

Waltz - 3/4, 28~30 bpm - Level 0 Sequence for Lady

1.1 LF Closed Change	1	↘ [□]	↘	R _b L _s bR _c
1.2 Nat. Turn	2	↘	↗	
1.3 RF Closed Change	1	↗	↗	L _b R _s bL _c
1.4 Rev. Turn	3	↗	↘	
1.5 Whisk	5	↘	↙	R _b L _d bR _x b _p
1.6 Chasse From PP	6	↙	↘	12&3-1
1.7 Nat Spin Underturn @Cnr 4		↘	↖	123-456 End DC new LOD

↖↘4 - ↘6 - ↙5 - ↘3 - ↗1 - ↗2 - ↘1 ↘[□]

2.1 4-6 Rev. Turn	3R	↙ [□]	↘	
2.2 Goto 1.1				
...		↘ <u>1</u>	↘ <u>3R</u>	↙ <u>4</u> [□]

Foxtrot - 4/4, 28~30 bpm - Level 0 Sequence for Lady

1.1 Prep Step (Lady RF Bwd)	0	↗ [□]	↗	S
1.2 Feather Step	1	↗	↗	SQQ S
1.3 Rev. Turn + FF	4	↗	↘	SQQ SQQS
1.4 Three Step	2	↘	↘	QQ S
1.5 1-3 Nat. Turn (Lady Heel Turn)	3	↘	<	SQQ
1.6 Closed Imp + FF @Cnr 5 (Man Heel Turn @ 2)		<	↖ [^]	SQQ SQQS End Bk new LOD

↖[^]↘5 - <3 - ↘2 - ↘4 - ↗1 - ↗0 ↗[□]

2.1 Feather Step Curl 1/8 L 1R		> [□]	↗	SQQ S
2.2 Rev. Turn + FF	4R	↗	↘	SQQ SQQS
2.3 Three Step	2R	↘	↘	QQ S
2.4 Nat. Turn 3/8+1/8 to R @Cnr 3R (Lady Heel Turn then Man Heel Pull)		↘	↖ [□]	SQQ SSS End Bk DC new LOD

↖[□]↘3R - ↘2R - ↘4R - ↗1R - >5[□]

3.1 Goto 1.1				
...		↗ <u>0</u>	↗ <u>3R</u>	↖ [□]

Quickstep - 4/4, 50~52 bpm - Level 0 Sequence for Lady

1.1 QT to R	1	↘ [□]	↙	SQQS
1.2 QT to L (Man Heel Pivot @ 2)	1	↙	↘	SQQS
1.3 Nat. Turn + Hes	3	↘	↗	SQQ SSS
1.4 Chas Rev. Turn	7	↗	<	SQQ
1.5 Prog Chas 3/8	6	<	↘	SQQSS
1.6 Nat Spin Turn @Cnr	5	↘	↗ [□]	SQQ SSS End DC new LOD
□ <u>↘₅ - ↘₆ - <₇ - ↗₃ - ↘₁ - ↙₁</u> ↘ [□]				
2.1 Prog Chas	6R	↙ [□]	↘	SQQSS
2.2 Fwd Lock	8	↘	↘	SQQSS
2.3 Nat Piv Turn 3/8+3/8 @Cnr	4	↘	↗ [□]	SQQS End Bk DW new LOD
□ <u>↗₄ - ↘₈ - ↘_{6R} - ↙₅</u> □				
3.1 QT to R	1R	↘ [□]	↙	SQQS
3.2 Prog Chas	6R	↗	↘	SQQSS
3.3 Nat. Turn @Cnr	2	↘	↗ [□]	SQQ SSS End Bk DW new LOD
□ <u>↗₂ - ↘_{6R} - ↙_{1R} - ↘₄</u> □				
4.1 Goto 1.1				
<u>... - ↙₁ - ↘₂</u> □				

Tango - 2/4, 31~33 bpm - Level 0 Sequence for Lady

1.1 Closed Prom.	4	↙ [□]	↘	SQQS
1.2 LF Walk (Lady RF Bwd)	0	↘	↘	S
1.3 RF Walk (Lady LF Bwd)	0	↘	↘	S
1.4 Prog. Link	3	↘	↙	QQ
1.5 Open Prom.	10&1	↙	↘	SQ QS
1.6 LF Walk (Lady RF Bwd)	0R	↘	↘	S
1.7 Rock Turn (Rock+Bk Corte)	5	↘	↘	SQQ SQQS
1.8 Back Corte @Cnr	7R	↘	↖ [□]	SQQS

End Bk DW new LOD

↖[□]7R - ↘5 - ↘0R - ↘10+1 - ↙3 - ↘0 - ↘0 - ↙4 ↙[□]

2.1 Prog. Side Step	2	↘ [□]	↗	QQS
2.2 RF Walk (Lady LF Bwd)	0R	↗	↗	S
2.3 Open Rev T, Lady Out	6	↗	↘	QQS QQS
2.4 Prog Link + Closed Prom	3R+4R	↘	↘	QQ+SQQS
2.5 Back Corte @Cnr	7R	↘	↖ [□]	SQQS

End Bk DW new LOD

↖[□]7R - ↘4R+3R - ↘6 - ↗0R - ↗2 - ↘7R[□]

3.1 Goto 1.1
 ... - ↘4 - ↘7R[□]

Note

- Column 1 - Step
- Column 2 - Figure Name
- Column 3 - Number associated with the Figure Name (R for Repeat)
- Column 4 - Commencing Alignment (↖ DW, ↙ DC, ↘ DC ALOD, ↗ DW ALOD)
- Column 5 - Ending Alignment
- Column 6 - Count
- Column 7 - Foot Position