Cha Cha Cha — Figure Descriptions

Basic Movements - Closed, Open, In Place

CLOSE BASIC MOVEMENT
Start: LF fwd T turned out (Close Opp.; Normal Hold)
Finish: RF to side (Close Opp.; Normal Hold)
//Timing: 2 3 4&1 2 3 4&1 //
NOTE - General: Steps 1-5 or 6 - 10 only may be used.
NOTE - Couple Position: May be danced in Open Opposing position with any appropriate hold.
NOTE - Quantity of turn: Up to ½ turn to L can be made

Overview - Closed Basic

Starting Position	Closed Position
Turn	Man and Lady turn ¼ (or up to ½) left
Footwork	Ball flat throughout
Lead	Weight changes throughout
Hold	Normal hold
Ending Position	Closed Position
Duration	Ten steps over 2 bars

Leader - Closed Basic

Step	Foot Position	Turn	Count
1	LF forward	Begin ⅛ L	2
2	Replace weight to RF		3
3 - 5	LF side and slightly back to chasse LRL	End ⅛ L	4 & 1
6	RF back	Begin ⅛ L	2
7	Replace weight to LF		3
8 - 10	RF side to chasse RLR	End ⅛ L	4 & 1

Follower - Closed Basic

Step	Foot Position	Turn	Count
1	RF back	Begin ⅛ L	2
2	Replace weight to LF		3
3 - 5	RF side to chasse RLR	End ⅛ L	4 & 1
6	LF forward	Begin ⅛ L	2
7	Replace weight to RF		3
8 - 10	LF side and slightly back to chasse LRL	End ⅛ L	4 & 1

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OPEN BASIC MOVEMENT
Start: LF fwd T turned out (Open Opp.; LH to RH)
Finish: RF fwd (Open Opp.; LH to RH)
//Timing: 2 3 4&1 2 3 4&1 //
NOTE - General: Steps 1-3 or 4-6 only may be used.
NOTE - Couple Position: May be danced in Close Opposing Position
NOTE - General Action/ Timing/Hold: Steps 3-5 may be replaced with 3 Cha Cha Locksteps bwd(4&1 2&3 4&1) and steps 8 - 10 may be replaced by 3 Cha Cha Locksteps fwd (4&1 2&3 4&1). The hold may change from RH to RH on the first Lockstep to LH to LH on the second Lockstep and back to RH to RH or any other appropriate hold depending on the following figure.

Overview - Open Basic

Starting Position	Open or Closed Position
Turn	No turn
Footwork	Ball flat throughout
Lead	Weight changes throughout
Hold	Normal hold, L to R hand hold or without hold
Ending Position	Open or Closed Position
Duration	Ten steps over 2 bars
Foot Position	Similar to the Closed Basic with the following exceptions: **Man** dances the first chasse backward and the second chasse forward **Lady** dances the first chasse forward and the second chasse backward

Spot Turns – to Right, to Left

SPOT TURN TO RIGHT
Start: LF fwd and slightly across the body (L Side Same; Release Hold)
Finish: LF to side (Open Opp.; LH to RH)
//Timing: 2 3 4&1 //

Overview - Spot Turn Right

Starting Position	Closed, Open, Promenade and Open Counter Promenade Position
Turn	**Man** one complete turn right **Lady** one complete turn left
Footwork	Ball flat throughout
Duration	Five steps over 1 bar
Foot Position	Two forward walks and a chasse circling to the left or right and ended to side
Note	Spot Turn may be danced solo by Man or Lady. May also be danced as a solo turn where one foot remains on a spot around which the circle is made.

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Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward	If using hold, increase tone in arm, turn with body then release hold	¼ R	2
2	Keeping RF in place, replace weight to RF		½ R	3
3 - 5	LF side to chasse LRL	Take required hold at end of 5	¼ R	4 & 1

Follower

Step	Foot Position	Turn	Count
1	RF forward	¼ L	2
2	Keeping LF in place, replace weight to LF	½ L	3
3 - 5	RF side to chasse RLR	¼ L	4 & 1

SPOT TURN TO L
Start: RF fwd and slightly across the body (R Side Same; Release Hold)
Finish: RF to side (Open Opp.; RH to LH)
//Timing: 2 3 4&1 //
NOTE - General Action: Steps 3-5 may be replaced by a Cha Cha Lockstep fwd (Man) and Cha Cha Lockstep bwd (Lady).

Underarm Turns - to Right, to Left

UNDERARM TURN TURNING R
Start: RF bwd (L Diag. R Angle; Lady turns under Man's LH)
Finish: RF to side (Close Opp.; Normal Hold)
//Timing: 2 3 4&1 //

NOTE - General Action: Steps 3-5 may be replaced by a Cha Cha Lockstep fwd (Man) and Cha Cha Lockstep bwd (Lady)
UNDERARM TURN TURNING L
Start: LF fwd T turned out (L Diag. Same; Lady turns under Man's LH)
Finish: LF to side (Close Opp.; Normal Hold)
//Timing: 2 3 4&1 //

Switch Turns – to Right, to Left

(ISTD only)
Start:
Finish:
//Timing: //

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New York – to Left Side Position, to Right Side Position

NEW YORK TO L
Start: RF fwd and across body, T turned out (R Side Same; RH to LH)
Finish: RF to side (Open Opp.; RH to LH)
//Timing: 2 3 4&1 //
NOTE - Timing: Guapacha Timing may be used
NOTE - General Action: Cha Cha Chasse to side may be replaced by a Three Step Turn for Man and Lady, or Lady only. It may also be replaced by a Ronde Chasse.

NEW YORK TO R
Start: LF fwd and across body, T turned out (L Side Same; LH to RH)
Finish: LF to side (Open Opp.; LH to RH)
//Timing: 2 3 4&1 //
NOTE - Timing: Guapacha Timing may be used.
NOTE - General Action: Cha Cha Chasse to side may be replaced by a Three Step Turn for Man and Lady, or Lady only. It may also be replaced by a Ronde Chasse.

Overview

Starting Position	Closed or Open Position
Starting Hold	Take left to right hand hold at end of previous step
Turn	Man turns ¼ right, ½ left, ¼ right // Lady turns ¼ left, ½ right, ¼ left
Footwork	Ball flat throughout
Ending Position	Closed or Open Position
Duration	Ten steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward in LSP toe turned out	Increase tone in L arm and turn it with body over steps 1 - 5	¼ R	2
2	Replace weight to RF		Begin ¼ L	3
3 - 5	LF side to chasse LRL	Regain double hand hold	End ¼ L	4 & 1
6	RF forward in RSP	Release L hand	¼ L	2
7	Replace weight to LF	Increase tone in R arm and	Begin ¼ R	3
8 - 10	RF side to chasse RLR	turn it with body over steps 6 - 10 Regain required hold	End ¼ R	4 & 1

Follower

Step	Foot Position	Turn	Count
1	RF forward in LSP	¼ L	2
2	Replace weight to LF	Begin ¼ R	3
3 - 5	RF side to chasse RLR	End ¼ R	4 & 1

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Step	Foot Position	Turn	Count
6	LF forward in RSP	¼ R	2
7	Replace weight to RF	Begin ¼ L	3
8 - 10	LF side to chasse LRL	End ¼ L	4 & 1

Hand to Hand–to Left Side Position, to Right Side Position

HAND TO HAND TO L
Start: LF bwd (R Side Same; RH to LH)
Finish: LF to side (Open Opp.; RH to LH)
//Timing: 2 3 4&1 //

HAND TO HAND TO R
Start: RF bwd (L Side Same; LH to RH)
Finish: RF to side (Open Opp.; LH to RH)
//Timing: 2 3 4&1 //

