



International LineDanceSport Federation

# **Bronze and Silver Patterns**

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# 1 PREFACE

Line Dancing is the solo execution of repetitive choreographed routines. From that perspective, it becomes clear that Line Dancing has been around in various forms throughout all of recorded history. It experienced various levels of popularity over the centuries, but reached a zenith in The United States in the 1970s and 1980s when it was combined with Disco and then Country Western music.

As the Country Line Dancing craze faded and other styles of music were introduced to Line Dancing, new choreography became more technical, rhythmic, and imaginative. Yet, no commonly recognized standardized syllabus existed for teaching or learning Line Dance patterns or technique. As had been a tradition for years, instruction was most often given in social settings (parties, saloons, etc.) by instructors with incomplete formal dance training. In time, the scope of new choreography made clear the limits of the less skilled instructors and hinted at a level of dance sophistication that had dance athletes yearning for a universal program for Line Dance education.

From this yearning sprang the LineDanceSport Syllabus; a catalogued collection of hundreds of line dance patterns covering sixteen of the most popular dance styles worldwide. The full syllabus is a collaborative choreographic effort from some of the world's most highly regarded dance competitors, adjudicators and instructors, collected and organized by The Line Dance Institute over a period of years.

The complete set of dance patterns is designed to facilitate the ability for dance athletes to master the technique in a wide variety of dance patterns, while providing dance coaches a systematic format for planning dance instruction and marketing lesson packages. The depth and flexibility of the syllabus allow it to propel dance programs at all levels -- beginner, intermediate, advanced and beyond -- in studios, schools, community programs, social situations, and world-class competitions, with respect for each individual's personal dance goals. Mastery of dance patterns produces successful dance athletes, while enhancing balance, rhythm, and coordination, encouraging expression, and developing a social aptitude that can easily become a lifelong activity.

This book contains the Bronze and Silver levels of the LineDanceSport Syllabus. The content has been organized and standardized by technical writers, and reviewed by an external peer group for accuracy and completeness. The LineDanceSport Syllabus provides choreographers with significant source material for choreography.

## 2 LINEDANCESPORT OVERVIEW

LineDanceSport is a new, innovative syllabus for line dancers and other dance athletes, incorporating established dance styles and techniques with adjustments for the unique properties of line dancing.

This is a new form and format, developed by The Line Dance Institute LLC with the intent to provide a new option for athletes to participate in and enjoy dancing. While many of the dance concepts incorporated in LineDanceSport syllabus have elements in common with other dance programs, there is currently no other program of this nature for line dance athletes.

The LineDanceSport syllabus is neither a replacement nor a challenger for existing infrastructures. It is a complement to the existing options for dance athletes; both in line dancing and in other forms of dancing. The primary focus of the syllabus is youth (through school, after school, recreational and community programs) as well as clients in studios.

- The introductory levels are known as the Bronze Syllabus, with Levels 1 and 2.
- The next levels are the Silver Syllabus, with Levels 1 and 2.
- The next levels are the Gold Syllabus, also with Levels 1 and 2.

For the Bronze and Silver levels, the following table shows which step patterns are in each level.

	<b>Bronze</b>		<b>Silver</b>	
	<b>Level 1</b>	<b>Level 2</b>	<b>Level 1</b>	<b>Level 2</b>
<b>Foxtrot</b>	1-5	6-10	11-15	16-20
<b>Waltz</b>	1-5	6-10	11-15	16-20
<b>Viennese Waltz</b>	-	-	1-5	6-10
<b>Tango</b>	1-5	6-10	11-15	16-20
<b>International Rumba</b>	1-5	6-10	11-15	16-20
<b>Samba</b>	1-5	6-10	11-15	16-20
<b>Paso Doble</b>	-	-	1-5	6-10
<b>Mambo</b>	1-5	6-10	11-15	16-20
<b>Cha Cha</b>	1-5	6-10	11-15	16-20
<b>Rumba</b>	1-5	6-10	11-15	16-20
<b>Bolero</b>	-	-	1-5	6-10
<b>Merengue</b>	1-5	6-10	-	-
<b>East Coast Swing</b>	1-5	6-10	11-15	16-20
<b>West Coast Swing</b>	1-5	6-10	11-15	16-20
<b>Nightclub</b>	1-5	6-10	-	-
<b>Hustle</b>	1-5	6-10	-	-

