

ABC... the easy way to joyful dancing!

Keep your mind and body happy and healthy!

LEVEL II

The ABC-system is a well tried out system teaching people to dance in an easy and natural way. It's been developed over more than 50 years and is easy to learn and can be practised for Solo dancing or for dancing as a couple. It works for all agegroups and is wonderful especially for elderly people.

The system works for all dances. You learn figure A and can repeat that figure as long as you want. You learn figure B and can alterate between the two figures in any order. You learn figure C and can alterate between the three figures in any order. You can dance the Man's step Solo or the Ladies step Solo or together with a partner. All figures take very little space and are especially design to work in a living room, in an hallway or of course at a larger floor together with other dancers dancing Solo or together with a partner. Because of its stationary format there are no alignments given. All figures can start in any direction. It's great fun for pleasing the mind and is keeping the body in good shape!

In order to understand how to learn the figures you must know the meaning of the abrevations and here is the key.

S	Slow	Q	Quick		
R	Right	L	Left		
RF	Right foot	LF	Left foot		
Fwd	Forward	Bwd	Backward	Diag	Diagonal

To explaine how to think in regards to the amount of turn you could think of a clock and where ever you start, you are always facing 12 o'clock. If you turn to face 1.30 you have turned 1/8 of a turn to Right and if you continue turn to face 3 o'clock you have turned 1/4 of a turn to Right. If you start facing 12 o'clock again and turn to 10.30 you have turned 1/8 to Left and if you continue to face 9 o'clock you have turned 1/4 of a turn to Left.

The ABC - system includes the following dances:

Closed dances

Ryhm Foxtrot (Medium or quick tempo), Slow Waltz (Slow tempo), Slow Foxtrot (Slow tempo)
Wedding Waltz (Medium or quick tempo) Tango

Open dances

Cha-cha-cha, Samba, Rumba, Swing dance, Swedish Bugg, Salsa

Level II

After having learned all figures in the Beginners level it is then possible to add figures D and E to make the system more interesting. Under each dance you will find the Level II figures that are added. They will work in the same way as the Beginners level and in each dance you will have 5 figures to choose from, all figures are compatible to each other. You should learn Level I first before stepping on to Level II.

Rythm Foxtrot figure D

The Lockstep

Man

Step	Count	Footposition	Turning	Rhythm
1	S	LF diagonal fwd	Preparing to step outside partner	S
2	S	RF fwd	Outside partner	S
3	Q	LF diagonal fwd	-----	Q
4	Q	RF crosses behind LF	-----	Q

Lady

1	S	RF back	-----	S
2	S	LF back	Partner outside	S
3	Q	RF diagonal back	-----	Q
4	Q	LF crosses in front of RF	-----	Q

Note: If you choose to follow with figure A the Natural turn or B the Quarterturn the man will dance the first step diagonal fwd preparing to step outside partner and the second step outside partner and get in line with the lady on step three and four.

Rythm Foxtrot figure E

Overtured Natural turn

Man

Step	Count	Footposition	Turning	Rhythm
1	S	LF fwd	-----	S
2	S	RF fwd	1/8 to R	S
3	Q	LF till sid	1/4 to R	Q
4	Q	RF closes to LF	1/8 to R	Q
5	S	LF back toe turned in	1/8 to R	S
6	S	RF fwd	3/8 to R	S
7	Q	LF to side	1/4 to R	Q
8	Q	RF closes to LF	1/8 to R	Q
9	S	LF to side and slightly back	-----	S
10	S	RF back	1/8 to L	S
11	Q	LF to side and slightly fwd	1/8 to L	Q
12	Q	RF closes to LF	-----	Q

Note: The L toe turns in on step 5. The RF on step 6 is a strong step between the lady's feet. Continue turning to the R on step 7.

Lady

1	S	RF back	-----	S
2	S	LF back	1/8 to R	S
3	Q	RF to side	3/8 to R Body turns less	Q
4	Q	LF closes to RF	Body turns	Q
5	S	RF fwd between man's feet turning	1/8 to R	S
6	S	LF back turning	3/8 to R	S
7	Q	RF till sid	3/8 to R body turns less	Q
8	Q	LF closes to RF	Body completes turn	Q
9	S	RF to side and slightly fwd	-----	S
10	S	LF fwd	1/8 to L	S
11	Q	RF to side	1/8 to L	Q
12	Q	LF closes to RF	-----	Q

Note: Step 3 and step 7 is a "Chaplin step" The toe pointing out and the body turns less. The body completes the turn on 4 and 8.

Slow Waltz figure D

Natural spin turn

Man

Step	Count	Footposition	Turning	Rhythm
1	123	LF diagonal back (Balance step)	-----	1,2,3,
2	1	RF fwd	1/8 to R	1
3	2	LF to side wide step	1/4 to R	2
4	3	RF closes to LF	1/8 to R	3
5	4	LF back to turned in	1/8 to R	1
6	5	RF fwd between ladies feet	3/8 to R	2
7	6	LF to side (continue turning)	3/8 to R	3
8	1	RF back	1/8 to L	1
9	2	LF to side and slightly fwd	1/8 to L	2
10	3	RF closes to LF	-----	3

Note: Important that the man is turning the toe inwards on step 5 and start turning in the body. Keep the RF fwd between the Lady's legs on step 6 and don't try to make the turn with the leg. The turn is made in the body and the leg is following after. Stop the turn in time making it easy to step back start turning to L on step 8.

