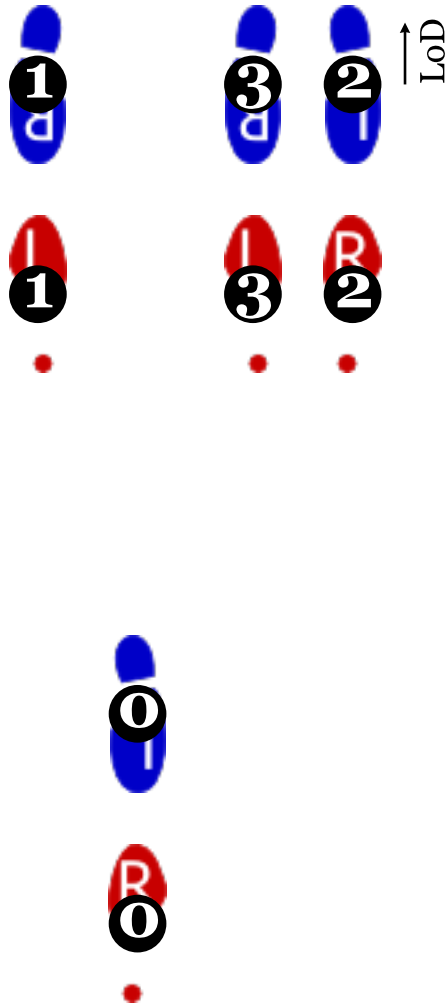
- 1.6 Reverse half turn backward, page 12

Following figures

- 1.1 Natural half turn forward, page 1

1.11 Closed change backward (right foot)

Change from reverse turn (first part) to natural turn



Steps (man)

- 0 Begin in closed hold, backing against the line of dance, weight on the LF.

- 1 Take a step backward (RF). [slow]
- 2 Take a step to the left (LF). [slow]
- 3 Close the RF to the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing the line of dance, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Take a step to the right (RF). [slow]
- 3 Close the LF to the RF. [slow]

Preceding figures

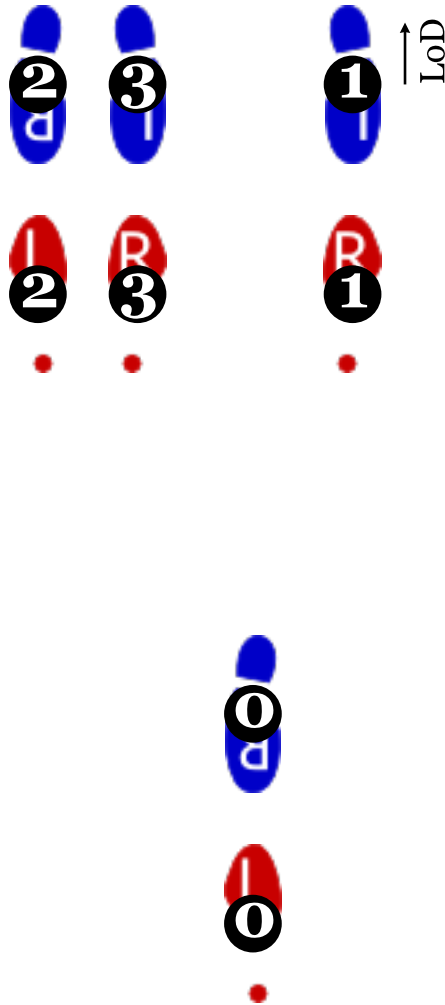
- 1.5 Reverse half turn forward, page 10

Following figures

- 1.2 Natural half turn backward, page 4

1.12 Closed change backward (left foot)

Change from natural turn (first part) to reverse turn



Steps (man)

- 0 Begin in closed hold, backing against the line of dance, weight on the RF.

- 1 Take a step backward (LF). [slow]
- 2 Take a step to the right (RF). [slow]
- 3 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take a step to the left (LF). [slow]
- 3 Close the RF to the LF. [slow]

Preceding figures

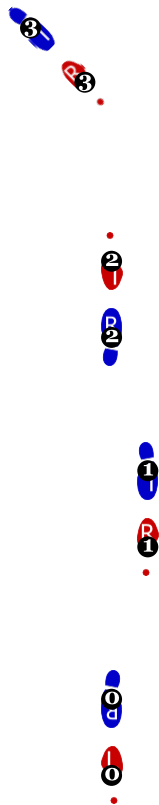
- 1.1 Natural half turn forward, page 1

Following figures

- 1.6 Reverse half turn backward, page 12

1.13 Natural spin turn

13



Steps (man)

- 0 Begin in closed hold, backing against the line of dance, weight on the RF.

- 1 Take a step backward (LF). [slow]
- 2 Make a half turn to the right, while taking a step forward (RF) along the line of dance. [slow]
- 3 Begin moving forward, [slow]
making almost a half turn to the right while passing the partner,
and finish by putting the foot down slightly backward.

Steps (lady)

- 0 Begin in closed hold, facing the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Make a half turn to the right, while taking a step backward (LF) along the line of dance. [slow]
- 3 Make almost a half turn to the right to let the partner pass,
taking a small step to the side and slightly forward (RF) to keep up
with the partner. [slow]
Take a step forward (RF).

Preceding figures

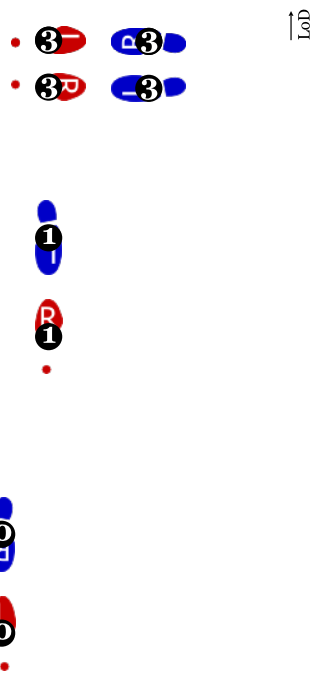
- 1.3 Natural quarter turn forward, page 6

Following figures

- 1.8 Reverse quarter turn backward, page 16

1.14 Hesitation change (underturned)

Underturned variant of the hesitation change, most suitable for corners.



Steps (man)

- 0 Begin in closed hold, backing against the line of dance, weight on the RF.

- 1 Take a step backward (LF). [slow]
- 2 Make a quarter turn to the right to let the partner pass,
taking a small step to the side (RF) to keep up with the partner. [slow]
- 3 Hesitate, then slowly close LF to RF without weight so that the next
step can begin with the LF. [slow]
Close the RF to the LF.

Steps (lady)

- 0 Begin in closed hold, facing the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take another step straight forward (LF), [slow]
making a quarter turn to the right while passing the partner.
- 3 Hesitate, then slowly close LF to RF without weight so that the next
step can begin with the LF. [slow]
Close the LF to the RF.

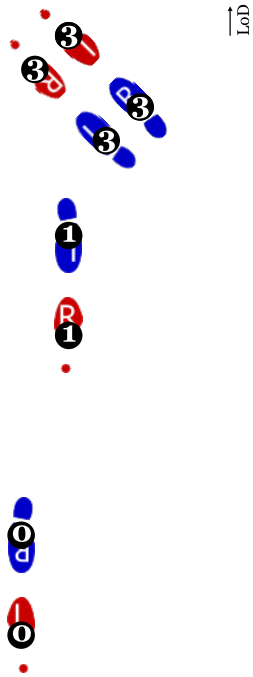
Preceding figures

- 1.1 Natural half turn forward, page 1

Following figures

- 1.18 Chassé to the right, page 36
- 1.5 Reverse half turn forward, page 10

1.15 Hesitation change



Steps (man)

- 0 Begin in closed hold, backing against the line of dance, weight on the RF.

- 1 Take a step backward (LF). [slow]
- 2 Make almost a half turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 3 Hesitate, then slowly close LF to RF without weight so that the next step can begin with the LF. [slow]
Close the RF to the LF.

Steps (lady)

- 0 Begin in closed hold, facing the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take another step straight forward (LF), [slow]
making almost a half turn to the right while passing the partner.
- 3 Hesitate, then slowly close LF to RF without weight so that the next step can begin with the LF. [slow]
Close the LF to the RF.

Preceding figures

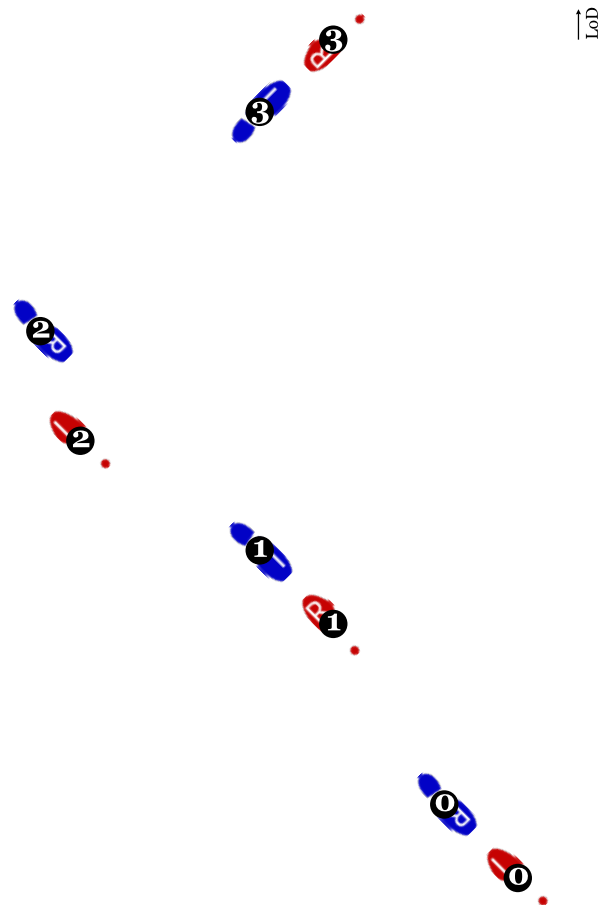
- 1.1 Natural half turn forward, page 1

Following figures

- 1.18 Chassé to the right, page 36
- 1.5 Reverse half turn forward, page 10

1.16 Outside change

Very useful for evasion in a crowded room



Steps (man)

- 0 Begin in closed hold, backing diagonally against the centre, weight on the RF.

- 1 Take a step backward (LF). [slow]
- 2 Take a step backward (RF). [slow]
- 3 Make a quarter turn to the left,
while taking a small step forward (RF). Take the next step outside of
the partner. [slow]

Steps (lady)

- 0 Begin in closed hold, facing diagonally to the centre, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take a step forward (LF). [slow]
- 3 Take a step to the right (LF), [slow]
making a quarter turn to the left.

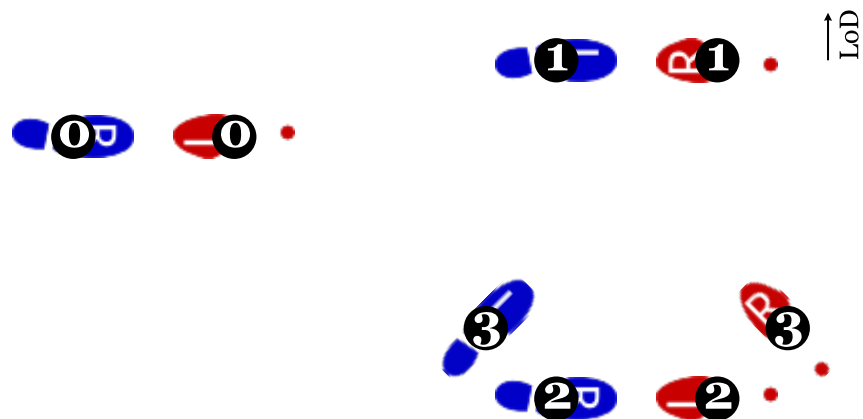
Preceding figures

- 1.1 Natural half turn forward, page 1
- 1.3 Natural quarter turn forward, page 6

Following figures

- 1.3 Natural quarter turn forward, page 6
- 1.1 Natural half turn forward, page 1

1.17 Whisk



Steps (man)

- 0 Begin in closed hold, facing the wall, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Take a step to the right (RF). [slow]
- 3 Cross the LF behind the RF and open in promenade position. [slow]

Steps (lady)

- 0 Begin in closed hold, facing the centre, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Take a step to the left (LF). [slow]
- 3 Cross the RF behind the LF and open in promenade position. [slow]

Preceding figures

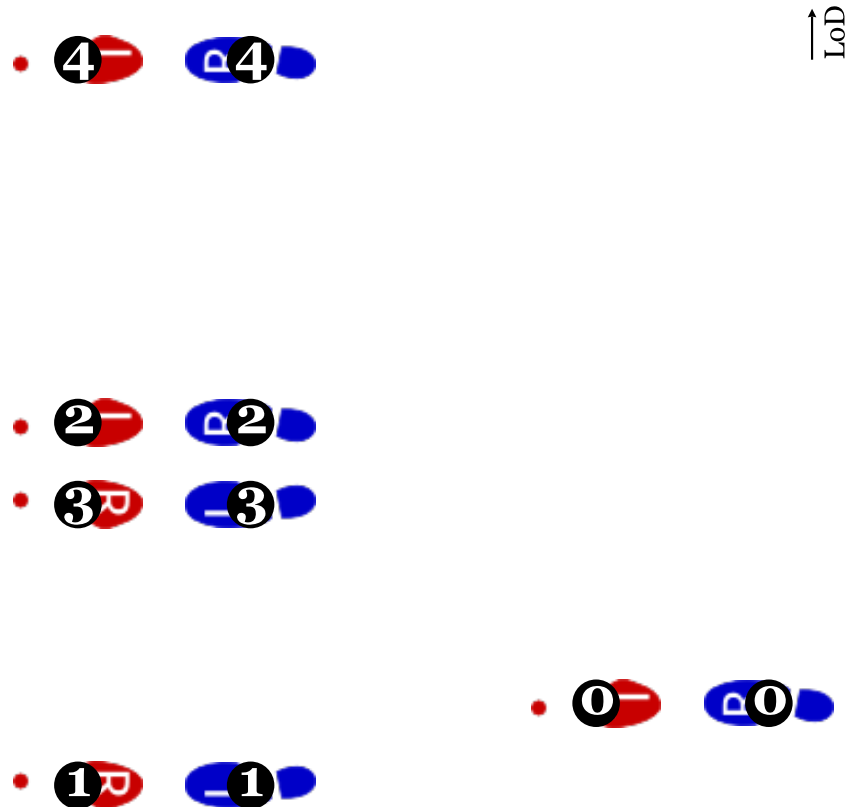
- 1.9 Closed change (right foot), page 18
- 1.6 Reverse half turn backward, page 12

Following figures

- 1.19 Chassé to the left, page 38

1.18 Chassé to the right

Chassé from promenade position



Steps (man)

- 0 Begin in closed hold, facing the centre, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Take a step to the right (RF). [quick]
- 3 Close the LF to the RF. [quick]

- 4 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Begin in closed hold, facing the wall, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Take a step to the left (LF). [quick]
- 3 Close the RF to the LF. [quick]
- 4 Take a step to the left (LF). [slow]

Preceding figures

- 1.15 Hesitation change, page 30

Following figures

- 1.5 Reverse half turn forward, page 10

1.19 Chassé to the left

Chassé from promenade position



Steps (man)

- 0 Begin in closed hold, facing the wall, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take a step to the left (LF). [quick]
- 3 Close the RF to the LF. [quick]

- 4 Take a step to the left (LF). [slow]

Steps (lady)

- 0 Begin in closed hold, facing the centre, weight on the RF.
- 1 Take a step backward (LF). [slow]
- 2 Take a step to the right (RF). [quick]
- 3 Close the LF to the RF. [quick]
- 4 Take a step to the right (RF). [slow]

Preceding figures

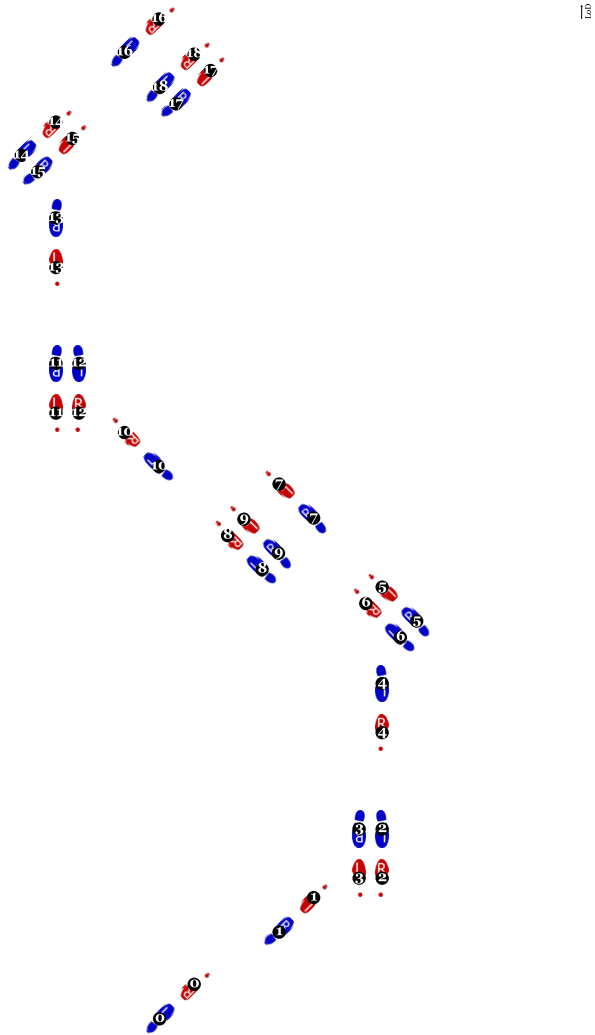
- 1.17 Whisk, page 34

Following figures

- 1.1 Natural half turn forward, page 1

1.20 Amalgamation #1

Sequence with natural turn, closed change, and reverse turn



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the LF.

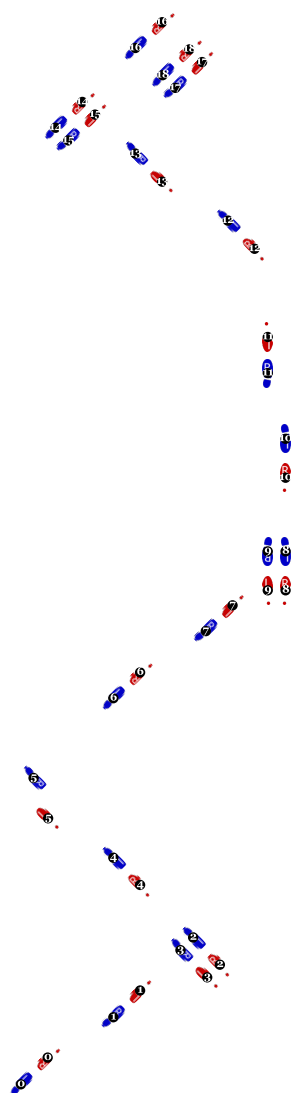
- 1 Take a step forward (RF). [slow]
- 2 Take another step straight forward (LF), [slow]
making almost a half turn to the right while passing the partner.
- 3 Close the RF to the LF. [slow]
- 4 Take a step backward (LF). [slow]
- 5 Make almost a half turn to the right to let the partner pass,
taking a small step to the side (RF) to keep up with the partner. [slow]
- 6 Close the LF to the RF. [slow]
- 7 Take a step forward (RF). [slow]
- 8 Take a step to the left (LF). [slow]
- 9 Close the RF to the LF. [slow]
- 10 Take a step forward (LF). [slow]
- 11 Take another step straight forward (RF), [slow]
making almost a half turn to the left while passing the partner.
- 12 Close the LF to the RF. [slow]
- 13 Take a step backward (RF). [slow]
- 14 Make almost a half turn to the left to let the partner pass,
taking a small step to the side (LF) to keep up with the partner. [slow]
- 15 Close the RF to the LF. [slow]
- 16 Take a step forward (LF). [slow]
- 17 Take a step to the right (RF). [slow]
- 18 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the RF.
- 1 Take a step backward (LF). [slow]
- 2 Make almost a half turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 3 Close the LF to the RF. [slow]
- 4 Take a step forward (RF). [slow]
- 5 Take another step straight forward (LF), [slow] making almost a half turn to the right while passing the partner.
- 6 Close the RF to the LF. [slow]
- 7 Take a step backward (LF). [slow]
- 8 Take a step to the right (RF). [slow]
- 9 Close the LF to the RF. [slow]
- 10 Take a step backward (RF). [slow]
- 11 Make almost a half turn to the left to let the partner pass, taking a small step to the side (LF) to keep up with the partner. [slow]
- 12 Close the RF to the LF. [slow]
- 13 Take a step forward (LF). [slow]
- 14 Take another step straight forward (RF), [slow] making almost a half turn to the left while passing the partner.
- 15 Close the LF to the RF. [slow]
- 16 Take a step backward (RF). [slow]
- 17 Take a step to the left (LF). [slow]
- 18 Close the RF to the LF. [slow]

1.21 Amalgamation #2

Sequence with natural turn, outside change, natural spin turn, and reverse turn



13

Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take another step straight forward (LF), [slow]
making a quarter turn to the right while passing the partner.
- 3 Close the RF to the LF. [slow]
- 4 Take a step backward (LF). [slow]
- 5 Take a step backward (RF). [slow]
- 6 Make a quarter turn to the left,
while taking a small step forward (RF). Take the next step outside of the partner. [slow]
- 7 Take a step forward (RF). [slow]
- 8 Take another step straight forward (LF), [slow]
making almost a half turn to the right while passing the partner.
- 9 Close the RF to the LF. [slow]
- 10 Take a step backward (LF). [slow]
- 11 Make a half turn to the right, while taking a step forward (RF) along the line of dance. [slow]
- 12 Begin moving forward, [slow]
making almost a half turn to the right while passing the partner,
and finish by putting the foot down slightly backward.
- 13 Take a step backward (RF). [slow]
- 14 Make a quarter turn to the left to let the partner pass,
taking a small step to the side (LF) to keep up with the partner. [slow]
- 15 Close the RF to the LF. [slow]
- 16 Take a step forward (LF). [slow]
- 17 Take a step to the right (RF). [slow]
- 18 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the RF.
- 1 Take a step backward (LF). [slow]
- 2 Make a quarter turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 3 Close the LF to the RF. [slow]
- 4 Take a step forward (RF). [slow]
- 5 Take a step forward (LF). [slow]
- 6 Take a step to the right (LF), [slow] making a quarter turn to the left.
- 7 Take a step backward (LF). [slow]
- 8 Make almost a half turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 9 Close the LF to the RF. [slow]
- 10 Take a step forward (RF). [slow]
- 11 Make a half turn to the right, while taking a step backward (LF) along the line of dance. [slow]
- 12 Make almost a half turn to the right to let the partner pass, taking a small step to the side and slightly forward (RF) to keep up with the partner. [slow]
Take a step forward (RF).
- 13 Take a step forward (LF). [slow]
- 14 Take another step straight forward (RF), [slow] making a quarter turn to the left while passing the partner.
- 15 Close the LF to the RF. [slow]
- 16 Take a step backward (RF). [slow]
- 17 Take a step to the left (LF). [slow]
- 18 Close the RF to the LF. [slow]

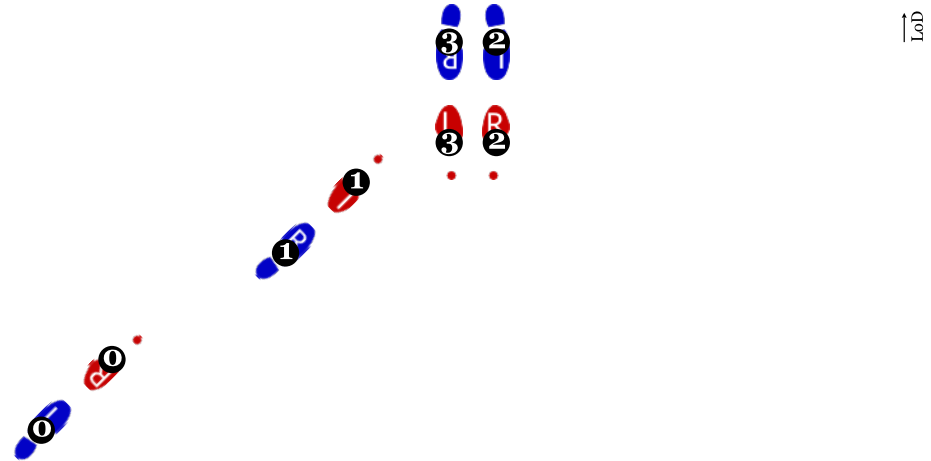
Chapter 2

Viennese Waltz

The Viennese Waltz is a ballroom dance in 6/8 time that is very fast dance focussed on rotations.

2.1 Natural half turn forward

First part of the basic movement



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take another step straight forward (LF), [slow]
making almost a half turn to the right while passing the partner.
- 3 Close the RF to the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the RF.

- 1 Take a step backward (LF). [slow]
- 2 Make almost a half turn to the right to let the partner pass,
taking a small step to the side (RF) to keep up with the partner. [slow]
- 3 Close the LF to the RF. [slow]

Preceding figures

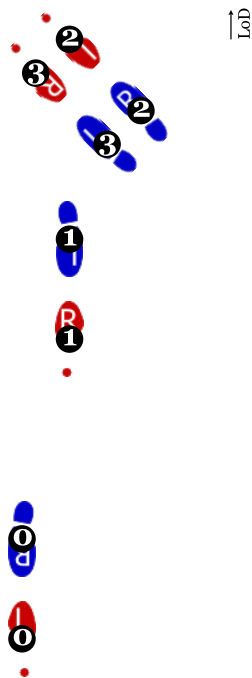
- 2.2 Natural half turn backward, page 50
- 2.10 Closed change (left foot), page 66

Following figures

- 2.2 Natural half turn backward, page 50
- 2.12 Closed change backward (left foot), page 70

2.2 Natural half turn backward

Second part of the basic movement



Steps (man)

- 0 Begin in closed hold, backing against the line of dance, weight on the RF.

- 1 Take a step backward (LF). [slow]
- 2 Make almost a half turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 3 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take another step straight forward (LF), [slow]
making almost a half turn to the right while passing the partner.
- 3 Close the RF to the LF. [slow]

Preceding figures

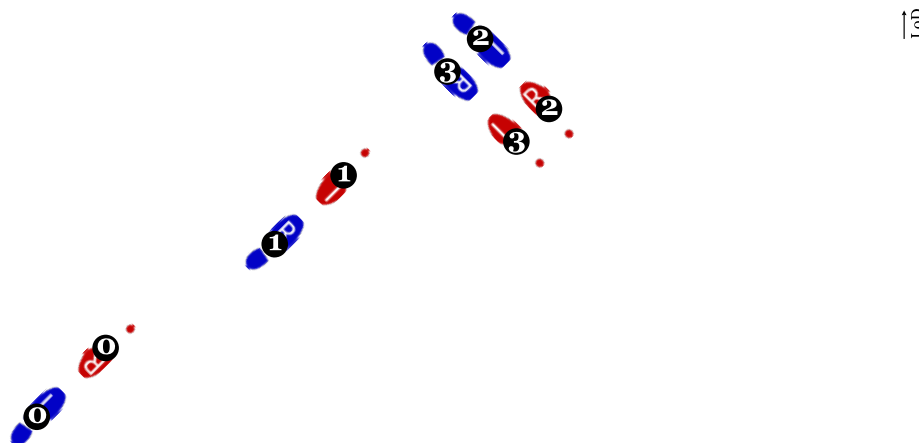
- 2.1 Natural half turn forward, page 47
- 2.12 Closed change backward (left foot), page 70

Following figures

- 2.1 Natural half turn forward, page 47
- 2.9 Closed change (right foot), page 64

2.3 Natural quarter turn forward

First part of the basic movement (quarter turns)



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take another step straight forward (LF), [slow]
making a quarter turn to the right while passing the partner.
- 3 Close the RF to the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the RF.
- 1 Take a step backward (LF). [slow]
- 2 Make a quarter turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 3 Close the LF to the RF. [slow]

Preceding figures

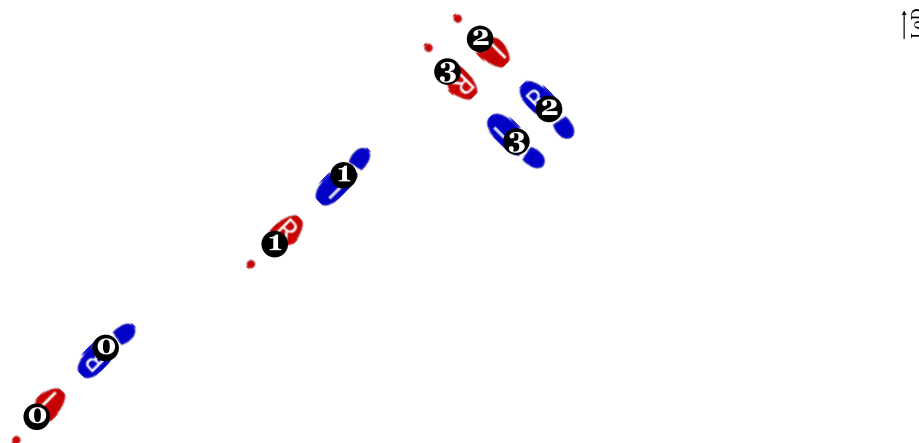
- 2.4 Natural quarter turn backward, page 54
- 2.10 Closed change (left foot), page 66

Following figures

- 2.4 Natural quarter turn backward, page 54
- 2.12 Closed change backward (left foot), page 70

2.4 Natural quarter turn backward

Second part of the basic movement (quarter turns)



Steps (man)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the RF.
- 1 Take a step backward (LF). [slow]
- 2 Make a quarter turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 3 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take another step straight forward (LF), [slow]
making a quarter turn to the right while passing the partner.
- 3 Close the RF to the LF. [slow]

Preceding figures

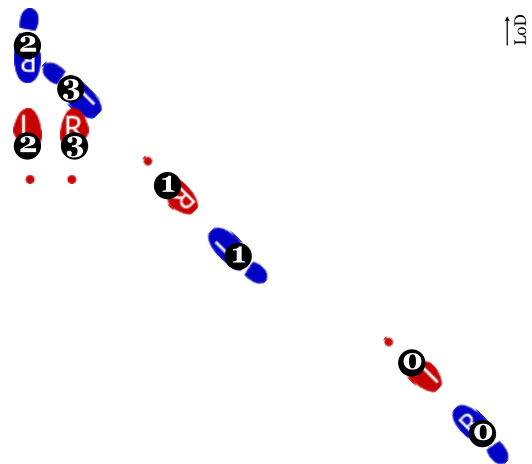
- 2.3 Natural quarter turn forward, page 52
- 2.11 Closed change backward (right foot), page 68

Following figures

- 2.3 Natural quarter turn forward, page 52
- 2.9 Closed change (right foot), page 64

2.5 Reverse half turn forward

First part of the reverse turn



Steps (man)

- 0 Begin in closed hold, facing diagonally to the centre, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Take another step straight forward (RF), [slow]
making almost a half turn to the left while passing the partner.
- 3 Cross the LF in front of the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the centre, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Make almost a half turn to the left to let the partner pass, taking a small step to the side (LF) to keep up with the partner. [slow]
- 3 Close the RF to the LF. [slow]

Preceding figures

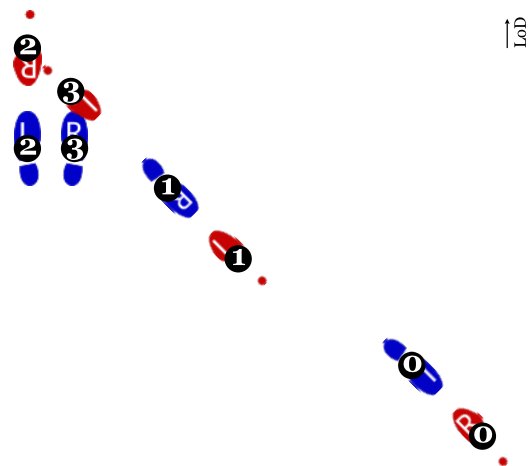
- 2.6 Reverse half turn backward, page 58
- 2.9 Closed change (right foot), page 64

Following figures

- 2.6 Reverse half turn backward, page 58
- 2.11 Closed change backward (right foot), page 68

2.6 Reverse half turn backward

Second part of the reverse turn



Steps (man)

- 0 Begin in closed hold, backing diagonally against the centre, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Make almost a half turn to the left to let the partner pass, taking a small step to the side (LF) to keep up with the partner. [slow]
- 3 Close the RF to the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing diagonally to the centre, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Take another step straight forward (RF), [slow]
making almost a half turn to the left while passing the partner.
- 3 Cross the LF in front of the RF. [slow]

Preceding figures

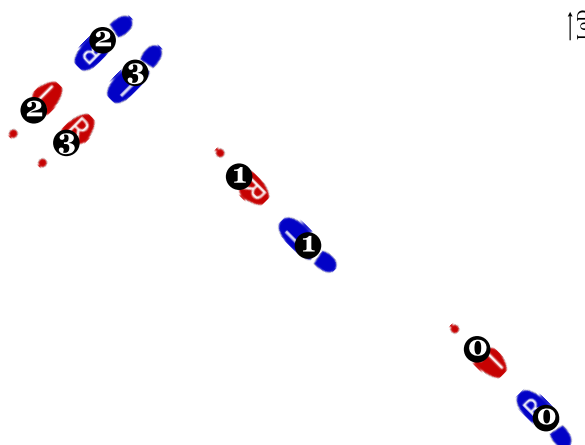
- 2.5 Reverse half turn forward, page 56
- 2.12 Closed change backward (left foot), page 70

Following figures

- 2.5 Reverse half turn forward, page 56
- 2.10 Closed change (left foot), page 66

2.7 Reverse quarter turn forward

First part of the reverse turn (quarter turns)



Steps (man)

- 0 Begin in closed hold, facing diagonally to the centre, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Take another step straight forward (RF), [slow]
making a quarter turn to the left while passing the partner.
- 3 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the centre, weight on the LF.

