

## The Grand Ballroom Gold Star Waltz Routine – on DVD

### *Long side #1: Start in closed position with man facing DW.*

**Overtured Natural Spin Turn** to end with man backing LOD. 123 123

**Turning lock to the right with a natural pivot** on '3' to stay in closed position ready to move to DC. The man will shape to left while the lady shapes to right on count 3. 1&23

#### **Double side cross:**

Man: step fwd RF heel, LF fwd toe, and cross RF behind LF twice, moving to DC.

Lady: step back LF, RF back, and cross LF in front of RF twice, moving to DC. 12&3&

Man fwd LF, lady back RF into a **Fallaway reverse slip pivot** to end with man facing the corner.

12&3

**Double reverse spin** (1 complete turn)

12&3

**Viennese cross** (man- fwd side close - LRL, lady- back side cross in front - RLR) 123

Man step back RF, lady fwd LF to dance an **Oversway** into the corner. 123

### *Short side #1:*

**Both:** Rise up on supporting leg on 1, brush in with back foot on 2 and step back with the same foot on 3 to end in Fallaway position. 123

Dance a **syncopated 'bounce fallaway'** action to DC. Man steps back LRLR while lady does the same thing RLRL but turning to closed position between counts 2 and 3. 1&23

**Outside change** to remain in closed position

123

#### **Running feather step with a natural pivot:**

Man dance fwd RLR and side LF to pivot and end facing LOD. Lady dance back LRL, then brush RF in to close before stepping fwd RF to pivot to end backing LOD. 1&23

#### **Natural twist turn:**

Man: Fwd RF, LF side around lady, cross RF behind left.

Lady: Back LF into a heel turn with RF to close, then fwd LR around man. 12&3

#### **Standing spin to right:**

Man: Continuous turn to the right keeping the RF on one spot.

Lady: Continue running around the man LRLRLRL. &1&2&3&

#### **Open impetus exit:**

Man: slow down the turn and hover out to p.p. moving to DC of long side.

Lady: RF fwd outside man to dance an open impetus to p.p. 123

### *Long side #2:*

**Chasse to DC:** remain in closed position. 12&3

#### **Quick open reverse turn:**

Man: RLRL to end in cbmp and backing LOD.

Lady: LRLR to end fwd and across outside man facing LOD. 12&3

#### **Hover Corte and Lady's Developpe:**

Man: Lean back and step back RL to end with LF side on count 12, and hold on count 3.

Lady: Step fwd LR on count 12, keeping close contact with man and hold on count 3. 123

Man: Turn body to left and lower slightly on supporting leg on '1', rise up and slight body turn to right on '23'. 123

Lady: Turn body to left and kick LF fwd and up on '1', swivel on RF and turn body right and flick LF back on '23'.

#### **Same Foot Lunge:**

Man: close RF to LF on count 1 and slowly lower into right leg for same foot lunge on counts 23.

Lady: slowly extend LF forward and lower into right leg for same foot lunge on counts 23.

#### **Weave exit to p.p.:**

Man leads lady to exit on count 1 and dance fwd LR on counts 23. Then outside change to p.p. 123  
Lady: exits out to weave counting 123, outside change to p.p. 123.

**Promenade lock step:**

Man: step fwd RF and across, LF fwd and turn body to left and step side RF, cross LF in front.  
12&3

Lady: step fwd LF and across, RF side turning to the left, LF cross in front, RF back, keep shape to right and look to right throughout.

**Right lunge:**

Man: step RF into corner for right lunge on '12', replace back on '3'. Then change shape and look left on '1' and slowly dance a second right lunge for 2 bars 123 123 123

Lady: step LF back into corner for right lunge on '12', replace fwd on '3'. Then change shape and look right on '1' and slowly dance a second right lunge for 2 bars.

