

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; Banana
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; Throw Away	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	Drag Walks	Rotating Cuddle
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

Rockabilly

Rockabilly (A)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Hand Holds	Frame & Movement; Lady's Hip Lift, Basic Hand to Hand	Body Movement & Blocks
Week 2	Top Turn and American Spin	Top Turn Variations - (LH) Double; Cuddle; Flick Away; Tandem	The Whirlwind
Week 3	LH and RH Figure 8	The Shoulder Drop LH and RH	Tumble Dryer
Week 4	Double Hand Basic; Cuddle and Roll-Out	Roll Across	Pretzel
Week 5	Gate; Gate StS	Roll Around; Basic Push Pulls	The Headchopper
Week 6	Spaghetti Pull-Out	Spaghetti → Multiple Rotations	Basic Gozunder

Rockabilly (B)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Hand Holds	Basic Push Pulls; The Pull Through	Bow & Arrow
Week 2	Top Turn and American Spin	Reverse TT Variations - Hold, Flick Away, Cuddle 1, Cuddle 2	Reverse Tunnel; The Turtle
Week 3	LH and RH Figure 8	Rocks Off The Back	Compounding Moves - Figure 8 to Pass Behind the Back
Week 4	Double Hand Basic; Cuddle and Roll-Out	The Bird-Cage	Tunnel (Dip); Back and Forth Pretzel
Week 5	Gate; Gate StS	Gate Over-Roll	Over-Roll into Around The World
Week 6	Spaghetti Pull-Out	Spaghetti Rocks	Spaghetti Drop (Optional)

Rockabilly (C)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Hand Holds	Elbows; Reverse Catches - Extension	Entries for Rocks, Pauses and Other Fun
Week 2	Top Turn and American Spin	Rockabilly Rocks	Double Speed Top Turn and Reverse TT; The Lady Spins?
Week 3	LH and RH Figure 8	The Sleaze	LH Figure 8 into Simultaneous
Week 4	Double Hand Basic; Cuddle and Roll-Out	Double Hello	The Wave and Variations
Week 5	Gate; Gate StS	Rockabilly Tandem Kicks	The Tray
Week 6	Spaghetti Pull-Out	Man Under	Come Back Again



