

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

1.1 1-5 Closed Basic	1c	L _f R L _S R _C L _S
1.2 Nat. Top	13	R _x bL RLR-LR _x b LRL-R _x bL RLR _C
1.3 Adv. Hip Twist (End Fan)	24	L _f R L _b R _x L _b -R _b L R _S L _C R _S
1.4 Hockey Stick	12	L _f R LRL-R _x bL _f R _f L _l R _f

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

2.1 1-5 Open Basic	1o	L _f R L _b R _C L _b
2.2 Foot Change 1 (RSP End) 29a (Lady 6-10 & 1-5 Open Basic)		R _b L R _d fL _f x-R _b L R _f L _x bR _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 _d fL _f x
2.5 6-10 Open Basic (R 2 R Hold)	1o	R _b L R _f L _C R _f

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	L _f R L _C R _C L _C -R _b L R _C L _C R _S - L _b R L _S R _C L _S -R _b L R _S L _C R _S - L _b R L _S R _C L _S -R _b L R _f LR _f
3.2 Follow My Leader (End Open & R 2 R Hold)	28	L _f R L _C R _C L _C -R _b xL _S R _f L _f xR _f - L _f R _f L _f R _f xL _f -R _f L _f R _f L _f xR _f - L _f R _f L _f R _f xL _f -R _b L R _S L _C R _S
3.3 Sweetheart (End Fan & R 2 R Hold)	27	L _f R L _S R _C L _S -R _f L R _S L _C R _S - L _f R L _S R _C L _S -R _b L R _f L _f xR _f - L _f R L _b R _b xL _f -R _b L _C R _S L _C R _S

Turkish Towel -> Follow My Leader -> Sweetheart

4.1 Alemana	11	L _f R LRL-R _b L RLR
4.2 Hip Twist Spiral (Op CPP)25		L _f R L _T bR _C L _S -R _b L R _f L _f xR _f
4.3 New York LSP & RSP	2	L _f R L _S R _C L _S -R _f L R _S L _C R _S

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

- 5.1 1-5 Open Basic 1oR L_fR L_bR_CL_b
- 5.2 Foot Change 3 (RShP End) 29c R_bL R_dfL_CR_df-L_fR_Cnw R_SL_CR_S
- 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_dfL_CR_df-L_fR_Cnw R_SL_CR_S
- 5.5 1-5 Open Basic 1oR L_fR L_bR_CL_b
- 5.6 6-10 Closed Basic 1cR R_bL R_SL_CR_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 Man

1.1	1-3 Closed Basic	1c	L _f RL _S
1.2	Nat. Top	13	R _x bLR _x b-LR _x bL-R _x bLR _C
1.3	Adv. Hip Twist (End Fan)	26a	L _f RL _x b-R _b LR _S
1.4	Sliding Door	22	L _f RL _C -R _x bL _f lR _C -L _S RL _C -R _S LR _C
1.5	Prog. Walks Fwd in RShP (Hold 2 or 3)	7	L _b R _f L _f or L _b R _f L _f -R _f L _f R _f -L _f R _f L _f
1.6	4-6 Fan Ending (Men: 1/8L, Lady: 7/8L)	10	R _b LR _S

1-5 Basic -> Nat, Top -> Adv. Hip Twist -> Sliding Door -> Prog. Walks Fwd in RSP -> 4-6 Fan

2.1	Hockey Stick	12	L _f RL _C -R _b L _f R _f
2.2	Three Threes	24	L _f RL _C -R _b LR _C -L _d fRL _C -R _b LR _C
2.3	Fan	10R	L _f RL _S b-R _b LR _S
2.4	Three Alemanas (End Cl.)	25	L _f RL _C -R _b L _f R _C -L _S RL _C -R _b LR _C

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

3.1	Fan	10R	L _f RL _S b-R _b LR _S
3.2	Alemana	11R	L _f RL _C -R _b LR _C
3.3	Continuous Hip Twist	26b	L _f RL _x b-R _{db} LR _f
3.4	Circular Hip Twist	26c	L _f RL _x b-R _S bL _x bR _S -L _x bR _S L _x b
3.5	4-6 Adv. Hip Twist (End Fan)	26a	R _b LR _S

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

4.1	Fencing (End Open CPP)	23	L _f RL _S p-R _f xpLR _S
4.2	Spot Turns to R & L	4	L _f R _f L _f -R _f L _f R _f

Fencing -> Spot Turns to R & L

5.1 Goto 1.1

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

- 1.1 Travel Spins from CPP 27 ^ < 1-12 $R_aL_sR_fL_bS$ R_SL_{fx} R_SL_{fx} -
 (12345678-1234) $R_{fS}L_SR_{fx}L_C$
- 2.1 Syn. Sep. (End Untwist) 25 < ∇ 1-16 $R_aL_fR_cL$ $R_{xb}L_{xb}R_{xb}L_{xb}$ -
 (12345678-a1a2 3&4-5678) $R_cL_{sp}L_cR_{sp}$ $R_bL_{sf}R_f$ -
 $RRRR_w$
- 2.2 Syn. Sep. Ending 3 Drag 25 ∇ < 1-4 $L_fR_SL_{nw}L_{cw}$
- 3.1 4 Sur Place 1/4L (Man End FC) 1 < v 1234 RLRL

