



PACIFIC BALLROOM DANCE

# BRONZE 1 FOXTROT

## **LLng Side**

Long side - Facing DC

Preparation Step

S

Facing DC

Feather Step

SQQ

Facing DC

Reverse Turn - Incorporating Feather Finish

SQQ,SQQ

F DC, E DW

Three Step

SQQ

F DW

Natural Turn - Incorporating heel pull

SQQ, SS

F DW, E DC

Feather Step

SSQQ

F DC

Reverse Turn - Incorporating Feather Finish

SQQ, SQQS

F DC, E DW

Three Step

QQ

F DW

Natural Turn - Incorporating heel pull

SQQ, SS

F DW, E DC New LOD

## **Short Side**

Feather Step

SSQQ

F DC

1-4 Reverse turn backing DW New LOD

SQQS

F DC End Back DW

Basic Weave

QQQQQQ

F DC, E DW

Change of Direction

SS(S) Prep new Feather

DW , E DW new  
LOD

## **Repeat**



# BRONZE 1 QUICKSTEP

<u>Long Side</u>	<u>Timing</u>	<u>Alignment</u>
Preparation Step	S	DW
Quarter Turn to the Right	SQQS	DW, E Back DC
Progressive Chasse DW	SQQS	back DC, E facing
Forward Lock	SQQS	facing DW
Natural turn with Hesitation	SQQ, SS	DW to DC
Double Reverse Spin	SSQQ	DC to DC or LOD
Chasse to the Right	SQQS	DC to back DW
Back Lock	SQQS	Back DW
Running Finish	SQQ	Back DW
Forward Lock	SQQS	DW
Into the Corner - Short Side Natural Spin Turn	SQQ, SSS	DW End Back DC NLod
Progressive Chasse	SQQS	Back DC, End DW
*Forward Lock	SQQS	Facing DW
1-3 Natural Turn	SQQ	Facing DW, End back LOD
Tipple Chasse to Right (At Corner)	SQQ, SQQS	E New LOD

## REPEAT

**\*Add or delete as needed**



# BRONZE 1 TANGO

<u>Long side - Facing DW</u>	<u>Timing</u>	<u>Alignment</u>
2 Walks	SS	Facing W, e DW
Progressive Link	QQ	Pointing LOD
Closed promenade	SQQS	along LOD, p DW
Left Walk	S	DW
Rock Turn	SQQS, QQS	DW , end LOD
2 walks to DC	SS	LOD to DC
Reverse Turn Lady outside closed finish	QQS, QQS	DC, to DW
Left Rock closed finish	QQS, QQS	Back DC, to DW
& to PP	&	pointing down LOD
Closed Promenade	SQQS	Along LOD
Progressive Link	QQ	to DW
Natural Twist Turn	SQQS, QQ	along Lod moving DW
<b>Short Side</b>		
Closed Promenade	SQQS	Along LOd moving DW
2 walks to DC	SS	LOD to DC
Reverse Turn Lady outside closed finish	QQS, QQS	DC, to DW
Back Corte	SQQS	Back DC to Wall
2 Walks	SS	to DW
Repeat		



