

Cha Cha - 4/4, 30~32 bpm - Level 3 Sequence for Lady

1.1	1-5 Closed Basic	1c	R _b L R _S L _C R _S
1.2	Nat. Top	13	L _S R _{Xf} L _S R _{Xf} L _S - R _{Xf} L _S R _{Xf} L _S R _{Xf} - L _S R _{Xf} L _S R _{Xf} L _S
1.3	Adv. Hip Twist (End Fan)	24	R _b L R _f L _{Xb} R _f -L _f R _f L _b R _{Xf} L _b
1.4	Hockey Stick	12	R _C L _f R _f L _{Xb} R _f -L _f R _f L _b R _{Xf} L _b

1-5 Closed Basic -> Nat. Top -> Adv. Hip Twist -> Hockey Stick

2.1	1-5 Open Basic	1o	R _b L R _f L _{Xb} R _f
2.2	Foot Change 1 (RSP End) 29a (Lady 6-10 & 1-5 Open Basic)		L _f R L _b R _{Xf} L _b -R _b L R _f L _{Xb} R _f
2.3	Closed Basic/Open Basic/Spot Turn/3 Cha Chas/Runs/ Time Steps/Cuban Breaks		
2.4	Foot Change 2 (Open End) 29b (Lady 1-5 Open Basic)		R _b L R _f L _{Xb} R _f
2.5	6-10 Open Basic (R 2 R Hold)	1o	L _f R L _b R _C L _b

1-5 Open Basic -> Foot Change 1 -> Closed Basic/Open Basic/Spot Turn/3 Cha Chas/Runs/Time Steps/Cuban Breaks -> Foot Change 2 -> 6-10 Open Basic

3.1	Turkish Towel (End Open) 26		R _b L R _f L _{Xb} R _f -L _f R _f L _f R _{Xb} L _f - R _f L R _S L _C R _S -L _f R L _S R _C L _S - R _f L R _S L _C R _f S-L _f R _f L _b R _{Xf} L _b
3.2	Follow My Leader (End Open & R 2 R Hold)	28	R _C L _f R _f L _{Xb} R _f -L _f R _f L _f R _{Xb} L _f - R _f L _f R _f L _{Xb} R _f -L _f R _f R _f L _{Xb} R _f - R _f L _f R _f L _{Xb} R _f - L _f R _f L _C R _C L _S
3.3	Sweetheart (End Fan & R 2 R Hold)	27	R _b L R _f L _{Xb} R _f -L _b R L _S R _C L _S - R _b L R _S L _C R _S -L _b R L _f R _f L _f - R _f L R _b L _b R _b -L _b R _f x L _S b ^R C _L S

Turkish Towel -> Follow My Leader -> Sweetheart

4.1	Alemana	11	R _C L _f R _f L _{Xb} R _f -L _f R _f L _f R _{Xb} L _f
4.2	Hip Twist Spiral (Op CPP) 25		R _b L R _f L _{Xb} R _f -L _f R _f L _f R _C L _{df}
4.3	New York LSP & RSP	2	R _f L R _S L _C R _S -L _f R L _S R _C L _S

Alemana -> Hip Twist Spiral -> New York LSP & RSP

- 5.1 1-5 Open Basic 1oR R_bL R_fL_CR_f
- 5.2 Foot Change 3 (RShP End) 29c L_fR L_bR_CL_b-R_bL R_SL_CR_S
 (Lady 6-10 Open Basic & 1-5 Closed Basic)
- 5.3 Closed Basic/Open Basic/Spot Turn/3 Cha Chas/Runs/
 Time Steps/Cuban Breaks
- 5.4 Foot Change 4 (Open End) 29d R_bL R_fL_CR_f-L_fR L_SR_CL_S
 (Lady 1-5 Open Basic & 6-10 Closed Basic)
- 5.5 1-5 Open Basic 1oR R_bL R_fL_CR_f
- 5.6 6-10 Closed Basic 1cR L_fR L_SR_CL_S

1-5 Open Basic -> Foot Change 3 -> Closed Basic/Open Basic/Spot
 Turn/3 Cha Chas/Runs/Time Steps/Cuban Breaks -> Foot Change 4
 -> 1-5 Open Basic -> 6-10 Closed Basic

