

Leader'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	RF fwd	Facing DW	Com. turn to R	HT	Com. rise e/o 1	S	√
2	Q	LF side	Backing Center	1/8 between 1-2	T	Cont. rise 2 & 3	R	
3	Q	RF closes to LF	Backing DC	1/8 between 2-3	T	—	R	
4	S	LF side and slightly back	Backing 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	RF back	Backing DC	Com. turn to L	TH	Com. rise e/o 1 NFR	Nil	√
2	Q	LF side	Pointing DW	1/4 between 1-2 <i>Body turns less</i>	T	Cont. rise 2 & 3		
3	Q	RF closes to LF	Facing DW	Slight body turn	T	—		
4	S	LF side and slightly fwd	Facing DW	—	TH	Up. Lower e/o 4		
5*	S	RF fwd in CBMP, OP	Facing 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	RF fwd in CBMP, OP	Facing DW	—	HT	Com. rise e/o 1	Nil	√
2	Q	LF diag fwd	Facing DW	—	T	Cont. rise 2 & 3		
3	Q	RF crosses behind LF	Facing DW	—	T	—		
4	S	LF diag fwd	Facing DW	—	TH	Up. Lower e/o 4		
5*	S	RF fwd in CBMP, OP	Facing DW	*	H*	*	*	√

* See note above for info about step 5.

Note: Although foot alignment is DW, the body will face 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	RF fwd	Facing DW	Com. turn to R	HT	Rise e/o 1	S	√
2	Q	LF side	Backing DC	1/4 between 1-2	T	Up	R	
3	Q	RF closes to LF	Backing LOD	1/8 between 2-3	TH	Up. Lower e/o 3	R	
4	S	LF back	Backing LOD	Com. turn to R	TH	Down.	S	√
5	S	RF side small step (heel pull)	Facing DW of new LOD	3/8 between 4-5	H to IE of foot to whole foot	—	S	
6	S	LF fwd	Facing DW	—	H-flat	—	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	LF fwd	Facing DC	Com. turn to L	HT	Rise e/o 1	S	√
2	Q	RF side	Backing DW	1/4 between 1-2	T	Up	L	
3	Q	LF closes to RF	Backing LOD	1/8 between 2-3	TH	Up. Lower e/o 3	L	

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	RF fwd	Facing DW	Com. turn to R	HT	Rise e/o 1	S	√
2	Q	LF side	Backing DC	1/4 between 1-2	T	Up.	R	
3	Q	RF closes to LF	Backing LOD	1/8 between 2-3	TH	Up. Lower e/o 3	R	
4	S	LF back, toe turned in	Down LOD	3/8 to R on 4 (pivot)	THT	Down.	S	√
5	S	RF fwd in CBMP	Facing DW new LOD	Cont. turn to R	HT	Rise e/o 5	S	√
6	S	LF side and slightly back	Backing 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.

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	LF back	Backing LOD	Com. turn to R	TH	Com. to rise e/o 1 NFR	Nil	√
2	Q	RF side	Facing new LOD	1/4 between 1-2	T	Cont. rise on 2 & 3		
3	Q	LF closes to RF	Facing LOD	—	T	—		
4	S	RF side and slightly fwd	Facing DW	1/8 between 3-4	T	Up, but soften into knee		
5	Q	LF diag. fwd, L side leading	Facing DW	—	T	Up		
6	Q	RF crosses behind LF	Facing DW	—	T	Up		
7	S	LF diag fwd, preparing to step OP	Facing DW	—	TH	Up. Lower e/o 7		
8*	S	RF fwd in CBMP, OP	Facing DW	*	H*	*	*	√

* 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.