PACIFIC BALLROOM DANCE

# BRONZE 1 VIENNESE WALTZ

## Long Side

## Timing

## Alignment

Start with Balance Step to start for ease of movement

Forward Change step Left

123

LOD

Forward Change step Right

123

LOD

Reverse Turn

123,456

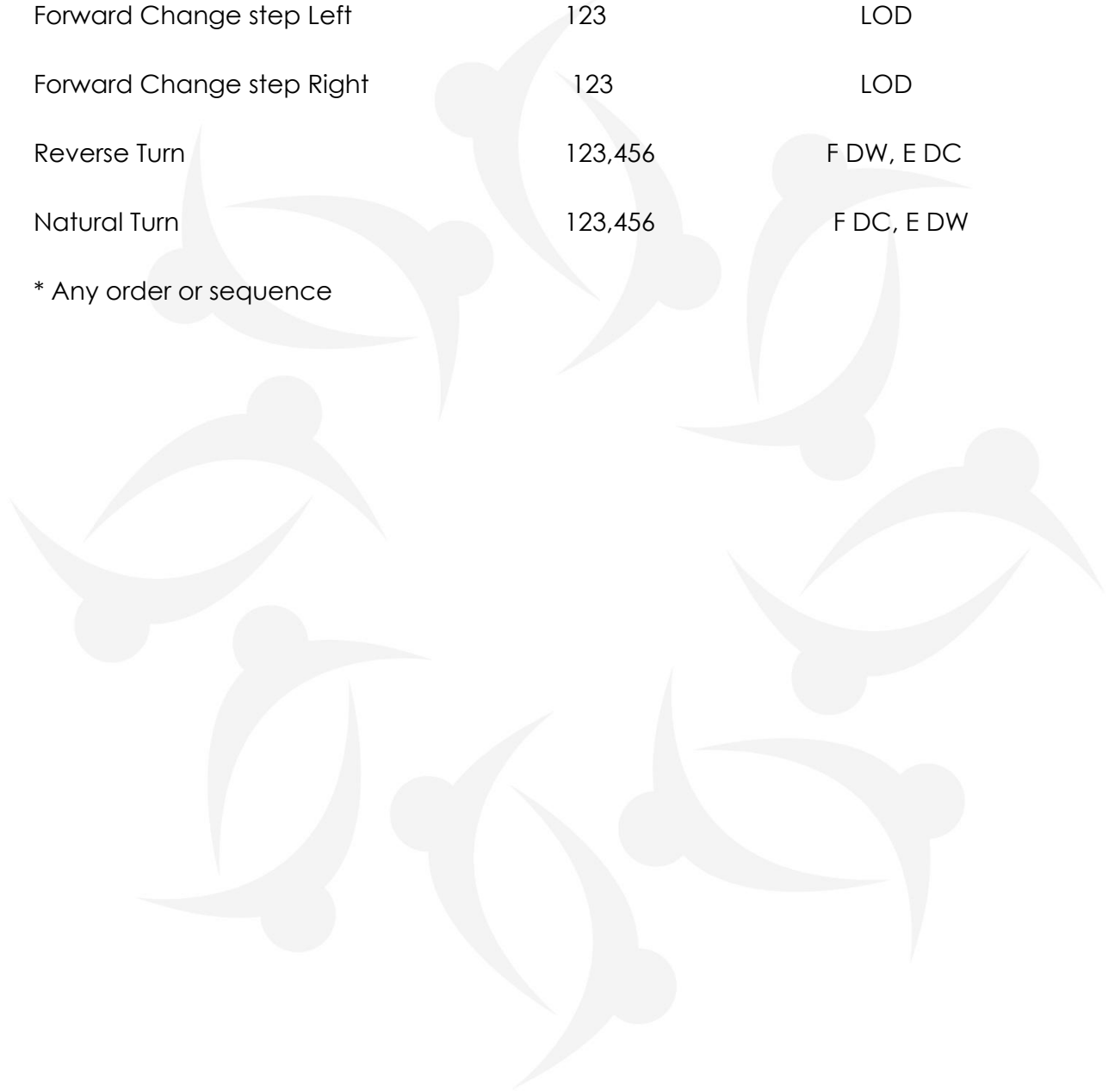
F DW, E DC

Natural Turn

123,456

F DC, E DW

\* Any order or sequence





# BRONZE 1 WALTZ

	<u>Timing</u>	<u>Alignment</u>
Left Foot Close Change	123	F DW
Natural Turn	123, 456	F DW, E DC
Right foot close change	123	F DC
1-3 Reverse turn	123,	F DC, E B LOD
Reverse Corte	456	B LOD, B ag LOD
Back Whisk	123	B ag LOD,
Chasse from Promenade Position	12&3	pointing DW
Natural Spin Turn	123, 456	F DW
456 of Reverse	123	B DC, E LOD
Double Reverse Spin	12&3 M(123)	F LOD, E DC
Chasse to the Right	12&3	F DC, E B DW
Back Lock	12&3	B DW
<b>Into Corner New LOD – Short Side</b>		
Closed Impetus	123	B DW, E B DC new LOD
456 Reverse Turn	456	E LOD
1-3 Reverse Turn	123	F LOD, e E B DW
Basic Weave ending in PP	123, 456	F DC ag LOD E DW
Chasse From Promenade Position	12&3	F DW
Natural Spin turn	123, 456	F DW, E B DC
456 Reverse Turn	123	s- B DC, E fac DW
Repeat		