Overview

Starting Position	Closed Position
Starting Hold	Take double hand hold at end of preceding step
Turn	Man turns ¼ left, ½ right, ¼ left // Lady turns ¼ right, ½ left, ¼ right Step 1 turn is commenced towards end of previous beat of music
Footwork	Ball flat throughout
Ending Position	Closed Position
Duration	Fifteen steps over 3 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF back in RSP	Release L hand. Increase tone	¼ L	2
2	Replace weight to RF	in R arm and turn it with body	Begin ¼ R	3
3 - 5	LF to side to chasse LRL	Regain double hand hold on 5	End ¼ R	4 & 1
6	RF back in LSP	Release R hand	¼ R	2
7	Replace weight to LF		Begin ¼ L	3
8 - 10	RF to side to chasse RLR	Regain double hand hold on 10	End ¼ L	4 & 1
11 - 15	Repeat steps 1 - 5			2 3 4 & 1

Follower

Step	Foot Position	Lead/Hold	Turn	Count
1	RF back in RSP	Hold both arms steady	¼ R	2
2	Replace weight to LF		Begin ¼ L	3

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Step	Foot Position	Lead/Hold	Turn	Count
3 - 5	RF to side to chasse RLR		End ¼ L	4 & 1
6	LF back in LSP		¼ turn L	2
7	Replace weight to RF		Begin ¼ R	3
8 - 10	LF to side to chasse LRL		End ¼ R	4 & 1
11 - 15	Repeat steps 1 - 5			2 3 4 & 1

Fan

Start: RF bwd (L Diag. R Angle; RH releases Hold)
Finish: RF to side (fan L Angle; LH to RH)
//Timing: 2 3 4&1 //
NOTE - Timing: Guapacha Timing may be used.
NOTE - General Action/Couple Position: May end in Open Opp. Pos. Man turns ¼ to L at the end of step 2 and dances a Cha Cha Lock fwd or three Cha Cha Locks fwd (lady as chart or 3 Cha Cha Locks bwd) or a Cha Cha Chasse to side(Lady Cha Cha Chasse to side) The figure may be used as a Foot Change- in this case Lady will dance a Spiral Cross on step 7 and follow with Cha Cha Chasse to side to end in L Side Same Position. Man will replace steps 8-10 with side Rock (RF, LF) timed 4 1 and release hold at the end

Overview

Starting Position	Closed Position
Turn	Man turns ⅛ left // Lady turns ⅜ left
Footwork	Ball flat throughout
Ending Position	Fan Position
Duration	Ten steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward	Weight Changes		2
2	Replace weight to RF		Begin ⅛ L	3
3 - 5	LF side and slightly back to chasse LRL		End ⅛ L	4 & 1
6	RF back	Lower L arm to waist level increase tone in L arm		2
7	Replace weight to LF	Release R hand hold		3
8 - 10	RF side to chasse RLR	Slightly extent L arm to indicate Lady's back step		4 & 1

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Follower

Step	Foot Position	Lead/Hold	Turn	Count
1	RF back			2
2	Replace weight to LF		Begin ⅛ L	3
3 - 5	RF side to chasse RLR		End ⅛ L	4 & 1
6	LF forward			2
7	RF back and slightly side	Brace R arm slightly	⅛ L	3
8 - 10	LF back to chasse LRL		⅛ L	4 & 1

Hockey Stick

Start: LF fwd T turned out (Fan L Angle; LH to RH)
Finish: RF fwd (Open Opp.; LH to RH)
//Timing: 2 3 4&1 2 3 4&1 //
NOTE - General Action: Ronde Chasse may be replaced by Slip Close Chasse. Steps 8-10 may be replaced by 3 Cha Cha Locks fwd for Man, bwd for Lady

Overview

Starting Position	Fan Position
Turn	Man turns ⅛ right // Lady turns ⅝ left
Footwork	Ball flat throughout
Ending Position	Open Position
Duration	Ten steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward	Slightly release L arm tone		2
2	Replace weight to RF	Contract L arm and gradually		3
3 - 5	Compact chasse LRL	raise it in front of Lady's head		4 & 1
6	RF back	Turn Lady L by extending L arm	⅛ R	2
7	Replace weight to LF	Lower L arm		3
8 - 10	RF forward to chasse RLR	Slightly extend L arm forward		4 & 1

Follower

Step	Foot Position	Lead/Hold	Turn	Count
1	Close RF to LF			2
2	LF forward			3
3 - 5	RF forward to chasse RLR			4 & 1
6	LF forward	Turn under Man's arm	Begin ⅝ L	2

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Step	Foot Position	Lead/Hold	Turn	Count
7	RF back and slightly side			3
8 - 10	LF back to chasse LRL		End ⅝ L	4 & 1

Alemana

Start: LF fwd, T turned out (Fan L Angle; LH to RH)
Finish: RF fwd and slightly across the body (R Diag. Opp.; Normal Hold)
//Timing: 2 3 4&1 2 3 4&.1 //
NOTE_ General: Steps 6-10 only may be used.
NOTE - General Action: Man’s step 6 may be danced as a Bwd Walk and step 7 as a Side Walk.
NOTE -General Action/Couple Position: Steps 8 -10 may be replaced by a side Chasse for Man and Lady danced in Close Opp. or Open Opp. Position.

Overview

Starting Position	Fan Position
Turn	Man no turn // Lady turns 1¼ right
Footwork	Ball flat throughout
Ending Position	Closed Position
Duration	Ten steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Count
1	LF forward	Slightly release L arm tone	2
2	Replace weight to RF	Contract L arm	3
3 - 5	Compact chasse LRL	Raise L hand above Lady's R shoulder	4 & 1
6	RF back	Circle L hand clockwise over	2
7	Replace weight to LF	steps 6 - 7	3
8 - 10	Compact chasse RLR	Lower L arm to required hold on 10	4 & 1

Follower

Step	Foot Position	Turn	Count
1	Close RF to LF		2
2	LF forward		3
3 - 5	RF forward to chasse RLR	Begin 1¼ R	4 & 1
6	LF forward		2
7	RF forward		3
8 - 10	LF forward to chasse LRL	End 1¼ R	4 & 1

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Three Cha Cha Cha’s

THREE CHA CHA CHAS TO R
Start: RF to side (Open Opp.; LH to RH)
Finish: RF to side (Open Opp.; LH to RH)
//Timing: 4&1 2&3 4&1 //
NOTE - General: Three Cha Cha Chas to R may replace steps 3-5 of Hand to Hand to R, New York to L, Spot Turn to L, Underarm Turn to R, Time Step. Steps 4 -9 only may be danced.

THREE CHA CHA CHAS TO L
Start: LF to side (Open Opp.; RH to LH)
Finish: LF to side (Open Opp.; RH to LH)
//Timing: 4&1 2&3 4&1 //
NOTE - General: Three Cha Cha Chas to L may replace steps 3-5 of Hand to Hand to L, New York to R, Spot Turn to R, Underarm Turn to L and steps 8-10 of Time Step. Steps 4 -9 only may be danced.

Overview

Starting Position	Closed or Open Position
Hold	Normal hold, left to right hand hold or double hand hold
Turn	No turn or gradually curving up to ⅜ left
Count	4 & 1, 2 & 3, 4 & 1
Duration	Nine steps over 1½ bars

Alternatives

Three Cha Cha Chas Backward

Man	Three backward chasses commenced on LF // Lady Three forward chasses commenced on RF

Natural Top

Start: RF crossed behind LF, T turned out (Close Opp.; Normal Hold)
Finish: RF fwd and slightly across the body (R Side Opp.; Normal Hold)
//Timing: 2 3 4&1 2 3 4&1 2 3 4&1 //
NOTE - General: Steps 1-10 or 11-15 only may be used.
NOTE - General Action/Couple Position: Steps 13-15 may be replaced by a side Chasse for Man and Lady danced in Close Opp. or Open Opp. Position.