Lady

1	123	RF fwd (Balance step)	-----	1,2,3,
2	1	LF back	1/8 to R	1
3	2	RF to side small step	3/8 to R body turns less	2
4	3	LF closes to RF	Body turns	3
5	4	RF fwd between mans feet turning	1/8 to R	1
6	5	LF back and sideways	3/8 to R	2
7	6	RF to side and slightly fwd	3/8 to R	3
8	1	LF fwd	1/8 to L	1
9	2	RF to side	1/8 to L	2
10	3	LF closes to RF	-----	3

Note: Step 3 is a Chaplin step with the R toe turned out and a small step allowing the man to pass around.

Slow Waltz figure E

Checked Reverse turn

Step	Count	Footposition	Turning	Rhythm
Man				
1	123	LF diag back (Balance step)	-----	1,2,3,
2	456	RF to side (Balance step)	1/8 to L	1,2,3,
3	1	LF fwd	-----	1
4	2	RF till sid	1/4 to L	2
5	3	LF back short step	1/8 to L	3
6	4	RF back toe turned in (Back check)	1/8 to L	1
7	5	LF fwd continue turning	1/4 to L	2
8	6	RF to side and slightly back	1/8 to L	3

Note: Step 3 and 4 is like backing a car into a garage and step 5 and 6 is like driving out of the garage again. The turn to left continues while the direction changes from backwards on step 4 to forward on step 5.

Lady

1	123	RF fwd (Balance step)	-----	1,2,3,
2	456	LF to side small step	1/8 to L	1,2,3,
3	1	RF back toe turned in	-----	1
4	2	LF to side small step	1/4 to R Body turns less	2
5	3	RF fwd small step	Body turn	3
6	4	LF fwd keep weight back Check	1/8 to L	1
7	5	RF back	1/4 to L	2
8	6	LF to side and slightly fwd.	1/8 to L	3

Note: Step 5 is a "Chaplin step" The toe pointing out and the body turns less. Step 3 and 4 is like driving in a car into a garage and step 5 and 6 is like backing out of the garage again. The turn to left continues while the direction changes from forward on step 4 to backward on step 5.

Slow Foxtrot figure D

Balance Reverse turn

Man

Step	Count	Footposition	Turning	Rhythm
1	S	LF diag back Balance step	-----	S
2	S	RF diag fwd	1/8 to L	S
3	Q	LF fwd	1/8 to L	Q
4	Q	RF to side and slightly back	1/8 to L	Q
5	S	LF diag back Balance step	1/8 to L	S
6	S	RF diag fwd	1/8 to L	S
7	Q	LF fwd	1/4 to L	Q
8	Q	RF to side and slightly back	1/8 to L	Q

Note: The Balance reverse turn is danced on the spot. Step 5-8 are the same as 1-4 and the figure could be repeated many times. If danced 1-8 and then 1-4 it is possible to finish with the last 4 steps of figure C the Reverse turn.

Lady

1	S	RF fwd Balance step	-----	S
2	S	LF back	1/8 to L	S
3	Q	RF back toe turned in	1/8 to L	Q
4	Q	LF closes to RF toe turned out	1/4 to L Body turns less	Q
5	S	RF fwd Balance step	Body turns	S
6	S	LF back	1/8 to L	S
7	Q	RF back toe turned in	1/4 to L	Q
8	Q	LF to side and slightly fwd small step -----		Q

Note: The Balance Reverse turn is danced on the spot. Step 5-8 are the same as 1-4 and the figure could be repeated many times. If danced 1-8 and then 1-4 it is possible to finish with the last 4 steps of figure C the Reverse turn.

Slow Foxtrot figure E

Wide pull Natural turn

Man

Step	Count	Footposition	Turning	Rhythm
1	S	LF fwd small step	-----	S
2	S	RF fwd	1/8 to R	S
3	Q	LF to side wide step	1/4 to R	Q
4	Q	RF closes to LF	1/8 to R	Q
5	S	LF back toe turned in	1/8 to R	S
6	S	RF sideways small step	3/8 to R Body turns less	S
7	Q	LF fwd small step	Body completes turn	Q
8	Q	RF fwd small step	-----	Q

Note: The last 2 steps can be taken in different ways depending on what figure to follow. They are always small and rythnical steps. If the first step in the following figure will be taken fwd, keep the weight forward. If the first step in the following figure will be taken back keep the weight back.

Lady

Step	Count	Footposition	Turning	Rhythm
1	S	RF back	-----	S
2	S	LF back	1/8 to R	S
3	Q	RF to side toe turned out	3/8 to R bodyturns less	Q
4	Q	LF closes to RF	Body completes turn	Q
5	S	RF fwd	1/8 to R	S
6	S	LF sideways wide step	1/4 to R	S
7	Q	RF back small step	1/8 to R	Q
8	Q	RF back small step	-----	Q

Note: Step 3 is a "Chaplin step". Toe turned out and the body turns less to keep the contact with the man. The last 2 steps can be taken in different ways depending on what figure to follow. They are always small and rythnical steps. If the first step in the following figure will be taken fwd, keep the weight forward. If the first step in the following figure will be taken back keep the weight back.

