

QUICKSTEP

ROUNDALAB:

[Timing is 4/4] Figures are usually written in 1 or 1 1/2 measures using various timing: [{SS; S;} {SS;QQ} {SQQ;} {QQS;} {QQQQ;}] Quickstep should have flight and be danced with a very light airy feeling. Poise is slightly forward so that the weight is carried across the inside arch of the feet.

PRACTICAL HINTS ON TECHNIQUE:

1. Weight fwd on balls of feet (Fwd Poise).
2. Smooth Topline (Don't Bounce).
3. Think Slow, but dance at tempo.
4. Strong contra banjo pos. with shoulder leads.

ALEX MOORE*:

"This dance might be termed the 'joy' dance of modern dance. . . . the tempo of the music and the whole character of the dance seem to invite a care-free interpretation of its bright rhythm." "The dancer who masters the fundamentals of the Quickstep will have a command of a dance that can never grow stale, a dance that is unquestionably the most attractive expression of rhythm the world has ever known."

* *Ballroom Dancing* by Alex Moore, A & C Black, London, 1986, pg. 28-30.

QUICKSTEP INTRODUCTORY BASICS

Magic Step	Box Finish	Spin Turn	Back Lock Back
Qtr.Turns & Prog.Chasse	Left Turns	Impetus	Whisk
Maneuver	Right Turns	Telemark	Wing
Pivot 2	Fishtail	Hover	Hesitation Change
Box	Chasse	Forward Lock Forward	Change of Direction
			Charleston

MAGIC STEP {SS;Q,Q,}

M: Fwd L, -, Fwd R, -; Sd L, CI R, W: Bk R, -, Bk L, -; Sd R, CI L,

QUARTER TURNS & PROGRESSIVE CHASSE;;;

{SS;QQS;SQQ;SS;}

M: (CP/LOD) Fwd L, -, Fwd R (turn 1/4 RF), -; Sd L, CI R, (CP/DRW) Bk L,-; Bk R (turn LF), -, Sd L, CI R; Sd & Fwd L (BJO), -, Fwd R, -
W: Bk R, -, Bk L (turn 1/4 RF), -; Sd R, CI L, Fwd R, -; Fwd L (turn 1/4 LF), -, Sd R, CI L; Sd & Bk R, -, Bk L, -; (BJO)

MANEUVER or MANUV, SIDE, CLOSE {SQQ;}

M: Fwd R (turn RF to face RLOD), -, Sd L, CI R; W: Bk L (turn RF to face LOD), -, Sd R, CI L;

PIVOT 2 {SS;} [Can turn 1/2 to full turn]

M: (CP/RLOD) Bk L turning RF, -, Fwd R turning RF, -; W: Fwd R turning RF, -, Bk L turning RF, -;

BOX;;

M: Fwd L, -, Sd R, CI L; Bk R, -, Sd L, CI R; W: Bk R, -, Sd L, CI R; Fwd L, -, Sd R, CI L;

BOX FINISH;

M: Bk R, -, Sd L, CI R; W: Fwd L, -, Sd R, CI L;

LEFT TURNS;; [3/4 to full turn over 2 meas.]

M: Fwd L (turning LF), -, Sd R (turning LF), CI L; Bk R (turning LF), -, Sd L (turning LF), CI R;
W: Bk R (turning LF), -, Sd L (turning LF), CI R; Fwd L (turning LF), -, Sd R (turning LF), CI L;

RIGHT TURNS;; [3/4 to full turn over 2 meas.]

M: Bk L (turning RF), -, Sd R (turning RF), CI L; Fwd R (turning RF), -, Sd L (turning RF), CI R;
W: Fwd R (turning RF), -, Sd L (turning RF), CI R; Bk L (turning RF), -, Sd R (turning RF), CI L;

FISHTAIL; {QQQQ;}

M: (BJO) XLIB, Sd R (turn RF), Fwd L, XRIB; W: XRIF, Sd L (turn RF), Bk R, XLIF;

CHASSE; {QQS;}

M: Sd L, CI R, Sd L, -; W: Sd R, CI L, Sd R, -;

SPIN TURN {SS;S}

M: (CP/RLOD) Bk & Sd L (RF Pivot), -, Fwd & Rise R, -; Sd & Bk L, - W: Fwd & Sd R (RF Pivot), -, Bk & Rise L, -; Sd & Fwd R, -;

IMPETUS to SCP {SS;S} [Can start in CP or BJO]

M: (CP/RLOD) [Heel Turn] Bk L turning RF, -, (continue RF turn on L) CL R to L, -; Fwd L to SCP, -,
W: Fwd R (turn RF), -, Sd & Fwd L (turn RF), -; Fwd R, -;

TELEMARK to SCP {SS;S} [Can start in CP or BJO]

M: (CP/DLC) Fwd L (turn LF), -, Sd R (turn LF), -, Sd & Fwd L to SCP, -,
W: [Heel Turn] Bk R bringing L to R, Turn LF on R & Chg weight to L, -; Sd & Fwd R to SCP, -;

HOVER {SS;S} [Can start in CP or BJO]

M: Fwd L to CP, -, Fwd & Sd R (rising), -; Rec Fwd L to SCP, -, W: Bk R, -, Bk & Sd L (rising), -; Rec Fwd R to SCP, -;

FORWARD LOCK FORWARD {QQS;}

M: (BJO) Fwd L, XRIB, Fwd L, -; W: (BJO) Bk R, XLIF, Bk R, -;

BACK LOCK BACK {QQS;}

M: (BJO) Bk R, XLIF, Bk R, -; W: (BJO) Fwd L, XRIB, Fwd L, -;

WHISK {SS;S} [Can start in CP or BJO]

M: Fwd L to CP, -, Fwd & Sd R (rising), -; XLIB to SCP, -; W: Bk R, -, Bk & Sd L (rising), -; XRIB to SCP, -;

WING {SS;S}

M: (SCP) Fwd R, -, Draw L to R, -; Tch L to R turning LF, -, W: Fwd L, -, Fwd R turning LF @ M, -; Fwd L to SCAR, -;

HESITATION CHANGE {SS;S} [Can start in CP or BJO]

M: (CP/RLOD) Bk L turning RF, -, Sd R to CP, -; Draw L to R, -; W: Fwd R turning RF, -, Sd L to CP, -; Draw R to L, -;

CHANGE OF DIRECTION {SS;S}

M: (CP/DLW) Fwd L, -, Fwd R turning LF, -; Draw L to R, -; W: Back R, -, Bk L turning LF, -; Draw R to L, -;

CHARLESTON;; {SS;SS;} [W can step Fwd or Bk]

M: Fwd L, -, Point R Fwd, -; Bk R, -, Point L Bk, -; W: Fwd R, -, Point L Fwd, -; Bk L, -, Point R Bk, -;