

Paso Doble — Figure Descriptions

Basic Movement

Start: RF Fwd (Close Opp.; Normal Hold)

Finish: LF fwd (Close Opp.; Normal Hold)

//Timing: 1234 5678 //

NOTE - General: May start on LF. 2, 4 or 6 steps only may be used.

Overview

Starting Position	Closed or Contact Position
Turn	No turn or a gradual curve right
Footwork	Balls of feet pressure into floor, heels slightly lowered, knees slightly flexed
Timing	Four steps over 2 bars
Ending Position	Closed or Contact Position

Leader

Step	Foot Position	Count
1	RF forward	1
2	LF forward	2
3	RF forward	1
4	LF forward	2

Follower

1 LF back **1** **2** RF back **2** **3** LF back **1** **4** RF back **2** **Precedes and Follows** Most figures

Sur Place

Start: RF in place (Close Opp.; Normal Hold)

Finish: LF in place (Close Opp.; Normal Hold)

//Timing: 1234 //

NOTE - General: Only 2 steps may be danced. It may start on LF.

NOTE - Timing: Alternative timing 12&34 or 1&234 may be used (SYNCOPATED SUR PLACE) Hesitation

of 1 beat may be included with a duration of one beat - timing 1.2 34 or 12 3.4 (ONE BEAT HESITATION)

Sur Place

Starting Position	Closed or Contact Position
Starting Alignment	Depends on previous figure
Turn	No turn or gradual turn right or left
Footwork	Balls of feet, toes or flat
Timing	Four steps over 2 bars
Ending Position	Closed or Contact Position

Leader

Step	Foot Position	Count
1	RF in place	1
2	LF in place	2
3	RF in place	1
4	LF in place	2

Follower

1 LF in place **1 2** RF in place **2 3** LF in place **1 4** RF in place **2** **Precedes and Follows** Linking step used to join most figures. May be commenced on LF

Appel

Start:

Finish:

//Timing: //

Appel Appel is a firm step used to commence a number of figures where a close hold is not maintained. Danced on either foot, it is a step in place with a strong lowering action and flat foot. When commenced in Closed Position as preparation for a step in Promenade Position, it is taken back with a slight body turn to left for Man and right for Lady.

Slip Appel	Man dances the Appel with his RF slightly back, Lady with LF slightly forward. Found at step 1 of Open Telemark and Fallaway Reverse.
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Chasses to Right, Left.(including Elevations)

CHASSES TO R

Start: RF to side (Close Opp.; Normal Hold)

Finish: LF closed to RF (Close Opp.; Normal Hold)

//Timing: 1234 //

NOTE - General: Steps 1-2 only may be used. May start on LF

CHASSES TO L

Start: RF in place (Close Opp.; Normal Hold)

Finish: LF to side (Close Opp.; Normal Hold)

//Timing: 1234 //

NOTE - General: Steps 1-2 only may be used

NOTE - Couple Position: May end in Close PP

NOTE- general Action: Appel may be used on step 1

Overview

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Centre throughout Lady backing Centre throughout
Turn	May be commenced in any direction and curved left or right
Footwork	Ball flat throughout
Lead/Hold	Weight changes throughout
Ending Position	Closed Position
Duration	Four steps over 2 bars

Leader

Step	Foot Position	Count
1	RF side	1
2	Close LF to RF	2
3	RF side	3
4	Close LF to RF	4

Follower

Step	Foot Position	Count
1	LF side	1
2	Close RF to LF	2
3	LF side	3
4	Close RF to LF	4

Overview

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Wall throughout Lady backing Wall throughout
Turn	May be commenced in any direction and curved left or right
Footwork	Ball flat throughout
Ending Position	Closed Position
Duration	Four steps over 2 bars

Leader

Step	Foot Position	Count
1	Appel on RF	1
2	LF side	2
3	Close RF to LF	3
4	LF side	4

Follower

Step	Foot Position	Count
1	Appel on LF	1
2	RF side	2
3	Close LF to RF	3
4	RF side	4

Displacement

Start:

Finish:

//Timing: //

Overview

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Line of Dance (or Diagonal Centre or Diagonal Wall) Lady backing Line of Dance (or Diagonal Wall or Diagonal Centre)
Turn	Man turns $\frac{1}{4}$ left Lady turns $\frac{1}{4}$ left
Lead/Hold	Weight changes only
Ending Position	Closed Position
Duration	Four steps over 2 bars

Leader

Step	Foot Position	Alignment	Footwork	Turn	Count
1	RF forward	Facing LOD	HF		1
2	LF forward		HF		2
Between 2 and 3				$\frac{1}{4}$ L	
3	RF to side	Facing C	B or BF		3
4	Close LF to RF		B or BF		4

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	LF back	Backing LOD	BF		1
2	RF back		BF		2
Between 2 and 3				$\frac{1}{4}$ L	
3	LF to side	Facing W	B or BF		3
4	Close RF to LF		B or BF		4

Attack

Start: RF in place (Close Opp.; Normal Hold)

Finish: LF closed to RF (Close Opp.; Normal Hold)

//Timing: 1234 //

NOTE - General: Step 1 may be replaced by a step taken Fwd (DEPLACEMENT)

Separation

Start: RF in place (Close Opp.; Normal Hold)

Finish: LF in place (Close Opp.; Normal Hold)

//Timing: 1234 5678 //

NOTE - General: Steps 5-6 may be repeated

Overview

Starting Position	Closed Position
Starting Alignment	Man facing Line of Dance Lady backing Line of Dance

Turn	No turn
Ending Position	Closed Position
Duration	Eight steps over 4 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Count
1	Appel on RF		Facing LOD	WF	1
2	LF forward	Lower L arm to lead Lady away		HF	2
3	Close RF to LF	Release hold with R hand and continue lead away		B	3
4	Sur Place LF			B	4
5 - 8	4 Sur Place RL RL	Gradually raise L arm to normal position and lead Lady forward Regain hold with R hand on 8		B B B BF	5 6 7 8

Follower

Step	Foot Position	Alignment	Footwork	Count
1	Appel on LF	Backing LOD	WF	1
2	RF back		BF	2
3	LF back		B	3
4	Close RF to LF		B	4
5 - 8	4 Basic steps forward LR LR	Facing against LOD	B B B BF	5 6 7 8

Huit

Start: RF fwd and across body (Close Promenade; Promenade Hold)

Finish: LF in place (Close Opp.; Normal Hold)

//Timing: 1234 5678 //

NOTE - General Action: Position held may be used instead of Sur Place during Man's steps 3-8.

Overview

Starting Position	Promenade Position
Starting Alignment	Facing Diagonal Wall
Turn	Man turns $\frac{1}{8}$ right Lady turns $\frac{1}{4}$ left, $\frac{1}{4}$ right, $\frac{1}{8}$ left
Ending Position	Closed Position
Duration	Eight steps over 4 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1	RF forward and across in PP and CBP	PP Shape	Along LOD facing DW	HF	slight body turn L	1
Between 1 and 2					$\frac{1}{8}$ R	
2	Close LF to RF		Facing W	BF		2
3 - 7	5 Sur Place RF LF RF LF RF	CPP Shape on 3 PP Shape on 5		BF BF	slight body turn R	3 4 5 6 7
8	Sur Place LF	Normal Hold on 7		B		8

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	LF forward and across in PP and CBP	Along LOD facing DC	HF		1
Between 1 and 2				$\frac{1}{8}$ L	
2	RF side	Facing C	B		2
Between 2 and 3				$\frac{1}{8}$ L on LF	
3	Replace weight to LF	Facing DC against LOD	BF		3
4	RF forward and across in CBP	against LOD Facing DC against LOD	HF		4
Between 4 and 5				$\frac{1}{8}$ R	
5	LF to side	Facing C	B		5
Between 5 and 6				$\frac{1}{8}$ R on RF	
6	Replace weight to RF	Facing DC	BF		6
7	LF forward towards Man		HF		7
Between 7 and 8				$\frac{1}{8}$ L	
8	Close RF to LF	Facing C	B both		8

Promenade to Counter Promenade

Start: RF in place (Close Opp. to Close PP; Normal Hold to Promenade Hold)

Finish: LF diag. fwd (Close Promenade; Promenade Hold)

//Timing: 1234 5678 //

NOTE - General: It may start from step 3 when preceded by a figure that ends in PP.

