

## Kickstep R'n'R

<b>Kick-Step (A)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork	2 Steps Forward/Back; Directional Kicks
<b>Week 2</b>	U/A Turn and Return; Basic Link	Rope
<b>Week 3</b>	Open/Closed American Spins	Spins vs. Turns; Catapult
<b>Week 4</b>	Pass BTB; Belly Rub; Back Rub	Flirt; Flirt and Slide
<b>Week 5</b>	Cuddle & Roll-Out	Roll In; Double Roll
<b>Week 6</b>	Gate; Gate StS	Gate Back and Forth

<b>Kick-Step (B)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork	Basic Rotation; Throw Away
<b>Week 2</b>	U/A Turn and Return; Basic Link	Concertinas; Turning Link
<b>Week 3</b>	Open and Closed American Spins	Neck-Breaker
<b>Week 4</b>	Pass BTB; Belly Rub; Back Rub	Pull Around
<b>Week 5</b>	Cuddle & Roll-Out	Drag Walks; Strut Walk
<b>Week 6</b>	Gate; Gate StS	Rotating Gate

<b>Kick-Step (C)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork	Frame & Compression; Long Walks
<b>Week 2</b>	U/A Turn and Return; Basic Link	Opening Out; Pass Behind the Back 2
<b>Week 3</b>	Open and Closed American Spins	2H American Spin; Spinning Top
<b>Week 4</b>	Pass BTB; Belly Rub; Back Rub	The Bob; Rhythm Variations
<b>Week 5</b>	Cuddle & Roll-Out	Who's The Boss?
<b>Week 6</b>	Gate; Gate StS	Sweep Walks (Wally Walks)

## Rockabilly

<b>Rockabilly (A)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork & Hand Holds	Frame & Movement; Lady's Hip Lift, Basic Hand to Hand
<b>Week 2</b>	Top Turn and American Spin	Top Turn Variations - (LH) Double; Cuddle; Flick Away; Tandem
<b>Week 3</b>	LH and RH Figure 8	LH Shoulder Drop; Back & Forth
<b>Week 4</b>	Double Hand Basic; Cuddle and Roll-Out	Roll Across <>
<b>Week 5</b>	Gate; Gate StS	Roll Around <>
<b>Week 6</b>	Spaghetti Pull-Out	Spaghetti → Multiple Rotations

<b>Rockabilly (B)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork & Hand Holds	Basic Push Pulls; The Pull Through
<b>Week 2</b>	Top Turn and American Spin	Reverse TT Variations - Hold, Flick Away
<b>Week 3</b>	LH and RH Figure 8	Rocks Off The Back
<b>Week 4</b>	Double Hand Basic; Cuddle and Roll-Out	Double Hello
<b>Week 5</b>	Gate; Gate StS	Hip 'n' Shoulder
<b>Week 6</b>	Spaghetti Pull-Out	Spaghetti Rocks

<b>Rockabilly (C)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork and Hand Holds	Elbows; Reverse Catches - Extension
<b>Week 2</b>	Top Turn and American Spin	Rockabilly Rocks; Double Bass
<b>Week 3</b>	LH and RH Figure 8	The Sleaze
<b>Week 4</b>	Double Hand Basic; Cuddle and Roll-Out	The Bird-Cage
<b>Week 5</b>	Gate; Gate StS	Rockabilly Kicks > Turning RKs
<b>Week 6</b>	Spaghetti Pull-Out	Man Under

## 4-Beat Blues

<b>4Beat (A)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork and Lines	Drag Step; The Mooch
<b>Week 2</b>	U/A Turn and Return; Basic Link	Counterbalance Position (CBP) >> Forward Return
<b>Week 3</b>	Open and Closed American Spins	The Lunge
<b>Week 4</b>	LHS/RHS Pull Through (LINES)	Flirt and Slide; Femme Fatale
<b>Week 5</b>	Cuddle & Roll-Out	Roll In; Double Roll
<b>Week 6</b>	Open Turn Out; Reverse Catch	Gate Back and Forth; Exits Variations

<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'

