



PACIFIC BALLROOM DANCE

NEWCOMER - QUICKSTEP

Long-side

	Timing	Alignment
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 Around Floor

Optional added material at corner

- | | | | |
|----|--|--------------|---|
| 1) | Natural Spin Turn
LOD
Progressive Chasse | SQQSSS | Underturned backing DC New
Next step Progressive ' |
| 2) | Natural Pivot Turn
right
Quarter turn to Right or Forward Lock | SQQS
SQQS | ending DW - next step Q turn |

FOCUS: FRAME, FOOTWORK, TIMING

Warm Up - Timing and Footwork
Continuous Chasse Forward and Back
Continuous Locks Forward and Back

Goals: In-line and Outside partner Positions