

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

1	Oversway	0	>	^	R <sub>b</sub> L <sub>S</sub> L <sub>w</sub> -LLL Lady L <sub>f</sub> R <sub>S</sub> R <sub>w</sub> -RRR
1.1	1-3 Rev. Turn	3	↙	⌒	>
1.2	Oversway	0	>	^	123-123
1.3	To PP	PP	^	↖	123 L <sub>w</sub> R <sub>C</sub> L <sub>f</sub> Lady R <sub>w</sub> L <sub>C</sub> R <sub>f</sub>
⌒ ... - ↖ PP - ^ 0 - > 3 ↙ ⌒					
2	Throwaway Oversway	TO	>	↖	R <sub>b</sub> L <sub>S</sub> L <sub>w</sub> -LLL Lady L <sub>f</sub> R <sub>S</sub> L <sub>b</sub> -LLL
2.1	1-3 Rev. Turn	3	↙	⌒	>
2.2	Throwaway Oversway	TO	>	↖	123-123
2.3	To PP	PP	↖	↖	123 L <sub>w</sub> R <sub>C</sub> L <sub>f</sub> Lady R <sub>w</sub> L <sub>C</sub> R <sub>f</sub>
⌒ ... - ↖ PP - ↖ TO - > 3 ↙ ⌒					
3	Same Foot Lunge	SFL	^	↗	123 L <sub>w</sub> R <sub>S</sub> R <sub>w</sub> Lady L <sub>w</sub> R <sub>b</sub> R <sub>bw</sub>
3.1	Rev. Turn	3	↙	⌒	^
3.2	Same Foot Lunge	SFL	^	↗	123
3.3	To PP	PP	↗	↖	123 L <sub>w</sub> R <sub>C</sub> L <sub>f</sub> Lady R <sub>w</sub> L <sub>C</sub> R <sub>f</sub>
⌒ ... - ↖ PP - ↖ SFL - > 3 ↙ ⌒					
4	Left Lunge	LL	>	↖	123 R <sub>b</sub> L <sub>S</sub> L Lady L <sub>f</sub> R <sub>S</sub> R
5	Right Lunge from PP	RL	↙	↗	123 L <sub>f</sub> R <sub>S</sub> R Lady R <sub>f</sub> L <sub>S</sub> L
6	Bombshell (Ronde+Slip Piv)	BS	<	↖	a12a3 R <sub>dw</sub> L <sub>r</sub> L <sub>wu</sub> R <sub>bw</sub> a12a3 Lady R <sub>dw</sub> L <sub>r</sub> R <sub>wu</sub> L <sub>fw</sub>
6.1	Double Rev. Spin	13	↙	⌒	<
123 L <sub>f</sub> R <sub>S</sub> L <sub>cnw</sub> 12a3 Lady R <sub>b</sub> L <sub>C</sub> R <sub>sb</sub> L <sub>fxw</sub>					
6.2	Bombshell & slip pivot	BS	<	↖	a12a3 R <sub>dw</sub> L <sub>r</sub> L <sub>wu</sub> R <sub>bw</sub>
6.3	Contra Check to PP	26	↖	↖	
⌒ ... - ↖ 26 - ↖ BS - < 13 ↙ ⌒					

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

2	Throwaway Oversight	TO	>	↖	SS-SS Man R <sub>b</sub> L <sub>S</sub> -L <sub>W</sub> L Lady L <sub>f</sub> R <sub>S</sub> -L <sub>b</sub> L
2.1	1-3 Rev. Turn	4	↙	↖	SQQ
2.3	Throwaway Oversight	TO	>	↖	SS-SS
2.4	To PP	PP	↖	↖	QQS L <sub>W</sub> R <sub>C</sub> L <sub>f</sub> Lady 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 Man**

1	<b>Pendulum to L &amp; R</b>	P	↖	↖	SS or QQ <b>L<sub>S</sub>L<sub>CW</sub>R<sub>S</sub>R<sub>CW</sub>-.....</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>S</b> QQ SSS End Bk DC new LOD
↖↖ <u>5</u> - ↖ <u>8</u> - ↖ <u>QP</u> - ↖ <u>SP</u> - ↖ <u>6</u> - ↖ <u>1</u> ↖ ↗					
2	<b>Pepperpot (Hop+Chasse+Lock)</b> Pep		↖	↖	S&-QQQQ-S R <sub>fO</sub> L <sub>h</sub> -L <sub>f</sub> R <sub>C</sub> L <sub>f</sub> R <sub>1</sub> -L <sub>f</sub>
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 R <sub>fO</sub> L <sub>h</sub> -L <sub>f</sub> R <sub>C</sub> L <sub>f</sub> R <sub>1</sub> -L <sub>f</sub>
2.4	<b>Nat Spin Turn @Cnr</b>	5	↖	↖↖	SQQ SSS End Bk DC new LOD
↖↖ <u>5</u> - ↖ <u>2</u> Pep - ↖ <u>6</u> - ↖ <u>1</u> ↖ ↗					
3	<b>Scatter Chasse to L</b>	SC	↖	↖	SS-SS or Q&-Q& L <sub>S</sub> R <sub>C</sub> -L <sub>S</sub> R <sub>C</sub>
	<b>Scatter Chasse to R</b>	SC	↖	↖	SS-SS or Q&-Q& R <sub>S</sub> L <sub>C</sub> -R <sub>S</sub> L <sub>C</sub>
3.1	Hop from PP <b>1/2R</b>	H	↖	↘	S&-S& R <sub>fO</sub> L <sub>h</sub> -L <sub>fO</sub> R <sub>h</sub>
3.2	Scatter Chasse to R	SC	↘	↘	Q&-Q& R <sub>S</sub> L <sub>C</sub> -R <sub>S</sub> L <sub>C</sub>
3.3	Hop <b>1/2R</b>	H	↘	↖	Q& R <sub>fO</sub> L <sub>h</sub>
3.4	Scatter Chasse to L	SC	↖	↖	Q&-Q& L <sub>S</sub> R <sub>C</sub> -L <sub>S</sub> R <sub>C</sub>
3.5	2-5 Fwd Lock	8	↖	↖	QQ <b>S</b>
3.6	<b>Nat Spin Turn @Cnr</b>	5	↖	↖↖	<b>S</b> QQ SSS End Bk DC new LOD
↖↖ <u>5</u> - ↖ <u>8</u> - ↖ <u>SC</u> - ↖ <u>H</u> - ↘ <u>SC</u> - ↘ <u>H</u> ↖ ↗					

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

┌ ... - ↖ &S - ↖ SP - ↖ W - ↖ 6 - ↗ 1 ↖ ┐

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

1.1	1-3 Open Rev. Turn Lady In	8	↙	>	QQS
1.2	Throwaway	TA	>	↖	QQS R <sub>b</sub> L <sub>S</sub> L
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 ↙ ┐

## 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

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**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