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Overview

Starting Position	Closed Position
Turn	Up to 2½ turns right. Turn is continuous and square to partner.
Lead	Weight changes throughout
Footwork	Ball flat throughout. Heel of the RF should not lower until LF commences to move. The legs should be slightly flexed when feet are crossed and straighten when feet are apart. There is no hip movement.
Ending Position	Closed Position
Duration	Fifteen steps over 3 bars. Steps 1 - 4 and 15 may be danced over 1 bar.

Leader

Step	Foot Position	Turn	Count
1	RF behind LF toe to heel, toe turned out	Begin 2½ R	2
2	LF side		3
3 - 14	Repeat steps 1 - 2 six times		4 & 1 2 3 4 & 1 2 3 4 &
15	Close RF to LF	End 2½ R	1

Follower

Step	Foot Position	Turn	Count
1	LF side	Begin 2½ R	2
2	RF in front of LF, with R toe turned out		3
3 - 14	Repeat steps 1 - 2 six times		4 & 1 2 3 4 & 1 2 3 4 &
15	LF side	End 2½ R	1

Natural Opening Out Movement

(ISTD only)
Start:
Finish:
//Timing: //

Overview

Starting Position	Closed Position
Turn	Man slight body turn right and back // Lady turns up to ½ right, ½ left
Footwork	Ball flat throughout
Ending Position	Closed Position
Duration	Five steps over 1 bar

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Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward or side in RSP	Increase tone in L arm Lower L hand to chest level Widen hold in R arm	Slight body turn R	2
2	Replace weight to RF	Retain tone in arms		3
3 - 5	Compact Chasse LRL to end in CP	Gradually return arms to required hold	Body returns to normal position	4 & 1

Follower

Step	Foot Position	Turn	Count
1	RF back	½ R on LF	2
2	Replace weight to LF	Begin ½ L	3
3 - 5	RF to side to chasse RLR	End ½ L	4 & 1

Shoulder to Shoulder – to Right Side, to Left Side

Start: LF fwd OP, T turned out (L Diag. Opp.; w/o Hold)
Finish: RF to side (Open Opp.; w/o Hold)
//Timing: 2 3 4&1 2 3 4&1 //
NOTE - General: Steps 1-5 or 6-10 only may be used. Man may dance Lady’s steps and vice versa.
NOTE - Timing: Guapacha Timing may be used.

Overview

Starting Position	Open Position
Turn	Man turns ¼ left, ¼ right, ¼ left // Lady turns ¼ left, ¼ right, ¼ left
Lead/Hold	Weight changes throughout, with or without hold
Footwork	Ball flat throughout
Ending Position	Promenade Position
Duration	Fifteen steps over 3 bars

Leader

Step	Foot Position	Turn	Count
1	LF forward OP on Lady's L side		2
2	Replace weight to RF		3
3 - 5	LF side to chasse LRL to end LF side and slightly forward	¼ L	4 & 1
6	RF forward OP on Lady's R side		2
7	Replace weight to LF		3
8 - 10	RF side to chasse RLR to end RF side and slightly forward	¼ R	4 & 1
11	LF forward OP on Lady's L side		2

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Step	Foot Position	Turn	Count
12	Replace weight to RF		3
13 - 15	LF side to chasse LRL to end LF side and slightly forward	¼ L	4 & 1

Follower

Step	Foot Position	Turn	Count
1	RF back		2
2	Replace weight to LF OP on Man's L side		3
3 - 5	RF side to chasse RLR to end RF side and slightly back	¼ L	4 & 1
6	LF back		2
7	Replace weight to RF OP on Man's R side		3
8 - 10	LF side to chasse LRL to end LF side and slightly back	¼ R	4 & 1
11	RF back		2
12	Replace weight to LF OP on Man's L side		3
13 - 15	RF side to chasse RLR to end RF side and slightly back	¼ L	4 & 1

Time Steps

Start: RF closed to LF (Close Opp.; w/o Hold hold)
Finish: LF to side (Close Opp.; w/o Hold)
//Timing: 2 3 4 &1 2 3 4&1 //
NOTE - General: Steps 1-5 or 6 - 10 only may be used. When all steps are danced in place it is known as BASIC IN PLACE. When steps 3 -5 are replaced with a Merengue Chasse bwd an steps 8 -10 with a Merengue Chasse fwd for both partners it is known as THERE AND BACK
NOTE -Couple Position: May be danced in Open Opposing Position or Extended Open Opp. Pos.
NOTE - Timing, Foot Placement: When the Time Step is danced using the Guapacha Timing, the foot placement of steps 1 and 6 will be crossed behind in Latin Cross Position.

Overview

Starting Position	Closed Postion or Open Position
Turn	No turn
Footwork	Ball flat throughout
Lead	Visual
Hold	Without hold
Ending Position	Closed or Open Position
Duration	Five steps over 1 bar
Note	Man dances a Time Step LF while Lady dances a Time Step RF and vice versa or Man may dance a Spot Turn while Lady dances a Time Step and vice versa

Time Step Left Foot

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Leader and Follower

Step	Foot Position	Count
1	LF behind RF toe slightly turned out	2
2	Replace weight to RF	3
3 - 5	LF side to chasse LRL	4 & 1

Cross Basic

Start: LF fwd, T turned out (Close Opp.; Normal Hold)
Finish: RF to side (Close Opp.; Normal Hold)
//Timing: 2 3 4&1 2 3 4&1 //
NOTE - General: Steps 6-10 only may be used.
NOTE - General Action: Steps 3-5 for Man may be replaced by a bwd Lockstep.
NOTE - Timing: Guapacha timing may be used.

Overview

Starting Position	Closed Position
Turn	Man and Lady turn ½ left
Footwork	Ball flat throughout
Lead/Hold	Weight changes throughout
Ending Position	Closed Position
Duration	Ten steps over 2 bars

Leader

Step	Foot Position	Turn	Count
1	Cross LF in front of RF toe turned out	Begin ¼ L	2
2	RF back		3
3 - 5	LF side and slightly forward to chasse LRL	End ¼ L	4 & 1
6	Cross RF behind LF toe turned out	Begin ¼ L	2
7	LF forward		3
8 - 10	RF side and slightly back to chasse RLR	End ¼ L	4 & 1

Follower

Step	Foot Position	Turn	Count
1	Cross RF behind LF toe turned out	Begin ¼ L	2
2	LF forward		3
3 - 5	RF side and slightly back to chasse RLR	End ¼ L	4 & 1
6	Cross LF in front of RF toe turned out	Begin ¼ L	2
7	RF back		3

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Step	Foot Position	Turn	Count
8 - 10	LF side and slightly forward to chasse LRL	End ¼ L	4 & 1

Hip Twists – Closed, Open, Advanced

CLOSE HIP TWIST
Start: LF fwd T turned out (Close Opp.; Normal Hold)
Finish: RF to side (Fan L Angle; LH to RH)
//Timing: 2 3 4&1 2 3 4&1 //
NOTE - General: Steps 1-5 or 6-10 only may be used.
NOTE - General Action: Steps 8-10 may be replaced by a Cha Cha Lock fwd or three Cha Cha Locks fwd (Man) and a Cha Cha Lock bwd or three Cha Cha Locks bwd (Lady). When steps 1-5 only are used Lady may dance a Cha Cha Chasse on steps 3-5 turning L to end in Close Opp. Pos.
NOTE - Lead/ Hold/ Shaping: It may be danced with RH to RH Hold, changing to LH to RH hold on step 7.
NOTE - General Action/ Couple Position: The figure may be used as a Foot Change- in this case Lady will dance a Spiral Cross on step 7 and follow with Cha Cha Chasse to side to end in L Side Same Position. Man will replace steps 8-10 with Rock to side (RF, LF) timed 4 1 and release hold at the end.