6.1 Goto 1.1

- Foot Change 1 (Lady: 6-10 Open Basic)
- Foot Change 2 (Lady: 1-5 Open Basic)
- Foot Change 3 (Lady: 6-10 Open Basic + 1-5 Closed Basic)
- Foot Change 4 (Lady: 1-5 Open Basic + 6-10 Closed Basic)

Rumba - 4/4, 25~27 bpm - Level 3 Sequence for Lady

1.1	1-3 Closed Basic	1c	R _b LR _s
1.2	Nat. Top	13	L _s R _x fL _s -R _x fL _s R _x f-L _s R _x fL _s
1.3	Adv. Hip Twist (End Fan)	26a	R _f LR _f -L _f R _f X _L b
1.4	Sliding Door	22	R _c L _f R _f -L _f R _s bL _b -R _b L _R f _x -L _s RL _b x
1.5	Prog. Walks Fwd in RSP (Hold 2 or 3)	7	R _b L _f R _f or R _b L _f R _f -L _f R _f L _f -R _f L _f R _f
1.6	4-6 Fan Ending (Men: 1/8L, Lady: 7/8L)	10	L _f R _f L _b

1-3 Basic -> Nat, Top -> Adv. Hip Twist -> Sliding Door -> Prog. Walks Fwd in RSP -> 4-6 Fan

2.1	Hockey Stick	12	R _c L _f R _f -L _f R _f L _b
2.2	Three Threes	24	R _b LR _f t-LRL _t -R _{db} LR _f t-L _f R _f L _f
2.3	Fan	10R	R _b LR _d f-L _f R _f L _b
2.4	Three Alemanas (End Cl.)	25	R _c L _f R _f -L _f R _f L _f -RL _f R _f -L _f R _f L _f

Hockey Stick -> Three Threes -> Fan -> Three Alemanas

3.1	Fan	10R	R _b LR _d f-L _f R _f L _b
3.2	Alemana	11R	R _c L _f R _f -L _f R _f L _f
3.3	Continuous Hip Twist (End Fan)	26b	R _b LR _f -L _f R _f X _L f
3.4	Circular Hip Twist	26c	R _b LR _f -L _f R _c L _f -R _c L _f R _c
3.5	4-6 Adv. Hip Twist (End Fan)	26a	L _f R _f L _b

Fan -> Alemana -> Continuous Hip Twist -> Circular Hip Twist -> 4-6 Adv. Hip Twist

4.1	Fencing (End Open CPP)	23	R _c L _f R _f tp-L _f xpRL _s
4.2	Spot Turns to R & L	4	R _f L _f R _f -L _f R _f L _f

Fencing -> Spot Turns to R & L

5.1 Goto 1.1

Paso Doble - 2/4, 60~62 bpm - Level 3 Sequence for Lady

- 1.1 Travel Spins from CPP 27 v > 1-12 $L_aR_{sp}L_{fxp}R_f L_S R_f L_S R_f^-$
(12345678-1234) $L_{bs}R_{sp}L_{fxp}R_c$
- 2.1 Syn. Sep. (End Untwist) 25 > \ 1-16 $L_aR_bL_bR_c L_{xf}R_{xf}L_{xf}R_{xf}^-$
(12345678-ala2 3&4-5678) $L_cR_{ps}R_cL_{ps} L_{fx}R_{sf}L_b^-$
 $R_S L_{fp}R_{fp}R_{fp}$
- 2.2 Syn. Sep. Ending 3 Drag 25 \ > 1-4 $R_fL_S R_{nw}R_{cw}$
- 3.1 4 Sur Place 1/4L (Lady End FW) 1 > ^ 1234 LRLR

Travel Spins fr CPP -> Syn. Separation -> Syn. Sep. Ending 3 Drag
-> 4 Sur Place 1/4L

