

Smooth

- Waltz
- Tango
- Foxtrot
- Viennese Waltz

Waltz

Long Wall

- Natural Turn [123]
- Spin Turn [456]
- Reverse Turn [123]
- Underarm Turn [123 456 123]
- Butterfly [456 *** 123]

Short Wall

- Progressive Twinkles [456 *** 123]

Tango

- Basic [SSQQS]
- Fan into Reverse Turn [SSQQS SSQQS QQSQQS]
- American Corte [SSQQS]
- Swivels [QQSSQQ SSQQS]

Foxtrot

Opening (Short Wall)

- Grapevine [SSQQQQQQQQ]
- Sway Step [SSQQ]
- Rock Turn to Left

Long Wall

- Natural Turn [SQQ]
- Closed Impetus [SQQ]
- Reverse Turn [SQQ]
- Underarm Turn [SQQ SQQ SQQ]
- Butterfly [SQQ *** SQQ]

Short Wall

- Progressive Twinkles [SQQ *** SQQ]

Viennese Waltz

- Natural Turn [123 *** 123]
- Change Step [456]
- Reverse Turn [123 *** 123]
- Change Step [456]