- 1 Take a step backward (RF). [slow]
- 2 Make a quarter turn to the left to let the partner pass,
taking a small step to the side (LF) to keep up with the partner. [slow]
- 3 Close the RF to the LF. [slow]

Preceding figures

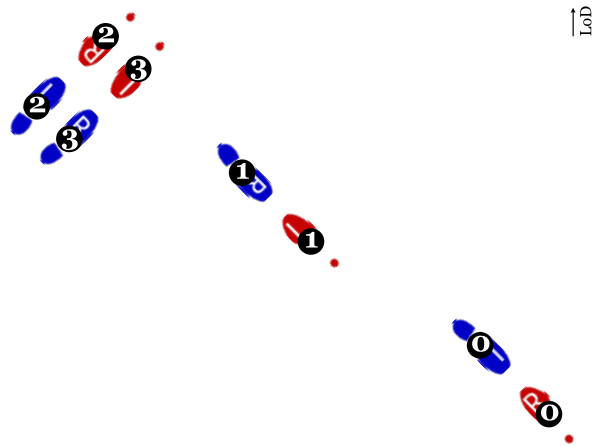
- 2.9 Closed change (right foot), page 64
- 2.8 Reverse quarter turn backward, page 62

Following figures

- 2.8 Reverse quarter turn backward, page 62
- 2.11 Closed change backward (right foot), page 68

2.8 Reverse quarter turn backward

Second part of the reverse turn (quarter turns)



Steps (man)

- 0 Begin in closed hold, backing diagonally against the centre, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Make a quarter turn to the left to let the partner pass, taking a small step to the side (LF) to keep up with the partner. [slow]
- 3 Close the RF to the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing diagonally to the centre, weight on the RF.

- 1 Take a step forward (LF). [slow]
- 2 Take another step straight forward (RF), [slow]
making a quarter turn to the left while passing the partner.
- 3 Close the LF to the RF. [slow]

Preceding figures

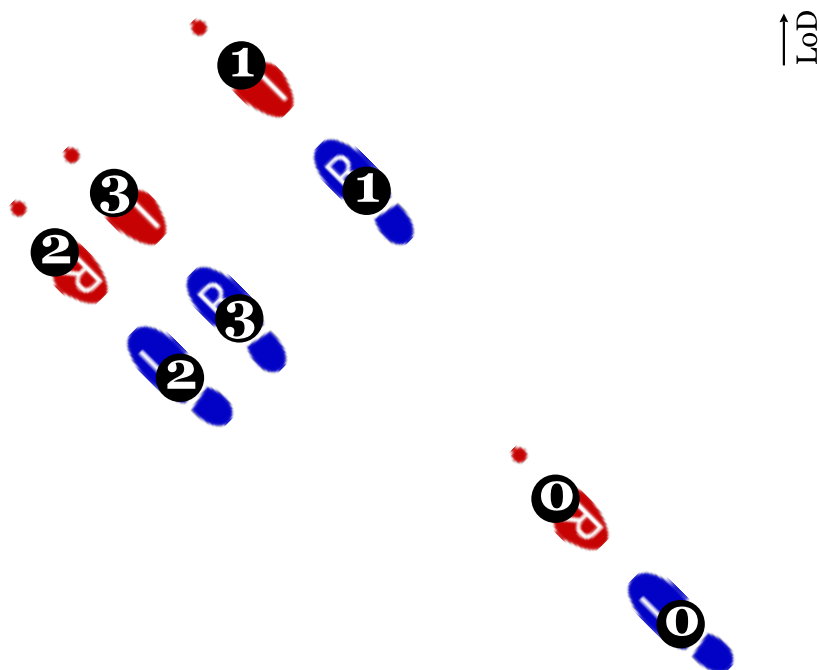
- 2.7 Reverse quarter turn forward, page 60

Following figures

- 2.7 Reverse quarter turn forward, page 60
- 2.10 Closed change (left foot), page 66

2.9 Closed change (right foot)

Change from natural turn to reverse turn



Steps (man)

- 0 Begin in closed hold, facing diagonally to the centre, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take a step to the left (LF). [slow]
- 3 Close the RF to the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the centre, weight on the RF.

- 1 Take a step backward (LF). [slow]
- 2 Take a step to the right (RF). [slow]
- 3 Close the LF to the RF. [slow]

Preceding figures

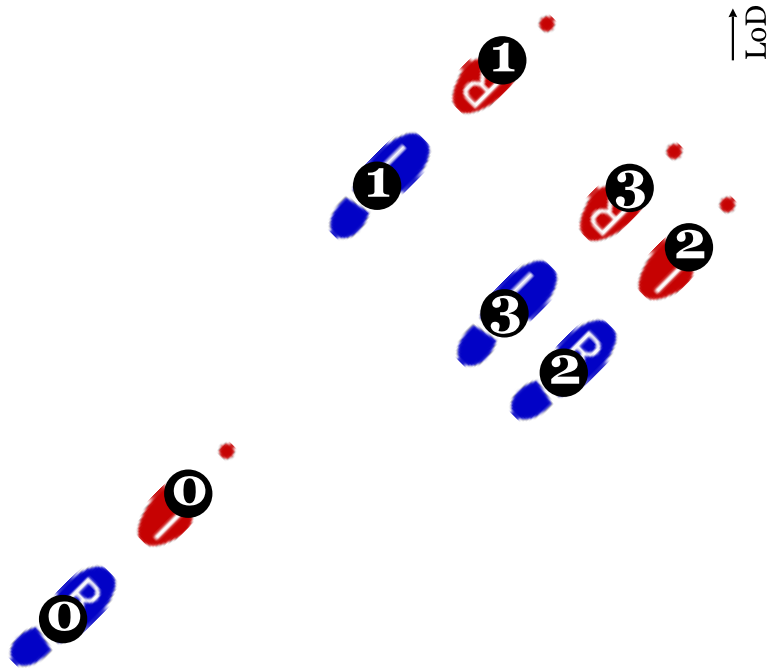
- 2.2 Natural half turn backward, page 50

Following figures

- 2.5 Reverse half turn forward, page 56

2.10 Closed change (left foot)

Change from reverse turn to natural turn



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Take a step to the right (RF). [slow]
- 3 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Take a step to the left (LF). [slow]
- 3 Close the RF to the LF. [slow]

Preceding figures

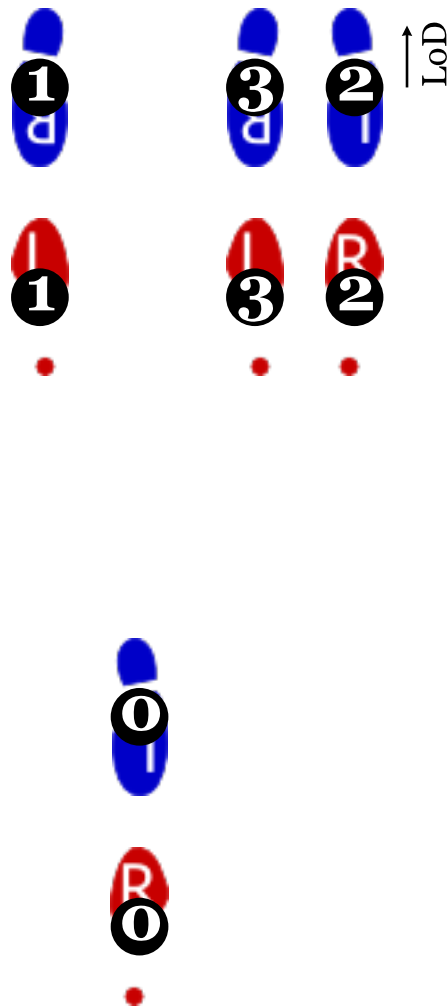
- 2.6 Reverse half turn backward, page 58

Following figures

- 2.1 Natural half turn forward, page 47

2.11 Closed change backward (right foot)

Change from reverse turn (first part) to natural turn



Steps (man)

- 0 Begin in closed hold, backing against the line of dance, weight on the LF.

- 1 Take a step backward (RF). [slow]
- 2 Take a step to the left (LF). [slow]
- 3 Close the RF to the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing the line of dance, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Take a step to the right (RF). [slow]
- 3 Close the LF to the RF. [slow]

Preceding figures

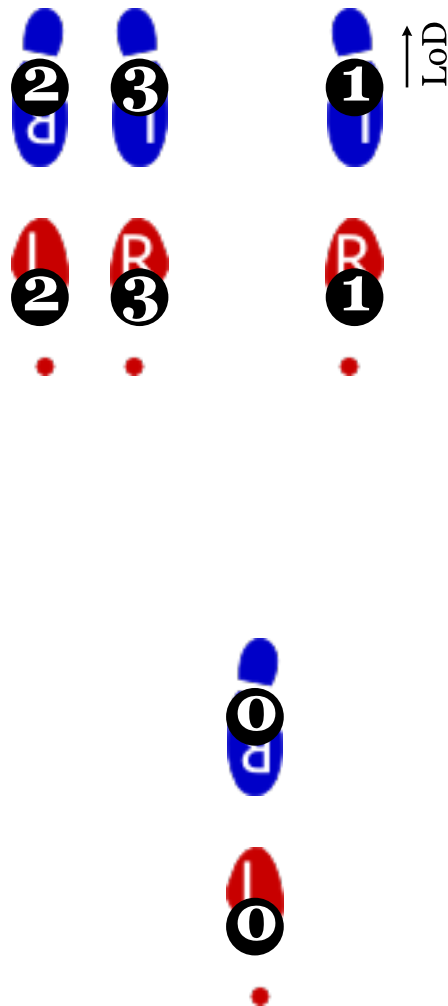
- 2.5 Reverse half turn forward, page 56

Following figures

- 2.2 Natural half turn backward, page 50

2.12 Closed change backward (left foot)

Change from natural turn (first part) to reverse turn



Steps (man)

- 0 Begin in closed hold, backing against the line of dance, weight on the RF.

- 1 Take a step backward (LF). [slow]
- 2 Take a step to the right (RF). [slow]
- 3 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take a step to the side (LF). [slow]
- 3 Close the RF to the LF. [slow]

Preceding figures

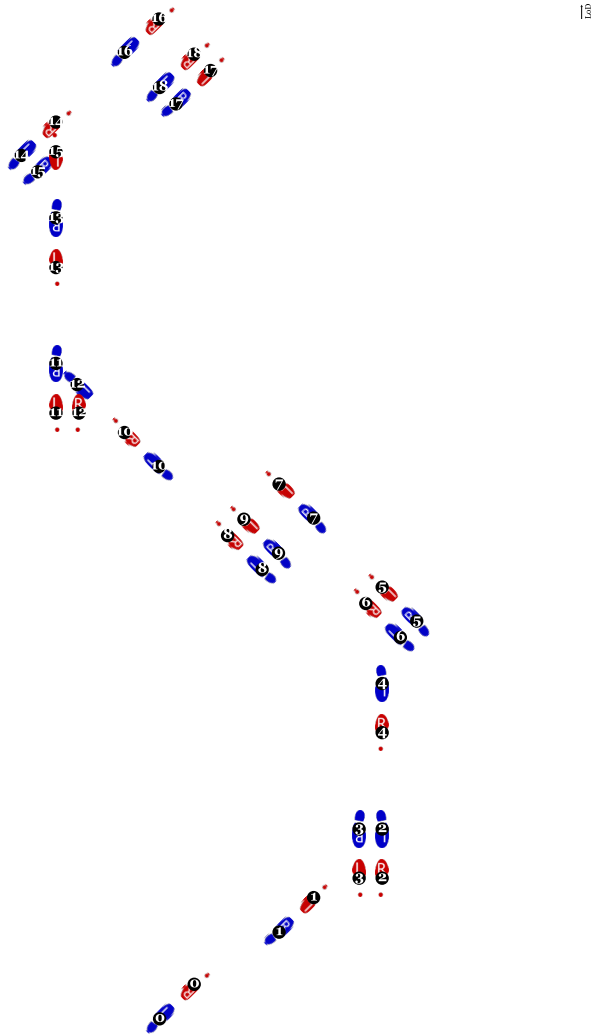
- 2.1 Natural half turn forward, page 47

Following figures

- 2.6 Reverse half turn backward, page 58

2.13 Amalgamation #1

Sequence with natural turn, closed changed, and reverse turn



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the LF.

- 1 Take a step forward (RF). [slow]
- 2 Take another step straight forward (LF), [slow]
making almost a half turn to the right while passing the partner.
- 3 Close the RF to the LF. [slow]
- 4 Take a step backward (LF). [slow]
- 5 Make almost a half turn to the right to let the partner pass,
taking a small step to the side (RF) to keep up with the partner. [slow]
- 6 Close the LF to the RF. [slow]
- 7 Take a step forward (RF). [slow]
- 8 Take a step to the left (LF). [slow]
- 9 Close the RF to the LF. [slow]
- 10 Take a step forward (LF). [slow]
- 11 Take another step straight forward (RF), [slow]
making almost a half turn to the left while passing the partner.
- 12 Cross the LF in front of the RF. [slow]
- 13 Take a step backward (RF). [slow]
- 14 Make almost a half turn to the left to let the partner pass,
taking a small step to the side (LF) to keep up with the partner. [slow]
- 15 Close the RF to the LF. [slow]
- 16 Take a step forward (LF). [slow]
- 17 Take a step to the right (RF). [slow]
- 18 Close the LF to the RF. [slow]

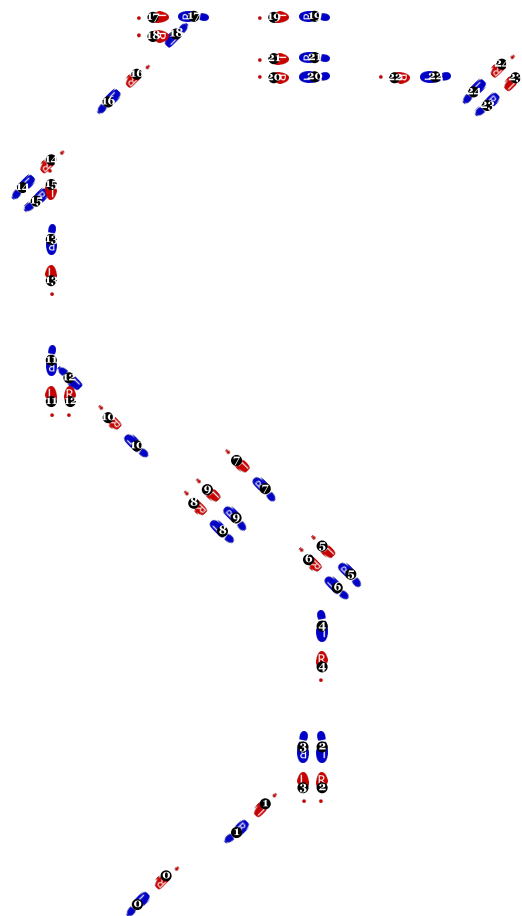
Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the RF.
- 1 Take a step backward (LF). [slow]
- 2 Make almost a half turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 3 Close the LF to the RF. [slow]
- 4 Take a step forward (RF). [slow]
- 5 Take another step straight forward (LF), [slow] making almost a half turn to the right while passing the partner.
- 6 Close the RF to the LF. [slow]
- 7 Take a step backward (LF). [slow]
- 8 Take a step to the right (RF). [slow]
- 9 Close the LF to the RF. [slow]
- 10 Take a step backward (RF). [slow]
- 11 Make almost a half turn to the left to let the partner pass, taking a small step to the side (LF) to keep up with the partner. [slow]
- 12 Close the RF to the LF. [slow]
- 13 Take a step forward (LF). [slow]
- 14 Take another step straight forward (RF), [slow] making almost a half turn to the left while passing the partner.
- 15 Cross the LF in front of the RF. [slow]
- 16 Take a step backward (RF). [slow]
- 17 Take a step to the left (LF). [slow]
- 18 Close the RF to the LF. [slow]

2.14 Amalgamation #2

Sequence with natural turn, closed changed, and reverse turn

13



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the LF.

- 1 Take a step forward (RF). [slow]
- 2 Take another step straight forward (LF), [slow]
making almost a half turn to the right while passing the partner.
- 3 Close the RF to the LF. [slow]
- 4 Take a step backward (LF). [slow]
- 5 Make almost a half turn to the right to let the partner pass,
taking a small step to the side (RF) to keep up with the partner. [slow]
- 6 Close the LF to the RF. [slow]
- 7 Take a step forward (RF). [slow]
- 8 Take a step to the left (LF). [slow]
- 9 Close the RF to the LF. [slow]
- 10 Take a step forward (LF). [slow]
- 11 Take another step straight forward (RF), [slow]
making almost a half turn to the left while passing the partner.
- 12 Cross the LF in front of the RF. [slow]
- 13 Take a step backward (RF). [slow]
- 14 Make almost a half turn to the left to let the partner pass,
taking a small step to the side (LF) to keep up with the partner. [slow]
- 15 Close the RF to the LF. [slow]
- 16 Take a step forward (LF). [slow]
- 17 Take another step straight forward (RF), [slow]
making almost a half turn to the left while passing the partner.
- 18 Cross the LF in front of the RF. [slow]
- 19 Take a step backward (RF). [slow]
- 20 Take a step to the left (LF). [slow]
- 21 Close the RF to the LF. [slow]
- 22 Take a step backward (LF). [slow]

- 23 Make almost a half turn to the right to let the partner pass,
taking a small step to the side (RF) to keep up with the partner. [slow]
- 24 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the RF.
- 1 Take a step backward (LF). [slow]
- 2 Make almost a half turn to the right to let the partner pass,
taking a small step to the side (RF) to keep up with the partner. [slow]
- 3 Close the LF to the RF. [slow]
- 4 Take a step forward (RF). [slow]
- 5 Take another step straight forward (LF), [slow]
making almost a half turn to the right while passing the partner.
- 6 Close the RF to the LF. [slow]
- 7 Take a step backward (LF). [slow]
- 8 Take a step to the right (RF). [slow]
- 9 Close the LF to the RF. [slow]
- 10 Take a step backward (RF). [slow]
- 11 Make almost a half turn to the left to let the partner pass,
taking a small step to the side (LF) to keep up with the partner. [slow]
- 12 Close the RF to the LF. [slow]
- 13 Take a step forward (LF). [slow]
- 14 Take another step straight forward (RF), [slow]
making almost a half turn to the left while passing the partner.
- 15 Cross the LF in front of the RF. [slow]
- 16 Take a step backward (RF). [slow]

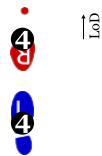
- 17 Make almost a half turn to the left to let the partner pass,
taking a small step to the side (LF) to keep up with the partner. [slow]
- 18 Close the RF to the LF. [slow]
- 19 Take a step forward (LF). [slow]
- 20 Take a step to the right (RF). [slow]
- 21 Close the LF to the RF. [slow]
- 22 Take a step forward (RF). [slow]
- 23 Take another step straight forward (LF), [slow]
making almost a half turn to the right while passing the partner.
- 24 Close the RF to the LF. [slow]

Chapter 3

Foxtrott

The Foxtrott (also: Slow Foxtrott) is a ballroom dance in 4/4 time that is similar to the Waltz and famous for its flowing movement.

3.1 Feather



Steps (man)

- 0 Begin in closed hold, facing the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]

- 2 Take a step forward (LF). [quick]
- 3 Take a step forward outside of the partner (RF). [quick]
- 4 Take a step forward (LF). [slow]

Steps (lady)

- 0 Begin in closed hold, backing against the line of dance, weight on the RF.
- 1 Take a step backward (LF). [slow]
- 2 Take a step backward (RF). [quick]
- 3 Take a step backward (LF). [quick]
- 4 Take a step backward (RF). [slow]

Preceding figures

- 3.2 Three step, page 82

Following figures

- 3.2 Three step, page 82

3.2 Three step



Steps (man)

- 0 Begin in closed hold, facing the line of dance, weight on the LF.
- 1 Take a step forward (RF). [quick]

- 2 Take a step forward (LF). [quick]
- 3 Take a step forward (RF). [slow]

Steps (lady)

- 0 Begin in closed hold, backing against the line of dance, weight on the RF.
- 1 Take a step backward (LF). [quick]
- 2 Take a step backward (RF). [quick]
- 3 Take a step backward (LF). [slow]

Preceding figures

- 3.1 Feather, page 80

Following figures

- 3.1 Feather, page 80

3.3 Amalgamation #1

Sequence with feather and three step



Steps (man)

- 0 Begin in closed hold, facing the line of dance, weight on the LF.

- 1 Take a step forward (RF). [slow]
- 2 Take a step forward (LF). [quick]
- 3 Take a step forward outside of the partner (RF). [quick]
- 4 Take a step forward (LF). [slow]
- 5 Take a step forward (RF). [quick]
- 6 Take a step forward (LF). [quick]
- 7 Take a step forward (RF). [slow]

Steps (lady)

- 0 Begin in closed hold, backing against the line of dance, weight on the RF.
- 1 Take a step backward (LF). [slow]
- 2 Take a step backward (RF). [quick]
- 3 Take a step backward (LF). [quick]
- 4 Take a step backward (RF). [slow]
- 5 Take a step backward (LF). [quick]
- 6 Take a step backward (RF). [quick]
- 7 Take a step backward (LF). [slow]

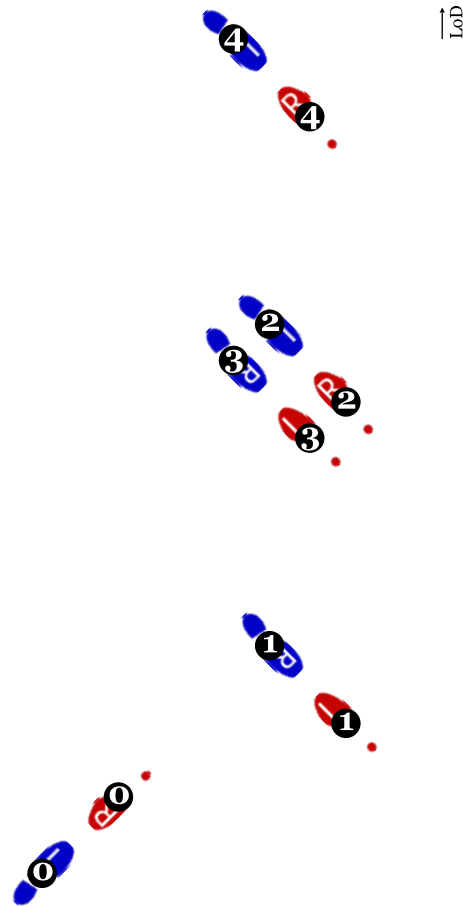
Chapter 4

Quickstep

The Quickstep is a ballroom dance in 4/4 time that is fast and upbeat.

4.1 Quarter turn to the right

First part of the basic movement



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the LF.
- 1 Take a step forward (RF), [slow]
making a quarter turn to the right while passing the partner.

- 2 Take a step diagonally backward and to the left (LF). [quick]
- 3 Close the RF to the LF. [quick]
- 4 Take a step diagonally backward and to the left (LF). [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the RF.
- 1 Make a quarter turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 2 Take a step diagonally forward and to the right (RF). [quick]
- 3 Close the LF to the RF. [quick]
- 4 Take a step diagonally forward and to the right (RF). [slow]

Preceding figures

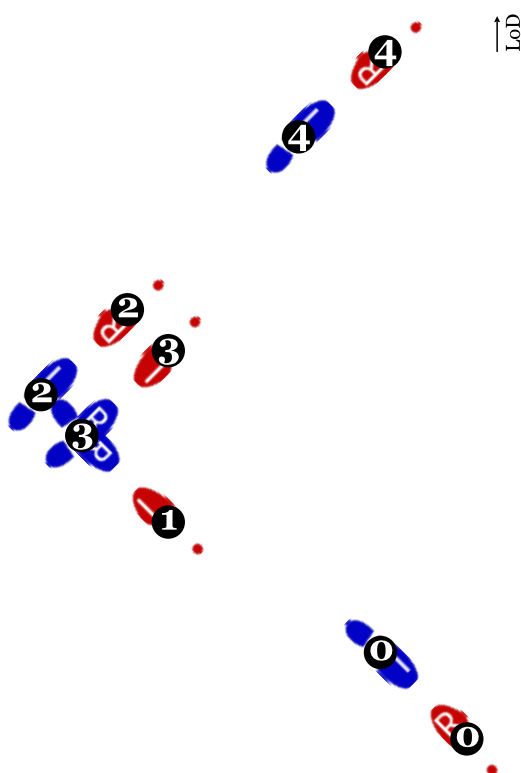
- 4.2 Quarter turn to the left, page 90
- 4.3 Progressive chassé, page 92
- 4.5 Forward lock, page 96

Following figures

- 4.2 Quarter turn to the left, page 90
- 4.3 Progressive chassé, page 92
- 4.4 Natural spin turn, page 94

4.2 Quarter turn to the left

Second part of the basic movement, as an alternative to the progressive chassé. The quarter turn to the left is usually danced instead of the progressive chassé when followed by a reverse figure.



Steps (man)

- 0 Begin in closed hold, backing diagonally against the centre, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Close the LF to the RF while making a quarter turn to the left. [quick]
- 3 Turn the rest of the way and put your weight on the RF. [quick]
- 4 Take a step forward (LF). [slow]

Steps (lady)

- 0 Begin in closed hold, facing diagonally to the centre, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 while making a quarter turn to the left. [quick]
while making a quarter turn to the left. [quick]
- 3 Close the LF to the RF. [quick]
- 4 Take a step backward (RF). [slow]

Preceding figures

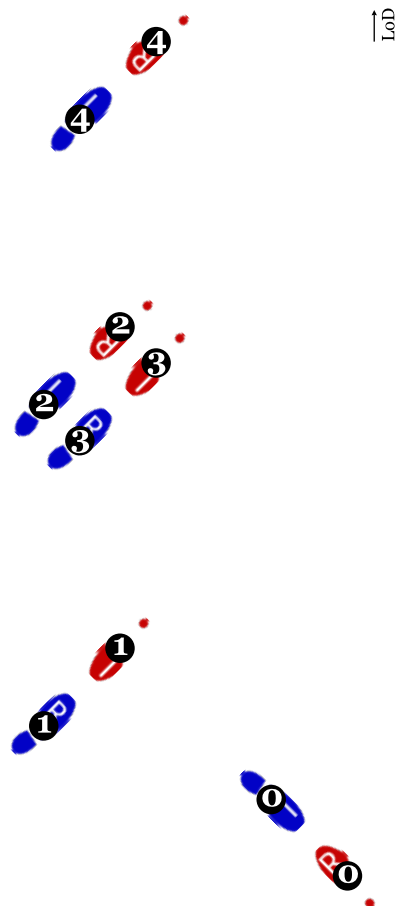
- 4.1 Quarter turn to the right, page 87
- 4.4 Natural spin turn, page 94

Following figures

- 4.1 Quarter turn to the right, page 87
- 4.5 Forward lock, page 96

4.3 Progressive chassé

Second part of the basic movement



Steps (man)

- 0 Begin in closed hold, backing diagonally against the centre, weight on the LF.