**Short side #2:**

**Check hover and reverse pivot:**

Man: Hold on '1', rise and replace to LF while turning body to R on '2', reverse pivot ½ to left on RF on '3' to end facing DC of short side. 123

Lady: Hold on '1', rise and replace to RF while turning body to R on '3', reverse pivot ½ to left on LF on '3' to end backing DC of short side.

**Chasse to the right:** 12&3

**Tipple chasse:**

Man: LF back to chasse RLR while turning R to DW, stay on toes and dance an extra step fwd RF to end facing DW. 12&3&

Lady: RF fwd outside man to chasse LRL while turning R to DW, stay on toes and dance an extra step LF back to end backing DW. 12&3&

**Natural turn and Running Spin Turn:**

Man: step fwd RF outside lady for natural turn for 123. Then dance back into a running spin turn – LRLR to end backing DC of long side for 1&23.

Lady: step back LF for natural turn for 123. Then dance fwd into a running spin turn – RLRL to end facing DC of long side for 1&23.

**Outside change:** stay in closed position. 123

*Repeat from the beginning of the routine....*

# The Grand Ballroom Gold Star Standard Slow Foxtrot Routine – on DVD

## *Long side #1:*

**Feather step** SSQQ

First part of the **Three Fallaway:** QQQQ

Both: Dance the first 3 steps of a regular fallaway reverse with no rise, then a slip pivot turning only  $\frac{1}{4}$  to left again with no rise. Man shapes strongly to the left while lady shapes and look to the right from step 2 to 4.

**Double side cross:** QQQQ

Man: Dance side LF, cross behind with RF, on balls of feet and flexed knees. Repeat. Slowly turning to left to face LOD over the four steps.

Lady: Dance side RF, cross in front with LF, on balls of feet and flexed knees. Repeat. Gradually turn head back to left and turning body to left to back LOD over the four steps.

**Change of direction:** SS

Man: fwd LF, fwd RF and swivel to turn  $\frac{1}{2}$  to left to end backing LOD.

Lady: back RF, back LF and swivel to turn  $\frac{1}{2}$  to left to end facing LOD. Shape and look right.

**Extended weave ending:** QQQQ QQQQ

Both: dance weave for 8 counts with a feather finish on the last 2 steps moving to DW.

**Three step** SQQ

Hover to p.p. QQQQ

Man: step fwd RL to lead lady to p.p., then step RF across and LF side to prepare for oversway.

Lady: step back LF and side RF to p.p., then step LF across and RF fwd to prepare for oversway.

**Oversway** SS

## *Short side #1:*

**Ronde Fallaway:** SQQ

Man: replace side to RF & ronde L leg behind (S), back RL to DC (QQ) to lead lady to closed position.

Lady: replace side to LF & ronde R leg behind (S), back R, fwd L to DC (QQ) to end in closed position.

**Weave ending** (feather finish to DW) QQQQ

**Curving three step** (turn  $\frac{3}{8}$  L to end with man backing wall) SQQ

**Part 2 of Reverse wave** (turn  $\frac{1}{4}$  L to end backing LOD) SQQ

**Tipple chasse and natural pivot:** SQ&Q

Man: back LF, chasse RLR turning to the right and pivot on the last step to end backing LOD.

Lady: fwd RF, chasse LRL turning to the right and pivot on the last step to end facing LOD.

**Back feather step:** SQQ

Man: back LRL leading lady to step outside on the right side on the last step to end backing the corner.

Lady: fwd RLR to end outside the man in cbmp, shape and look to the right.

## *Long side #2:*

**Feather step** to DC SQQ

**Bounce Fallaway and weave ending** to end moving to DW. S&QQ QQQQ

**Fallaway reverse and check:** QQQQ

Man: dance the first 3 steps of a fallaway reverse moving to DW, then shape to R and step back RF while leading lady back to closed position. End backing DW.

Lady: dance the first 3 steps of a fallaway reverse backing DW, then turn left and step LF fwd to end facing DW.