**Table 1. Patterns Found in each Level**

## 8 SYLLABUS PATTERNS

### Foxtrot

#### Bronze - Level 1 ..... 1

1. Basic
  - 1A. Forward And Back
  - 1B. Zig Zag
2. Promenade Walk
3. Turning Box
4. Three Variations
  - 4A. Left Rock Turn
  - 4B. Right Rock Turn
  - 4C. Sway
5. Forward Twinkle
  5. Forward Twinkle, Optional Turn

#### Bronze - Level 2 ..... 3

6. Twinkles Back And Progressive
  - 6A. Back Twinkle
  - 6B. Progressive Twinkles
7. Turning Twinkle
8. The Manhattan
  - 8A. The Manhattan
  - 8B. Repeating Manhattan
  - 8C. Manhattan With Optional Ending
9. Twinkle And Twist
10. Monterey Combination

#### Silver - Level 1 ..... 5

11. Twinkle To Turn
  - 11A. Twinkle To Open Left Turn
  - 11B. Twinkle To Open Right Turn
12. Twinkle To Chassé
  - 12A. Chassé And Rock
  - 12B. Chassé And Twist (Front Lock)
  - 12C. Chassé And Twist (Back Lock)
13. Forward Balance Combinations
  - 13A. Forward Balance To Side Hesitation
  - 13B. Forward Balance With Slow Sweeps
14. Twinkle To Vine
  - 14A. With Right Turn Box
  - 14B. With Left Turn Box
15. Fallaway And Sway

#### Silver - Level 2 ..... 9

16. Left Cross Turn To Slip Pivot
17. Weave Combination
18. Syncopated Run To Developé
19. Right Turn To Syncopated Run
20. Balance Step To Catwalks

### Waltz

#### Bronze - Level 1 ..... 12

1. Basic
  - 1A. Box
  - 1B. Left Turning Box
2. Progressives
  - 2A. Forward Progressive
  - 2B. Back Progressive
  - 2C. Forward And Back Hesitations
  - 2D. Side Hesitations
  - 2E. Promenade Hesitation
  - 2F. Left Change
  - 2G. Right Change
3. Right Turning Box
4. 5th Position Breaks
  - 4A. Basic 5th Position Breaks
  - 4B. The Manhattan
  - 4C. 5th Position Break with Walkaround Turn
5. Twinkles

- 5A. Forward Twinkle
  - 5A. (Open Ending)
  - 5A. (Optional Turn)
  - 5A. (Optional Turn, Open Ending)
- 5B. Back Twinkle
  - 5B. (Open Ending)
- 5C. Progressive Twinkles
  - 5C. (Open Ending)
- 5D. Zig Zag
  - 5D. (Open Ending)

#### Bronze - Level 2 ..... 16

6. Open Basics
  - 6A. Left Open Turn
  - 6B. Right Open Turn
7. Viennese Cross
8. Checks
  - 8A. Contra Check Forward
  - 8B. Contra Check Back
  - 8C. Check And Vine
9. Sweeps
10. Pivot Turns
  - 10A. Forward
  - 10B. Back
  - 10C. Side

#### Silver - Level 1 ..... 17

11. Continuous Balance To Check And Twist
12. Chassé To Balance Step And Spin
13. Back Lock To Open Right Turn
14. Viennese Cross To Promenade Twist
15. Progressive Back Cross To Developé

#### Silver - Level 2 ..... 20

16. Back Arabesque To Change Of Sway
17. Rondé Spin And Check
18. Pivots To Back Hesitation
19. Slip Pivot To Chassé And Rondé
20. Hairpin, Twizzle, And Twist

### Viennese Waltz

#### Silver - Level 1 ..... 23

1. Basics And Balances
  - 1A. Basic, Forward And Back
  - 1B. Basic, Side
  - 1C. Basic, 5th Position Breaks
  - 1D. Balance, Forward And Back
  - 1E. Balance, Side
  - 1F. Balance, 5th Position Breaks
2. Progressive Basic
3. Promenade Kicks
  - 3A. Forward Kick
  - 3B. Back Kick
4. Canter Rhythms
  - 4A. Hold 1
  - 4B. Hold 2
5. Progressive Twinkles

#### Silver - Level 2 ..... 25

6. Spot Turn
7. Cross Turns
  - 7A. Left
  - 7B. Right
8. Cross Turn Combinations
  - 8A. Forward With Side Lunge
  - 8B. Back With Curtsy
9. Pas de Basque
10. Canter Turn Combination

