

4-Beat R'n'R/Swing

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

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

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



Rock 'n' Roll