OPEN HIP TWIST
Start: LF fwd, T turned out (Open Opp. LH to RH)
Finish: RF to side (Fan L Angle; LH to RH)
//Timing: 2 3 4&1 2 3 4&1 //
NOTE - General: Steps 1-5 or 6 -10 only may be used.
NOTE -Couple Position: May be danced in Open Opposing position
NOTE - Timing: Guapacha Timing may be used.
NOTE - General Action/ Couple Position: The figure may be used as a Foot Change- in this case Lady will dance a Spiral Cross on step 7 and follow with Cha Cha Chasse to side to end in L Side Same Position. Man will replace steps 8-10 with a side Rock (RF, LF) timed 4 1 and release hold at the end.

Overview

Starting Position	Closed Position
Turn	Man slight body turn right and then left to original position // Lady turns ½ right, ½ left, ⅜ right, ⅝ left On steps 1, 3, 6 turn is commenced towards end of previous beat of music
Footwork	Ball flat throughout
Ending Position	Fan Position
Duration	Ten steps over 2 bars

Leader

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Step	Foot Position	Lead/Hold	Turn	Count
1	LF side in RSP	Increase tone in L arm, lower L hand to chest level. Widen hold of R arm	Slight body turn R	2
2	Replace weight to RF	Retain tone in arms	Begin body turn L	3
3 - 5	Compact chasse LRL	Retain tone, return arms to normal position	End body turn in normal position	4 & 1
Between 5 and 6		Lower L arm to Promenade shape		
6	RF back	Return L arm to L side		2
7	Replace weight to LF	Lead Lady to twist L by increasing tone in L arm. Release R hand hold		3
8 - 10	RF side to chasse RLR	Slightly extend L arm		4 & 1

Follower

Step	Foot Position	Lead/Hold	Turn	Count
1	RF back		½ R on LF	2
2	Replace weight to LF			3
3 - 5	RF side to chasse RLR		½ L	4 & 1
6	LF forward, small step	Strong twist, keeping as square to Man as possible	⅜ R	2
7	RF back and slightly side		⅝ L, body turns less	3
8 - 10	LF back to chasse LRL		Complete body turn	4 & 1

Overview

Starting Position	Open Position
Turn	Man turns ¼ left // Lady turns ⅜ right, ⅝ left On step 6 turn is commenced towards end of previous beat of music
Footwork	Ball flat throughout
Ending Position	Fan Position
Duration	Ten steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward	Slightly extend L arm forward		2
2	Replace weight to RF	Lead Lady forward by contracting L arm		3
3 - 5	Slip chasse LRL	to end L hand close to L hip		4 & 1
Between 5 and 6		Lead Lady to twist R by bracing L arm		
6	RF back small step	Move L arm to L side		2
7	Replace weight to LF	Lead lady L by increasing tone in L arm	Begin ¼ L	3
8 - 10	RF side to chasse RLR	Slightly extend L arm	End ¼ L	4 & 1

Follower

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Step	Foot Position	Lead/Hold	Turn	Count
1	Close RF to LF			2
2	LF forward			3
3 - 5	RF forward to chasse RLR	Resist pressure of Man's L arm on 5 by increasing tone		4 & 1
6	LF forward, small step	Strong twist keeping as square to Man as possible	⅜ R	2
7	RF back and slightly side		Begin ⅝ L	3
8 - 10	LF back to chasse LRL		End ⅝ L	4 & 1

Overview

Starting Position	Closed Position
Turn	Man some body turn, then ⅛ left // Lady turns ½ right, ⅝ left, ½ right, ¾ left
Footwork	Ball flat throughout
Ending Position	Fan Position
Duration	Ten steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward in RSP	Increase tone in L arm and lower L hand to chest level Widen hold of R arm	Slight body turn R	2
2	Replace weight to RF	Maintain tone in arms	Begin turn L	3
3 - 5	LF behind RF to chasse LRL	Maintain tone and return arms to normal position		4 & 1
Between 5 and 6		Lower L arm to Promenade shape		
6	RF back	Lower L arm to L side	End ⅛ L	2
7	Replace weight to LF	Lead Lady to twist L by increasing tone in L arm, release R hand hold		3
8 - 10	RF side to chasse RLR	Slightly extend L arm		4 & 1

Follower

Step	Foot Position	Turn	Count
1	RF back	½ R on LF	2
2	Replace weight to LF	Begin ⅝ L	3
3 - 5	RF forward in line with LF Resist pressure of Man's towards man's R side L arm on 5 to chasse RLR	End ⅝ L	4 & 1
6	LF forward passing in front Remain as square to Man of Man as possible	½ R	2
7	RF forward and slightly across then turn to end RF back	⅛ L then ⅝ L on RF body turns less	3
8 - 10	LF back to chasse LRL	Body completes turn	4 & 1

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Aida

Start: RF bwd (L Side Same; LH to RH)
Finish: RF to side (Open Opp.; LH to RH)
//Timing: 2 3 4&1 2 3 4&1 2 3 4&1 //
NOTE - General Action/ Timing: Alternative Ending- after step 5 Man turns ¼ to L (Lady ¼ to R) to end in Open Opp. Pos. and they both dance a Rock Action and Compact Chasse timed 2 3 4&1. The Lady may replace the last step of the preceding Chasse with a Spiral Cross and then follow with steps 6-10 of Open Hip Twist and then continue as chart.

Overview

Starting Position	Contact Position
Turn	Man turns ⅜ right // Lady turns ⅜ left
Footwork	Ball flat throughout
Ending Position	Side by side in V-shaped Position, complete with Ending
Duration	Five steps over 1 bar

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	RF back	Increase tone in L arm, release R hand hold	Begin ⅜ R	2
2	LF back	Slightly lower L arm and turn		3
3 - 5	RF back to chasse RLR	it with body over steps 2 - 5	End ⅜ R	4 & 1

Follower

Step	Foot Position	Count
1	LF back	Begin ⅜ L 2
2	RF back	3
3 - 5	LF back to chasse LRL	End ⅜ L 4 & 1

Spiral

(ISTD only)
Start:
Finish:
//Timing: //

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Overview

allows the other foot to cross in front without weight. Normally a spiral turn will end with	ankles crossed
Starting Position	Closed Position
Turn	Man turns ⅛ left // Lady turns ½ right, 1⅞ left On step 4 turn is commenced towards end of previous beat of music
Footwork	Man ball flat throughout // Lady ball flat throughout, except on step 5 ball flat RF, toe of LF
Ending Position	Fan Position
Duration	Ten steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward	Increase tone in L arm, lower L hand to chest level. Widen hold of R arm, lead Lady R with body turn	Slight body turn R	2
2	Replace weight to RF	Use body turn to lead Lady to turn L assisting with R hand	Begin body turn L	3
3 - 5	Compact chasse LRL	With R hand continue to turn Lady L	Complete body turn	4 & 1
Between 5 and 6		Raise L hand above Lady's R shoulder and circle anti-clockwise	in normal position	
6	RF back	Continue to turn lady, begin to lower L arm to waist level		2
7	Replace weight to LF	Increase tone in L arm	Begin ⅛ L	3
8 - 10	RF side to chasse RLR	Slightly extend L arm, L hand still	End ⅛ L	4 & 1

Follower

Step	Foot Position	Turn	Count
1	RF back	½ R	2
2	Replace weight to LF	Begin ¼ L	3
3 - 5	RF side to chasse RLR	End ¼ L	4 & 1
Between 5 and 6	Spiral Turn	⅞ L on RF	
6	LF forward	⅛ L	2
7	RF back and slightly side	Begin ⅝ L	3
8 - 10	LF back to chasse LRL	End ⅝ L	4 & 1

Cuban Break - Left Foot, Right Foot, Split

CUBAN BREAKS TO R

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Start: LF fwd and across body, T turned out (L Side Same; LH to RH)
Finish: LF to side (Open Opp.; LH to RH)
//Timing: 2& 3& 4&1 //
NOTE - Couple Position: Possible amalgamations • Steps 1-2 in L Side Same, Steps 3-4 in Open Opp., Steps 5-6 in R Side Same, Step 7 in Open Opp. • Steps 1-7 in L Side Same • Steps 1-7 in Open Opp. • Steps 1-6 in L Side Same, Step 7 in Open Opp. • Cuban Breaks to R danced in Open Opp. Pos. without turn followed by two taps with RF crossed behind LF w/o weight and Cha Cha Chasse to R. Lady dances steps 1-5 of Open Basic followed by Cuban Breaks to L in Open Opp. Pos. Lady may also dance man’s steps on the opposite foot.