Overview

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Wall Lady backing Wall
Turn	Man $\frac{1}{8}$ left; $\frac{5}{8}$ right Lady $\frac{1}{2}$ right
Ending Position	Closed or Contact Position
Duration	Eight steps over 4 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1	Appel on RF		Facing W	BF		1
2	LF side in PP		Facing DW	HF	$\frac{1}{8}$ L	2
3	RF forward and across in PP, CBP	PP Shape		HF		3
4	LF side and slightly back		turning	HF	Begin $\frac{3}{8}$ R	4
5	RF back, R shoulder leading		Backing against LOD	HF	End $\frac{3}{8}$ R	5
6	LF back PO		turning	HF	Begin $\frac{1}{4}$ R	6
7	RF side			BF		7
8	Close LF to RF	Normal Hold	Facing C	BF	End $\frac{1}{4}$ R	8

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	Appel on LF	Backing W	BF		1
2	RF side in PP	Facing DC	HF	$\frac{1}{8}$ R	2
3	LF forward and across in PP		HF		3
4	RF forward	Turning	HF	Begin $\frac{1}{8}$ R	4
5	LF forward, L shoulder leading	Facing LOD	HF	End $\frac{1}{8}$ R	5
6	RF forward OP	Turning	HF	Begin $\frac{1}{4}$ R	6
7	LF side		BF		7
8	Close RF to LF	Backing C	BF	End $\frac{1}{4}$ R	8

Promenade

Start: RF in place (Close Opp. to Close PP; Normal Hold to Promenade Hold)

Finish: LF closed to RF (Close Opp.; Normal Hold)

//Timing: 1234 5678 //

NOTE - General: It may start from step 3 when preceded by a figure that ends in PP.

Overview

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Wall Lady backing Wall
Turn	Man turns $\frac{1}{8}$ left, $\frac{5}{8}$ right, $\frac{1}{8}$ left Lady turns $\frac{5}{8}$ right
Ending Position	Closed or Contact Position
Duration	Eight steps over 4 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1	Appel on RF	Begin PP Shape	Facing W	BF		1
2	LF side in PP	PP Shape	Facing DW	HF	$\frac{1}{8}$ L	2
3	RF forward and across in PP, CBP			HF		3
4	LF side and slightly back	Begin CPP Shape	Facing DW against LOD	B	$\frac{1}{4}$ R	4
5	RF side in CPP	CPP Shape	Facing DC against LOD	BF	$\frac{1}{4}$ R	5
6	LF forward and across in CPP, CBP			HF		6
7	RF forward	Begin PP Shape	Facing C	BF	$\frac{1}{8}$ R	7
8	LF side in PP	PP Shape	against LOD	HF	$\frac{1}{8}$ L	8

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	Appel on LF	Backing W	BF		1
2	RF side in PP	Facing DC	HF	$\frac{1}{8}$ R	2
3	LF forward and across in PP		HF		3
4	RF forward		HF		4
5	LF side in CPP		HF		5
6	RF forward and across in CPP		HF		6
7	LF side and slightly back	Facing DW	B	$\frac{1}{4}$ R	7
8	RF side in PP	Against LOD	BF	$\frac{1}{4}$ R	8

Promenade Close

Start: RF fwd and across (Close Promenade; Prom Hold)

Finish: LF closed to RF (Close Opp.; Normal Hold)

//Timing: 1234 //

NOTE - General: Steps 1-2 only may be used.

Promenade Link

Start: RF in place (Close Opp. to Close PP; Normal Hold to Promenade Hold)

Finish: LF closed to RF (Close Opp.; Normal Hold)

//Timing: 1234 //

NOTE - General: Steps only may be used.

Overview

Starting Position	Closed Position
Starting Alignment	Man facing Line of Dance Lady backing Line of Dance
Turn	Man turns $\frac{1}{4}$ left Lady turns $\frac{1}{2}$ left
Lead/Hold	Promenade Shape is used on steps 2 and 3
Ending Position	Closed Position
Duration	Four steps over 2 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1	Appel on RF	Begin PP Shape	Facing LOD	WF	Slight body turn	1
Between 1 and 2					$\frac{1}{8}$ L	
2	LF side in PP	PP Shape	Facing DC	HF		2
Between 2 and 3					$\frac{1}{8}$ L, body less	
3	RF forward and across in PP, CBP		Pointing C	HF		3
4	Close LF to RF	Normal Hold	Facing C	B both or BF	Complete body turn	4

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	Appel on LF	Backing LOD	WF	Slight body turn	1
Between 1 and 2				$\frac{1}{8}$ R	
2	RF side in PP	C facing DC against LOD	HF		2
3	LF forward in PP, CBP	Facing DC against LOD	HF	Begin $\frac{3}{8}$ L	3
Between 3 and 4				End $\frac{3}{8}$ L	
4	Close RF to LF	Backing C	B both		4

Separation with Lady's Caping Walks

Start: RF in place (Close Opp.; Normal Hold)

Finish: LF behind RF (Close Fallaway; Promenade Hold)

//Timing: 1234 5.6 7.8 1234 5678 //

NOTE - General: Lady's steps 5-6 may be replaced by 4 steps of basic movement (5678). Steps 11-14 may be replaced by chasse to R.

Fallaway Ending to Separation

Start:

Finish:

//Timing: //

Overview

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Line of Dance Lady facing against Line of Dance
Turn	Man turns $\frac{3}{4}$ right Lady turns $\frac{7}{8}$ right, $\frac{1}{8}$ left
Ending Position	Closed or Contact Position
Duration	Eight steps over 4 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1	RF forward OP	Slight CPP	Facing W	HF or BF	$\frac{1}{4}$ R	1
Between 1 and 2		Shape			$\frac{1}{4}$ R	
2	LF forward OP		Facing against LOD	HF or BF		2
Between 2 and 3					$\frac{1}{8}$ R	
3	RF back and slightly side in Fallaway	PP Shape	Down LOD backing DW	BF		3

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
4	LF back in Fallaway and CBP			BF		4
Between 4 and 5					$\frac{1}{8}$ R	
5	RF to side	Normal Hold	Facing C	B or BF		5
6	Close LF to RF	Weight changes		B or BF		6
7	RF side			B or BF		7
8	Close LF to RF			B or BF		8

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	LF forward OP	Facing C	HF	$\frac{1}{4}$ R	1
Between 1 and 2		Facing LOD		$\frac{1}{4}$ R	
2	RF forward OP		HF OR BF		2
Between 2 and 3				$\frac{3}{8}$ R	
3	LF back and slightly in Fallaway	Down LOD backing DC	BF		3
4	RF back in Fallaway and CBP		BF		4
Between 4 and 5				$\frac{1}{8}$ L	
5	LF to side	Backing C	B or BF		5
6	Close RF to LF		B or BF		6
7	LF to side		B or BF		7
8	Close RF to LF		B or BF		8

Syncopated Separation

Start: LF in place (Close Opp.; Normal Hold)

Finish: RF bwd PO on L side (Close L Diag. Opp.; Normal Hold)