Wedding Waltz figure D

Complete Natural turn

Step	Count	Footposition	Turning	Rhythm
Man				
1-3	123	LF fwd basic step	Body turns to L	1,2,3,
4	1	RF fwd	1/8 to R	1
5	2	LF to side wide step	1/4 to R	2
6	3	RF closes to LF slightly fwd or slightly back	1/8 to R	3
7	4	LF back toe turn in	1/8 to R	1
8	5	RF to side small step toe turn out	1/4 to R body turns less(important)	2
9	6	LF closes to RF slightly back	Body completes turn	3
10-12	123	Rf basic fwd	1/8 to R	1,2,3,

Note: The complete Natural turn is traveling around the room with one complete turn to the R over steps 4-9. Steps 4-9 could than be repeted a number of times turning one complete turn to the R each time. Always finish with a RF fwd basic if continue with another figure. It is possible to dance steps 1-9 + 4-6 finishing backwards then dancing a LF basic backwards and finish with the last 3 steps of figure C the quarterturn turning back to the L finishing forward again.

Lady

1-3	123	RF bwd basic step	Body torn to L	1,2,3,
4	1	LF back	1/8 to R	1
5	2	RF to side small step toe turned out	1/4 to R	2
6	3	LF closes to RF	1/8 to R	3
7	4	RF fwd	1/8 to R	1
8	5	LF to side wide step	1/4 to R	2
9	6	RF closes to LF	-----	3
10-12	123	LF basic backwards	1/8 to R	1,2,3

Note: The complete Natural turn is traveling around the room with one complete turn to the R over steps 4-9. Steps 4-9 could than be repeted a number of times turning one complete turn to the R each time. Always finish with a LF backward basic if continue with another figure. It is possible to dance steps 1-9 + 4-6 finishing forward then dancing a RF basic foward and finish with the last 3 steps of figure C the quarterturn turning back to the L finishing backwards again.

Wedding Waltz figure E

Complete Reverse turn

Step	Count	Footposition	Turning	Rhythm
Man				
1-3	123	LF fwd basic step	Body turns to L	1,2,3,
4-6	456	RF fwd basic step	Body turn to R	1,2,3,
7	1	LF fwd	1/8 to L	1
8	2	RF to side wide step	1/4 to L	2
9	3	LF crosses in front of RF	1/8 to L	3
10	4	RF back toe turn in	1/8 to L	1
11	5	LF almost closes to RF toe turn out	1/4 to L Body turns less (important)	2
12	6	RF closes to LF small step	Body completes turn	3

Note:

Repeat step 7-12 continue turning to L to complete one full turn to the L each time or dance the 2 basics forwads before making the full turn again.

Lady

1-3	123	RF backward basic step	Body turns to L	1,2,3,
4-6	456	LF fwd basic step	Body turn to R	1,2,3,
7	1	RF back toe turn in	1/8 to L	1
8	2	LF to side small step toe turn out	1/4 to L	2
9	3	RF closes to LF	1/8 to L	3
10	4	LF fwd	1/8 to L	1
11	5	RF to side wide step	1/4 to L	2
12	6	LF closes to RF	-----	3

Note:

Repeat step 7-12 continue turning to L to complete one full turn to the L each time or dance the 2 basics backwards before making the full turn again.

Tango Figure D

The Promenade

Step	Count	Footposition	Turning	Rhythm
Man				
1	S	LF diagonal back	-----	S
2	S	RF fwd	1/8 to R	S
3	Q	LF fwd small step	-----	Q
4	Q	Close RF to LF	Turn the Lady to Promenad Pos.	Q
5	S	LF to side in Prom pos.	-----	S
6	S	RF fwd and across in Prom Pos.	-----	S
7	Q	Close LF to RF without weight	Body twistturn 1/8 to R	Q
8	Q	Swivel feet in place to Prom Pos.	Body twistturn 1/8 to L	Q
9	S	LF to side in Prom pos.	-----	S
10	S	RF fwd and across in Prom pos.	-----	S
11	Q	LF to side turning Lady square	-----	Q
12	Q	RF closes to LF slightly back	-----	Q

Note: Some advanced dancers are using the alternative Tango rhythm by counting SQQS on the last 4 steps.

Lady

1	S	RF fwd	-----	S
2	S	LF back	1/8 to R	S
3	Q	RF back small step	Preparing to turn to Prom pos	Q
4	Q	LF closes to RF in Prom pos.	1/4 to R	Q
5	S	RF to side in Prom pos.	-----	S
6	S	LF fwd and across in Prom pos.	-----	S
7	Q	Close RF to LF without weight	Body twistturn 1/8 to L	Q
8	Q	Swivel feet in place to Prom pos.	Body twistturn 1/8 to R	Q
9	S	RF to side in Prom pos.	-----	S
10	S	LF fwd and across in Prom pos	-----	S
11	Q	RF to side and slightly back	1/4 to L to face the man	Q
12	Q	Close LF to RF slightly fwd	-----	Q

Note: Some advanced dancers are using the alternative Tango rhythm by counting SQQS on the last 4 steps.