- 4.1 Chasse Cape (Sp Line ICPP) 30 ^ \ 1-20 $L_{sf}R_{fo}L_{fx} R_S L_{xb}R_f$
(123 4&5 67 8-&1 23 4&5 678-1234) $L_fR_{fx} L_f-R_{xb}L_f$
 $R_{fo}L_{fx} R_S L_{xb}R_f L_fR_{fx}$
 $L_{f1}-R_{fxnw}R_{nw}R_{nw}R_{nw}$
- 4.2 Chasse Cape Ending 1 30 \ ^ 5678 $R_fL_{cnw}L_S R_c$
(Prom. Cl + 1-2 Chasse to R)
- 4.3 Sur Place 1/2R (Lady End FC) 1R ^ v 1-8 LRLRLRLR

Chasse Cape -> Chasse Cape Ending 1 -> Sur Place 1/2R

- 5.1 Twists 29 v 7 1-12 $L_aR_{sp}L_{fp}R_f L_fR_fL_b$
(1234 5&6 7 8-&1 2 3&4) $R_c L_f-R_fL_b R_c L_fR_cL_c$
- 5.2 Syn Sur Pl 1/8R (Lady End FC) 1s 7 v 56&78 RLRLR
- 6.1 2 Sur Pl. Hug + 2 Rest 1hr v v 1234 LR--
=== 1st Highlight Ends Here ==

Twists -> 4 Syn. Sur Place 3/8R -> 2 Sur Place Hug + 2 Rest

- 7.1 Coup de Pique 21 v v 1-4 $L_{fxnw}L_cR_bL_c^-$
56&78 $R_{bfall}L_S R_c L_S R_c$
- 8.1 Tra. Spins fr PP (PP End) 26 v \ 1-8 $L_aR_{sp}L_fR_{sp}L_fR_{sp}L_fR_{sp}$
7-8 Tra. Spins fr PP 26R \ \ 9-10 L_fR_{sp}
- 8.2 Huit 12 \ v 1-8 $L_{fxp}R_S-LR_{fx}L_S R_L L_f R_c$
- 8.3 2 Sur Place + Drag 1R8 v v 12-6 LR-L_S RRR_{cw}

Coup de Pique -> Travel Spins fr PP -> Huit -> 2 Sur Pl. + Drag

- 9.1 Fregolina 28 v ^ 1-28 $L_aR_{sp}L_{fp}R_fL_fR_fL_{sb}R_b^-$
(1-8, 1-8, 1-8, 1234) $L_fR_fL_fR_fL_fR_fL_{sb}R_{bx}O^-$
 $L_fR_{sb}L_{bx}O^R_bL_fR_fL_fR_{fnw}^-$
 $R_wL_{cnw}L_S R_c$

9.2 4 Sur Place 1/2R (Lady End FC) 1R ^ v 5678 LRLR

10.1 Ecart (Fallaway Whisk) 8 v ↙ 1234 L_aR_fL_sbfallR_bfall

10.2 Hold Ecart @5 + 1 Rest - ↙ ↙ 56 R_bfallR_bfall

=== 2nd Highlight Ends Here ===

Fregolina -> 4 Sur Place 1/2R -> Ecart Hold @5 + 1 Rest

11.1 Prom. Close + 2 Sur Pl 6c ↙ > 1234 L_fpR_cLR

12.1 Goto 2.1 Syn. Sep. > ↘

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5.1 Twists v ↗

13.1 5 Sur Place 3/8R (Lady End FC) 1R ↗ v 1-5 LRLRL

14.1 Syn. Chasse to R 4s v v 12&34 R_D-L_SR_CL_SR_C

14.2 Chasse to R (Hug @8) 4 v v 5678 L_SR_CL_SR_C

=== 3rd Highlight Ends Here ==



Jive - 4/4, 42~44 bpm - Level 3 Sequence for Lady

1.1 Basic in Place	1	v c	v c	R _C L-R _S L _C R _S -L _S R _C L _S
1.2 Stk Walks, Flick & Break	27	v c	∟ c	R _{fall} L-
(QQ-QQ QQ QQ-)				R _{dfnw} R L _{fxnw} L R _{dfnw} R-
(QQ QQ QQ QQ-)				L _{fx} L _C R _{fx} R _C L _{fx} L _C R _{fx} R _C -
(QQ QaQ)				L _{fx} L-LRL
1.3 3-8 Overturn Fall Throw	3	∟ c	> o	R _f L _f R _f -L _b R _C L _b

