

## Choreografien Standard WS Tjasa Vulic (2017)

### WALTZ PRACTICE ROUTINE

NATURAL SPIN TURN (underturned)	123 456
4-6 REVERSE TURN	123
PROGRESSIVE CHASSE TO RIGHT	45&6
OUTSIDE CHANGE	123
RUNNING CROSS CHASSE	4&56
1-3 NATURAL TURN	123
HESITATION CHANGE	456
DOUBLE REVERSE SPIN	12&3
PROGRESSIVE CHASSE TO RIGHT	456
OUTSIDE CHANGE TO PP	12&3
CHASSE FROM PP	45&6

### TANGO PRACTICE ROUTINE

BACK CORTE	SQQS
REVERSE TURN	QQS QQS
PROGRESSIVE LINK	QQ
NATURAL TWIST TURN FROM PP	SQQSQQ
CLOSED PROMENADE	SQQS
PROGRESSIVE LINK	QQ
NATURAL TURN FROM PP	SQQS
NATURAL ROCK TURN	QQS QQS
REVERSE TURN	QQSQQS
FIVE STEP	QQQQS
PROMENADE LINK	SQQ

## VIENNESE WALTZ PRACTICE ROUTINE

4-6 NATURAL TURN	123
CHECKED NATURAL TURN	223 323
REVERSE TURNS	423 523 623 723
CHANGE STEP	823
NATURAL TURNS	123 223 323 432 523 623
RUNNING WEAVE	72 3 82 3
REVERSE TURNS	123 223 323 423 523 623 723
CHANGE STEP	823
NATURAL TURNS	123 223 323 423 523 623
HESITATION CHANGE	723 823 123

## SLOW FOX PRACTICE ROUTINE

FEATHER STEP	SQQ
REVERSE TURN	SQQ
FEATHER FINISH	SQQ
THREE STEP	SQQ
NATURAL WEAVE	SQQQQQQ
REVERSE WAVE	SQQ SQQ
IMPETUS TO PP	SQQ
WEAVE FROM PP	SQQQQQQ
THREE STEP	SQQ
HOVER CROSS	SQQQQQQ

## QUICKSTEP PRACTICE ROUTINE

NATURAL SPIN TURN	S QQ S S S
NATURAL TURNING LOCK (end in closed position)	QQ S S
RUNNING CROSS CHASSE	S QQ S or S S QQ
OPEN REVERSE TURN	S S QQ
REVERSE PIVOT	S
DRAG HESITATION	S S S
OUTSIDE SPIN	S QQ
RUMBA CROSS	S QQ S
NATURAL TURN	S QQ
HESITATION CHANGE	S S S
DOUBLE REVERSE SPIN	S S QQ
CHASSE TO R	S QQ S
OUTSIDE CHANGE	S QQ
OPEN NATURAL TURN	S QQ
RUNNING FINISH	S QQ