- 1 Make a quarter turn to the left to let the partner pass, while taking a step backward (RF). [slow]
- 2 Take a step diagonally forward and to the left (LF). [quick]
- 3 Close the RF to the LF. [quick]
- 4 Take a step diagonally forward and to the left (LF). [slow]

Steps (lady)

- 0 Begin in closed hold, facing diagonally to the centre, weight on the RF.
- 1 Take a step forward (LF), [slow]
while making a quarter turn to the left.
- 2 Take a step diagonally backward and to the right (RF). [quick]
- 3 Close the LF to the RF. [quick]
- 4 Take a step diagonally backward and to the right (RF). [slow]

Preceding figures

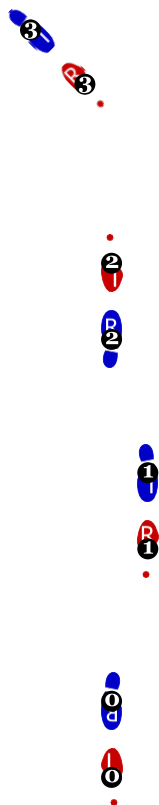
- 4.1 Quarter turn to the right, page 87
- 4.4 Natural spin turn, page 94

Following figures

- 4.1 Quarter turn to the right, page 87
- 4.5 Forward lock, page 96

4.4 Natural spin turn

1a



Steps (man)

- 0 Begin in closed hold, backing against the line of dance, weight on the RF.

- 1 Take a step backward (LF). [slow]
- 2 Make a half turn to the right, while taking a step forward (RF) along the line of dance. [slow]
- 3 Begin moving forward, [slow]
making almost a half turn to the right while passing the partner,
and finish by putting the foot down slightly backward.

Steps (lady)

- 0 Begin in closed hold, facing the line of dance, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Make a half turn to the right, while taking a step backward (LF) along the line of dance. [slow]
- 3 Make almost a half turn to the right to let the partner pass,
taking a small step to the side and slightly forward (RF) to keep up
with the partner. [slow]
Take a step forward (RF).

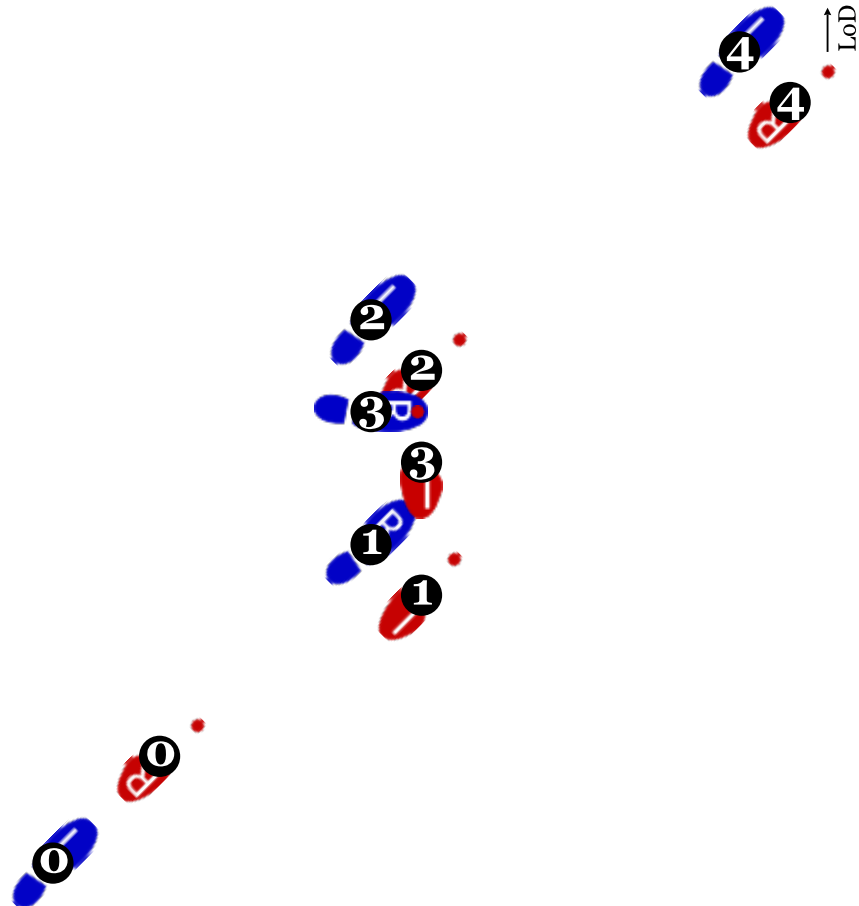
Preceding figures

- 4.1 Quarter turn to the right, page 87

Following figures

- 4.2 Quarter turn to the left, page 90
- 4.3 Progressive chassé, page 92

4.5 Forward lock



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the LF.
- 1 Take a step forward (RF), outside of the partner. [slow]
- 2 Take a step diagonally forward (LF), but make sure that the body remains parallel to the wall. [quick]

- 3 Cross the RF behind the LF. [quick]
- 4 Take a step forward (LF). [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the RF.
- 1 Take a step backward (LF). [slow]
- 2 Take a step diagonally backward (RF), but make sure that the body remains parallel to the wall. [quick]
- 3 Cross the RF in front of the LF, careful to avoid the partner's toes. [quick]
- 4 Take a step backward (RF). [slow]

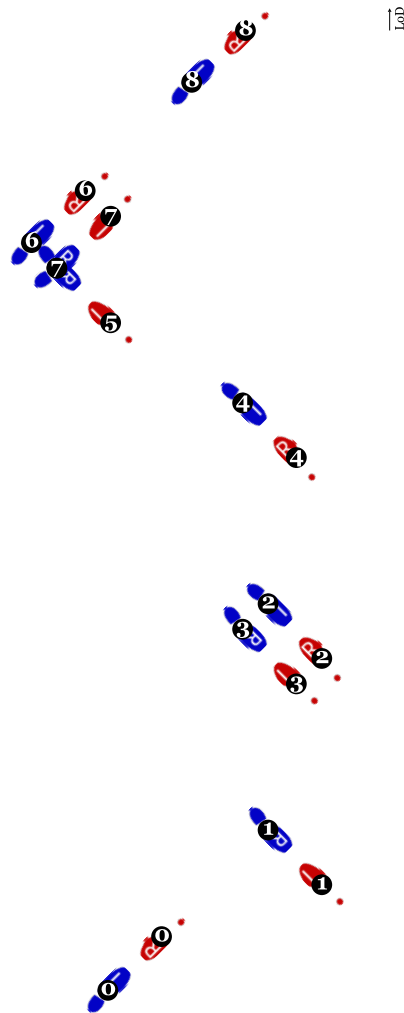
Preceding figures

- 4.3 Progressive chassé, page 92
- 4.2 Quarter turn to the left, page 90

Following figures

- 4.1 Quarter turn to the right, page 87

4.6 Basic movement



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the LF.
- 1 Take a step forward (RF), [slow]

making a quarter turn to the right while passing the partner.

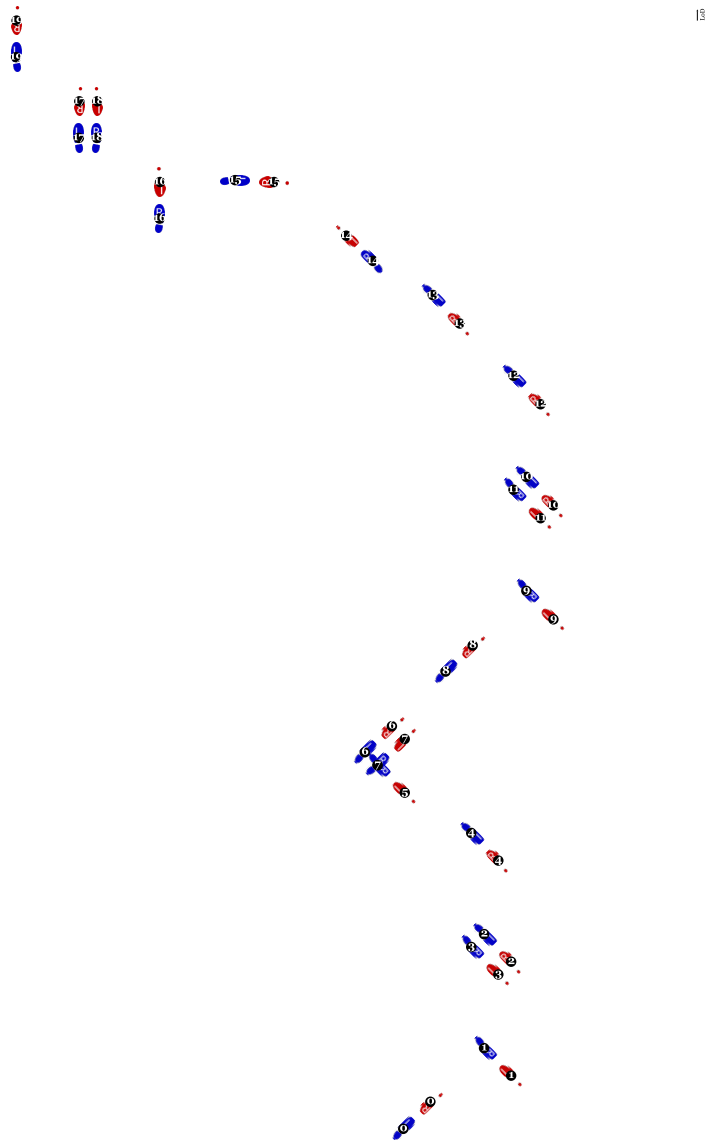
- 2 Take a step diagonally backward and to the left (LF). [quick]
- 3 Close the RF to the LF. [quick]
- 4 Take a step diagonally backward and to the left (LF). [slow]
- 5 Take a step backward (RF). [slow]
- 6 Close the LF to the RF while making a quarter turn to the left. [quick]
- 7 Turn the rest of the way and put your weight on the RF. [quick]
- 8 Take a step forward (LF). [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the RF.
- 1 Make a quarter turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 2 Take a step diagonally forward and to the right (RF). [quick]
- 3 Close the LF to the RF. [quick]
- 4 Take a step diagonally forward and to the right (RF). [slow]
- 5 Take a step forward (LF). [slow]
- 6 while making a quarter turn to the left. [quick]
while making a quarter turn to the left. [quick]
- 7 Close the LF to the RF. [quick]
- 8 Take a step backward (RF). [slow]

4.7 Amalgamation #1

Sequence with quarter turns to right and left, natural spin turn, and progressive chassé



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the LF.
- 1 Take a step forward (RF), [slow]
making a quarter turn to the right while passing the partner.
- 2 Take a step diagonally backward and to the left (LF). [quick]
- 3 Close the RF to the LF. [quick]
- 4 Take a step diagonally backward and to the left (LF). [slow]
- 5 Take a step backward (RF). [slow]
- 6 Close the LF to the RF while making a quarter turn to the left. [quick]
- 7 Turn the rest of the way and put your weight on the RF. [quick]
- 8 Take a step forward (LF). [slow]
- 9 Take a step forward (RF), [slow]
making a quarter turn to the right while passing the partner.
- 10 Take a step diagonally backward and to the left (LF). [quick]
- 11 Close the RF to the LF. [quick]
- 12 Take a step diagonally backward and to the left (LF). [slow]
- 13 Take a step backward (LF). [slow]
- 14 Make a half turn to the right, while taking a step forward (RF) along the line of dance. [slow]
- 15 Begin moving forward, [slow]
making almost a half turn to the right while passing the partner,
and finish by putting the foot down slightly backward.
- 16 Make a quarter turn to the left to let the partner pass,
while taking a step backward (RF). [slow]
- 17 Take a step diagonally forward and to the left (LF). [quick]
- 18 Close the RF to the LF. [quick]
- 19 Take a step diagonally forward and to the left (LF). [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the RF.
- 1 Make a quarter turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 2 Take a step diagonally forward and to the right (RF). [quick]
- 3 Close the LF to the RF. [quick]
- 4 Take a step diagonally forward and to the right (RF). [slow]
- 5 Take a step forward (LF). [slow]
- 6 while making a quarter turn to the left. [quick]
while making a quarter turn to the left. [quick]
- 7 Close the LF to the RF. [quick]
- 8 Take a step backward (RF). [slow]
- 9 Make a quarter turn to the right to let the partner pass, taking a small step to the side (RF) to keep up with the partner. [slow]
- 10 Take a step diagonally forward and to the right (RF). [quick]
- 11 Close the LF to the RF. [quick]
- 12 Take a step diagonally forward and to the right (RF). [slow]
- 13 Take a step forward (RF). [slow]
- 14 Make a half turn to the right, while taking a step backward (LF) along the line of dance. [slow]
- 15 Make almost a half turn to the right to let the partner pass, taking a small step to the side and slightly forward (RF) to keep up with the partner. [slow]
Take a step forward (RF).
- 16 Take a step forward (LF), [slow]
while making a quarter turn to the left.
- 17 Take a step diagonally backward and to the right (RF). [quick]

18 Close the LF to the RF. [quick]

19 Take a step diagonally backward and to the right (RF). [slow]

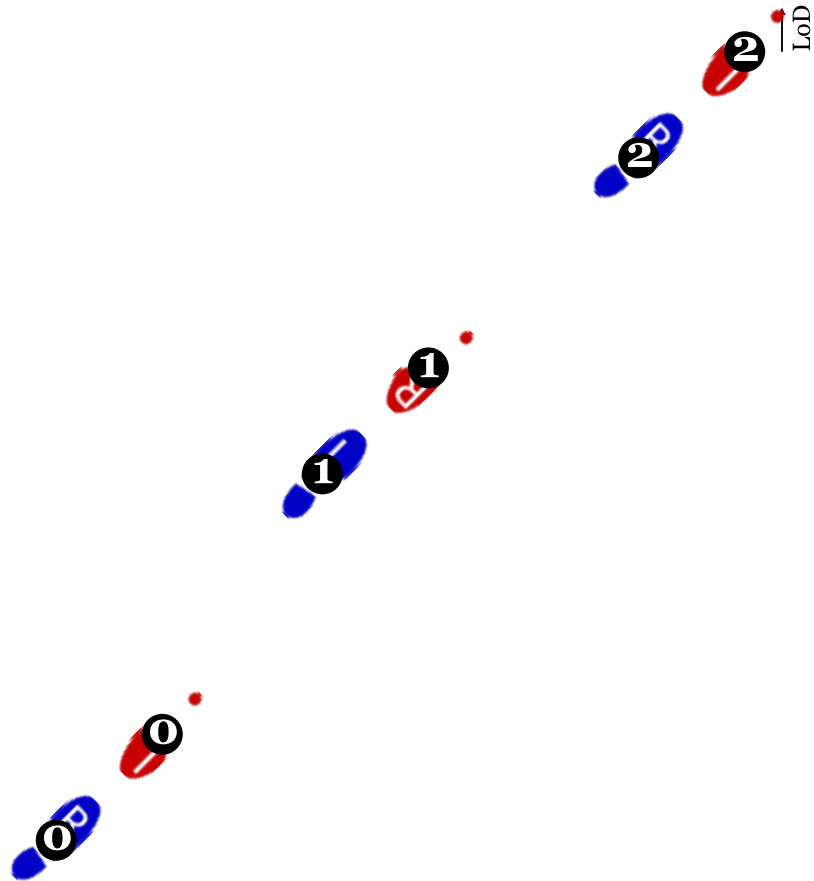
Chapter 5

Tango

The Tango is a ballroom dance in 2/4 or 4/4 time that emphasises sharp movements.

5.1 Forward walk

Precedes many figures



Steps (man)

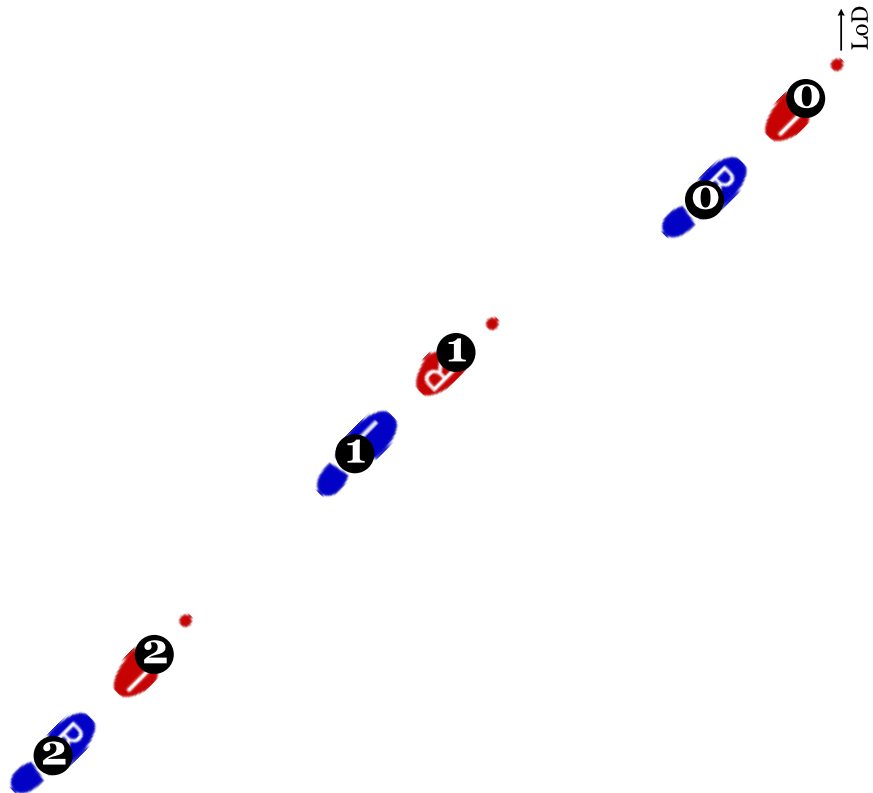
- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Take a step forward (RF). [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Take a step backward (LF). [slow]

5.2 Backward walk

Rarely used, but can be useful for evading other dancers.



Steps (man)

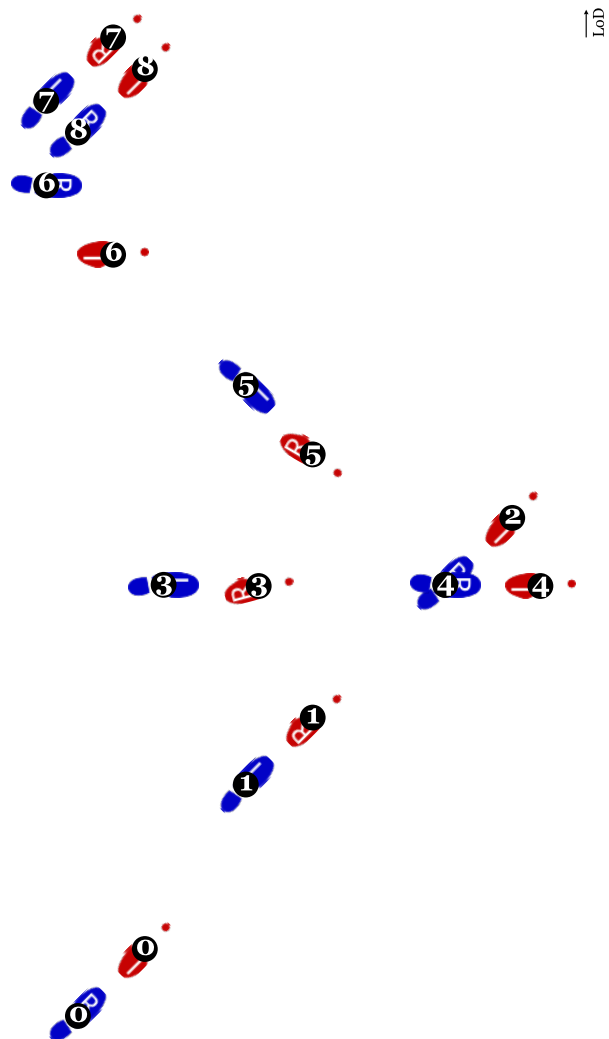
- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the RF.
- 1 Take a step backward (LF). [slow]
- 2 Take a step backward (RF). [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the LF.
- 1 Take a step forward (RF). [slow]
- 2 Take a step forward (LF). [slow]

5.3 Rock turn

Basic movement, including a forward walk



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the RF.
- 1 Take a step forward (LF). [slow]

- 2 Take a step forward (RF). [slow]
- 3 LF in place. Make an eight turn to the right.
Take a step backward (LF), while turning an eighth to the right. [quick]
- 4 Take a step forward (RF). [quick]
- 5 LF in place. Make an eight turn to the right.
Take a step backward (LF), while turning an eighth to the right. [slow]
- 6 Take a step backward (RF), then make a quarter turn to the left. [quick]
RF in place. Make an eight turn to the left.
- 7 Take a small step to the left (LF), then make a quarter turn to the left.
[quick]
LF in place. Make an eight turn to the left.
- 8 Close the RF to the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Take a step backward (LF). [slow]
- 3 RF in place. Make an eight turn to the right.
Take a step forward (RF), while turning an eighth to the right. [quick]
- 4 LF in place.
Take a step backward (LF). [quick]
- 5 RF in place. Make an eight turn to the right.
Take a step forward (RF), while turning an eighth to the right. [slow]
- 6 LF in place.
Take a step forward (RF), then make a quarter turn to the left. [quick]
LF in place. Make an eight turn to the left.
- 7 Take a step to the right (RF) in front of the partner, then make a quarter turn to the left. [quick]
RF in place. Make an eight turn to the left.
- 8 Close the LF to the RF. [slow]

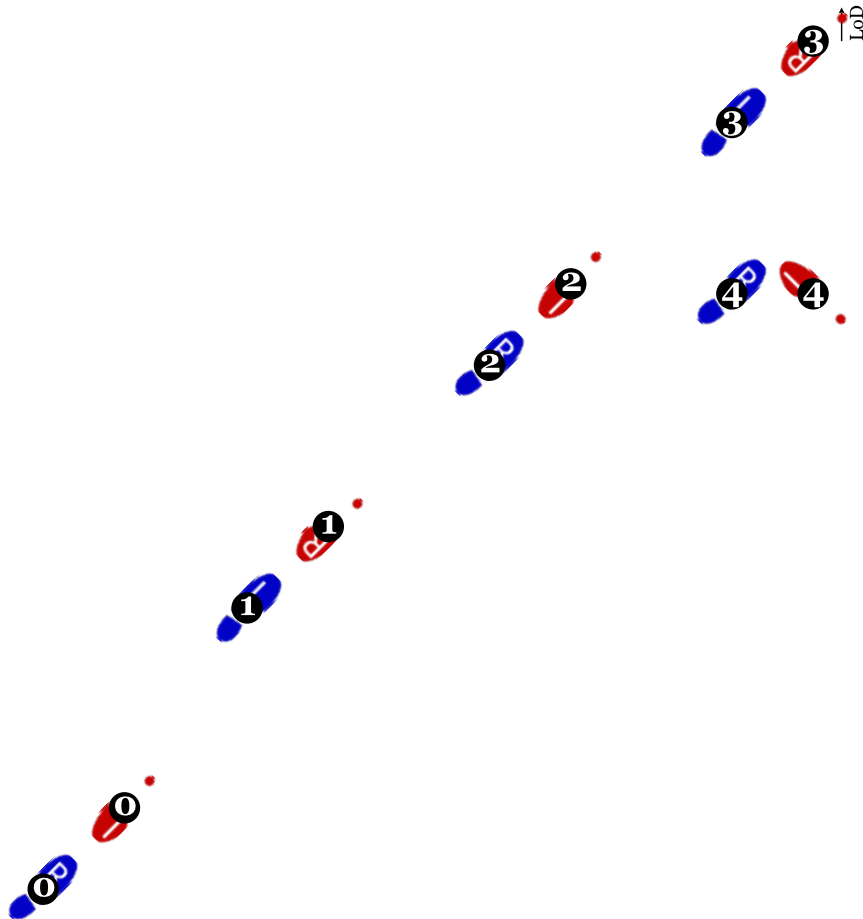
Preceding figures

- 5.3 Rock turn, page 110
- 5.5 Closed promenade, page 115

Following figures

- 5.3 Rock turn, page 110
- 5.4 Progressive link, page 113

5.4 Progressive link



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Take a step forward (RF). [slow]
- 3 Take a step forward (LF). [quick]

- 4 Take a small step to the right (RF) and open in promenade position. [quick]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Take a step backward (LF). [slow]
- 3 Take a step backward (RF). [quick]
- 4 Take a step to the left (LF) and open in promenade position. [quick]
LF in place. Make a quarter turn to the right.

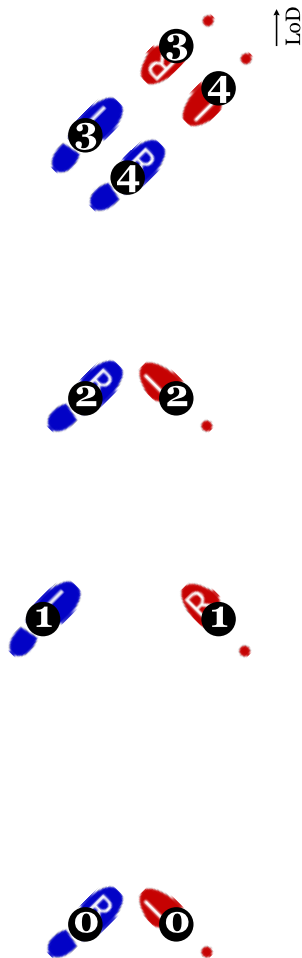
Preceding figures

- 5.5 Closed promenade, page 115
- 5.3 Rock turn, page 110

Following figures

- 5.5 Closed promenade, page 115

5.5 Closed promenade



Steps (man)

- 0 Begin in promenade hold, facing diagonally to the line of dance, weight on the RF.

- 1 Take a step forward in promenade position. [slow]
- 2 Take a step forward in promenade position. [quick]
- 3 Take a step forward in promenade position. [quick]
- 4 Close RF to LF and change to closed hold. [slow]

Steps (lady)

- 0 Begin in promenade hold, facing diagonally to the centre, weight on the LF.
- 1 Take a step forward in promenade position. [slow]
- 2 Take a step forward in promenade position. [quick]
- 3 Take a step forward in promenade position. [quick]
RF in place. Make a quarter turn to the left.
- 4 Close LF to RF and change to closed hold. [slow]

Preceding figures

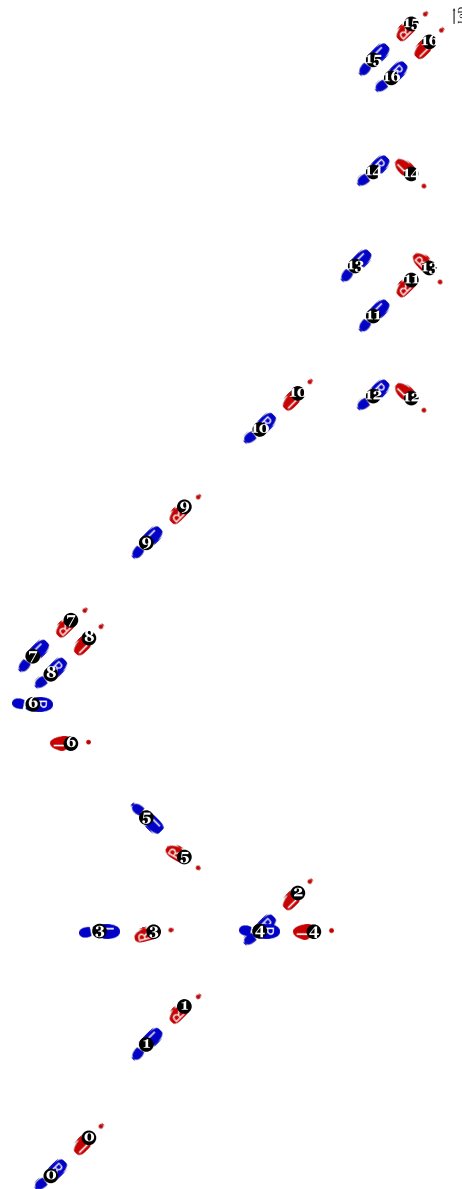
- 5.4 Progressive link, page 113

Following figures

- 5.3 Rock turn, page 110

5.6 Amalgamation #1

Sequence with forward rock turn, progressive link, and closed promenade



Steps (man)

- 0 Begin in closed hold, facing diagonally to the line of dance, weight on the RF.

- 1 Take a step forward (LF). [slow]
- 2 Take a step forward (RF). [slow]
- 3 LF in place. Make an eight turn to the right.
Take a step backward (LF), while turning an eighth to the right. [quick]
- 4 Take a step forward (RF). [quick]
- 5 LF in place. Make an eight turn to the right.
Take a step backward (LF), while turning an eighth to the right. [slow]
- 6 Take a step backward (RF), then make a quarter turn to the left. [quick]
RF in place. Make an eight turn to the left.
- 7 Take a small step to the left (LF), then make a quarter turn to the left.
[quick]
LF in place. Make an eight turn to the left.
- 8 Close the RF to the LF. [slow]
- 9 Take a step forward (LF). [slow]
- 10 Take a step forward (RF). [slow]
- 11 Take a step forward (LF). [quick]
- 12 Take a small step to the right (RF) and open in promenade position.
[quick]
- 13 Take a step forward in promenade position. [slow]
- 14 Take a step forward in promenade position. [quick]
- 15 Take a step forward in promenade position. [quick]
- 16 Close RF to LF and change to closed hold. [slow]

Steps (lady)

- 0 Begin in closed hold, backing diagonally against the wall, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Take a step backward (LF). [slow]

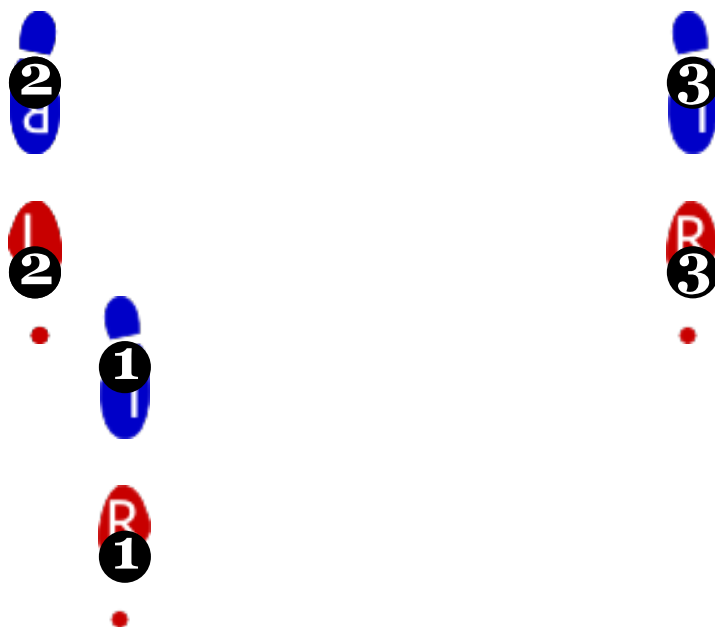
- 3 RF in place. Make an eight turn to the right.
Take a step forward (RF), while turning an eighth to the right. [quick]
- 4 LF in place.
Take a step backward (LF). [quick]
- 5 RF in place. Make an eight turn to the right.
Take a step forward (RF), while turning an eighth to the right. [slow]
- 6 LF in place.
Take a step forward (RF), then make a quarter turn to the left. [quick]
LF in place. Make an eight turn to the left.
- 7 Take a step to the right (RF) in front of the partner, then make a quarter turn to the left. [quick]
RF in place. Make an eight turn to the left.
- 8 Close the LF to the RF. [slow]
- 9 Take a step backward (RF). [slow]
- 10 Take a step backward (LF). [slow]
- 11 Take a step backward (RF). [quick]
- 12 Take a step to the left (LF) and open in promenade position. [quick]
LF in place. Make a quarter turn to the right.
- 13 Take a step forward in promenade position. [slow]
- 14 Take a step forward in promenade position. [quick]
- 15 Take a step forward in promenade position. [quick]
RF in place. Make a quarter turn to the left.
- 16 Close LF to RF and change to closed hold. [slow]

Chapter 6

Rumba

The Rumba is an international latin ballroom dance in 4/4 time that is slow and sensuous.

