Quickstep — Figure Descriptions

Quarter Turn to Left

Start: RF bwd and slightly to side (Closed Position)
Finish: RF closes to LF (Closed Position)
//Timing: SQQ //

Natural Turn

Start: RF fwd (Closed Position)
Finish: RF closes to LF (Closed Position)
//Timing: SQQ //
NOTE - Couple Position: May start RF fwd in CBMP in Outside Partner Position

Natural Turn with Hesitation

Natural Turn
Start: RF fwd (Closed Position)
Finish: RF closes to LF (Closed Position)
//Timing: SQQ //
NOTE - Couple Position: May start RF fwd in CBMP in Outside Partner Position

Hesitation Change
Start: LF bwd and slightly to side (Closed Position)
Finish: Weight on RF, LF closes to RF without weight (Closed Position)
//Timing: SSS //
NOTE - Couple Position: Step 1 may be taken in CBMP in Outside Partner Position.
NOTE - General: Steps 1 -2 only may be used

Natural Spin Turn

Start: RF fwd (Closed Position)
Finish: LF bwd and slightly to side (Closed Position)
//Timing: SQQ SSS //
NOTE - Couple Position: May start RF fwd in CBMP in Outside Partner Position
NOTE - Timing: Alternative timing SQQ SQQ may be used

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NOTE - Quantity of Turn: It may be underturned (ending backing DC against LOD) or overturned (ending almost backing LOD)

Progressive Chasse

Start: LF fwd and slightly to side (Closed Position)
Finish: RF to side and slightly Bwd (Closed Position)
//Timing: SQQS //

Forward Lock

Start: RF fwd in CBMP (Outside Partner Position)
Finish: LF diag fwd (Closed Position)
//Timing: SQQS //
NOTE - General: Steps 2-4 only may be used.
NOTE - Couple Position: Step 1 may be RF fwd in Closed Position

Back Lock

Start: LF bwd in CBMP (Outside Partner Position)
Finish: RF diag bwd (Closed Position)
//Timing: SQQS //
NOTE - General: Steps 2-4 only may be used
NOTE - Couple Position: Step 1 may be LF bwd in Closed Position

Chasse Reverse Turn

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

Running Finish

Start: LF bwd in CBMP (Outside Partner Position)
Finish: LF fwd L side leading (Closed Position)

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//Timing: SQQ //
NOTE - Timing: Alternative timing QQS may be used
NOTE - Couple Position: It may end in PP

Natural Pivot Turn

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

Tipple Chasse to Right

At the Corner
Start: LF bwd (Closed Position)
Finish: RF to side and slightly fwd (Closed Position)
//Timing: SQQS //
NOTE - Foot Placement/Couple Position: Step 1 may be taken bwd in CBMP in Outside Partner Position
NOTE - General: Steps 2 - 4 only may be used
Along LOD
Start: LF bwd in CBMP (Outside Partner Position)
Finish: RF to side and slightly fwd (Closed Position)
//Timing: SQQS //
NOTE - General: Steps 2-4 only may be used
NOTE - Foot Placement/Couple Position: Step 1 may be taken bwd in CBMP in Outside Partner Position

Zig Zag and Back Lock

Zig Zag
Start: LF fwd and slightly to side (Closed Position)
Finish: RF diag bwd (Closed Position)
//Timing: SS SQQS //
NOTE - General: Steps 1-2 only may be used
Backward Lock
Start: LF bwd in CBMP (Outside Partner Position)
Finish: RF diag bwd (Closed Position)
//Timing: SQQS //
NOTE - General: Steps 2-4 only may be used
NOTE - Couple Position: Step 1 may be LF bwd in Closed Position

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Reverse Pivot

Start: RF diag bwd (Closed Position)
Finish: Weight on RF (Closed Position)
//Timing: S //

Cross Chasse

Start: LF fwd (Closed Position)
Finish: LF closes to RF (Closed Position)
//Timing: SQQ //

Double Reverse Spin

Start: LF fwd and slightly to side (Closed Position)
Finish: Weight on RF, LF closes to RF without weight (Closed Position)
//Timing: SSS //

Change of Direction

Start:
Finish:
//Timing: //

Progressive Chasse to Right

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

Closed Impetus Turn

Start: LF bwd and slightly to side (Closed Position)
Finish: LF to side and slightly bwd (Closed Position)

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//Timing: SSS //
NOTE - Couple Position: Step 1 may be taken bwd in CBMP in Outside Partner Position
NOTE - Timing: Alternative timing SQQ may be used

Natural Turn and Back Lock

Natural Turn
Start: RF fwd (Closed Position)
Finish: RF closes to LF (Closed Position)
//Timing: SQQ //
NOTE - Couple Position: May start RF fwd in CBMP in Outside Partner Position
Backward Lock
Start: LF bwd in CBMP (Outside Partner Position)
Finish: RF diag bwd (Closed Position)
//Timing: SQQS //
NOTE - General: Steps 2-4 only may be used
NOTE - Couple Position: Step 1 may be LF bwd in Closed Position

Quick Open Reverse

Start: LF fwd (Closed Position)
Finish: LF bwd in CBMP (Outside Partner Position)
//Timing: SQQ //

Cross Swivel

Start: LF fwd (Closed Position)
Finish: RF almost closes to LF slightly bwd without weight, weight on RF (Closed Position)
//Timing: SS //

Fish Tail

Start: RF fwd in CBMP (Outside Partner Position)
Finish: LF fwd and slightly leftwards (Closed Position)
//Timing: SQQ QQS //
NOTE- Quantity of turn: it may be danced without turn.

