

Rockabilly “Mix-Up!” Routine #1

Week 1

- Basic x 1
- Elbows x 3

Week 2

- Top Turn
- Reverse Top Turn → Flick Away (Optional* Tunnel Exit)

Week 3

- RH Figure 8
- Rocks off the Back

Week 4

- Double Hand Basic x 2
- Bird Cage
- Cuddle & Roll-Out

Week 5

- American Spin
- Gate Side to Side
- Over-Roll (LH Top Turn Exit)

Week 6

- American Spin
- Spaghetti Pull-Out x 3
- Man Under

Rockabilly (Mix-Up! #1)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Hand Holds	Lady's Hip Lift; Elbows	Body Movement & Blocks; Elbows → Tunnel
Week 2	Top Turn and American Spin	Reverse Top Turn & Flick Away	Reverse TT → Turtle Reverse TT → Tunnel
Week 3	LH and RH Figure 8	RH Figure 8 → Rocks Off The Back	Compounds Moves; LH Figure 8 → Pass Behind the Back
Week 4	Double Hand Basic; Cuddle and Roll-Out	Bird Cage	The Wave; Double Wave
Week 5	Gate; Gate StS	Gate → Over-Roll (Top Turn Exit)	Gate → Gozunder
Week 6	Spaghetti Pull-Out	Man Under	The Headchopper