

Foxtrot : Hampstead – 4:30 - 6

Balance en Cont. Ssqq, ssqqqq

Promenade en Cont. To change walls if necessary. Sqq, sqq

Parallel 2nd to back to LDD – New LDD
Sqq, sqq, sqq, sqq

Pivot a Droite (finish back to DC) Ssqq

Return with Chassé to face Wall
Ssqqqqqq

Tour en Promenade to change walls –
close up with Lady turning Ssqq, ssqq

Continuite Avancé - finish not in
Cont. But closed facing Wall to start
all over. Sqq, sqq, sqq, sqq