

Commence in Shadow Hold, facing LOD.

**MAN'S STEPS****FORWARD CHANGE STEP – BACK CHANGE STEP – FORWARD CHANGE STEP – CHASSE TO WALL AND SWAY RIGHT**

- 1) LF fwd down LOD, RF to side to wall, LF closes to RF (SQQ)
- 2) RF back ag LOD, LF to side to centre, RF closes to LF (SQQ)
- 3) LF fwd down LOD, RF to side to wall, LF close to RF (SQQ)
- 4) RF to side to wall, LF closes to RF, RF to wall, flexing R knee (Sway) (QQS)

**2 SIDE CHASSES (Lady Left Turn, Chasse) – 2 WALKS – REVERSE TURN – REVERSE TURN TO PROMENADE POSITION**

- 5) Replace weight to LF to side to centre, releasing hold. RF closes to LF (lady turns). Adopting Closed Hold, LF to side to centre, RF closes to LF (QQQQ)
- 6) LF fwd down LOD, RF fwd (SS)
- 7) Turning L, LF fwd diag centre, RF to side to centre, LF close to RF, backing LOD (SQQ)
- 8) Turning L, RF back diag centre, LF to side along LOD, RF closes to LF, ending in Promenade Position down LOD (SQQ)

**WALK AND CHECK (Lady Alemana) – WALK, CHASSE – WALK AND ALEMANA (Lady Walk and Check) – WALK, CHASSE**

- 9) LF fwd down LOD. Releasing RH hold, RF fwd in CBMP (Check), leading lady to turn under raised L arm (SS)
- 10) LF back ag LOD. Turning R, adopting Double Hold, RF to side ag LOD, LF closes to RF (SQQ)
- 11) RF to side ag LOD, LF fwd in CBMP, releasing LH hold, turning R under raised R arm to face centre (SS)
- 12) Still turning R, RF fwd down LOD. Adopting Closed Hold, LF to side, RF closes to LF in Promenade Position (SQQ)

**2 WALKS – SLOW PIVOT TURN – 4 STEP TO SHADOW HOLD**

- 13) LF fwd down LOD, RF fwd starting to turn R (SS)
- 14) Turning R, LF back diag wall LOD, replace weight to RF fwd diag centre ag LOD (SS)
- 15) Pivoting strongly on RF, LF fwd down LOD, RF closes to LF in Promenade Position, facing diag wall (SS)
- 16) LF fwd diag wall. Releasing hold, RF small step to side and slightly back, LF back ag LOD, RF closes to LF, facing LOD in Shadow Hold (QQQQ)

Commence in Shadow Hold, facing LOD.

**LADY'S STEPS**

**FORWARD CHANGE STEP – BACK CHANGE STEP – FORWARD CHANGE STEP – CHASSE TO WALL AND SWAY RIGHT**

- 1) LF fwd down LOD, RF to side to wall, LF closes to RF (SQQ)
- 2) RF back ag LOD, LF to side to centre, RF closes to LF (SQQ)
- 3) LF fwd along LOD, RF to side to wall, LF closes to RF (SQQ)
- 4) RF to side to wall, LF closes to RF, RF to side to wall, flexing R knee (Sway) (QQS)

**2 SIDE CHASSES (Lady Left Turn, Chasse) – 2 WALKS – REVERSE TURN – REVERSE TURN TO PROMENADE POSITION**

- 5) Replace weight to LF to side to centre. Releasing hold, turning L, RF brushed to LF, RF to side to centre, LF closes to RF (QQQQ)
- 6) RF back down LOD, LF back (SS)
- 7) Turning L, RF back diag centre, LF to side to centre, RF closes to LF, facing LOD (SQQ)
- 8) Turning L, LF fwd diag centre, RF to side along LOD, LF closes to RF, ending in Promenade Position down LOD (SQQ)

**WALK AND CHECK (Lady Alemana) – WALK, CHASSE – WALK AND ALEMANA (Lady Walk and Check) – WALK, CHASSE**

- 9) RF fwd down LOD. Releasing LH hold, LF fwd, turning R under raised R arm, to face ag LOD (SS)
- 10) Still turning, RF fwd ag LOD. Adopting Double Hold, LF to side ag LOD, RF closes to LF (SQQ)
- 11) LF to side ag LOD, turning slightly L, RF fwd ag LOD in CBMP (Check), releasing LH hold, leading man to turn under raised R arm (SS)
- 12) Turning R, adopting Closed Hold, RF fwd down LOD, LF to side, RF closes to LF in Promenade Position (SQQ)

**2 WALKS – SLOW PIVOT TURN – 4 STEP TO SHADOW HOLD**

- 13) F fwd down LOD, LF fwd starting to turn R (SS)
- 14) RF fwd diag wall between man's feet. Turning R, LF back diag wall (SS)
- 15) Pivoting strongly on LF, RF fwd down LOD, LF closes to RF in Promenade Position facing diag centre (SS)
- 16) RF back diag wall. Releasing hold, LF small step to side and slightly fwd ag LOD. RF back diag wall ag LOD, LF closes to RF in Shadow Hold facing LOD (QQQQ)