

Rockabilly (B) Routine

Week 1

- Basics x 3 (Focus on Rotation/Hip Lift)

Week 2

- Top Turn
- Reverse TT → Flick Away OR
 - The Turtle
- American Spin

Week 3

- RH Figure 8
- Rocks off the Back
- American Spin

Week 4

- Push Pulls x 2
- Pull Through x 2
- Cuddle
- The Bird Cage → RH Flick Away

Week 5

- Gate → Over-Roll
 - Optional Basics (Bird Cage Position)
- LH Top Turn → Flick Away

Week 6

- Spaghetti Pull-Out x 1
- Spaghetti Rocks x 3
- Exit of Choice

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)