//Timing: 1234 5678&1&23&4 5678 //

NOTE - General: Steps 7-8 may be omitted, or repeated

Overview

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Line of Dance Lady backing Line of Dance
Turn	Man turns 1 full turn left Lady turns $\frac{3}{8}$ left, $\frac{1}{4}$ right; $\frac{3}{4}$ left
Ending Position	Closed or Contact Position
Duration	Twenty-three steps over 10 bars plus Ending

Leader

Step	Foot Position	Holds /Lead	Alignment	Footwork	Turn	Count
1	Appel on RF	Weight changes	Facing LOD	WF		1
2	LF forward	Lower L arm to lead Lady away		HF		2
3	Close RF to LF	Release hold with R hand		B		3
4	Sur Place LF			B		4
5	Cross RF behind LF loosely	Weight changes	Backing against LOD	B		5
6	Cross LF behind RF loosely			B		6
7	Cross RF behind LF loosely			B		7
8	Cross LF behind RF loosely			BF		8
9	Close RF to LF	Begin PP Shape		WF		a
10	LF points side without weight	PP Shape		I/E toe		1
11	Close LF to RF	Begin CPP Shape		WF		a
12	RF points side without weight, L knee flexed	CPP Shape		I/E toe		2
Between 12 and 13					$\frac{1}{8}$ L	
13	RF back in CBP			BF		3
Between 13 and 14					$\frac{1}{4}$ L body	
14	LF side	Begin PP Shape	Against LOD toe pointing DC	BF	turns less	and
15	Cross RF in front of LF	PP Shape	Facing DC against LOD	BF	Complete body turn	4
16 - 19	Twist L allowing feet to uncross to end RF back	Normal Position on 19	To end facing DW	B LF RF flat	$\frac{1}{2}$ L	5 6 7 8
20	LF forward in line with Lady			HF		1
Between 20 and 21					$\frac{1}{8}$ L	
21	RF side		Facing LOD	B or BF		2
22	Close LF to RF			B or BF		3
23	Sur Place on RF			B or BF		4

Lady's part listed on following page

Alternative Endings for Syncopated Separation

Left Foot Variation Chasse Omit last and dance Chasse Right with count 1 2 and 3 4 **Coup de Pique** Hold count 1, Coup de Pique steps 1 - 4, then Sur Place LF **Sur Place** Step 23 hold weight count 4, continue with Sur Place steps 1 - 4

Overview

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	Appel on LF	Backing LOD	WF		1
2	RF back		BF		2
3	LF back		B		3
4	Close RF to LF		B		4
5	Cross LF in front of RF loosely	Facing against LOD	B		5
6	Cross RF in front of LF loosely		B		6
7	Cross LF in front of RF loosely		B		7
8	Cross RF in front of LF loosely		BF		8
9	Close LF to RF		WF		a
10	RF points side without weight, L knee flexed		I/E toe		1
11	Close RF to LF		WF		a
12	LF point side without weight, R knee flexed		I/E toe		2
Between 12 and 13				$\frac{1}{8}$ L	
13	LF forward and across in CBP OP on L side	DC against LOD toe pointing DW against LOD	BF		3
Between 13 and 14				$\frac{1}{8}$ L	
14	RF side	Backing C	BF		and
Between 14 and 15				$\frac{1}{8}$ L	
15	LF back and slightly behind	Backing DC against LOD	B		4
Between 15 and 16				$\frac{1}{4}$ R	
16	RF side and slightly forward in PP	Facing DW against LOD	B		5
Between 16 and 17				Curving $\frac{1}{8}$ L	
17	LF forward	Facing W	B		6
18	RF forward	Facing DW	B		7
Between 18 and 19				Curving $\frac{1}{4}$ L	
19	LF forward then pivot	Facing DC to end backing DW	BF	$\frac{1}{4}$ L	8

Step	Foot Position	Alignment	Footwork	Turn	Count
20	RF back	Backing DW	BF		1
Between 20 and 21				$\frac{1}{8}$ L	
21	LF side	Backing LOD	B or BF		2
22	Close RF to LF		B or BF		3
23	Sur Place on LF		B or BF		4

Sixteen

Start: RF in place (Close Opp. to Close PP; Normal Hold to Promenade Hold)

Finish: LF in place (Close Opp.; Normal Hold)

//Timing: 1234 5678 1234 5678 //

NOTE - General: It may start from step 3 when preceded by a figure that ends in PP.

NOTE - General Action: Position held may be used instead of Sur Place during Man's steps 8- 16

Overview

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Line of Dance Lady backing Line of Dance
Turn	Man turns $\frac{1}{8}$ left; $\frac{5}{8}$ right Lady turns $\frac{5}{8}$ right, $\frac{1}{4}$ left, $\frac{1}{4}$ right, $\frac{1}{8}$ left
Ending Position	Closed or Contact Position
Duration	Twenty-three steps over 10 bars plus Ending

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1	Appel on RF	Begin PP Shape	Facing Wall	WF		1
Between 1 and 2					$\frac{1}{8}$ L	
2	LF to side in PP	PP Shape	Facing DW along LOD	HF		2
3	RF forward and across in PP, CBP			HF		3
Between 3 and 4					$\frac{3}{8}$ R	
4	LF to side and slightly back	Begin CPP Shape	Backing LOD	BF		4
5	RF back	CPP Shape		BF		5

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
6	LF back in CBP		Turning	BF	Begin $\frac{1}{4}$ R	6
7	Close RF to LF	Begin PP Shape	Backing DW	BF	End $\frac{1}{4}$ R	7
8	Sur Place LF	PP Shape	Facing Centre	BF		8
9 - 15	8 Sur Place LR LR LR LR	As for Huit		BF		1234 567
16	Sur Place LF			B or BF		8

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	Appel on LF	Backing W	WF		1
Between 1 and 2				$\frac{1}{8}$ R	
2	RF to side in PP	Along LOD facing DC	HF		2
Between 3 and 4				$\frac{1}{8}$ R	
3	LF forward and across in PP, CBP	Pointing LOD	HF		3
4	RF forward	Facing LOD	HF		4
5	LF forward		HF		5
6	RF forward OP in CBP		HF		6
Between 6 and 7				$\frac{1}{4}$ R	
7	LF side	Facing W	B		7
Between 7 and 8				$\frac{1}{8}$ R on RF	
8	Replace weight to RF	Facing DW against LOD	BF		8
9	LF forward and across in CBP	Against LOD facing DW against LOD	HF		1
Between 9 and 10				$\frac{1}{8}$ L	
10	RF side	Facing W	B		2
Between 10 and 11				$\frac{1}{8}$ L on LF	
11	Replace weight to LF	Facing DW	BF		3
12	RF forward and across CBP	Along LOD facing DW	HF		4
Between 12 and 13				$\frac{1}{8}$ R	
13	LF side	Facing Wall	B		5
Between 13 and 14				$\frac{1}{8}$ R on RF	
14	Replace weight to RF	Facing DW against LOD	BF		6
15	LF forward towards Man		HF		7
Between 15 and 16				$\frac{1}{8}$ L	
16	Close RF to LF	Facing Wall	B		8

Precedes and Follows listed on following page

Grand Circle

Start: RF fwd and across (Close Promenade; Promenade Hold)

Finish: LF closed to RF (Close Opp.; Normal Hold)

//Timing: 1234 5678 //

NOTE - General: Steps 1-6 only may be danced to end in PP. Steps 3-4 may be repeated or taken out.

