

QUICKSTEP

	ZIG ZAG	Precede	Follow																																																																
START	Left Foot fwd and slightly to side (Closed Position)	Double Reverse Spin	Running Finish																																																																
FINISH	RF diag bwd (Closed Position)																																																																		
TIMING	SS SQQS																																																																		
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MAN	<table border="1"> <thead> <tr> <th rowspan="2">Step Action</th> <th rowspan="2">Foot Placement</th> <th rowspan="2">Alignment-Direction</th> <th rowspan="2">Quantity of Turn</th> <th rowspan="2">Foot Action</th> <th colspan="3">Timing</th> </tr> <tr> <th>A</th> <th>B</th> <th>C</th> </tr> </thead> <tbody> <tr> <td rowspan="2">1</td> <td>LF fwd and slightly to side</td> <td rowspan="2">Facing LOD</td> <td rowspan="2">Com. to turn to L on 1</td> <td rowspan="2">H Flat</td> <td rowspan="2">S</td> <td rowspan="2">1.2</td> <td rowspan="2">1</td> </tr> <tr> <td>Recover RF</td> </tr> <tr> <td rowspan="2">2</td> <td>RF to side</td> <td rowspan="2">Backing W</td> <td rowspan="2">1/4 to L between 1 and 2</td> <td rowspan="2">BH</td> <td rowspan="2">S</td> <td rowspan="2">3.4</td> <td rowspan="2">2</td> </tr> <tr> <td>Recover Body (slightly recover LF)</td> </tr> <tr> <td rowspan="2">3</td> <td>LF bwd in CBMP</td> <td rowspan="2">Backing DW</td> <td rowspan="2">1/8 to L between 2 and 3 Body turns less</td> <td rowspan="2">TH</td> <td rowspan="2">S</td> <td rowspan="2">5.6</td> <td rowspan="2">3</td> </tr> <tr> <td>Recover RF</td> </tr> <tr> <td rowspan="2">4</td> <td>RF bwd</td> <td rowspan="2">Backing DW</td> <td rowspan="2"></td> <td rowspan="2">T</td> <td rowspan="2">Q</td> <td rowspan="2">7</td> <td rowspan="4">4</td> </tr> <tr> <td>Recover Body</td> </tr> <tr> <td rowspan="2">5</td> <td>LF crosses in front of RF</td> <td rowspan="2">Backing DW</td> <td rowspan="2"></td> <td rowspan="2">T</td> <td rowspan="2">Q</td> <td rowspan="2">8</td> </tr> <tr> <td>Weight on LF</td> </tr> <tr> <td rowspan="2">6</td> <td>RF diag bwd</td> <td rowspan="2">Backing DW</td> <td rowspan="2"></td> <td rowspan="2">TH</td> <td rowspan="2">S</td> <td rowspan="2">1.2</td> <td rowspan="2">5</td> </tr> <tr> <td>Recover LF</td> </tr> </tbody> </table>	Step Action	Foot Placement	Alignment-Direction	Quantity of Turn	Foot Action	Timing			A	B	C	1	LF fwd and slightly to side	Facing LOD	Com. to turn to L on 1	H Flat	S	1.2	1	Recover RF	2	RF to side	Backing W	1/4 to L between 1 and 2	BH	S	3.4	2	Recover Body (slightly recover LF)	3	LF bwd in CBMP	Backing DW	1/8 to L between 2 and 3 Body turns less	TH	S	5.6	3	Recover RF	4	RF bwd	Backing DW		T	Q	7	4	Recover Body	5	LF crosses in front of RF	Backing DW		T	Q	8	Weight on LF	6	RF diag bwd	Backing DW		TH	S	1.2	5	Recover LF		
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QUICKSTEP

ZIG ZAG		Precede		Follow				
LADY	Step Action	Foot Placement	Alignment-Direction	Quantity of Turn	Foot Action	Timing		
		A	B	C				
	1	RF bwd and slightly to side Recover Body	Backing LOD	Com. to turn to L on 1	TH	S	1.2	1
	2	LF closed to RF (Heel Turn) Weight on LF	Facing DW	3/8 to L between 1 and 2 Body turns less	H Flat	S	3.4	2
	3	RF fwd in CBMP Recover LF	Facing DW		HT	S	5.6	3
	4	LF fwd and slightly leftwards Recover Body	Facing DW		T	Q	7	4
	5	RF crosses behind LF Weight on RF	Facing DW		T	Q	8	
6	LF fwd and slightly leftwards Recover RF	Facing DW		TH	S	1.2	5	

Chart: cp. WDSF Quickstep p.109 f.

QUICKSTEP

	DRAG HESITATION	Precede	Follow
START	LF fwd and slightly to side (Closed Position)		
FINISH	LF closed to RF w/o weight, weight on RF (Closed Position)	Double Reverse Spin	Back Lock
TIMING	SSS		

	WEAVE FROM PP	Precede	Follow
START	RF fwd and across in CBMP (Promenade Position)		
FINISH	LF to side and slightly fwd (Closed Position)	Turning Lock to the Right	Natural Turn
TIMING	SQQ SQQ		
NOTE	General: STEPS 1-3 OR 4-6 may be used		
NOTE	Couple Position: may end in Promenade Position		When finished in PP: Passing Natural Turn

QUICKSTEP

	NATURAL FALLAWAY TURN	Precede	Follow
START	RF fwd (Closed Position)		
FINISH	RF bwd R side leading (Closed Position)	Open Impetus Turn	Natural Turn
TIMING	SQQ SQQS		
NOTE	Foot Placement/Couple Position: may start in CBMP in Outside Partner Position.		
NOTE	Foot Placement/Couple Position: may end in Promenade Position		When finished in PP: Passing Natural Turn

	WING	Precede	Follow
START	RF fwd in CBMP (Outside Partner Position)		
FINISH	LF closed to RF w/o weight, weight on RF (Wing Position)	Progressive Chasse to the Left	Progressive Chasse to the Right
TIMING	S(QQ)		

QUICKSTEP

	WING from Promenade Position	Precede	Follow
START	RF fwd and across in CBMP (Promenade Position)		
FINISH	LF closed to RF w/o weight, weight on RF (Wing Position)	Open Impetus Turn	Progressive Chasse to the Right
TIMING	S(QQ)		

	RUNNING SPIN TURN	Precede	Follow
START	RF fwd (Closed Position)	Natural Turn	Left foot [*] LINKING step followed by V6. Left foot Linking step followed by Progressive Chasse to the left
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	Running Finish	
NOTE	*When two figures cannot be connected directly, a linking step (Timing S) may be used.		

QUICKSTEP

	TURNING LOCK TO THE RIGHT (+OVERTURNED FINISHED IN CLOSED POSITION) = NATURAL TURNING LOCK	Precede	Follow
START	RF bwd with R side leading (closed position)	Natural Spin turn	Weave from PP
FINISH	LF diag fwd L side leading (Promenade Position)		
TIMING	QQSS		
NOTE	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	Natural Spin turn	RF fwd (Man) LF bwd (Lady) - *Connecting Step for (e.g. Quick Open Reverse Turn)
NOTE	Quantity of Turn/Couple Position: May be overturned to end in Closed Position (Man backing DC)	Natural Spin turn	Progressive Chasse to the Left
NOTE	*When two figures cannot be connected directly, a linking step (Timing S) may be used.		