

**Lēnais valsis**

Natural Spin Turn - 4-6 of Reverse Turn - Outside Change to PP - Chasse from PP

- 1) Double Reverse Spin - 1-3 of Reverse Turn (stūrī + -) - **1-3 of Basic Weave / Weave in Waltz time - Back Lock**

>> ja pabeidz backing DC, tad turpini ar Outside Change - Chasse from PP

- 2) 1-3 of Natural Turn - Back Whisk stūrī - **1-3 of Weave from PP - Back Lock** - Running Finish to PP - Chasse from PP

- 3) Overturned Natural Spin - **Overturned Turning Lock to R** - Turning Lock to PP

+ variants A

- 4) **Running Weave from PP** - Telemark - Running Cross Chasse to PP

+ variants B

- 5) Running Weave from PP (1&23 123) - **Bounce Fallaway incl Out Change to PP** (1&23 123)

- 6) Whisk (stūrī) - Hover Corte from PP (123) - Outside Spin - **1-4 of Running Weave (Heel Turn)** -

+

- 7) **Progressive Chasse** - Quick Open Reverse (1&23) - Hover Corte (123 123)

- 8) **Overturned Running Spin Turn**

a) Whisk Quick Wing 12&3

b) Whisk, 2 steps in PP 123

## Tango

- 1) **Natural Twist Turn to Closed Pos - Back Corte with Open Ending** - Outside Swivel - tap in PP - Closed Promenade
- 2) **Four Step to Outside Swivel (stūrī) to PP QQ SQQ** - Closed Promenade - Sincopated Bas Rev Turn - Open Reverse Turn
- 3) **Brush Tap 1/4 to Left (stūrī)** - Progressive Side Step Reverse Turn - Open Reverse Turn - Outside Swivel - Steps 2-4 of Closed Promenade
- 4) **Promenade Link Turned to R** - Step 1 of Back Corte - RF Rock - Back Corte
- 5) Fallaway Reverse - Reverse Outside Swivel **ended with Prom Link Turned to R - Back Corte ending**
- 6) Five Step S&QQ&S - Open Natural Turn SQQS - **Outside Spin without Pivot On Last Step QQS**  
+
- 7) Rock on RF - Back Corte Open ending - Outs Swivel S \_ Closed promenade Ending QQS
- 7) Open Natural Turn **S&QQ - Outside Spin (overturned) QQS - Natural Twist Turn from Closed Pos (QQQQS)** - In Out &S

### **Kviskteps**

**1) Running Right Turn SQQ S SQQ SQQ - Forward Lock - Natural Turn to Cross Chasse**

**2) Progressive Chasse - Fwd Walk - Quick Open Reverse SQQ - Quarter Turn to L to Wing pos - Cross Svivel SS - Fwd Check S - Tipple Chasse to R - Fwd Lock Ending**

**3) Overturned Natural Spin Turn - Turning Lock to R (QQSS) -**

**Variants A: Closed Wing - Cross Svivel SS - Fish Tail (SQQQQS)**

**Variants B: Turning Lock to R to PP - Wing (from PP) - Fish Tail (SQQQQS)**

**4) Progr Chasse - Fwd Walk - Zig Zag - Back Lock - Outs Spin (SSS) - 2-4 Back Lock - Outside Change**

**5) Quarter Turn to Left SQQ - Reverse Turn SQQ - Four Quick Run SQQQQS**