Overview

Starting Position	Promenade Position
Starting Alignment	Man facing Diagonal Centre against Line of Dance Lady facing Diagonal Wall against Line of Dance
Turn	Man turns $\frac{5}{8}$ left Lady turns $\frac{7}{8}$ left
Ending Position	Closed or Contact Position
Duration	Ten steps over 5 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1	Cross RF in front of LF in PP	PP Shape	Facing DC against LOD	HF		1
2 - 8	Twist L with feet in place. End with LF forward in PP	PP Shape Normal Hold on 8	End facing DW	Pressure on B both RF flat	$\frac{1}{2}$ L	2 3 4 5 6 7 8
Between 8 and 9					$\frac{1}{8}$ L body	
9	RF forward and across in PP and CBP		Pointing LOD	HF	turns less	1
10	Close LF to RF		Facing LOD	B both or BF	Complete body turn	2

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	LF forward in PP and CBP	Facing DW against LOD	HF		1
2 - 8	7 small steps forward circling around Man in PP	End facing DC	B on steps 2 to 7, BF on 8	$\frac{1}{2}$ L	2 3 4 5 6 7 8
9	LF forward in PP and CBP	Facing DC	HF		1

Step	Foot Position	Alignment	Footwork	Turn	Count
Between 9 and 10				$\frac{3}{8}$ L	
10	Close RF to LF	Backing LOD	B both		2

Ecart (Fallaway Whisk)

Start: RF in place (Close Opp.; Normal Hold)

Finish: LF behind RF (Close Fallaway; Promenade Hold)

//Timing: 1234 //

Overview

Starting Position	Promenade Position
Starting Alignment	Man facing Wall Lady backing Wall
Turn	Man turns $\frac{1}{2}$ left Lady turns $\frac{1}{8}$ right
Ending Position	Fallaway Position
Duration	Four steps over two bars

Leader

Step	Foot Position	Alignment	Footwork	Turn	Count
1	Appel on RF	Facing W	WF		1
2	LF forward		HF		2
Between 2 and 3				$\frac{1}{2}$ L body turns less	
3	RF side and slightly back in Fallaway	Pointing DW	BF		3
4	Cross LF behind RF in Fallaway	Facing DW	BF	Complete body turn	4

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	Appel on LF	Backing W	WF		1
2	RF back		BF		2
Between 2 and 3				$\frac{1}{8}$ R body turns less	
3	LF side and slightly back in Fallaway	Pointing DC	BF		3
4	Cross RF behind LF in Fallaway	Facing DC	BF	Complete body turn	4

Methods of Changing Feet

Start:

Finish:

//Timing: //

Overview

Left Foot Variation

Start: LF fwd (Close Opp.; Normal Hold)

Finish: Finish: LF closed to RF (Close Opp.; Normal Hold)

//Timing: 1234 &5678 //

Left Foot Variation

Starting Position	Closed or Contact Position
Alignment	Man facing LOD throughout or other alignments depending on preceding figure Lady backing LOD throughout or other alignments depending on preceding figure
Turn	No turn
Ending Position	Closed or Contact Position
Duration	Nine steps over 4 bars

Leader

Step	Foot Position	Footwork	Count
1	LF forward	HF	1
2	RF forward	HF	2
3	LF forward preparing to point OP on R side	HF	3
4	Point RF forward without weight OP, L knee flexed	T	4
5	Close RF to LF	WF	a
6	Point LF side without weight, R knee flexed	IE Toe	5
7	Close LF to RF	BF	6
8	RF side	B or BF	7
9	Close LF to RF	B or BF	8

Follower

Step	Foot Position	Footwork	Count
1	RF back	BF	1
2	LF back	BF	2
3	RF back	BF	3
4	Point LF back without weight, R knee flexed	T	4
5	Close LF to RF	WF	a
6	Point RF side without weight, L knee flexed	IE Toe	5
7	Close RF to LF	BF	6
8	LF side	B or BF	7
9	Close LF to RF	B or BF	8

Coup de Pique

SYNCOATED COUP DE PIQUE

Start: RF in place (Close Opp. to Close PP; Normal Hold to Promenade Hold)

Finish: LF closed to RF (Close Opp.; Normal Hold)

//Timing: 1234 56&78 //

NOTE - General: An alternative variation is to dance steps 3-5 (starting from PP or Closed Pos.)Close the feet on 6 and continue with steps 5-9- timing 1234 56&78

COUP DE PIQUE (CHANGING FROM LF TO RF)

Start: LF diag fwd (Close Opp. to Close PP; Normal Hold to Promenade Hold)

Finish: Finish: LF in place (Close Opp.; Normal Hold)

//Timing: 123456 //

COUP DE PIQUE (CHANGING FROM RF TO LF)

Start: RF in place (Close Opp. to Close PP; Normal Hold to Promenade Hold)

Finish: RF closed to LF (Close Opp.; Normal Hold)

//Timing: 123456 //

NOTE - General: Coup de Pique changing from RF to LF may be followed by Coup de Pique changing from LF to RF (COUP DE PIQUE COUPLET)

Coup de Pique Changing from Left Foot to Right Foot

Starting Position	Closed or Contact Position
Starting Alignment	Depends on preceding figure
Turn	Man turns $\frac{1}{4}$ left; $\frac{1}{4}$ right; $\frac{1}{4}$ left; $\frac{1}{4}$ right Lady turns $\frac{1}{4}$ right; $\frac{1}{4}$ left; $\frac{1}{4}$ right; $\frac{1}{4}$ left
Ending Position	Promenade Position
Duration	Eight steps over 4 bars

Leader

Step	Foot Position	Lead/Hold	Footwork	Turn	Count
1	LF side in PP	PP Shape	BF	Begin $\frac{1}{4}$ L	1
2	Point RF forward in PP without weight		OE T	End $\frac{1}{4}$ L	2
3	Close RF to LF	Normal Hold	T both feet	$\frac{1}{4}$ R	3
4	LF back in Fallaway and CBP	PP Shape lower L Arm	BF	$\frac{1}{4}$ L	4
5	Close RF to LF	Normal Hold	T both feet	$\frac{1}{4}$ R	5
6	LF in place		BF		6

Follower

dances natural opposite

Syncopated Coup de Pique

Starting Position	Closed or Contact Position
Starting Alignment	Depends on preceding figure
Turn	Man turns $\frac{1}{4}$ right Lady turns $\frac{1}{4}$ left On steps 7 - 9 an additional $\frac{1}{4}$ L turn may be made
Ending Position	Promenade Position
Duration	Nine steps over 4 bars

Leader

Step	Foot Position	Lead/Hold	Footwork	Turn	Count
1 - 5	Coup de Pique steps 1 - 5 compress knees at end of 5 and staying down				1 2 3 4 5
6	RF side	Normal Hold	B	$\frac{1}{4}$ R	6
7	Close LF to RF		B		and
8	RF side		B		7
9	Close LF to RF		BF		8

Follower

dances natural opposite

Drag

Start: RF to side (Close Opp.; Promenade Hold)

Finish: LF closed to RF (Close Opp.; Normal Hold)

//Timing: 1(23)4 //

Twist Turn

Start: RF in place (Close Opp. to Close PP; Normal Hold to Promenade Hold)

Finish: LF closed to RF (Close Opp.; Normal Hold)

//Timing: 1234 5678 //

NOTE - General: It may start from step 3 when preceded by a figure that ends in PP.

