

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

1.1 LF Closed Change	1	↘ [□]	↘	
1.2 1-3 Nat. Turn (Lady End DC)	2	↘	↘	
1.3 Outside Change (End PP)	9	↘	↘	123-&
1.4 Left Whisk+Untwist 1R 0 (+Lady runs around 12&3, RLRL)	25	↘	↘	123+12&3 Lf ^{xp} RsbLb+RLRL
1.5 Bk Whisk End PP	11	↘	↘	RfLsRxbp
1.6 Chasse From PP	6	↘	↘	
1.7 Hes. Change @ Cnr	8	↘	↗ [□]	End Bk DC new LOD
↗ [□] 8 - ↘6 - ↘11 - ↘25 - ↘9 - ↘2 - ↘1 ↘ [□]				
2.1 Fallaway Rev & Slip Piv.	29	↗ [□]	↘	123-&
2.2 Contra Check End PP	26	↘	↘	123
2.3 Chasse From PP	6R	↘	↘	
2.4 OT Nat. Spin T @Cnr	4	↘	↗ [□]	End new LOD
↗ [□] 4 - ↘6R - ↘26 - ↘29 - ↗8 [□]				
3.1 Turning Lock to R End PP	28	< [□]	↘	1&23
3.2 Closed Wing	27	↘	↗	LbRsbLf
3.3 Rev. Turn	3	↗	↘	
3.4 LF Closed Change	1R	↘	↘	
3.5 Hes. Change @ Cnr	8R	↘	↗ [□]	End Bk DC new LOD
↗ [□] 8R - ↘1R - ↘3 - ↗27 - ↘28 - <4 [□]				
4.1 1-3 Rev. Turn	3R	↗ [□]	<	
4.2 Hover Corte (Lady 1/4L + 1/8L, End DC ALOD)	30	<	↘	123-& LfRsLbrushdf-Rf
4.3 Bk Whisk End PP	11R	↘	↘	123
4.4 Chasse From PP	6R	↘	↘	
4.5 Hes. Change @ Cnr	8R	↘	↗ [□]	End Bk DW new LOD
↗ [□] 8R - ↘6R - ↘11R - ↘30 - <3 - ↗8R [□]				
5.1 Goto 1.1				
... - ↘1 - ↘8R [□]				

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

1.1 Prep Step (Lady RF Bwd)	0	↗ [⌒]	↗	S
1.2 Feather Step	1	↗	↗	SQQ S
1.3 Closed Telemark	9	↗	>	SQQ S
1.4 Nat Twist T OP + Hov Fea	20	>	↗	SQ&QS-QQ S
1.5 Fallaway Rev & Slip Piv.	23	↗	↘	SQQS
1.6 Ch. of D 3/8 to L @Cnr	7	↘	↖ [^]	SSS Ended RF Bwd
↖ [^] ↗ - ↘ ₂₃ - ↗ ₂₀ - > ₉ - ↗ ₁ - ↗ ₀ ↗ [⌒]				End Against new LOD
2.1 Curl Feather to Bk Fea.	21	> [⌒]	<	SQQ-SQQ S
2.2 Feather Finish	FF	<	↘	SQQ S
2.3 Ch. of D 1/2 to L @Cnr	7R	↘	↖ [↖]	SSS Ended RF Bwd
↖ [↖] ↗ _R - ↘ _{FF} - < ₂₁ - > ₇ [⌒]				End Bk DC new LOD
3.1 Closed Telemark	9R	↗ [⌒]	↘	SQQ S
3.2 Nat. Hover Telemark	24	↘	↗	SQQ-SQQ S
3.3 Open Telemark End PP	10	↗	↘	SQQ S
3.4 Nat. Zig-Zag from PP	22	↘	↘	SQQQQ S
3.5 Ch. of D 1/2 to L @Cnr	7R	↘	↖ [↖]	SSS Ended RF Bwd
↖ [↖] ↗ _R - ↘ ₂₂ - ↘ ₁₀ - ↗ ₂₄ - ↘ _{9R} - ↗ ₇ [⌒]				End Bk DC new LOD
4.1 Feather Step	1R	↗ [⌒]	↗	SQQ S
4.2 Bounce Fall + Weave End	25	↗	↘	S&QQ-Q-QQQ S
4.3 Ch. of D 1/2 to L @Cnr	7R	↘	↖ [↖]	SSS Ended RF Bwd
↖ [↖] ↗ _R - ↘ ₂₅ - ↗ _{1R} - ↗ _{7R} [⌒]				End Bk DC new LOD
5.1 Goto 1.1				
... - ↗ ₁ - ↗ _{7R} [⌒]				

