

Rockabilly (C) Routine

Week 1

- Basics x 1
- Elbows x 3 OR
 - Reverse Catch x 3

Week 2

- American Spin
- LH Top Turn
- Rockabilly Rocks

Week 3

- American Spin
- LH Figure 8
- The Sleaze → LH or RH Exit
- American Spin

Week 4

- Double Hand Basic x 2
- Double Hello OR
 - The Wave
- Cuddle & Roll-Out

Week 5

- Top Turn
- American Spin
- Tandem Kicks

Week 6

- American Spin
- Spaghetti Pull-Out x 2
- Man Under
- Exit of Choice

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