Tango Figure E

Reverse turn Lady outside

Step	Count	Footposition	Turning	Rhythm
Man				
1	S	LF diag back	-----	S
2	S	RF fwd	1/8 to L	S
3	Q	LF fwd	-----	Q
4	Q	RF till sid	1/4 to L	Q
5	S	LF back (Lady outside)	-----	S
6	S	RF back toe turned in	1/4 to L	S
7	Q	LF to side small step	1/4 to L Body turns less	Q
8	Q	RF closes to LF	Body complete turns	Q

Note: It is possible to lead lady to step in line between the mans feet on step 5. The turn will than be 1/8 on step 5 and 1/8 on step 6. Step 7 is a "Chaplin step", the toe pointing out and the body turns less. Body completes the turn on 8. Some advanced dancers are using the alternative Tango rhythm by counting SQQS on the last 4 steps.

Lady

1	S	RF fwd	-----	S
2	S	LF back	1/8 to L	S
3	Q	RF back toe turned in	-----	Q
4	Q	LF to side small step toe turned out	3/8 to R Body turns less	Q
5	S	RF fwd outside partner	-----	S
6	S	LF fwd	1/8 to L	S
7	Q	RF to side wide step	1/4 to L	Q
8	Q	LF closes to RF	-----	Q

Note: Step 4 is a "Chaplin step" The toe pointing out and the body turns less. The man is leading the lady to step outside his R side on step 5 the body is still turned less in order to keep the contact with the man. If the man is leading the lady to step in line between his feet on step 5 the body will turn to the L on step 5 to keep the body square to the man. Some advanced dancers are using the alternative Tango rhythm by counting SQQS on the last 4 steps.

Cha-Cha-Cha Figure D

Three Cha-cha-cha backwards and forwards

Step	Count	Alt.	Footposition	Turning	Rhythm
1	1	2	LF fwd	-----	1
2	2	3	Replace weight back to RF	-----	1
3	3	4	LF diag back	-----	½
4	&	&	RF closes towards LF	-----	½
5	4	1	LF diag back	-----	1
6	1	2	RF diag back	-----	½
7	&	&	LF closes towards RF	-----	½
8	2	3	RF diag back	-----	1
9	3	4	LF diag back	-----	½
10	&	&	RF closes towards LF	-----	½
11	4	1	LF diag back	-----	1
12	1	2	RF back	-----	1
13	2	3	Replace weight fwd to LF	-----	1
14	3	4	RF diag fwd	-----	½
15	&	&	LF closes towards RF	-----	½
16	4	1	RF diag fwd	-----	1
17	1	2	LF diag fwd	-----	½
18	&	&	RF closes towards LF	-----	½
19	2	3	LF diag fwd	-----	1
20	3	4	RF diag fwd	-----	½
21	&	&	LF closes towards RF	-----	½
22	4	1	RF diag fwd	-----	1

Lady

Step	Count	Alt.	Footposition	Turning	Rhythm
1	1	2	RF Back	-----	1
2	2	3	Replace weight fwd to LF	-----	1
3	3	4	RF diag fwd	-----	½
4	&	&	LF closes towards RF	-----	½
5	4	1	RF diag fwd	-----	1
6	1	2	LF diag fwd	-----	½
7	&	&	RF closes towards LF	-----	½
8	2	3	LF diag fwd	-----	1
9	3	4	RF diag fwd	-----	½
10	&	&	LF closes towards RF	-----	½
11	4	1	RF diag fwd	-----	1
12	1	2	LF fwd	-----	1
13	2	3	Replace weight back to RF	-----	1
14	3	4	LF diag back	-----	½
15	&	&	RF closes towards RF	-----	½
16	4	1	LF diag back	-----	1
17	1	2	RF diag back	-----	½
18	&	&	LF closes towards RF	-----	½
19	2	3	RF diag back	-----	1
20	3	4	LF diag back	-----	½
21	&	&	RF closes towards LF	-----	½
22	4	1	LF diag back	-----	1

Note: Advanced dancers uses the alternative counting starting on the second beat in the bar. The Three Cha-cha cha can be danced with any hold. Normal hold, L in R, R in R, or a cross hand hold.

