ACTIONS

Defined as motion without weight change. Not limited to any specific rhythm(s).

PHASE I

BOW
BUMP
CURTSY
HEEL
POINT
SHAKE
STAMP
TAP
TOE
TOUCH
WIGGLE

PHASE II

BRUSH
DRAW
KICK
KNEE
LIFT
SWING
SWIVEL
TWIST
UNWRAP
WRAP

PHASE III

DISHRAG
FAN
FLARE
FLICK
HOOK
RISE

PHASE IV

GANCHO
HEEL PULL
LATIN CROSS
RONDE
SWAY

PHASE V

CHANGE OF SWAY
SPIRAL

PHASE VI

BODY RIPPLE
OPPOSITION POINTS

MOVEMENTS

Defined as motion that requires a step be taken with a resulting change of weight.

PHASE III

BUZZ
CHANGE POINT
FIGURE 8
HEEL PIVOT
HEEL TURN
SLIP
SWIVEL WALK

PHASE IV

HIP ROCKS

PHASE V

CHALLENGE LINE
PRETZEL WRAP
TUMBLE TURN
TUNNEL

BOLERO

PHASE III

BASIC
BOLERO WALKS
FENCE LINE
FORWARD BREAK
HAND TO HAND
HIP LIFT
LUNGE BREAK
NEW YORKER
OPEN BREAK
OPENING OUT
REVERSE UNDERARM TURN
SHOULDER TO SHOULDER
SPOT TURN
TIME STEP
UNDERARM TURN

PHASE IV

AIDA
CROSS BODY
HIP ROCKS
LEFT PASS
RIGHT PASS
SWITCH
SWITCH ROCK
TURNING BASIC

PHASE V

CONTRA BREAK
CUDDLE
HALF MOON
HORSESHOE TURN
RIFF TURN
SWEETHEART

CHA CHA

PHASE III

BACK BASIC
BASIC
BREAK (to position)
CHASE
CRAB WALKS
CUCARACHA
FENCE LINE
FORWARD BASIC
HAND TO HAND
LARIAT
NEW YORKER
OPEN BREAK
REVERSE UNDERARM TURN
SHOULDER TO SHOULDER
SIDE WALKS
SLIDING DOOR
SPOT TURN
TIME STEP
TRAVELING DOOR
UNDERARM TURN
WALK
WHIP

PHASE IV

AIDA
ALEMANA
ALEMANA from a FAN
CHASE PEEK-A-BOO
CROSS BODY
DEVELOPE
FAN (from Half a Basic)
FLIRT
HOCKEY STICK
PARALLEL CHASE
SWITCH
SWITCH ROCK
TRIPLE CHA FORWARD or BACK
UMBRELLA TURN

PHASE V

CHALLENGE CHASE
CLOSED HIP TWIST
CROSS BASIC
CUDDLE
DOUBLE CUBAN BREAKS
FULL NATURAL TOP
LA SUIZA
NATURAL OPENING OUT
OPEN HIP TWIST
SINGLE CUBAN BREAKS
SIT LINE
STOP and GO HOCKEY STICK
SWEETHEART

PHASE VI

ADVANCED ALEMANA
ADVANCED HIP TWIST
ADVANCED SLIDING DOOR
BALLERINA WHEEL
CONTINUOUS NATURAL TOP
CURL
FOLLOW MY LEADER
FULL REVERSE TOP
ROPE SPIN
TURKISH TOWEL

FOXTROT

PHASE III

BOX
BOX (Left Turning)
BOX FINISH
CHAIR
CHASSE
  FORWARD CHASSE
  THRU CHASSE TO SEMI-CLOSED
  THRU CHASSE TO BANJO
  TURN LEFT & RIGHT CHASSE
CROSS HOVER
CROSS PIVOT
FORWARD RUN TWO
FOXTROT TWISTY VINE
FOXTROT VINE
HOVER
HOVER FALLAWAY
IMPETUS to SEMI-CLOSED
LEFT FACE FOXTROT TURN
MANEUVER
PROGRESSIVE BOX
RIGHT FACE FOXTROT TURN
SLIP PIVOT
SPIN TURN
WHISK
WING

