

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

1.1 LF Closed Change	1	↖	↖	L <sub>f</sub> R <sub>Sf</sub> L <sub>C</sub>
1.2 Nat. Turn	2	↖	↙	
1.3 RF Closed Change	1	↙	↙	R <sub>f</sub> L <sub>Sf</sub> R <sub>C</sub>
1.4 Rev. Turn	3	↙	↖	
1.5 Whisk	5	↖	↖	L <sub>f</sub> R <sub>Sf</sub> L <sub>x</sub> bp
1.6 Chasse From PP	6	↖	↖	12&3- <del>1</del>
1.7 <b>Nat Spin Underturn @Cnr</b>	4	↖	↖↖	123-456

End Bk 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 Man**

1.1 Prep Step (Men LF Fwd)	0	↙	↙	S
1.2 Feather Step	1	↙	↙	SQQ <del>S</del>
1.3 Rev. Turn + FF	4	↙	↖	SQQ SQQS
1.4 Three Step	2	↖	↖	QQ <del>S</del>
1.5 1-3 Nat. Turn (Lady Heel Turn)	3	↖	>	SQQ
1.6 <b>Closed Imp + FF @Cnr</b> (Man Heel Turn @ 2)	5	>	↖↙	SQQ SQQS

End new LOD

↖↙5 - >3 - ↖2 - ↖4 - ↙1 - ↙0 ↙

2.1 Feather Step Curl 1/8 L 1R		<	↙	SQQ <del>S</del>
2.2 Rev. Turn + FF	4R	↙	↖	SQQ SQQS
2.3 Three Step	2R	↖	↖	QQ <del>S</del>
2.4 <b>Nat. Turn 3/8+1/8 to R @Cnr</b> (Lady Heel Turn then Man Heel Pull)	3R	↖	↖↙	SQQ SSS

End 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 Man**

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 Bk DC new LOD

↖↖5 - ↖6 - >7 - ↙3 - ↖1 - ↗1 ↖

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 DW new LOD

↙4 - ↖8 - ↖6R - ↗5

3.1 QT to R	1R	↖	↗	SQQS
3.2 Prog Chas	6R	↙	↖	SQQSS
3.3 Nat. Turn @Cnr	2	↖	↖↙	SQQ SSS

End DW new LOD

↙2 - ↖6R - ↗1R - ↖4

4.1 Goto 1.1  
... - ↗1 - ↖2

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

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 <b>Back Corte @Cnr</b>	7R	↖	↖	SQQS

End 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 <b>Back Corte @Cnr</b>	7R	↖	↖	SQQS

End 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