QS. QUICKSTEP

CHARACTERISTICS: In round dancing, the Quickstep rhythm is denoted using 4/4 timing. Figures are usually written in 1, 1 1/2 or more measures using various timing [[SS; S] [SQQ;] [QQS;] [QQQQ;]]. Standard timings are given; however, choreographers may use other timings. 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 arches of the feet.

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Back Turning Whisk	**Fwd Tipple Chasse**	**Rev Fallaway and Slip**	**Tipsy Point**
Charleston Crosses	**Hairpin**	**Rev Fallaway from SCP**	**Top Spin**
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 # Back Turning Whisk bk trng wsk Back Turning Whisk
SS; S BK TRN, -, SD, -; XIB, -,
(FWD TRN, -, SD, -; XIB, -,)

MAN: Back left commence to turn right face with slight right side stretch, -, side and back right continue right face upper body turn with right side stretch, -; cross left behind right to tight Semi Closed Position, -,

WOMAN: Forward right commence to turn right face with slight left side stretch, -, staying well in man's right arm side and forward left, -; continue right face upper body turn with left side stretch cross right behind left in tight Semi Closed Position, -,

NOTE: Figure starts in Closed or Banjo Position and usually turns right face 1/4 to 3/8. Feet should not be crossed tightly. Knees are kept relaxed. Timing may also be SQQ; requiring 1 measure.

 # Charleston Crosses chrlstn Xs Charleston Crosses
QQ SD & BK, XIF,
(SD & FWD, XIB,)

MAN: Swiveling 1/8 right face on the ball of the left foot turning left heel out left with straight legs while stepping side and back right with heel turned out to right, swiveling 1/4 left face on ball of right foot turning right heel in to left softening knees while crossing left in front of right turning left heel in to right,

WOMAN: Swiveling 1/8 left face on ball of right foot turning right heel out to the right with straight legs while stepping side and forward left with heel turned out to left, swiveling 1/4 right face on ball of the left foot turning left heel in to right softening knees crossing right in back of left turning right heel in to left,

NOTE: The swivel action is with the foot only with no body rotation. Figure is usually danced in Loose Closed or Butterfly Position moving to the right. May move to left if roles reversed and in Butterfly. May be done with same footwork if in Tandem or Skaters. Standard timing is QQ, but could be danced SS. Usually done with 4 to 8 steps in sequence usually with a combination of slows and quicks. To repeat the action, the 1/8 right swivel to start the figure would change to 1/4 right face and woman 1/4 left face.

 # Chasse Roll none Chasse Roll
QQS; SD, CL TRN, SD & FWD TRN, -;
(SD, CL TRN, SD & BK TRN, -;)

MAN: Side right, close left commence right face turn, [almost 1/4 right face turn between steps 2 and 3] side and forward right between woman's feet turn head to right with left side stretch and right sway with a roll action pivoting 1/8 to1/4 right face, -;
WOMAN: Side left, close right commence right face turn, [almost 1/4 right face turn between steps 2 and 3] side and back left with right side stretch and left sway look well to left pivoting 1/8 to 1/4 right face, -;
NOTE: May be done in opposite direction [and pivoting in opposite direction], starting with other foot.

 # Contra Check contra ck Contra Check
S CK FWD, -,
(BK, -,)

MAN: Commence left face upper body turn flexing knees with strong right side lead check forward left in CBMP, -,
WOMAN: Commence left face upper body turn flexing knees with strong left side lead back right in CBMP looking well to left, -,
NOTE: Flexing of knees as upper body rotates left face with man's left and woman's right leg preceding the body to move into the next step is very important. Feet will be diagonally across the Line of Dance, legs will be crossed at the thighs. You should feel that the body moves up to your partner as you roll onto the supporting foot. Exits and amount of turn varies.