PHASE IV

BACK FEATHER
BACK HOVER
BACK HOVER TELEMARK
BACK WHISK
CHAIR and SLIP
CHANGE of DIRECTION
CLOSED IMPETUS
CLOSED WING
CROSS HESITATION
CROSS SWIVEL
DEVELOPE
DIAMOND TURN
DRAG HESITATION
FEATHER
FEATHER FINISH
FORWARD HOVER
HEEL PULL
HESITATION CHANGE
HOVER CORTE
HOVER TELEMARK
IN and OUT RUNS
LEFT WHISK
NATURAL HOVER FALLAWAY
NATURAL TURN
NATURAL TURN ONE HALF
OPEN NATURAL TURN
OPEN REVERSE TURN
OUTSIDE CHANGE to BANJO
OUTSIDE CHANGE TO SEMI-CLOSED
OUTSIDE CHECK
OUTSIDE SWIVEL
OVERSWAY
PROGRESSIVE WING
PROMENADE SWAY
PROMENADE WEAVE
REVERSE FALLAWAY
REVERSE TURN
REVERSE TURN ONE HALF
REVERSE WAVE
RIGHT LUNGE
SLOW SIDE LOCK
TELEMARK
TELEMARK to BANJO
THREE STEP
WEAVE to BANJO
WEAVE to SEMI-CLOSED
WHIPLASH

PHASE V

BACK CURVING THREE STEP
BACK TURNING WHISK
CHECK and WEAVE
CONTRA CHECK
CONTRA CHECK and SLIP
CONTRA CHECK and SWITCH
CURVED FEATHER
CURVING THREE STEP
DOUBLE REVERSE SPIN
EROS LINE
FORWARD TIPPLE CHASSE
HAIRPIN
HINGE
HOVER CROSS ENDING
JETE POINT
LILT
MINI-TELESPIN
NATURAL FALLAWAY WHISK
NATURAL HOVER CROSS
NATURAL TELEMARK
NATURAL WEAVE
OUTSIDE SPIN
QUICK OPEN REVERSE
REVERSE FALLAWAY and SLIP
REVERSE IMPETUS TURN
RIGHT LUNGE ROLL and SLIP
RIPPLE CHASSE
RISING LOCK
ROYAL SPIN
RUNNING OPEN NATURAL
SYNCOPATED WHISK
TIPPLE CHASSE
TOP SPIN
TURNING LOCK
ZIG ZAG

PHASE VI

BIG TOP
CHECKED NATURAL SLIP
CHECKED REVERSE SLIP
CONTINUOUS HOVER CROSS
DOUBLE NATURAL SPIN
DOUBLE TELEMARK
LEFT FEATHER
LINK to PROMENADE
NATURAL TWIST TURN
PIVOT to HAIRPIN
REVERSE CORTE
REVERSE PIVOT
RONDE and SLIP
RUDOLPH RONDE
RUDOLPH RONDE and SLIP
RUMBA CROSS
RUNNING HOVER
RUNNING SPIN
SAME FOOT LUNGE
SPIN and DOUBLE TWIST
SPIN and TWIST
TELEFEATHER
TELERONDE
TELESPIN
TELESWIVEL
THREE FALLAWAYS
THROWAWAY OVERSWAY
TRAVELING CONTRA CHECK
TRAVELING HOVER CROSS
TRAVELING SWIVEL

JIVE

PHASE III

BASIC ROCK
CHANGE HANDS BEHIND BACK
CHANGE PLACES LEFT to RIGHT
CHANGE PLACES RIGHT to LEFT
CHASSE
FALLAWAY, LEFT FACE TURNING
FALLAWAY, RIGHT FACE TURNING
FALLAWAY ROCK
FALLAWAY THROWAWAY
JIVE WALKS
KICK BALL CHANGE
LINK
LINK ROCK
POINT STEPS
PROGRESSIVE ROCK
ROCK the BOAT
SHAG STEP
SWIVEL WALKS
THROWAWAY
TRIPLE
TRIPLE, RIGHT FACE TURNING

PHASE IV

AMERICAN SPIN
CHICKEN WALKS
LINDY CATCH
LINK
LINK ROCK
MARCHESSI
MIAMI SPECIAL
PRETZEL TURN
RIVERBOAT SHUFFLE
SAILOR SHUFFLE
SHOULDER SHOVE
SIDE BREAKS
SPANISH ARMS
TRIPLE WHEEL
WINDMILL

WEST COAST SWING
ANCHOR
COASTER
FRENCH CROSS
LEFT SIDE PASS
MAN'S UNDERARM TURN
RIGHT SIDE PASS
SIDE BREAKS
SUGAR PUSH
THROWOUT
UNDERARM TURN
WRAPPED WHIP

