

Quickstep

Side 1

Quarter Turn to Right

Progressive Chasse

Forward Lock Step x 2

Natural Turn and Back Lock

Running Finish

Side 2

Forward Lock Steps (*how many depends on the individual*)

Spin Turn

Side 3

Progressive Chasse

Quick Open Reverse

Progressive Chasse

Forward Lock

Tipsy to Right, left, right

Side 4

Back Lock

Running Finish

Forward Lock

½ Natural Turn

Side 5

Spin Turn

V6

Fish Tail

½ Natural Turn

Natural Pivot

Rumba Cross

Tipsy to L

Side 6

Back Lock

Running Finish

Forward Lock

½ Natural Turn

Heel Pull