

Commence in Double Hold, man facing wall

MAN'S STEPS

FORWARD CHANGE STEP – BACK CHANGE STEP – STEP, RIGHT SWING – STEP, LEFT SWING

- 1) LF fwd to wall, RF to side, LF closes to RF (SQQ)
- 2) RF back to centre, LF to side, RF closes to RF (SQQ)
- 3) LF to side along LOD, swing RF low and across down LOD (SS)
- 4) RF to side ag LOD, swing LF low and across ag LOD (SS)

CHASSE REVERSE TURN – CHASSE REVERSE TURN TO SHADOW HOLD – LEFT LOCKSTEP TO DIAGONAL CENTRE – RIGHT LOCKSTEP TO DIAGONAL WALL

- 5) Releasing hold, LF fwd LOD. Turning L, RF to side diag centre, LF closes to RF backing LOD (SQQ)
- 6) Still turning L, RF back diag centre, LF to side along LOD. RF closes to LF, adopting LH to LH with RH on lady's shoulder blade facing LOD (SQQ)
- 7) Turning slightly L, LF fwd diag centre, cross RF behind LF, LF fwd diag centre (QQS)
- 8) Turning slightly R, RF fwd diag wall, cross LF behind RF, RF fwd diag wall (QQS)

2 SIDE CLOSES TO PROM. POSITION (Lady turns, side, close) – 2 WALKS IN PROM. POSITION – ALEMANA (Lady 2 side, closes) – 2 SIDE, CLOSES TO PROM. POSITION (Lady Alemana)

- 9) Releasing hold, LF to side along LOD, facing diag wall, RF closes to LF (lady turning). Adopting Closed Hold, LF to side, RF closes to LF (QQQQ)
- 10) In Prom. Position, LF fwd down LOD, RF fwd (SS)
- 11) Releasing RH hold and raising joined LH to RH, LF fwd diag centre, turning strongly L under raised arms. RF to side, LF fwd down LOD, RF closes to LF facing diag wall (QQQQ)
- 12) Leading lady to turn under raised arms, LF to side along LOD. RF closes to LF, LF to side, RF closes to LF, adopting Closed Hold in Prom. Position (QQQQ)

2 WALKS IN PROM. POSITION – PIVOT TURN TO PROM. POSITION – STEP, CHAIR – BACK, SIDE, CLOSE IN DOUBLE HOLD

- 13) In Prom. Position, LF fwd down LOD, RF fwd (SS)
- 14) LF fwd down LOD, RF fwd and across diag wall. Turning R, pivoting strongly on RF, LF fwd down LOD. Rf closes to LF in Prom. position (QQQQ)
- 15) LF fwd down LOD, RF fwd (Check) flexing knee (SS)
- 16) LF back ag LOD releasing RH hold to regain Double Hold. RF to side ag LOD, LF closes to RF, to end facing wall (SQQ)

Commence in Double Hold, man facing wall.

LADY'S STEPS

FORWARD CHANGE STEP – BACK CHANGE STEP – STEP, RIGHT SWING – STEP, LEFT SWING

- 1) RF back to wall, LF to side, RF closes to LF (SQQ)
- 2) LF fwd to centre, RF to side, LF closes to RF (SQQ)
- 3) RF to side along LOD, swing LF low and across down LOD (SS)
- 4) LF to side ag LOD, swing RF low and across ag LOD (SS)

CHASSE REVERSE TURN – CHASSE REVERSE TURN TO SHADOW HOLD – LEFT LOCKSTEP TO DIAGONAL CENTRE – RIGHT LOCKSTEP TO DIAGONAL WALL

- 5) Releasing hold, RF fwd LOD. Turning R, LF to side diag wall, RF closes to LF, backing LOD (SQQ)
- 6) Still turning R, LF back diag wall, RF fwd down LOD, LF closes to RF without weight, adopting Shadow Hold (SQQ)
- 7) Turning slightly L, LF fwd diag centre, cross RF behind LF, LF fwd diag centre (QQS)
- 8) Turning slightly R, RF fwd diag wall, cross LF behind RF, RF fwd diag wall (QQS)

2 SIDE, CLOSES TO PROM. POSITION (Lady turns, side, close) – 2 WALKS IN PROM. POSITION – ALEMANA (Lady 2 side, closes) – 2 SIDE, CLOSES TO PROM. POSITION (Lady Alemana)

- 9) Releasing hold, turning L, LF fwd and across down LOD, RF taps to side of LF facing diag centre, adopting Prom. Hold. RF to side along LOD in prom. position, LF closes to RF (QQQQ)
- 10) In Prom. Position, RF fwd down LOD, LF fwd (SS)
- 11) Releasing LH hold and raising joined RH to LH hold, RF to side along LOD (man turning). LF closes to RF, RF to side, LF closes to RF (QQQQ)
- 12) Turning strongly R under raised arms, RF fwd diag wall, LF to side along LOD, RF fwd down LOD, LF closes to RF, adopting Closed Hold in Prom. Position (QQQQ)

2 WALKS IN PROM. POSITION – PIVOT TURN TO PROM. POSITION – STEP, CHAIR – BACK, SIDE, CLOSE IN DOUBLE HOLD

- 13) In Prom. Position, RF fwd down LOD, LF fwd (SS)
- 14) RF fwd down LOD, LF fwd diag wall. Turning R, pivoting strongly on LF, RF fwd down LOD, LF closes to RF in Prom. Position (QQQQ)
- 15) RF fwd down LOD, LF fwd (Check) flexing knee (SS)
- 16) RF back ag LOD releasing LH hold to regain Double Hold. LF to side ag LOD, RF closes to LF, to end facing centre (SQQ)