

Follower's Quickstep Figures

The information in these charts is taken from *The Ballroom Technique*, published by the Imperial Society of Teachers of Dancing. I have reorganized much of the information and have added a few comments and clarifications here and there. If you are interested in obtaining your own copy of this book, please see me.

Quarter Turn to the Right

Step	Timing	Feet Positions	Alignment	Amount of Turn	Footwork	Rise and Fall	Sway	CBM
1	S	LF back	Backing DW	Com. turn to R	TH	Com. rise e/o 1. NFR	S	✓
2	Q	RF side	Pointing DC	1/4 between 1-2 Body turns less	T	Cont. rise 2 & 3	L	
3	Q	LF closes to RF	Facing DC	Slight body turn	T	—	L	
4	S	RF diag fwd	Facing DC	—	TH	Up. Lower e/o 4	S	

Precedes: Progressive Chassé; Forward Lock; Natural Turn (with hesitation); Natural Turn with Tipple Chassé ending.

Follows: Progressive Chassé.

Progressive Chassé

Step	Timing	Feet Positions	Alignment	Amount of Turn	Footwork	Rise and Fall	Sway	CBM
1	S	LF fwd	Facing DC	Com. turn to L	HT	Com. rise e/o 1	Nil	✓
2	Q	RF side	Backing W	1/8 between 1-2	T	Cont. rise 2 & 3		
3	Q	LF closes to RF	Backing DW	1/8 between 2-3 Body turns less	T	—		
4	S	RF side and slightly back	Backing DW	—	TH	Up. Lower e/o 4		
5*	S	LF back in CBMP	Backing DW	*	H*	*	*	✓

* Step 5 is actually step 1 of the following figure, so columns marked with an asterisk are determined by that figure. It is included here because step 1 of the following figure is taken outside partner in CBMP when following the Progressive Chassé.

Precedes: Quarter Turn to the Right; Chassé Reverse Turn; Natural Spin Turn.

Follows: Quarter Turn to the Right; Forward Lock; any Natural Turn.

Forward Lock

Step	Timing	Feet Positions	Alignment	Amount of Turn	Footwork	Rise and Fall	Sway	CBM
1	S	LF back in CBMP	Backing DW	—	TH	Com. rise e/o 1 NFR	Nil	✓
2	Q	RF back	Backing DW	—	T	Cont. rise 2 & 3		
3	Q	LF crosses in front of RF	Backing DW	—	T	—		
4	S	RF diag back	Backing DW	—	TH	Up. Lower e/o 4.		
5*	S	LF back in CBMP	Backing DW	—	TH*	*	*	✓

* See note above for info about step 5.

Note: Although foot alignment is backing DW, the body will back between W and DW.

Precedes: Progressive Chassé; Forward Lock; Natural Turn with Tipple Chassé ending.

Follows: Quarter turn to the Right; Forward Lock; any Natural Turn.

Natural Turn (with Hesitation ending)

Step	Timing	Feet Positions	Alignment	Amount of Turn	Footwork	Rise and Fall	Sway	CBM
1	S	LF back	Backing DW	Com. turn to R	TH	Rise e/o 1. NFR	S	✓
2	Q	RF side	Pointing LOD	3/8 between 1-2 Body turns less	T	Up	L	
3	Q	LF closes to RF	Facing LOD	Body completes turn	TH	Up. Lower e/o 3	L	
4	S	RF fwd	Facing LOD	Com. turn to R	HT	Down	S	✓
5	S	LF side	Backing new LOD	1/4 between 4-5	TH	—	S	
6	S	RF back	Backing DW	1/8 between 5-6	TH	—	S	✓

Precedes: Progressive Chassé; Forward Lock; Natural Turn (with hesitation); Natural Turn with Tipple Chassé ending.

Follows: Quarter Turn to the Right; any Natural Turn. When danced along a wall, can be followed by Chassé Reverse Turn (see below).

Chassé Reverse Turn

Step	Timing	Feet Positions	Alignment	Amount of Turn	Footwork	Rise and Fall	Sway	CBM
1	S	RF back	Backing DC	Com. turn to L	TH	Rise e/o 1. NFR	S	✓
2	Q	LF side	Pointing LOD	3/8 between 1-2 Body turns less	T	Up	R	
3	Q	RF closes to LF	Facing LOD	Body completes turn	TH	Up. Lower e/o 3	R	

Precedes: Natural Turn (with hesitation) along a wall (the last step of the hesitation will become the first step of the Chassé Reverse Turn).
Follows: Progressive Chassé (overturned).

Natural Spin Turn (underturned)

Step	Timing	Feet Positions	Alignment	Amount of Turn	Footwork	Rise and Fall	Sway	CBM
1	S	LF back	Backing DW	Com. turn to R	TH	Rise e/o 1	S	✓
2	Q	RF side	Pointing LOD	3/8 between 1-2. Body turns less	T	Up	L	
3	Q	LF closes to RF	Facing LOD	Body completes turn	TH	Up. Lower e/o 3	L	
4	S	RF fwd	Facing LOD	3/8 to R on 4 (pivot)	HT	Down	S	✓
5	S	LF back and slightly side	Backing DW new LOD	Cont. turn to R	T	Rise e/o 5	S	
6	S	RF diag fwd having brushed to LF	Facing DC	1/4 between 5-6	TH	Up. Lower e/o 6	S	

Note: (1) Steps 1-3 are steps 1-3 of a Natural Turn. (2) On step 4 the heel is in contact with the floor during the actual pivoting action. (3) On step 5, the heel is *not* in contact with the floor during the brush.

Precedes: Progressive Chassé; Forward Lock; Natural Turn (with Hesitation); Natural Turn with Tipple Chassé ending.
Follows: Progressive Chassé; when danced along side of room: Progressive Chassé to DC, step fwd RF on slow (heel, flat), Chassé Reverse Turn.

Tipple Chassé

Step	Timing	Feet Positions	Alignment	Amount of Turn	Footwork	Rise and Fall	Sway	CBM
1	S	RF fwd	Facing LOD	Com. turn to R	HT	Com. rise e/o 1	Nil	✓
2	Q	LF side	Backing new LOD	1/4 between 1-2	T	Cont. rise 2 & 3		
3	Q	RF closes to LF	Backing LOD	—	T	—		
4	S	LF side and slightly back	Backing DW	1/8 between 3-4	T	Up, but soften into knee		
5	Q	RF back, R side leading	Backing DW	—	T	Up		
6	Q	LF crosses in front of RF	Backing DW	—	T	Up		
7	S	RF diag back	Backing DW	—	TH	Up. Lower e/o 7		
8*	S	LF back in CBMP	Backing DW	—	TH*	*	*	✓

* See note regarding step 5 of Forward Lock

Note: Steps 5-8 are the same as 2-5 of the Forward Lock.

Precedes: 1-3 of Natural Turn

Follows: Quarter turn; Forward Lock; any Natural Turn.