

**BEGINNER**  
**FOXTROT**

**Group 1**  
Basic Step

**Group 2**  
Basic Step  
The Promenade

**Group 3**  
Basic Step  
The Promenade  
The Side Step

**Group 4**  
Basic Step  
The Promenade  
Lady's Underarm Turn  
The Side Step

**Group 5**  
Basic Step  
The Check Step

**BEGINNER**  
**CHA CHA**

**Group 1**  
The Basic Step

**Group 2**  
Basic Step  
The New York

**Group 3**  
Basic Step  
New York  
Lady's Underarm Turn

**Group 4**  
Basic Step  
New York  
Solo Spot Turns

**Group 5**  
Basic Step  
New York  
Lady's Underarm Turn  
Hand to Hand

**Group 6**  
Basic Step  
Shoulder to Shoulder  
Lady's Underarm Turn

**BEGINNER**  
**SALSA**

**Step 1**  
Progressive Forward and Back Basic

**Step 2**  
Side Basic

**Step 3**  
Rock Basic

**Step 4**  
Lady's Underarm Turn to the Right

**Step 5**  
Man's Right Turn with  
& without hand change

**Step 6**  
Lady's Underarm Turn and  
Man's Right Turn Combination

**Step 7**  
Man's Left Turn

**Step 8**  
Open Break into Stop & Go

**Step 9**  
The Crossbody Lead

FOXTROT

CHA CHA

SALSA

## BEGINNER

### WALTZ

#### Group 1

Left Foot Closed Change  
(The Left Foot Box)

#### Group 2

Hesitations

#### Group 3

The Reverse (Left) Turn

#### Group 4

Right Foot Closed Change  
(The Right Foot Box)

#### Group 5

The Natural (Right) Turn

#### Group 6

Left Foot Box  
Lady's Underarm Turn  
Left Foot Box

#### Group 7

The Basic pattern for alternating turns:  
Left foot half box  
Natural Turn  
Right foot half box  
Reverse Turn

## BEGINNER

### TANGO

#### Group 1

Basic Walk and Side Step

#### Group 2

**Basic walk and side step**  
The Rock Step

#### Group 3

Basic Walk and Progressive Link  
Closed Promenade

#### Group 4

Basic Walk and Side Step  
Back Corte

## BEGINNER

### JIVE

#### Group 1

Basic Fallaway Rock Step

#### Group 2

Basic Step  
The Throwaway

#### Group 3

Basic Step  
Change of Places R to L  
Changes of Places L to R  
(Lady's Underarm Turns)

#### Group 4

Basic Step  
Change of Places R to L  
Changes of Places L to R  
Change of Hands Behind the Back  
Changes of Places L to R

#### Group 5

Basic Step  
The Walks

#### Group 6

Triple Rhythm Jive

WALTZ

TANGO

JIVE