



BRONZE/SILVER MODERN ROUTINES

QUICKSTEP

Preparation

A Quarter Turn to right

B Progressive Chasse

repeat **A B**

C Forward Lockstep

D Natural spin Turn

E Progressive Chasse

repeat **A B C D E**

repeat **A & B**

F Forward Lockstep

G Nat. Turn & Hesit. Change

H Reverse Turn

I Progressive Chasse

J Check

repeat **A & B**

K Forward Lockstep

L Check

Timing

1234 to L 567 to R 8 LF forw.

SQQS

SQQS

SQQS

SQQ SSS

SQQS

SQQS

SQQ SSS

SQQ

SQQS

SSS QQS

SQQS

SSS QQS

Footwork

1234 brush 567 brush 8 TH

HT T T TH

TH T T TH *N.B. (In Quickstep, when A & B are dance together in this order= basic step)*

HT T T TH

HT T TH THT HT TH

TH T T TH

HT T T TH

HT T TH BH IEF IEF

HT T TH

TH T T TH

HT TH TH T T TH

HT T T TH

HT TH TH T T TH