 # Contra Check and Slip contra ck & slp Contra Check & Slip
SQQ; CK FWD, -, REC, SLP BK;
(BK, -, REC, SLP FWD;)

MAN: Commence left face upper body turn flexing knees with strong right side lead check forward left in CBMP, -, recover right, slipping left back past right under the body with up to 3/8 right face turn;
WOMAN: Commence left face upper body turn flexing knees with strong left side lead back right in CBMP looking well to left, -, recover left, slip forward right under the body with up to 3/8 right face turn;

 # Contra Check and Switch contra ck & swch Contra Check & Switch
SQQ; CK FWD, -, REC, TRN & BK;
(BK, -, REC, TRN & FWD;)

MAN: Commence left face upper body turn flexing knees with strong right side lead check forward left in CBMP, -, recover right commence strong right face turn leaving left foot almost in place, continue strong right face turn recover left soft knees throughout with up to 5/8 right face turn;
WOMAN: Commence left face upper body turn flexing knees with strong left side lead back right in CBMP looking well to the left, -, recover left commence right face turn leaving right foot almost in place, continue right face turn recover right between man's feet with soft knees throughout with up to 5/8 right face turn;

 # Double Reverse Spin dbl rev spn Double Reverse
SS; QQ FWD TRN, -, SD, -; SPN, TCH,
(BK TRN, -, HEEL TRN, -; SD & BK TRN, XIF,)

MAN: Forward left commence to turn left face, -, side right [3/8 left face turn between steps 1 and 2], -; spin up to 1/2 left face between steps 2 and 3 on ball of right, bring left foot under body beside right no weight with flexed knees,

WOMAN: Back right commence to turn left face, -, left foot closes to right heel turn turning 1/2 left face between steps 1 and 2, -; side and slightly back right continue left face turn, cross left in front of right,

NOTE: Starts and ends in Closed Position while amount of turn may vary between 3/4 of turn to 1 full turn. Man has only two changes of weight while woman has four. Woman's timing may vary. Man has strong left face body turn between steps 1 and 2.

 # Forward Tipple Chasse fwd tipple chasse Forward Tipple Chasse
SQQ; S FWD TRN, -, SD, CL; TRN SD & BK, -,
(BK TRN, -, SD, CL; TRN SD & FWD, -,)

MAN: Commence slight right face upper body turn forward right turning right face, -, continue right face turn 1/4 between steps 1 and 2 side left, close right; continue right face turn 1/8 between steps 3 and 4 side and slightly back left, -,

WOMAN: Commence slight right face upper body turn back left turning right face, -, continue right turn 1/4 between steps 1 and 2 side right, close left; continue right face turn 1/8 between steps 3 and 4 side and slightly forward right, -,

NOTE: May start in Banjo or Closed Position. Amount of turn may vary. While there is no sway in the standard Tipple Chasse, some may choose to introduce sway starting between steps 1 and 2 and regaining a neutral position between steps 3 and 4. This could be normal sway to the right or a hover sway to the left. May start forward on left foot and turn left face.

 # Hairpin none Hairpin
SQQ; FWD, -, FWD CRV, CRV FWD;
(BK, -, BK CRV, CRV BK;)

MAN: Forward right commence to turn right face heel to toe between woman's feet, -, with left side stretch forward left brushing thighs turning right face, continue right face turn swiveling right face with strong left side stretch banking into the turn forward right outside partner in tight CBMP on toes;

WOMAN: Back and slightly side on left commence to turn right face, -, with right side stretch back right well under the body turning right, continue right face turn swiveling right face with strong right side stretch back left in tight CBMP on toes;

NOTE: A curving figure to the right following the curve of a hairpin. Usually starts in Closed Position.

 # Hinge none Hinge
SS; S BK TRN, -, SD & FWD, -; TRN, -,
(FWD TRN, -, SD & SWVL, -; XIB, -,)

MAN: From Closed Position back right commence to turn left face, -, side and slightly forward left with up to 1/4 turn between steps 1 and 2 commence left side stretch continue left side stretch leading woman to cross her left foot behind her right keeping left side in to partner, -; relaxing left knee and turning right knee to sway right and look at woman, -,

WOMAN: Forward left commence to turn left face, -, side right up to 1/4 turn between steps 1 and 2 commence right side stretch continue right side stretch swiveling left face, -; cross left in back of right keeping left side in to partner relaxing left knee [head to left with shoulders almost parallel to partner] with no weight on right, -,

NOTE: If starting in Semi-Closed Position, man's first step is forward.