Quickstep - 4/4, 50~52 bpm - Level 3 Sequence for Lady

1.1 QT to R	1	↘ [□]	↙	SQQS
1.2 Rev Piv 1/4	11	↙	↘	S
1.3 Cross Swivel	23	↘	↗	SSS
1.4 LFB + Topsy to R 1/4	26r	↗	↘	S + Q&Q
1.5 2-5 Fwd Lock	8	↘	↘	QQSS
1.6 Nat. Turn @Cnr	2	↘	↗ [□]	SQQ SSS
↗ <u>2</u> - ↘ <u>8</u> - ↘ <u>26r</u> - ↗ <u>23</u> - ↘ <u>11</u> - ↙ <u>1</u> ↘ [□]				End Bk DW new LOD
2.1 QT to R	1R	↘ [□]	↙	SQQS
2.2 Rev Piv 1/2	11R	↙	↗	S
2.3 Chas Rev. Turn	7	↗	<	SQQ
2.4 Hover Corte @Cnr	27	<	↗ [□]	SSSS
↗ <u>27</u> - < <u>7</u> - ↗ <u>11R</u> - ↙ <u>1R</u> - ↘ <u>2</u> [□]				End DC new LOD
3.1 Six Quick Run	24	↙ [□]	↘	QQ-QQQQ
3.2 Fwd Lock	8R	↘	↘	SQQSS
3.3 1-5 Nat Turn @Cnr	2R	↘	↗ [□]	SQQ SS
↗ [□] <u>2R</u> - ↘ <u>8R</u> - ↘ <u>24</u> - ↙ <u>27</u> [□]				End Against new LOD
4.1 Rumba Cross 1/4+1/4+1/2	25	> [□]	>	QQS
4.2 RF + Topsy to L 1/4	26l	<	v	S + Q&Q
4.3 Topsy to R 1/4	26rR	v	<	Q&Q
4.4 Topsy to L 1/4	26l	<	^	Q&Q
4.5 Topsy to R 3/8	26rR	^	↘	Q&Q
4.6 2-5 Fwd Lock	8R	↘	↘	QQSS
4.7 Nat. Turn @Cnr	2R	↘	↗ [□]	SQQS SSS
				End Bk DW new LOD
↗ <u>2R</u> - ↘ <u>8R</u> - ↘ <u>26rR</u> - [□] <u>26l</u> - < <u>26rR</u> - v <u>26l</u> - > <u>25</u> - > <u>2R</u> [□]				
5.1 Goto 1.1				
... - ↙ <u>1</u> - ↘ <u>2R</u> [□]				

Tango - 2/4, 31~33 bpm - Level 3 Sequence for Lady

1.1 Prog. Link	3	↘ [□]	↘	QQ
1.2 Closed Prom.	4	↘	↘	SQQS
1.3 Contra Check	26	↘	↘	SQQ
1.4 Closed Prom.	4R	↘	↘	SQQS
1.5 LF & RF Walks	0	↘	>	SS
1.6 Fallaway 4 Step PP @Cnr	21	>	↖	QQQQ End DC new LOD
↖ <u>↘21 - >0 - ↘4R - ↘26 - ↘4 - ↘3</u> ↖				
2.1 Closed Prom.	4R	↘ [□]	↘	SQQS
2.2 LF Fwd Walk (Lady RF Bwd)	0R	↘	>	S
2.3 RF Fwd Walk (Lady LF Bwd)	0R	>	↗	S
2.4 Oversway to L	22	↗	↘	QQSS
2.5 End Spin to R + Man LF _{snw} PP	22.6	↘	↘	QQQ-Q Lady LRL-R _{snw}
2.6 Open Prom.	10	↘	↘	SQQS
2.7 Back Corte @Cnr	7	↘	↖	SQQS End Bk DW new LOD
↖ <u>↗7 - ↘10 - ↘22.6 - ↘22 - ↗0R - >0R - ↘4R - ↘21</u> ↖				
3.1 LF Fwd Walk (Lady RF Bwd)	0R	↘ [□]	>	S
3.2 RF Fwd Walk (Lady LF Bwd)	0R	>	↗	S
3.3 Fallaway Rev & Slip Piv	25	↗	↘	QQQ-Q
3.4 Five Step to L PP @Cnr	26	↘	↖	QQQQS End Bk DW new LOD
↖ <u>↗26 - ↘25 - ↗0R - >0R - ↘7</u> ↖				
4.1 1-5 The Chase 3/4 R	24	↘ [□]	↗	SQQQQ
4.2 Chasse to R	24.4	↗	↗	Q&Q
4.3 Basic Rev. Turn	23	↗	↘	QQS-QQS
4.4 LF & RF Walks @ Cnr	0R	↘	↖	SS End Bk DW new LOD
↖ <u>↗0R - ↘23 - ↗24.4 - ↗24 - ↘26</u> ↖				
5.1 Goto 1.1				
... - ↘3 - ↘0R [□]				

Viennese Waltz - 3/4, 58~60 bpm - Level 3 Sequence for Lady

3.1 LF Fwd Cl. Change ¼ L	3lf	↘	↗	R _b L _{db} R _c
(Lady RF Bwd Cl. Change ¼ L)				
3.2 Nat. Turn	1	↗	↗	123-456
3.3 1-3 Nat. Turn	1	↗	↘	123
3.4 N2R LF Bwd Cl. Change ¼ R	4lb	↘	↖	R _f L _{df} R _c
(Lady RF Fwd Cl. Change ¼ R)				
3.5 4-6 Rev. Turn ½ L	2	↖	↘	456
3.6 Rev. Turn	2	↘	↘	123-456
3.7 2x Rev. Fleckerl 20	5	↘↘	↘↘	R _{sb} L _{xb} R _s -L _{xf} R _f L _{xf}
3.8 Contra Check 1/8L+3/8R	7	↘	↘	R _b L _w R _{fw}
3.9 2x Nat. Fleckerl ¾+¾ 0	6	↘↘	↘↗	L _{sf} R _{xb} L _s -R _f L _{sf} R _{xf}

┌ ... - 7₁ - 7₆ - ↘ 7 - ↘₅ - ↘₂ - ↘₄₋₆ 2 - ↖ 4lb - ↘ 1-3 1 - 7₁ - 7_{3lf}↘

4.1 Goto 3.2

Notes

- 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