### Tango

#### Bronze - Level 1 ..... 28

1. Basic Forward And Back
2. Promenade Patterns
  - 2A. Promenade Walk
  - 2B. Promenade Pivot

- 2C. Closed Promenade
- 2D. Open Promenade
3. Corté
  - 3A. Basic Corté
  - 3A. (Optional 1/4 turn)
  - 3B. Double Corté
4. Fans
5. Promenade Fan

#### Bronze - Level 2 ..... 30

6. Progressive Rocks
  - 6A. Forward
  - 6B. Back
7. Alternate Endings
  - 7A. Syncopated Points
  - 7B. Syncopated Chassé
8. Tango Bolero
9. Fan Kicks
  - 9A. Fan Kick Combination
  - 9B. Alternate Fan Kick Combination
10. Turning Box To Quick Count Combination

#### Silver - Level 1 ..... 33

11. Open Right Turn To Progressive Rock
12. Quick Lock To Argentine Points
13. Promenade Lunge To Twist
14. Viennese Cross To Contra Check
15. Pivots To Rondé

#### Silver - Level 2 ..... 35

16. Back Pivot To Cuban Rocks
17. Contra Check To Slow Twist
18. Spanish Flicks
19. Pivots To Quick Cross
20. Syncopated Left Turn To Lunge

### International Rumba

#### Bronze - Level 1 ..... 38

1. Basic
  - 1A. Basic
  - 1B. Basic To Outside Breaks
  - 1C. Basic To Crossovers
2. Basic Walks
  - 2A. Walks Forward And Back
  - 2B. Curving Walks
3. Basic To Hockey Stick
4. Chase
5. Por Ti Sere

#### Bronze - Level 2 ..... 41

6. Fans
7. Combination Breaks
8. Pencil Turns
9. Paseo
10. Walks And Spirals

#### Silver - Level 1 ..... 43

11. Lariat
12. Hockey Stick To Spin
13. Sliding Doors
14. Fencing Line To Sweep
15. Back Locks To Ronde Jambe

#### Silver - Level 2 ..... 45

16. Ronde Jambe To Ripple
17. Weaves And Turns
18. Hairpin Turns
19. Paseo To Spin
20. Brush Kick With Sly Walkout

### Samba

#### Bronze - Level 1 ..... 48

1. Basic
  - 1A. Basic
  - 1B. Turning Basic
2. Extended Basic

3. 5th Position Breaks With Walkaround Turn	
4. Progressive 2nd Position Breaks Forward And Back	
5. Breaks	
5A. Open Break	
5B. Spanish Break	
<b>Bronze - Level 2</b> .....	<b>50</b>
6. Paddle Turns	
7. Left Samba Roll	
8. Right Samba Roll	
9. Voltas	
9A. Progressive	
9B. Turning	
10. Conversas	
10A. Promenade Conversa	
10B. Reverse Conversa	
<b>Silver - Level 1</b> .....	<b>52</b>
11. Copacabana	
12. Twinkles	
12A. Half Turn Box	
12B. Progressive Twinkles Forward	
12C. Progressive Twinkles Back	
13. Syncopated Rocks	
14. Left Samba Roll To Paddle Turns	
15. Rhythm Breaks	
15A. The Walks	
15B. Walks Combination	
15C. Side Steps	
15D. Side Steps Combination	
<b>Silver - Level 2</b> .....	<b>54</b>
16. Bota Fogo And Flick	
17. Half Time Voltas	
18. Maxixe	
18A. Single	
18B. Double	
18C. Single/Double	
18D. Traveling	
19. Maxixe Combination	
20. Advanced Turns With Ronde Jambe	
20A. Left	
20B. Right	
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2. Left And Right Marchas	
3. Turning Marchas	
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7. Flick To Cape Pass	
8. Back Cape	
9. Varsouviana	
10. Arranada	
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1B. Open	
1C. Progressive	
2. Break Combination	
2A. Side Basic	
2B. Back Breaks	
2C. 1/4 Turn	
3. Crossovers	
3A. Crossover	