CUBAN BREAKS TO L
Start: RF fwd and across body, T turned out (R Side Same; RH to LH)
Finish: RF to side (Open Opp.; RH to LH)
//Timing: 2& 3& 4&1 //
NOTE - Couple Position: Possible amalgamations • Steps 1-2 in R Side Same, Steps 3-4 in Open Opp., Steps 5-6 in L Side Same, Step 7 in Open Opp. • Steps 1-7 in R Side Same • Steps 1-7 in Open Opp. • Steps 1-6 in R Side Same, Step 7 in Open Opp.

SPLIT CUBAN BREAK TO R
Start: LF fwd and across body, T turned out (L Side Same; LH to RH)
Finish: LF to side (Open Opp.; LH to RH)
//Timing: 2&3 (or 4&1) //
NOTE - General: Split Cuban Break to R is always followed by a Split Cuban Break to L.
NOTE - Timing: The first Split Cuban Break is always danced on 2&3 and the following on 4&1.
NOTE -Couple Position: possible amalgamations • Steps 1-2 in L Side Same, Step 3 in Open Opposing • Steps 1-3 in L Side Same • Steps 1-3 in Open Opposing

SPLIT CUBAN BREAK TO L
Start: RF fwd and across body, T turned out(R Side Same; RH to LH)
Finish: RF to side (Open Opp.; RH to LH)
//Timing: 2&3 (or 4&1) //
NOTE -General: Split Cuban Break to L is always followed by a Split Cuban Break to R.
NOTE - Timing: The first Split Cuban Break is always danced on 2&3 and the following on 4&1.
NOTE -Couple Position: possible amalgamations • Steps 1-2 in R Side Same, Step 3 in Open Opposing • Steps 1-3 in R Side Same • Steps 1-3 in Open Opposing

Overview

Starting Position	Closed, Open, Left Side or Right Side Position without hold or releasing hold at the end of previous figure
Turn	May be danced with or without turn

Cuban Break Left Foot

Leader and Follower

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Step	Foot Position	Turn	Count
1	LF forward and across, small step, toe turned out	⅛ R	2
2	Replace weight to RF	Begin ⅛ L	&
3	LF side	End ⅛ L	3
4	Replace weight to RF		&
5 - 7	Repeat steps 1 - 3 LRL	⅛ R, ⅛ L	4 & 1

Cuban Breaks Right Foot

Leader and Follower

Step	Foot Position	Turn	Count
1	RF forward and across, small step, toe turned out	⅛ L	2
2	Replace weight to LF	Begin ⅛ R	&
3	RF side	End ⅛ R	3
4	Replace weight to LF		&
5 - 7	Repeat steps 1 - 3 RLR	⅛ L, ⅛ R	4 & 1

Spiral (continued)

Alternatives

End in Open Position

Man	turns ⅜ L over steps 7 - 10

Overview

Split Cuban Break in Open CPP

Starting Position	Open Counter Promenade Position
Turn	Man turns ¼ right, ¼ left // Lady turns ¼ left, ¼ right
Ending Position	Open Counter Promenade Position
Duration	Six steps over 1 bar

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward and across body small step, toe turned out		¼ R	2
2	Replace weight to RF		Begin ¼ L	&
3	LF side and slightly back		End ¼ L	3
4	RF foward and across body toe turned out	R arm forward across body R hand touches Lady's L hand		4
5	Replace weight to LF			&
6	RF side			1

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Follower

Step	Foot Position	Turn	Count
1	RF forward and across body small step, toe turned out	¼ L	2
2	Replace weight to LF	Begin ¼ R	&
3	RF side and slightly back	End ¼ R	3
4	LF forward and across body small step, toe turned out		4
5	Replace weight to RF		&
6	LF side		1

Split Cuban Break from Open CPP and Open PP

Starting Position	Open Counter Promenade Position
Hold	Left to right hand hold
Turn	Man turns ¼ right, ¼ left // Lady turns ¼ left, ¼ right
Ending Position	Open Counter Promenade Position
Duration	Six steps over 1 bar

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward, toe turned out		¼ R	2
2	RF in place		Begin ¼ L	&
3	LF side in Open PP	R to L hand hold	End ¼ L	3
4	RF foward, toe turned out			4
5	LF in place			&
6	RF side in Open CPP	L to R hand hold		1

Follower

Step	Foot Position	Turn	Count
1	RF foward, toe turned out	¼ L	2
2	LF in place	Begin ¼ R	&
3	RF side in Open PP	End ¼ R	3
4	LF forward, toe turned out		4
5	RF in place		&
6	LF side in Open CPP		1

Precedes, Follows and Alternatives listed on page 35

Sweetheart

Start: LF fwd, T turned out (Open Opp.; RH to RH)
Finish: RF to side and slightly fwd (Close Opp.; Normal Hold)
//Timing: 2 3 4&1 2 3 4&1 2 3 4&1 2 3 4&1 //

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NOTE - Timing: Guapacha timing may be used
NOTE - General: Steps 6 - 15 may be omitted.
NOTE - General Action/ Timing/ Couple Position: At the end of step 15 as the Lady ends in R Diag. Same Position the Man may take a Shadow Hold and continue with an alternative ending as follows: Both dance a Checked Bwd Walk (Man RF, Lady LF), Wt Transfer in Place, Running Chasse Fwd, Checked Fwd Walk, Wt Transfer in Place, Running Chasse Bwd. Man follows with steps 6-10 of Close Basic to end in Fan L Angle Position, releasing hold on step 7 and taking LH to RH Hold at the end of step 10. Lady follows with Checked Back Walk, Wt Transfer in Place with a Swivel (¼ turn to R) and a Bwd Lockstep to end in Fan L Angle.

Overview

Starting Position	Open Position with R hand to R hand hold
Turn	Man slight body turn right and then left // Lady turns ⅛ left, ¼ right
Footwork	Ball flat throughout
Ending Position	Fan Position
Duration	Thirty steps over 6 bars

Leader

Step	Foot Position	Lead/ Hold	Turn	Count
1	LF forward	Slightly extend R arm forward to lead Lady forward		2
2	Replace weight to RF	Contract R arm to turn Lady L		3
3 - 5	LF side to chasse LRL to end in RSP	Gradually raise R arm to R side		4 & 1
Between 5 and 6		Join L hand to L hand and raise joined hands to shoulder level		
6	RF forward in RSP toe turned out	Lower L arm slightly forward to lead Lady to step back	Slight body turn R	2
7	Replace weight to LF			3
8 - 10	RF side to chasse RLR moving behind Lady's back to LSP	Return L arm to previous position	Body returns to normal position	4 & 1
11	LF forward in LSP toe turned out	Lower R arm slightly forward to lead Lady to step back	Slight body turn L	2
12	Replace weight to RF			3
13 - 15	LF side to chasse LRL moving behind Lady's back to RSP	Return R arm to previous position	Body returns normal position	4 & 1
16	RF back	Weight changes, hold arms steady		2
17	Replace weight to LF			3
18 - 20	3 small steps or lock step forward RLR			4 & 1
21	LF forward			2
22	Replace weight to RF			3

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Step	Foot Position	Lead/ Hold	Turn	Count
23 - 25	3 small steps or lock step back LRL			4 & 1
26	RF back			2
27	Replace weight to LF	Slightly extend L arm to L side to lead Lady forward and across Release L to L hand hold		3
28 - 30	RF side to chasse RLR to end in FP	Turn Lady R passing her R hand into L hand and release hold with R hand		4 & 1

