

ST MICHEL'S QUICKSTEP



Composers: Russ & Barbara Casey, Fullerton, Calif.

Sequence: A B A B C A

MEASURES INTRODUCTION

- 1-2 Wait two measures in CP/DW ;;
- 3-4 M fwd L DC trn LF,-,sd R DC,cl L; Bk R RLOD LF trn,-,sd L DW,cl R CP/DW(Heel Pvt optional);

PART A

- 1 - 6 QTR TRN & PROGRESSIVE CHASSE FWD LOCK STP ;;;; NATURAL TURN;**
(Qtr Trn & Prog Chasse)M fwd L DW,-,fwd R DW 1/8 RF trn,-; sd L LOD,cl R trn 1/8 RF sd & bk L DC,-; Bk R DC 1/8 LF trn,-,sd L LOD,cl R 1/8 LF trn; fwd L DW,-, (Fwd Lk)Fwd R DW outsd W,-;Fwd L DW with L sd Id,XRIBL (WXLIFR),fwd L DW,-; (Ntrl Trn)Fwd R DW trn RF,-,sd L DW cont RF trn,cl R to CP/RLOD;
- 7 - 11 PVT TO A HAIRPIN TIPPLE CHASSE ;;;;FWD LOCK STEP; NATURAL TURN;**
(Pvt to Hairpin)Bk L LOD pvtg RF,-,fwd R LOD RF trn,-;sd L DW cont RF trn, cont RF trn fwd RDWR outsd W check'g progress with L sd Id,(W fwd R pvt RF,-,bk L LOD trn RF,-, bk R DW cont RF trn, cont RF trn XLIBR with R sd well bk.) (TIPPLE Chasse) M bk L LOD trn RF,-; sd R LOD cont RF trn & trng hd R,cl L cont RF trn, sd & fwd R DW cont RF trn,-; (Fwd Lk)Fwd L Lod with L sd Id,XRIBL (WXLIFR), fwd L LOD,-; (Ntrl Trn) Repeat Measure 6;
- 12 - 16 SPIN TURN V-6 FORWARD LOCK STEP ;;;;;**
(Spin Trn) Bk L LOD pvtg RF,-,fwd R LOD cont RF pvt,-; Sd L DW fc DWR,-, (v-6) Bk R DC with R sd Id, XLIFR (WXRIBL); Bk R DC,-, bk L DC trn bdy LF,-; Bk R compl 1/4 LF trn,fwd L DW, (Fwd Lk) Repeat Lock Step measures 3 1/2 - 5;

PART B

- 1 - 6 NATURAL TRN; OPEN IMPETUS ROLLING LOCKS ;;;; OPEN FINISH**
(Ntrl Trn)Repeat Measure 6 of Part A; (Open Imp)Bk L LOD RF trn,-,cl R cont RF trn (heel trn), -; sd & fwd L DC in SCP,-,(W fwd R LOD RF trn,-,sd L DW cont RF trn,-; sd & fwd R DC/Scp, (Rolling Lks)Thru R DC,-;fwd L DC strong L sd Id & slight L sway,XRIBL,fwd L DC comm 3/8 LF trn,-; sd R LOD cont trn,XLIFR with R sd Id,bk R LOD,-;(W thru L DC trn LF,-;sd R DC trn to CP with head well k,XLIFR,bk R DC comm 3/8 LF trn & trng head L,-;sd & fwd L LOD cont trn XRIBL, fwd L LOD with L sd Id,-; (Open Finish)Bk L LOD with R sd Id,-,bk R LOD/CP trn LF sd & fwd DW in SCP; (W fwd R LOD outsd M with L sd Id,-,fwd L LOD in CP LF bdy trn,sd & fwd R DW in SCP;
- 7 - 12 OPEN NTRL TRN; BK LOCK STP RUNNG FINISH NATRL TRN SPIN TURN ;;;;;**
(Op Ntrl Trn)Thru R DW trn RF,-,sd & bk L DW cont RF trn,bk R DW with R sd Id; (W fwd L DW,-,fwd R RF trn & trng hd L,fwd L DW with L sd Id;)
(Bk Lk)Bk L DW with R sd Id,-,bk R DW,XLIFR (WXRIBL); bk R DW,-.
(Runng Fin) Bk L DW RF trn,-;sd & fwd DW cont RF trn,fwd L LOD with L sd Id, (W fwd R DW outsd M RF trn,-; sd L DW cont RF trn,bk R LOD with R sd Id;)
(NatrL Trn)Fwd R LOD outsd W RF trn,-; sd L DW cont RF trn,cl R to L to CP/RLOD,(Spin Trn) Bk L LOD pvt RF,-; fwd R LOD cont RF trn,-,sd & bk L DCR CP/DW,-;
- 13 -16 CHASSE QUICK OPEN REVERSE ;;;; HEEL PIVOT;**
(chasse)Bk R DCR,-,sd & slightly fwd L DC,cl R; fwd L DC,-,(Qk Open Rvs)Fwd R DC outsd W,-; fwd L DC LF trn,-,sd R DC cont LF trn,bk L LOD with R sd Id; (W bk L DC R sd Ld,-;bk R DC LF trn,-,sd & fwd L LOD,fwd R LOD outsd M with L sd Id;)
(Heel Pvt)Bk R LOD trn LF,-,pull L to R no wt cont LF trn to CP fc DW with L ft free,-;(W fwd L LOD trn LF,-,sd R DW cont LF trn,cl L to R;)

PART C

- 1 - 4 CROSS SWIVEL FISHTAIL ;;;; NATURAL TURN;**
(cross Swivel)Fwd L DW swivl LF,-,fan R CCW keep R toe on floor & sway L,-; Fwd R DC outsd W with checkg action,-,(Fishtail)M XLIBR twd Wall trn RF (W XRIFL),sd R twd wall cont RF trn; Fwd L DW with L sd Ld, XRIBL (W XLIFR), (NatrL Trn) Repeat Meas 6 Part A to Cp/Rlod;
- 5 - 8 SPIN TRN HEEL PIVOT DOUBLE REVERSE ;;;;;**
(Spin Trn) Repeat Meas 11 1/2 & 12 Part B fc DW (Heel Pvt)Bk R DC repeat Meas 16 Part B to CP DC (Dbl Rvs)Fwd L DC trn LF,-;sd R DC cont LF trn,-,draw L to R no wt cont LF trn to Cp/DW,-; (W bk R DC LF trn,-;cl L to R cont LF trn(heel trn),-sd R DW cont LF trn, XLIFR;)
- 9 - 16 REPEAT MEASURES 1- 8 PART C**

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Third time thru part A dance V-6 adjustg to Bfly/Scp fc DW then: M thru R DW (W L),-; sd & fwd L DW,cl R to L,sd & fwd L DW with tilting action..swaying L & tapping R beh L with R toe pointing DW & R knee beh L knee (W taps L beh R swayg R with head well R),-;