3B. Crossover With Walkaround Turn	
4. Chase Turns	
4A. Chase Turn 1/2	
4B. Chase Turn Full	
5. Open Left Box	
<b>Bronze - Level 2</b> .....	<b>62</b>
6. Cuban Walks	
6A. Right	
6B. Left	
7. Charleston Taps	
8. Back Spot Turn	
9. Crossover Swivels	
10. Mambo Paseo	
<b>Silver - Level 1</b> .....	<b>64</b>
11. Promenade Swivels	
12. Continuous Promenade Swivels	
13. Swivel And Twist	
14. Stop-N-Go	
15. Toe-Heel Swivels	
<b>Silver - Level 2</b> .....	<b>66</b>
16. Kick Swivel Combination	
17. Por Ti Sere	
18. Crossover Swivels To Knee Pops	
19. Chase Rondé And Ripple	
20. Mambo Paseo To Spin	
<b>Cha Cha</b>	
<b>Bronze - Level 1</b> .....	<b>69</b>
1. Basic	
1A. Side Basic	
1B. Progressive Basic	
2. Breaks	
2A. Crossover To Close	
2B. Basic To Back Break	
3. Rhythm Changes	
3A. Double Crossover To Close	
3B. Weave	
4. Walkarounds	
4A. Basic To Walkaround	
4B. Double Walkaround	
4C. Double Crossover To Walkaround	
5. Chase Turns	
5A. 1/2 Right And Left	
5B. Full Turn Right And Left	
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6. Triple Cha Forward And Back	
7. Kick Turn Combination	
8. Crossover Swivels	
8A. Crossover Swivels	
8B. Crossover Swivels With Jazz Jumps And Knee Pops	
9. Progressive Twinkles	
10. Spot Turns	
10A. Forward	
10B. Back	
<b>Silver - Level 1</b> .....	<b>75</b>
11. Syncopated Side Rocks & Back Run	
12. Kick Swivel Combination	
13. Paseo	
14. Swing And Vine	
15. Progressive Locks And Points	
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16B. Progressive Pivot	
17. Turning Box And Locks	
18. Syncopated Rock And Ripple	
19. Turning Rondé To Knee Lift	
20. Gua-Pa-Cha Rhythms	
20A. Basic Gua-Pa-Cha Rhythm	

20B. Progressive Gua-Pa-Cha Rhythm	
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2. Turning Basics	
2A. Turning Basic	
2B. Change Of Direction	
3. Side Breaks	
3A. 2nd Position Breaks	
3B. Extended Box	
4. Progressives	
4A. Progressive 2nd Position Forward And Back	
4B. Progressive Rocks Back And Forward	
5. Rock And Turn	
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6B. 5th Position Breaks	
7. Weaves	
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7B. Left Weave	
7C. Por Ti Sere	
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8C. Back Spot Turn	
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16. Fencing Line To Sweep	
17. Sliding Doors	
18. Battement To Attitude	
19. Repeating Manhattan To Check And Twist	
20. Double Hairpin And Spirals	
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1B. 1/4 Turning Basic	
2. Basic To Crossover	
3. Crossover And Rock	
4. Back Rock, Chase And Spin	
4A. With Pencil Spin Option	
4B. With Sweep Option	
5. Left And Right Spins	
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6. Slow Fans To Chainé	
7. Twist Turns	
7A. Left Twist Turn	
7B. Left Twist Turn Combination	
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9. Twist Lunge Combination	
10. Pivot Combination	
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1. Basic	
1A. Left And Right Basic	

- 1B. Chassé And Rock
- 2. Walks
  - 2A. Forward And Backward Walks
  - 2B. Toe Struts
  - 2C. Camel Walks
- 3. Side Chassé
  - 3A. Half Time Chassé Left And Right
  - 3B. Sliding Doors
- 4. Syncopated Chassé
  - 4A. Syncopated Chassé Left And Right
  - 4B. Hesitation Walks
- 5. Left And Right Grapevine

**Bronze - Level 2 ..... 103**

- 6. Weaves And Turns
  - 6A. Left And Right Weave
  - 6B. Turn Combination
  - 6C. Tap Turn To Jazz Box
- 7. IBO Rhythms
  - 7A. Walks And Touches
  - 7B. Walks And Turns
  - 7C. Left And Right Full Turns
  - 7D. Side Walk Turn
- 8. Promenade Swivels
  - 8A. Closed
  - 8B. Open
  - 8C. Promenade Swivel And Touch
  - 8D. Promenade Touch And Flick
- 9. Fallaway And Twist
- 10. Slip N Slide