Lady's part listed on following page

Sweetheart (continued)

Follower

Step	Foot Position	Turn	Count
1	RF back		2
2	LF forward small step	Begin ½ L	3
3 - 5	RF forward to chasse RLR to end RF back and slightly side in RSP	End ½ L	4 & 1
6	LF back toe turned out	Slight body turn L	2
7	Replace weight to RF		3
8 - 10	LF side to chasse LRL to end LF back and slightly side in LSP	Body returns to normal position	4 & 1
11	RF back toe slightly turned out	Slight body turn R	2
12	Replace weight to LF		3
13 - 15	RF side to chasse RLR to end RF back and slightly side in RSP	Body returns to normal position	4 & 1
16	LF back		2
17	Replace weight to RF		3
18 - 20	3 small steps or lock step forward LRL		4 & 1
21	RF forward		2
22	Replace weight to LF		3
23 - 25	3 small steps or lock step backward RLR		4 & 1
26	LF back		2
27	RF forward and across	Begin ¼ R	3
28 - 30	LF side and slightly back to chasse LRL. End LF back in FP	End ¼ R	4 & 1

Curl

Start: LF fwd.,T turned Out (Open Opp.; LH to RH)
Finish: RF to side (Fan L Angle; LH to RH)
//Timing: 2 3 4&1 2 3 4&1 //

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NOTE - General: Steps 1-5 or 6-10 only may be used.
NOTE -General Action/Quantity of Turn/Couple Position: Man may turn ¼ to L on steps 7 and dance a Fwd Cha Cha Lockstep or 3 Cha Cha Locksteps fwd (Lady as chart or 3 Cha Cha Locksteps bwd.) or a Cha Cha Chasse to side (Lady replaces a bwd Lock with a Side Chasse)
NOTE - General Action/ Couple Position: The figure may be used as a Foot Change- in this case Lady will dance a Spiral Cross on step 6 and follow with Cha Cha Chasse to side to end in L Side Same Position. Man will replace steps 8-10 with Rock to side (RF LF) timed 4 1 and release hold at the end.

Overview

Starting Position	Open Position with L to R hand hold
Turn	Man turns ⅛ left // Lady turns 1⅜ left
Footwork	Man ball flat throughout // Lady ball flat, except on step 5 ball flat RF, toe of LF
Ending Position	Fan Position
Duration	Ten steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward, toe turned out			2
2	Replace weight to RF			3
3 - 5	Compact chasse LRL	Raise L arm, lead Lady to turn L		4 & 1
6	RF back	Continue to turn Lady, begin to lower L arm to waist level		2
7	Replace weight to LF	Increase tone in L arm	Begin ⅛ L	3
8 - 10	RF side to chasse RLR	Slightly extend L arm, L hand still	End ⅛ L	4 & 1

Follower

Step	Foot Position	Turn	Count
1	RF back		2
2	Replace weight to LF		3
3 - 5	RF forward to chasse RLR		4 1
Between 5 and 6	Spiral Turn	⅝ L on RF	
6	LF forward	⅛ L	2
7	RF back and slightly side	Begin ⅝ L	3
8 - 10	LF back to chasse LRL	End ⅝ L	4 & 1

Hip Twist Spiral

CLOSE HIP TWIST SPIRAL
Start: LF fwd, T turned out (Back R Diag. Same; Normal Hold)
Finish: RF to side (Open Opp.; LH to RH)

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//Timing: 2 3 4&1 2 3 4&1 //
NOTE - General: Steps -6-10 only may be used.
NOTE - General Action/ Couple Position: It may end in Fan L Angle Position. Lady overturns Spiral Cross and her Three Step Turn Should finish LF bwd and Man will dance a Hip Twist Chasse to end in Fan L Angle or a fwd Lockstep to end in Open Opposing Position. The figure may be used as a Foot Change-in this case Lady will overturn the Spiral Cross on step 6 and follow with three step turn to end in L Side Same Position. Man will not turn on step 5 and replace steps 8-10 with Rock to side (RF, LF) timed 4 1 releasing the hold at the end.

OPEN HIP TWIST SPIRAL
Start: LF fwd, T turned out (Open Opp.; LH to RH)
Finish: Weight on RF (Open Opp.; LH to RH)
//Timing: 2 3 4&1 2 3 4&1 //
NOTE - General: Steps 6-10 only may be used.
NOTE - General Action/ Couple Position: It may end in Fan L Angle Position. Lady overturns Spiral Cross and her Three Step Turn Should finish LF bwd and Man will dance a Hip Twist Chasse to end in Fan L Angle or a fwd Lockstep to end in Open Opposing Position. The figure may be used as a Foot Change- in this case Lady will overturn the Spiral Cross on step 6 and follow with three step turn to end in L Side Same Position. Man will not turn on step 5 and replace steps 8-10 with Rock to side (RF LF) timed 4 1 releasing the hold at the end.

Overview

Starting Position	Closed Position
Turn	Man turns ⅜ left // Lady turns ½ right, ⅝ left, ¼ right, 1¾ left
Footwork	Man ball flat throughout // Lady ball flat, except on step 5 ball flat RF, toe of LF
Ending Position	Open Counter Promenade Position
Duration	Ten steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward in line with RF	Increase tone in L arm and lower L hand to chest level Widen hold of R arm and lead Lady R with body turn	Slight body turn R	2
2	Replace weight to RF	Maintain tone in arms		3
3 - 5	Ronde chasse LRL to end in PP	Maintain tone and return arms to normal position slightly R	⅛ L on step 3 body turns slower	4 & 1
Between 5 and 6		Lower L arm to Promenade shape		
6	RF back	Lower L arm to L side slightly	Begin ¼ L	2
7	Replace weight to LF	Raise L hand above Lady's R shoulder, circle anticlockwise	End ¼ L	3
8 - 10	Forward chasse RLR to end RF diagonally forward in Open CPP	Continue to turn Lady, gradually lowering hand to below shoulder level		4 & 1

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Follower

Step	Foot Position	Turn	Count
1	RF back in RSP	½ R	2
2	Replace weight to LF		3
3 - 5	Twist chasse RFR to end RF diagonally forward in PP	⅝ L on step 3 ¼ R on step 4	4 & 1
6	LF forward passing in front of Man		2
7	RF forward in line with LF then Spiral turn underarm	1 turn L	3
8	LF forward	⅛ L	4
9	Close RF to LF	½ L	&
10	LF diagonally forward in Open CPP	⅛ L	1

Turkish Towel

Start: LF fwd, T turned Out (Open Opp.; RH to RH)
Finish: RF fwd (Open Opp.; LH to RH)
//Timing: 2 3 4&.1 2 3 4&1 2 3 4&.1 2 3 4&1 2 3 4&.1 2 3 4&1 //
NOTE - Timing: Guapacha timing may be used
NOTE - General: Steps 11- 20 may be omitted.
NOTE - General Action: Steps 28-30 may be replaced by 3 fwd Locksteps (Man), 3 bwd Locksteps (Lady)

Overview

Starting Position	Open Position
Hold	Right to right hand hold
Turn	Man turns ⅛ left, ⅛ right // Lady turns 1⅜ right, 1⅜ left
Footwork	Man ball flat throughout // Lady ball flat, except on step 25 ball flat RF, toe of LF
Ending Position	Open Position
Duration	Thirty steps over 6 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward	Release L arm tone slightly to lead Lady to step back		2
2	Replace weight to RF	Contract L arm		3
3 - 5	LF side to chasse LRL	Lead Lady forward by gradually		4 & 1
6	RF back	raising L arm above Lady's R shoulder		2
7	Replace weight to LF	Lead Lady to turn by circling L		3
8 - 10	RF side to chasse RLR	hand clockwise over 6 - 9	⅛ L	4 & 1
Between 10 and 11		Take L to L hand hold at hip level on L side		

