

Phase I

Actions

Bow
Bump
Curtsy
Heel
Point
Shake
Stamp
Tap
Toe
Touch
Wiggle

Two Step

Away and Together
Back (Step)
Back Two Step
Balance (Forward And Back)
Balance (One Step)
Balance (Side)
Behind
Box
Chug
Circle Away
Circle Away and Together
Close
Cross
 Cross Behind
 Cross In Back
 Cross In Front
 Cross Left In Back
 Cross Left In Front
 Cross Right In Back
 Cross Right In Front
Cross Walk
Face
Forward (Step)
Forward Two Step
Glide
Lady Under
Man Under
Pickup
Recover
Reverse Box
Rock
Run
Side (Step)
Side Two Step
Side Two Step Apart and Together
Slide
Step
Stomp
Stroll
Strut
Swagger
Thru
Walk

Waltz

Apart and Together
Back (Step)
Balance (Forward and Back)
Balance (One Step)
Balance (Side)
Box
Circle Away
Circle Away and Together
Close
Cross
 Cross Behind
 Cross In Back
 Cross In Front
 Cross Left In Back
 Cross Left In Front
 Cross Right In Back
 Cross Right In Front
Face
Forward (Step)
Lady Under
Man Under
Pickup
Recover
Reverse Box
Rock
Side (Step)
Step
Thru
Waltz Away and Together