PHASE V

CATAPULT
CHASSE ROLL
FLICKS into BREAKS
MOOCH
NECK SLIDE
SHE GO, HE GO
STOP and GO
WHIP THROWAWAY
WHIP TURN

WEST COAST SWING
CHEEK TO CHEEK
FACELOOP
SIDE WHIP
SUGAR BUMP
SURPRISE WHIP
TRIPLE TRAVEL with ROLL
TUCK and SPIN
TUMMY WHIP
WHIP TURN

PHASE VI

CHOPPER
COCA ROLA
CURLY WHIP
FLEA HOPS
ROLLING OFF the ARM
SHOULDER ROLL
SIMPLE SPIN
TURNSTILE
WHIP SPIN

WEST COAST SWING
ALTERNATING UNDERARM TURN
SUGAR PUSH HOOK TURN
TRAVELING SIDE PASS
WHIP INSIDE TURN
WHIP OUTSIDE TURN

MAMBO

PHASE III

BACK BASIC
BREAK (to position)
BASIC
CHASE
FORWARD BASIC
NEW YORK
OPEN BREAK
SPOT TURN

PHASE IV

CROSS BODY
PATTY CAKE TAP
PROGRESSIVE BASIC
SCALLOP

PHASE V

ARM CHECK

PASO DOBLE

PHASE IV

APPEL
ATTACK
BASIC (Forward or Back)
CHASSES to LEFT
CHASSES to RIGHT
ECART
ELEVATIONS
PRESS LINE
PROMENADE CLOSE
PROMENADE LINK
SEPARATION
SUR PLACE
THE CAPE (HUIT)

PHASE V

BANDERILLAS
COUP de PIQUE
FALLAWAY REVERSE
GRAND CIRCLE
LEFT FOOT COUP de PIQUE
PROMENADE
SHADOW ATTACK
SIXTEEN

PHASE VI

CHASSE CAPE
FAROL
FREGOLINA
LA PASSE
SYNCOPATED SEPARATION
TRAVELING SPINS from COUNTER PROMENADE
TRAVELING SPINS from PROMENADE

QUICKSTEP

PHASE III

FISHTAIL
HOVER
HOVER FALLAWAY
IMPETUS to SEMI-CLOSED
SPIN TURN
WHALETAIL
WHISK
WING

PHASE IV

BACK WHISK
CHAIR and SLIP
CHANGE of DIRECTION
CHARLESTON CROSSES
CLOSED IMPETUS
CROSS CHASSE
CROSS HESITATION
DEVELOPE
DRAG HESITATION
FLICKER
HEEL PULL
HESITATION CHANGE
HOVER CORTE
HOVER TELEMARK
IN and OUT RUNS
LEFT WHISK
NATURAL HOVER FALLAWAY
NATURAL TURN
NATURAL TURN ONE HALF
OPEN NATURAL TURN
OUTSIDE CHANGE TO BANJO
OUTSIDE CHANGE TO SEMI-CLOSED
OUTSIDE SWIVEL
PROGRESSIVE CHASSE
PROMENADE SWAY
QUARTER TURNS
QUARTER TURNS and PROGRESSIVE CHASSE
REVERSE CHASSE TURN
REVERSE FALLAWAY
RUNNING BACK LOCKS
RUNNING FORWARD LOCKS
TELEMARK
TELEMARK to BANJO
VIENNESE TURNS

PHASE V

BACK TURNING WHISK
CHASSE ROLL
CONTRA CHECK
CONTRA CHECK and SLIP
CONTRA CHECK and SWITCH
DOUBLE REVERSE SPIN
FORWARD TIPPLE CHASSE
HAIRPIN
HINGE
JETE POINT
MINI-TELESPIN
OUTSIDE SPIN
QUICK OPEN REVERSE
REVERSE FALLAWAY SLIP
RUNNING FINISH
SCOOP
SIX QUICK TWINKLE
STUTTER
TIPPLE CHASSE
TIPSY POINT
TOP SPIN
TURNING LOCK
WOODPECKERS
ZIG ZAG

PHASE VI

BIG TOP
FOUR QUICK RUN
PIVOT to HAIRPIN
REVERSE CORTE
REVERSE PIVOT
RUDOLPH RONDE
RUDOLPH RONDE and SLIP
RUMBA CROSS
SPIN and DOUBLE TWIST
SPIN and TWIST
TELESPIN
THROWAWAY OVERSWAY
TRAVELING CONTRA CHECK
V-6

