

4-Beat (A) Routine

Week 1

- Basic (2 Steps Back)
- Basic (2 Steps Forward)
- Throw Away (Optional* Sweep/Slide)

Week 2

- Under Arm Turn
- Return (Optional* Forward Return) OR
 - Rope (Optional* Apache Rope)
 - Double Turn Return

Week 3

- Open American Spin (Optional* Tandem Spin)
- The Lunge OR
 - The Turtle & Return

Week 4

- Belly Rub
- Flirt & Slide, Return OR
 - Swing Around (Slide Exit)

Week 5

- Cuddle & Roll-Out
- Roll Across & Return OR
 - Sliding Doors (Short)

Week 6

- Gate Side to Side
- Exit of Choice

4Beat (A)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Rotation	2 Steps Forward/Back - The Shunt; The Drag	The Hook, Ronde, and Sweeps; Return / Throw-Away Sweep
Week 2	U/A Turn and Return; Basic Link	Rope; Forward Return	Apache Rope; Double Turn Return
Week 3	Open and Closed American Spins	The Lunge	The Turtle
Week 4	Pass BTB; Belly Rub; Back Rub	Return into Belly Rub; Flirt and Slide	Swing Around - Basic and Rolling Spin
Week 5	Cuddle & Roll-Out	Roll In; Roll Across	Over-Roll; Sliding Doors
Week 6	Gate; Gate StS	Gate Back and Forth; Exits Variations	Gate into Thread the Needle

Rock 'n' Roll