**Outside spin & natural pivot:** SQQ

Man: LF back in cbmp and pivot, RF fwd outside lady, then LF side and pivot to end facing DC.  
Lady: RF fwd outside man, LF close to RF, RF fwd between man's feet and pivot to end backing DC.

**Feather step** to DC SQQ

**Reverse turn** SQQ

**Reverse pivot** to end facing DW S

**Bounce Fallaway** and 2 steps of weave S& QQ QQ

Man: dance 4 steps of the bounce fallaway, then back LF, then point RF to back

Lady: dance 4 steps of the bounce fallaway, then back RF, and swivel on RF to turn and face corner and pick up RF to prepare for the develop.

**Lady's Develope** SS

Man holds position and slowly leads lady to kick RF up and extend her body back.

Close feet and hover out to p.p. moving to DC. SQQ

**Short side #2:**

**Quick Wing** ending with lady LF forward outside man on his left side. Q&Q

**Zig Zag, Side Cross and Hover Feather:** QQQQ QQQQ

Man: dance the first 4 steps of a basic weave and then back 2 steps LR while leading lady to move forward outside on his left side. Then finish the last 2 steps with a hover feather moving fwd to DW.

Lady: dance the first 4 steps of a basic weave and then fwd 2 steps RL on the outside of man on his left side. Then finish the last 2 steps with a hover feather moving back to DW.

**Reverse turn** and check to backing the corner SQQQ

**Oversway:** QS

Man: steps LF back and to side to lead into an oversway

Lady: steps fwd RF and look to right and dance into an oversway.

Both: change shape on count S and dance a chasse back moving to DC of long side. SQ&Q

**Weave ending** to DW of long side QQQQ

*Routine finished.*

## The Grand Ballroom Gold Star Standard Tango Routine – on DVD

### *Short side #1: Start in closed hold with man facing DC of short side*

#### **Walks and Fallaway Reverse Slip Pivot:**

Man: 2 walks fwd LR, then fallaway reverse slip pivot to facing DW to corner.

Lady: 2 walks back RL, then fallaway reverse slip pivot to end backing DW. SS QQQQ(1234 2234)

#### **Viennese cross:**

Man: fwd side cross- LRL, back side close- RLR, moving diagonally to corner. QQ& QQ&

Lady: back side close- RLR, fwd side cross- LRL, moving diagonally to corner. (32& 34&)

#### **Change of direction:**

Man: fwd LF, fwd RF and swivel ½ to left and shape strongly to L on QQ, then recover on S

Lady: back RF, back LF and swivel ½ to left and shape to R on QQ, then recover and look L on S.

QQS (4234)

### *Long side #1:*

**Outside swivel, link to closed position.** SQQ (5234)

**Fallaway reverse slip pivot** QQQQ (6234)

#### **Viennese cross and telespin:**

Man: fwd side cross- LRL for a Viennese cross (QQ&), then back RL to end in split weight, then swivel to turn body left to end on RF and facing LOD for telespin (QQ&). He leads lady to pass on his left side on the telespin. QQ& QQ& (72& 34&)

Lady: back side close- RLR for a Viennese cross (QQ&), then forward 3 small steps- LRL and pivot ½ to left on the 3<sup>rd</sup> step to end backing LOD for a telespin (QQ&).

**Five step** plus fan action to end in p.p. moving to DW. QQS &S &S (8234 &12 &34)

#### **Fallaway whisk:**

Man: fwd & across LR, side LF to closed position, RF diagonally back and LF cross behind in fallaway position. SQQQQ (2234 32)

Lady: fwd & across RL, fwd RF to closed position, fwd LF and swivel to cross RF behind in fallaway position.

#### **2 steps to DC and Telespin:**

Man: forward R & side L in p.p. (QQ), then dance a telespin as described above for QQ& to end in closed position facing DC. QQ QQ& (34 42&)

Lady: forward L & side R in p.p. (QQ), then dance a telespin as described above for QQ& to end in closed position backing DC.

