



BRONZE 2 QUICKSTEP - 1

Long Side

	<u>Timing</u>	<u>Alignment</u>
Prep Step	7,8	F DW
Quarter Turn to Right	SQQS	F DW, B DC
Progressive Chasse	SQQS	B DC, DW
Natural Spin Turn	SQQ, SSS	F DW, B DC
Reverse Pivot	S	B DC, End LOD
Double Reverse Spin	SSQQ	F LOD, E LOD
Chasse Reverse Turn	SQQ	F LOD, E B LOD/DW
Progressive Chasse	SQQS	B LOD/DW, E DW
*Forward Lock	SQQS	F DW
1-3 Natural	SQQ	F DW, B LOD
*Back Lock	SQQS	B LOD
Tipple Chasse	SQQS, QQS	B LOD, F DW

Short Side

Natural Turn with Hesitation	SQQ, SS	F DW, E DC new LOD
Progressive Chasse Right	SQQS	F DC new LOD, B LOD
*Back Lock	SQQS	B LOD
Running Finish	SQQ or QQS	B LOD, F DW new LOD
Forward Lock	SQQS	Pointing DW new LOD

Restart

*Add or Delete Locks as needed

*Based on ISTD Syllabus



BRONZE 2 QUICKSTEP - 2

<u>Long Side</u>	<u>Timing</u>	<u>Alignment</u>
Prep Step(If starting as side #1)	7,8	F DW
Natural Spin Turn	SQQ,SSS	F DW, B DC
Progressive Chassé	SQQS	B DC, DW
Forward Lock	SQQS,	F DW,
Natural Turn With Hesitation	SQQ, SSS	F DC
Zig Zag, Back Lock, Running Finish	SS, SQQS, QQS	F DC end LOD
,Forward Lock	SQQS	F DW end DW
1-3 Natural	SQQ	F DW, B LOD
Closed Impetus	SSS	B LOD, E B DC New LOD
<u>Short Side</u>		
Quarter Turn Left(Heel Pivot)	SQQ	B DC
Cross Chasse	SQQ	B LOD
Forward Lock	SQQS	F DW
1-3 Natural Turn(at Corner)	SQQ	B LOD
Tipple Chasse to Right(at Corner)	SQQS, QQS	B LOD, F DW New LOD

Restart

*Based on ISTD Syllabus