

4-Beat (B) Routine

Week 1

- Basic (into hold)
- In Close **OR**
 - Basic (Anti-Clockwise)
 - Basic (Clockwise)

Week 2

- Under Arm Turn **OR**
 - Rolling Under Arm Turn
- Return (Optional* Forward Return) **OR**
 - Rolling Return

Week 3

- Open American Spin
- Slow Neck-Breaker **OR**
 - Fast Neck-Breaker & Pause/Play/Recover (4 beats)

Week 4

- Pass Behind the Back
- Concertinas **OR**
 - Stop 'n' Go

Week 5

- Return
- Rotating Cuddle (Optional* Spin Exit)

Week 6

- Gate & Basic Exit **OR**
 - Rotating Gate
- Optional* Man's Headchopper Exit

4Beat (B)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Rotation	Hip Motion & Frame; In Close	Step Around Rotation; The Whip
Week 2	U/A Turn and Return; Basic Link	Rolling U/A Turn; Rolling Return	The "Thing" v1 and v2
Week 3	Open and Closed American Spins	Slow Neck-Breaker	Double Spins/Turns & Spin Theory; Fast NB
Week 4	Pass BTB; Belly Rub; Back Rub	Pull Around; Concertinas	Stop 'n' Go - Basic and "Running" Variants
Week 5	Cuddle & Roll-Out	Rotating Cuddle	Headchopper
Week 6	Gate; Gate StS	Rotating Gate	Man's Headchopper



Rock 'n' Roll