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Step	Foot Position	Lead/Hold	Turn	Count
11	LF back, toe turned out	Move L arm slightly forward	Slight body turn L	2
12	Replace weight to RF	Move R arm slightly R		3
13 - 15	LF side to chasse LRL	Gradually reverse arm positions	Body returns	4 & 1
16	RF back, toe turned out	Move R arm slightly forward	Slight body turn R	2
17	Replace weight to LF	Move L arm slightly L		3
18 - 20	RF side to chasse RLR	Gradually reverse arm positions		4 & 1
21 - 25	Repeat steps 11 - 15 LR LRL to end in RSP	As 11 - 15. Release L hand hold on 23	Body returns	2 3 4 & 1
Between 25 and 26		Move R arm down and forward Release R to R hand hold		
26	RF back, toe turned out	Turn Lady L by extending	Slight body turn R	2
27	Replace weight to LF	L arm then lower L arm		3
28 - 30	RF forward to chasse RLR	Extend L arm forward slightly	⅛ R	4 & 1

Lady's part listed on previous page

Turkish Towel (continued)

Follower

Step	Foot Position	Turn	Count
1	RF back		2
2	LF forward small step		3
3 - 5	RF forward to chasse RLR		4 & 1
6	LF forward	½ R	2
7	RF forward	½ R	3
8 - 10	LF forward to chasse LRL moving behind Man's back to his L side to end LF side and slightly forward	⅜ R	4 & 1
11	RF forward OP on L side, toe slightly turned out	Slight body turn R	2
12	Replace weight to LF		3
13 - 15	RF side to chasse RLR moving behind Man's back to his R side	Body returns	4 & 1
16	LF forward OP on R side, toe slightly turned out	Slight body turn L	2
17	Replace weight to RF		3
18 - 20	LF side to chasse LRL moving behind Man's back his L side	Body returns	4 & 1
21 - 25	Repeat steps 11 - 15 RL RLR to end with RF forward and slightly slightly side	Slight body turn R on step 21 then body returns	2 3 4 & 1
Between 25 and 26	Spiral Turn	¾ L on RF	
26 - 30	Continue with Spiral steps 6 - 10	⅝ L	2 3 4 & 1

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Foot Changes

Start:
Finish:
//Timing: //

Overview

inserted between figures, to bring the Man and Lady onto the same foot and in the correct	position

Foot Change from Opposite Foot to Same Foot

Commence in Open Position and end RSP or Right Shadow Position with weight on LF

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1 - 5	Open Basic steps 1 - 5			2 3 4 & 1
6	RF back			2
7	Replace weight to LF			3
8	RF diagonally forward	Release L hand		4
9	LF forward and across to Lady's L side to end LF back in RSP or R Shadow Position		½ R	1

Follower

1 - 10	**Open Basic steps 1 - 10**

Commence in Open Position and end RSP or Right Shadow Position with weight on RF

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward			2
2	Tap RF next to LF without weight	Release L hand	½ R	3
3 - 5	RF forward to chasse RLR to end RSP or R Shadow P			4 & 1

Follower

1 - 5	**Basic steps 1 - 5**

Commence in Open Position and end with Lady behind with weight on RF

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Leader

Step	Foot Position	Lead/Hold	Turn	Count
1 - 6	Open Hip Twist steps 1 - 6			2 3 4 & 1
7	Replace weight to LF	Release L hand	Begin ¾ L	2
8	RF side			3
9	LF back		End ¾ L	4 & 1

Follower

1 - 10	**Open Hip Twist steps 1 - 10 to end LF back**

Commence in OP and end in LSP with weight on RF

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1 - 6	Open Hip Twist steps 1 - 6			2 3 4 & 1 2
7	Replace weight to LF	Release L hand	Begin 1 turn L	3
8	RF side			4
9	LF side		End 1 turn L	1

Follower

1 - 10	**Open Hip Twist turning 1⅞ L over steps 7 - 10 to end LF side**

Overview

Commence in OP and end with Lady in front with weight on RF

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1 - 6	Open Hip Twist steps 1 - 6			2 3 4 & 1 2
7	Replace weight to LF	Release L hand	Begin 1¼ L	3
8	RF side			4
9	LF forward		End 1¼ L	1

Follower

1 - 10	**Open Hip Twist steps 1 - 10**	**2⅛ L over 7 - 10**
	to end LF forward	

Foot Change from Same Foot to Opposite Foot

Commence Lady behind Man with weight on RF (both) and end in OP

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Leader

Step	Foot Position	Turn	Count
1	LF forward		2
2	RF forward	½ L	3
3	Replace weight to LF		4
4	RF forward		1

Follower

1 - 5	Basic steps 6 - 10

Commence Lady behind Man with weight on RF (both) and end in OP

Leader

Step	Foot Position	Turn	Count
1	LF forward		2
2	Tap RF next to LF	½ L	3
3	RF forward to chasse RLR without weight		4 & 1

Follower

1 - 5	Basic steps 6 - 10

Commence with weight on RF (both) Lady behind Man and end in OP

Leader

Step	Foot Position	Turn	Count
1	LF forward and across		2
2	Replace weight to RF		3
3	LF forward	½ L	4
4	RF forward		1

Follower

Step	Foot Position	Turn	Count
1	LF forward and across		2
2	Replace weight to LF		3
3 - 5	LF forward to chasse LRL	1 turn L	4 & 1

Commence with Lady in front of Man

Man	turns 1 L
Lady	turns 1½ L

Commence in Left Side Position

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Man	**turns ¼ L**
Lady	turns ¾ L

Commence in Right Side Position

Man	**turns ¾ L**
Lady	turns 1¼ L

Overview

Commence with weight on LF and end in OP

Leader

1	**RF forward and across**	**2**
2	Replace weight to LF	3
3 - 5	Forward chasse RLR	4 & 1

Follower

1	**RF forward and across**	**2**
2	Replace weight to LF	3
3	RF forward	4
4	LF back	1

Commence with Lady behind

Man	**turns ½ R**
Lady	turns 1 R

Commence with Lady in front

Man	**turns 1 R**
Lady	turns ½ R

Commence in LSP

Man	**turns ¾ R**
Lady	turns ¼ R

Commence in RSP

Man	**turns ¼ R**
Lady	turns ¾ R

The following figures may be danced on the same foot

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Reverse Top

(ISTD only)
Start:
Finish:
//Timing: //

Overview

Starting Position	Contact Position
Turn	Up to 2½ turns left Man and Lady rotate around Man's left toe which remains in place
Lead/Hold	Weight changes throughout
Footwork	Ball flat throughout
Hip Action	Knees do not straighten fully on steps 1 - 15, therefore only a slight natural hip movement is used
Ending Position	Contact Position
Duration	Fifteen steps over 3 bars

Leader

Step	Foot Position	Turn	Count
1	RF side and slightly forward	Begin 2½ L	2
2	Swivel on ball of LF to end L heel opposite R toe, toe turned out		3
3	RF side and slightly forward		4 & 1
4 - 15	Repeat steps 2 and 3 six times LRLRL RLRLR	End 2½ L	2 3 4 & 1

Follower

Step	Foot Position	Turn	Count
1	LF behind RF	Begin 2½ L	2
2	RF back and slightly side		3
3 - 5	LF back, toe turned out, to chasse LRL		4 & 1
6	RF back and slightly side		2
7	LF behind RF		3
8 - 10	RF back and slightly side to chasse RLR		4 & 1
11 - 15	Repeat steps 1 - 5 LR LRL	End 2½ L	

Opening Out from Reverse Top

(ISTD only)
Start:

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Finish:
//Timing: //

Overview

Starting Position	Contact Position
Turn	Man turns ⅜ left // Lady turns ⅝ left
Footwork	Ball flat throughout
Ending Position	Fan Position
Duration	Five steps over 1 bar

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	RF side and slightly forward	Release R hand	Begin ⅜ L	2
2	LF in front of RF	Lead Lady by increasing tone in		3
3	RF side in FP	L arm, retain normal position as		4
4	LF towards front of RF, toe turned out	body turns Slightly extend L arm, L hand still		&
5	RF side and slightly forward		End ⅜ L	1

Follower

Step	Foot Position	Turn	Count
1	LF behind RF	Begin ⅝ L	2
2	RF back and slightly side		3
3 - 5	LF back, toe turned out, to chasse LRL to end LF back in FP	End ⅝ L	4 & 1

Rope Spinning

Start: LF to side (R Back Diag L Angle.; RH to LH)
Finish: LF fwd (R Diag. Opp.; Normal Hold)
//Timing: 2 3 4&1 2 3 4&1 //
NOTE -General Action/Couple Position: Steps 8-10 may be replaced with a Cha Cha Chasse to side for Man and Lady danced in Open Opp. or Close Opp. Position. On the last step of the preceding figure the Lady will dance a Spiral Cross to end in R Diag. L Angle Position.

