



PACIFIC BALLROOM DANCE

PRE-BRONZE FOXTROT

Long Side - (**F LOD or Diagonal Center**)

Timing

Prep Step - LF

S(7,8)

Feather Step

SQQ

Three Step

SQQ

Feather Step

SQQ

Reverse Turn (incorporating Feather Finish)

SQQ, SQQ

Change of Direction

SS
(add S for phrasing)

Repeat

Feather and Three Steps can be added as needed.

Alignments can vary starting LOD or Diagonal to the Center.

FOCUS: FRAME, FOOTWORK, TIMING

Warm Up

Continuous Feather step Three Step

Helicopter Rotation - CBM

Goals:

Swing, Sway and CBM



PACIFIC BALLROOM DANCE

PRE-BRONZE QUICKSTEP

<u>Long-side</u>	<u>Timing</u>	<u>Alignment</u>
Prep Step	S (7,8)	F DW,
Quarter Turn to the Right	SQQS	F DW, B DC
Progressive Chasse	SQQS	B DC, F DW
Forward Lock	SQQS	F DW, E DW
Quarter Turn to the Right	SQQS	F DW, B DC
Progressive Chasse	SQQS	B DC, F DW
Forward Lock	SQQS	F DW, E DW
Repeat Steps as needed to Corner		
123 Natural Turn(At Corner Only)	SQQ	F DW, E BLOD
Running Finish	QQS	BLOD, E new Lod

Repeat

FOCUS: FRAME, FOOTWORK, TIMING

Warm - Up

Continuous Chasse Forward and Back

Continuous Locks Forward and Back

Goals: Timing, Outside partner Position



PACIFIC BALLROOM DANCE

PRE-BRONZE TANGO

LONG-SIDE

Left Walk

Right Walk

Progressive Link

Closed Promenade

Left Walk

Right Walk

Rock Turn(tango close)

& to Promenade position

Closed Promenade

Repeat

FOCUS: FRAME, FOOTWORK, TIMING

WARM UP

Tango Walks Curving Forward and Backward
PLACEMENT

TIMING

S

S

QQ

SQQS

S

S

QQS, QQS

&

SQQS

GOALS:

POSTURE AND FOOT



PACIFIC BALLROOM DANCE

PRE-BRONZE VIENNESE WALTZ

Long Side

Timing

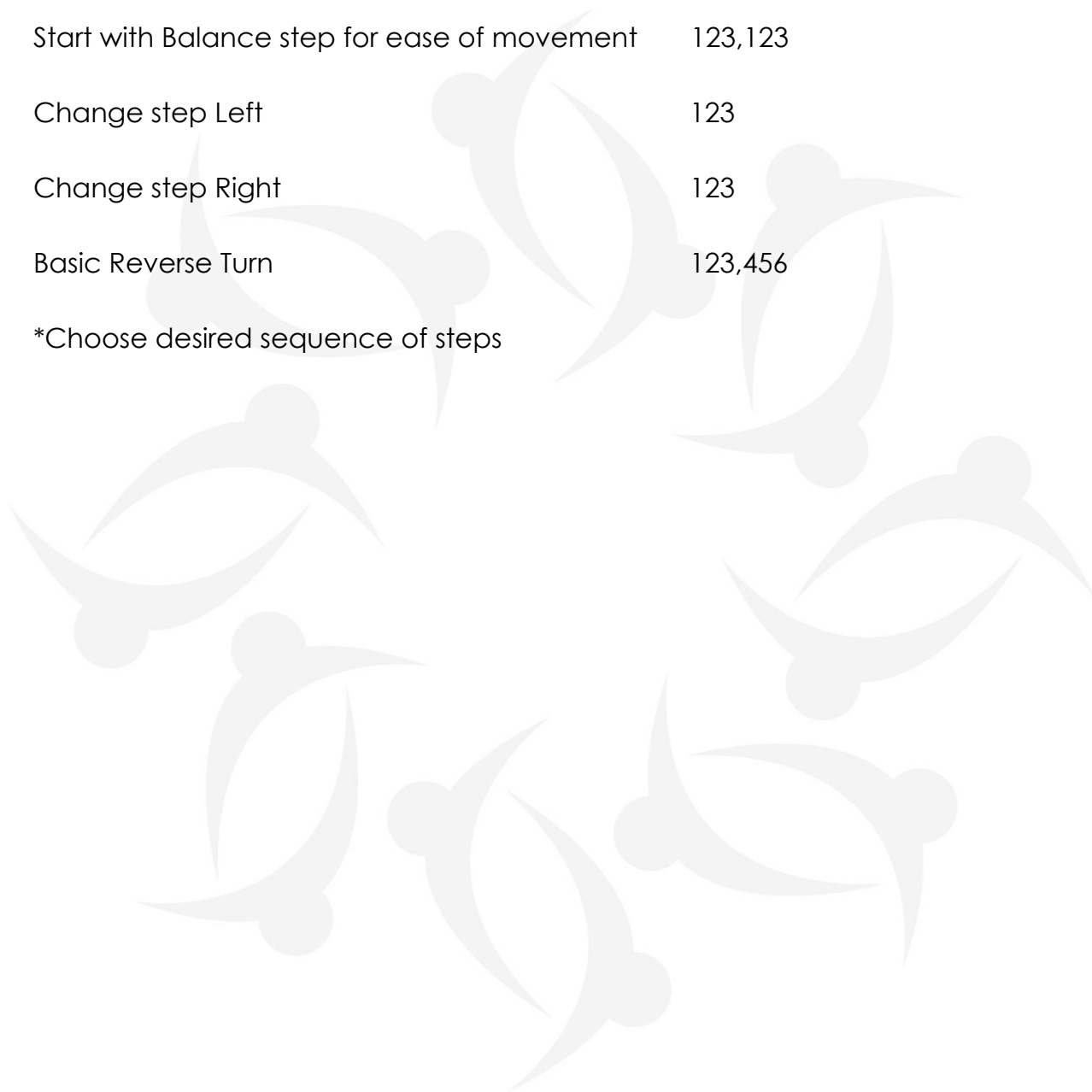
Start with Balance step for ease of movement 123,123

Change step Left 123

Change step Right 123

Basic Reverse Turn 123,456

*Choose desired sequence of steps





PACIFIC BALLROOM DANCE

PRE-BRONZE WALTZ

Long Side (Start facing Diagonal LOD)	<u>Timing</u>	<u>Alignment</u>
Box Step - No Turn	123, 456	LOD
Left Foot Closed Change	123	LOD
Right Foot Closed Change	456	LOD
Left Foot Closed Change	123	LOD
Right Foot Closed Change	456	LOD to DC
Reverse Turn (1-6)	123, 456	DC to DW
Whisk	123	DW
Chasse from Promenade Position	12&3	DW to LOD
Right Foot Closed Change	123	F LOD

Repeat

Please add Closed Change steps as needed and use diagonal side steps to produce natural sway.

Focus: Frame, Footwork and Timing

Warm Up

1/4 Turns Left and Right
Box - No Turn

Goals: Footwork and Balance

DC = Diagonal to Center
DW = Diagonal to Wall
LOD = Line of Dance