**East Coast Swing**

**Bronze - Level 1 ..... 106**

- 1. Basic
  - 1A. Side Basic (Triple Timing)
  - 1A. Side Basic (Single Timing)
  - 1A. Side Basic (Double Timing)
  - 1B. Forward Traveling Basic
  - 1C. Back Traveling Basic
  - 1D. Crossing Chassés
- 2. Turns
  - 2A. Right Turn
  - 2B. Left Turn
- 3. Double-Triple Timing
  - 3A. José Cuervo
  - 3B. Side Rock, Syncopated Vine
  - 3C. Touches To Sailor Step
  - 3D. Kicks To Coaster Step
  - 3E. Kicks To Weave & Sailor
  - 3F. Off To See The Wizard
- 4. Sailor Shuffle / Kick Ball Change Combination
- 5. Basic Variations
  - 5A. Triple Forward Kick To Back Lock
  - 5B. Forward Pivot Turns
  - 5C. Back Pivot Turns

**Bronze - Level 2 ..... 110**

- 6. Jazz Box
  - 6A. Closed
  - 6B. Open
- 7. Classics
  - 7A. Boogie Walks
  - 7B. Shorty George
  - 7C. Suzy Q
- 8. Combination Turns
  - 8A. Alternating Turn
  - 8B. Hook Turn
- 9. Toe-Heel Swivels
  - 9A. Basic Toe-Heel Swivels
  - 9B. Basic Toe-Heel Swivel Timing Variation
  - 9C. Toe-Heel Crossing Chassé

- 9D. Toe-Heel Twisting Swivels
- 10. Two Combinations
  - 10A. Vaudevilles
  - 10B. Jukebox

**Silver - Level 1 ..... 113**

- 11. Extended Forward Basics
  - 11A. Forward Basic Turning Left
  - 11B. Forward Basic Turning Right
- 12. Extended Side Basics
  - 12A. Side Basic Turning Left
  - 12B. Side Basic Turning Right
- 13. Lindy Spot Turns
  - 13A. Back Lindy Spot Turn
  - 13B. Forward Lindy Spot Turn
- 14. Mixed Rhythm Lindy Turns
  - 14A. Back Mixed Rhythm Spot Turn
  - 14B. Forward Mixed Rhythm Spot Turn
- 15. Syncopated Rock To Jazz Box

**Silver - Level 2 ..... 116**

- 16. Sweep And Turn
- 17. Wish Me Luck
- 18. Kick And Touch
- 19. Quick Spins Left And Right
- 20. The Wheel

**West Coast Swing**

**Bronze - Level 1 ..... 118**

- 1. Sugar Push Basic
  - 1A. With Touch Side
  - 1B. With Kick
  - 1C. With Anchor Step
- 2. Turning Pass
  - 2A. Left Turning Pass
  - 2B. Right Turning Pass
- 3. Boomerang
- 4. Check And Turn
  - 4A. Basic
  - 4B. Touch Variation
  - 4C. Touch Turn
- 5. English Cross
  - 5A. Basic With Touch
  - 5B. Basic With Syncopation
  - 5C. Basic With 1 1/2 Spin

**Bronze - Level 2 ..... 120**

- 6. Boomerang Turns
  - 6A. Right
  - 6B. Left
  - 6C. Extended Right Turn
- 7. Rhythm Variations
  - 7A. Knee Pops
  - 7B. Jazz Jumps
  - 7C. Jazz Touches
- 8. Skaters Swivels
- 9. Chugs
- 10. Thompson's Turn

**Silver - Level 1 ..... 122**

- 11. Sugar Push With Tap And Turn
- 12. Syncopated Rock And Slide
- 13. Canter Rhythms
  - 13A. Hold 1
  - 13B. Hold 2
  - 13C. Hold 3
- 14. Point, Catwalk And Pivot
- 15. Whip Combinations
  - 15A. Right Turn With Coaster
  - 15B. Right Turn With Touch
  - 15C. Back Ball Change To Spot Turn

**Silver - Level 2 ..... 124**

- 16. Sugar Push To Ronde Jambe And Ripple
- 17. Rock And Sweep Combination

- 18. English Cross To Rondé And Swivel Kick
- 19. Spiral Turn And Spin
  - 19A. With 1/2 Turn Option
  - 19B. With Full Turn Option
- 20. English Cross To Ronde Jambe

**Nightclub**

**Bronze - Level 1 ..... 126**

- 1. Basic
  - 1A. Standard Timing
  - 1B. Alternate Timing
  - 1C. Turning Basic
  - 1D. Basic To Chase
- 2. Open Left Box
  - 2A. Cross Behind
  - 2B. Cross Front
- 3. Walks
  - 3A. Forward And Back
  - 3B. Curving
- 4. Scissors
- 5. Weave