 # Jete Point jete pt Jete Point
&Q /FWD, XTND,
(/FWD TRN, XTND,)

MAN: *Beginning during the latter portion of the last beat of the previous action or movement or figure*/forward onto ball then lowering to flat of foot with springing action, extend other foot to side with inside edge of foot in contact with floor swaying the head looking in direction of extended foot,

WOMAN: *Beginning during the latter portion of the last beat of the previous action or movement or figure*/forward onto ball then lowering to flat of foot with spring action, extend other foot to side with inside edge of foot in contact with floor swaying and head looking in direction of extended foot,

NOTE: Timing may vary. Sway may vary depending on the following figure. Supporting knee flexes sharply. If starting from Semi-Closed Position woman would pickup to Closed Position on springing step and extension of foot and sway would be same as previously stated.

Note on timing: The first "&" count occurs on the end of the last beat of the previous action, movement, or figure.

 # Mini Telespin mini telespn Mini Telespin
SS; S&QQ; FWD TRN, -, SD, -; BK & SD/SPN, -, CONT SPN, CL;
S HOLD, -,
(BK TRN, -, HEEL TRN, -; FWD/FWD, -, FWD SPN, CL;
HOLD, -,)

MAN: Forward left commence to turn left face, -, side right turning 3/8 left face between steps 1 and 2, -; back and side left no weight light pressure inside edge of toe keeping left side in to woman/turn body left face no weight to lead the woman to Closed Position commence left face spin, -, forward left continue to spin left face on left drawing right to left under body, close right flexing knees; hold, -,

WOMAN: Back right commence to turn left face, -, left foot closes to right heel turn turning 1/2 left face between steps 1 and 2, -; forward right keeping right side in to man/forward left turning left face toward partner, -, forward right to Closed Position keeping head to the left spinning left face drawing left to right under body, close left flexing knees; hold, -,

NOTE: Starts in Closed Position. Ends in Closed Position. Usually turns left face 1 1/4 to 1 3/8.

 # Outside Spin outsd spn Outside Spin
SS; S BK TRN, -, FWD TRN, -; SD & BK, -,
(FWD TRN, -, CL TRN, -; FWD, -,)

MAN: In Banjo Position commence right face body turn toeing in with right side lead back left small step 3/8 turn right face on step1, -, forward right in CBMP heel to toe continue to turn right face, -; [3/8 right face turn between steps 2 and 3] side and back left to end in Closed Position 1/4 turn on step 3, -,

WOMAN: Commence right face body turn with left side lead staying well into the man's right arm right foot forward heel to toe, -, left foot closes to right pivot on toes of both feet 5/8 turn between steps 1 and 2, -; continue to turn right face 1/4 between steps 2 and 3 forward right between man's feet to end in Closed Position 1/8 right face turn on step 3, -,

NOTE: Man has a strong right face body turn on first step.

 # Quick Open Reverse qk op rev Quick Open Reverse
SS;QQ FWD, - , FWD TRN, -; SD & BK, BK,
(BK, - , BK TRN, -; SD & FWD, FWD,)

MAN: Forward right in Banjo, -, forward left commence to turn left face heel lead, -; side and back right [1/4 left face turn between steps 2 and 3], with right side stretch back left in Banjo,

WOMAN: Back left in Banjo, -, back right commence to turn left face, -; side and forward left [3/8 left face turn between steps 2 and 3], with left side stretch forward right outside partner in Banjo,

NOTE: Starts in Banjo Position and blends thru Closed Position to end in Banjo. Figure usually turns 3/8 to 1/2 left face. May start in Closed Position or may also start from Semi Closed Position in which case woman's first step is forward as she commences to turn left face.

 # Reverse Fallaway and Slip rev falwy & slp Reverse Fallaway Slip
SQQ; S FWD TRN, -, SD & BK, BK; SLP BK PVT, -,
(BK, -, BK, BK; SLP FWD PVT, -,)

MAN: Forward left commence to turn left face, -, side and back right with right side lead in Fallaway Position [1/4 left face turn between steps 1 and 2], back left in Semi-Closed Position stepping well under body in Fallaway Position [1/8 turn between steps 2 and 3 body turns less]; turning left face slip right back past left toeing in as left foot stays forward in Banjo continue left face turn 1/4 between steps 3 and 4 pivoting on 4 to Closed Position flexing into right knee, -,

WOMAN: Back right, -, back left with left side lead in Fallaway Position, back right in Semi-Closed Position well under body in Fallaway Position; commence 5/8 left face turn slip left past right forward left in Banjo pivoting to Closed Position flexing left knee, -,

NOTE: Starts in Closed Position facing Diagonal Line of Dance and Center of Hall, Semi-Closed Position [Fallaway] on the third step and ends in Closed Position facing Diagonal Line of Dance and Wall or Line of Dance. Turn may be less by omitting pivot action and slipping only to Banjo backing Line of Dance, lady will only turn 3/8 on the slip. This variation must be cued Fallaway Reverse & Slip to Banjo to denote less turn. Woman may keep head to left on third step. Timing may also be QQQQ; or SS;SS.

