

<b>4Beat (B)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork and Rotation	Hip Motion & Frame; In Close; The Grind (Fig 8 vs Circle)
<b>Week 2</b>	U/A Turn and Return; Basic Link	Rolling U/A Turn; Rolling Pass BtB
<b>Week 3</b>	Open and Closed American Spins	Blues Circle >> Roll-Away
<b>Week 4</b>	LHS/RHS Pull Through (CIRCLES)	Pull Around; Inside Roll
<b>Week 5</b>	Cuddle & Roll-Out	Rotating Cuddle
<b>Week 6</b>	Open Turn Out; Reverse Catch	Keep Rollin'

### Notation

- Tier 1 Content
  - Tier 2 Content
  - *Linking figures to basic Tier 1 Routine*
- **OR ...** Tier 2 content replaces the Tier 1 figure
- **/...** Choice of figure(s)

## 4Beat Blues (B) Routine

### Week 1

- Basics (Closed - Relaxed) & Rotation
  - Close (Full/Embrace)
  - In Close / Grind
  - Open

### Week 2

- Under Arm Turn
- Return **OR**
  - Rolling Return

### Week 3

- Closed & Open American Spin
  - Close (Full/Embrace)
  - Blues Circle & Roll-Away

### Week 4

- RHS Pull Through
  - Rolling Pass Behind the Back / Inside Roll
  - Pull Around

### Week 5

- Cuddle & Roll-Out **OR**
  - Rotating Cuddle & Roll-Out
- Under Arm Turn & Return

### Week 6

- Close (Relaxed/SbS)
- Open Turn Out & Reverse Catch
  - Keep Rollin'
- Return