

### 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	45&6
OUTSIDE CHANGE TO PP	123
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

### SAMBA PRACTICE ROUTINE

CRUZADOS WALKS	1 2
CRUZADOS LOCK	3&4
CRUZADOS WALKS	5 6
CRUZADOS LOCK	7 & 8
BOTAFOGOS IN SHADOW POSITION	1a2 3a4 5a6
MAN: Kick Ball- Change, LADY: Volta Spot Turn to R	7 a 8
PROMENADE TO COUNTER PROMENADE RUNS	QQS QQS QQS (1&2 3&4 5&6)
DROP VOLTA	a 78
SAMBA WHISKS	1a2 3a4 5a6 7a8
SIDE SAMBA CHASSE	1a2a34
DROP VOLTA	a 56
UNDERARM TURNING TO RIGHT (release hold, Man Kick Ball Change)	7a8

### CHA CHA CHA PRACTICE ROUTINE

OPEN HIP TWIST	234&1 234&1
ALEMANA	234&1 234&1
CLOSE BASIC MOVEMENT	23 4&1 23 4&1
TIME STEP (with VOLTA CROSS CHASSE V.1)	23 4&1 23 4&1
NEW YORKS (3rd with RONDE CHASSE)	23 4&1 23 4&1 23 4&1
TIME STEP CHASSE	2&3 4&1
UNDERARM TURNING TO RIGHT	23 4&1
CROSS BASIC (guapacha timing)	&3 4&1 234&1
SPOT TURN TO RIGHT	234&1
SPOT TURN TO LEFT	234&1
1/2 CLOSED BASIC	234&1
FAN	234&1
HOCKEY STICK	234&1

### RUMBA PRACTICE ROUTINE

OPEN HIP TWIST	2 3 4.1 2 3 4.1
ALEMANA	2 3 4.1 2 3 4.1
CONTINUOUS HIP TWIST	2 3 4.1 2 3 4.1
CLOSE HIP TWIST FINISHED TO SIDE	2 3 4.1 2 3 4.1
NEW YORKS TO RIGHT AND LEFT	2 3 4.1 2 3 4.1
UNDERARM TURNING TO LEFT	2 3 4.1
AIDA	2 3 4.1 2 (&) 3 (&) 4.1 2 3 4.1
SPOT TURN TO RIGHT	2 3 4.1
FAN	2 3 4.1
SLIDING DOORS	2 3 4.1 2 3 4.1 2 3 4.1 2 3 4.1 2 3 4.1 2 3 4.1

## PASO DOBLE PRACTICE ROUTINE

### Part 1

1-4 HOLD POSITION	1 2 3 4
SUR PLACE	5 6 7 8
CHASSES TO R	1 2 3 4
TRAVELLING SPINS FROM CPP	5 6 7 8 1 2 3 4&5&678 ( 4 5 6 7 8)
GRAND CIRCLE (end against LOD)	1 2 3 4 5 6 7 8
SYNCOATED SEPARATION	1 2 3 4 1 2 3 4a5a6 7&8 1 2 3 4
METHOD 3 OF FOOT CHANGE(syncopated chasse)	5 6&7 8
FALLAWAY REVERSE	1 2 3 4 5 6 7 8
HUIT(from 3-8 Man doesn't dance Sur Place)	1 2 3 4 5 6 7 8
BANDERILLAS (start Facing Wall end Facing Centre)	1 2 3 4 5 6 7 8 1 2 3 4 5 6 7 8
ATTACK	1 2 3 4

### Part 2

SUR PLACE	1 2 3 4
CHASSE CAPE	5 6 7 8&1 2 3 4&5 6 7 8&9 10 1 2&a3 4 5 6
FALLAWAY WHISK	7 8 1 2
1-4 SPANISH LINES	3 4 5 6
FLAMENCO TAPS	1 2&3 4
5-8 SPANISH LINES	5 6 7 8
CLOSED PROMENADE	1 2 3 4
SYNCHOPATED COUP DE PIQUE	5 6 7 8 1 2&3 4
ALTERNATIVE ENTRY TO PP(note to Chasse Cape)	5 6 7 8 1 2
3-8 PROMENADE TO COUNTER PROMENADE	3 4 5 6 7 8
SPANISH LINES	1 2 3 4
HOLD POSITION (Lift of the arm)	

## JIVE PRACTICE CHOREOGRAPHY

LINK + DOBLE CROSS WHIP	12 3a4 56 78 1a2
OVERTURNED FALLAWAY THROOWAWAY	34 5a6 7a8
CHICKEN WALKS (with overturned fallaway throwaway)	12 34 5678 1a2 3a4 5678
3-8 CHANGE OF PLACE BEHIND THE BACK	1a2 3a4
2 CHANGE OF PLACE FROM L TO R (with Kick Ball Change)	5a6 7a8 1a2 3a4 5a6 7a8
STOP AND GO 2X	12 3a4 56 7a8 12 3a4 56 7a8