#### **2 steps of Reverse Turn and Outside Spin:**

Man: 2 very small steps of reverse turn- LR (QQ), then dance an outside spin by pivoting ½ to R on LF, RF fwd outside lady, then LF side to pivot to R to end facing LOD (SQQ).

Lady: 2 very small steps of reverse turn- RL (QQ), then dance an outside spin by stepping forward RF outside man, close LF to RF, and fwd RF between man's feet to pivot ½ to R to end backing LOD (SQQ). QQ SQQ (34 5234)

#### **Chase and chasse and whisk:**

Man: fwd RLR turning R and back LF for chase (QQQQ), chasse down LOD (Q&Q), then LF whisk behind (S) to end in p.p. facing DC of short side. QQQQ Q&QS (6234 7&2 34)

Lady: back LRL turning R and then fwd RF outside man for chase (QQQQ), chasse down LOD (Q&Q), then RF whisk behind (S) to end in p.p. facing DC of short side.

#### **Promenade Link:**

Both step fwd & across with inside foot, close outside foot and stand up on straight legs (QQ), then swivel to p.p (&S). QQ &S (82 &34)

## **Short side #2:**

### **Promenade lock step:**

Man: Fwd & across LR, fwd LF (ball) and close RF to LF to end in closed position facing DC.

Lady: Fwd & across RL, fwd RF (ball) and turn L to close LF in front to end in closed position backing DC. SQQ& (1234&)

### **Reverse turn into oversway:**

Man: fwd LF, side RF, and side LF into an oversway. QQS (2234)

Lady: back RF, close left heel to right heel, fwd RF and change shape into an oversway.

Both: Rise up slowly on supporting leg and on first 3 beats, then dance a reverse pivot on the 4<sup>th</sup> beat to end in closed position moving to DC. SS (3234)

### **Four Step:**

Man: fwd LF, turn L and side RF, LF back in cbmp. RF to close and look back. End in p.p. but with weight on both feet, ready to move to DW. QQQQ (4234)

Lady: back RF, turn L and side LF, RF fwd outside man in cbmp, LF to close and look back. End in p.p. but with weight on both feet, ready to move to DW.

### **Open Natural Turn and Outside Spin:**

Man: fwd & across LR, side LF, back RF for an open natural turn moving to DW (SQQQ). Then LF back behind RF in cbmp, RF fwd outside lady, LF side to pivot ½ to L for an outside spin (QQQ).

Lady: fwd & across RL, fwd RF, fwd LF for an open natural turn moving to DW (SQQQ). Then RF fwd outside man, LF to close, then RF fwd between man's feet to pivot ½ to L for an outside spin (QQQ). SQQQ QQQ (5234 6234)

### **Leg Ronde into Natural Twist Turn:**

Man: RF fwd to turn body to R while picking up LF behind (S). Then place LF tight around lady and cross RF behind (QQ), keep turning R to uncross feet and hold (S). Then swivel to p.p. (&S).

Lady: LF back and ronde R leg behind (S), then place the RF down and run around man tightly for 3 more steps LRL (Q&QS), then swivel to p.p. (&S). S Q&Q S &S (72 3&4 82 &34)

## **Long side #2:**

**Promenade lock step** to DC (described above) SQQ& (1234&)

**Fallaway reverse slip pivot** to end with man facing LOD. QQQQ (2234)

### **Basic reverse turn:**

Man: fwd side cross in front- LRL, back side close- RLR. QQ& QQS (32& 34 42)

Lady: back side close- RLR, fwd side close- LRL.