Cha-Cha-Cha figure E

Three Cha-cha-cha sideways

Man. Release hold with L hand and keep the hold with R hand

Step	Count	Alt	Footposition	Turning	Rhythm
1	1	2	LF back	1/4 to L (Side by side with the Lady)	1
2	2	3	Replace weight fwd to RF	Commence to turn to R	1
3	3	4	LF to side small step	Continue turning 1/4 to R	1/2
4	&	&	RF closes towards LF	-----	1/2
5	4	1	LF to side toe turned out	Commence turn to L	1
6	1	2	RF fwd	Continue turning 1/4 to L	1/2
7	&	&	LF closes towards RF	-----	1/2
8	2	3	RF fwd toe turned out	Commence turn to R	1
9-11	3&4	4&1	Repeat steps 3-5	1/4 to R facing the Lady	1/2, 1/2, 1

Release hold with R hand and keep the hold with L hand

12	1	2	RF back	1/4 to R (Side by side with the Lady)	1
13	2	3	Replace weight fwd to LF	Commence to turn to L	1
14	3	4	RF to side small step	Continue turning 1/4 to L	1/2
15	&	&	LF closes towards RF	-----	1/2
16	4	1	RF to side toe turned out	Commence turn to R	1
17	1	2	LF fwd	Continue turning 1/4 to R	1/2
18	&	&	RF closes towards LF	-----	1/2
19	2	3	LF fwd toe turned out	Commence turn to L	1
20-22	3	4	Repeat steps 14-16	1/4 to L facing the Lady	1/2, 1/2, 1

Lady. Release hold with R hand and keep the hold with R hand

Step	Count	Alt	Footposition	Turning	Rhythm
1	1	2	RF back	1/4 to R (Side by side with the Lady)	1
2	2	3	Replace weight fwd to LF	Commence to turn to L	1
3	3	4	RF to side small step	Continue turning 1/4 to L	1/2
4	&	&	LF closes towards RF	-----	1/2
5	4	1	RF to side toe turned out	Commence turn to R	1
6	1	2	LF fwd	Continue turning 1/4 to R	1/2
7	&	&	RF closes towards LF	-----	1/2
8	2	3	LF fwd toe turned out	Commence turn to L	1
9-11	3	4	Repeat steps 3-5	Turning 1/4 to L facing the man	1/2, 1/2, 1

Release hold with L hand and keep the hold with R hand

12	1	2	LF back	1/4 to L (Side by side with the Man)	1
13	2	3	Replace weight fwd to RF	Commence to turn to R	1
14	3	4	LF to side small step	Continue turning 1/4 to R	1/2
15	&	&	RF closes towards LF	-----	1/2
16	4	1	LF to side toe turned out	1/8 to L	1
17	1	2	RF fwd	Continue turning 1/4 to L	1/2
18	&	&	LF closes towards RF	-----	1/2
19	2	3	RF fwd toe turned out	Commence turn to R	1
20-22	3	4	Repeat steps 14-16	1/4 to R facing the man	1/2, 1/2, 1

Note: Advanced dancers uses the alternative counting starting on the second beat in the bar.

Rumba figure D

Rumba Walks Fwd and Back

LF fwd basic step

Step	Count	Footposition	Turning	Rhythm	
1	1	LF fwd	----	1	Q
2	2	Replace weight back to RF	----	1	Q
3	3-4	LF back	----	2	S
4	1	RF back	----	1	Q
5	2	LF back	----	1	Q
6	3-4	RF back	----	2	S
7	1	LF back	----	1	Q
8	2	RF back	----	1	Q
9	3-4	LF back	----	2	S
10	1	RF back	----	1	Q
11	2	Replace weight fwd to LF	----	1	Q
12	3-4	RF fwd	----	2	S
13	1	LF fwd	----	1	Q
14	2	RF fwd	----	1	Q
15	3-4	LF fwd	----	2	S
16	1	RF fwd	----	1	Q
17	2	LF fwd	----	1	Q
18	3-4	RF fwd	----	2	S

Lady

1	1	RF back	----	1	Q
2	2	Replace weight fwd to LF	----	1	Q
3	3-4	RF fwd	----	2	S
4	1	LF fwd	----	1	Q
5	2	RF fwd	----	1	Q
6	3-4	LF fwd	----	2	S
7	1	RF fwd	----	1	Q
8	2	LF fwd	----	1	Q
9	3-4	RF fwd	----	2	S
10	1	LF fwd	----	1	Q
11	2	Replace weight back to RF	----	1	Q
12	3-4	LF back	----	2	S
13	1	RF back	----	1	Q
14	2	LF back	----	1	Q
15	3-4	RF back	----	2	S
16	1	LF back	----	1	Q
17	2	RF back	----	1	Q
18	3-4	LF back	----	2	S

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1.

General: It is nice to curv the walks in a slight curv to R or to L being improvised, both going back and going forward. The hold could be the normal hold or holding only mans L hand in lady's R hand, or R in R or L in L or with a cross hand hold. It is also possible for the man to change hold from R in R to L in L while walking in an improvised way.