2.1 Chicken Walks (QQQQ)	25	> o	> o	R _f L _f R _f L _f
(Men LH Push/Pull/Push/...)				
2.2 3-8 Fallaway Throwaway	3R	> o	7 o	R _S L _C R _S -L _b R _C L _b
2.3 Change of Place L to R	6	7 o	v o	R _b L-R _t L _t R _t -L _b R _C L _b
(End RH 2 RH Hold)				

3.1 Catapult	26	v o	v o	R _b L-R _f L _C R _f -L _C R _C L _C -
(End RH 2 RH Hold)				R _b L-R _f L _C R _f -L _S bR _C L _b
3.2 Chugging	24	v o	< o	R _b L-R _S L _C R _S -L _f R _C L _f -
(End L to R Hold)				R _S L _C R _S -L _f R _C L _f -
				R _S L _C R _S -L _{db} R _C L _b
3.3 Change of Hands Behind	7R	< o	> o	R _b L-R _f L _C R _f -L _t R _t L _t

4.1 Change of Place L to R	6	> o	v o	R _b L-R _t L _t R _t -L _b R _C L _b
(End Double Hand Hold)				
4.2 Toe Heel Swivels	23	v o	∟ o	R _b L-R _C tnwR _h nwR _{fx} -
				L _C tnwL _h nwL _{fx}
4.3 3-8 Fallaway Throwaway	3R	∟ o	> o	R _S L _C R _S -L _b R _C L _b
4.4 Ch of Place L to R 1/4R	6R	> o	v o	R _b L-R _t L _t R _t -L _b R _C L _b
(End RH 2 RH Hold)				
4.5 Shoulder Spin	22	v o	^ o	R _b L-R _f L _C R _f -L _S R _C L _S -
				R _b L-R _f L _C R _f -L _{db} R _C L _b
4.6 Change of Hands Behind	7R	^ o	v o	R _b L-R _f L _C R _f -L _t R _t L _t

5.1 1-5 Link	4	v o	< c	R _b L-R _f LR _f
5.2 Whip 3/4R  (End Face)	13	< c	v c	L _f R _f -L _S R _C L _S
5.3 Curly Whip	21	v c	^ c	R _b L-R _S L _C R _S
5.4 Whip 3/4R  (End Faway)	13R	^ c	< c	L _f R _f -L _S R _C L _S
5.5 Fallaway Throwaway	3R	< c	v o	R _{fall} L-R _S L _C R _S -L _b R _C L _b
5.6 Link	4R	v o	v c	R _b L-R _f LR _f -L _S R _C L _S

6.1 Goto 1.1				

Samba - 2/4, 48~50 bpm (60 for Comp)- Level 3 Sequence for Lady

1.1	1-3 Rev. Basic 1/8L	1b	↘ >	1a2	R _b L _c R
1.2	Nat. Roll (Lady: BF BF BF - HF BF BF)	26	> >	SQQ-SQQ	L _b R _s L _c - R _f L _s R _c
1.3	1-3 Nat. Basic	1a	> >	1a2	L _b RL
1.4	Rev. Roll (Underturn) (Lady: BF B BF - BF IE BF)	27	> v	SQQ-SQQ	R _b L _c R _c - L _f R _s bL _x f

2.1	Bota Fogo to PP (End PP)	9	v ↙	1a2	R _b L _s R
2.2	Foot Ch. 5 (PP to RCP) Point Fwd & Bk/Rock Fwd & Bk/Double Rock/Flick Ball Change	12e	↙ ↘	1a2	L _f R _s L
2.3	Roundabout to R	25r	↘ ↙	1a2a1-a2	R _x fL _s bR _x f L _s bR _x f-L _s R
2.4	Roundabout to L	25l	↙ ↘	1a2a1-a2	L _x fR _s bL _x f R _s bL _x f-R _s L
2.5	RF Contra Bota Fogo	24r	↘ ↙	1a2	R _f L _b S _R
2.6	LF Contra Bota Fogo	24l	↙ ↘	1a2	L _f R _b S _L
2.7	Foot Ch. 6 (RCP to PP) Point Fwd & Bk/Rock Fwd & Bk/Double Rock/Flick Ball Change	12f	↘ ↙	1a2	R _b L _s R
2.8	RF Samba Walk/ Side Walk	3a/b	< <	1a2	L _f pR _b ppL _b p