 # Reverse Fallaway from SCP rev falwy Reverse Fallaway
SQQ; THRU TRN, -, FWD TRN, REC;
(THRU TRN, -, BK TRN, REC;)

MAN: From Semi-Closed Position thru right with slight body turn to left, -, forward left turning left face, recover on right;
WOMAN: From Semi-Closed Position thru left with slight body turn to left, -, back right turning left face, recover on left,
NOTE: When starting in Semi-Closed Position, turn is usually 3/8 left face. Ends in a tight "V" Semi-Closed Position.

 # Running Finish runng fin Running Finish
SQQ; BK TRN, -, SD & FWD TRN, FWD;
(FWD TRN, -, SD TRN, BK;)

MAN: With right side lead back left in CBMP leading woman outside partner commence to turn right face, -, with right side stretch side and slightly forward right [3/8 right face turn between steps 1 and 2 body turns less], with right side stretch forward left with left side leading in CBMP body turning right face;
WOMAN: With left side lead forward right in CBMP outside partner commence to turn right face, -, with left side stretch side left [1/4 right face turn between steps1 and 2], with left side stretch back right with right shoulder leading in CBMP [1/8 right face turn between steps 2 and 3];

 # Scoop none Scoop
SS; SLD, -, CL, -;

MAN: Starting and ending in Closed Position slide left with left side stretch [long side step], -, with left side stretch close right [1/8 left face turn between steps 1 and 2], -;
WOMAN: Starting and ending in Closed Position slide right with right side stretch [long side step], -, with right side stretch close left [1/8 left face turn between steps 1 and 2], -;

 # Six Quick Twinkle 6 qk twkl Six Quick Twinkle
QQQQ; QQ SD & FWD, CL, XIB TRN, TRN CL; FWD, LKIB,
(SD & BK, CL, XIF TRN, TRN CL; BK, LKIF,)

MAN: Side and forward left with left side stretch, turn left face to Banjo close right, back left in Banjo losing left side stretch commence right face turn, with right side stretch continue to turn right face close right; with left side lead forward left in Banjo, lock right in back of left,
WOMAN: Side and back right with right side stretch, turn left face to Banjo close left, forward right in Banjo losing right side stretch commence right face turn, with left side stretch continue to turn right face close left; with right side lead back right in Banjo, lock left in front of right,
NOTE: Figure starts in Closed or Banjo and ends in Banjo. When danced from Banjo, there is no turn between step 1 and 2.

 # Stutter none Stutter
QQS; QQ FWD, LKIB, FWD, -; SD, FWD,
(BK, LKIF, BK, -; SD, BK,)

MAN: Forward left with left side lead, lock right in back of left, forward left, -; side right with right side stretch to Closed Position, forward left with left side lead preparing to step outside partner,

WOMAN: Back right with right side lead, lock left in front of right, back right, -; side left with left side stretch to Closed Position, back right with right side lead,

 # Tipple Chasse none Tipple Chasse
SQQ; S BK TRN, -, SD TRN, CL; SD, -,
(FWD TRN, -, SD TRN, CL; SD, -,)

MAN: Commence right face upper body turn back left turning right face, -, side right turning 1/4 right face between steps 1 and 2, close left; side and slightly forward right [1/8 right face turn between steps 3 and 4], -,

WOMAN: Commence right face upper body turn forward right turning right face, -, side left turning [1/4 right face turn between steps 1 and 2], close right; side and slightly back left [1/8 right face turn between steps 3 and 4], -,

NOTE: Starts in Closed Position. Amount of turn may vary. While there is no sway in the standard Tipple Chasse, some may choose to introduce sway starting between steps 1 and 2 and regaining a neutral position between steps 3 and 4. This could be normal sway to the right or a hover sway to the left. May start back on right foot and turn left face.

