

Waltz - 3/4, 28~30 bpm - Level 1 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	4	↘	↘	123-456
1.8 Rev. Corte 1/2	10	↘	↖	L _f R _s L _c
1.9 Back Lock	15	↖	↖	12&3- 1
1.10 Closed Imp. @Cnr	7	↖	↖↘	123- 1
(Man Heel Turn @ 2)				End DC new LOD
↖↘ <u>7</u> - ↖ <u>15</u> - ↖ <u>10</u> - ↘ <u>4</u> - ↙ <u>6</u> - ↙ <u>5</u> - ↘ <u>3</u> - ↗ <u>1</u> - ↗ <u>2</u> - ↘ <u>1</u> ↘ [□]				
2.1 4-6 Rev. Turn 3/8	3R	↙ [□]	>	123
2.2 Double Rev. Spin	13	>	>	
2.3 1-3 Rev. Turn	3R	>	↖	
2.4 Basic Weave (Man RF Bk)	12	↖	↘	123-456- 7
2.5 Nat. Spin Turn @Cnr	4R	↘	↖↘	123-456
				End DC new LOD
↖↘ <u>4R</u> - ↘ <u>12</u> - ↖ <u>3R</u> - > <u>13</u> - > <u>3R</u> - ↙ <u>7</u> [□]				
3.1 4-6 Rev. Turn 1/4	3R	↙ [□]	↘	
3.2 Whisk	5R	↘	↙	R _b L _d bR _x b _p
3.3 Chasse from PP	6R	↙	↘	12&3- 1
3.4 Hes. Change	8	↘	↗	123-456
(Man Heel Pull @ 5)				
3.5 Prog. Chasse to R	16	↗	↖	12&3- 1
3.6 Bk Whisk 1/4 to R @Cnr	11	↖	↖↘	123
				End DC new LOD
↖↘ <u>11</u> - ↖ <u>16</u> - ↗ <u>8</u> - ↘ <u>6R</u> - ↙ <u>5R</u> - ↘ <u>3R</u> - ↙ <u>4R</u> [□]				
4.1 2x Chas From PP	6R	↙ [□]	↘	12&3-12&3- 1
4.2 1-3 Nat. UnderTurn	2R	↘	↙	123 End DC
4.3 Outside Change	9	↙	↘	123- 4
4.4 Nat. Spin Turn @Cnr	4R	↘	↖↘	123-456
				End DC new LOD
↖↘ <u>4R</u> - ↘ <u>9</u> - ↙ <u>2R</u> - ↘ <u>6R</u> - ↙ <u>11</u> [□]				
5.1 Rev. Pivot 1/4 to L	14	↙ [□]	↘	&
5.2 Goto 1.1				
... - ↘ <u>1</u> - ↘ <u>14</u> - ↙ <u>4R</u> [□]				

Foxtrot - 4/4, 28~30 bpm - Level 1 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	<	↖ [^]	SQQ SQQS
↖ [^] 5 - <3 - ↘2 - ↘4 - ↗1 - ↗0 ↗ [□]				End Against new LOD
2.1 Three Step	2R	> [□]	>	QQ S
2.2 Nat Weave	6	>	↘	SQQQQQ S
2.3 Three Step	2R	↘	↘	QQ S
2.4 Nat Turn 3/8+1/4 to R @Cnr	3R	↘	↖ [^]	SQQ SSS Lady ends RF Bwd
↖ [^] 3R - ↘2R - ↘6 - >2R - >5 [□]				End against new LOD
3.1 Feather Step	1R	> [□]	>	SQQS
3.2 Three Step	2R	>	>	QQ S
3.3 Feather Step Curl 1/8 L	1R	>	↗	SQQ S
3.4 1-3 Rev Turn+Check @Cnr	4R	↗	↖ ^{<}	SQQS
↖ ^{<} 4R - ↗1R - >2R - >1R - >3R [□]				End Wall new LOD
4.1 Basic Weave	8	^ [□]	↘	QQQQQQ S
4.2 Ch. of Direction	7	↘	↗	SSS
4.3 Feather Step	1R	↗	↗	SQQ S
4.4 Rev. Turn + FF	4R	↗	↘	SQQ SQQS
4.5 Ch. of D 1/2 to L @Cnr	7R	↘	↖ [↖]	SSS Lady ends RF Bwd
↖ [↖] 7R - ↘4R - ↗1R - ↗7 - ↘8 - ^4R [□]				End Bk DC new LOD
5.1 Goto 1.2				
... - ↗7R [□]				

Note: 4.2-4.3 can be replaced by Three Step, 1-3 Nat. Turn, Closed Imp + FF or 4.2-4.4 can be replaced by Three Step, Feather Step.