<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

### Swing

<b>Swing (A)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork and Rotation	2 Steps Fwd/Back; Step Cross
<b>Week 2</b>	U/A Turn and Return; The Shunt	Basic Lindy Kicks
<b>Week 3</b>	The Swing Out Session!!!	
<b>Week 4</b>	Lindy Circle; Closed Swing Out	Kick-Ups
<b>Week 5</b>	Double Turn Out; DTO to Closed Position	Turn and Stomp, Syncopated Side Step; Turn & Slide
<b>Week 6</b>	Texas Tommy	Reverse Lindy Circle

<b>Swing (B)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork and Rotation	Stop and Go; Double Turn Exit
<b>Week 2</b>	U/A Turn and Return; The Shunt	Turning (RH) Shunt; The Banana
<b>Week 3</b>	The Swing Out Session!!!	
<b>Week 4</b>	Lindy Circle; Closed Swing Out	The Rubber Band
<b>Week 5</b>	Double Turn Out; DTO to Closed Position	Don't Go; Slow Drag
<b>Week 6</b>	Texas Tommy	Mini-Dip

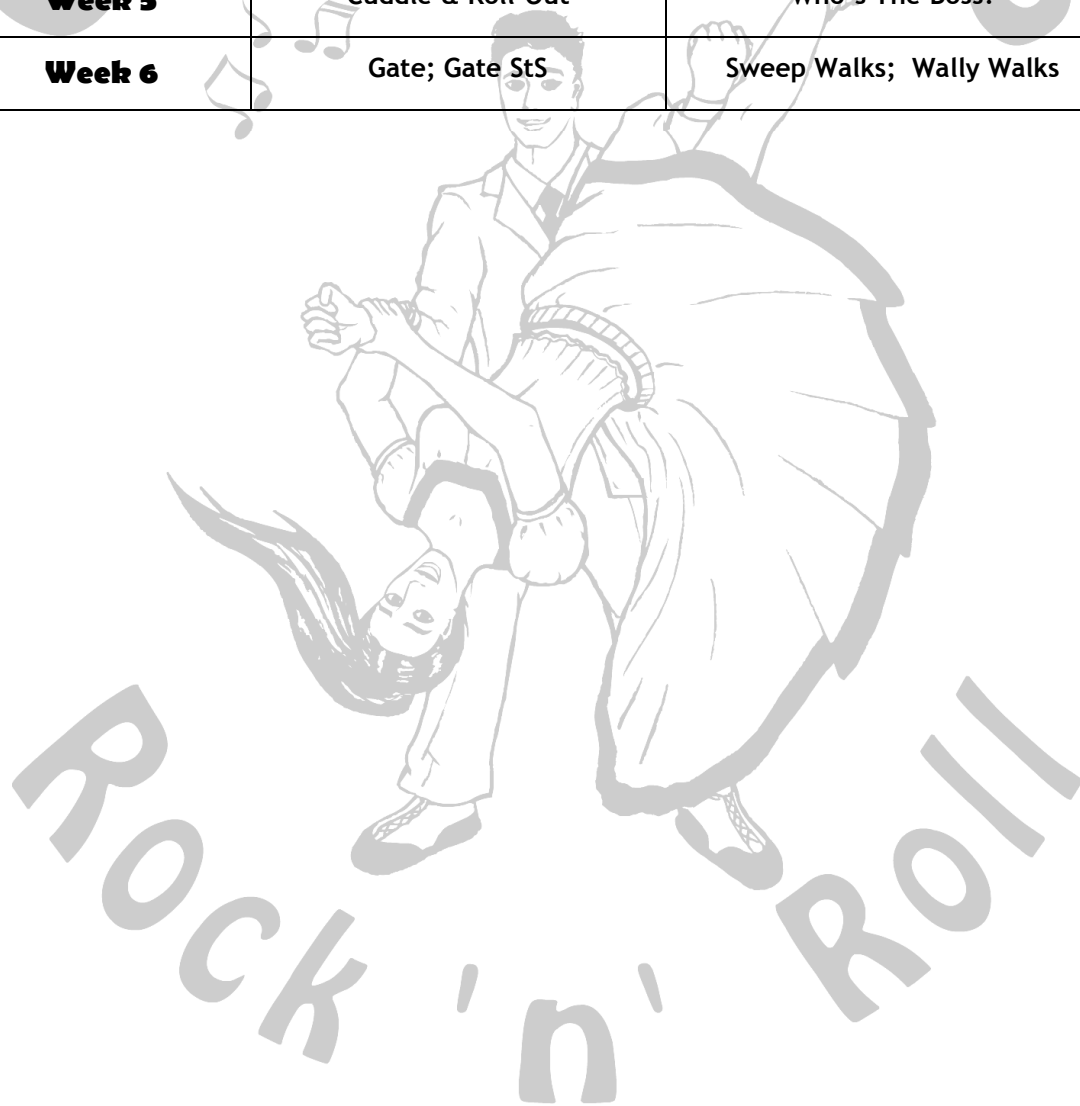
<b>Swing (C)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork and Rotation	Hook Cross Slide; Stomp Off
<b>Week 2</b>	U/A Turn and Return; The Shunt	Drag Walks
<b>Week 3</b>	The Swing Out Session!!!	
<b>Week 4</b>	Lindy Circle; Closed Swing Out	The Worm
<b>Week 5</b>	Double Turn Out; DTO to Closed Position	Crossed Arm Pull Through; The Yo-Yo
<b>Week 6</b>	Texas Tommy	Hip Lunge