Overview

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Wall Lady backing Wall
Turn	Man turns $\frac{1}{8}$ left; $1\frac{3}{8}$ right Lady turns 1 full turn right
Ending Position	Promenade Position
Duration	Eight steps over 4 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1	Appel on RF	Begin PP Shape	Facing W	BF		1
2	LF side in PP	PP Shape	Facing DW	HF	$\frac{1}{8}$ L	2
3	RF forward and across in PP, CBP			HF		3
4	LF side, slightly back	Begin CPP Shape	Turning	BF	Begin $\frac{5}{8}$ R	4
5	Cross RF behind LF	CPP Shape	Backing LOD	T	End $\frac{5}{8}$ R	5
6	Untwist R to end LF side, slightly back	Begin PP Shape	Turning	B of LF TB of RF	Begin $\frac{3}{4}$ R	6
7	RF in place to end RF forward and across body	PP Shape		BF of RF		7
8	Close LF to RF		Facing W	BF	End $\frac{3}{4}$ R	8

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	Appel on LF	Backing W	BF		1
2	RF side in PP	Facing DC	HF	$\frac{1}{8}$ R	2
3	LF forward and across in PP		HF		3
4	RF forward	Turning	HF	Begin $\frac{1}{8}$ R	4
5	LF forward	Facing LOD	HF	End $\frac{1}{8}$ R	5
6	RF forward OP	Facing W	B	$\frac{1}{4}$ R	6

Step	Foot Position	Alignment	Footwork	Turn	Count
7	LF forward OP	Facing DC against LOD	B	$\frac{3}{8}$ R	7
8	Close RF to LF	Backing W	BF	$\frac{1}{8}$ R	8

Twists

Start: RF in place (Close Opp. to Close PP; Normal Hold to Promenade Hold)

Finish: Finish: RF closed to LF (Close Opp.; Normal Hold)

//Timing: 1234 5&678 &123&4 //

NOTE - General: It may start from step 3 when preceded by a figure that ends in PP.

Overview

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Wall Lady backing Wall
Turn	Man turns $\frac{1}{8}$ left; $2\frac{3}{4}$ right Lady turns $2\frac{7}{8}$ right
Ending Position	Closed or Contact Position
Duration	Fifteen steps over 6 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1	Appel on RF	Begin PP Shape	Facing Wall	WF		1
Between 1 and 2					$\frac{1}{8}$ L	
2	LF side in PP	PP Shape	Facing DW along LOD	HF		2
3	RF forward and across in PP and CBP			HF		3
Between 3 and 4					$\frac{1}{4}$ R	
4	LF side	CPP Shape	Backing DC	BF		4
Between 4 and 5					$\frac{1}{8}$ R	
5	Cross RF behind LF		Backing LOD	B		5
Between 5 and 6					$\frac{3}{8}$ R	
6	Twist R with feet in place to end LF slightly back	PP Shape retracting arms	End facing DC	B both to end LF flat		and

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
Between 6 and 7					$\frac{1}{8}$ R	
7	RF forward OP on R side	PP Shape extend arms	Facing LOD	HF		6
Between 7 and 8					$\frac{3}{8}$ R	
8	LF side	CPP Shape	Backing DC	BF		7
9 - 12	Repeat steps 5 - 8					8 and 1 2
13 - 14	Repeat steps 5 - 6					3 and
15	Close RF to LF	Normal Hold	Facing DC	WF		4

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	Appel on LF	Backing W	WF		1
Between 1 and 2				$\frac{1}{8}$ R	
2	RF side in PP	Along LOD facing DC	HF		2
Between 3 and 4				$\frac{1}{8}$ R	
3	LF forward and across in PP and CBP	Pointing LOD	HF		3
4	RF forward	Facing LOD	HF		4
Between 4 and 5				$\frac{1}{8}$ R	
5	LF forward	Facing DW	B		5
Between 5 and 6				$\frac{1}{4}$ R	
6	RF forward OP on R side	Facing DW against LOD	BF		and
Between 6 and 7				$\frac{1}{4}$ R	
7	LF back	Down LOD backing DW	BH		6
Between 7 and 8				$\frac{1}{4}$ R	
8	Close RF to LF (Heel Turn)	Facing DC	HB		7
Between 8 and 9				$\frac{1}{4}$ R	
9 - 12	Repeat steps 5 - 8				8 and 1 2
13 - 14	Repeat steps 5 - 6				3 and
15	Close LF to RF				4

Precedes and Follows listed on previous page

La Passé

Start: RF in place (Close Opp. to Close PP; Normal Hold to Promenade Hold)

Finish: LF closed to RF (Close Opp.; Normal Hold)

//Timing: 1234 5678 1234 5678 //

NOTE - General: It may start from step 3 when preceded by a figure that ends in PP.

Overview

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Wall Lady backing Wall
Turn	Man turns $\frac{1}{8}$ left, $\frac{5}{8}$ right Lady turns $\frac{5}{8}$ right, $\frac{1}{4}$ left, $\frac{1}{4}$ right, $\frac{1}{8}$ left
Ending Position	Closed or Contact Position
Duration	Sixteen steps over 8 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1 - 5	Sixteen steps 1 - 5		As Sixteen		$\frac{1}{8}$ L, $\frac{3}{8}$ R	12345
Between 5 and 6					$\frac{1}{8}$ R	
6	LF back in CBP PO	Begin PP Shape	Backing DW	BF		6
Between 6 and 7					$\frac{1}{8}$ R	
7	RF forward	PP Shape	Facing C	HF or BF		7
8 - 9	Hesitate with weight on RF	Begin CPP Shape on 9		Flat		8 1
10	LF forward	CPP Shape		HF or BF		2
11 - 12	Hesitate with weight on LF	Begin PP Shape on 12		Flat		3 4
13	RF forward	PP Shape		HF or BF		5
14 - 15	Hesitate with weight on RF	Begin Normal Hold on 15		Flat		6 7
16	Close LF to RF			B		8

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1 - 5	Steps 1 - 5 of Sixteen			$\frac{1}{4}$ R	12345
Between 5 and 6				$\frac{1}{8}$ R	
6	RF forward OP in CBP	Backing DW	HF		6
Between 6 and 7				$\frac{1}{8}$ R	
7	LF side and slightly back	Backing C	B		7
Between 7 and 8				$\frac{1}{8}$ R	
8	RF side	DC against LOD facing DW against LOD	BF		8
9	LF forward and across in CBP	Against LOD facing DW against LOD	HF		1

Step	Foot Position	Alignment	Footwork	Turn	Count
Between 9 and 10				$\frac{1}{8}$ L	
10	RF side and slightly back	Backing C	B		2
Between 10 and 11				$\frac{1}{8}$ L	
11	LF side	DC, facing LOD	BF		3
12	RF forward and across in CBP	Along LOD facing DW	HF		4
Between 12 and 13				$\frac{1}{8}$ R	
13	LF side and slightly back	Backing C	B		5
Between 13 and 14				$\frac{1}{8}$ R	
14	RF side and slightly	DC against LOD facing DW against LOD	BF		6
15	LF forward towards Man	facing DW against LOD	HF		7
Between 15 and 16				$\frac{1}{8}$ L	
16	Close LF to RF	Facing W	B		8

Banderillas

Start: RF in place (L Diag. Opp.; Prom Hold)

Finish: LF bwd (Close Opp.; Normal Hold)

//Timing: 1234 5678 12345678 //

NOTE - Couple position: L Diag. Opp. Position (starting position) must be achieved at the end of preceding figure.

Overview

Starting Position	Lady on Man's left side, almost left hip to left hip
Starting Alignment	Man facing Centre throughout Lady backing Wall throughout
Turn	No turn
Ending Position	Closed or Contact Position
Duration	Twelve steps over 6 bars

Leader

Step	Foot Position	Lead/Hold	Footwork	Count
1 - 4	4 Sur Place RL RL	PP Shape	B	1 2 3 4
5	Appel on RF	Begin CPP Shape	WF	5
6	LF side, wide step	CPP Shape	B	6
7	Close RF to LF to be on Lady's R side almost R hip to R hip		B	7
8	Sur Place LF		BF	8

Step	Foot Position	Lead/Hold	Footwork	Count
9	RF forward OP	Begin PP Shape	HF	1
10	LF side small step Lady in line	PP Shape	B or BF	2
11	Close RF to LF	Return to Normal	B or BF	3
12	Sur Place LF	Hold	B or BF	4

Follower

Step	Foot Position	Footwork	Count
1 - 4	4 Sur Place LR LR	B	1 2 3 4
5	Appel on LF	WF	5
6	Sur Place RF	B	6
7 - 8	2 Sur Place	B BF	7 8
9	LF back PO	BF	9
10	RF side in line with Man	B or BF	10
11	Close LF to RF	B or BF	11
12	Sur Place RF	B or BF	12

Fallaway Reverse Turn

Start: RF in place (Close Opp.; Normal Hold)

Finish: LF diag. fwd (Close Promenade; Promenade Hold)

//Timing: 1234 5678 //

NOTE - General: It is possible to dance step 1 followed by steps 6-8 (TELEMARK) It is possible to dance steps 1-6 followed by 1-2 of Chasse to R.