Quickstep - 4/4, 50~52 bpm - Level 1 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 Prog Chas to R	12	↗	↖	SQQS S
1.5 Back Lock	10	↖	↖	SQQS S
1.6 Clos. Imp. @Cnr	9	↖	↖↘	SSS S
↖↘ ₉ - ↖ ₁₀ - ↖ ₁₂ - ↗ ₃ - ↘ ₁ - ↙ ₁ ↘ [□]				End DC new LOD
2.1 Rev Piv 1/2	11	↙ [□]	↗	S
2.2 Double Rev Spin	16	↗	↗	SSQQ
2.3 Chas Rev. Turn	7	↗	<	SQQ
2.4 Prog Chas 3/8	6	<	↘	SQQS
2.5 1-3 Nat. Turn	2	↘	<	SQQ
2.6 Tipple Chas @Cnr	13	<	↖↗	SQQS QQS S
↖↗ ₁₃ - < ₂ - ↘ ₆ - < ₇ - ↗ ₁₆ - ↗ _{11R} - ↙ ₉ [□]				End Bk DW new LOD
3.1 Fwd Lock	8	↘ [□]	↘	SQQS S
3.2 Nat Turn + Bk Lock	15	↘	<	SQQ SQQS S
3.3 Running Finish @Cnr	14	<	↖↗	SQQ S or QQS S
↖↗ ₁₄ - < ₁₅ - ↘ ₈ - ↘ ₁₃ [□]				End Bk DW new LOD
4.1 Nat Spin Turn	5	↘ [□]	↙	SQQ SSS
4.2 Prog Chas	6R	↙	↘	SQQS S
4.3 Nat Piv Turn 3/8 @Cnr	4	↘	↖↗	SQQS
↖↗ ₄ - ↘ _{6R} - ↙ ₅ - ↘ ₁₄ [□]				End Bk DW new LOD
5.1 QT to R	1R	↘ [□]	↙	SQQS
5.2 Prog Chas	6R	↙	↘	SQQ S
5.3 Nat. Turn @Cnr	2	↘	↖↗	SQQ SSS
↖↗ ₂ - ↘ _{6R} - ↙ _{1R} - ↘ ₁₄ [□]				End Bk DW new LOD
6.1 Goto 1.1				
... - ↙ ₁ - ↘ ₂ [□]				

Note: 4.3-5.2 can be replaced by Nat Piv Turn 1/2, QT to R, QT to L.

Tango - 2/4, 31~33 bpm - Level 1 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 1-4 Prog. S Step Rev T	9*	↗	<	QQS S
1.5 LF Rock & RF Rock	11	<	<	QQS QQS
1.6 Back Corte	7	<	↘	SQQS
1.7 Prog. Link	3	↘	↙	QQ
1.8 Open Prom.	10&1	↙	↘	SQQS
1.9 LF Walk (Lady RF Bwd)	0R	↘	↘	S
1.10 Rock Turn	5	↘	↘	SQQ SQQS
1.11 Back Corte @Cnr	7R	↘	↗ [□]	SQQS End Bk DW new LOD
<u>↗[□]7R - ↘5 - ↘0R - ↘10&1 - ↙3 - ↘7 - <11 - <9* - ↗0 - >0 -</u> <u>↙4 ↙[□]</u>				
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
<u>↗[□]7R - ↘4R+3R - ↘6 - ↗0R - ↗2 - ↘7R[□]</u>				
3.1 LF Walk (Lady RF Bwd)	0R	↘ [□]	>	S
3.2 RF Walk (Lady LF Bwd)	0R	>	↗	S
3.3 Prog S. Step Rev. Turn	9	↗	↘	QQS S QQS QQS
3.4 Prog. Link	3R	↘	↙	QQ
3.5 Nat. Twist Turn	12	↙	↘	SQQ SQQ
3.6 Closed Prom.	4R	↘	↘	SQQS
3.7 Back Corte @Cnr	7R	↘	↗ [□]	SQQS End Bk DW new LOD
<u>↗[□]7R - ↘4R - ↘12 - ↙3R - ↘9 - ↗0R - >0R - ↘7R[□]</u>				
4.1 Prog. Side Step	2R	↘ [□]	↗	QQS
4.2 RF Walk (Lady LF Bwd)	0R	↗	↗	S
4.3 Open Rev T, Lady In	8	↗	↘	QQS QQS
4.4 Prog. Link	3R	↘	↙	QQ
4.5 Nat Prom Turn @Cnr	13	↙	↗ [□]	SQQS End Bk DW new LOD
<u>↘[□]13 - ↙3R - ↘8 - ↗0R - ↗2R - ↘7R[□]</u>				
5.1 Goto 1.1				
<u>... - ↙4 - ↙13[□]</u>				

Notes

Column 1 - Step

Column 2 - Figure Name

Column 3 - Number associated with the Figure Name (R for Repeat)

Column 4 - Commencing Alignment ($\sqrt{\quad}$ DW, \surd DC, \surd DC ALOD, $\overline{\quad}$ DW ALOD)

Column 5 - Ending Alignment

Column 6 - Count

Column 7 - Foot Position