## Jive

<b>Jive (A)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork	2 Steps Forward/Back
<b>Week 2</b>	U/A Turn and Return; Basic Link	Rope; Forward Return
<b>Week 3</b>	Open and Closed American Spins	Catapult & Lunge
<b>Week 4</b>	Pass BTB; Belly Rub; Back Rub	Flirt; Flirt and Slide
<b>Week 5</b>	Cuddle & Roll-Out	Roll In; Roll Across
<b>Week 6</b>	Gate; Gate StS	Gate Back and Forth; Exits

<b>Jive (B)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork	Basic Rotation; Turning Link
<b>Week 2</b>	U/A Turn and Return; Basic Link	Stop and Go; Concertinas
<b>Week 3</b>	Open and Closed American Spins	Neck-breaker
<b>Week 4</b>	Pass BTB; Belly Rub; Back Rub	Pull Around; Banana
<b>Week 5</b>	Cuddle & Roll-Out	Spanish Arms & Variations
<b>Week 6</b>	Gate; Gate StS	Rolling Gate

<b>Jive (C)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork	Long Jive Walk
<b>Week 2</b>	U/A Turn and Return; Basic Link	Opening Out; Pass Behind the Back 2
<b>Week 3</b>	Open and Closed American Spins	Tandem Sweep Spin
<b>Week 4</b>	Pass BTB; Belly Rub; Back Rub	The Bob
<b>Week 5</b>	Cuddle & Roll-Out	Who's The Boss?
<b>Week 6</b>	Gate; Gate StS	Sweep Walks; Wally Walks





## Basic Aerials

<b>Aerials</b>	<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 2+</b>
<b>Week 1</b>	Safety First	How to Jump/Lift	Knee Hops
<b>Week 2</b>	Back Drop	The Statue	Statue into Back Drop
<b>Week 3</b>	The Dip	Side Lift	Dip into Side Lift
<b>Week 4</b>	Lay Drop	Reverse Pull Through	Reverse Pull Through into Lay Drop v/v
<b>Week 5</b>	Straddle	Baby Between the Legs	Chair
<b>Week 6</b>	Floor Spin	Side Flip	Side Flip into Floor Spin

## Basic Triples Rock 'n' Roll

<b>Triples</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Rules of the Road	Rotation & Halts
<b>Week 2</b>	Basic Spins	Splitting the Arms Splitting the Girls
<b>Week 3</b>	All Together Now! - Tandem Footwork, Shadow & Mirror Play	Co-operation & Individuality - Toe Flick Cross; Guys vs. Dolls
<b>Week 4</b>	Cuddle & Roll-Out; Throw Away	Roll Across; Rope
<b>Week 5</b>	Back & Forth	Double Catapult
<b>Week 6</b>	Directional Walks - Fast & Slow	Starts & Finishes