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

- 4.1 Chasse Cape (Sp Line ICPP) 30 v ∇ 1-20 $R_{sb}L_bR$ $L_SR_cL_{sb}$ R_bL R_S -
 (123 4&5 67 8-&1 23 4&5 678-1234) L_cR_{sb} L_bR $L_SR_cL_{sb}$
 R_bLR_{fr} - L_{fxnw} L_{nw} L_{nw} L_{nw}
- 4.2 Chasse Cape (Ending 1) 30 ∇ v 5678 $L_fR_{cnw}R_SL_c$
 (Prom. Cl + 1-2 Chasse to R)
- 4.3 Sur Place 1/2R (Man End FW) 1R v ^ 1-8 RLRLRLRL

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

- 5.1 Twists 29 ^ ∇ 1-12 $R_aL_{sp}R_{fp}L_{sb}$ $R_{xb}LR_f$
 (1234 5&6 7 8-&1 2 3&4) L_S R_{xb} - L R_f L_S $R_{xb}LR_c$
- 5.2 Syn Sur Place 3/8R (Man End FW) 1s ∇ ^ 56&78 LRLRL
- 6.1 2 Sur Pl. Hug + 2 Rest 1hr ^ ^ 1234 RL--
 == 1st Highlight Ends Here ==

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

- 7.1 Coup de Pique 21 ^ ^ 1-4 $R_{fxnw}R_cL_bR_c$ -
 56&78 $L_{bfall}R_SL_cR_SL_c$
- 8.1 Tra. Spins fr PP (PP End) 26 ^ ∇ 1-8 $R_aL_{sp}R_{fx}L_{sp}R_{fx}L_{sp}R_{fx}L_{sp}$
 7-8 Tra. Spins fr PP 26R ∇ ∇ 9-10 $R_{fx}L_{sp}$
- 8.2 Huit 12 ∇ ^ 1-8 $R_{fp}L_c$ -RLRLRL
- 8.3 2 Sur Place + Drag 1R8 ^ ^ 12-6 RL-R_SLLL_{cw}

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

- 9.1 Fregolina 28 ^ v 1-28 $R_aL_{sp}R_{fp}L_{sb}R_bL_bR_cL_c$ -
 (1-8, 1-8, 1-8, 1234) LLLLLLLL-LLLLLLRL_bR_{cnw}-
 LLR_SL_c
- 9.2 4 Sur Place 1/2R (Man End FW) 1R v ^ 5678 RLRL

10.1 Ecart (Fallaway Whisk) 8 ^ ↖ 1234 R_aL_fR_sbfallL_bfall
 10.2 Hold Ecart @5 + 1 Rest - ↖ ↖ 56 L_bfallL_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 R_fpL_cRL

12.1 Goto 2.1 Syn. Sep. < ↖
 :
 :
 5.1 Twists ^ ↙

13.1 5 Sur Place 3/8R (Man End FW) 1R ↙ ^ 1-5 RLRLR
 14.1 Syn. Chasse to R 4s ^ ^ 12&34 L_f-R_sL_cR_sL_c
 14.2 Chasse to R (Hug @8) 4 ^ ^ 5678 R_sL_cR_sL_c
 === 3rd Highlight Ends Here ==



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

1.1 Basic in Place	1	^ c ^ c	L _C R-L _S R _C L _S -R _S L _C R _S
1.2 Stk Walks, Flick & Break	27	^ c ↖ c	L _{fall} R-
(QQ-QQ QQ QQ-)			L _d fnwL R _f xnw ^R L _d fnwL-
(QQ QQ QQ QQ-)			R _f x ^R _C L _f x ^L _C R _f x ^R _C L _f x ^L _C -
(QQ QaQ)			R _f x ^R -RLR
1.3 3-8 Overturn Fall Throw	3	↖ c < o	L _f R _C L _f -R _f L _C R _f

2.1 Chicken Walks (QQQQ)	25	< o < o	L _b R _b L _b R _b
(Men LH Push/Pull/Push/...)			
2.2 3-8 Fallaway Throwaway	3R	< o ↙ o	L _f R _C L _f -R _f L _C R _f
2.3 Change of Place L to R	6	↙ o ^ o	L _b R-LRL-R _f L _C R _f
(End RH 2 RH Hold)			

