

## Rockabilly (A) Routine

### Week 1

- Basic x 1
- Hand to Hand x 2

### Week 2

- LH Top Turn → Flick Away (Optional\* Tandem)
- American Spin

### Week 3

- RH Figure 8 **OR**
  - RH Shoulder Drop
- American Spin

### Week 4

- Double Hand Basic x 2
- Cuddle & Roll-Out
- Roll Across

### Week 5

- American Spin
- Gate → Gate StS (Right to Left)
- Roll Around x 2 → Basic Exit (RH over LH)

### Week 6

- Basic (Crossed Arms)
- Spaghetti Pull-Out x 3 **OR**
- Spaghetti (Optional Lead\* Multiple Rotations)
- Exit of Choice

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