

Supreme Dance Advanced Routines

Ballroom

Waltz	Quickstep
<ol style="list-style-type: none"> 1. Natural spin turn (Backing DC) 2. Turning lock 3. Natural turn (Backing LOD) 4. Natural turn (Facing DC) 5. Basic forward (Facing DC) 6. Reverse turn (Backing LOD) 7. <u>Reverse turn (Facing DW)</u> 8. Whisk -> Chasse from promenade 9. Oversway (6 beats) 10. Contra check (6 beats) 11. Natural spin turn (outside partner) 12. <u>Basic backward (Facing DW)</u> 13. Whisk -> Wing 14. Chasse to right -> Outside change to PP 15. Chasse from promenade 16. Open impetus turn -> Weave from pp 17. Drag hesitation 18. Outside change (not to PP) 	<ol style="list-style-type: none"> 1. Natural spin turn 2. 3 Basics 3. 1 lock 4. Natural spin turn -> V6 5. 123 Natural turn 6. Tipple chasse to the right 7. Quick open reverse -> 4 quick run 8. Running right turn 9. Double lock

Tango	English Foxtrot
<ol style="list-style-type: none"> 1. 5 step -> Closed Promenade 2. Open Reverse turn (lady outside) 3. 4 Swivels -> oversway (end in PP) 4. Natural twist turn 5. Promenade link -> check 6. Promenade link -> 4 step swivel 7. Oversway, straighten & flat whisk 8. Natural promenade turn 9. Closed Promenade 	<ol style="list-style-type: none"> 1. Prep step -> Feather step 2. Reverse turn to a feather finish 3. 3 step -> 123 Natural turn 4. Closed Impetus turn to feather finish 5. Open Telemark 6. 123 Natural turn 7. Swivel

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Latin

Jive	Samba
<ol style="list-style-type: none"> 1. Basic 2. Lady's Change of place 3. Lady go, man go 4. Tummy tickler 5. Lady's Change of place 6. Spanish arms 7. 2 Stop & go's (jive then R&R) 8. Lady's Change of place 9. American spin 10. Behind the back 11. Link (1 to 5) & double cross whip 12. Bring her back 13. 1 basic 14. 4 Prom walks (slow) 15. 8 Prom walks (fast) 16. Swivels 	<ol style="list-style-type: none"> 1. 2 basics 2. 2 whisks (Lady turns on 2nd) 3. 1 walks -> side step 4. 4 Shadow Bodafogas 5. Travelling Voltas to the R & L 6. 2 cucarachas (end PP) 7. 3 Promade runs 8. 2 basics -> reverse turn 9. 3 whisks (Lady turns on 2nd) 10. Cont. Volta spot turn to R -> 2 whisks 11. Cont. Volta spot turn to L -> 1 whisk 12. {restart}

Rumba	Cha
<ol style="list-style-type: none"> 1. 2 Basics 2. 1 New Yorker 3. Under arm to right (lady) 4. 3 Opening outs (cucarachas lady) 5. Spot turn 6. Hand to hand 7. 2 walks 8. check 9. 2 spot turns 10. Curl -> Alemana 11. Hand to hand -> backward walks 12. Rocks -> 2 swivel walks 13. Spot turn 14. Basic and Turning basic 	<ol style="list-style-type: none"> 1. New Chase <ol style="list-style-type: none"> 1. 1st part of chase 2. Cuban breaks 3. 2 turning New Yorkers 4. 2nd part of chase 2. New Yorker and spot turn 3. Alemana turn 4. 2 Basics (turn 2nd basic) 5. 1 New Yorker 6. Under arm to right (lady) 7. 1 Hand to hand 8. 3 locks -> check 9. 2 spot turns (man turns on 2nd)

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Paso Doble	beats
Intro (16)	-
Promenade (8)	8
Chasis to the right (4)	12
Separation (8)	20
Attack (4)	24
Elevations (down & up)	32
Sixteen	48
Chasis to right	52
Promo. to counter prom.	60
Grand circle	68
Sur plus (4)	72
Fallaway whisk	76
Spanish arms	80
Flamenco taps	84
Spanish arms	88