Rumba figure E

Rumba Walks in Cuddle hold

LF fwd basic step

Step	Count	Footposition	Turning	Rhythm	
1	1	LF fwd	-----	1	Q
2	2	Replace weight back to RF	-----	1	Q
3	3-4	LF closes to RF	Turn lady into cuddle hold	2	S
4	1	RF back	-----	1	Q
5	2	Transfer weight fwd to LF	-----	1	Q
6	3-4	RF fwd	-----	2	S
7	1	LF fwd	-----	1	Q
8	2	RF fwd	-----	1	Q
9	3-4	LF fwd	-----	2	S
10	1	Transfer weight back to RF	-----	1	Q
11	2	Replace weight fwd to LF	-----	1	Q
12	3-4	RF to side and slightly fwd	-----	2	S

Lady

1	1	RF back	-----	1	Q
2	2	Replace weight fwd to LF	1/8 to L	1	Q
3	3-4	RF to side turning under his L arm (Lady's R arm)	3/8 to L ending in a cuddle hold side by side	2	S
4	1	LF back	-----	1	Q
5	2	Transfer weight fwd to RF	-----	1	Q
6	3-4	LF fwd	-----	2	S
7	1	RF fwd	-----	1	Q
8	2	LF fwd	-----	1	Q
9	3-4	RF fwd	-----	2	S
10	1	LF fwd release hold with L hand	Commence turn to L	1	Q
11	2	RF to side and slightly back	3/8 to L	1	Q
12	3-4	LF back	1/8 to L facing man	2	S

Note: For advanced dancers the 1st step is taken on the second beat in the bar and the counting would then be 234-1.

General: It is nice to curv the walks in a slight curv to L going forward. The hold is rather wide even if it is a cuddle hold walking side by side facing the same way. After step 9 it is possible to repeat step 4-9 before dancing the last 3 steps letting lday out.

Samba figure D

The Promenade

Man

Step	Count	Footposition	Turning	Rhythm 2/4 time
1	1	LF fwd	-----	3/4
2	&	RF to side	1/8 to L to Promenade position	1/4
3	2	Replace LF in place in Promenade	-----	1
4	3	RF fwd in promenade	-----	3/4
5	&	LF in place or slightly backward	-----	1/4
6	4	Slip RF slightly back	-----	1
7	5	LF fwd in promenade	-----	3/4
8	&	RF in place or slightly back	-----	1/4
9	6	Slip LF slightly back	-----	1
10	7	RF fwd in promenade	-----	3/4
11	&	LF in place or slightly backward	-----	1/4
12	8	Slip RF slightly back	-----	1
13	1	LF to the side small step	1/8 to R facing the lady	3/4,
14	&	RF places behind LF (part weight)	---	1/4
15	2	Replace weight to LF	---	1

Lady

1	1	RF back	-----	3/4
2	&	LF to side	1/8 to R to Promenade position	1/4
3	2	Replace RF in place in Promenade	-----	1
4	3	LF fwd in promenade	-----	3/4
5	&	RF in place or slightly backward	-----	1/4
6	4	Slip LF slightly back	-----	1
7	5	RF fwd in promenade	-----	3/4
8	&	LF in place or slightly back	-----	1/4
9	6	Slip RF slightly back	-----	1
10	7	LF fwd in promenade	-----	3/4
11	&	RF in place or slightly backward	-----	1/4
12	8	Slip LF slightly back	-----	1
13	1	RF to the side small step	1/8 to L facing the man	3/4,
14	&	LF places behind LF (part weight)	---	1/4
15	2	Replace weight to LF	---	1

Note: When turning the lady to Promenade position, both are facing the same way and the bodies are hold in a V-shape position. Give space to each other and the arms are held in a firm way. There is a slight fwd and backward movement in the hips and legs, but not to be over done.

Samba figure E

The Solo turn Volta

Man

Step	Count	Fotposition	Turning	Rhythm 2/4 time
Release the hold on previous figure				
1	1	LF fwd toe turned out	A complete turn to L	3/4
2	&	RF to side toe turned out	over teps 1-7	1/4
3	2	Pass LF in front of RF short step		3/4
4	&	RF to side toe turned out		1/4
5	3	Pass LF in front of RF short step		3/4
6	&	RF to side toe turned out		1/4
7	4	Pass LF in front of RF short step		1
8	1	RF to the side small step	Take normal hold and dance	3/4,
9	&	LF places behind RF (part weight)	Whisk to the R and to the L	1/4
10	2	Replace weight to RF		1
11	3	LF to the side small step		3/4,
12	&	RF places behind LF (part weight)		1/4
13	4	Replace weight to LF	Release hold on step 13	1
14	1	RF fwd toe turned out	A complete turn to R	3/4
15	&	LF to side toe turned out	over teps 14-20	1/4
16	2	Pass RF in front of LF short step		3/4
17	&	LF to side toe turned out		1/4
18	3	Pass RF in front of LF short step		3/4
19	&	LF to side toe turned out		1/4
20	4	Pass RF in front of LF short step		1
21	1	LF to the side small step	Take normal hold and dance	3/4,
22	&	RF places behind RF (part weight)	Whisk to L and to the R	1/4
23	2	Replace weight to RF		1
24	3	RF to the side small step		3/4,
25	&	LF places behind LF (part weight)		1/4
26	4	Replace weight to RF		1

Note: It is many steps but very easy steps. In a short describtion it would be described as this. Release hold and dance one comlete turn to the L for the man and to the R for the Lady using the Volta steps (one foot is passed in front of the other counting 1&2&3&4) Dance 2 Whisk with normal hold as described in figure C. Release hold and repeat the complete Solo turn this time to the R for the man and L for the Lady. Take normal hold and dance two Whisk this time starting with the LF for the man and RF for the lady.