RUMBA

PHASE III

BACK BASIC
BASIC
BREAK (to position)
CHASE
CRAB WALKS
CUCARACHA
FENCE LINE
FORWARD BASIC
HAND TO HAND
LARIAT
NEW YORKER
OPEN BREAK
PROGRESSIVE WALKS
(Forward or Back)
REVERSE UNDERARM
TURN
SHOULDER TO SHOULDER
SIDE WALKS
SLIDING DOOR
SPOT TURN
TIME STEP
TRAVELING DOOR
UNDERARM TURN
WHIP

PHASE IV

AIDA
ALEMANA
ALEMANA from a FAN
CHASE PEEK-A-BOO
CROSS BODY
DEVELOPE
FAN
FLIRT
HOCKEY STICK
KIKI WALKS
LATIN WHISK
SWITCH
SWITCH ROCK

PHASE V

CLOSED HIP TWIST
CROSS BASIC
CUDDLE
FULL NATURAL TOP
NATURAL OPENING OUT
OPEN HIP TWIST
PARALLEL BREAKS
SIT LINE
STOP and GO HOCKEY
STICK
SWEETHEART
TORNILLO WHEEL

PHASE VI

ADVANCED ALEMANA
ADVANCED HIP TWIST
ADVANCED SLIDING DOOR
BALLERINA WHEEL
CIRCULAR HIP TWIST
CONTINUOUS NATURAL
TOP
CURL
FULL REVERSE TOP
HORSE and CART
ROPE SPIN
SAME FOOT LUNGE
THREE ALEMANAS
THREE THREES
TURKISH TOWEL

SAMBA

PHASE IV

BASIC FORWARD and BACK
BOX
COPAS (Copacabanas)
LAZY SAMBA TURNS
LEFT TURNS
MARCHESSI
REVERSE TURN
SAMBA RUNS
SAMBA WALKS
SIDE SAMBA WALK
STATIONARY WALKS
TRAVELING BACK LOCKS
TRAVELING LOCKS
VOLTA
CIRCULAR VOLTA
CRISS CROSS VOLTA
CURVING VOLTA
MAYPOLE
SPOT VOLTA
TRAVELING VOLTA
TURNING TRAVELING
VOLTA
WHISKS

PHASE V

BOTA FOGO
BOTA FOGO to SCP and
RSCP
CONTRA BOTA FOGO
CORTA JACA
NATURAL ROLL
PLAIT
REVERSE BARREL ROLL
SHADOW BOTA FOGOS
TRAVELING BOTA FOGOS

PHASE VI

CRUZADO
ROLLING OFF the ARM

SLOW TWO STEP

PHASE III

BASIC
BASIC ENDING
LUNGE BASIC
OPEN BASIC
REVERSE UNDERARM
TURN
SIDE BASIC
TRAVELING CHASSES
UNDERARM TURN

PHASE IV

INSIDE ROLL
LEFT TURN with INSIDE
ROLL
OUTSIDE ROLL
RIGHT TURN with OUTSIDE
ROLL
SWEETHEART RUNS
SWITCH(es)
TRAVELING CROSS
CHASSES

PHASE V

TRIPLE TRAVELER

TANGO

PHASE III

CORTE
CRISS CROSS
GAUCHO TURN
SERPIENTE
SIDE CORTE
TANGO DRAW
WALK
WHISK

PHASE IV

ADVANCE CORTE
ARGENTINE BASIC
DEVELOPE
DOBLE CRUZ
LEG CRAWL
OCHOS
OPEN REVERSE TURN CLOSED FINISH
OUTSIDE SWIVEL
OVERSWAY
PROMENADE SWAY
REVERSE FALLAWAY
REVERSE TURN CLOSED FINISH
REVERSE TURN OPEN FINISH
RIGHT LUNGE
SPANISH DRAG
TURNING TANGO CLOSED
VIENNESE TURNS

PHASE V

BACK CORTE
BACK OPEN PROMENADE
BACK TWINKLE
BRUSH TAP
CLOSED PROMENADE
CONTRA CHECK
CONTRA CHECK and SLIP
CONTRA CHECK and SWITCH
DROP OVERSWAY (from Closed Position)
FIVE STEP
FOUR STEP
JETE POINT
LINK
OPEN PROMENADE
OUTSIDE SWIVEL and TAP
OUTSIDE SWIVEL LINK
PROGRESSIVE LINK
PROGRESSIVE SIDE STEP
PROMENADE
PROMENADE LINK
PROMENADE QUARTER BEATS
PROMENADE TAP
QUARTER BEATS
REVERSE FALLAWAY and SLIP
RIGHT LUNGE ROLL and SLIP
ROCK TURN
STALKING WALKS

