

Waltz - 3/4, 28~30 bpm - Level 1 Sequence for Man

1.1 LF Closed Change	1	↖	↖	L _f R _{Sf} L _C
1.2 Nat. Turn	2	↖	↙	
1.3 RF Closed Change	1	↙	↙	R _f L _{Sf} R _C
1.4 Rev. Turn	3	↙	↖	
1.5 Whisk	5	↖	↖	L _f R _{Sf} L _x bp
1.6 Chasse From PP	6	↖	↖	12&3- 1
1.7 Nat. Spin Underturn	4	↖	↖	123-456
1.8 Rev. Corte 1/2	10	↖	↘	R _b L _{Cnw} R _w
1.9 Back Lock	15	↘	↘	12&3- 1
1.10 Closed Imp. @Cnr	7	↘	↖↖	123- 1
(Man Heel Turn @ 2)				End Bk DC new LOD
↖↖ 7 - ↘15 - ↘10 - ↖4 - ↖6 - ↖5 - ↖3 - ↙1 - ↙2 - ↖1 ↖				
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 Bk DC new LOD
↖↖ 4R - ↖12 - ↘3R - <13 - <3R - ↗7				
3.1 4-6 Rev. Turn 1/4	3R	↗	↖	
3.2 Whisk	5R	↖	↖	L _f R _{Sf} L _x bp
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 DW new LOD
↖↙ 11 - ↘16 - ↙8 - ↖6R - ↖5R - ↖3R - ↗4R				
4.1 2x Chas From PP	6R	↖	↖	12&3-12&3- 1
4.2 1-3 Nat. UnderTurn	2R	↖	↗	123 End Bk DC
4.3 Outside Change	9	↗	↖	123- 4
4.4 Nat. Spin Turn @Cnr	4R	↖	↖↖	123-456
				End Bk DC new LOD
↖↖ 4R - ↖9 - ↗2R - ↖6R - ↖11				
5.1 Rev. Pivot 1/4 to L	14	↗	↖	&
5.2 Goto 1.1				
... - ↖1 - ↖14 - ↗4R				

Foxtrot - 4/4, 28~30 bpm - Level 1 Sequence for Man

1.1	Prep Step (Men LF Fwd)	0	↙	↙	S
1.2	Feather Step	1	↙	↙	SQQS
1.3	Rev. Turn + FF	4	↙	↖	SQQ SQQS
1.4	Three Step	2	↖	↖	QQS
1.5	1-3 Nat. Turn (Lady Heel Turn)	3	↖	>	SQQ
1.6	Closed Imp + FF @Cnr (Man Heel Turn @ 2)	5	>	↖	SQQ SQQS End new LOD
↖ <u>v5</u> - > <u>3</u> - ↖ <u>2</u> - ↖ <u>4</u> - ↙ <u>1</u> - ↙ <u>0</u> ↙					
2.1	Three Step	2R	<	<	QQS
2.2	Nat Weave	6	<	↖	SQQQQQSS
2.3	Three Step	2R	↖	↖	QQS
2.4	Nat Turn 3/8+1/4 to R @Cnr (Lady Hell Turn then Man Heel Pull)	3R	↖	↖	SQQ SSS Man ends LF Fwd End new LOD
↖ <u>v3R</u> - ↖ <u>2R</u> - ↖ <u>6</u> - < <u>2R</u> - < <u>5</u>					
3.1	Feather Step	1R	<	<	SQQS
3.2	Three Step	2R	<	<	QQS
3.3	Feather Step Curl 1/8 L	1R	<	↙	SQQS
3.4	1-3 Rev Turn+Check @Cnr	4R	↙	↗	SQQS
↗ <u>4R</u> - ↙ <u>1R</u> - < <u>2R</u> - < <u>1R</u> - < <u>3R</u>					
End Bk Wall new LOD					
4.1	Basic Weave	8	v	↖	QQQQQQS
4.2	Ch. of Direction	7	↖	↙	SSS
4.3	Feather Step	1R	↙	↙	SQQS
4.4	Rev. Turn + FF	4R	↙	↖	SQQ SQQS
4.5	Ch. of D 1/2 to L @Cnr	7R	↖	↙	SSS Man ends LF Fwd
↙ <u>7R</u> - ↖ <u>4R</u> - ↙ <u>1R</u> - ↙ <u>7</u> - ↖ <u>8</u> - v <u>4R</u>					
End DC new LOD					
5.1	Goto 1.2				
... - ↙ <u>1</u> - ↙ <u>7R</u>					

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 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 Prog Chas to R	12	↙ ↘	SQQSS
1.5 Back Lock	10	↘ ↘	SQQSS
1.6 Clos. Imp. @Cnr	9	↘ ↖	SSSS
↖ ↙ 9 - ↘ 10 - ↘ 12 - ↙ 3 - ↖ 1 - ↗ 1 ↖ ↗			End Bk 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
↙ ↘ 13 - > 2 - ↖ 6 - > 7 - ↙ 16 - ↙ 11R - ↗ 9 ↖			End DW new LOD
3.1 Fwd Lock	8	↖ ↖	SQQSS
3.2 Nat Turn + Bk Lock	15	↖ >	SQQ SQQSS
3.3 Running Finish @Cnr	14	> ↖	SQQS or QQS
↙ ↘ 14 - > 15 - ↖ 8 - ↖ 13 ↖			End DW new LOD
4.1 Nat Spin Turn	5	↖ ↗	SQQ SSS
4.2 Prog Chas	6R	↗ ↖	SQQSS
4.3 Nat Piv Turn 3/8 @Cnr	4	↖ ↖	SQQS
↙ ↘ 4 - ↖ 6R - ↗ 5 - ↖ 14 ↖			End DW new LOD
5.1 QT to R	1R	↖ ↗	SQQS
5.2 Prog Chas	6R	↗ ↖	SQQS
5.3 Nat. Turn @Cnr	2	↖ ↖	SQQ SSS
↙ ↘ 2 - ↖ 6R - ↗ 1R - ↖ 14 ↖			End 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 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 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 DW new LOD
↖↙ 7R - ↖ 5 - ↖ 0R - ↖ 10&1 - ↖ 3 - ↖ 7 - >11 - >9* - ↙ 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 DW new LOD
↖↙ 7R - ↖ 4R+3R - ↖ 6 - ↙ 0R - ↙ 2 - ↖ 7R				
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 DW new LOD
↖↙ 7R - ↖ 4R - ↖ 12 - ↖ 3R - ↖ 9 - ↙ 0R - <0R - ↖ 7R				
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	↖	↖↙	sqq s End DW new LOD
↖↙ 13 - ↖ 3R - ↖ 8 - ↙ 0R - ↙ 2R - ↖ 7R				
5.1 Goto 1.1				
... - ↖ 4 - ↖ 13				

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