

Waltz - 3/4, 28~30 bpm - Pro Level Figures & Sequences for Lady

1	<b>Oversway</b>	0	<	v	L <sub>f</sub> R <sub>S</sub> R <sub>W</sub> <sup>-</sup> RRR
1.1	1-3 Rev. Turn	3	↗ <sup>□</sup>	<	
1.2	Oversway	0	<	v	123-123
1.3	To PP	PP	v	↖	123 R <sub>W</sub> L <sub>C</sub> R <sub>f</sub>
┌ ... - ↖ PP - v 0 - < 3 ↗ <sup>□</sup>					
2	<b>Throwaway Oversway</b>	TO	<	↘	L <sub>f</sub> R <sub>S</sub> L <sub>b</sub> -LLL
2.1	1-3 Rev. Turn	3	↗ <sup>□</sup>	<	
2.2	Throwaway Oversway	TO	<	↘	123-123
2.3	To PP	PP	↘	↖	123 R <sub>W</sub> L <sub>C</sub> R <sub>f</sub>
┌ ... - ↖ PP - ↘ TO - < 3 ↗ <sup>□</sup>					
3	<b>Same Foot Lunge</b>	SFL	v	↙	123 L <sub>W</sub> R <sub>b</sub> R <sub>b</sub> w
3.1	Rev. Turn	3	↗ <sup>□</sup>	<	
3.2	Same Foot Lunge	SFL	<	↙	123
3.3	To PP	PP	↙	↖	123 R <sub>W</sub> L <sub>C</sub> R <sub>f</sub>
┌ ... - ↖ PP - ↙ SFL - < 3 ↗ <sup>□</sup>					
4	<b>Left Lunge</b>	LL	<	↘	123 L <sub>f</sub> R <sub>S</sub> R
5	<b>Right Lunge from PP</b>	RL	↘	↙	123 R <sub>f</sub> L <sub>S</sub> L
6	<b>Bombshell (Ronde+Slip Piv)</b>	BS	>	↘	a12a3 R <sub>d</sub> w <sub>L</sub> r <sub>L</sub> w <sub>u</sub> R <sub>b</sub> w a12a3 Lady R <sub>d</sub> w <sub>L</sub> r <sub>R</sub> w <sub>u</sub> L <sub>f</sub> w
6.1	Double Rev. Spin	13	↗ <sup>□</sup>	>	123 L <sub>f</sub> R <sub>S</sub> L <sub>C</sub> nw 12a3 Lady R <sub>b</sub> L <sub>C</sub> R <sub>S</sub> bL <sub>f</sub> xw
6.2	Bombshell & slip pivot	BS	>	↘	a12a3 R <sub>d</sub> w <sub>L</sub> r <sub>R</sub> w <sub>u</sub> L <sub>f</sub> w
6.3	Contra Check to PP	26	↘	↖	
┌ ... - ↖ 26 - ↘ BS - > 13 ↗ <sup>□</sup>					

**Foxtrot - 4/4, 28~30 bpm - Pro Level Figures & Sequences for Lady**

2	Throwaway Oversway	TO	<	↳	SS-SS LfRs-LbL
2.1	1-3 Rev. Turn	4	↗	<	SQQ
2.3	Throwaway Oversway	TO	<	↳	SS-SS
2.4	To PP	PP	↳	↖	QQS R <sub>w</sub> L <sub>c</sub> R <sub>f</sub>

┌ ... - ↖ PP - ↳ TO - < 3 ↗

**Quickstep - 4/4, 50~52 bpm - Pro Level Figures & Sequences for Lady**

1	<b>Pendulum to L &amp; R</b>	P	↘	↘	SS or QQ <b>RSRCwLSLCW</b> .....
1.1	QT to R	1	↘	↙	SQQS
1.2	1-4 Prog Chas	6	↙	↘	SQQS
1.3	Pendulum to L & R	SP	↘	↘	SS
1.4	2 Pendulum to L & R	QP	↘	↘	QQ-QQ
1.5	3-5 Fwd Lock	8	↘	↘	QQ <b>S</b>
1.6	<b>Nat Spin Turn @Cnr</b>	5	↘	↖	<b>SQQ</b> SSS End Bk DC new LOD

↖5 - ↘8 - ↘QP - ↘SP - ↘6 - ↙1 ↘

2	<b>Pepperpot (Hop+Chasse+Lock)</b>	Pep	↘	↘	S&-QQQQ-S RfoLh-LfRCLfRl-Lf
2.1	QT to R	1	↘	↙	SQQS
2.2	1-4 Prog Chas	6	↙	↘	SQQS
2.3	2 Pepperpot (Hop+Chas+Lock)	Pep	↘	↘	S&-QQQQ-S RfoLh-LfRCLfRl-Lf
2.4	<b>Nat Spin Turn @Cnr</b>	5	↘	↖	SQQ SSS End Bk DC new LOD