NOTE - General Action: Instead of the Appel on step 1 RF can be slipped bwd (Man) or LF fwd (Lady) and up to ½ of turn to L may be made on the step (SLIP APPEL)

Overview

Starting Position	Closed or Contact Position
Alignment	Man facing Diagonal Centre Lady backing Diagonal Centre
Turn	Man turns 7/8 left Lady turns 3/8 left, 1/4 right, 3/4 left
Ending Position	Closed or Contact Position
Duration	Eight steps over 4 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1	Slip Appel on RF	Weight change	Backing W	BF	1/8 L	1

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
2	LF forward	Begin PP Shape	Facing C	HF		2
Between 2 and 3					$\frac{1}{4}$ L	
3	RF side and slightly back	PP Shape	Backing LOD	BF		3
Between 3 and 4					$\frac{1}{8}$ L +	
4	LF back in CBP and Fallaway		Backing between DC and C	BF		4
Between 4 and 5					$\frac{1}{8}$ L -	
5	RF back	CPP Shape	Backing C	BF		5
Between 5 and 6					$\frac{1}{8}$ L	
6	Replace weight forward to LF	Begin PP Shape	Facing DW	HF		6
Between 6 and 7					$\frac{1}{8}$ L	
7	RF side	PP Shape	Facing LOD	B or BF		7
8	Close LF to RF			B or BF		8

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	Slip Appel on LF	Facing W	BF	$\frac{1}{8}$ L	1
2	RF back	Backing C	BF		2
Between 2 and 3				$\frac{1}{4}$ L -	
3	LF side and slightly forward	Almost pointing LOD	BF	body turns less	3
Between 3 and 4				$\frac{1}{4}$ R -	
4	RF back in CBP and Fallaway	Between C and DC against LOD	BF		4
5	Pivot on RF, then LF forward IN CBP	Facing C	B RF BF LF	$\frac{1}{2}$ L -	5
Between 5 and 6				$\frac{1}{8}$ L	
6	RF back and slightly rightways	Backing DW	BF		6
Between 6 and 7				$\frac{1}{8}$ L	
7	LF side	Backing LOD	B or BF		7
8	Close RF to LF		B or BF		8

Open Telemark

Start:

Finish:

//Timing: //

Overview

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Diagonal Centre Lady backing Diagonal Centre
Turn	Man turns $\frac{7}{8}$ left Lady turns $\frac{7}{8}$ left
Ending Position	Closed or Contact Position
Duration	Eight steps over 4 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1	Slip Appel RF	Weight change	Backing W	BF	$\frac{1}{8}$ L	1
2	LF forward		Facing C	HF		2
Between 2 and 3					$\frac{1}{8}$ L	
3	RF side	Begin PP Shape	Backing DW	BF		3
Between 3 and 4					$\frac{1}{2}$ L body turns	
4	LF side and slightly back in PP	PP Shape	Pointing DW	BF	less	4
Between 4 and 5					$\frac{1}{8}$ L body turns	
5	RF forward and across in PP		Pointing LOD	HF	less	5
6	Close LF to RF	Normal Hold	Facing LOD	B both	Complete body turn	6
7	RF side	Weight change		B or BF		7
8	Close LF to RF			B or BF		8

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	Slip Appel LF	Facing W	BF	$\frac{1}{8}$ L	1
2	RF back	Backing C	BF		2
Between 2 and 3				$\frac{1}{4}$ L body turns	
3	Close L heel to R heel	L toe pointing	WF	less	3
4	RF forward and slightly rightwards in PP R shoulder leading	Pointing LOD	HF	body turns slightly L	4
Between 4 and 5				$\frac{1}{8}$ L	
5	LF forward in PP, CBP	Facing DC	HF		5
Between 5 and 6				$\frac{3}{8}$ L	
6	Close RF to LF	Backing LOD	B		6
7	LF side		B or BF		7
8	Close RF to LF		B or BF		8

Chasse Cape

Start: RF to side and slightly bwd (Close Opp.; Normal Hold)

Finish: RF closed to LF w/o weight (Close Opp.; Normal Hold)

//Timing: 1234 &5678 &1234 &5678 &a1 (23)4 //

NOTE - General: Steps 1-3 may be used as an alternative entry to PP. Chasse Cape started from step 4 may be preceded by steps 1-7 of Promenade. Alternative endings may be used after step 23 which may be held for one or three beats.

Overview

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Wall Lady backing Wall
Turn	Man turns $\frac{1}{8}$ left, $1\frac{1}{4}$ right, $\frac{3}{4}$ left, $\frac{3}{4}$ right, $\frac{3}{8}$ left, $\frac{1}{8}$ right, $\frac{3}{8}$ left Lady turns $1\frac{1}{8}$ right, $\frac{3}{4}$ left, $\frac{3}{4}$ right, 1left, $1\frac{3}{4}$ right
Ending Position	Closed or Contact Position
Duration	Thirty-four steps over 16 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1 - 4	Steps 1 - 4 Sixteen		As 1- 4 Sixteen		$\frac{1}{8}$ L, $\frac{3}{8}$ R	1 2 3 4
5	RF back, R shoulder leading	CPP Shape	Backing between LOD and DW	BF	Begin $\frac{1}{4}$ R	5
6	LF back in CBP PO	Begin PP Shape	End facing DC	BF	End $\frac{1}{4}$ R, $\frac{1}{8}$ R	6
7	RF forward in CBP OP	PP Shape		HF		7
Between 7 and 8					$\frac{3}{8}$ R	
8	LF side		Backing C	BF		8
9	Close RF towards LF					and
Between 9 and 10					$\frac{1}{8}$ R	
10	LF side, slightly back		End facing DW	BF		1
Between 10 and 11					$\frac{1}{8}$ L	
11	RF back in CBP PO on L	Begin CPP Shape		BF	$\frac{1}{8}$ L	2

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
12	LF forward in CBP OP on L	CPP Shape		HF		3
Between 12 and 13					$\frac{3}{8}$ L	
13	RF side		Backing W	BF		4
14	Close LF towards RF			BF		and
Between 14 and 15					$\frac{1}{8}$ L	
15	RF side, slightly back		Backing DW	BF		5
Between 15 and 16					$\frac{1}{8}$ R	
16	LF back in CBP PO	Begin PP Shape	End facing DC	BF	$\frac{1}{8}$ R	6
17	RF forward in CBP OP	PP Shape		HF		7
Between 17 and 18					$\frac{3}{8}$ R	
18	LF side		Backing C	BF		8
19	Close RF towards LF			BF		and
Between 19 and 20					$\frac{1}{8}$ R	
20	LF side, slightly back		Backing DC	BF		1
Between 20 and 21					$\frac{1}{8}$ L	
21	RF back in CBP PO on L	Begin CPP Shape	End facing DW	BF	$\frac{1}{8}$ L	2
22	LF forward in CBP OP on L	CPP Shape		HF		3
Between 22 and 23					$\frac{1}{8}$ L	
23	RF forward and slightly side in LSP	Weight change Release R hand	Facing LOD	HF		4
Between 23 and 24					$\frac{1}{8}$ R	
24	LF forward without weight in Press Line	L arm forward Hold position	Facing DW, L toe pointing LOD	B both		5
25	Hold position for 3 counts					6 7 8
25	Close LF to RF		Facing C	B both		1
Between 25 and 26					$\frac{3}{8}$ L	
26 - 27	2 Sur Place	Turn Lady R under raised arms		B or BF		and 2
28 - 33	3 Chasse Right RL RL RL	Normal Hold				3 4 5 6 7 8

