

Kickstep R'n'R

Kick-Step (A)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork	2 Steps Forward/Back; Directional Kicks	Kick Ball Change; Kick Step Cross; Slides & Sweeps
Week 2	U/A Turn and Return; Basic Link	Rope; Forward Return	Apache Rope; Surprise Slide
Week 3	Open and Closed American Spins	Spins vs. Turns; Catapult	Reverse & Tandem Spins
Week 4	Pass BTB; Belly Rub; Back Rub	Flirt; Flirt and Slide	The Turtle
Week 5	Cuddle & Roll-Out	Roll In; Roll Across	Sliding Doors
Week 6	Gate; Gate StS	Gate Back and Forth; Exits	Gate into Thread the Needle

Kick-Step (B)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork	Basic Rotation	Kick Ball Change; Open Kick-Out
Week 2	U/A Turn and Return; Basic Link	Concertinas; Turning Link	Concertina Sweeps
Week 3	Open and Closed American Spins	Neck-breaker	Double Spins & Spin Theory
Week 4	Pass BTB; Belly Rub; Back Rub	Centre of Attention	Rolling Tunnel (Dip)
Week 5	Cuddle & Roll-Out	Rotating Cuddle	Drag Walks
Week 6	Gate; Gate StS	Rotating Gate	Towel from Gate Position

Kick-Step (C)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork	Frame & Compression; Long Walks	Pauses, Half-Time and other Timing Variation - How to Play
Week 2	U/A Turn and Return; Basic Link	Opening Out; Pass Behind the Back 2	Sugar Roll; Slow Flirt Rocks
Week 3	Open and Closed American Spins	Slow Sweep Spin; Back and Forth American Spin	Sweep Spins; Tandem Sweep Spin
Week 4	Pass BTB; Belly Rub; Back Rub	The Bob - Fast & Slow	Hey You!
Week 5	Cuddle & Roll-Out	Who's The Boss?	Cat's Double Cuddle
Week 6	Gate; Gate StS	Sweep Walks; Wally Walks	Sweep Walks with Flirt and Slide Exit



Rock 'n' Roll