### **Syncopated chasse to challenge line:**

Man: side close side close side - LRLRL Q&Q&S (3&4& 52)

Lady: side close side close side - RLRLR

**Oversway**, slowly recover to close without weight SSS (34 6234)

### **Point Ball Change:**

Both: step fwd with inside foot, tap outside foot to side and replace onto that foot (QQ&). Repeat this (QQ&). QQ& QQ& (72& 34&)

### **Right Lunge:**

Man: fwd RF, LF almost close, RF fwd into a Right Lunge. QQS (8234)

Lady: fwd LF, turn left in front of man and step side RF, LF back into a right lunge.

### **Recover to promenade link:**

Both: Replace to other foot and point inside foot through (&S), then promenade link to end in closed position (QQ). &S QQ (&1234)

*Repeat from the beginning of the routine from the Fallaway reverse slip pivot.*

## The Grand Ballroom Gold Star Standard - Quickstep Routine – on DVD

### *Long side #1:*

**Overtured Natural Spin turn** SSQQ SSS (123456 781234)

**Turning lock to the right** to end in closed position moving to DC. QQQQ (5678)

**Step Hops and Syncopated Chasse to the Right:** S& S&(12& 34&) Q&Q QQ (5&6 78)

Man: 2 step hops LF, then RF (S& S&), then a syncopated chasse to the right (Q&Q QQ) moving down LOD.

Lady: 2 step hops RF, then LF (S& S&) turning to R to end backing DC. Then a syncopated chasse to the R (Q&Q QQ) moving down LOD.

**Outside Change** to end in p.p. moving to DW SQQ (1234)

**Quick Chasse:** SQ&Q (567&8)

Both: step forward & across for a quick chasse moving towards the corner, look back and then look forward to stay in p.p.

**Step Hop and Hover Corte:** S& SSS (12& 345678)

Man: RF fwd step hop (S&), LF fwd and rise up for hover corte (SS), replace to back foot (S).

Lady: LF fwd step hope (S&), RF fwd and rise up to close feet for hover corte (SS), exit with LF fwd (S).

### *Short side #1:*

**Outside Change** to end in p.p. moving to DC. SQQ (1234)

**Quick Chasse** moving to DC but stay in closed position. SQ&Q (567&8)

**Quick Open Reverse turn and step out to p.p.:** SSQQ QQ (1234 5678)

Man: dance the quick open reverse turn quite flat with no sway RLRL (SSQQ) and then step RF back and LF fwd to p.p. moving to DW (QQ).

Lady: dance the quick open reverse turn quite flat with no sway LRLR (SSQQ) and then step LF fwd, and RF fwd to p.p. moving to DW (QQ).

**Open Natural Turn and Running Finish:** SQQ SQQ (1234 5678)

Man: dance the open natural turn RLR moving to the corner (SQQ), then dance the running finish LRL turning ¼ R to end facing DW of the long side (SQQ).

Lady: dance the open natural turn LRL moving to the corner (SQQ), then dance the running finish RLR turning ¼ R to end backing DW of the long side (SQQ).

### *Long side #2:*

**Natural turn and heel pull** SQQ SS (1234 5678)

Both: dance the heel pull like a fast hesitation with man shaping strongly to the left and lady to the right to end with man facing DC.

**Six quick twinkles** QQQQQQS (123456 78)

Man: side close-LR, back close-LR, lock step fwd to DC-LRL, all danced on toes, lower on last step.

Lady: side close-RL and change shape to L, fwd RF outside man, LF almost close, back lock-RLR, all danced on toes, lower on the last step.

**Hop and Run Sequence:** S& S QQQQ (12& 34 5678) S& S& S S (12& 34& 5678)

Man: Step hop RF (S&), fwd step LF (S), then 4 runs-RLRL (QQQQ), step hop RF (S&), step hop LF (S&), slide RF to side facing centre (S), bring feet together for a stomp (S).

Lady: Step hop LF (S&), fwd step RF (S), then 4 runs-LRLR (QQQQ), step hop LF (S&), step hop RF (S&), slide LF to side facing centre (S), bring feet together for a stomp (S).