Overview

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1 - 4	Steps 1 - 4 of Sixteen			$\frac{1}{4}$ R	1 2 3 4
5	LF forward	Facing between LOD / DW	HF	Begin $\frac{1}{4}$ R	5
6	RF forward in CBP OP	Facing W	HB	End $\frac{1}{4}$ R	6
Between 6 and 7				$\frac{3}{8}$ R	
7	Close LF to RF	Facing DC against LOD	BF		7
Between 7 and 8				$\frac{1}{8}$ R	
8	RF side	Facing C	BF		8
9	Close LF towards RF		BF		and
Between 9 and 10				$\frac{1}{8}$ R	
10	RF side, slightly forward	Facing DC	BF		1
Between 10 and 11				$\frac{1}{8}$ L	
11	LF forward in CBP OP on L	Facing C	HB		2
Between 11 and 12				$\frac{3}{8}$ L	
12	Close RF to LF	Facing DW against LOD	BF		3
Between 12 and 13				$\frac{1}{8}$ L	
13	LF side	Facing W	BF		4
14	Close RF towards LF		BF		and
Between 14 and 15				$\frac{1}{8}$ L	
15	LF side, slightly forward	Facing DW	BF		5
Between 15 and 16				$\frac{1}{8}$ R	
16	RF forward in CBP OP	Facing W	HB		6
Between 16 and 17				$\frac{3}{8}$ R	
17	Close LF to RF	Facing DC against LOD	BF		7
Between 17 and 18				$\frac{1}{8}$ R	
18	RF side	Facing C	BF		8
19	Close LF towards RF		BF		and
Between 19 and 20				$\frac{1}{8}$ R	
20	RF side, slightly forward	Facing DC	BF		1
Between 20 and 21				$\frac{1}{8}$ L	
21	LF forward in CBP OP on L	Facing C	HB		2
Between 21 and 22				$\frac{3}{8}$ L	
22	Close RF to LF	Facing DW against LOD	BF		3
Between 22 and 23				$\frac{3}{8}$ L	
23	LF forward and slightly side in LSP	Facing LOD	HF		4
Between 23 and 24				$\frac{1}{8}$ L	
24	RF forward without weight in Press Line	Facing DC, R toe pointing LOD	B both LF flat		5

Step	Foot Position	Alignment	Footwork	Turn	Count
25	Hold position for 3 counts				6 7 8
26	RF forward small step	Facing W	B		1
Between 25 and 26				$\frac{3}{8}$ R	
27	Almost close LF to RF	Facing DW	B		and
Between 26 and 27				$\frac{7}{8}$ R	
28	Close RF to LF	Facing W	B or BF		2
Between 27 and 28				$\frac{1}{8}$ R	
29 - 34	3 Chasse Right LR LR LR		B or BF		345678

Travelling Spins from Promenade Position

Start: RF in place (Close Opp. to Close PP; Normal Hold to Promenade Hold)

Finish: LF diag. fwd (Close Promenade; Promenade Hold)

//Timing: 1234 5678 //

NOTE - General: It may start from step 3 when preceded by a figure that ends in PP.

NOTE - General Action / Timing: Lady may replace steps 4-5 with Continuous Spins Action, adding two more steps- timing 1234&5&678

Overview

Travelling Spins from Promenade Position

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Wall Lady backing Wall
Turn	Man turns $\frac{1}{8}$ left Lady turns $3\frac{1}{4}$ right
Ending Position	Promenade Position
Duration	Eight steps over 4 bars

Leader

Step	Foot Position	Hold/Lead	Alignment	Footwork	Turn	Count
1	Appel RF		Facing W	WF	Slight body turn L	1
Between 1 and 2					$\frac{1}{8}$ L	
2	LF side in PP	Raise L hand turn Lady R release R hand	Along LOD pointing DW	HF or BF		2

Step	Foot Position	Hold/Lead	Alignment	Footwork	Turn	Count
3	RF forward and across in CPB			HF or BF		3
4	LF side in PP			HF or BF		4
5 - 8	Repeat steps 3 - 4 twice RL RL	Normal Hold in PP on 8		HF or BF		5 6 7 8

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	Appel on LF	Facing C	WF	Slight body turn R	1
Between 1 and 2				$\frac{1}{4}$ R	
2	RF forward in PP	Along LOD pointing DC	HF		2
3	LF forward and turning to end RF crossed loosely in front of LF	End facing DC	BF LF toe RF	$\frac{7}{8}$ R	3
Between 3 and 4				$\frac{1}{8}$ R	
4	RF forward in PP	Facing LOD	HF		4
5 - 8	Repeat steps 3 - 4 twice LR LR			2 R	5 6 7 8

Travelling Spins from Counter Promenade Position

Start: RF in place (Close Opp. to Close PP; Normal Hold to Promenade Hold)

Finish: LF diag. fwd (Close Promenade; Promenade Hold)

//Timing: 1234 5678 1234 //

NOTE - General: It may start from step 3 when preceded by a figure that ends in PP.

NOTE - General Action / Timing: Lady may replace steps 8 -9 with Continuous Spins Action, adding two more steps- timing 12345678&1&234

Overview

Travelling Spins from Counter Promenade Position

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Wall Lady backing Wall
Turn	Man turns $\frac{7}{8}$ right, $\frac{1}{8}$ left Lady turns $1\frac{1}{2}$ right

Ending Position	Promenade Position
Duration	Ten steps over 5 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1 - 3	Steps 1 - 3 Sixteen					1 2 3
Between 3 and 4					$\frac{1}{2}$ R	
4	LF back slightly side		Backing DW	BF		4
Between 4 and 5					$\frac{1}{4}$ R	
5	RF side in CPP	Raise L arm turn Lady R release R hand	Along LOD facing DC	HF or BF		5
6	LF forward and across in CPB			HF or BF		6
7 - 8	Repeat steps 5 - 6 LF RF			HF or BF		7 8
Between 8 and 9					$\frac{1}{8}$ R	
9	RF forward and slightly side	Normal Hold	Facing LOD	HF		1
Between 9 and 10					$\frac{1}{8}$ L	
10	LF side in PP		C facing DC	BF		2

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1 - 4	Steps 1 - 4 Sixteen	As Sixteen			1 2 3 4
Between 4 and 5				$\frac{1}{8}$ R	
5	LF side in CPP and turn to end with RF crossed loosely in front of LF without weight	Along LOD facing DW and turning to end facing DC	BF LF toe RF	$\frac{3}{4}$ R	5
Between 5 and 6				$\frac{1}{8}$ R	
6	RF forward	Facing LOD	HF		6
7 - 8	Repeat steps 5 - 6 LR				7 8

Between 8 and 9 9 LF side and slightly Backing LOD BF $\frac{1}{2}$ R 1 back **Between 9 and 10** HF $\frac{1}{8}$ R 10 RF side in PP Moving to C 2 facing DC against LOD

Spanish Line in Inverted Open Promenade Position or Open Counter Promenade Position

Start: RF fwd and across (Close Prom; Promenade Hold)

Finish: RF in front of LF w/o weight (R Side Same w/o Hold)

//Timing: 1234 5678 //

NOTE - General: Steps or only may be danced. +

Overview

Starting Position	Open Promenade Position
Starting Alignment	Man facing Wall Lady backing Wall
Turn	Man turns $\frac{1}{2}$ right, $\frac{3}{4}$ left Lady turns $\frac{1}{2}$ left, $\frac{3}{4}$ right
Lead/Hold	Visual leads
Ending Position	Promenade Position
Duration	Eight steps over 4 bars

