“FOXTROT” - SQQ

INTRO

“RUMBA” - QQS

PART A
“RUMBA” - QQS

PART B

1 – 10

½ BASIC; FAN: STOP N' GO HCKYSTIK;; ALEMANA FRM FAN;; N-YRKR;; SPT TRN; OPN BRK; AIDA; (½ Basic) Fwd L, rcrv R, bk L to BTFY/WALL; (Fan) Bk R; rcrv L, clo R with lead hnds jnd to FAN POSITION; (Woman fwd L, rlsng trail hnds & trng ¼ lft fc sd & bk R, bk L-) (Stop N' Go Hckystik) Fwd L, rcrv R, clo L-; catch Woman on her back with rt hnd cross R in frnt, rcrv L, clo R to FAN POSITION; (Woman clo R, fwd L, trng ½ lft fc undr lead hnds bk R-; bk L, rcrv R, trng ½ rt fc undr lead hnds bk L-) (Alemana Frm Fan) Fwd L, rcrv R, sd L-; rlsng trail hnds cross R bhd, rcrv L, sd R to BTFY/WALL; (Woman clo R to L, fnd L, trng ½ rt fc fdr R to fc Man-; trng ½ rt fc undr lead hnds cross L in frnt, trng ½ rt fc fdr R to BTFY, sd L-) (N-Yrkr) Rlsng trail hnds trng ¼ rt fc thru L, trng ½ lft fc rcrv R to BTFY, sd L-; (Spt Trn) Rlsng hnds trng ½ lft fc thru R, pvtng ½ lft fc fdr R to BTFY/WALL, sd R-; (Opn Brk) Rlsng trail hnds bk L shooting rt arm straight up, rcrv R to BTFY/WALL, sd L-; (Aida) Cross trail hnds ovr lead hnds trng ¼ lft fc thru R, rlsng trail hnds & trng 5/8 rt fc bk L to "V" bk to bk position, bk R to fc RLOD-;

11 – 18

SWITCH; RVS VINE -3; FNCLINE; SPT TRN; HND TO HND – TWICE;; BASIC – HND SHK;; (Switch) Arcing lead hnds up & twds LOD trng 5/8 lft fc to fc Ptnr sd L to BTFY/WALL, rcrv R, twds RLOD thru L-; (Rvs Vine -3) Sd R, cross L bhd, sd R to BTFY/WALL; (Fncline) Staying in BTFY/WALL thru-lunge L, rcrv R, sd L-; (Spt Trn) Rlsng hnds trng ½ lft fc thru R, pvtng ½ lft fc fdr R to BTFY/WALL, sd R-; (Hnd To Hnd – Twice) Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc fdr R to BTFY, sd L-; rlsng trail hnds trng ½ rt fc bk R, trng ¼ lft fc fdr L to BTFY, sd R-; (Basic – Hnd Shk) Fwd L, rcrv R, diag bk L-; bk R, rcrv L, diag fdr R to HND SHK/WALL-;

19 – 22

FLIRT – VARSOUV; ROLL LDY TO FAN; HCKYSTIK;; (Flirt - Varsouv) Fwd L, rcrv R, clo L to RT VARSOUV/WALL; (Woman bk R, rlsng hnds & trng ½ lft fc fdr L, sd R-) (Roll Ldy To Fan) Bk R, rcrv L, fdr R to FAN POSITION-; (Woman rlsng rt hnds trng ¾ lft fc fdr Lwd L, sd & bk R chng to lead hnds jnd, bk L-) (Hckystik) Fwd L, rcrv R, clo L; bk R, rcrv L, diag out twds BTFY diag RLOD/WALL fdr R-; (Woman clo L to R, fnd L; fnd R-; fnd L, trng 5/8 lft fc undr lead hnds bk R, L-)

REPEAT PART “A”

PART C

1 – 6

OPN BRK; CRABWLK -3; RONDE – RVS FNCLINE; CRABWLK -3; RONDE – RVS SERPIENTE;; (Opn Brk) Rlsng trail hnds bk L shooting rt arm straight up, rcrv R to BTFY/WALL, sd L-; (Crabwlk –3) Staying in BTFY/WALL thru R, sd L, thru R-; (Ronde To Rvs Fncline) Rlnd L CW thru L, rcrv R to BTFY/WALL, sd L-; (Crabwlk –3) Staying in BTFY/WALL thru R, sd L, thru R-; (Ronde To Rvs Serpienete) Trng ½ rt fc fdr L CW thru L, sd R, cross L bhd, flair R bhd wgt-; cross R bhd, sd L, thru R, flair L no wgt to SEMI/RLOD-;

7 – 12

RUMBA RK -3; CIR AWY -3; BK TOG -3 – BTFY; SD-DRW-TCH; HND TO HND – TWICE;; (Rumba Rk -3) Rk fwd L, rcrv R, rk fwd L-; (Cir Away -3) Rlsng hnds trng 3/8 rt fc fdr R, clo L, fdr L-; (Bk Tog -3 - Btft) Trng 3/8 rt fc fdr L, clo R, fdr L to BTFY/WALL-; (Sd-Drw-Tch) Sd R-, drw-tch L-; (Hnd To Hnd – Twice) Rlsng lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcrv R to BTFY, sd L-; rlsng trail hnds trng ¼ rt fc bk R, trng ¼ lft fc fdr R to BTFY, sd R-;

END

1 – 5

BASIC;; OPN BRK; AIDA & HOLD;; (Basic) Fwd L, rcrv R, diag bk L-; bk R, rcrv L, diag fdr R-; (Opn Brk) Rlsng trail hnds bk L shooting rt arm straight up, rcrv R to BTFY/WALL, sd L-; (Aida & Hold) Cross trail hnds ovr lead hnds trng ¼ lft fc thru R, rlsng trail hnds & trng 5/8 rt fc bk L to “V” bk to bk position, bk R to fc RLOD-; hold raising rt arm straight upward-;