**Jumping Jacks, Woodpecker Taps, Foot Flicks:** QQQQ(1234) &S &S (&56 &78) QQQQ

QQQQ (1234 5678)

Man: Jump slightly to open and close both feet twice while turning 1/2 to right to end facing wall (QQQQ). Then skip on LF and tap RF behind twice (&S &S). Then turn to p.p. and kick fwd from

the knees LRL and hook RF behind (QQQQ). Then place RF down and repeat flicks LRL and step down on LF (QQQQ) – dance all this in p.p.

Lady: Jump slightly to open and close both feet twice while turning 1/2 to right to end facing centre. (QQQQ). Then skip on RF and tap LF behind twice (&S &S). Then turn to p.p. and kick fwd from the knees RLL and hook LF behind (QQQQ). Then place LF down and repeat flicks RLL and step down on RF (QQQQ) – dance all this in p.p.

**Step Hops and Scatter Chasse:** S& S&(12& 34&) Q&Q&S (5&6&78)

Man: 2 step hops turning to the right- RF, LF (S& S&), scatter chasse RLRLR (Q&Q&S) moving down LOD.

Lady: 2 step hops turning to the right- LF, RF (S& S&), scatter chasse LRLRL (Q&Q&S) moving down LOD.

### *Short side #2:*

**Scatter Chasses and Pepperpot:** Q&Q&S Q&Q&S (1&2&34 5&6&78) Q&Q QQ (1&234)

Both: dance the 2nd scatter chasse around the corner shaping to man's right and lady's left (Q&Q&S), dance the 3<sup>rd</sup> scatter chasse down LOD shaping to man's left and lady's right, dance the pepperpot (forward for man, back for lady) down LOD (Q&Q&S).

**Curved feather step and Open Impetus** SQQ SSSS (5678 1234 5678)

Both: man dance fwd RLR, lady back LRL curving ¼ to the right (SQQ). Then an open impetus using 4 slows to end in p.p. moving to DC of the long side.

### *Long side #3:*

**Weave into Syncopated Lock:** SQQ (1234) SQ&Q (567&8)

Both: dance the first 3 steps of weave from p.p., then a syncopated lock step down LOD (back for man, fwd for lady – SQ&Q).

**Outside change:** remain in closed position to end facing DW. SQQ (1234)

**Hover Telemark:** QQQQ (5678)

Man: RF fwd outside lady, LF fwd, RF side, LF fwd to p.p. to end moving down LOD.

Lady: LF back, RF back, LF side, RF side to p.p. to end moving down LOD.

**Open Natural Turn and Left Side Run:** SQQ SQQQQ (1234 567812)

Man: dance the open natural turn with RF across, turn L and step LF side, RF back with R side leading (SQQ). On the left side run, dance the first 3 steps like a hover cross where the man LF back, RF side, LF across in cbmp outside lady on her left side. Then lead lady to dance across him and step RF between her feet, and LF fwd to p.p. moving to DW of short side.

Lady: dance the open natural turn with 3 fwd steps LRL to end in closed position with L side leading (SQQ). On the left side run, dance the first step RF fwd outside man (S), then the next four steps like the turning lock to the right in Waltz – LRLR, turning strongly to R in front of man on the 3<sup>rd</sup> quick (QQQQ) to end in p.p. moving to DW of short side.

### *Short side #3:*

**Open Natural Turn and Left Side Run:** SQQ SQQQQ (3456 781234)

Repeat the above to end in p.p. moving to DC. SQQ SQQQQ (5678 123456)

**Cross Chasse type action:** SSQQ (781234)

Man: RF fwd and across, LF fwd (shape to R on these first 2 steps - SS) leading lady to closed position, then RF side and LF fwd to left shaping back to the left (QQ).

Lady: LF fwd and across, turn L to step RF side (shape to L on these first 2 steps – SS) now in closed position. Then LF side and slightly back, then RF back to end backing DW of long side (QQ).

*Repeat from the beginning of the routine...*