

Foxtrot – Friday 7-8:30

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 . Sqq, sqq, sqq, sqq

Sweetheart Sqq, Sqq, Sqq ,Sqq

Foxtrot Friday 7 – 8:30 3rd Wall

Tour en Promenade to DW Ss,qq

Vis with Tour a Gauche Ss,qq & Sqq,
Sqq

Chasse - Back to LDD Ss,qqqqqq

Pivot a la Promenade Sqq, Sqq

Tour a Gauche en Continuity Sqq,
Sqq

Tour a Gauche Avance Sqq, Sqq