

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

1.1 LF Closed Change	1	↖	↖	
1.2 1-3 Nat. Turn (Man End Bk DC)	2	↖	↗	
1.3 Outside Change (End PP)	9	↙	↖	123-&
1.4 Left Whisk+Untwist 1R <del>0</del> (+Lady runs around 12&3, RLRL)	25	↖	↖	123+123 RfxpLsfRxbw+RRR
1.5 Bk Whisk End PP	11	↖	↖	LbRdbLxbp
1.6 Chasse From PP	6	↖	↖	
1.7 <b>Hes. Change @ Cnr</b>	8	↖	↖↘	End 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 <b>OT Nat. Spin T @Cnr</b>	4	↖	↖^	End Against new LOD
↖^4 - ↖6R - ↖26 - ↖29 - ↙8				
3.1 Turning Lock to R End PP	28	>	↙	1&23
3.2 Closed Wing	27	↙	↙	RfLcLcnw
3.3 Rev. Turn	3	↙	↖	
3.4 LF Closed Change	1R	↖	↖	
3.5 <b>Hes. Change @ Cnr</b>	8R	↖	↖↘	End DC new LOD
↖↘8R - ↖1R - ↖3 - ↙27 - ↙28 - >4				
4.1 1-3 Rev. Turn	3R	↙	>	
4.2 Hover Corte (Man 3/8 L, End BK DC ALOD)	30	>	↖	123-& RbLsfRsb-Lb
4.3 Bk Whisk End PP	11R	↖	↖	123
4.4 Chasse From PP	6R	↖	↖	
4.5 <b>Hes. Change @ Cnr</b>	8R	↖	↖↙	End 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 Man**

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

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

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
↖↙ 2 - ↖ 18 - ↖ 26r - ↙ 23 - ↖ 11 - ↗ 1 ↖ ↗			End 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
↖↖ 27 - > 7 - ↙ 11R - ↗ 1R - ↖ 2			End Bk DC new LOD
3.1 Six Quick Run	24	↗ ↖	QQ-QQQQS
3.2 Fwd Lock	8R	↖ ↖	SQQSS
3.3 1-5 Nat Turn @Cnr	2R	↖ ↖↙	SQQ SS
↖↙ 2R - ↖ 8R - ↖ 24 - ↗ 27			End new LOD
4.1 Rumba Cross 1/4+1/4+1/2	25	< <	QQS
4.2 RF + Topsy to L 1/4	26l	< ^	S + Q&Q
4.3 Topsy to R 1/4	26rR	^ >	Q&Q
4.4 Topsy to L 1/4	26l	> v	Q&Q
4.5 Topsy to R 3/8	26rR	v ↖	Q&Q
4.6 2-5 Fwd Lock	8R	↖ ↖	QQSS
4.7 Nat. Turn @Cnr	2R	↖ ↖↙	SQQS SSS
			End DW new LOD
↖↙ 2R - ↖ 8R - ↖ 26rR - v 26l - > 26rR - ^ 26l - < 25 - < 2R			
5.1 Goto 1.1			
... - ↗ 1 - ↖ 2R			

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

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 DW new LOD
↖↙ 21 - <0 - ↖ 4R - ↖ 26 - ↖ 4 - ↖ 3 ↖				
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 Overstay to L	22	↙	↗	QQSS
2.5 End Spin to R + Man LF <sub>snw</sub> PP	22.6	↗	↖	QQQ-Q Lady LRL-R <sub>snw</sub>
2.6 Open Prom.	10	↖	↖	SQQS
2.7 Back Corte @Cnr	7	↖	↖↙	SQQS End DW new LOD
↖↙ 7 - ↖ 10 - ↖ 22.6 - ↗ 22 - ↙ 0R - <0R - ↖ 4R - ↖ 21				
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 DW new LOD
↖↙ 26 - ↖ 25 - ↙ 0R - <0R - ↖ 7				
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	↙	↖	QSS-QQS
4.4 LF & RF Walks @ Cnr	0R	↖	↖↙	SS End DW new LOD
↖↙ 0R - ↖ 23 - ↙ 24.4 - ↙ 24 - ↖ 26				
5.1 Goto 1.1				
... - ↖ 3 - ↖ 0R				

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

3.1	LF Fwd Cl. Change ¼ L	3lf	↖ ↗	↘	L <sub>f</sub> R <sub>d</sub> fL <sub>c</sub>
3.2	Nat. Turn	1	↘	↘	123-456
3.3	1-3 Nat. Turn	1	↘	↗	123
3.4	<b>N2R</b> LF Bwd Cl. Change ¼ R 4lb	4lb	↗	↘	L <sub>b</sub> R <sub>d</sub> bL <sub>c</sub>
3.5	4-6 Rev. Turn ½ L	2	↘	↖	456
3.6	Rev. Turn	2	↖	↖	123-456
3.7	2x Rev. Fleckerl 20	5	↖ ↖	↖ ↖	L <sub>f</sub> R <sub>s</sub> bL <sub>x</sub> f-R <sub>s</sub> bL <sub>x</sub> bR <sub>w</sub>
3.8	Contra Check 1/8L+3/8R	7	↖	↗	L <sub>f</sub> R <sub>w</sub> L <sub>b</sub> sw
3.9	2x Nat. Fleckerl ¾+¾ 0	6	↗ ↖	↖ ↘	R <sub>f</sub> L <sub>s</sub> fR <sub>x</sub> f-L <sub>s</sub> fR <sub>x</sub> bL <sub>s</sub>

↖ ... - ↘ 1 - ↘ 6 - ↗ 7 - ↖ 5 - ↖ 2 - ↖ 4-6 2 - ↘ 4lb - ↗ 1-3 1 - ↘ 1 - ↘ 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