

International Standard - Waltz

Begin man facing diagonal wall at the beginning of a long side of the floor

- | | |
|--|----------------------------------|
| 1. Natural Turn | 1, 2, 3, 4, 5, 6 |
| 2. Closed Changes | 1, 2, 3 |
| 3. Reverse Turn | 1, 2, 3, 4, 5, 6 |
| 4. Whisk into promenade position (pp) | 1, 2, 3 |
| 5. Chasse from pp | 1, 2, &, 3 |
| 6. Natural Turn (half) | 1, 2, 3 |
| 7. Hesitation Change | 1, 2, 3 |
| 8. Double Reverse Spin | 1, 2, 3 (man) 1, 2, &, 3 (lady) |
| 9. Progressive Chasse to right (rt) | 1, 2, &, 3 |
| 10. Outside Change | 1, 2, 3, half natural (1, 2, 3) |
| 11. Natural Spin Turn | 1, 2, 3 |
| 12. Reverse Turn | 1, 2, 3, 4, 5, 6 |
| **Optional for later: add reverse pivot after reverse turn | |
| 13. Basic Weave | 1,2, 3, outside change (1, 2, 3) |
| 14. Natural Turn | 1, 2, 3, 4, 5, 6 |
| REPEAT | |

International Standard - Tango

Begin man facing diagonal wall at the beginning of a long side of the floor

S = 2 beats and Q = 1 beat of music. This can also be counted numerically 1-4 or 1-8.

- | | |
|---|-----------------------------|
| 1. Walks | S S |
| 2. Progressive Link | Q Q |
| 3. Closed Promenade | S Q Q S |
| 4. Walks | S S |
| 5. Open reverse turn | Q Q S, Q Q S |
| 6. Progressive link | Q Q |
| 7. Natural twist turn | S Q Q S Q Q |
| 8. Closed promenade | S Q Q S |
| 9. Back corte | S |
| 10. Walks with tango finish | Q Q S |
| 11. Walks (begins short side here!) | S S |
| 12. Progressive side step | Q Q S (extra step, S) |
| 13. Rocks on right foot (rf) and left foot (lf) | Q Q S, Q Q S |
| 14. Back corte | S |
| 15. Tango Ending | Q Q S (create a big circle) |
| 16. Progressive link | Q Q |
| 17. Natural Promenade Turn | S Q Q S |
| 18. Rock turn | Q Q |
| 19. Back Corte | S |
| 20. Walks with tango finish | Q Q S |
| REPEAT | |

International Standard - Foxtrot

Begin man facing diagonal center at the beginning of a long side of the floor

S = 2 beats and Q = 1 beat of music. This can also be counted numerically 1 to 4 or 1 to 8.

Begin with preparatory step, then...

- | | |
|--|--------------------------------------|
| 1. Feather step | S Q Q |
| 2. Reverse turn and feather finish | S Q Q S Q Q |
| 3. Reverse turn (1/2) | S Q Q |
| 4. Back Check | Q |
| 5. Basic Weave | Q Q Q Q Q Q (6 steps) |
| 6. Three step | S Q Q |
| 7. Natural turn | S Q Q |
| 8. Change of direction (takes 2 measures of time) | S S S S (1st S begins next step) |
| **Optional for later - add closed impetus and feather finish | |
| 9. Feather step | S Q Q |
| 10. Reverse turn and feather finish | S Q Q S Q Q |
| 11. Three step | S Q Q |
| 12. Natural weave | S Q Q Q Q Q Q |
| 13. Change of direction | S S S S (last step begins next step) |
| REPEAT | |

International Standard - Quickstep

Begin man facing diagonal wall $\frac{3}{4}$ of the way down the short side of the floor (going into a corner).

This dance is easier to count with Quick (Q) and Slow (S) counts.

- | | |
|--|----------------------------|
| 1. $\frac{1}{2}$ Natural Turn | S Q Q |
| 2. Natural pivot turn | S S Q Q |
| 3. Natural turn with hesitation | S S S |
| 4. Double reverse spin | S Q Q (man) S Q & Q (lady) |
| 5. Progressive chasse to right | S Q Q S |
| 6. Backward lock step | S Q Q S |
| 7. Running finish | S Q Q S Q Q |
| 8. Natural spin turn | S S S |
| 9. Progressive chasse | S Q Q S |
| 10. Quarter turn to right | S Q Q S |
| 11. Progressive chasse | S Q Q S |
| 12. Forward lock step (not shown on the DVD) | S Q Q S |
| REPEAT | |