Overview

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leads Lady to Spiral Turn to her right under his raised left arm as he leans R, releasing	hold with R hand to end with Lady on his R side facing away
Turn	Man body turn only // Lady turns 2 complete turns right
Footwork	Man ball flat throughout // Lady preceding step ball flat RF, Toe of LF; then ball flat throughout
Ending Position	Closed Position
Duration	Six steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
Between preceding step and 1		Lead Lady to spiral R under raised L arm, release hold with R hand	Body turn R	(& 1)
1	LF side	Lead Lady with L hand to	Begin body turn L	2
2	Replace weight to RF	walk forward circling from		3
3 - 5	Close LF to RF to chasse LRL to end in LSP	Man's R side, behind his back over steps 1 - 10	End body turn in normal position	4 & 1
6	RF back			2
7	Replace weight to LF			3
8 - 10	Almost close LF to RF to chasse RLR	Take required hold		4 & 1

Follower

Step	Foot Position	Lead/Hold	Turn	Count

Between preceding step and 1

Spiral Turn	1 turn R on LF	(& 1)
1 - 5 2 walks forward RL Circle R behind man's back	½ R	2 3 4 & 1
then RF forward to chasse		
RLR to end in LSP		
6 - 10 2 walks forward LR Circle R to end facing Man	½ R	2 3 4 & 1
then LF forward to chasse		
LRL		

Follow My Leader

Start: LF fwd (Open Opp.; w/o Hold)
Finish: RF fwd (Open Opp.; LH to RH)
//Timing: 2 3 4&1 2 3 4&1 2 3 4&1 (&)2 3 4&1 2 3 4&1 //
NOTE - General: Man may replace steps 1-2 with steps 16-17.

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NOTE - General Action: Lady's steps 18-26 may be replaced by Three Cha Cha Locks Bwd.
NOTE - General/Couple Position: Steps 1-10 may be used as a Foot Change from Open Opposing to L Side Same Position. Man and Lady will turn ¼ to R at the end of step 7 and finish with a Cha Cha Chasse LRL. Steps 16-20 may also be used as a Foot Change from L Side Same to open Opposing Position, preceded by a Spot Turn to L that ends with a Fwd Lockstep in Back Open Same Position.

Overview

Starting Position	Closed Position
Turn	Man turns ⅝ right, ¾ left, ¾ right, ⅝ left // Lady turns 1⅛ right, ¾ left, ¾ right, ¾ left, ⅝ right
Footwork	Man ball flat throughout
Foot Position	Steps 2 - 20 make up "figure eight" patterns. When turning right Man takes slightly smaller steps; when turning left Lady takes slightly smaller steps
Ending Position	Open Position
Duration	Twenty-five steps over 5 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1	RF forward	Raise arms. Begin to turn Lady R by circling L hand clockwise. Release R hand	Begin ⅝ R	2
2	LF forward	Continue to turn Lady R and		3
3 - 5	RF forward to chasse RLR	gradually lower L arm behind back, release L hand hold on 4	End ⅝ R	4 & 1
6	LF forward	Visual leads	Begin ¾ L	2
7	RF forward			3
8 - 10	LF forward to chasse LRL		End ¾ L	4 & 1
11 - 20	Repeat steps 1 - 10 RL RLR LR LRL		¾ R over 11 - 15 ⅝ L over 16 - 20	2 3 4 & 1 2 3 4 & 1
21	RF back			2
22	Replace weight to LF			3
23 - 25	RF side to chasse RLR	Take desired hold at end of figure		4 & 1

Follower

Step	Foot Position	Lead/Hold	Turn	Count
1	LF forward	Turn under raised arms	Begin 1⅛ R	2
2	RF forward			3
3 - 5	LF forward to chasse LRL		End 1⅛ R	4 & 1
6	RF forward		Begin ¾ L	2
7	LF forward			3
8 - 10	RF forward to chasse RLR		End ¾ L	4 & 1
11	LF forward		Begin ¾ R	2

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Step	Foot Position	Lead/Hold	Turn	Count
12	RF forward			3
13 - 15	LF forward to chasse LRL		End ¾ R	4 & 1
16 - 20	Repeat steps 6 - 10		¾ L	2 3 4 & 1
21 - 22	Repeat steps 11 and 12 LR		Begin ⅝ R	2 3
23 - 25	LF forward to chasse LRL in OP		End ⅝ R	4 & 1

Side Step to Left, to Right

(ISTD only)
Start:
Finish:
//Timing: //

There and Back

(ISTD only)
Start:
Finish:
//Timing: //

Chase

(ISTD only)
Start:
Finish:
//Timing: //

Syncopated Open Hip Twist

(WDSF only)
Start: LF fwd, T turned out (Open Opp.; LH to RH)
Finish: RF to side (Fan L Angle; LH to RH)
//Timing: 2 3 4&1 2 3 4&1 //
NOTE - General: Steps 6-10 only may be used.
NOTE -General Action/Quantity of Turn/Couple Position: Man may turn ¼ to L on steps 7-9 to end in Open Opposing Position. The Lady will replace step 9 with a Side walk.
NOTE - General Action/ Couple Position: The figure may be used as a Foot Change- in this case Lady

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will dance a Spiral Cross on step 6 and follow with Cha Cha Chasse to side to end in L Side Same Position. Man will replace steps 8-10 with Rock to side (RF LF) timed 4 1 and release hold at the end.

Continuous Overturned Lock

(WDSF only)
Start: LF fwd (Open Opp.; LH to RH)
Finish: RF fwd (Close Same; LH to RH)
//Timing: 2 (&)3& 4&1 //
NOTE -General Action/Couple Position: Lady may replace step 3 with a Forward Walk Turning to end in Open Opp. Position.

Swivels

(WDSF only)
Start: RF in place (L Diag.R Angle; Normal Hold)
Finish: RF to side (Fan L Angle; LH to RH)
//Timing: 2 3 4&1 //
NOTE - Foot Placement: start with feet apart and weight on LF (normally after a Ronde Chasse)
NOTE -Couple Position/ Quantity of Turn/General Action: It may end in Open Opp. Position. Man turns ¼ to L on steps 3-5, Lady replaces step 5 with a side Walk.

Walks & Whisks

(WDSF only)
Start: LF fwd (L side Same; w/o Hold)
Finish: LF to side and slightly fwd (Open Opp.; LH to RH)
//Timing: 2 3 4&1 2&3 4&1 //
NOTE - General: Man may dance Lady's steps and vice versa. Steps 6-11 only may be danced.
NOTE - General Action: Steps 3-5 may be replaced by a Cha Cha Lock Fwd, steps 6-11 may be replaced by Time Step Chasses.

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Last update: **2026/08/11 14:52**

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