

Quick Step: Quarter Turn Left & Progressive Chasse

Leader										Follower											
L.Side																				R.Side	
R.Close																				L.Close	
L.Side																				R.Side	
R.Back, 1/4 L																				L.Fwd, 1/4 L	
L.Side																				R.Side	
R.Close																				L.Close	
L.Side																				R.Side	
R.Fwd, 1/4 R																				L.Back, 1/4 R	
L.Fwd																				R.Back	
R.Close <i>Closed Position</i>										Start										L.Close <i>Closed Position</i>	
Step																				Step	

Quick Step: Forward Lock

Leader										Follower												
L.FwdPin										2											R.BackPin	
R.CloseBack										Q											L.CloseFwd	
L.FwdPin										&											R.BackPin	
R.FwdPin										Q											L.BackPin	
L.FwdPin										1											R.BackPin	
R.CloseBack										Q											L.CloseFwd	
L.Fwd										&											R.Back	
R.Fwd										Q											L.Back	
L.Close <i>Closed Position</i>										P											R.Close <i>Closed Position</i>	
Step																				Step		
	Frame	Hand	Gesture	Foot	Foot	Gesture	Way	Hand	Frame	Time	Frame	Hand	Gesture	Foot	Foot	Gesture	Way	Hand	Frame		Alignment	

Quick Step: Natural Turn & Tipple Chasse

Leader										Follower																							
L.Fwd										3											R.Back												
R.CloseBack										Q											L.CloseFwd												
L.Fwd										Q											R.Back												
R.Side										2											L.Side												
L.Close										Q											R.Close												
R.Side										&											L.Side												
L.Back, 1/4 R										Q											R.Fwd, 1/4 R												
R.Close										1											L.Close												
L.Side										Q											R.Side												
R.Fwd, 3/8 R										Q											L.Back, 3/8 R												
L.Close <i>Closed Position</i>										Q											R.Close <i>Closed Position</i>												
										Start																							
Step																				Step													

Quick Step: Natural Turn & Natural Spin Turn

Leader										Follower									
L.Back										R.Fwd									
R.Fwd, 1/4 R										L.Back, 1/4 R									
L.Back, 3/8 R										R.Fwd, 3/8 R									
R.Close										L.Close									
L.Side										R.Side									
R.Fwd, 3/8 R										L.Back, 3/8 R									
L.Close <i>Closed Position</i>										R.Close <i>Closed Position</i>									
Frame Hand Gesture Foot Foot Gesture Way Hand Frame										Time Frame Hand Gesture Foot Foot Gesture Way Hand Frame									
Step										Step									
Alignment										Alignment									