Quickstep

Approved Syllabus · Standard Style

Click a figure to jump to its description.

1. Quarter Turn to Left
2. Natural Turn
3. Natural Turn with Hesitation
4. Natural Spin Turn
5. Progressive Chasse
6. Forward Lock
7. Back Lock
8. Chasse Reverse Turn *(ISTD only)*
9. Running Finish
10. Natural Pivot Turn *(ISTD only)*
11. Tipple Chasse to Right
12. Zig Zag and Back Lock
13. Reverse Pivot
14. Cross Chasse
15. Double Reverse Spin
16. Change of Direction
17. Progressive Chasse to Right *(ISTD only)*
18. Closed Impetus Turn
19. Natural Turn and Back Lock
20. Quick Open Reverse
21. Cross Swivel
22. Fish Tail
23. Four Quick Run
24. The V6
25. Running Right Turn
26. Open Natural Turn
27. Open Impetus
28. Closed Telemark
29. Open Telemark
30. Wing
31. Six Quick Run
32. Rumba Cross
33. Tipsy to Right
34. Tipsy to Left
35. Hover Corte
36. Outside Change
37. Outside Spin
38. Natural Pivot *(WDSF only)*
39. Whisk *(WDSF only)*
40. Back Whisk *(WDSF only)*
41. Natural Turing Lock *(WDSF only)*
42. Running Cross Chasse *(WDSF only)*

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43. Weave From PP (see Waltz) *(WDSF only)*
44. Natural Fallaway Turn (see Waltz) *(WDSF only)*
45. Running Spin Turn (see Waltz) *(WDSF only)*

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