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Four Quick Run

Start: RF bwd and slightly to side (Closed Position)
Finish: LF fwd and slightly leftward (Closed Position)
//Timing: SQQQQS //

The V6

Start: LF bwd (Closed Position)
Finish: LF to side and slightly fwd (Closed Position)
//Timing: SQQS QQS //
NOTE-General: it may start from step 2.

Running Right Turn

Start: RF fwd (Closed Position)
Finish: LF fwd L side leading (Closed Position)
//Timing: SQQ SSSS QQS //
NOTE - Foot Placement/Couple Position: May start RF fwd in CBMP in OP Position. May end in Promenade Position.
NOTE-General: steps 1-4 or1-7 only may be used
NOTE-Timing: alternative timing of SQQ SQQ may be used on steps 5-10

Open Natural Turn

Start: RF Fwd and across in CBMP (Promenade Position)
Finish: RF bwd R side leading (Closed Position)
//Timing: SQQ //
NOTE - Couple Position: May start RF fwd in CBMP in Outside Partner Position

Open Impetus

Start: LF bwd and slightly to side (Closed Position)
Finish: LF diag. fwd L side leading (Promenade Position)
//Timing: SSS //
NOTE - Couple Position: Step 1 may be taken bwd in CBMP in Outside Partner Position
NOTE - Timing: Alternative timing SQQ may be used

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Closed Telemark

Start: LF fwd and slightly to side (Closed Position)
Finish: LF to side and slightly fwd (Closed Position.)
//Timing: SQQ //
NOTE - Timing: Alternative timing SSS may be used

Open Telemark

Start: LF fwd and slightly to side (Closed Position)
Finish: LF to side (Promenade Position)
//Timing: SQQ //
NOTE - Timing: Alternative timing SSS may be used

Wing

Start: RF fwd in CBMP (Outside Partner Position)
Finish: LF closes to RF w/o weight, weight on RF (Wing Position)
//Timing: S(QQ) //

Six Quick Run

Start: RF bwd and slightly to side (Closed Position)
Finish: LF fwd and slightly leftward (Closed Position)
//Timing: QQQQQ //
NOTE-General: due to the fast timing a slight jumping action may be used.

Rumba Cross

Start: LF fwd, long step (Closed Position)
Finish: LF to side and slightly bwd, weight on LF -Pivot (Closed Position)
//Timing: QQS //

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Tipsy to Right

Start: RF to side, small step (Closed Position)
Finish: RF to side, small step (Closed Position)
//Timing: Q&Q //

Tipsy to Left

Start: LF to side, small step (Closed Position)
Finish: LF to side, small step (Closed Position)
//Timing: Q&Q //

Hover Corte

Start: RF bwd (Closed Position)
Finish: transfer weight to RF (Closed Position)
//Timing: SSS //
NOTE- Couple Position: may start in Promenade Position

Outside Change

Start: LF bwd in CBMP (Outside Partner Position)
Finish: LF to side and slightly fwd (Closed Position)
//Timing: SQQ //
NOTE - Couple Position: May end in Promenade Position

Outside Spin

Start: LF bwd in CBMP (Outside Partner Position)
Finish: LF to side (Closed Position)
//Timing: SSS //
NOTE-Timing: Alternative timing SQQ may be used
NOTE- Foot Placement/Quantity of Turn: it may be underturned (no turn on step3) in which case the following step will be bwd.

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Natural Pivot

(WDSF only)
Start: LF bwd and slightly to side (Closed Position)
Finish: Weight on LF, RF held in position in Closed Position
//Timing: S //

Whisk

(WDSF only)
Start: LF fwd (Closed Position)
Finish: LF crossed behind (Promenade Position)
//Timing: SSS //
NOTE - Timing: Alternative timing SQQ may be used

Back Whisk

(WDSF only)
Start: LF bwd in CBMP (Outside Partner Position)
Finish: LF crosses behind RF (Promenade Position)
//Timing: SSS //
NOTE - Timing: Alternative timing SQQ may be used
NOTE - Couple Position: Step 1may be taken bwd in Closed Position

Natural Turing Lock

(WDSF only)
Start: RF bwd with R side leading (Closed Position)
Finish: LF diag fwd L side leading (Promenade Position)
//Timing: QQSS //
NOTE- Timing: alternative timing QQQQ may be used.
NOTE- Couple Position/ Foot Placement: may end in closed position, the following step is taken RF fwd in CBMP in Outside Partner position
NOTE- Quantity of Turn/ Couple Position: May be overturned to end in Closed Position (Man backing DC)

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Running Cross Chasse

(WDSF only)
Start: RF fwd in CBMP (Outside Partner position)
Finish: LF fwd L side leading (Closed Position)
//Timing: SQQS //
NOTE- Couple Position: It may end in Promenade Position

Weave From PP (see Waltz)

(WDSF only)
Start: RF fwd and across in CBMP (Promenade Position)
Finish: LF to side and slightly fwd (Closed Position)
//Timing: SQQ SQQ //
NOTE - General: steps 1-3 or 4-6 only may be used.
NOTE - Couple Position: may end in Promenade position

Natural Fallaway Turn (see Waltz)

(WDSF only)
Start: RF fwd and across in CBMP (Promenade Position)
Finish: LF to side and slightly fwd (Closed Position)
//Timing: SQQ SQQ //
NOTE - Foot Placement/ Couple Position: may start RF fwd in CBMP in Outside Partner position. It may end in Promenade Position

Running Spin Turn (see Waltz)

(WDSF only)
Start: RF fwd (Closed Position)
Finish: RF bwd R side leading (Closed Position)
//Timing: SQQ SQQS //
NOTE - Foot Placement/Couple Position: May start RF fwd in CBMP in Outside Partner Position.

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