

4-Beat (C) Routine

Week 1

- Basic
- Promenade Walks

Week 2

- Under Arm Turn
- Return (Optional* Flick Away)
- Drag Walks **OR**
 - Sugar Roll

Week 3

- Open American Spin
- Closed & Open American Spins (Optional* Slow Sweep) **OR**
 - Back & Forth American Spin

Week 4

- Pass Behind the Back
- The Bob (Fast) **OR**
 - The Bob (Slow)
- Open American Spin

Week 5

- Cuddle & Roll-Out
- Right to Left Pass Behind the Back **OR**
 - Tunnel

Week 6

- Gate Side to Side
- The Prowl **OR**
 - Sweep Walks
- Choice of Exits

4Beat (C)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Rotation	Promenade Walk - Hook-Slide Exit	Pauses, Half-Time and other Timing Variation - How to Play
Week 2	U/A Turn and Return; Basic Link	Return with Flick Away; Drag Walks	Sugar Roll
Week 3	Open and Closed American Spins	Slow Sweep Spins	Back and Forth American Spin
Week 4	Pass BTB; Belly Rub; Back Rub	The Bob - Fast & Slow	Chase and Follow
Week 5	Cuddle & Roll-Out	Right to Left Pass BTB; Side Dip	Tunnel; Tunnel Dip
Week 6	Gate; Gate StS	The Prowl; Sweep Walks (Body Roll Exit)	Turkish Towel & Variants