6.1 Basic movement to the left



Steps (man)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [slow slow]

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [slow slow]

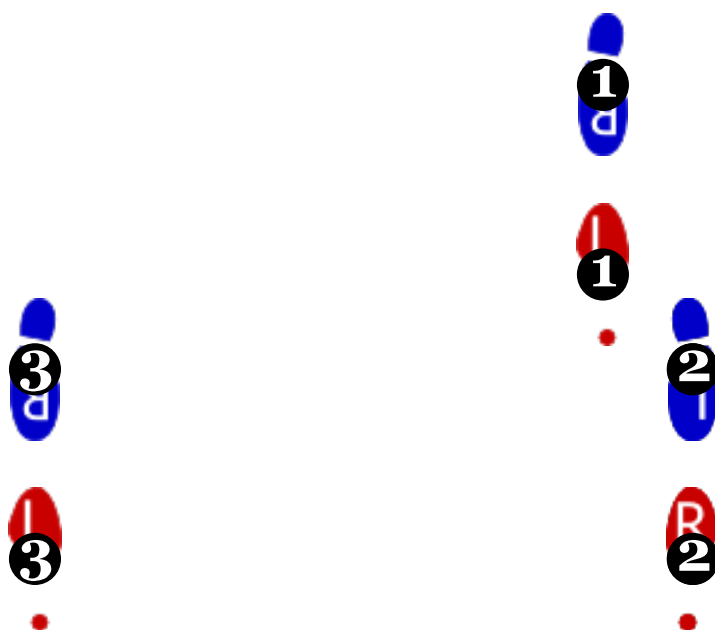
Preceding figures

- 6.5 Spot turn to the left, page 129
- 6.7 Underarm turn to the right, page 133
- 6.2 Basic movement to the right, page 123

Following figures

- 6.3 Fan, page 125
- 6.2 Basic movement to the right, page 123

6.2 Basic movement to the right



Steps (man)

- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [slow slow]

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]

- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [slow slow]

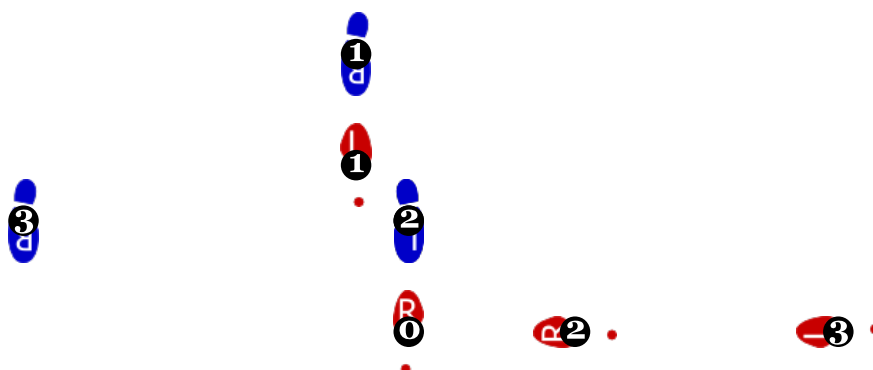
Preceding figures

- 6.1 Basic movement to the left, page 121
- 6.6 Spot turn to the right, page 131
- 6.8 Underarm turn to the left, page 135

Following figures

- 6.1 Basic movement to the left, page 121
- 6.6 Spot turn to the right, page 131

6.3 Fan



Steps (man)

- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
Lower you left arm to your hip to prepare leading the partner to the side.
- 2 Put the weight back onto the LF and start to open the hold. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [slow slow]

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 RF in place. Make a quarter turn to the left.
Put the weight back onto the RF while turning a quarter to the left and start to open the hold. [slow]
- 3 Take a step backward (LF). [slow slow]

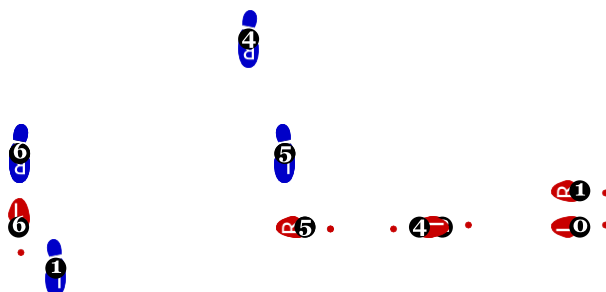
Preceding figures

- 6.1 Basic movement to the left, page 121
- 6.6 Spot turn to the right, page 131

Following figures

- 6.4 Alemana, page 127

6.4 Alemana



Steps (man)

- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [slow slow]
- 4 Close the RF to the LF.
Take a step backward (RF). [slow]
- 5 Put the weight back onto the LF. [slow]
- 6 Take a step forward (RF).
Take a step to the right (RF). [slow slow]

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Close the RF to the LF. [slow]
- 2 Take a step forward (LF). [slow]
- 3 Take a step forward (RF). [slow slow]
- 4 LF in place. Make a half turn to the right.
Take a step forward (LF). [slow]

- 5 Make a half turn to the right and put your weight onto the RF. [slow]
- 6 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [slow slow]

Preceding figures

- 6.3 Fan, page 125

Following figures

- 6.9 Check from open counter-promenade position, page 137
- 6.11 Hand to hand from open counter-promenade position, page 141

6.5 Spot turn to the left

A similar figure to the underarm turn 'to the right', except that both partners turn. It is named after the man's turn 'to the left'.



Steps (man)

- 0 Start on the second beat in open hold, weight on the LF.
- 1 RF in place. Make a quarter turn to the left.
Lead the partner into a turn with your right hand.
Take a step forward (RF). [slow]
- 2 LF in place. Make a half turn to the left.
Put the weight back onto the LF. [slow]
- 3 RF in place. Make a quarter turn to the left.
Close the RF to the LF.
Take a step to the right (RF). [slow slow]

Steps (lady)

- 0 Start on the second beat in open hold, weight on the RF.
- 1 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 2 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 3 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [slow slow]

Preceding figures

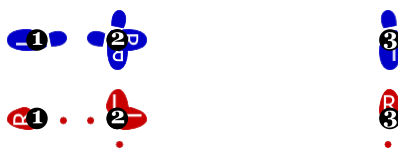
- 6.1 Basic movement to the left, page 121
- 6.6 Spot turn to the right, page 131
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Following figures

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- 6.9 Check from open counter-promenade position, page 137

6.6 Spot turn to the right

A similar figure to the underarm turn 'to the left', except that both partners turn. It is named after the man's turn 'to the right'.



Steps (man)

- 0 Start on the second beat in open hold, weight on the RF.
- 1 LF in place. Make a quarter turn to the right.
Lead the partner into a turn with your left hand.
Take a step forward (LF). [slow]
- 2 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 3 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [slow slow]

Steps (lady)

- 0 Start on the second beat in open hold, weight on the LF.
- 1 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 2 LF in place. Make a half turn to the left.
Put the weight back onto the LF. [slow]
- 3 RF in place. Make a quarter turn to the left.
Close the RF to the LF.
Take a step to the right (RF). [slow slow]

Preceding figures

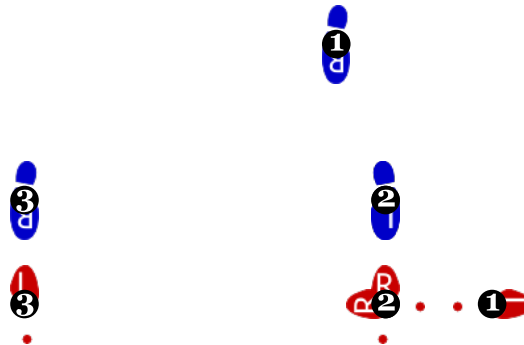
- 6.2 Basic movement to the right, page 123
- 6.5 Spot turn to the left, page 129
- 6.10 Check from open promenade position, page 139

Following figures

- 6.5 Spot turn to the left, page 129
- 6.3 Fan, page 125
- 6.10 Check from open promenade position, page 139

6.7 Underarm turn to the right

Also known as the 'Lady's solo' to the right. It is very similar to the spot turn 'to the left', but since only the lady turns (and she turns to the right), it is called 'to the right'.



Steps (man)

- 0 Start on the second beat in open or closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
Lead the partner into a turn with your right hand.
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [slow slow]

Steps (lady)

- 0 Start on the second beat in open or closed hold, weight on the RF.
- 1 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 2 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]

- 3 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [slow slow]

Preceding figures

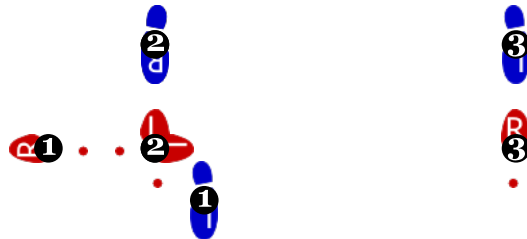
- 6.1 Basic movement to the left, page 121
- 6.9 Check from open counter-promenade position, page 137
- 6.6 Spot turn to the right, page 131
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Following figures

- 6.1 Basic movement to the left, page 121
- 6.6 Spot turn to the right, page 131
- 6.9 Check from open counter-promenade position, page 137
- 6.8 Underarm turn to the left, page 135

6.8 Underarm turn to the left

Also known as the 'Lady's solo' to the left. It is very similar to the spot turn 'to the right', but since only the lady turns (and she turns to the left), it is called 'to the left'.



Steps (man)

- 0 Start on the second beat in open or closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
Lead the partner into a turn with your left hand, while taking care to step outside of the partner.
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [slow slow]

Steps (lady)

- 0 Start on the second beat in open or closed hold, weight on the LF.
- 1 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 2 LF in place. Make a half turn to the left.
Put the weight back onto the LF. [slow]
- 3 RF in place. Make a quarter turn to the left.
Close the RF to the LF.
Take a step to the right (RF). [slow slow]

Preceding figures

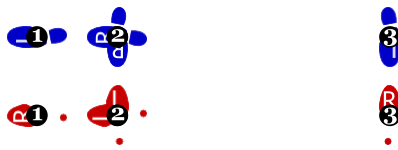
- 6.2 Basic movement to the right, page 123
- 6.10 Check from open promenade position, page 139
- 6.5 Spot turn to the left, page 129
- 6.7 Underarm turn to the right, page 133

Following figures

- 6.3 Fan, page 125
- 6.5 Spot turn to the left, page 129
- 6.7 Underarm turn to the right, page 133
- 6.10 Check from open promenade position, page 139

6.9 Check from open counter-promenade position

Also known as the 'New Yorker' to the right



Steps (man)

- 0 Start on the second beat in open hold, weight on the RF.
- 1 LF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [slow slow]

Steps (lady)

- 0 Start on the second beat in open hold, weight on the LF.
- 1 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [slow slow]

Preceding figures

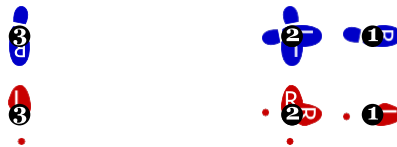
- 6.5 Spot turn to the left, page 129
- 6.7 Underarm turn to the right, page 133
- 6.10 Check from open promenade position, page 139
- 6.4 Alemana, page 127

Following figures

- 6.3 Fan, page 125
- 6.5 Spot turn to the left, page 129
- 6.7 Underarm turn to the right, page 133

6.10 Check from open promenade position

Also known as the 'New Yorker' to the left



Steps (man)

- 0 Start on the second beat in open hold, weight on the LF.
- 1 RF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step forward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [slow slow]

Steps (lady)

- 0 Start on the second beat in open hold, weight on the RF.
- 1 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [slow slow]

Preceding figures

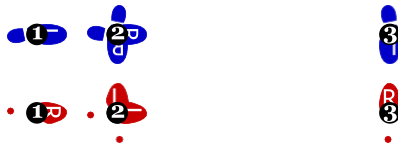
- 6.6 Spot turn to the right, page 131
- 6.8 Underarm turn to the left, page 135
- 6.9 Check from open counter-promenade position, page 137

Following figures

- 6.9 Check from open counter-promenade position, page 137
- 6.8 Underarm turn to the left, page 135
- 6.6 Spot turn to the right, page 131

6.11 Hand to hand from open counter-promenade position

Hand to hand to the right



Steps (man)

- 0 Start on the second beat in open hold, weight on the RF.
- 1 LF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step backward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [slow slow]

Steps (lady)

- 0 Start on the second beat in open hold, weight on the LF.
- 1 RF in place. Make a quarter turn to the right.
Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [slow slow]

Preceding figures

- 6.5 Spot turn to the left, page 129
- 6.4 Alemana, page 127

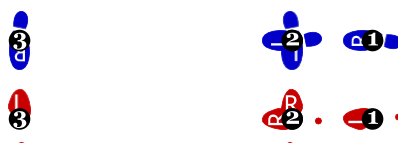
- 6.7 Underarm turn to the right, page 133

Following figures

- 6.12 Hand to hand from open promenade position, page 143
- 6.6 Spot turn to the right, page 131

6.12 Hand to hand from open promenade position

Hand to hand to the left



Steps (man)

- 0 Start on the second beat in open hold, weight on the LF.
- 1 RF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [slow slow]

Steps (lady)

- 0 Start on the second beat in open hold, weight on the RF.
- 1 LF in place. Make a quarter turn to the left.
Take a step backward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [slow slow]

Preceding figures

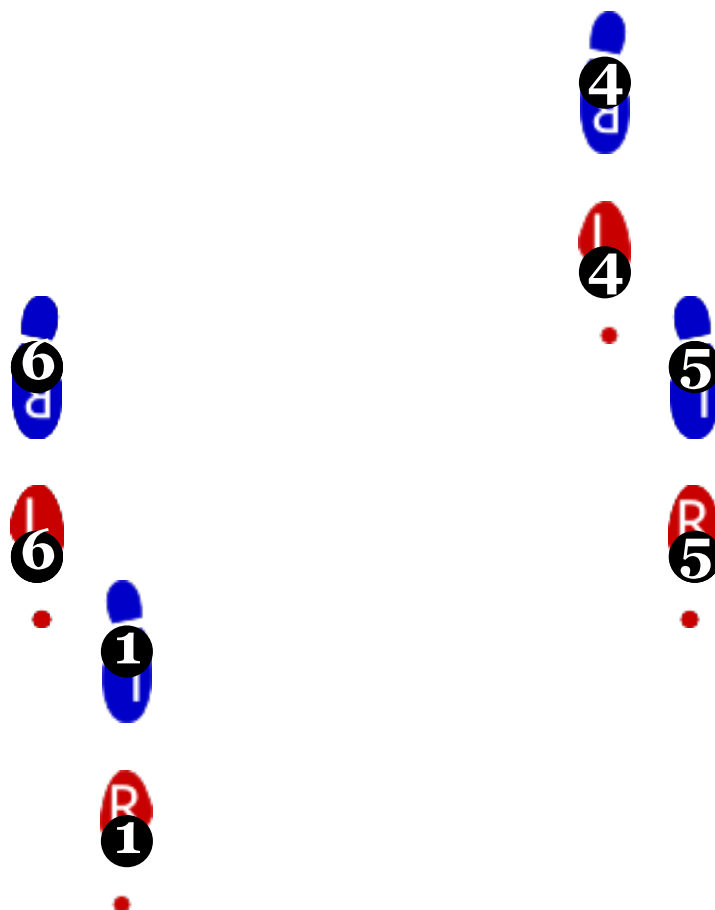
- 6.11 Hand to hand from open counter-promenade position, page 141
- 6.6 Spot turn to the right, page 131

- 6.8 Underarm turn to the left, page 135

Following figures

- 6.11 Hand to hand from open counter-promenade position, page 141
- 6.5 Spot turn to the left, page 129

6.13 Basic movement



Steps (man)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [slow slow]

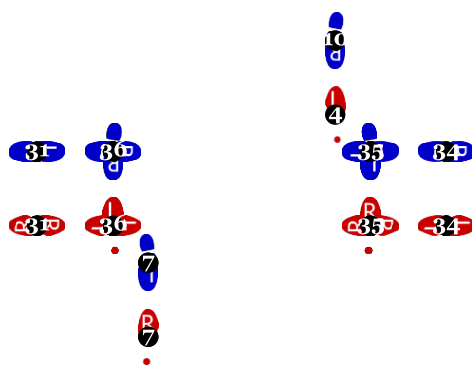
- 4 Take a step backward (RF). [slow]
- 5 Put the weight back onto the LF. [slow]
- 6 Take a step forward (RF).
Take a step to the right (RF). [slow slow]

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [slow slow]
- 4 Take a step forward (LF). [slow]
- 5 Put the weight back onto the RF. [slow]
- 6 Take a step backward (LF).
Take a step to the left (LF). [slow slow]

6.14 Amalgamation #1

Sequence with basic movement, underarm turn, New Yorker, spot turn, and hand to hand



Steps (man)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [slow slow]
- 4 Take a step backward (RF). [slow]
- 5 Put the weight back onto the LF. [slow]
- 6 Take a step forward (RF).
Take a step to the right (RF). [slow slow]
- 7 Take a step forward (LF). [slow]
- 8 Put the weight back onto the RF. [slow]
- 9 Take a step backward (LF).
Take a step to the left (LF). [slow slow]
- 10 Take a step backward (RF). [slow]
Lead the partner into a turn with your right hand.

- 11 Put the weight back onto the LF. [slow]
- 12 Take a step forward (RF).
Take a step to the right (RF). [slow slow]
- 13 LF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step forward (LF). [slow]
- 14 Put the weight back onto the RF. [slow]
- 15 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [slow slow]
- 16 RF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step forward (RF). [slow]
- 17 Put the weight back onto the LF. [slow]
- 18 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [slow slow]
- 19 LF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step forward (LF). [slow]
- 20 Put the weight back onto the RF. [slow]
- 21 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [slow slow]
- 22 RF in place. Make a quarter turn to the left.
Lead the partner into a turn with your right hand.
Take a step forward (RF). [slow]
- 23 LF in place. Make a half turn to the left.
Put the weight back onto the LF. [slow]
- 24 RF in place. Make a quarter turn to the left.
Close the RF to the LF.
Take a step to the right (RF). [slow slow]
- 25 LF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step backward (LF). [slow]

- 26 Put the weight back onto the RF. [slow]
- 27 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [slow slow]
- 28 RF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step backward (RF). [slow]
- 29 Put the weight back onto the LF. [slow]
- 30 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [slow slow]
- 31 LF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step backward (LF). [slow]
- 32 Put the weight back onto the RF. [slow]
- 33 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [slow slow]
- 34 RF in place. Make a quarter turn to the left.
Lead the partner into a turn with your right hand.
Take a step forward (RF). [slow]
- 35 LF in place. Make a half turn to the left.
Put the weight back onto the LF. [slow]
- 36 RF in place. Make a quarter turn to the left.
Close the RF to the LF.
Take a step to the right (RF). [slow slow]

Steps (lady)

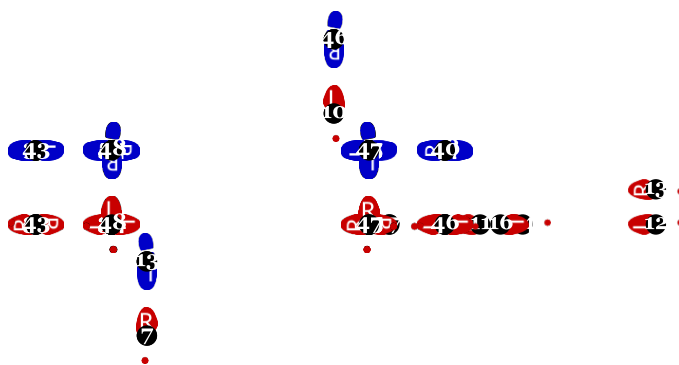
- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [slow slow]

- 4 Take a step forward (LF). [slow]
- 5 Put the weight back onto the RF. [slow]
- 6 Take a step backward (LF).
Take a step to the left (LF). [slow slow]
- 7 Take a step backward (RF). [slow]
- 8 Put the weight back onto the LF. [slow]
- 9 Take a step forward (RF).
Take a step to the right (RF). [slow slow]
- 10 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 11 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 12 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [slow slow]
- 13 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 14 Put the weight back onto the LF. [slow]
- 15 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [slow slow]
- 16 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 17 Put the weight back onto the RF. [slow]
- 18 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [slow slow]
- 19 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 20 Put the weight back onto the LF. [slow]
- 21 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [slow slow]

- 22 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 23 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 24 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [slow slow]
- 25 RF in place. Make a quarter turn to the right.
Take a step backward (RF). [slow]
- 26 Put the weight back onto the LF. [slow]
- 27 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [slow slow]
- 28 LF in place. Make a quarter turn to the left.
Take a step backward (LF). [slow]
- 29 Put the weight back onto the RF. [slow]
- 30 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [slow slow]
- 31 RF in place. Make a quarter turn to the right.
Take a step backward (RF). [slow]
- 32 Put the weight back onto the LF. [slow]
- 33 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [slow slow]
- 34 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 35 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 36 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [slow slow]

6.15 Amalgamation #2

Sequence with basic movement, fan, alemana, underarm turn, New Yorker, spot turn, and hand to hand



Steps (man)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [slow slow]
- 4 Take a step backward (RF). [slow]
- 5 Put the weight back onto the LF. [slow]
- 6 Take a step forward (RF).
Take a step to the right (RF). [slow slow]
- 7 Take a step forward (LF). [slow]
- 8 Put the weight back onto the RF. [slow]
- 9 Take a step backward (LF).
Take a step to the left (LF). [slow slow]
- 10 Take a step backward (RF). [slow]
Lower you left arm to your hip to prepare leading the partner to the side.

- 11 Put the weight back onto the LF and start to open the hold. [slow]
- 12 Take a step forward (RF).
Take a step to the right (RF). [slow slow]
- 13 Take a step forward (LF). [slow]
- 14 Put the weight back onto the RF. [slow]
- 15 Take a step backward (LF).
Take a step to the left (LF). [slow slow]
- 16 Close the RF to the LF.
Take a step backward (RF). [slow]
- 17 Put the weight back onto the LF. [slow]
- 18 Take a step forward (RF).
Take a step to the right (RF). [slow slow]
- 19 LF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step forward (LF). [slow]
- 20 Put the weight back onto the RF. [slow]
- 21 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [slow slow]
- 22 RF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step forward (RF). [slow]
- 23 Put the weight back onto the LF. [slow]
- 24 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [slow slow]
- 25 LF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step forward (LF). [slow]
- 26 Put the weight back onto the RF. [slow]
- 27 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [slow slow]

- 28 RF in place. Make a quarter turn to the left.
Lead the partner into a turn with your right hand.
Take a step forward (RF). [slow]
- 29 LF in place. Make a half turn to the left.
Put the weight back onto the LF. [slow]
- 30 RF in place. Make a quarter turn to the left.
Close the RF to the LF.
Take a step to the right (RF). [slow slow]
- 31 LF in place. Make a quarter turn to the right.
Lead the partner into a turn with your left hand.
Take a step forward (LF). [slow]
- 32 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 33 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [slow slow]
- 34 RF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step backward (RF). [slow]
- 35 Put the weight back onto the LF. [slow]
- 36 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [slow slow]
- 37 LF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step backward (LF). [slow]
- 38 Put the weight back onto the RF. [slow]
- 39 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [slow slow]
- 40 RF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step backward (RF). [slow]
- 41 Put the weight back onto the LF. [slow]

- 42 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [slow slow]
- 43 LF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step backward (LF). [slow]
- 44 Put the weight back onto the RF. [slow]
- 45 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [slow slow]
- 46 Take a step backward (RF). [slow]
Lead the partner into a turn with your right hand.
- 47 Put the weight back onto the LF. [slow]
- 48 Take a step forward (RF).
Take a step to the right (RF). [slow slow]

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [slow slow]
- 4 Take a step forward (LF). [slow]
- 5 Put the weight back onto the RF. [slow]
- 6 Take a step backward (LF).
Take a step to the left (LF). [slow slow]
- 7 Take a step backward (RF). [slow]
- 8 Put the weight back onto the LF. [slow]
- 9 Take a step forward (RF).
Take a step to the right (RF). [slow slow]
- 10 Take a step forward (LF). [slow]

- 11 RF in place. Make a quarter turn to the left.
Put the weight back onto the RF while turning a quarter to the left
and start to open the hold. [slow]
- 12 Take a step backward (LF). [slow slow]
- 13 Close the RF to the LF. [slow]
- 14 Take a step forward (LF). [slow]
- 15 Take a step forward (RF). [slow slow]
- 16 LF in place. Make a half turn to the right.
Take a step forward (LF). [slow]
- 17 Make a half turn to the right and put your weight onto the RF. [slow]
- 18 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [slow slow]
- 19 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 20 Put the weight back onto the LF. [slow]
- 21 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [slow slow]
- 22 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 23 Put the weight back onto the RF. [slow]
- 24 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [slow slow]
- 25 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 26 Put the weight back onto the LF. [slow]
- 27 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [slow slow]
- 28 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]

- 29 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 30 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [slow slow]
- 31 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 32 LF in place. Make a half turn to the left.
Put the weight back onto the LF. [slow]
- 33 RF in place. Make a quarter turn to the left.
Close the RF to the LF.
Take a step to the right (RF). [slow slow]
- 34 LF in place. Make a quarter turn to the left.
Take a step backward (LF). [slow]
- 35 Put the weight back onto the RF. [slow]
- 36 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [slow slow]
- 37 RF in place. Make a quarter turn to the right.
Take a step backward (RF). [slow]
- 38 Put the weight back onto the LF. [slow]
- 39 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [slow slow]
- 40 LF in place. Make a quarter turn to the left.
Take a step backward (LF). [slow]
- 41 Put the weight back onto the RF. [slow]
- 42 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [slow slow]
- 43 RF in place. Make a quarter turn to the right.
Take a step backward (RF). [slow]
- 44 Put the weight back onto the LF. [slow]

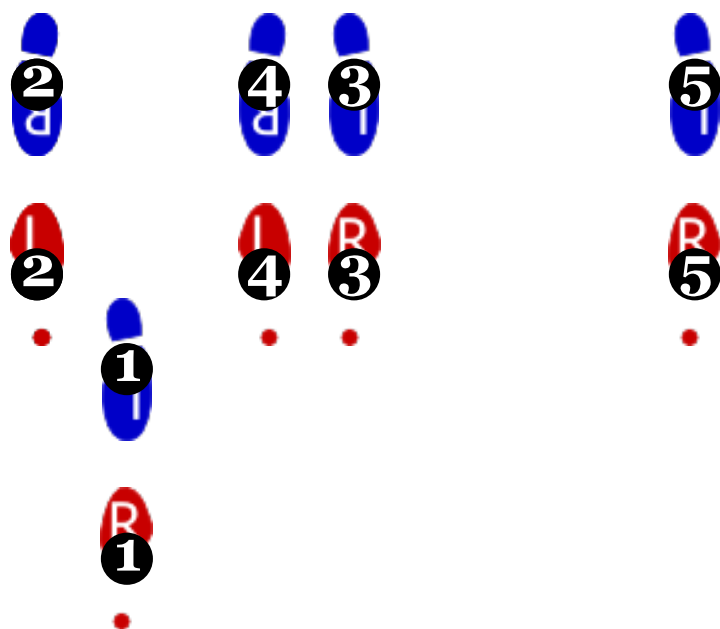
- 45 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [slow slow]
- 46 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 47 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 48 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [slow slow]

Chapter 7

Cha Cha Cha

The Cha Cha Cha is an international latin ballroom dance in 4/4 time that has a strong and energetic rhythm.