PHASE VI

CHASE
DOUBLE CLOSED PROMENADE
DOUBLE OPEN PROMENADE
DOUBLE TELEMARK
NATURAL PIVOT TURN
NATURAL PROMENADE TURN
NATURAL TWIST TURN
REVERSE PIVOT
RONDE and SLIP
RUDOLPH RONDE
RUDOLPH RONDE and SLIP
RUMBA CROSS
SAME FOOT LUNGE
TELESPIN
THROWAWAY OVERSWAY
TRAVELING SWIVEL

TWO STEP

PHASE I

AWAY and TOGETHER
BACK (Step)
BACK TWO STEP
BALANCE (Forward and Back)
BALANCE (One Step)
BALANCE (Side)
BEHIND
BOX
CHUG
CIRCLE AWAY
CIRCLE AWAY and TOGETHER
CLOSE
CROSS
- CROSS BEHIND
- CROSS in BACK
- CROSS in FRONT
- CROSS LEFT in BACK
- CROSS LEFT in FRONT
- CROSS RIGHT in BACK
- CROSS RIGHT in FRONT

FACE
FORWARD (Step)
FORWARD TWO STEP
GLIDE
LADY UNDER
MAN UNDER
PICKUP
RECOVER
REVERSE BOX
ROCK
RUN
SIDE (Step)
SIDE TWO STEP
SIDE TWO STEP APART and TOGETHER
SLIDE
STEP
STOMP
STROLL
STRUT
SWAGGER
THRU
WALK

PHASE II

AWAY STEP STEP
BACK LOCK BACK
BACK TO BACK
BASKETBALL TURN
BOX LEFT TURNING
BOX RIGHT TURNING
BREAKAWAY
BROKEN BOX
CHANGE SIDES
CHARLESTON
CHECK
CIRCLE BOX
CIRCLE CHASE
CIRCLE PICKUP
CROSS WALK
CUT
DIP
DOOR
FACE TO FACE
FACE TO FACE and BACK TO BACK
FORWARD LOCK FORWARD
HITCH
HITCH (Forward and Back)
HITCH FOUR
HITCH SCISSORS
HOP
LACE
LIMP
LIMP (Front)
LOCK
LUNGE
MANEUVER
OPEN BOX
OPEN REVERSE BOX
PIVOT
PIVOT, RIGHT FACE
PROGRESSIVE BOX
PROGRESSIVE SCISSORS
QUICK TWO STEP
REVERSE TWIRL
REVERSE TWIRL VINE
ROCK STEPS
ROLL
SAND STEP
SCISSORS
SCISSORS HITCH
SCOOT
SKATE
SKIP
SLIDING DOOR
SOLO LEFT TURNING BOX
SPOT SPIN
STEP SWIVEL
THRU SCISSORS
TOGETHER STEP STEP
TRAVELING BOX
TRAVELING DOOR
TWIRL
TWIRL VINE
TWISTY VINE
TWO TURNING TWO STEPS
UNWIND
VINE
VINE APART and TOGETHER
VINE EIGHT
VINE FOUR
VINE THREE
VINE (Open)
WHEEL

PHASE III

FISHTAIL
LEFT TURNING TWO STEP
PIVOT, RIGHT FACE DOUBLE
STAIR, FORWARD
STAIR, SIDE
STROLLING VINE
SUSIE Q
WHALETAIL

WALTZ

PHASE I

APART and TOGETHER
BACK (Step)
BALANCE (Forward and Back)
BALANCE (One Step)
BALANCE (Side)
BOX
CIRCLE AWAY
CIRCLE AWAY and TOGETHER
CLOSE
CROSS
- CROSS BEHIND
- CROSS in BACK
- CROSS in FRONT
- CROSS LEFT in BACK
- CROSS LEFT in FRONT
- CROSS RIGHT in BACK
- CROSS RIGHT in FRONT