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

4.1 Change of Place L to R	6	< o ^ o	L _b R-LRL-R _f L _C R _f
(End Double Hand Hold)			
4.2 Toe Heel Swivels	23	^ o ↖ o	L _b R-L _C tnwL _h nwL _f x-
			R _C tnw ^R h ⁿ w ^R f ^x
4.3 3-8 Fallaway Throwaway	3R	↖ o < o	L _f R _C L _f -R _f L _C R _f
4.4 Ch of Place L to R 1/4R	6R	< o ^ o	L _b R-LRL-R _f L _C R _f
(End RH 2 RH Hold)			
4.5 Shoulder Spin	22	^ o v o	L _b R-L _f R _C L _f -R _C L _C R _C -
			L _b R-L _f R _C L _f -R _C L _C R _C
4.6 Change of Hands Behind	7R	v o ^ o	L _b R-L _f R _C L _f -R _t L _t R _t

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

6.1 Goto 1.1			

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

1.1	1-3 Rev. Basic 1/8L	1b	↖ <	1a2	L _f RL
1.2	Nat. Roll (Man: HF BF BF - BF BF BF)	26	< <	SQQ-SQQ	R _f L _S R _C - L _b R _S L _C
1.3	1-3 Nat. Basic	1a	< <	1a2	R _f LR
1.4	Rev. Roll (Underturn) (Man: BF IE BF - BF B BF)	27	< ^	SQQ-SQQ	L _f R _S bL _x f- R _b L _C R _C

2.1	Bota Fogo to PP (End PP)	9	^ ↖	1a2	L _f R _S L
2.2	Foot Ch. 5 (PP to RCP) Point Fwd & Bk/Rock Fwd & Bk/Double Rock/Flick Ball Change	12e	↖ ↖	1a2	R _f R _w L _w
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 _f p ^R dbnwL _w
2.8	RF Samba Walk/ Side Walk	3a/b	< <	1a2	R _f pL _{bp} R _{bp}

3.1	L Whisk (Man Turn 1/4R)	2a	< ^	1a2	L _S R _x bL
3.2	Prom & C Prom Runs 1/8L	28	^ ↖	1a2-1a2-1a2	R _S LR _f - L _b S _R S _L f _x - R _f L _S R _f x
3.3	3 Step Turn (LF St Walk) (Lady Move to Men's Left)	29	↖ ↙	1a2	L _C R _b L
3.4	Locks (End Open CPP) (out-in-out-in)	30	↙ ↙	QQS-QQS- QQS-QQS	R _f L _b xR _f -LRL R _f L _b xR _f -LRL
3.5	8-14 Criss X Voltas (End Double Hand Hold) (Lady Move to Men's Right)	10	↙ <	1a2a3a4	R _f xL _S bRLRLR
3.6	LF & RF Walk in RSP	3a	< <	1a2-1a2	L _f p ^R _{bp} L _{bp} - R _f p ^L _{bp} R _{bp}

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4.1	1-3 Rolling off Arm	20R	< <	1a2		L _S R _x bL
4.2	Foot Ch. 1 1/8L (RSP to RShP)	12a/h	< ↙	1a2		R _S RL _S fw
4.3	Cruz. Walks & Locks (Lady on Men's Right)	31	↙ ↙	SS-QQS		R _f L _f RL _{bx} R-
				SS-QQS		L _f R _f LR _{bx} L
4.4	Foot Ch. 2 1/4R (RShP to Cl)	12b/d	↙ ↖	1a2		R _f RL _{CW}
4.5	1-3 Nat. Basic 1/8R	1a	↖ ^	1a2		R _f L _C R

5.1	Bota Fogo to PP (End PP)	9R	^ ↖	1a2		L _f R _S L
5.2	Foot Ch. 5 (PP to RCP) Point Fwd & Bk/Rock Fwd & Bk/Double Rock/Flick Ball Change	12eR	↖ ↖	1a2		R _f RL
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	↖ ↙	1a2-1a2		R _C L _b R-L _C R _b L
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		R _{xf} L _{sb} RLRLR- L _{xf} R _{sb} LRLRL- R _{xf} L _{sb} RLRLR

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6.1 Goto 1.1

- Foot Ch. 1 (Lady Spot Volta 1/2 L \mathcal{O} L_{xf}R_{sb}L_{xf})
- Foot Ch. 2 (Lady Spot Volta 3/4 R \mathcal{O} R_{xf}L_{sb}R_{xf})
- Foot Ch. 3 (Lady Spot Volta 1.25 R \mathcal{O} R_{xf}L_{sb}+R_Sfw)
- Foot Ch. 4 (Lady Spot Volta 1R \mathcal{O} R_{xf}L_{sb}+R_fwp)
- Foot Ch. 5 (Lady Boto Fogo 1/4L L_fR_SL)
- Foot Ch. 6 (Lady Boto Fogo 1/4R R_bL_SR)
- Foot Ch. 7 (Lady 1-7 Criss X Voltas Behind Back 1/4R R_fxL_{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_Sf End ↙)

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