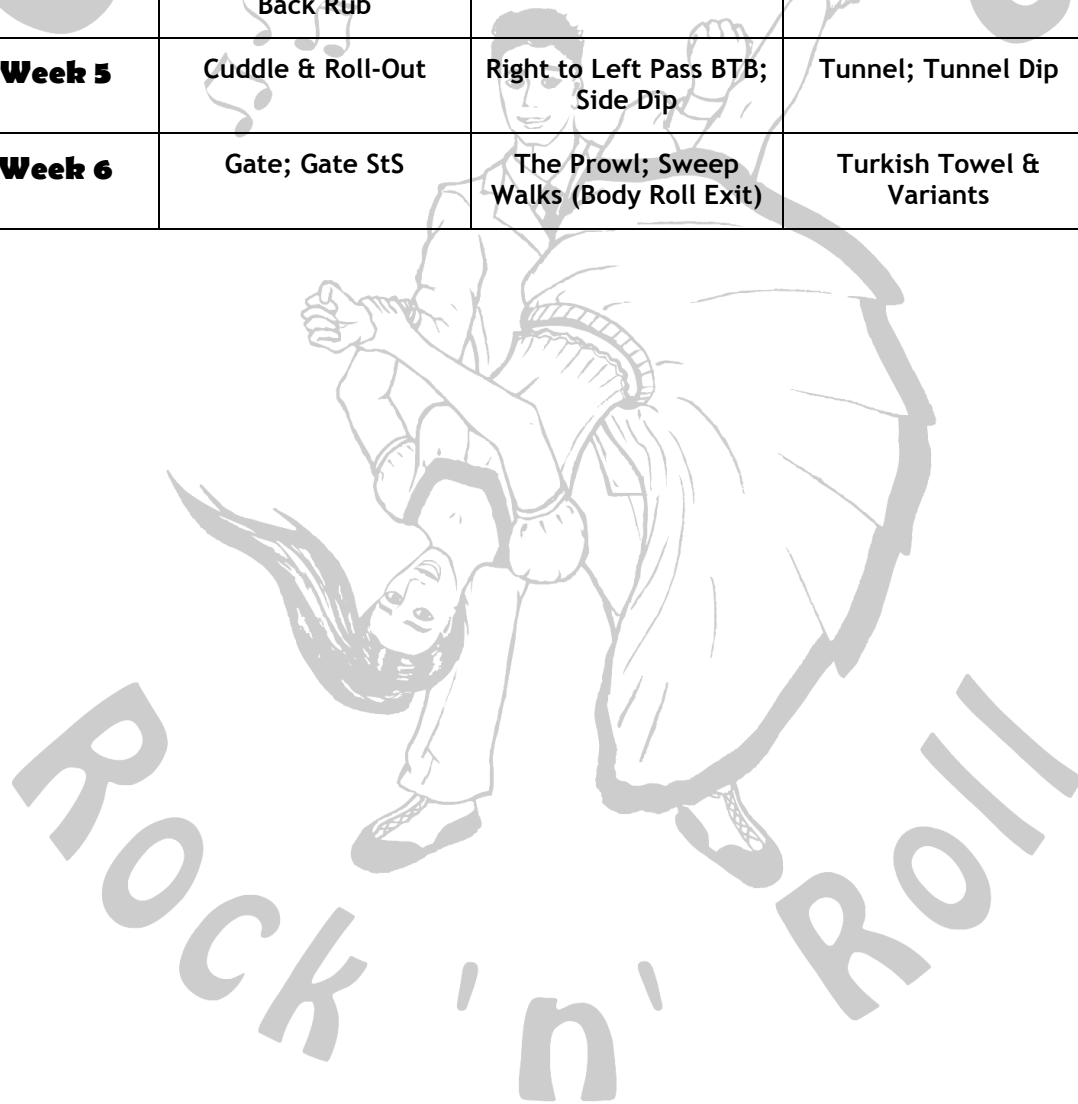
Rock 'n' Roll

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



Swing

Swing (A)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Rotation	2 Steps Fwd/Back; Step Cross	Kick-Ups
Week 2	U/A Turn and Return; The Shunt	Basic Lindy Kicks	Rolling U/A Turn - Single, Double and Triple Turns
Week 3	The Swing Out Session!!!		
Week 4	Lindy Circle; Closed Swing Out	Basic Pops & Drops; Dip FCP	The Whip; Throw-Out
Week 5	Double Turn Out; DTO to Closed Position	Turn and Stomp, Syncopated Side Step; Turn & Slide	Hand to Hand Kicks
Week 6	Texas Tommy	Reverse Lindy Circle	Twister; Basic Jump Out

Swing (B)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Rotation	Stop and Go; Double Turn Exit	Sweep 'n' Shake; Suzie Q's
Week 2	U/A Turn and Return; The Shunt	Turning (RH) Shunt; The Banana	The Sugar Roll
Week 3	The Swing Out Session!!!		
Week 4	Lindy Circle; Closed Swing Out	The Rubber Band	Basic Lindy Kicks; Face to Face LKs
Week 5	Double Turn Out; DTO to Closed Position	Don't Go; Surprise Turn	Surprise Stop
Week 6	Texas Tommy	Mini-Dip	Open Lunge; Man's Jump Back

Swing (C)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Rotation	Hook Cross Slide; Stomp Off	4, 6 and 8 Counts; Pauses, Half-Time and other Timing Variation - How to Play
Week 2	U/A Turn and Return; The Shunt	The Shunt Slide; Drag Walks	Basic Lindy Kicks (Action/Presentation)
Week 3	The Swing Out Session!!!		
Week 4	Lindy Circle; Closed Swing Out	The Worm	Moving Lindy Kicks; Kick Variations
Week 5	Double Turn Out; DTO to Closed Position	Crossed Arm Pull Through; Butterfly Wrap	Impetus Roll; Chase and Follow
Week 6	Texas Tommy	Turning Pull Through; Rolling Turtle	The Train - Rotating, Moving Back to Front



Rock 'n' Roll