FACE
FORWARD (Step)
LADY UNDER
MAN UNDER
PICKUP
RECOVER
REVERSE BOX
ROCK
SIDE (Step)
STEP
THRU
WALTZ AWAY and TOGETHER

PHASE II

BACK TWINKLE
BACK WALTZ
BOX (Left Turning)
BOX (Right Turning)
CANTER
CHANGE SIDES
CHECK
DIP
FORWARD WALTZ
LACE
LEFT FACE TURNING WALTZ
MANEUVER
OPEN BOX
OPEN REVERSE BOX
PIVOT
PROGRESSIVE BOX
PROGRESSIVE TWINKLE
REVERSE TWIRL
REVERSE TWIRL VINE
RIGHT FACE TURNING WALTZ
ROLL
SOLO TURNING BOX
SOLO WALTZ TURN
SPIN MANEUVER
STANDARD WALTZ
THRU SIDE CLOSE

PHASE II (CONT.)

THRU TWINKLE
TURN FACE CLOSE
TWINKLE
TWIRL
TWIRL VINE
TWISTY VINE
VINE SIX
VINE THREE
WHEEL

PHASE III

BACK BACK/LOCK BACK
BOX FINISH
CHAIR
CHASSE
- FORWARD CHASSE
- THRU CHASSE to SEMI-CLOSED
- TURN LEFT or RIGHT CHASSE

CROSS HOVER
CROSS PIVOT
FORWARD FORWARD/LOCK FORWARD
HOVER
HOVER FALLAWAY
IMPETUS to SEMI-CLOSED
SLIP PIVOT
SPIN TURN
WHISK
WING

PHASE IV

BACK HOVER
BACK HOVER TELEMARK
BACK PASSING CHANGE
BACK WHISK
CHAIR and SLIP
CHANGE of DIRECTION
CLOSED IMPETUS
CLOSED WING
CROSS HESITATION
CROSS SWIVEL
DEVELOPE
DIAMOND TURN
DRAG HESITATION
FORWARD HOVER
HEEL PULL
HESITATION CHANGE
HOVER CORTE
HOVER TELEMARK
IN and OUT RUNS
LEFT WHISK
NATURAL HOVER FALLAWAY
OPEN NATURAL TURN
OPEN REVERSE TURN
OUTSIDE CHANGE to BANJO

PHASE IV (CONT.)

OUTSIDE CHANGE to SEMI-CLOSED
OUTSIDE CHECK
OUTSIDE SWIVEL
OVERSWAY
PROGRESSIVE WING
PROMENADE SWAY
REVERSE FALLAWAY
RIGHT LUNGE
SLOW SIDE LOCK
TELEMARK
TELEMARK to BANJO
VIENNESE TURNS
WEAVE to BANJO
WEAVE to SEMI-CLOSED
WHIPLASH

PHASE V

BACK TURNING WHISK
CONTRA CHECK
CONTRA CHECK and SLIP
CONTRA CHECK and SWITCH
CURVED FEATHER
DOUBLE REVERSE SPIN
EROS LINE
FORWARD TIPPLE CHASSE
HAIRPIN
HINGE
HOVER CROSS ENDING
JETE POINT
MINI-TELESPIN
NATURAL HOVER CROSS
NATURAL TELEMARK
NATURAL WEAVE
OUTSIDE SPIN
QUICK LOCK SLOW LOCK
QUICK OPEN REVERSE
REVERSE FALLAWAY and SLIP
REVERSE IMPETUS
RIGHT LUNGE ROLL and SLIP
RIGHT TURNING LOCK
RIPPLE CHASSE
RISING LOCK
ROYAL SPIN
RUNNING OPEN NATURAL
SWIVEL WHISK
SYNCOPATED WHISK
TIPPLE CHASSE
TOP SPIN
TURNING LOCK

PHASE VI

BIG TOP
CHECKED NATURAL SLIP
CHECKED REVERSE SLIP
CONTINUOUS HOVER
    CROSS
CONTINUOUS WING
DOUBLE NATURAL SPIN
DOUBLE TELEMARK
LINK to PROMENADE
PIVOT to HAIRPIN
REVERSE CORTE
REVERSE PIVOT
RONDE and SLIP
RUDOLPH RONDE
RUDOLPH RONDE and SLIP
RUMBA CROSS
RUNNING HOVER
RUNNING SPIN
SAME FOOT LUNGE
SPIN and DOUBLE TWIST
SPIN and TWIST
TELERONDE
TELESPIN
THREE FALLAWAYS
THROWAWAY OVERSWAY
TRAVELING CONTRA
    CHECK