Swing dance figure D

American Spin

Start in close dance hold facing sideways with the bodies in a V-shape, swing out the lady by dancing the first 4 steps of figure A or B.

Step	Count	Footposition	Turning	Rhythm
Man				
5	1	LF fwd towards the lady raise the L hand (Lady's R)	-----	S
6	2	RF to side (turn the Lady a complete turn to her R)	-----	S
7	3	Place LF behind RF small step	-----	Q
8	4	Replace weight fwd to RF still in open position	-----	Q
9-12	1-4	Repeat steps 5-8	-----	SSQQ
13	1	LF step in place start to bring in the lady	-----	S
14	2	RF step in place take hold with RH again	turn to R to take hold	S
15	3	Place LF behind RF small step	-----	Q
16	4	Replace weight fwd to RF now in V-shape position	-----	Q
Lady				
5	1	RF foot fwd (Hold R hand fwd and press)	-----	S
6	2	LF to side having turn on the RF one complete turn	1/1 to R	S
7	3	Place RF behind LF small step	-----	Q
8	4	Replace weight fwd to LF in open facing pos	-----	Q
9-12	1-4	Repeat steps 5-8 continue turning 1/1 a turn to R	1/1 to R	SSQQ
13	1	RF fwd towards the man	1/4 to R	S
14	2	LF to side place L hand on man's shoulder	1/8 to R	S
15	3	Place RF behind LF small step	---	Q
16	4	Replace weight fwd to LF now in V-shape position	---	Q

Note: It is possible for the man to turn the lady also with the R hand in R hand or releasing hold and the Lady will then turn solo without hold. If chosen to release hold, the man can also turn one complete turn to the L turning on his LF at the same time as the Lady turns to the R

Swing dance figure E

The Kicks

Start in close dance hold facing sideways with the bodies in a V-shape dancing one basic step. 1-4 SSQQ

Step	Count	Footposition	Turning	Rhythm
Man				
5	1	Kick LF foot sideways in promenad position	-----	Q
6	2	LF in place facing the Lady	1/8 to R	Q
7	3	Kick RF between the Lady's legs	-----	Q
8	4	RF in place	-----	Q
9	5	Kick LF outside Lady's R leg	-----	Q
10	6	LF step in place	-----	Q
11	7	Kick RF between the Lady's legs	-----	Q
12	8	RF in place now in V-shape position	1/8 to L	Q
13	1	Place LF behind RF small step	-----	Q
14	2	Replace weight fwd to RF in V-shape pos.	-----	Q
Lady				
5	1	Kick RF foot sideways in promenad position	-----	Q
6	2	RF in place facing the Man	1/8 to L	Q
7	3	Kick LF outside the Man's R leg.	-----	Q
8	4	LF in place	-----	Q
9	5	Kick RF between the Man's R leg.	-----	Q
10	6	RF step in place	-----	Q
11	7	Kick LF outside the Man's R leg.	-----	Q
12	8	LF in place now in V-shape position	1/8 to R	Q
13	1	Place RF behind LF small step	-----	Q
14	2	Replace weight fwd to LF in V-shape pos.	-----	Q

Note: Lean forward towards each other and be quite close to each other in the top line

Swedish Bugg figure D

Tuck in and out

Step	Count	Footposition	Turning	Rhythm
Man				
1	1	LF fwd small step	-----	Q
2	2	Replace weight to RF	-----	Q
3	3	Place LF behind RF small step	-----	Q
4	4	Close RF back to LF	-----	Q
Finish side by side facing the same way. Depending of the hand hold the hands will be placed in different places when standing side by side.				
5	5	LF fwd small step	-----	Q
6	6	Replace weight to RF	-----	Q
7	7	Place LF behind RF small step	-----	Q
8	8	Replace weight to RF	-----	Q
Depending of the hand hold the Lady will turn under the joined hands in different ways				
Lady				
1	1	RF fwd small step Com. turn to R	-----	Q
2	2	LF to side	1/4 to R	Q
3	3	Place RF behind LF small step	1/4 to R	Q
4	4	Replace weight fwd to LF	---	Q
Finish side by side facing the same way. Depending of the hand hold the hands will be placed in different places when standing side by side.				
5	5	RF fwd small step Com. to turn to R	-----	Q
6	6	LF to side turning to R	1/4 to R	Q
7	7	Place RF behind LF small step	1/4 to R	Q
8	8	Replace weight fwd to LF facing Man	-----	Q
Depending of the hand hold the Lady will turn under the joined hands in different ways				

This figure can be danced with 5 different handholds.

a/ Man's L hand-Lady's R hand

b/ Man's R hand-Lady's R hand

c/ Man's R hand-Lady's R hand and the joined L hands crossed under.

d/ Man's R hand-Lady's L hand

e/ Man's L hand-Lady's L hand

Swedish Bugg figure E

The Double under arm turn Lady turning R

Start in double hand hold facing each other. Left palm up, R palm down. Dance one basic step in place 1-4. Widen the hold, keep the hands down and out.

