

Ballroom Quickstep

Quickstep music has 4 beats to the bar at about 50 bars per minute.

The basic rhythm is a mixture of Slows (2 beats) and Quicks (1 beat) such as SSQQ or SQQ or SQQS. Dance all Quicks with small steps and on the balls of your feet!

	Start Foot	Timing	Notes
Basic Routine			
Qtr Turn Fwd	LF	SSQQ	
Qtr Turn Back	LF back	SSQQ	
Fwd Lock Step	LF	SSQQ	O/S lady. This signals the Lock Step.

Keep repeating the above until you get to a corner then:

Prepare for Spin Turn	LF	SSQQ	Second S o/s lady. Turn to back LOD
Spin Turn	LF back	SSSSQQ	Big spin on 2 nd S onto the new LOD.

It is VERY important that you do not go back onto your old LOD!

Repeat the above sequence on the new side but start with the Fwd Lock Step

This will take you round the room in a Ballroom of any size.

When you have mastered these basic four figures, move onto the next routine.

Intermediate Routine

Section 1

Qtr Turn Fwd	LF	SSQQ	
Qtr Turn Back	LF back	SSQQ	
Fwd Lock Step	LF	SSQQ	
Nat Chassé Turn	LF	SSQQ	Turn to R to back LOD
Back Lock	LF back	SQQS	Straight back, no turn
Nat Chassé turn	LF Back	SQQ	Turn to R
Nat Chassé Turn	RF	SQQ	Turn to R to face wall
Hesitation	LF back	SSS	Keep turning to R, hesitate on 3 rd S

You should now be facing centre of room with back to the new wall

Section 2

2*Rvs Chasse Turn	LF	SQQSQQ	Turn about 270 and head for corner
Fwd Lock Step	LF	SSQQ	
Spin turn	RF	SSQQSSSSQQ	

Continue with Side 1 if required

Advanced Routine

Section 3

End the Spin Turn facing down the LOD

Zig Zag	LF	SSS	Ladies heel turn. 90° rvs turn
2*Back locks	RF	QQQQS	Down room, no turn
2*Chassé to R	LF back	SQQQQS	Turn to R to face Centre of room
Last S should be between ladies feet as comes across in front of man			
2*Fwd locks	LF	QQQQS	Down LOD o/s lady

Spin turn (overturned) RF SQQSSS end backing not quite along new LOD

Corner – V6 and Fishtail

Overturned spin turn	RF	SQQSSS	
Back lock	RF back	QQSS	Straight line, no turn
V6	RF back	QQ	Turn to L – about 120
Fishtail + twinkle	RF os lady	S+QQQQ	
Spin Turn	LF	SSQQSSSSQQ	

Corner – Wing with Zig Zags

Spin turn	RF	SQQ	
Into PP on 3 rd S	LF	SSS	PP on 3 rd S
Zig Zag	RF	QQQQ	
Wing	RF through	SQQ	Same as Waltz but quicker
2*Rvs chasses	LF	SQQSQQ	
Lockstep	LF	SSQQ	

Corner - Open V6 and Weave

As V6 and Fishtail above but end in PP after V6

Weave	RF	SSSS
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Continue with Section 3 above