7.1 Basic movement to the left



Steps (man)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]
- 5 Take a step to the right (RF). [slow]

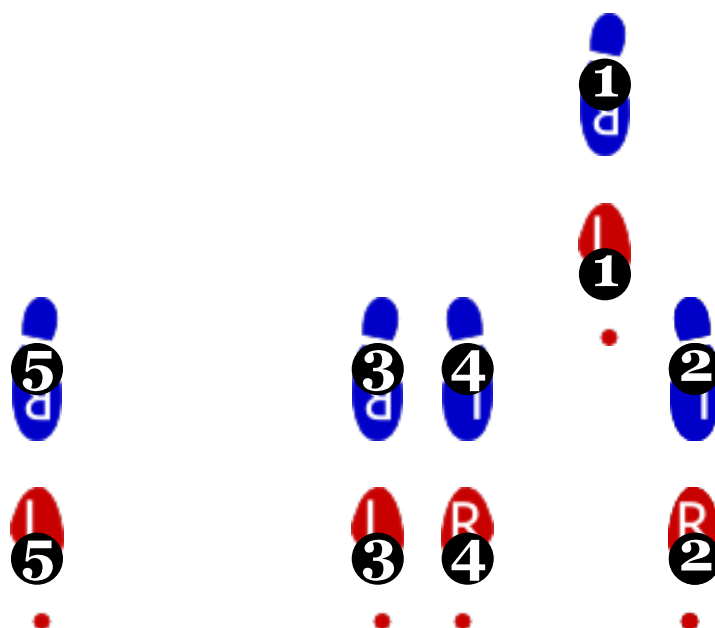
Preceding figures

- 7.5 Spot turn to the left, page 167
- 7.7 Underarm turn to the right, page 171
- 7.2 Basic movement to the right, page 161

Following figures

- 7.3 Fan, page 163
- 7.2 Basic movement to the right, page 161

7.2 Basic movement to the right



Steps (man)

- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]
- 5 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]

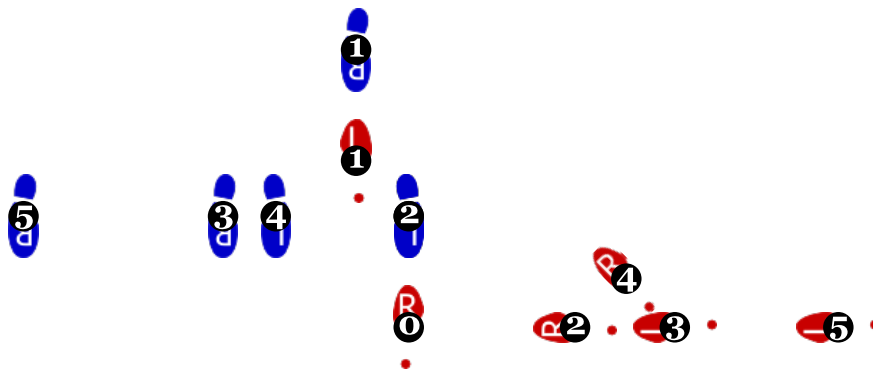
Preceding figures

- 7.1 Basic movement to the left, page 159
- 7.6 Spot turn to the right, page 169
- 7.8 Underarm turn to the left, page 173

Following figures

- 7.1 Basic movement to the left, page 159
- 7.6 Spot turn to the right, page 169

7.3 Fan



Steps (man)

- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
Lower your left arm to your hip to prepare leading the partner to the side.
- 2 Put the weight back onto the LF and start to open the hold. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]
- 5 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 RF in place. Make a quarter turn to the left.
Put the weight back onto the RF while turning a quarter to the left and start to open the hold. [slow]

- 3 Take a step backward (LF). [quick]
- 4 Cross the RF in front of the LF. [quick]
- 5 Take a step backward (LF). [slow]

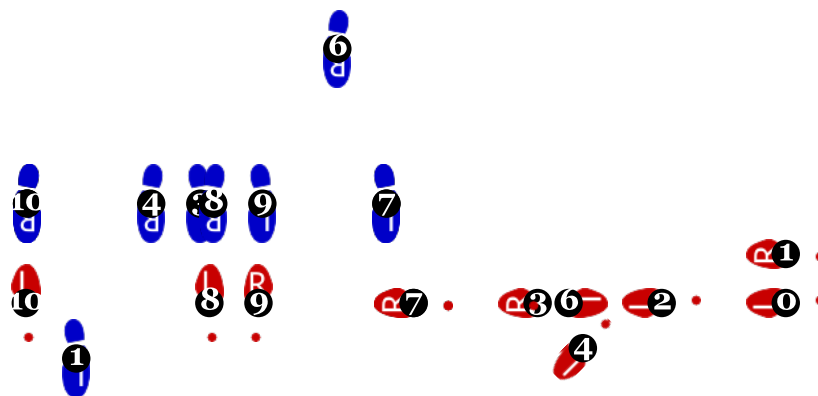
Preceding figures

- 7.1 Basic movement to the left, page 159
- 7.6 Spot turn to the right, page 169

Following figures

- 7.4 Alemana, page 165

7.4 Alemana



Steps (man)

- 0 Start on the second beat in Fan position, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]
- 6 Close the RF to the LF.
Take a step backward (RF). [slow]
- 7 Put the weight back onto the LF. [slow]
- 8 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 9 Close the LF to the RF. [quick]
- 10 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Start on the second beat in Fan position, weight on the LF.
- 1 Close the RF to the LF. [slow]
- 2 Take a step forward (LF). [slow]
- 3 Take a step forward (RF). [quick]
- 4 Cross the LF behind the RF. [quick]
- 5 Take a step forward (RF). [slow]
- 6 LF in place. Make a half turn to the right.
Take a step forward (LF). [slow]
- 7 Make a half turn to the right and put your weight onto the RF. [slow]
- 8 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [quick]
- 9 Close the RF to the LF. [quick]
- 10 Take a step to the left (LF). [slow]

Preceding figures

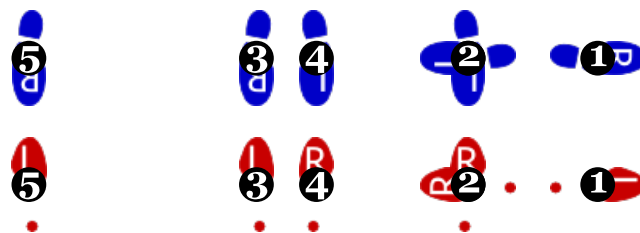
- 7.3 Fan, page 163

Following figures

- 7.9 Check from open counter-promenade position, page 175
- 7.11 Hand to hand from open counter-promenade position, page 179

7.5 Spot turn to the left

A similar figure to the underarm turn 'to the right', except that both partners turn. It is named after the man's turn 'to the left'.



Steps (man)

- 0 Start on the second beat in open hold, weight on the LF.
- 1 RF in place. Make a quarter turn to the left.
Lead the partner into a turn with your right hand.
Take a step forward (RF). [slow]
- 2 LF in place. Make a half turn to the left.
Put the weight back onto the LF. [slow]
- 3 RF in place. Make a quarter turn to the left.
Close the RF to the LF.
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]
- 5 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Start on the second beat in open hold, weight on the RF.
- 1 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 2 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 3 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]

Preceding figures

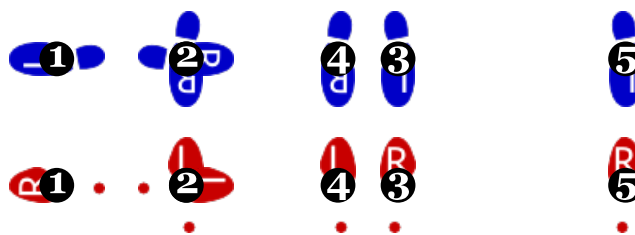
- 7.1 Basic movement to the left, page 159
- 7.6 Spot turn to the right, page 169
- 7.8 Underarm turn to the left, page 173
- 7.9 Check from open counter-promenade position, page 175

Following figures

- 7.1 Basic movement to the left, page 159
- 7.6 Spot turn to the right, page 169
- 7.8 Underarm turn to the left, page 173
- 7.9 Check from open counter-promenade position, page 175

7.6 Spot turn to the right

A similar figure to the underarm turn 'to the left', except that both partners turn. It is named after the man's turn 'to the right'.



Steps (man)

- 0 Start on the second beat in open hold, weight on the RF.
- 1 LF in place. Make a quarter turn to the right.
Lead the partner into a turn with your left hand.
Take a step forward (LF). [slow]
- 2 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 3 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]

Steps (lady)

- 0 Start on the second beat in open hold, weight on the LF.
- 1 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 2 LF in place. Make a half turn to the left.
Put the weight back onto the LF. [slow]
- 3 RF in place. Make a quarter turn to the left.
Close the RF to the LF.
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]
- 5 Take a step to the right (RF). [slow]

Preceding figures

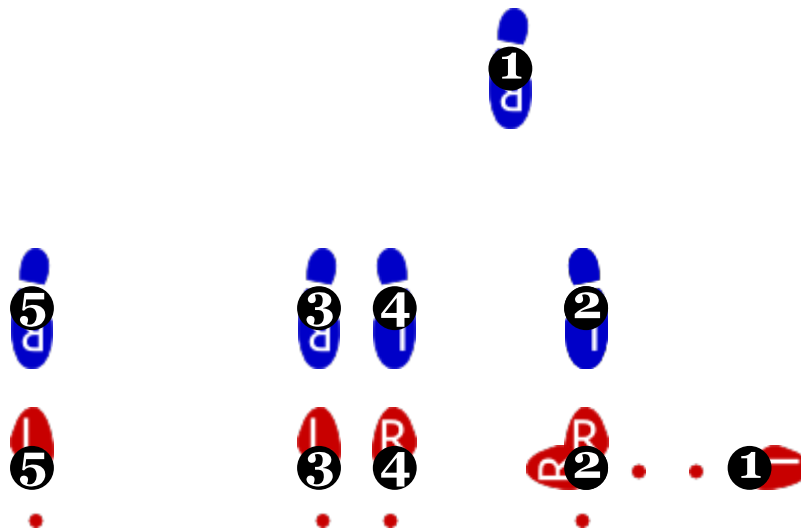
- 7.2 Basic movement to the right, page 161
- 7.5 Spot turn to the left, page 167
- 7.10 Check from open promenade position, page 177

Following figures

- 7.5 Spot turn to the left, page 167
- 7.3 Fan, page 163
- 7.10 Check from open promenade position, page 177

7.7 Underarm turn to the right

Also known as the 'Lady's solo' to the right. It is very similar to the spot turn 'to the left', but since only the lady turns (and she turns to the right), it is called 'to the right'.



Steps (man)

- 0 Start on the second beat in open or closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
Lead the partner into a turn with your right hand.
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]

- 5 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Start on the second beat in open or closed hold, weight on the RF.
- 1 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 2 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 3 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]

Preceding figures

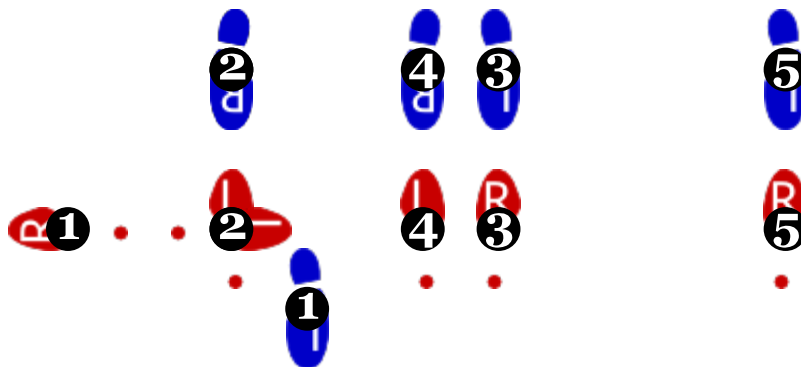
- 7.1 Basic movement to the left, page 159
- 7.9 Check from open counter-promenade position, page 175
- 7.6 Spot turn to the right, page 169
- 7.8 Underarm turn to the left, page 173

Following figures

- 7.1 Basic movement to the left, page 159
- 7.6 Spot turn to the right, page 169
- 7.9 Check from open counter-promenade position, page 175
- 7.8 Underarm turn to the left, page 173

7.8 Underarm turn to the left

Also known as the 'Lady's solo' to the left. It is very similar to the spot turn 'to the right', but since only the lady turns (and she turns to the left), it is called 'to the left'.



Steps (man)

- 0 Start on the second beat in open or closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
Lead the partner into a turn with your left hand, while taking care to step outside of the partner.
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]

Steps (lady)

- 0 Start on the second beat in open or closed hold, weight on the LF.
- 1 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 2 LF in place. Make a half turn to the left.
Put the weight back onto the LF. [slow]
- 3 RF in place. Make a quarter turn to the left.
Close the RF to the LF.
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]
- 5 Take a step to the right (RF). [slow]

Preceding figures

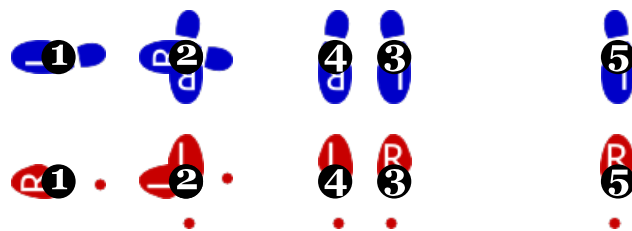
- 7.2 Basic movement to the right, page 161
- 7.10 Check from open promenade position, page 177
- 7.5 Spot turn to the left, page 167
- 7.7 Underarm turn to the right, page 171

Following figures

- 7.3 Fan, page 163
- 7.5 Spot turn to the left, page 167
- 7.7 Underarm turn to the right, page 171
- 7.10 Check from open promenade position, page 177

7.9 Check from open counter-promenade position

Also known as the 'New Yorker' to the right



Steps (man)

- 0 Start on the second beat in open hold, weight on the RF.
- 1 LF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]

Steps (lady)

- 0 Start on the second beat in open hold, weight on the LF.

- 1 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]
- 5 Take a step to the right (RF). [slow]

Preceding figures

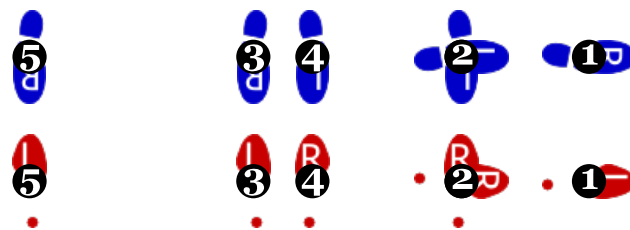
- 7.5 Spot turn to the left, page 167
- 7.7 Underarm turn to the right, page 171
- 7.10 Check from open promenade position, page 177
- 7.4 Alemana, page 165

Following figures

- 7.3 Fan, page 163
- 7.5 Spot turn to the left, page 167
- 7.7 Underarm turn to the right, page 171

7.10 Check from open promenade position

Also known as the 'New Yorker' to the left



Steps (man)

- 0 Start on the second beat in open hold, weight on the LF.
- 1 RF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step forward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]
- 5 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Start on the second beat in open hold, weight on the RF.

- 1 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]

Preceding figures

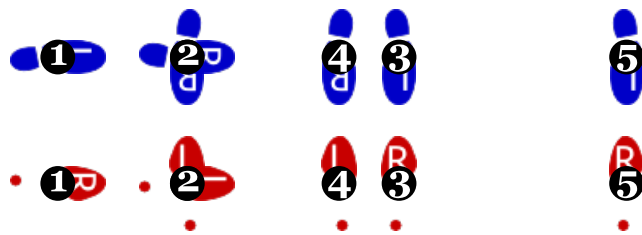
- 7.6 Spot turn to the right, page 169
- 7.8 Underarm turn to the left, page 173
- 7.9 Check from open counter-promenade position, page 175

Following figures

- 7.9 Check from open counter-promenade position, page 175
- 7.8 Underarm turn to the left, page 173
- 7.6 Spot turn to the right, page 169

7.11 Hand to hand from open counter-promenade position

Hand to hand to the right



Steps (man)

- 0 Start on the second beat in open hold, weight on the RF.
- 1 LF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step backward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]

Steps (lady)

- 0 Start on the second beat in open hold, weight on the LF.
- 1 RF in place. Make a quarter turn to the right.
Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]

- 3 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]
- 5 Take a step to the right (RF). [slow]

Preceding figures

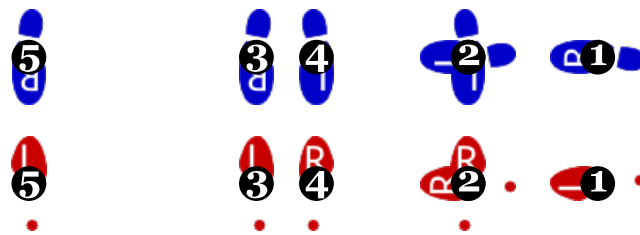
- 7.5 Spot turn to the left, page 167
- 7.4 Alemana, page 165
- 7.7 Underarm turn to the right, page 171

Following figures

- 7.12 Hand to hand from open promenade position, page 181
- 7.6 Spot turn to the right, page 169

7.12 Hand to hand from open promenade position

Hand to hand to the left



Steps (man)

- 0 Start on the second beat in open hold, weight on the LF.
- 1 RF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]
- 5 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Start on the second beat in open hold, weight on the RF.
- 1 LF in place. Make a quarter turn to the left.
Take a step backward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]

- 3 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]

Preceding figures

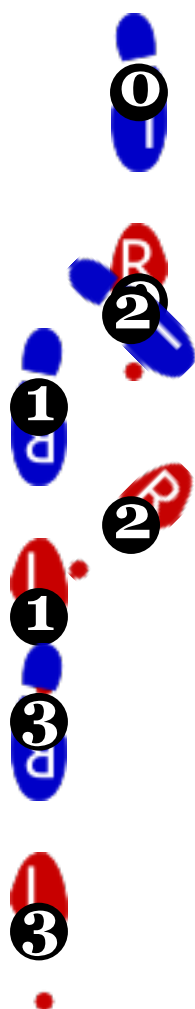
- 7.11 Hand to hand from open counter-promenade position, page 179
- 7.6 Spot turn to the right, page 169
- 7.8 Underarm turn to the left, page 173

Following figures

- 7.11 Hand to hand from open counter-promenade position, page 179
- 7.5 Spot turn to the left, page 167

7.13 Lock forward (right foot)

When not danced as part of a larger figure, the lock step should be danced in groups of three, framed by a rock step (forward/in place or backward/in place) at the beginning and the end



Steps (man)

- 0 Start on the second beat in open or closed hold, weight on the LF.
- 1 Take a step forward (RF). [quick]
- 2 Cross the LF behind the RF. [quick]
- 3 Take a step forward (RF). [quick]

Steps (lady)

- 0 Start on the second beat in open or closed hold, weight on the RF.
- 1 Take a step backward (LF). [quick]
- 2 Cross the RF in front of the LF. [quick]
- 3 Take a step backward (LF). [quick]

Preceding figures

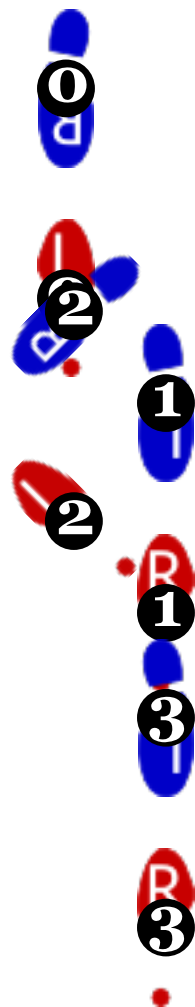
- 7.14 Lock forward (left foot), page 185
- 7.16 Lock backward (left foot), page 189

Following figures

- 7.14 Lock forward (left foot), page 185
- 7.16 Lock backward (left foot), page 189

7.14 Lock forward (left foot)

When not danced as part of a larger figure, the lock step should be danced in groups of three, framed by a rock step (forward/in place or backward/in place) at the beginning and the end



Steps (man)

- 0 Start on the second beat in open or closed hold, weight on the RF.
- 1 Take a step forward (LF). [quick]
- 2 Cross the RF behind the LF. [quick]
- 3 Take a step forward (LF). [quick]

Steps (lady)

- 0 Start on the second beat in open or closed hold, weight on the LF.
- 1 Take a step backward (RF). [quick]
- 2 Cross the LF in front of the RF. [quick]
- 3 Take a step backward (RF). [quick]

Preceding figures

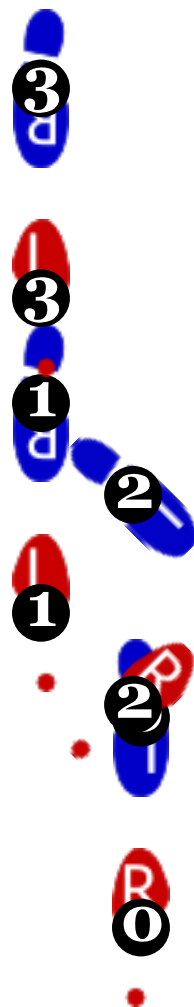
- 7.13 Lock forward (right foot), page 183
- 7.15 Lock backward (right foot), page 187

Following figures

- 7.13 Lock forward (right foot), page 183
- 7.15 Lock backward (right foot), page 187

7.15 Lock backward (right foot)

When not danced as part of a larger figure, the lock step should be danced in groups of three, framed by a rock step (forward/in place or backward/in place) at the beginning and the end



Steps (man)

- 0 Start on the second beat in open or closed hold, weight on the LF.
- 1 Take a step backward (RF). [quick]
- 2 Cross the LF in front of the RF. [quick]
- 3 Take a step backward (RF). [quick]

Steps (lady)

- 0 Start on the second beat in open or closed hold, weight on the RF.
- 1 Take a step forward (LF). [quick]
- 2 Cross the RF behind the LF. [quick]
- 3 Take a step forward (LF). [quick]

Preceding figures

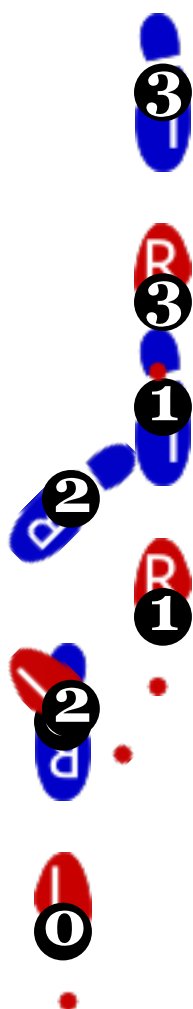
- 7.16 Lock backward (left foot), page 189
- 7.14 Lock forward (left foot), page 185

Following figures

- 7.16 Lock backward (left foot), page 189
- 7.14 Lock forward (left foot), page 185

7.16 Lock backward (left foot)

When not danced as part of a larger figure, the lock step should be danced in groups of three, framed by a rock step (forward/in place or backward/in place) at the beginning and the end



Steps (man)

- 0 Start on the second beat in open or closed hold, weight on the RF.
- 1 Take a step backward (LF). [quick]
- 2 Cross the RF in front of the LF. [quick]
- 3 Take a step backward (LF). [quick]

Steps (lady)

- 0 Start on the second beat in open or closed hold, weight on the LF.
- 1 Take a step forward (RF). [quick]
- 2 Cross the LF behind the RF. [quick]
- 3 Take a step forward (RF). [quick]

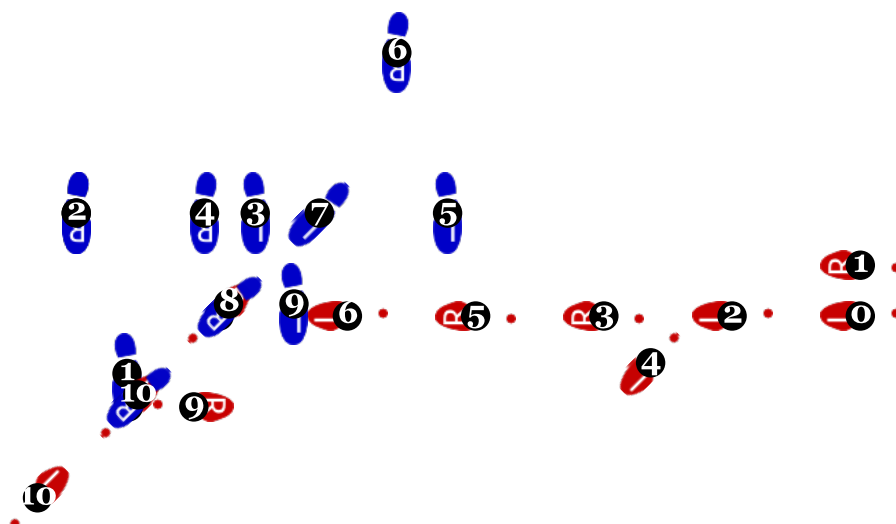
Preceding figures

- 7.15 Lock backward (right foot), page 187
- 7.13 Lock forward (right foot), page 183

Following figures

- 7.15 Lock backward (right foot), page 187
- 7.13 Lock forward (right foot), page 183

7.17 Hockey Stick



Steps (man)

- 0 Start on the second beat in Fan position, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]
- 6 Close the RF to the LF.
Take a step backward (RF). [slow]
- 7 Put the weight back onto the LF, while turning and moving one eighth towards the lady. [slow]
Take a step to the right (LF).
LF in place. Make an eight turn to the right.

- 8 Take a step forward (RF). [quick]
- 9 Cross the LF behind the RF. [quick]
- 10 Take a step forward (RF). [slow]

Steps (lady)

- 0 Start on the second beat in Fan position, weight on the LF.
- 1 Close the RF to the LF. [slow]
- 2 Take a step forward (LF). [slow]
- 3 Take a step forward (RF). [quick]
- 4 Cross the LF behind the RF. [quick]
- 5 Take a step forward (RF). [slow]
- 6 Take a step forward (LF). [slow]
- 7 Take a step forward (RF). [slow]
RF in place. Make a five eights turn to the left.
- 8 Take a step backward (LF). [quick]
- 9 Cross the RF in front of the LF. [quick]
- 10 Take a step backward (LF). [slow]

Preceding figures

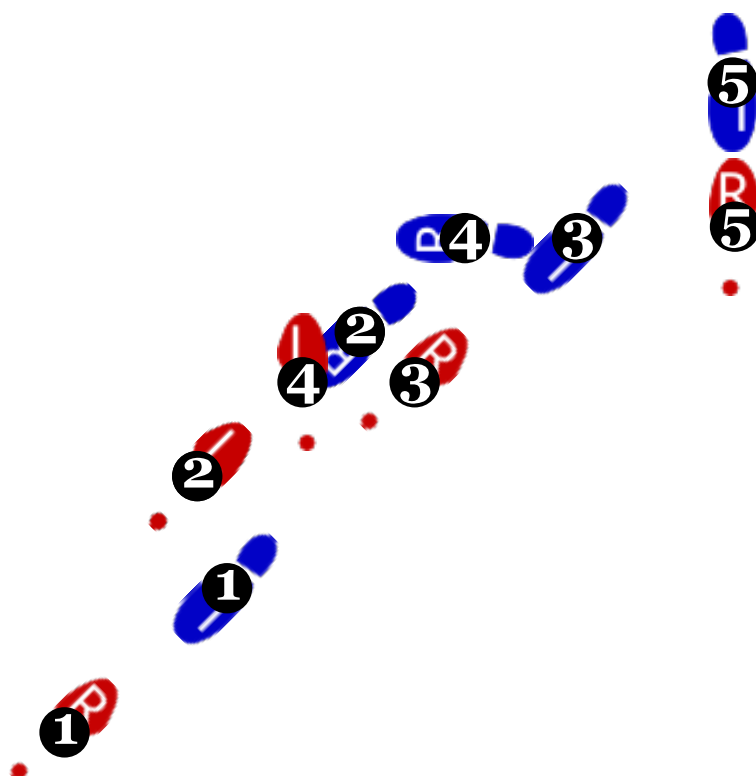
- 7.3 Fan, page 163

Following figures

- 7.18 Basic movement to the left (turned), page 193

7.18 Basic movement to the left (turned)

Dance the turned basic movement after the hockey stick



Steps (man)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]

- 3 Take a step backward (LF). [quick]
- 4 Cross the RF in front of the LF. [quick]
- 5 Take a small step back and turn an eighth to the left. [slow]
LF in place. Make an eight turn to the left.
LF in place.

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step forward (RF). [quick]
- 4 Cross the LF behind the RF. [quick]
- 5 Take a small step forward and turn an eighth to the left. [slow]
RF in place. Make an eight turn to the left.
Take a step to the right (RF).

Preceding figures

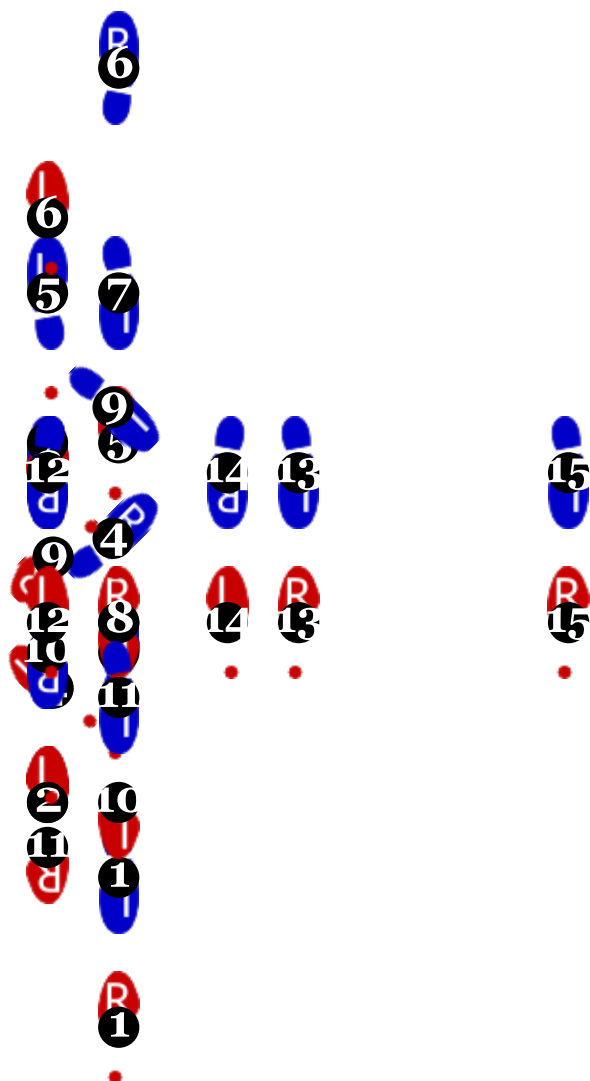
- 7.17 Hockey Stick, page 191

Following figures

- 7.3 Fan, page 163
- 7.2 Basic movement to the right, page 161

7.19 Follow my Leader

As a variation, the lock steps can be repeated more than once (see description of the lock step)



Steps (man)

- 0 Start on the second beat in closed hold, weight on the LF.

- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF, open the hold, and make a half turn to the right. [slow]
RF in place. Make a half turn to the right.
- 3 Close the LF to the RF.
Take a step forward (LF). [quick]
- 4 Cross the RF behind the LF. [quick]
- 5 Take a step forward (LF). [slow]
- 6 Take a step forward (RF). [slow]
- 7 Put the weight back onto the LF, and make a half turn to the left. [slow]
LF in place. Make a half turn to the left.
- 8 Close the RF to the LF.
Take a step forward (RF). [quick]
- 9 Cross the LF behind the RF. [quick]
- 10 Take a step forward (RF). [slow]
- 11 Take a step forward (LF). [slow]
- 12 Put the weight back onto the RF and close the hold. [slow]
- 13 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 14 Close the RF to the LF. [quick]
- 15 Take a step to the left (LF). [slow]

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Close the RF to the LF.
Take a step forward (RF). [quick]

- 4 Cross the LF behind the RF. [quick]
- 5 Take a step forward (RF). [slow]
- 6 Take a step forward (LF). [slow]
- 7 Put the weight back onto the RF, and make a half turn to the right.
[slow]
RF in place. Make a half turn to the right.
- 8 Close the LF to the RF.
Take a step forward (LF). [quick]
- 9 Cross the RF behind the LF. [quick]
- 10 Take a step forward (LF). [slow]
- 11 Take a step forward (RF). [slow]
- 12 Put the weight back onto the LF, close the hold, and make a half turn
to the left. [slow]
LF in place. Make a half turn to the left.
- 13 Close the RF to the LF.
Take a step to the right (RF). [quick]
- 14 Close the LF to the RF. [quick]
- 15 Take a step to the right (RF). [slow]

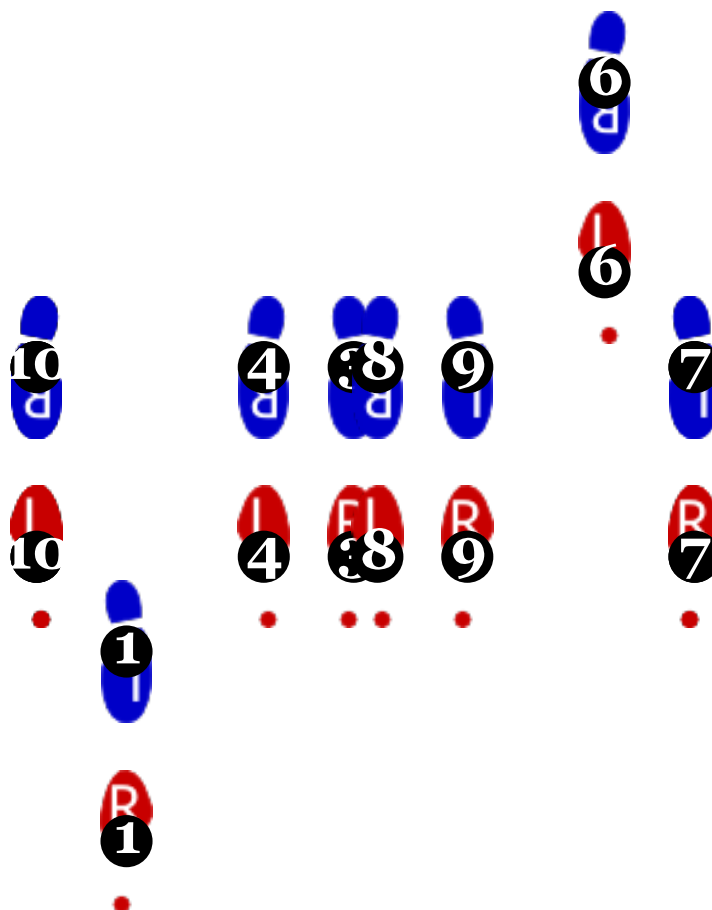
Preceding figures

- 7.2 Basic movement to the right, page 161

Following figures

- 7.2 Basic movement to the right, page 161

7.20 Basic movement



Steps (man)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [quick]

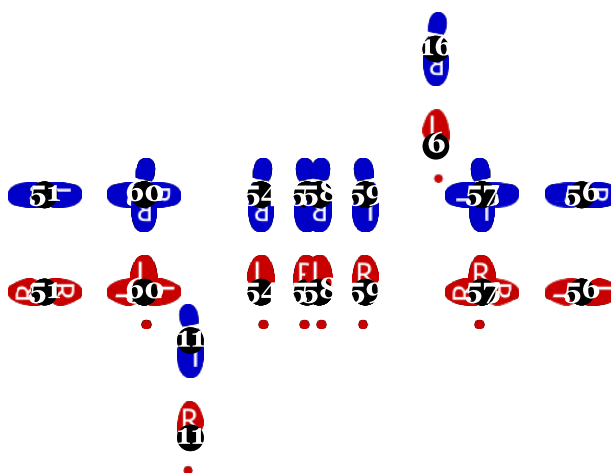
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]
- 6 Take a step backward (RF). [slow]
- 7 Put the weight back onto the LF. [slow]
- 8 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 9 Close the LF to the RF. [quick]
- 10 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]
- 5 Take a step to the right (RF). [slow]
- 6 Take a step forward (LF). [slow]
- 7 Put the weight back onto the RF. [slow]
- 8 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 9 Close the RF to the LF. [quick]
- 10 Take a step to the left (LF). [slow]

7.21 Amalgamation #1

Sequence with basic movement, underarm turn, New Yorker, spot turn, and hand to hand



Steps (man)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]
- 6 Take a step backward (RF). [slow]
- 7 Put the weight back onto the LF. [slow]
- 8 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 9 Close the LF to the RF. [quick]

- 10 Take a step to the right (RF). [slow]
- 11 Take a step forward (LF). [slow]
- 12 Put the weight back onto the RF. [slow]
- 13 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 14 Close the RF to the LF. [quick]
- 15 Take a step to the left (LF). [slow]
- 16 Take a step backward (RF). [slow]
Lead the partner into a turn with your right hand.
- 17 Put the weight back onto the LF. [slow]
- 18 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 19 Close the LF to the RF. [quick]
- 20 Take a step to the right (RF). [slow]
- 21 LF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step forward (LF). [slow]
- 22 Put the weight back onto the RF. [slow]
- 23 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [quick]
- 24 Close the RF to the LF. [quick]
- 25 Take a step to the left (LF). [slow]
- 26 RF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step forward (RF). [slow]
- 27 Put the weight back onto the LF. [slow]
- 28 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [quick]

- 29 Close the LF to the RF. [quick]
- 30 Take a step to the right (RF). [slow]
- 31 LF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step forward (LF). [slow]
- 32 Put the weight back onto the RF. [slow]
- 33 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [quick]
- 34 Close the RF to the LF. [quick]
- 35 Take a step to the left (LF). [slow]
- 36 RF in place. Make a quarter turn to the left.
Lead the partner into a turn with your right hand.
Take a step forward (RF). [slow]
- 37 LF in place. Make a half turn to the left.
Put the weight back onto the LF. [slow]
- 38 RF in place. Make a quarter turn to the left.
Close the RF to the LF.
Take a step to the right (RF). [quick]
- 39 Close the LF to the RF. [quick]
- 40 Take a step to the right (RF). [slow]
- 41 LF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step backward (LF). [slow]
- 42 Put the weight back onto the RF. [slow]
- 43 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [quick]
- 44 Close the RF to the LF. [quick]
- 45 Take a step to the left (LF). [slow]

- 46 RF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step backward (RF). [slow]
- 47 Put the weight back onto the LF. [slow]
- 48 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [quick]
- 49 Close the LF to the RF. [quick]
- 50 Take a step to the right (RF). [slow]
- 51 LF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step backward (LF). [slow]
- 52 Put the weight back onto the RF. [slow]
- 53 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [quick]
- 54 Close the RF to the LF. [quick]
- 55 Take a step to the left (LF). [slow]
- 56 RF in place. Make a quarter turn to the left.
Lead the partner into a turn with your right hand.
Take a step forward (RF). [slow]
- 57 LF in place. Make a half turn to the left.
Put the weight back onto the LF. [slow]
- 58 RF in place. Make a quarter turn to the left.
Close the RF to the LF.
Take a step to the right (RF). [quick]
- 59 Close the LF to the RF. [quick]
- 60 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]
- 5 Take a step to the right (RF). [slow]
- 6 Take a step forward (LF). [slow]
- 7 Put the weight back onto the RF. [slow]
- 8 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 9 Close the RF to the LF. [quick]
- 10 Take a step to the left (LF). [slow]
- 11 Take a step backward (RF). [slow]
- 12 Put the weight back onto the LF. [slow]
- 13 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 14 Close the LF to the RF. [quick]
- 15 Take a step to the right (RF). [slow]
- 16 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 17 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 18 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [quick]

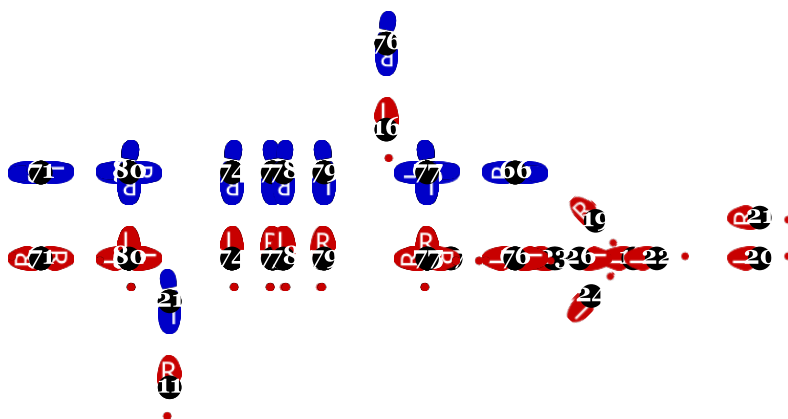
- 19 Close the RF to the LF. [quick]
- 20 Take a step to the left (LF). [slow]
- 21 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 22 Put the weight back onto the LF. [slow]
- 23 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [quick]
- 24 Close the LF to the RF. [quick]
- 25 Take a step to the right (RF). [slow]
- 26 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 27 Put the weight back onto the RF. [slow]
- 28 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [quick]
- 29 Close the RF to the LF. [quick]
- 30 Take a step to the left (LF). [slow]
- 31 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 32 Put the weight back onto the LF. [slow]
- 33 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [quick]
- 34 Close the LF to the RF. [quick]
- 35 Take a step to the right (RF). [slow]
- 36 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 37 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]

- 38 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [quick]
- 39 Close the RF to the LF. [quick]
- 40 Take a step to the left (LF). [slow]
- 41 RF in place. Make a quarter turn to the right.
Take a step backward (RF). [slow]
- 42 Put the weight back onto the LF. [slow]
- 43 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [quick]
- 44 Close the LF to the RF. [quick]
- 45 Take a step to the right (RF). [slow]
- 46 LF in place. Make a quarter turn to the left.
Take a step backward (LF). [slow]
- 47 Put the weight back onto the RF. [slow]
- 48 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [quick]
- 49 Close the RF to the LF. [quick]
- 50 Take a step to the left (LF). [slow]
- 51 RF in place. Make a quarter turn to the right.
Take a step backward (RF). [slow]
- 52 Put the weight back onto the LF. [slow]
- 53 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [quick]
- 54 Close the LF to the RF. [quick]
- 55 Take a step to the right (RF). [slow]
- 56 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]

- 57 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 58 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [quick]
- 59 Close the RF to the LF. [quick]
- 60 Take a step to the left (LF). [slow]

7.22 Amalgamation #2

Sequence with basic movement, fan, alemana, underarm turn, New Yorker, spot turn, and hand to hand



Steps (man)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]
- 6 Take a step backward (RF). [slow]
- 7 Put the weight back onto the LF. [slow]
- 8 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 9 Close the LF to the RF. [quick]
- 10 Take a step to the right (RF). [slow]

- 11 Take a step forward (LF). [slow]
- 12 Put the weight back onto the RF. [slow]
- 13 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 14 Close the RF to the LF. [quick]
- 15 Take a step to the left (LF). [slow]
- 16 Take a step backward (RF). [slow]
Lower your left arm to your hip to prepare leading the partner to the side.
- 17 Put the weight back onto the LF and start to open the hold. [slow]
- 18 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 19 Close the LF to the RF. [quick]
- 20 Take a step to the right (RF). [slow]
- 21 Take a step forward (LF). [slow]
- 22 Put the weight back onto the RF. [slow]
- 23 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 24 Close the RF to the LF. [quick]
- 25 Take a step to the left (LF). [slow]
- 26 Close the RF to the LF.
Take a step backward (RF). [slow]
- 27 Put the weight back onto the LF. [slow]
- 28 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 29 Close the LF to the RF. [quick]
- 30 Take a step to the right (RF). [slow]

- 31 LF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step forward (LF). [slow]
- 32 Put the weight back onto the RF. [slow]
- 33 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [quick]
- 34 Close the RF to the LF. [quick]
- 35 Take a step to the left (LF). [slow]
- 36 RF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step forward (RF). [slow]
- 37 Put the weight back onto the LF. [slow]
- 38 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [quick]
- 39 Close the LF to the RF. [quick]
- 40 Take a step to the right (RF). [slow]
- 41 LF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step forward (LF). [slow]
- 42 Put the weight back onto the RF. [slow]
- 43 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [quick]
- 44 Close the RF to the LF. [quick]
- 45 Take a step to the left (LF). [slow]
- 46 RF in place. Make a quarter turn to the left.
Lead the partner into a turn with your right hand.
Take a step forward (RF). [slow]
- 47 LF in place. Make a half turn to the left.
Put the weight back onto the LF. [slow]

- 48 RF in place. Make a quarter turn to the left.
Close the RF to the LF.
Take a step to the right (RF). [quick]
- 49 Close the LF to the RF. [quick]
- 50 Take a step to the right (RF). [slow]
- 51 LF in place. Make a quarter turn to the right.
Lead the partner into a turn with your left hand.
Take a step forward (LF). [slow]
- 52 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 53 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [quick]
- 54 Close the RF to the LF. [quick]
- 55 Take a step to the left (LF). [slow]
- 56 RF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step backward (RF). [slow]
- 57 Put the weight back onto the LF. [slow]
- 58 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [quick]
- 59 Close the LF to the RF. [quick]
- 60 Take a step to the right (RF). [slow]
- 61 LF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step backward (LF). [slow]
- 62 Put the weight back onto the RF. [slow]
- 63 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [quick]
- 64 Close the RF to the LF. [quick]

- 65 Take a step to the left (LF). [slow]
- 66 RF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step backward (RF). [slow]
- 67 Put the weight back onto the LF. [slow]
- 68 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [quick]
- 69 Close the LF to the RF. [quick]
- 70 Take a step to the right (RF). [slow]
- 71 LF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step backward (LF). [slow]
- 72 Put the weight back onto the RF. [slow]
- 73 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [quick]
- 74 Close the RF to the LF. [quick]
- 75 Take a step to the left (LF). [slow]
- 76 Take a step backward (RF). [slow]
Lead the partner into a turn with your right hand.
- 77 Put the weight back onto the LF. [slow]
- 78 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 79 Close the LF to the RF. [quick]
- 80 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]
- 5 Take a step to the right (RF). [slow]
- 6 Take a step forward (LF). [slow]
- 7 Put the weight back onto the RF. [slow]
- 8 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 9 Close the RF to the LF. [quick]
- 10 Take a step to the left (LF). [slow]
- 11 Take a step backward (RF). [slow]
- 12 Put the weight back onto the LF. [slow]
- 13 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 14 Close the LF to the RF. [quick]
- 15 Take a step to the right (RF). [slow]
- 16 Take a step forward (LF). [slow]
- 17 RF in place. Make a quarter turn to the left.
Put the weight back onto the RF while turning a quarter to the left
and start to open the hold. [slow]
- 18 Take a step backward (LF). [quick]
- 19 Cross the RF in front of the LF. [quick]
- 20 Take a step backward (LF). [slow]

- 21 Close the RF to the LF. [slow]
- 22 Take a step forward (LF). [slow]
- 23 Take a step forward (RF). [quick]
- 24 Cross the LF behind the RF. [quick]
- 25 Take a step forward (RF). [slow]
- 26 LF in place. Make a half turn to the right.
Take a step forward (LF). [slow]
- 27 Make a half turn to the right and put your weight onto the RF. [slow]
- 28 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [quick]
- 29 Close the RF to the LF. [quick]
- 30 Take a step to the left (LF). [slow]
- 31 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 32 Put the weight back onto the LF. [slow]
- 33 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [quick]
- 34 Close the LF to the RF. [quick]
- 35 Take a step to the right (RF). [slow]
- 36 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 37 Put the weight back onto the RF. [slow]
- 38 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [quick]
- 39 Close the RF to the LF. [quick]
- 40 Take a step to the left (LF). [slow]

- 41 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 42 Put the weight back onto the LF. [slow]
- 43 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [quick]
- 44 Close the LF to the RF. [quick]
- 45 Take a step to the right (RF). [slow]
- 46 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 47 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 48 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [quick]
- 49 Close the RF to the LF. [quick]
- 50 Take a step to the left (LF). [slow]
- 51 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 52 LF in place. Make a half turn to the left.
Put the weight back onto the LF. [slow]
- 53 RF in place. Make a quarter turn to the left.
Close the RF to the LF.
Take a step to the right (RF). [quick]
- 54 Close the LF to the RF. [quick]
- 55 Take a step to the right (RF). [slow]
- 56 LF in place. Make a quarter turn to the left.
Take a step backward (LF). [slow]
- 57 Put the weight back onto the RF. [slow]
- 58 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [quick]

- 59 Close the RF to the LF. [quick]
- 60 Take a step to the left (LF). [slow]
- 61 RF in place. Make a quarter turn to the right.
Take a step backward (RF). [slow]
- 62 Put the weight back onto the LF. [slow]
- 63 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [quick]
- 64 Close the LF to the RF. [quick]
- 65 Take a step to the right (RF). [slow]
- 66 LF in place. Make a quarter turn to the left.
Take a step backward (LF). [slow]
- 67 Put the weight back onto the RF. [slow]
- 68 LF in place. Make a quarter turn to the right.
Take a step to the left (LF). [quick]
- 69 Close the RF to the LF. [quick]
- 70 Take a step to the left (LF). [slow]
- 71 RF in place. Make a quarter turn to the right.
Take a step backward (RF). [slow]
- 72 Put the weight back onto the LF. [slow]
- 73 RF in place. Make a quarter turn to the left.
Take a step to the right (RF). [quick]
- 74 Close the LF to the RF. [quick]
- 75 Take a step to the right (RF). [slow]
- 76 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 77 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]

78 LF in place. Make a quarter turn to the right.
Close the LF to the RF.

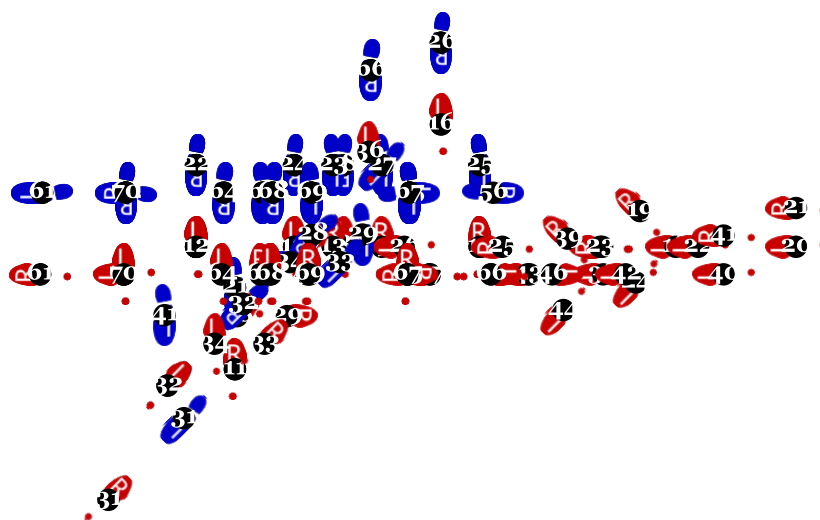
Take a step to the left (LF). [quick]

79 Close the RF to the LF. [quick]

80 Take a step to the left (LF). [slow]

7.23 Amalgamation #3

Sequence with basic movement, fan, hockey stick, alemana, New Yorker, and underarm turn



Steps (man)

- 0 Start on the second beat in closed hold, weight on the RF.
- 1 Take a step forward (LF). [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 4 Close the RF to the LF. [quick]
- 5 Take a step to the left (LF). [slow]
- 6 Take a step backward (RF). [slow]
- 7 Put the weight back onto the LF. [slow]
- 8 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 9 Close the LF to the RF. [quick]

- 10 Take a step to the right (RF). [slow]
- 11 Take a step forward (LF). [slow]
- 12 Put the weight back onto the RF. [slow]
- 13 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 14 Close the RF to the LF. [quick]
- 15 Take a step to the left (LF). [slow]
- 16 Take a step backward (RF). [slow]
Lower you left arm to your hip to prepare leading the partner to the side.
- 17 Put the weight back onto the LF and start to open the hold. [slow]
- 18 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 19 Close the LF to the RF. [quick]
- 20 Take a step to the right (RF). [slow]
- 21 Take a step forward (LF). [slow]
- 22 Put the weight back onto the RF. [slow]
- 23 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 24 Close the RF to the LF. [quick]
- 25 Take a step to the left (LF). [slow]
- 26 Close the RF to the LF.
Take a step backward (RF). [slow]
- 27 Put the weight back onto the LF, while turning and moving one eighth towards the lady. [slow]
Take a step to the right (LF).
LF in place. Make an eight turn to the right.
- 28 Take a step forward (RF). [quick]

- 29 Cross the LF behind the RF. [quick]
- 30 Take a step forward (RF). [slow]
- 31 Take a step forward (LF). [slow]
- 32 Put the weight back onto the RF. [slow]
- 33 Take a step backward (LF). [quick]
- 34 Cross the RF in front of the LF. [quick]
- 35 Take a small step back and turn an eighth to the left. [slow]
LF in place. Make an eight turn to the left.
LF in place.
- 36 Take a step backward (RF). [slow]
Lower you left arm to your hip to prepare leading the partner to the side.
- 37 Put the weight back onto the LF and start to open the hold. [slow]
- 38 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 39 Close the LF to the RF. [quick]
- 40 Take a step to the right (RF). [slow]
- 41 Take a step forward (LF). [slow]
- 42 Put the weight back onto the RF. [slow]
- 43 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 44 Close the RF to the LF. [quick]
- 45 Take a step to the left (LF). [slow]
- 46 Close the RF to the LF.
Take a step backward (RF). [slow]
- 47 Put the weight back onto the LF. [slow]
- 48 Take a step forward (RF).
Take a step to the right (RF). [quick]

- 49 Close the LF to the RF. [quick]
- 50 Take a step to the right (RF). [slow]
- 51 LF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step forward (LF). [slow]
- 52 Put the weight back onto the RF. [slow]
- 53 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [quick]
- 54 Close the RF to the LF. [quick]
- 55 Take a step to the left (LF). [slow]
- 56 RF in place. Make a quarter turn to the left.
Lead the partner with your right hand.
Take a step forward (RF). [slow]
- 57 Put the weight back onto the LF. [slow]
- 58 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [quick]
- 59 Close the LF to the RF. [quick]
- 60 Take a step to the right (RF). [slow]
- 61 LF in place. Make a quarter turn to the right.
Lead the partner with your left hand.
Take a step forward (LF). [slow]
- 62 Put the weight back onto the RF. [slow]
- 63 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [quick]
- 64 Close the RF to the LF. [quick]
- 65 Take a step to the left (LF). [slow]
- 66 Take a step backward (RF). [slow]
Lead the partner into a turn with your right hand.
- 67 Put the weight back onto the LF. [slow]

- 68 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 69 Close the LF to the RF. [quick]
- 70 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Start on the second beat in closed hold, weight on the LF.
- 1 Take a step backward (RF). [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 4 Close the LF to the RF. [quick]
- 5 Take a step to the right (RF). [slow]
- 6 Take a step forward (LF). [slow]
- 7 Put the weight back onto the RF. [slow]
- 8 Take a step backward (LF).
Take a step to the left (LF). [quick]
- 9 Close the RF to the LF. [quick]
- 10 Take a step to the left (LF). [slow]
- 11 Take a step backward (RF). [slow]
- 12 Put the weight back onto the LF. [slow]
- 13 Take a step forward (RF).
Take a step to the right (RF). [quick]
- 14 Close the LF to the RF. [quick]
- 15 Take a step to the right (RF). [slow]
- 16 Take a step forward (LF). [slow]

- 17 RF in place. Make a quarter turn to the left.
Put the weight back onto the RF while turning a quarter to the left
and start to open the hold. [slow]
- 18 Take a step backward (LF). [quick]
- 19 Cross the RF in front of the LF. [quick]
- 20 Take a step backward (LF). [slow]
- 21 Close the RF to the LF. [slow]
- 22 Take a step forward (LF). [slow]
- 23 Take a step forward (RF). [quick]
- 24 Cross the LF behind the RF. [quick]
- 25 Take a step forward (RF). [slow]
- 26 Take a step forward (LF). [slow]
- 27 Take a step forward (RF). [slow]
RF in place. Make a five eights turn to the left.
- 28 Take a step backward (LF). [quick]
- 29 Cross the RF in front of the LF. [quick]
- 30 Take a step backward (LF). [slow]
- 31 Take a step backward (RF). [slow]
- 32 Put the weight back onto the LF. [slow]
- 33 Take a step forward (RF). [quick]
- 34 Cross the LF behind the RF. [quick]
- 35 Take a small step forward and turn an eighth to the left. [slow]
RF in place. Make an eight turn to the left.
Take a step to the right (RF).
- 36 Take a step forward (LF). [slow]
- 37 RF in place. Make a quarter turn to the left.
Put the weight back onto the RF while turning a quarter to the left
and start to open the hold. [slow]

- 38 Take a step backward (LF). [quick]
- 39 Cross the RF in front of the LF. [quick]
- 40 Take a step backward (LF). [slow]
- 41 Close the RF to the LF. [slow]
- 42 Take a step forward (LF). [slow]
- 43 Take a step forward (RF). [quick]
- 44 Cross the LF behind the RF. [quick]
- 45 Take a step forward (RF). [slow]
- 46 LF in place. Make a half turn to the right.
Take a step forward (LF). [slow]
- 47 Make a half turn to the right and put your weight onto the RF. [slow]
- 48 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [quick]
- 49 Close the RF to the LF. [quick]
- 50 Take a step to the left (LF). [slow]
- 51 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 52 Put the weight back onto the LF. [slow]
- 53 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [quick]
- 54 Close the LF to the RF. [quick]
- 55 Take a step to the right (RF). [slow]
- 56 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 57 Put the weight back onto the RF. [slow]
- 58 LF in place. Make a quarter turn to the left.
Take a step to the left (LF). [quick]

- 59 Close the RF to the LF. [quick]
- 60 Take a step to the left (LF). [slow]
- 61 RF in place. Make a quarter turn to the left.
Take a step forward (RF). [slow]
- 62 Put the weight back onto the LF. [slow]
- 63 RF in place. Make a quarter turn to the right.
Take a step to the right (RF). [quick]
- 64 Close the LF to the RF. [quick]
- 65 Take a step to the right (RF). [slow]
- 66 LF in place. Make a quarter turn to the right.
Take a step forward (LF). [slow]
- 67 RF in place. Make a half turn to the right.
Put the weight back onto the RF. [slow]
- 68 LF in place. Make a quarter turn to the right.
Close the LF to the RF.
Take a step to the left (LF). [quick]
- 69 Close the RF to the LF. [quick]
- 70 Take a step to the left (LF). [slow]

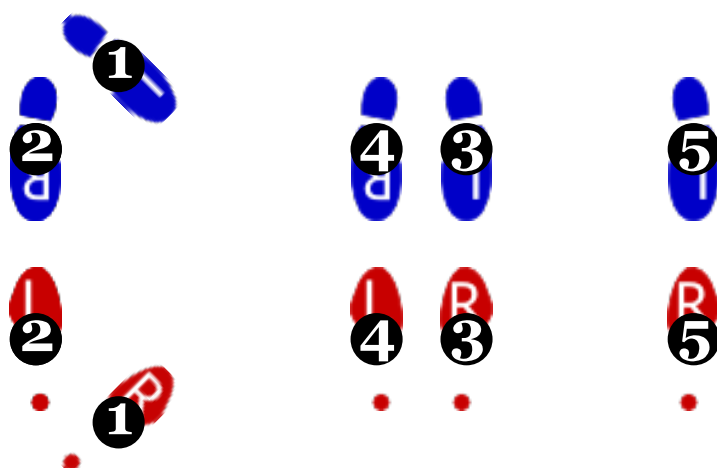
Chapter 8

Jive

The Jive is an international latin ballroom dance in 4/4 time that is fast and lively.