3.1	L Whisk (Man Turn 1/4R)	2a	< v	1a2	R _s L _x bR
3.2	Prom & C Prom Runs 1/8L	28	v ↙	1a2-1a2-1a2	L _s R _p L _f xp- R _f sL _s pR _f p- L _b sR _s pL _f xp
3.3	3 Step Turn (LF St Walk) (Lady Move to Men's Left)	29	↙ ↗	1a2	R _s L _f R _s
3.4	Locks (End Open CPP) (out-in-out-in)	30	↗ ↗	QQS-QQS- QQS-QQS	L _f R _b xL _f -RLR L _f R _b xL _f -RLR
3.5	8-14 Criss X Voltas (End Double Hand Hold) (Lady Move to Men's Right)	10	↗ <	1a2a3a4	L _f xR _s bLRLRL
3.6	LF & RF Walk in RSP	3a	< <	1a2-1a2	R _f pL _b ppR _b p- L _f pR _b ppL _b p

4.1 1-3 Rolling off Arm	20R	< <	1a2	R _f L _c R _s L _{cnw}
4.2 Foot Ch. 1 1/8L (RSP to RShP)	12a/h	< ↙	1a2	L _f R _s L _s fw
4.3 Cruz. Walks & Locks (Lady on Men's Right)	31	↙ ↙	SS-QQS SS-QQS	R _f L _f RL _{bx} R- L _f R _f LR _{bx} L
4.4 Foot Ch. 2 1/4R (RShP to Cl)	12b/d	↙ ↘	1a2	R _{xf} L _{sb} R _{xf}
4.5 1-3 Nat. Basic 1/8R	1a	↘ v	1a2	L _b R _c L

5.1 Bota Fogo to PP (End PP)	9R	v ↙	1a2	R _b L _s R
5.2 Foot Ch. 5 (PP to RCP) Point Fwd & Bk/Rock Fwd & Bk/Double Rock/Flick Ball Change	12eR	↙ ↘	1a2	L _f R _s L _s fw
5.3 RF Contra Bota Fogo	24rR	↘ ↙	1a2	R _f L _b S _R
5.4 LF Contra Bota Fogo	24lR	↙ ↘	1a2	L _f R _b S _L
5.5 Foot Ch. 7 1/4L (RCP to Open CPP)	12g	↘ ↗	1a2a3a4	R _{fx} L _{sb} RLRLR
5.6 4-6 Criss X BoFe/ 8-14 Criss X Voltas/ Maypole (Man Cir. Volta Turn R-L-R, Lady Spot Volta Turn L-R-L)/ Samba Locks	22	↗ ↘	1a2a3a4- 5a6a7a8- 1a2a3a4	L _{xf} R _{sb} LRLRL- R _{xf} L _{sb} RLRLR- L _{xf} R _{sb} LRLRL
=====				
6.1 Goto 1.1				
Foot Ch. 1 (Lady Spot Volta 1/2 L	↻	L _{xf} R _{sb} L _{xf})		
Foot Ch. 2 (Lady Spot Volta 3/4 R	↻	R _{xf} L _{sb} R _{xf})		
Foot Ch. 3 (Lady Spot Volta 1.25 R	↻	R _{xf} L _{sb} +R _s fw)		
Foot Ch. 4 (Lady Spot Volta 1R	↻	R _{xf} L _{sb} +R _f wp)		
Foot Ch. 5 (Lady Bota Fogo 1/4L		L _f R _s L)		
Foot Ch. 6 (Lady Bota Fogo 1/4R		R _b L _s R)		
Foot Ch. 7 (Lady 1-7 Criss X Voltas Behind Back 1/4R		R _{fx} L _{sb} RLRLR 1a2a3a4 End ↗ Open CPP)		
Foot Ch. 8 (Lady L _f 1/8L End ↙ - Turning 3/8L on LF & R _s End > - Turning 5/8L on RF & L _s f End ↙)				

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