↖5 - ↘2 Pep - ↘6 - ↙1 ↘

3	<b>Scatter Chasse to L</b>	SC	↘	↘	SS-SS or Q&-Q& RSLC-RSLC
	<b>Scatter Chasse to R</b>	SC	↘	↘	SS-SS or Q&-Q& LSRC-LSRC
3.1	Hop from PP <b>1/2R</b>	H	↘	↖	S&-S& LfoRh-RfoRLh
3.2	Scatter Chasse to R	SC	↖	↖	Q&-Q& LSRC-LSRC
3.3	Hop <b>1/2R</b>	H	↖	↘	Q& LfoRh
3.4	Scatter Chasse to L	SC	↘	↘	Q&-Q& RSLC-RSLC
3.5	2-5 Fwd Lock	8	↘	↘	QQ <b>S</b>
3.6	<b>Nat Spin Turn @Cnr</b>	5	↘	↖	<b>SQQ</b> SSS End Bk DC new LOD

↖5 - ↘8 - ↘SC - ↘H - ↖SC - ↖H ↘

4	Woodpecker (Whisks+Hops)	W	↘	↘	SS-QQQQ
			R <sub>S</sub> L <sub>x</sub> bnw	L <sub>S</sub> R <sub>x</sub> bnw	-RhRhRhRh
4.1	QT to R	1	↘ <sup>∩</sup>	↙	SQQS
4.2	1-5 Prog Chas	6	↙	↘	SQQSS
4.3	Woodpecker (Whisks+Hops)	W	↘	↘	SS-QQQQ
			R <sub>S</sub> L <sub>x</sub> bnw	L <sub>S</sub> R <sub>x</sub> bnw	-RhRhRhRh
4.4	Pendulum to L & R	SP	↘	↘	QQQ
					L <sub>w</sub> R <sub>S</sub> R <sub>Cw</sub> L <sub>S</sub> L <sub>w</sub> R <sub>S</sub>
4.5	LF Down & RF fwd to PP	&S	↘	↘	&S
					R <sub>w</sub> L <sub>f</sub> wp

∩ ... - ↘&S - ↘SP - ↘W - ↘6 - ↙1 ↘<sup>∩</sup>

**Tango - 2/4, 31~33 bpm - Pro Level Figures & Sequences for Lady**

1.1	1-3 Open Rev. Turn Lady In	8	↗ <sup>∩</sup>	<	QQS
1.2	Throwaway	TA	<	↘	QQS L <sub>f</sub> R <sub>S</sub> L <sub>b</sub>
1.3	Left Lunge	LL	↘	↘	S L
1.4	Right Lunge	RL	↘	↙	S R
1.5	To PP	PP	↙	↖	S R

∩ ... - ↖PP - ↙RL - ↘LL - ↘TA - <8 ↗<sup>∩</sup>

## 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

Natalie Lowe - 0411 114 811,  
 email: natalie\_firstimpression@hotmail.com  
 http://www.natalielowe.com,

**Quicksteps (Advanced)**

- 1 LF Fwd, RF to side, end Prom. - SQQ
- 2 Drunken Sailor
  - 2.1 RF fwd, LF fwd, Replace weight to RF - SQQ
  - 2.2 LF back, RF back, Replace weight to LF - SQQ
- 3 Nat. Weave - RF fwd CBMP, LF to side, RF back;  
 LF back, RF to side small step, LF fwd end Prom - SQQ SQQ
- 4 4 Step Hops - RF fwd, LF hop; LF fwd, RF hop; repeat -  
 QQ QQ QQ QQ
- 5 2 Step Hops + Drag + Jump end weight on LF at corner -  
 RF fwd, LF hop; LF fwd, RF hop, Drag RF to side,  
 Jump End wt on LF - QQ QQ QQ S
- 6 2 RF fwd kicks and 2 RF bk kicks - Q& Q&
- 7 Pendulum - Left, Right, Left Right - QQQQ
- 8 RF closes to LF, LF fwd - QQ
- 9 Scattering Chasse -  
 RF fwd,  
 L Hop, Side Close, LRL chasse;  
 R Hop, Side Close, RLR chasse;  
 LF closed on wt - Q&Q& Q&Q; &Q& Q&QQ - 1&2& 3&4; &5& 6&78
- 10 Chasse Runs  
 RF fwd, LF hop, LRL Chasse;  
 RF closes to LF, Flick LF, LF down on wt;  
 Repeat - Q& Q&Q &Q; Q& Q&Q &Q - 1& 2&3 &4; 5& 6&7 &8
- 11 RF fwd - S
- 12 Running Finish - QQS
- 13 Nat Turn with Hes. - SQQ SSS
- 14 LF fwd Prep step - S
- 15 Repeat Drunken Sailor - SQQ SQQ

**JL's Quicksteps:**

RF fwd,  
 L Hop, LRL Chasse; R Hop, RLR Chasse; L Hop, LRL Chasse;  
 Drag RF end wt  
 Q& Q&Q, & Q&Q, & Q&QQ - 1& 2&3 & 4&5 & 6&78