8.1 Chassé to the left

First part of the basic movement



Steps (man)

- 0 Begin in closed hold, weight on the RF.
- 1 Cross the LF behind the RF. [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Close the LF to the RF.
Take a step to the left (LF). [slow]
- 4 Close the RF to the LF. [a]
- 5 Take a step to the left (LF). [slow]

Steps (lady)

- 0 Begin in closed hold, weight on the LF.
- 1 Cross the RF behind the LF. [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Close the RF to the LF.
Take a step to the right (RF). [slow]
- 4 Close the LF to the RF. [a]
- 5 Take a step to the right (RF). [slow]

Preceding figures

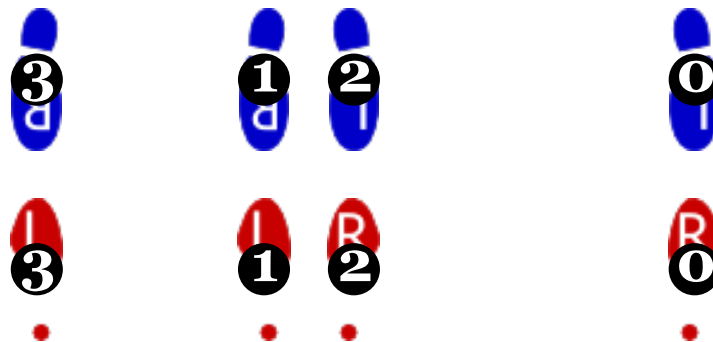
- 8.2 Chassé to the right, page 229
- 8.3 Basic in place, page 231

Following figures

- 8.2 Chassé to the right, page 229

8.2 Chassé to the right

Second part of the basic movement



Steps (man)

- 0 Begin in closed hold, weight on the LF.
- 1 Take a step to the right (RF). [slow]
- 2 Close the LF to the RF. [a]
- 3 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Begin in closed hold, weight on the RF.
- 1 Take a step to the left (LF). [slow]
- 2 Close the RF to the LF. [a]
- 3 Take a step to the left (LF). [slow]

Preceding figures

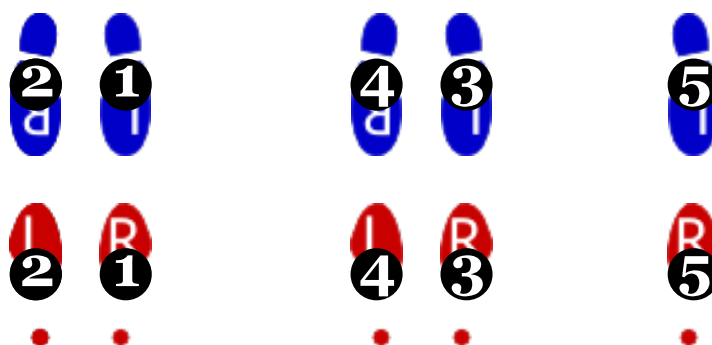
- 8.1 Chassé to the left, page 227

Following figures

- 8.1 Chassé to the left, page 227
- 8.3 Basic in place, page 231
- 8.4 Change of place (right to left), page 233
- 8.5 Change of place (left to right), page 236

8.3 Basic in place

Alternative for the chassé to the left as the first part of the basic movement



Steps (man)

- 0 Begin in closed hold, weight on the RF.
- 1 Put the weight onto the LF. [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Take a step to the left (LF). [slow]
- 4 Close the RF to the LF. [a]
- 5 Take a step to the left (LF). [slow]

Steps (lady)

- 0 Begin in closed hold, weight on the LF.
- 1 Put the weight onto the RF. [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Take a step to the right (RF). [slow]
- 4 Close the LF to the RF. [a]

- 5 Take a step to the right (RF). [slow]

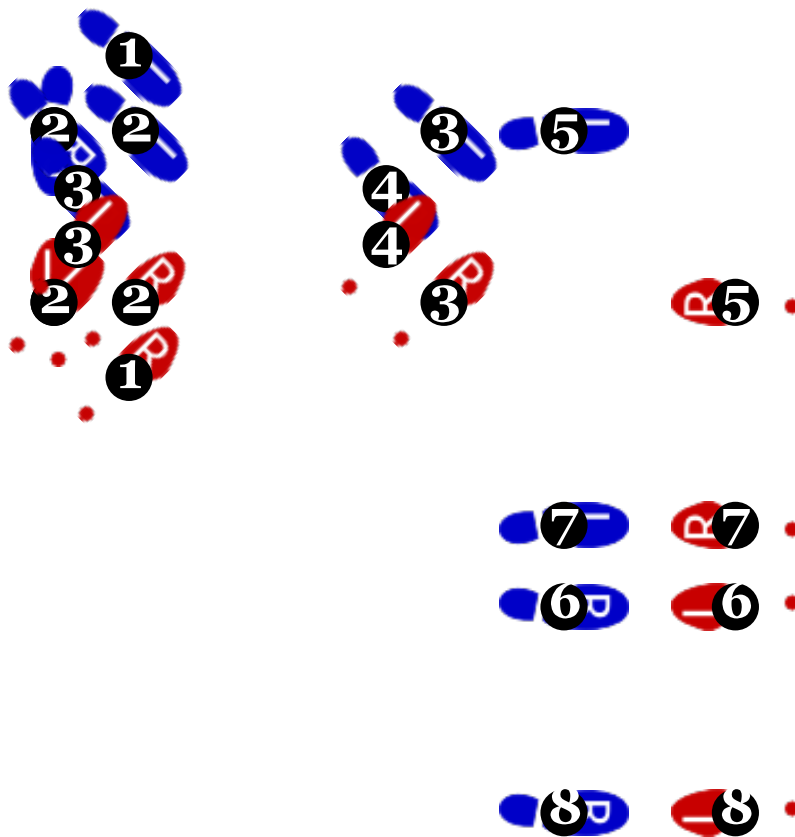
Preceding figures

- 8.2 Chassé to the right, page 229

Following figures

- 8.2 Chassé to the right, page 229

8.4 Change of place (right to left)



Steps (man)

- 0 Begin in open hold, weight on the RF.
- 1 Cross the LF behind the RF. [slow]

- 2 Put the weight back onto the RF. [slow]
LF in place. Make an eight turn to the left.
- 3 Close the RF to the LF.
Take a step diagonally forward and to the left (LF). [slow]
- 4 Close the RF to the LF. [a]
- 5 Take a step diagonally forward and to the left (LF). [slow]
LF in place. Make an eight turn to the left.
- 6 Close the RF to the LF.
Take a step to the right (RF). [slow]
- 7 Close the LF to the RF. [a]
- 8 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Begin in open hold, weight on the LF.
- 1 Cross the RF behind the LF. [slow]
- 2 Put the weight back onto the LF. [slow]
RF in place. Make an eight turn to the right.
- 3 Close the LF to the RF.
Take a step diagonally forward and to the right (RF). [slow]
- 4 Close the LF to the RF. [a]
- 5 Take a step diagonally forward and to the right (RF). [slow]
RF in place. Make a five eights turn to the right.
- 6 Close the LF to the RF.
Take a step to the left (LF). [slow]
- 7 Close the RF to the LF. [a]
- 8 Take a step to the left (LF). [slow]

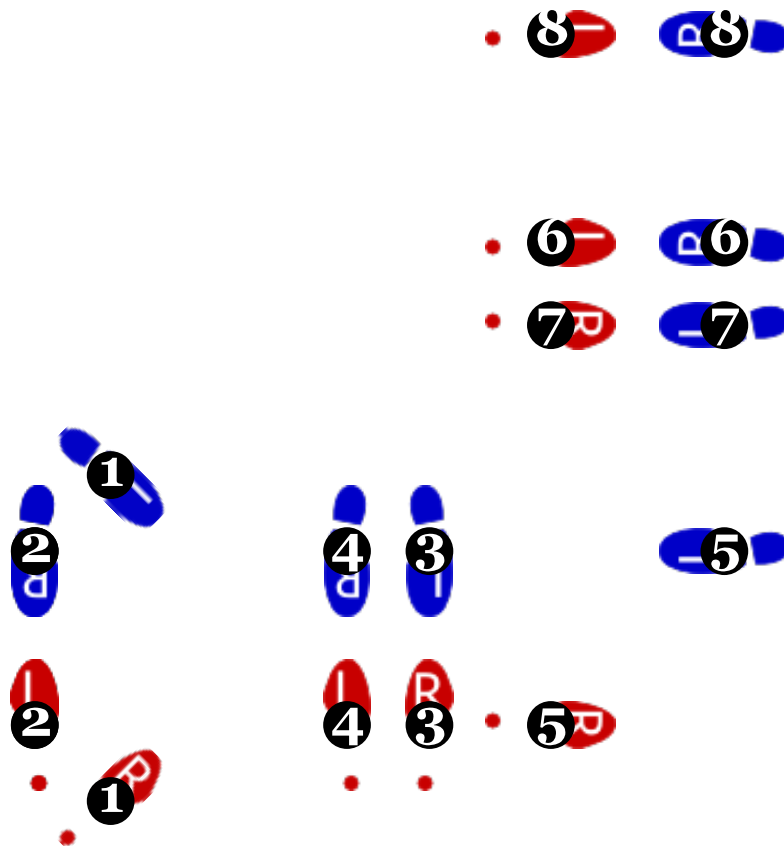
Preceding figures

- 8.2 Chassé to the right, page 229
- 8.4 Change of place (right to left), page 233
- 8.5 Change of place (left to right), page 236

Following figures

- 8.4 Change of place (right to left), page 233
- 8.5 Change of place (left to right), page 236

8.5 Change of place (left to right)



Steps (man)

- 0 Begin in open hold, weight on the RF.
- 1 Cross the LF behind the RF. [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Close the LF to the RF.
Take a step to the left (LF). [slow]

- 4 Close the RF to the LF. [a]
- 5 Take a step to the left (LF). [slow]
LF in place. Make a quarter turn to the right.
- 6 Close the RF to the LF.
Take a step to the right (RF). [slow]
- 7 Close the LF to the RF. [a]
- 8 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Begin in open hold, weight on the LF.
- 1 Cross the RF behind the LF. [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Close the RF to the LF.
Take a step to the right (RF). [slow]
- 4 Close the LF to the RF. [a]
- 5 Take a step to the right (RF). [slow]
RF in place. Make a three quarters turn to the left.
- 6 Close the LF to the RF.
Take a step to the left (LF). [slow]
- 7 Close the RF to the LF. [a]
- 8 Take a step to the left (LF). [slow]

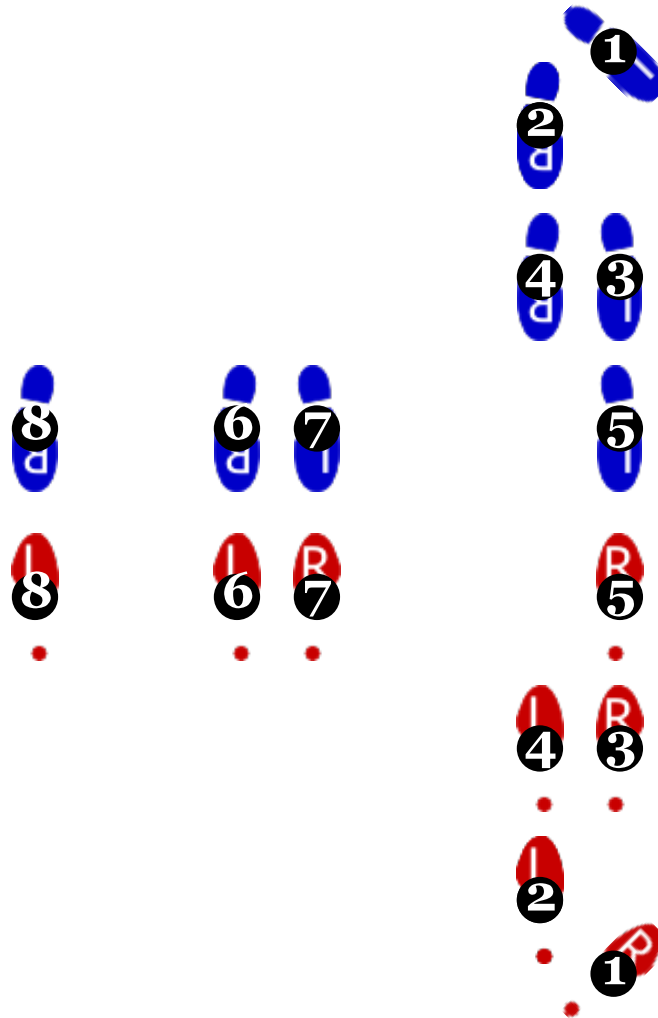
Preceding figures

- 8.2 Chassé to the right, page 229
- 8.4 Change of place (right to left), page 233
- 8.5 Change of place (left to right), page 236

Following figures

- 8.4 Change of place (right to left), page 233
- 8.5 Change of place (left to right), page 236

8.6 Link



Steps (man)

- 0 Begin in open hold, weight on the RF.
- 1 Cross the LF behind the RF. [slow]

- 2 Put the weight back onto the RF. [slow]
- 3 Close the LF to the RF.
Take a step forward (LF). [slow]
- 4 Close the RF to the LF. [a]
- 5 Take a step forward (LF). [slow]
- 6 Close the RF to the LF. [a]
Take a step to the right (RF). [slow]
- 7 Close the LF to the RF. [a]
- 8 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Begin in open hold, weight on the LF.
- 1 Cross the RF behind the LF. [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Close the RF to the LF.
Take a step forward (RF). [slow]
- 4 Close the LF to the RF. [a]
- 5 Take a step forward (RF). [slow]
- 6 Close the LF to the RF. [a]
Take a step to the left (LF). [slow]
- 7 Close the RF to the LF. [a]
- 8 Take a step to the left (LF). [slow]

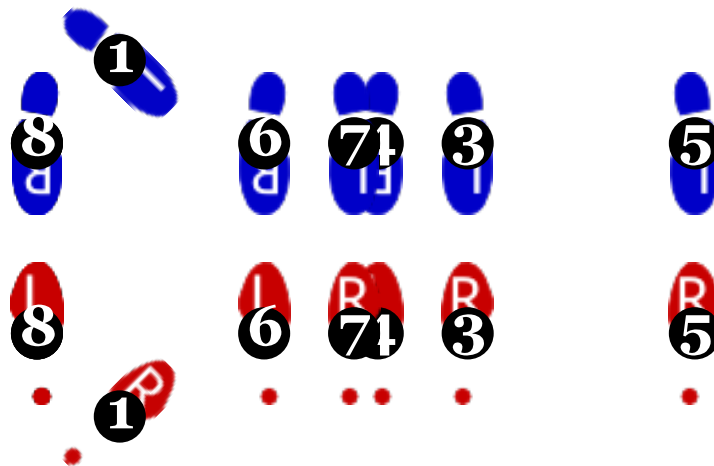
Preceding figures

- 8.5 Change of place (left to right), page 236

Following figures

- 8.4 Change of place (right to left), page 233

8.7 Basic movement



Steps (man)

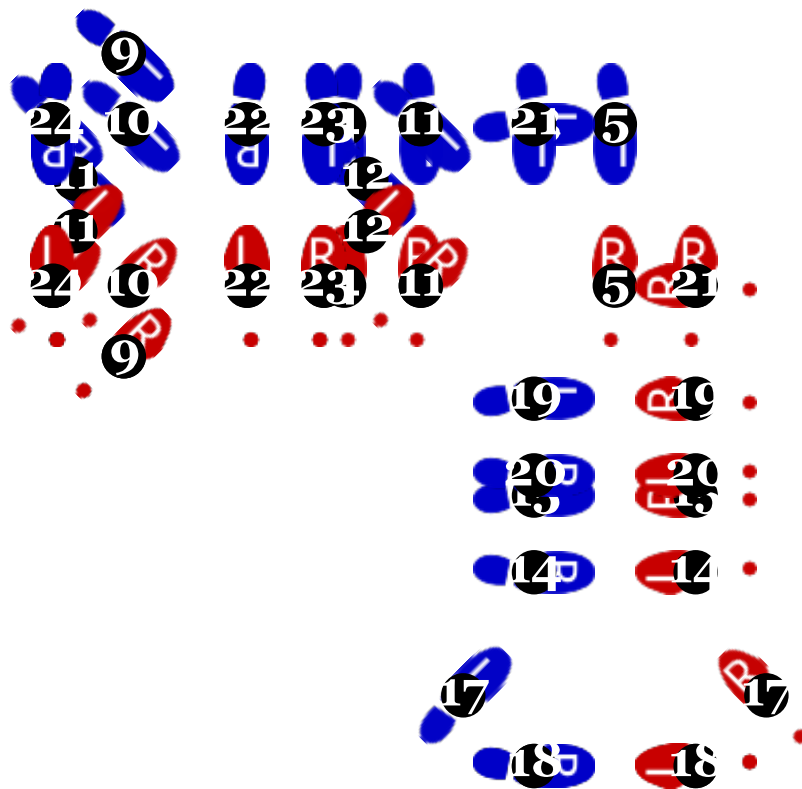
- 0 Begin in closed hold, weight on the RF.
- 1 Cross the LF behind the RF. [slow]
- 2 Put the weight back onto the RF. [slow]
- 3 Close the LF to the RF.
Take a step to the left (LF). [slow]
- 4 Close the RF to the LF. [a]
- 5 Take a step to the left (LF). [slow]
- 6 Take a step to the right (RF). [slow]
- 7 Close the LF to the RF. [a]
- 8 Take a step to the right (RF). [slow]

Steps (lady)

- 0 Begin in closed hold, weight on the LF.
- 1 Cross the RF behind the LF. [slow]
- 2 Put the weight back onto the LF. [slow]
- 3 Close the RF to the LF.
Take a step to the right (RF). [slow]
- 4 Close the LF to the RF. [a]
- 5 Take a step to the right (RF). [slow]
- 6 Take a step to the left (LF). [slow]
- 7 Close the RF to the LF. [a]
- 8 Take a step to the left (LF). [slow]

8.8 Amalgamation #1

Sequence with basic movement and change of place



Steps (man)

- 0 Begin in closed hold, weight on the RF.
- 1 Cross the LF behind the RF. [slow]
- 2 Put the weight back onto the RF. [slow]

- 3 Close the LF to the RF.
Take a step to the left (LF). [slow]
- 4 Close the RF to the LF. [a]
- 5 Take a step to the left (LF). [slow]
- 6 Take a step to the right (RF). [slow]
- 7 Close the LF to the RF. [a]
- 8 Take a step to the right (RF). [slow]
- 9 Cross the LF behind the RF. [slow]
- 10 Put the weight back onto the RF. [slow]
LF in place. Make an eight turn to the left.
- 11 Close the RF to the LF.
Take a step diagonally forward and to the left (LF). [slow]
- 12 Close the RF to the LF. [a]
- 13 Take a step diagonally forward and to the left (LF). [slow]
LF in place. Make an eight turn to the left.
- 14 Close the RF to the LF.
Take a step to the right (RF). [slow]
- 15 Close the LF to the RF. [a]
- 16 Take a step to the right (RF). [slow]
- 17 Cross the LF behind the RF. [slow]
- 18 Put the weight back onto the RF. [slow]
- 19 Close the LF to the RF.
Take a step to the left (LF). [slow]
- 20 Close the RF to the LF. [a]
- 21 Take a step to the left (LF). [slow]
LF in place. Make a quarter turn to the right.
- 22 Close the RF to the LF.
Take a step to the right (RF). [slow]

23 Close the LF to the RF. [a]

24 Take a step to the right (RF). [slow]

Steps (lady)

0 Begin in closed hold, weight on the LF.

1 Cross the RF behind the LF. [slow]

2 Put the weight back onto the LF. [slow]

3 Close the RF to the LF.

Take a step to the right (RF). [slow]

4 Close the LF to the RF. [a]

5 Take a step to the right (RF). [slow]

6 Take a step to the left (LF). [slow]

7 Close the RF to the LF. [a]

8 Take a step to the left (LF). [slow]

9 Cross the RF behind the LF. [slow]

10 Put the weight back onto the LF. [slow]

RF in place. Make an eight turn to the right.

11 Close the LF to the RF.

Take a step diagonally forward and to the right (RF). [slow]

12 Close the LF to the RF. [a]

13 Take a step diagonally forward and to the right (RF). [slow]

RF in place. Make a five eights turn to the right.

14 Close the LF to the RF.

Take a step to the left (LF). [slow]

15 Close the RF to the LF. [a]

16 Take a step to the left (LF). [slow]

17 Cross the RF behind the LF. [slow]

- 18 Put the weight back onto the LF. [slow]
- 19 Close the RF to the LF.
Take a step to the right (RF). [slow]
- 20 Close the LF to the RF. [a]
- 21 Take a step to the right (RF). [slow]
RF in place. Make a three quarters turn to the left.
- 22 Close the LF to the RF.
Take a step to the left (LF). [slow]
- 23 Close the RF to the LF. [a]
- 24 Take a step to the left (LF). [slow]

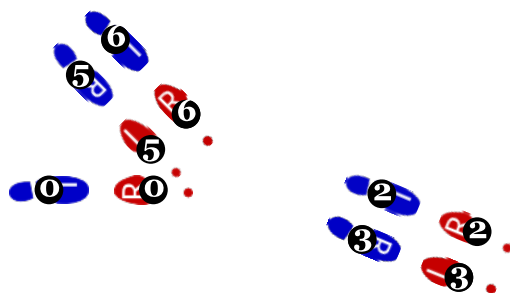
Chapter 9

Samba

The Samba is an international latin ballroom dance in 2/4 time that is lively with a very distinct rhythm.

9.1 Basic movement

101



Steps (man)

- 0 Begin in closed hold, facing the wall, weight on the LF.

- 1 Take a step forward (RF). [slow]
During the entire figure, make a quarter turn to the right.
- 2 Close the LF to the RF. [a]
- 3 Put the weight back onto the RF. [slow]
- 4 LF in place.
Take a step backward (LF). [slow]
LF in place.
- 5 Close the RF to the LF. [a]
- 6 Put the weight back onto the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing the centre, weight on the RF.
- 1 During the entire figure, make a quarter turn to the right.
Take a step backward (LF). [slow]
LF in place.
- 2 Close the RF to the LF. [a]
- 3 Put the weight back onto the LF. [slow]
- 4 Take a step forward (RF). [slow]
RF in place.
- 5 Close the LF to the RF. [a]
- 6 Put the weight back onto the RF. [slow]

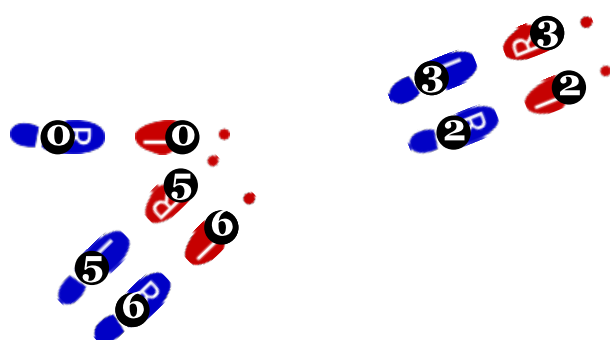
Preceding figures

- 9.1 Basic movement, page 247
- 9.4 Whisk to the right, page 253

Following figures

- 9.1 Basic movement, page 247
- 9.4 Whisk to the right, page 253

9.2 Reverse basic movement



↑
LoD

Steps (man)

- 0 Begin in closed hold, facing the wall, weight on the RF.
- 1 Take a step forward (LF). [slow]
During the entire figure, make a quarter turn to the left.
- 2 Close the RF to the LF. [a]
- 3 Put the weight back onto the LF. [slow]
- 4 RF in place.
Take a step backward (RF). [slow]
RF in place.
- 5 Close the LF to the RF. [a]
- 6 Put the weight back onto the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing the centre, weight on the LF.
- 1 During the entire figure, make a quarter turn to the left.
Take a step backward (RF). [slow]
RF in place.
- 2 Close the LF to the RF. [a]
- 3 Put the weight back onto the RF. [slow]
- 4 Take a step forward (LF). [slow]
LF in place. Make an eight turn to the left.
- 5 Close the RF to the LF. [a]
- 6 Put the weight back onto the LF. [slow]

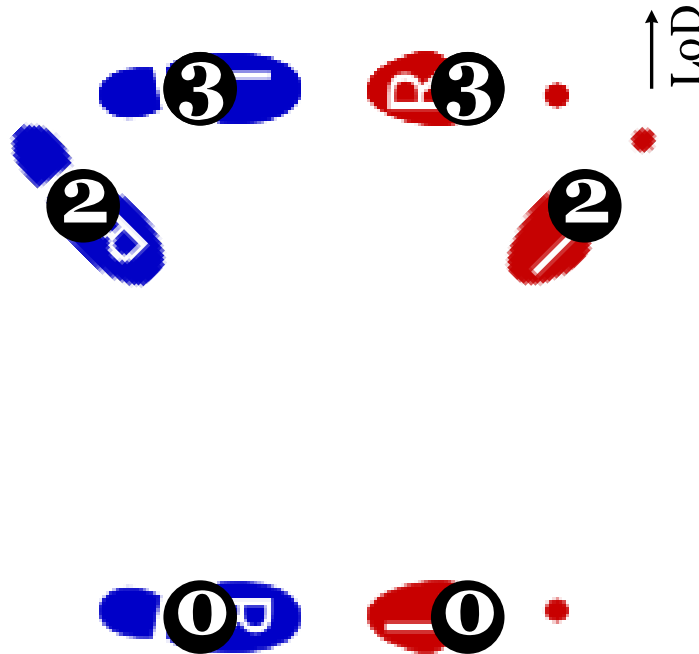
Preceding figures

- 9.2 Reverse basic movement, page 249
- 9.3 Whisk to the left, page 251

Following figures

- 9.2 Reverse basic movement, page 249
- 9.3 Whisk to the left, page 251

9.3 Whisk to the left



Steps (man)

- 0 Begin in closed hold, facing the wall, weight on the RF.
- 1 Take a step to the left (LF). [slow]
- 2 Cross the RF behind the LF. [a]
- 3 Put the weight back onto the LF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing the centre, weight on the LF.
- 1 Take a step to the right (RF). [slow]
- 2 Cross the LF behind the RF. [a]
- 3 Put the weight back onto the RF. [slow]

Preceding figures

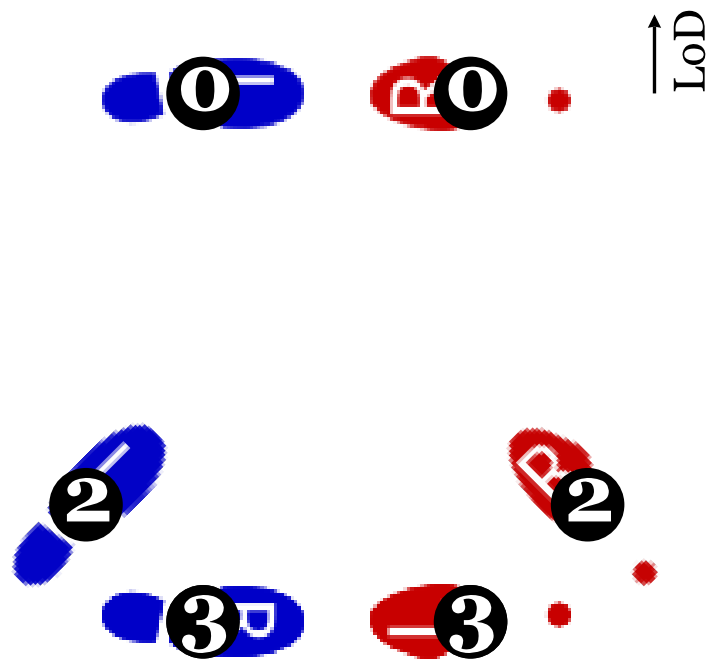
- 9.4 Whisk to the right, page 253
- 9.6 Promenade Samba walk, page 257
- 9.2 Reverse basic movement, page 249

Following figures

- 9.4 Whisk to the right, page 253
- 9.1 Basic movement, page 247

9.4 Whisk to the right

May end in promenade position to follow with promenade Samba walks



Steps (man)

- 0 Begin in closed hold, facing the wall, weight on the LF.
- 1 Take a step to the right (RF). [slow]
- 2 Cross the LF behind the RF. [a]
- 3 Put the weight back onto the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing the centre, weight on the RF.
- 1 Take a step to the left (LF). [slow]
- 2 Cross the RF behind the LF. [a]
- 3 Put the weight back onto the LF. [slow]

Preceding figures

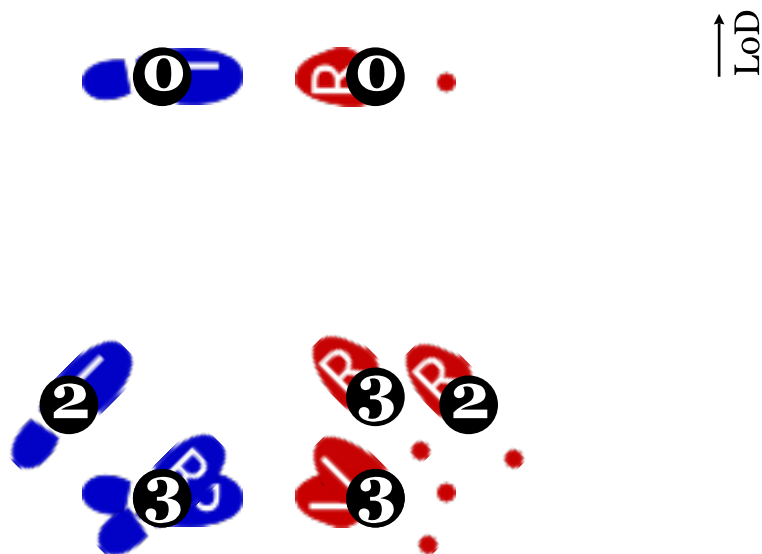
- 9.3 Whisk to the left, page 251
- 9.1 Basic movement, page 247

Following figures

- 9.3 Whisk to the left, page 251
- 9.2 Reverse basic movement, page 249
- 9.6 Promenade Samba walk, page 257

9.5 Opening whisk to the right

Whisk to the right that ends in promenade position to follow with promenade Samba walks



Steps (man)

- 0 Begin in closed hold, facing the wall, weight on the LF.
- 1 Take a step to the right (RF). [slow]
- 2 Cross the LF behind the RF. [a]
- 3 Put the weight back onto the RF and open in promenade position. [slow]
RF in place. Make an eight turn to the left.

Steps (lady)

- 0 Begin in closed hold, facing the centre, weight on the RF.
- 1 Take a step to the left (LF). [slow]
- 2 Cross the RF behind the LF. [a]
- 3 Put the weight back onto the LF and open in promenade position.
[slow]
RF in place. Make an eight turn to the right.

Preceding figures

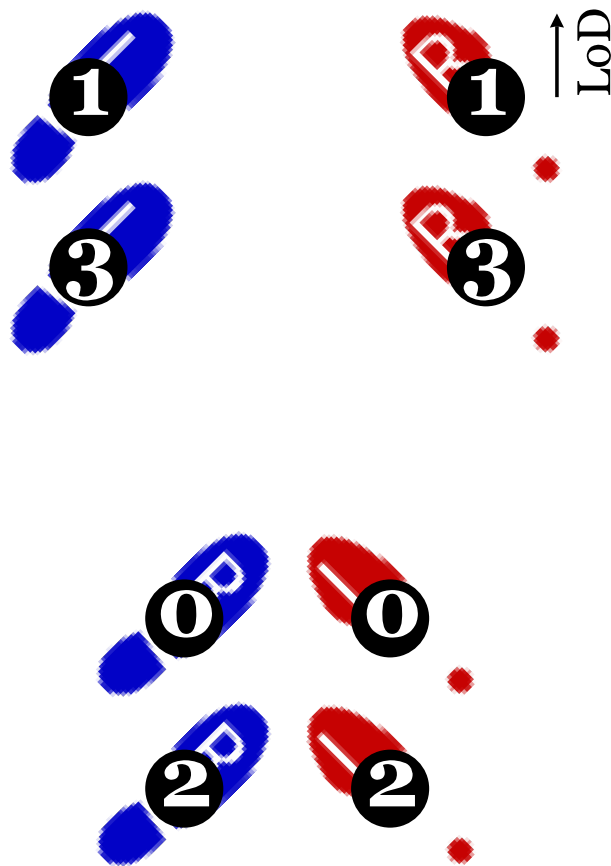
- 9.3 Whisk to the left, page 251
- 9.1 Basic movement, page 247

Following figures

- 9.3 Whisk to the left, page 251
- 9.2 Reverse basic movement, page 249
- 9.6 Promenade Samba walk, page 257

9.6 Promenade Samba walk

First part of the Samba walk



Steps (man)

- 0 Begin in promenade hold, facing diagonally to the line of dance, weight on the RF.