Step	Count	Footposition	Turning	Rhythm
Man				
5	1	LF to side small step (The man keeping his L hand down leading the lady to step fwd).	1/4 to R	Q
6	2	Replace RF on the spot (Pull the Lady fwd, keep the L hand down and release the R hand)	1/4 to R	Q
7	3	LF fwd small step	-----	Q
8	4	RF fwd small step	-----	Q
9-12	5-8	Dance a basic step (The man is leading the lady to dance two spins to her R under the raised L hand over steps 3-6 finish facing each other).	-----	QQQQ
Lady				
5	1	RF fwd small step (Keep R hand down and out).	-----	Q
6	2	LF back very small step	1/2 to R	Q
7	3	RF fwd small step	1/2 to R	Q
8	4	LF back very small step	1/2 to R	Q
9-10	5,6	Repeat steps 3 and 4 one complete spin to R	1/1 to R	Q
11	7	RF crosses behind LF (Body turn to R)	1/8 to R	Q
10	8	LF to side small step (Body turn to L)	1/8 to L	Q

General: This figure can be danced with 5 different handholds.

- a/ Man's L hand-Lady's R hand
- b/ Man's R hand-Lady's R hand
- c/ Man's R hand-Lady's R hand and the joined L hands crossed under.
- d/ Man's R hand-Lady's L hand
- e/ Man's L hand-Lady's L hand

Lead: The man is leading the Lady to turn two and a half turns to her R under the joined hands (Man's L, Lady's R hand) on steps 6-10 finishing facing each other. Important is to keep the joined hands down on step 5-6 turning her under the arm on 7-8 and one more time on 9-10.

The best way to continue is to dance step 5-10 of Figure B before starting again with the whole figure E again.

Salsa figure D

The 3 turns with change of hands behind back

Man

Step	Count	Footposition	Turning	Rhythm
1-6	123-, 567-	Dance a complete basic step	---	QQQq, QQQq
7	1	LF fwd	1/4 to R	Q
8	2	RF fwd	Continue turn to R	Q
9	3	LF to side small step	Continue turn having made 1 complete turn to R over 3 step	Q q
10-12	567-	Dance step 4-6 of Basic step	---	QQQq
13-18	123-, 567-	Dance a Change of place	1/2 a turn to L	QQQq, QQQq,

Lady

Step	Count	Footposition	Turning	Rhythm
1-3	123-	Dance step 1-3 of a Basic step	Start turn to R	QQQq
4	5	LF fwd	1/4 to R	Q
5	6	RF fwd	Continue turn to R	Q
6	7-	LF to side small step	Continue turn having made 1 complete turn to R over 3 step	Q q
7-9	123-	Dance step 1-3 of a Basic step	Start turn to R	QQQq
10	5	LF fwd	1/4 to R	Q
11	6	RF fwd	Continue turn to R	Q
12	7-	LF to side small step	Continue turn having made 1 complete turn to R over 3 step	Q q
13-18	123-, 567-	Dance a Change of place	1/2 a turn to L	QQQq, QQQq,

Note:

While the man is dancing a complete Basic the lady is dancing the first half of the basic as normal but on step 4 the man is raising his L arm starting to turn her to the R under the arm. The lady continue turning under man's L arm for step 5 and on step 6 she will be facing the man again. While turning one complete turn to the R over 7-9 he will change his L hand to his R hand behind his back and on 10-12 leading the lady to turn once more but now under the joined R hands. Finish by dancing a Change of places

Salsa figure E

Lady's spin to R while changing place

Man

Step	Count	Fotposition	Turning	Rhythm
1-6	123-, 567-,	Dance a complete basic step	---	QQQq, QQQq
7	1	LF back	---	Q
8	2	RF fwd	Commence turn to R	Q
9	3	LF to side small step	Turn 1/4 to R	q
10-12	567-	Dance 3 steps in place	Continue turn 1/4 to R	QQQq
13-18	123-, 567-,	Dance a Change of place	1/2 a turn to L	QQQq, QQQq,

Lady

Step	Count	Fotposition	Turning	Rhythm
1-6	123-, 567-,	Dance a complete basic step	---	QQQq, QQQq
7-9	123-	Dance step 1-3 of a Basic step	Start turn to R	QQQq
10	5	LFcloses to RF	Almost 1/2 to R	Q
11	6	RF fwd	Continue turn to R	Q
12	7-	LF to side small step	Continue turn having made	Q
		1 complete spin to R over 3 step having passed the man changing places		q
13-18	123-, 567-,	Dance a Change of place	1/2 a turn to L	QQQq, QQQq,

Note:

Dance a normal complete basic and the man release hold with R hand on 7. While the man is dancing Lf back, Rf fwd and Lf to side he brings the lady forward on 9 raising the R hand out to the side and on steps 10-12 he turns the lady under his L hand a complete spin to her R and allowing her to pass in front of him changing places and are now facing the opposite way. The Lady dance a back basic on 7-9 but taking a short step back on 7 and goes fwd on 8 and on 9 forward starting to turn to the right. She spins under the mans R hand small steps passing in fron tof him and changing places. Finish by dancing a change of place turning 1/2 a turn to the left finishing in the original place.

It is possible to use different handholds in this figure. R in R or a crosshold R in R and L in L under or even release hold on 9 and she will make a free spin to the R without hold.