 # Tipsy Point tipsy pt Tipsy Point
S&S; THRU TRN/SD, -, TAP BHD, -;

MAN: In Semi Closed Position thru right commence to turn right face/staying in Semi Closed Position with head to left side left [1/4 right face turn between steps 1 and 2] lower and relax left knee with right side stretch, -, tap right toe well behind left foot maintaining right side stretch with head to left, -;

WOMAN: In Semi Closed Position thru left commence to turn right face/staying in Semi Closed Position with head to right side right [1/4 right face turn between steps 1 and 2] lower and relax right knee with left side stretch, -, tap left toe well behind right foot maintaining left side stretch with head to right, -;

NOTE: Usually starts in Semi Closed Position but may be danced from Banjo. Amount of turn may vary.

 # Top Spin top spn Top Spin
&; QQQQ; /SPN; BK, BK TRN, SD & FWD, FWD;
(/SPN; FWD, FWD TRN, SD & BK, BK;)

MAN: *Beginning during the latter portion of the last beat of the previous action or movement or figure*/with weight on ball of right foot spin left face keeping left leg extended back [1/8 left face turn between the preceding step and step 1]; back left in CBMP, back right turning 1/8 left face between steps 1 and 2, with left side stretch side and slightly forward left [1/4 turn left face between steps 2 and 3 body turns less], with left side stretch forward right in Banjo;
WOMAN: *Beginning during the latter portion of the last beat of the previous action or movement or figure*/with weight on ball of left foot spin left face keeping right leg extended forward [1/8 left face turn between the preceding step and step 1]; forward right in CBMP outside partner, forward left turning 1/8 left face between steps 1 and 2, with right side stretch side and slightly back right [1/8 turn left face between steps 2 and 3, with right side stretch back left in Banjo [1/8 turn left face between steps 3 and 4 body turns less];
NOTE: The Top Spin action occurs on an "&" or "Q" count executed on the last step of the preceding figure with man in Banjo in Quickstep or Foxtrot.
Note on timing: The first "&" count occurs on the end of the last beat of the previous action, movement, or figure.

 # Turning Lock trng lk Turning Lock
QQS; S BK, LK, BK TRN, -; SD & FWD, -,
(FWD, LK, FWD TRN, -; SD & BK, -,)

MAN: Back right with right side lead and right side stretch, cross left in front of right, back and slightly side right commence to turn left face, -; side and slightly forward left to Banjo making 1/4 left face turn between steps 3 and 4 as body turns less, -,
WOMAN: Forward left with left side lead and left side stretch, cross right in back of left, forward and slightly side left commencing to turn left face, -; side and slightly back right to Banjo making 1/4 left face turn between steps 3 and 4 as body turns less, -,
NOTE: Usually turns left face 1/4. Usually starts in Closed Position. Sometimes cued as "Left Turning Lock".

 # Woodpeckers none [#] Woodpeckers
&Q /HOP, TAP,

MAN OR WOMAN: *Beginning during the latter portion of the last beat of the previous action or movement or figure*/hop or lift on one foot, tap the toe of other foot on floor in back of supporting foot shaping toward the weighted foot,
NOTE: Each Woodpecker Tap would be counted as &Q. May also turn on the spot while doing Woodpeckers [Turning Woodpeckers]. May be done with either foot.
Note on timing: The first "&" count occurs on the end of the last beat of the previous action, movement, or figure.

# Zig Zag	none	Zig Zag
SQQ; QQ	THRU TRN, -, SD, BK TRN; SD, FWD,	
	(THRU, -, FWD, FWD TRN; SD, BK,)	

MAN: Thru right commence to turn right face, -, side left preparing to lead woman outside partner [1/8 right face turn between steps 1 and 2], back right in CBMP commence to turn left face; with left side stretch side left to CBMP preparing to step outside partner [1/8 turn left face between steps 3 and 4], with left side stretch forward right in Banjo,
WOMAN: Thru left, -, forward right preparing to step outside partner, forward left in CBMP outside partner commencing left face turn; with right side stretch side right to CBMP [1/8 left face turn between steps 3 and 4], with right side stretch back left in Banjo,
NOTE: Starts in Semi-Closed Position and ends in Banjo.

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