- 1 Take a step diagonally forward and to the left (LF). [slow]
- 2 Take a small step backward (RF). [a]
- 3 Slip the LF backward. [slow]

Steps (lady)

- 0 Begin in promenade hold, facing diagonally to the centre, weight on the LF.
- 1 Take a step diagonally forward and to the right (RF). [slow]
- 2 Take a small step backward (LF). [a]
- 3 Slip the RF backward. [slow]

Preceding figures

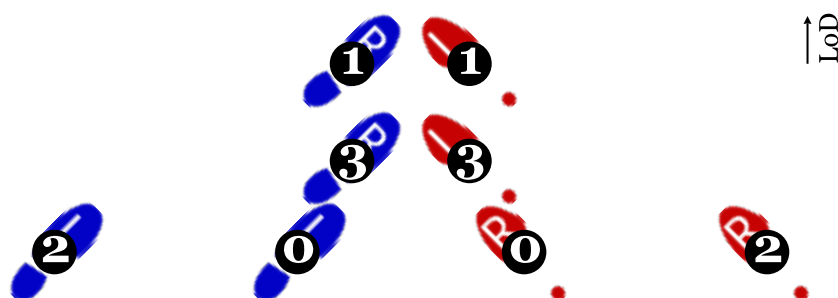
- 9.4 Whisk to the right, page 253
- 9.7 Side Samba walk, page 259

Following figures

- 9.7 Side Samba walk, page 259

9.7 Side Samba walk

Second part of the Samba walk



Steps (man)

- 0 Begin in promenade hold, facing diagonally to the line of dance, weight on the LF.
- 1 Take a step diagonally forward and to the left (RF). [slow]
- 2 Take a small step to the side (LF). [a]
- 3 Slip the RF backward. [slow]

Steps (lady)

- 0 Begin in promenade hold, facing diagonally to the centre, weight on the RF.
- 1 Take a step diagonally forward and to the right (LF). [slow]
- 2 Take a small step backward (RF). [a]
- 3 Slip the LF backward. [slow]

Preceding figures

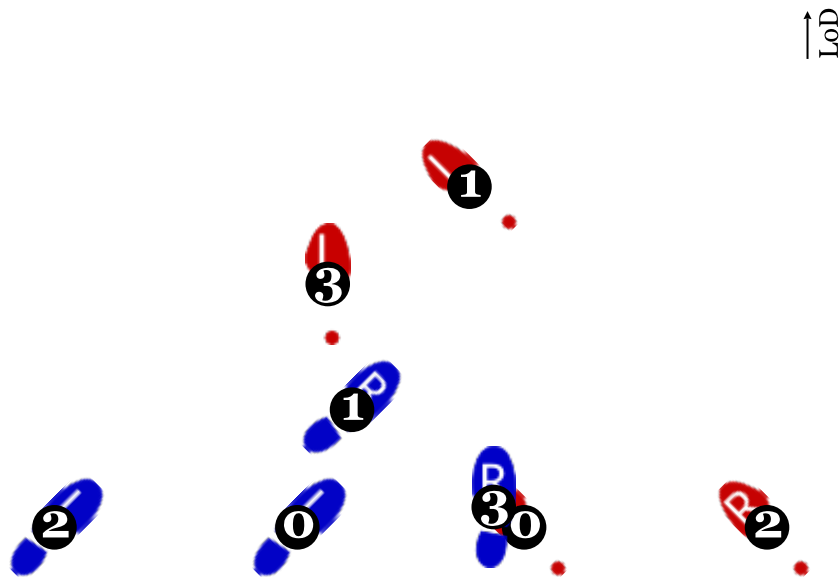
- 9.6 Promenade Samba walk, page 257

Following figures

- 9.6 Promenade Samba walk, page 257
- 9.3 Whisk to the left, page 251
- 9.9 Shadow Botafogos, page 263

9.8 Change to Botafogo

Second part of the Samba walk, used when following with a Botafogo



Steps (man)

- 0 Begin in promenade hold, facing diagonally to the line of dance, weight on the LF.
- 1 Take a step diagonally forward and to the left (RF). [slow]
- 2 Take a small step to the side (LF). [a]
- 3 Slip the RF backward. [slow]
Take a step diagonally forward and to the right (RF).
RF in place. Make an eight turn to the left.

Steps (lady)

- 0 Begin in promenade hold, facing diagonally to the centre, weight on the RF.
- 1 Take a step diagonally forward and to the right (LF). [slow]
- 2 Take a small step backward (RF). [a]
- 3 Slip the LF backward. [slow]
Take a step diagonally forward and to the left (LF).
LF in place. Make an eight turn to the right.

Preceding figures

- 9.6 Promenade Samba walk, page 257

Following figures

- 9.6 Promenade Samba walk, page 257
- 9.3 Whisk to the left, page 251
- 9.9 Shadow Botafogos, page 263

9.9 Shadow Botafogos



Steps (man)

- 0 Begin in open hold, facing the line of dance, weight on the RF.
- 1 Take a step diagonally forward and to the right (LF). [slow]
- 2 Take a step to the right (RF). [a]
- 3 Put the weight back onto the LF. [slow]
- 4 Take a step diagonally forward and to the left (RF). [slow]
- 5 Take a step to the left (LF). [a]

- 6 Put the weight back onto the RF. [slow]

Steps (lady)

- 0 Begin in open hold, facing the line of dance, weight on the LF.
- 1 Take a step diagonally forward and to the left (RF). [slow]
- 2 Take a step to the left (LF). [a]
- 3 Put the weight back onto the RF. [slow]
- 4 Take a step diagonally forward and to the right (LF). [slow]
- 5 Take a step to the right (RF). [a]
- 6 Put the weight back onto the LF. [slow]

Preceding figures

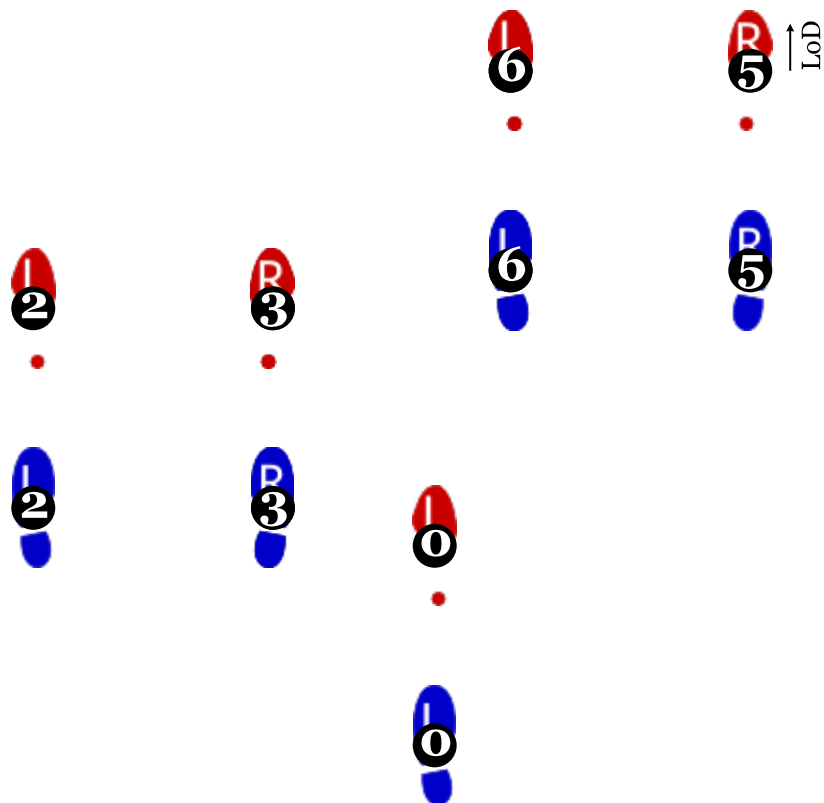
- 9.7 Side Samba walk, page 259

Following figures

- 9.9 Shadow Botafogos, page 263
- 9.3 Whisk to the left, page 251

9.10 Contra Botafogos

Can be danced after and before a shadow Botafogo for the lady and a foot change for the man.



Steps (man)

- 0 Begin in open hold, facing the line of dance, weight on the LF.
- 1 Take a step diagonally forward and to the left (RF). [slow]
- 2 Take a step to the left (LF). [a]
- 3 Put the weight back onto the RF. [slow]
- 4 Take a step diagonally forward and to the right (LF). [slow]

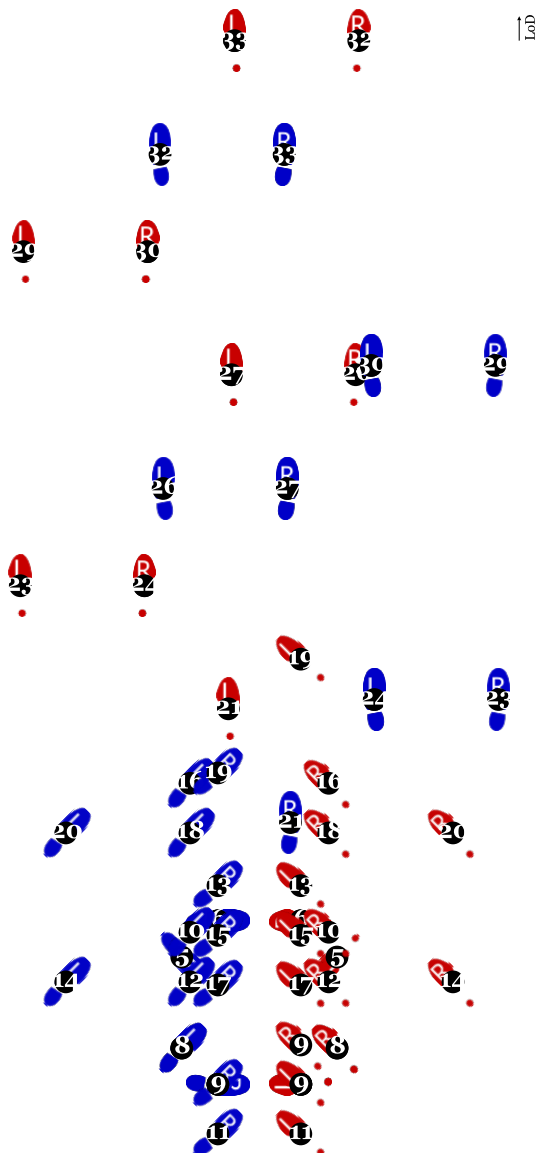
- 5 Take a step to the right (RF). [a]
- 6 Put the weight back onto the LF. [slow]

Steps (lady)

- 0 Begin in open hold, facing the line of dance, weight on the LF.
- 1 Take a step diagonally forward and to the left (RF). [slow]
- 2 Take a step to the left (LF). [a]
- 3 Put the weight back onto the RF. [slow]
- 4 Take a step diagonally forward and to the right (LF). [slow]
- 5 Take a step to the right (RF). [a]
- 6 Put the weight back onto the LF. [slow]

9.11 Amalgamation #1

Sequence with whisk, promenade, and Botafogos



Steps (man)

0 Begin in closed hold, facing the wall, weight on the LF.

- 1 Take a step to the right (RF). [slow]
- 2 Cross the LF behind the RF. [a]
- 3 Put the weight back onto the RF. [slow]
- 4 Take a step to the left (LF). [slow]
- 5 Cross the RF behind the LF. [a]
- 6 Put the weight back onto the LF. [slow]
- 7 Take a step to the right (RF). [slow]
- 8 Cross the LF behind the RF. [a]
- 9 Put the weight back onto the RF and open in promenade position.
[slow]
RF in place. Make an eight turn to the left.
- 10 Take a step diagonally forward and to the left (LF). [slow]
- 11 Take a small step backward (RF). [a]
- 12 Slip the LF backward. [slow]
- 13 Take a step diagonally forward and to the left (RF). [slow]
- 14 Take a small step to the side (LF). [a]
- 15 Slip the RF backward. [slow]
- 16 Take a step diagonally forward and to the left (LF). [slow]
- 17 Take a small step backward (RF). [a]
- 18 Slip the LF backward. [slow]
- 19 Take a step diagonally forward and to the left (RF). [slow]
- 20 Take a small step to the side (LF). [a]
- 21 Slip the RF backward. [slow]
Take a step diagonally forward and to the right (RF).
RF in place. Make an eight turn to the left.
- 22 Take a step diagonally forward and to the right (LF). [slow]

- 23 Take a step to the right (RF). [a]
- 24 Put the weight back onto the LF. [slow]
- 25 Take a step diagonally forward and to the left (RF). [slow]
- 26 Take a step to the left (LF). [a]
- 27 Put the weight back onto the RF. [slow]
- 28 Take a step diagonally forward and to the right (LF). [slow]
- 29 Take a step to the right (RF). [a]
- 30 Put the weight back onto the LF. [slow]
- 31 Take a step diagonally forward and to the left (RF). [slow]
- 32 Take a step to the left (LF). [a]
- 33 Put the weight back onto the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing the centre, weight on the RF.
- 1 Take a step to the left (LF). [slow]
- 2 Cross the RF behind the LF. [a]
- 3 Put the weight back onto the LF. [slow]
- 4 Take a step to the right (RF). [slow]
- 5 Cross the LF behind the RF. [a]
- 6 Put the weight back onto the RF. [slow]
- 7 Take a step to the left (LF). [slow]
- 8 Cross the RF behind the LF. [a]
- 9 Put the weight back onto the LF and open in promenade position.
[slow]
RF in place. Make an eight turn to the right.
- 10 Take a step diagonally forward and to the right (RF). [slow]

- 11 Take a small step backward (LF). [a]
- 12 Slip the RF backward. [slow]
- 13 Take a step diagonally forward and to the right (LF). [slow]
- 14 Take a small step backward (RF). [a]
- 15 Slip the LF backward. [slow]
- 16 Take a step diagonally forward and to the right (RF). [slow]
- 17 Take a small step backward (LF). [a]
- 18 Slip the RF backward. [slow]
- 19 Take a step diagonally forward and to the right (LF). [slow]
- 20 Take a small step backward (RF). [a]
- 21 Slip the LF backward. [slow]
Take a step diagonally forward and to the left (LF).
LF in place. Make an eight turn to the right.
- 22 Take a step diagonally forward and to the left (RF). [slow]
- 23 Take a step to the left (LF). [a]
- 24 Put the weight back onto the RF. [slow]
- 25 Take a step diagonally forward and to the right (LF). [slow]
- 26 Take a step to the right (RF). [a]
- 27 Put the weight back onto the LF. [slow]
- 28 Take a step diagonally forward and to the left (RF). [slow]
- 29 Take a step to the left (LF). [a]
- 30 Put the weight back onto the RF. [slow]
- 31 Take a step diagonally forward and to the right (LF). [slow]
- 32 Take a step to the right (RF). [a]
- 33 Put the weight back onto the LF. [slow]

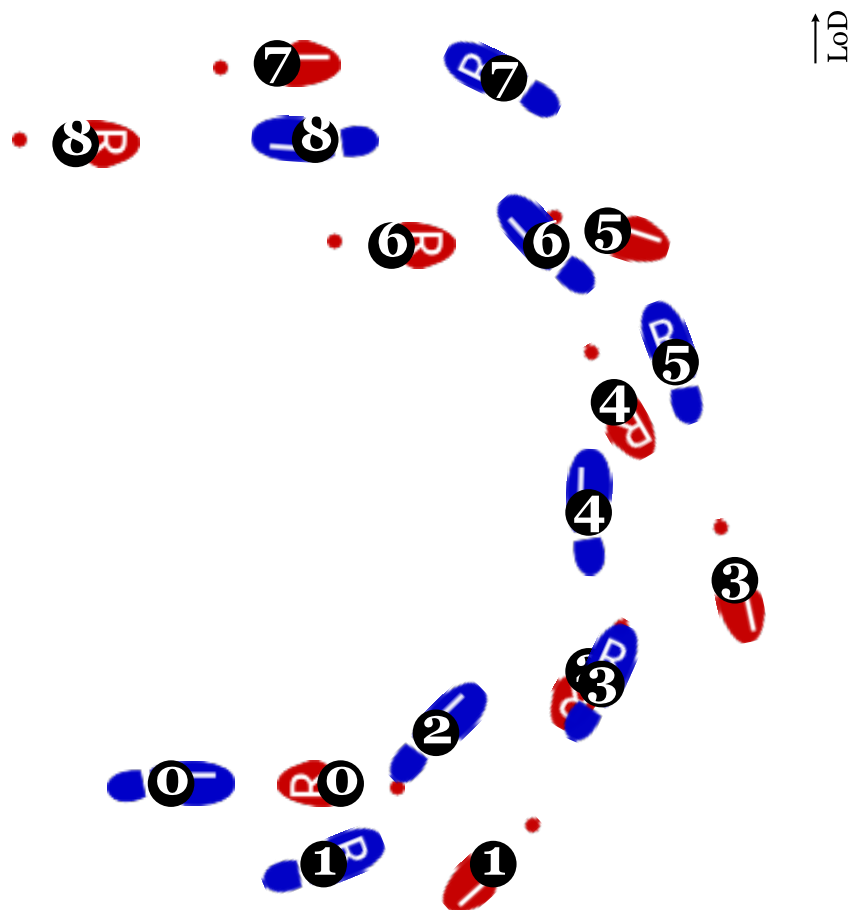
Chapter 10

Paso Doble

The Paso Doble is an international latin ballroom dance in 2/4 time with a decisive rhythm and bold movements.

10.1 Basic movement

Eight small steps forward (backward for the lady) in a half circle to the left



Steps (man)

- 0 Begin in closed hold, facing the wall, weight on the LF.
- 1 Take a step forward (RF). [slow]
RF in place. Make an eight turn to the left.
- 2 Take a step forward (LF). [slow]
LF in place. Make an eight turn to the left.

- 3 Take a step forward (RF). [slow]
RF in place. Make an eight turn to the left.
- 4 Take a step forward (LF). [slow]
LF in place. Make an eight turn to the left.
- 5 Take a step forward (RF). [slow]
RF in place. Make an eight turn to the left.
- 6 Take a step forward (LF). [slow]
LF in place. Make an eight turn to the left.
- 7 Take a step forward (RF). [slow]
RF in place. Make an eight turn to the left.
- 8 Take a step diagonally forward and to the left (LF). [slow]
LF in place. Make an eight turn to the left.

Steps (lady)

- 0 Begin in closed hold, facing the centre, weight on the RF.
- 1 Take a step backward (LF). [slow]
LF in place. Make an eight turn to the left.
- 2 Take a step backward (RF). [slow]
RF in place.
- 3 Take a step backward (LF). [slow]
LF in place. Make an eight turn to the left.
- 4 Take a step backward (RF). [slow]
RF in place.
- 5 Take a step backward (LF). [slow]
LF in place. Make an eight turn to the left.
- 6 Take a step backward (RF). [slow]
RF in place.
- 7 Take a step diagonally backward and to the left (LF). [slow]
LF in place.
- 8 Take a step backward (RF). [slow]
RF in place.

Preceding figures

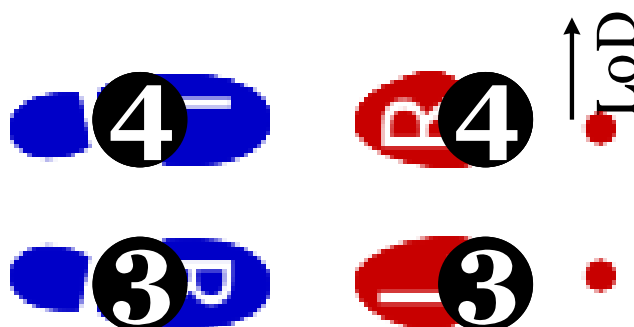
- 10.2 Sur place, page 275

Following figures

- 10.2 Sur place, page 275

10.2 Sur place

Can be started in any direction and on either foot.



Steps (man)

- 0 Begin in closed hold, facing the wall, weight on the LF.
- 1 RF in place. [slow]
- 2 LF in place. [slow]
- 3 RF in place. [slow]
- 4 LF in place. [slow]

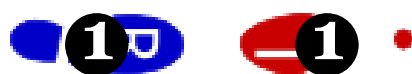
Steps (lady)

- 0 Begin in closed hold, facing the centre, weight on the RF.

- 1 LF in place. [slow]
- 2 RF in place. [slow]
- 3 LF in place. [slow]
- 4 RF in place. [slow]

10.3 Chassé to the left

Can also be danced with a quarter turn to the right.



Steps (man)

- 0 Begin in closed hold, facing the wall, weight on the LF.

- 1 RF in place. [slow]
- 2 Take a step to the left (LF). [slow]
- 3 Close the RF to the LF. [slow]
- 4 Take a step to the left (LF). [slow]

Steps (lady)

- 0 Begin in closed hold, facing the centre, weight on the RF.
- 1 LF in place. [slow]
- 2 Take a step to the right (RF). [slow]
- 3 Close the LF to the RF. [slow]
- 4 Take a step to the right (RF). [slow]

Preceding figures

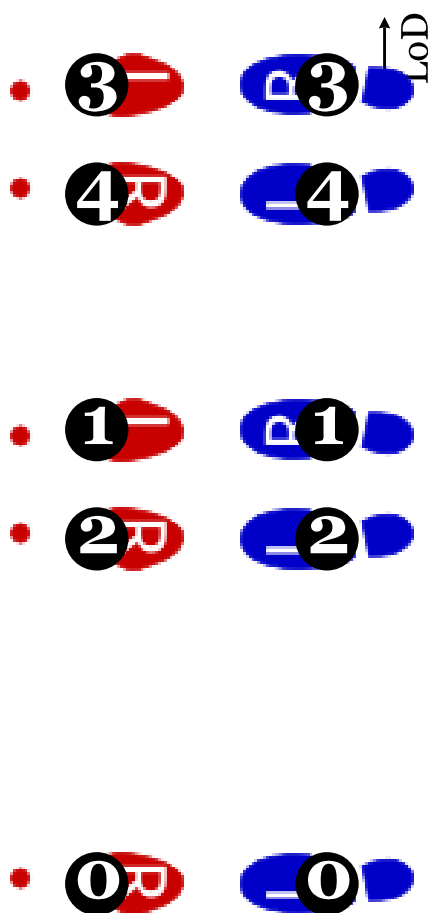
- 10.2 Sur place, page 275
- 10.3 Chassé to the left, page 277

Following figures

- 10.2 Sur place, page 275

10.4 Chassé to the right

Can also be danced with a quarter turn to the left.



Steps (man)

- 0 Begin in closed hold, facing the centre, weight on the LF.

- 1 Take a step to the right (RF). [slow]
- 2 Close the LF to the RF. [slow]
- 3 Take a step to the right (RF). [slow]
- 4 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing the wall, weight on the RF.
- 1 Take a step to the left (LF). [slow]
- 2 Close the RF to the LF. [slow]
- 3 Take a step to the left (LF). [slow]
- 4 Close the RF to the LF. [slow]

Preceding figures

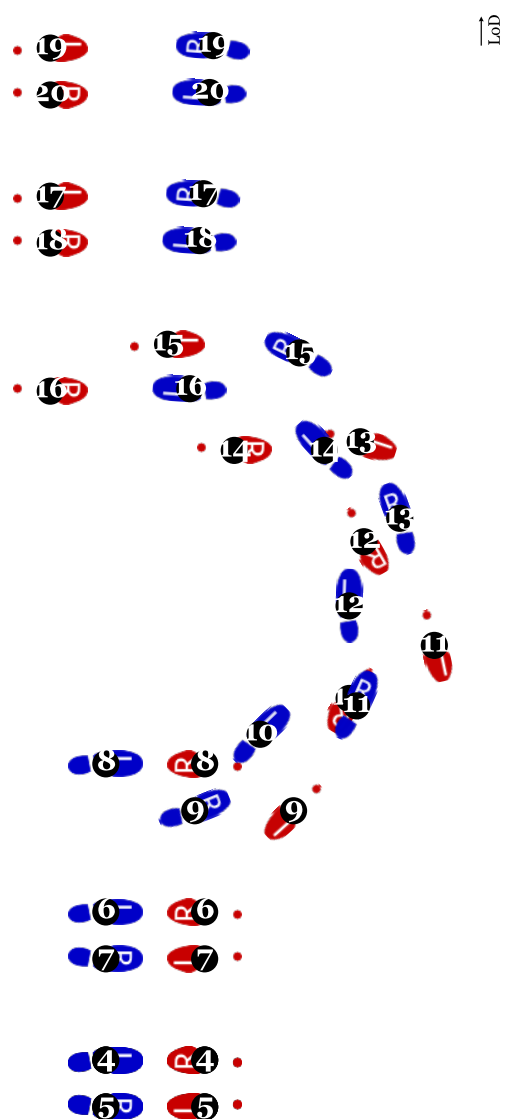
- 10.2 Sur place, page 275

Following figures

- 10.2 Sur place, page 275

10.5 Amalgamation #1

Sequence with chassés and basic movement



Steps (man)

0 Begin in closed hold, facing the wall, weight on the LF.

- 1 RF in place. [slow]
- 2 LF in place. [slow]
- 3 RF in place. [slow]
- 4 LF in place. [slow]
- 5 RF in place. [slow]
- 6 Take a step to the left (LF). [slow]
- 7 Close the RF to the LF. [slow]
- 8 Take a step to the left (LF). [slow]
- 9 Take a step forward (RF). [slow]
RF in place. Make an eight turn to the left.
- 10 Take a step forward (LF). [slow]
LF in place. Make an eight turn to the left.
- 11 Take a step forward (RF). [slow]
RF in place. Make an eight turn to the left.
- 12 Take a step forward (LF). [slow]
LF in place. Make an eight turn to the left.
- 13 Take a step forward (RF). [slow]
RF in place. Make an eight turn to the left.
- 14 Take a step forward (LF). [slow]
LF in place. Make an eight turn to the left.
- 15 Take a step forward (RF). [slow]
RF in place. Make an eight turn to the left.
- 16 Take a step diagonally forward and to the left (LF). [slow]
LF in place. Make an eight turn to the left.
- 17 Take a step to the right (RF). [slow]
- 18 Close the LF to the RF. [slow]
- 19 Take a step to the right (RF). [slow]
- 20 Close the LF to the RF. [slow]

Steps (lady)

- 0 Begin in closed hold, facing the centre, weight on the RF.
- 1 LF in place. [slow]
- 2 RF in place. [slow]
- 3 LF in place. [slow]
- 4 RF in place. [slow]
- 5 LF in place. [slow]
- 6 Take a step to the right (RF). [slow]
- 7 Close the LF to the RF. [slow]
- 8 Take a step to the right (RF). [slow]
- 9 Take a step backward (LF). [slow]
LF in place. Make an eight turn to the left.
- 10 Take a step backward (RF). [slow]
RF in place.
- 11 Take a step backward (LF). [slow]
LF in place. Make an eight turn to the left.
- 12 Take a step backward (RF). [slow]
RF in place.
- 13 Take a step backward (LF). [slow]
LF in place. Make an eight turn to the left.
- 14 Take a step backward (RF). [slow]
RF in place.
- 15 Take a step diagonally backward and to the left (LF). [slow]
LF in place.
- 16 Take a step backward (RF). [slow]
RF in place.
- 17 Take a step to the left (LF). [slow]
- 18 Close the RF to the LF. [slow]

19 Take a step to the left (LF). [slow]

20 Close the RF to the LF. [slow]

Chapter 11

Discofox

The Discofox is a social dance in 4/4 or 2/4 time that has a strong beat.

11.1 Basic movement forward

Only available in DanceStepper Pro on the Android play store

Preceding figures

- 11.2 Basic movement backward, page 286
- 11.1 Basic movement forward, page 285
- 11.3 Basic movement to the side, page 287

Following figures

- 11.2 Basic movement backward, page 286
- 11.1 Basic movement forward, page 285
- 11.3 Basic movement to the side, page 287

11.2 Basic movement backward

Only available in DanceStepper Pro on the Android play store

Preceding figures

- 11.1 Basic movement forward, page 285
- 11.2 Basic movement backward, page 286
- 11.3 Basic movement to the side, page 287

Following figures

- 11.1 Basic movement forward, page 285
- 11.2 Basic movement backward, page 286
- 11.3 Basic movement to the side, page 287

11.3 Basic movement to the side

Only available in DanceStepper Pro on the Android play store

Preceding figures

- 11.3 Basic movement to the side, page 287
- 11.1 Basic movement forward, page 285
- 11.2 Basic movement backward, page 286

Following figures

- 11.3 Basic movement to the side, page 287
- 11.1 Basic movement forward, page 285
- 11.2 Basic movement backward, page 286

11.4 Amalgamation #1

Sequence with various basic movements

Only available in DanceStepper Pro on the Android play store

Chapter 12

Salsa

The Salsa is an international latin ballroom dance in 4/4 time that has an energetic rhythm.

12.1 Basic movement forward

Only available in DanceStepper Pro on the Android play store

Preceding figures

- 12.2 Basic movement backward, page 290
- 12.5 Cross body lead, page 293

Following figures

- 12.2 Basic movement backward, page 290
- 12.5 Cross body lead, page 293

12.2 Basic movement backward

Only available in DanceStepper Pro on the Android play store

Preceding figures

- 12.1 Basic movement forward, page 289
- 12.4 Underarm turn to the right (man), page 292

Following figures

- 12.1 Basic movement forward, page 289
- 12.4 Underarm turn to the right (man), page 292

12.3 Underarm turn to the right

Only available in DanceStepper Pro on the Android play store

Preceding figures

- 12.1 Basic movement forward, page 289
- 12.4 Underarm turn to the right (man), page 292

Following figures

- 12.1 Basic movement forward, page 289
- 12.4 Underarm turn to the right (man), page 292
- 12.5 Cross body lead, page 293

12.4 Underarm turn to the right (man)

Only available in DanceStepper Pro on the Android play store

Preceding figures

- 12.2 Basic movement backward, page 290
- 12.5 Cross body lead, page 293

Following figures

- 12.2 Basic movement backward, page 290
- 12.5 Cross body lead, page 293

12.5 Cross body lead

Only available in DanceStepper Pro on the Android play store

Preceding figures

- 12.2 Basic movement backward, page 290
- 12.3 Underarm turn to the right, page 291
- 12.5 Cross body lead, page 293

Following figures

- 12.1 Basic movement forward, page 289
- 12.4 Underarm turn to the right (man), page 292
- 12.5 Cross body lead, page 293

12.6 Amalgamation #1

Sequence with basic movements, turns and change of place

Only available in DanceStepper Pro on the Android play store

Chapter 13

West Coast Swing

The West Coast Swing is a social dance in 4/4 time that can be danced to both swing and modern pop music.

13.1 Basic movement

Only available in DanceStepper Pro on the Android play store

Preceding figures

- 13.1 Basic movement, page 295
- 13.2 Left Side Pass, page 296
- 13.3 Sugar push, page 297

Following figures

- 13.1 Basic movement, page 295
- 13.2 Left Side Pass, page 296
- 13.3 Sugar push, page 297

13.2 Left Side Pass

Only available in DanceStepper Pro on the Android play store

Preceding figures

- 13.1 Basic movement, page 295
- 13.2 Left Side Pass, page 296
- 13.3 Sugar push, page 297

Following figures

- 13.1 Basic movement, page 295
- 13.2 Left Side Pass, page 296
- 13.3 Sugar push, page 297

13.3 Sugar push

Only available in DanceStepper Pro on the Android play store

Preceding figures

- 13.1 Basic movement, page 295
- 13.2 Left Side Pass, page 296
- 13.3 Sugar push, page 297

Following figures

- 13.1 Basic movement, page 295
- 13.2 Left Side Pass, page 296
- 13.3 Sugar push, page 297

13.4 Amalgamation #1

Sequence with basic movement, left side pass, and sugar push

Only available in DanceStepper Pro on the Android play store