**Bronze - Level 2 ..... 128**

- 6. Nightclub Twinkles
- 7. Fans
- 8. Open Basic
- 9. Press Turns To Rondé
- 10. Brush Kick

**Hustle**

**Bronze - Level 1 ..... 131**

- 1. Basic
  - 1A. Modern Basic
  - 1B. Alternate Timing
  - 1C. Double Basic
  - 1D. Latin Double Basic
  - 1E. New York Hustle Basic
  - 1F. Latin Hustle Basic
  - 1G. Tango Hustle Basic
- 2. Quarter Turns
  - 2A. Quarter Turn Right
  - 2B. Quarter Turn Left
- 3. Half Turns
  - 3A. Half Turn Right
  - 3B. Half Turn Left
- 4. Full Turns
  - 4A. Full Turn Right
  - 4B. Full Turn Left
  - 4C. Double Right Turn
  - 4D. Double Left Turn
  - 4E. Latin Right Turn
  - 4F. Latin Left Turn
  - 4G. Tango Right Turn
  - 4H. Tango Left Turn
- 5. Grapevines
  - 5A. Hustle Grapevine
  - 5B. Traveling Left And Right

**Bronze - Level 2 ..... 135**

- 6. Side Rock Turns
- 7. Catwalks To Rondé Turn
- 8. Press To Weave Combination
- 9. Spanish Flicks
- 10. Fans To Ronde Jambe



# Foxtrot



## Foxtrot Bronze - Level 1

### 1. Basic

#### 1A. Forward And Back

Phase	Bar	Timing	FW	Description
		&		Weight to RF
1	1	<b>L S</b>	<b>H</b>	Forward
2				
3		<b>R S</b>	<b>HT</b>	Forward
4				
5	2	<b>L Q</b>	<b>TH</b>	Side
6		<b>R Q</b>	<b>BH</b>	Together
7		<b>L S</b>	<b>TH</b>	Back
8				
9	3	<b>R S</b>	<b>TH</b>	Back
10				
11		<b>L Q</b>	<b>TH</b>	Side
12		<b>R Q</b>	<b>BH</b>	Together

#### 1B. Zig Zag

Phase	Bar	Timing	FW	Description
		&		Weight to RF
1		/ /		Turn 1/8 left
2	1	<b>L S</b>	<b>H</b>	Forward
3				
4		<b>R S</b>	<b>HT</b>	Forward (TTO)
5		/ /		Turn 1/4 right
6	2	<b>L Q</b>	<b>TH</b>	Side
7		<b>R Q</b>	<b>BH</b>	Together
8		<b>L S</b>	<b>TH</b>	Back
9				
10	3	<b>R S</b>	<b>TH</b>	Back (TTI)
11		/ /		Turn 1/8 left
12		<b>L Q</b>	<b>TH</b>	Side
13		<b>R Q</b>	<b>BH</b>	Together

### 2. Promenade Walk

#### 2. Promenade Walk

Phase	Bar	Timing	FW	Description
		&		Weight to RF in PPL
1	1	<b>L S</b>	<b>H</b>	Forward
2				
3		<b>R S</b>	<b>HT</b>	Forward (TTO)
4		/ /		Exit PPL (1/8 right)
5	2	<b>L Q</b>	<b>TH</b>	Side
6		<b>R Q</b>	<b>BH</b>	Together

### 3. Turning Box

#### 3. Turning Box

Phase	Bar	Timing	FW	Description
		&		Weight to RF
1	1	<b>L S</b>	<b>HT</b>	Forward (TTO)
2		/ /		Turn 1/4 left
3		<b>R Q</b>	<b>TH</b>	Side
4		<b>L Q</b>	<b>BH</b>	Together
5	2	<b>R S</b>	<b>TH</b>	Back (TTI)
6		/ /		Turn 1/4 left
7		<b>L Q</b>	<b>TH</b>	Side
8		<b>R Q</b>	<b>BH</b>	Together
9	3	<b>L S</b>	<b>HT</b>	Forward (TTO)
10		/ /		Turn 1/4 left
11		<b>R Q</b>	<b>TH</b>	Side
12		<b>L Q</b>	<b>BH</b>	Together
13	4	<b>R S</b>	<b>TH</b>	Back (TTI)
14		/ /		Turn 1/4 left
15		<b>L Q</b>	<b>TH</b>	Side
16		<b>R Q</b>	<b>BH</b>	Together