

<b>4Beat (C)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork and Blues Footwork	Blues Walk (Fast/Slow)
<b>Week 2</b>	U/A Turn and Return; Basic Link	Sugar Roll; Blues (Fishtail) U/A Turn
<b>Week 3</b>	Open and Closed American Spins	Reverse Elbow Catch (Standard, ¼ Beats)
<b>Week 4</b>	LHS/RHS Pull Through (RHYTHMS)	Blues Pulse Variants - Hip Rolls; Step Cross; The Wiggle
<b>Week 5</b>	Cuddle & Roll-Out	Right to Left Pass BTB; Side Dip
<b>Week 6</b>	Open Turn Out; Reverse Catch	Shadow Position; The Prowl; Figure 8

### 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 (C) Routine

### Week 1

- Basics (Closed - Full/Embrace)
- Blues Pulse OR
  - Fishtails

### Week 2

- Under Arm Turn OR
  - Fishtail Under Arm Turn
- Return
  - Blues Walk / Sugar Roll
  - *Flick Away*

### Week 3

- Closed & Open American Spin
  - Reverse Elbow Catches\*
    - LH/RH entries from Rev. Closed/Open American Spins

### Week 4

- LHS Pull Through
  - Rhythm Variations - Held / Drag

### Week 5

- Cuddle & Roll-Out OR
  - Right to Left Pass Behind the Back
  - Close (Full/Embrace) & Blues Pulse Variations

### Week 6

- Close (Relaxed/SbS)
- Open Turn Out & Reverse Catch
- Return
  - Shadow Position
  - *American Spin & Close*