

Standard

- Waltz
- Tango
- Foxtrot
- Quickstep

Waltz

- Natural Turn [123]
- Spin Turn [456]
- Reverse Turn [123 456 123]
- Whisk [456]
- Chasse [12&3]

Tango

- Walks [SS]
- Reverse Turn [QQS QQS]
- Progressive Link [QQ]
- Promenade Close [SQQS]

Foxtrot

- Feather Step [SQQ]
- Reverse Turn [SQQ]
- Outside Finish [SQQ]
- Change of Direction [SSS]

Quickstep

- Quarter Turn to Right [SQQS]
- Progressive Chasse [SQQS]
- Lock Step [SQQS]

To turn a corner:

- Natural Turn [SQQ]
- Spin Turn [SSS]