Leader

Step	Foot Position	Lead/Hold	Alignment	Footwork	Turn	Count
1	RF forward and across in PP, CBP	Weight change	Along LOD Facing DW	HF		1
2	LF side	Release RH hold	Turning	BF	Begin $\frac{1}{2}$ R	2
3	RF back toe turned out	Release LH hold		BF		3
4	LF high on toe without weight slightly across RF		Down LOD R toe pointing DC against LOD	T	End $\frac{1}{2}$ R	4
5	LF forward in Open CPP		Turning	HF	Begin $\frac{3}{4}$ L	5
6	RF side		DC against LOD	BF		6
7	LF back toe turned out		L toe pointing DW against LOD	BF		7
8	RF high on toe without weight slightly across LF		Backing DW	T	End $\frac{3}{4}$ L	8

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	LF forward and across in PP		HF		1
2	RF side		BF	Begin $\frac{1}{2}$ L	2
3	LF back toe turned out		BF		3
4	RF high on toe without weight slightly across LF		T	End $\frac{1}{2}$ L	4
5	RF forward in Open CPP		HF	Begin $\frac{3}{4}$ R	5
6	LF side		BF		6
7	RF back toe turned out		BF		7
8	LF high on toe without weight slightly across RF		T	End $\frac{3}{4}$ R	8

Flamenco Taps

Start: LF in place (L Side Same w/o Hold or LH to RH Hold)

Finish: LF in front of RF w/o weight (L Side Same w/o Hold or LH to RH Hold)

//Timing: 12&34 //

NOTE - General: May start with RF (Man)

NOTE - Timing/ General Action: Alternative timing 1&2&34 may be used (3 taps w/o weight). The first and the third tap are in Latin Cross position, second tap is with foot extended back

Overview

Promenade Position

Starting Position	Spanish Line Position
Starting Alignment	Man facing Wall Lady backing Wall
Turn	No turn
Lead/Hold	Without hold throughout
Ending Position	Spanish Line Position
Duration	Five steps over 2 bars

Leader

Step	Foot Position	Footwork	Count
1	Change weight from RF to LF	BF	1
2	RF high on toe without weight tapped behind LF	T	2
3	RF high on toe without weight tapped behind LF	T	and
4	RF back, toe turned out small step	BF	3
5	LF high on toe without weight slightly across RF	T	4

Follower

Step	Foot Position	Footwork	Count
1	Change weight from LF to RF	BF	1
2	LF high on toe without weight tapped behind RF	T	2
3	LF high on toe without weight tapped behind RF	T	and
4	LF back, toe turned out small step	BF	3
5	RF high on toe without weight slightly across LF	T	4

Fregolina (also Farol)

FREGOLINA

Start: RF in place (Close Opp. to Close PP; Normal Hold to Promenade Hold)

Finish: Weight on LF (Close Opp.; Normal Hold)

//Timing: 1234 5678 1234 5678 1234 5678 123a4 //

NOTE - General: It may start from step 3 when preceded by a figure that ends in PP.

NOTE - General Action: Man may use Sur Place during Steps 9 - 26.

FAROL

Start: RF in place (Close Opp. to Close PP; Normal Hold to Promenade Hold)

Finish: Weight on LF (Close Opp.; Normal Hold)

//Timing: 1234 5678 1234 5678 123a4 //

NOTE - General: It may start from step 3 when preceded by a figure that ends in PP.

NOTE - General Action: Man may use Sur Place during Steps 9 - 18

Overview

Starting Position	Closed or Contact Position
Starting Alignment	Man facing Wall Lady backing Wall
Turn	Man no turn Lady turns $\frac{3}{8}$ right, $\frac{1}{4}$ left, $\frac{1}{4}$ right, $\frac{1}{8}$ left
Ending Position	Promenade Position
Duration	Twenty-eight steps over 14 bars

Leader

Step	Foot Position	Lead/Hold	Turn	Count
1 - 8	Steps 1 - 8 Sixteen			1 2 3 4 5 6 7 8

Man now stands still with feet together for 10 counts (9 - 12) Lead Lady forward to pass from R side to Slight body 1 2 3 4 L. On fourth count raise R arm, lower L turn L Circle hand anti-clockwise to turn Lady **(13 - 16)** Lead Lady to pass from L side to R side Body returns to normal 1 2 3 4 behind back, gradually lowering arms to Position over 1 and 2 waist level with L arm across back **(17 - 20)** Lead Lady to walk back passing from 1 2 3 4 R side to L side behind back reversing the arm positions **(21 - 24)** Lead Lady to pass from L side to R side 1 2 3 4 behind back to end in front of Man, reversing the arm positions and releasing hold with L hand on count 3 **25** Lead Lady to turn R with R hand 1 immediately releasing hold **26** Regain normal hold at end of Lady's turn 2 **27** RF side 3 **28** Close LF to RF 4

Lady's part listed on following page

Overview

Follower

Step	Foot Position	Alignment	Footwork	Turn	Count
1	Appel on LF	Facing C	WF		1
Between 1 and 2				$\frac{1}{8}$ R	
2	RF side in PP	Along LOD facing DC	HF		2
Between 3 and 4				$\frac{1}{8}$ R	
3	LF forward and across in PP, CBP	Pointing LOD	HF		3
4	RF forward	Facing LOD	HF		4
5	LF forward		HF		5
6	RF forward OP in CBP		HF	Begin $\frac{3}{8}$ R	6
Between 6 and 7				End $\frac{3}{8}$ R	
7	LF side and slightly back	Backing DC			
Between 7 and 8				$\frac{1}{8}$ R	
8	RF back to end at R angles to Man on his R	Backing LOD			
9	LF forward	Facing against LOD	HF		1
10	RF forward		HF		2
Between 10 and 11				$\frac{1}{8}$ L	
11	LF forward	Facing DW against LOD	BF		3
Between 11 and 12				$\frac{1}{8}$ L	
12	RF forward towards Man's L side then Spiral Turn RF under Man's arm to end LF crossed loosely in front of RF	Facing W and turning to end facing W	BF RF T LF		4
Between 12 and 13				$\frac{1}{4}$ L	
13	LF forward	Facing DW	HF		5
14	RF forward			Begin $\frac{1}{4}$ R	6
Between 14 and 15				End $\frac{1}{4}$ R	
15	LF side and slightly back	Backing C	BF		7
Between 15 and 16				$\frac{1}{8}$ R	
16	RF back and slightly across OP on R side	Facing DC	BF RF L heel raised		8
17	LF forward toe turned out	Facing DW against LOD	HF	Begin $\frac{1}{8}$ L	1
Between 17 and 18				End $\frac{1}{8}$ L	
18	RF side and slightly back	Backing C	BF		2

Step	Foot Position	Alignment	Footwork	Turn	Count
Between 18 and 19				$\frac{1}{8}$ L	
19	LF back and slightly across OP on L side toe turned out	Facing DC against LOD	BF		3
20	RF back to Spanish Line		BF RF L heel raised		4
21	LF forward behind Man's back	Facing DW	HF	Begin $\frac{1}{4}$ L	5
Between 21 and 22			HF	End $\frac{1}{4}$ L	6
22	RF forward behind Man's back	Facing DC			
Between 22 and 23				$\frac{1}{8}$ L	
23	LF forward passing Man's R	Facing C	HF		7
Between 23 and 24				$\frac{1}{4}$ L	
24	RF forward without weight in front of Man at R angle R knee flexed	Facing against LOD LOD	B LF flat foot Pressure on ball RF		8
25	Replace weight forward to RF	End facing W	BF	$\frac{3}{4}$ R	1
26	Close LF to RF without weight		BF		2
27	LF side		B or BF		3
28	Close RF to LF		B or BF		4

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