

Kickstep R'n'R

Kick-Step (A)	Tier 2+	Tier 3
Week 1	Kick Ball Change Kick Step Cross	8/9 Count Slides & Sweeps
Week 2	Forward Return Apache Rope	Surprise Slide
Week 3	Sweep Spins	Reverse Spins The Banana
Week 4	Rolling Tunnel (Dip)	The Turtle
Week 5	Sliding Doors	Roll Across (Reverse Spin vs. Steps)
Week 6	Gate Exit Variations	Thread the Needle

Kick-Step (B)	Tier 2+	Tier 3
Week 1	Kick Ball Change Open Kick-Out	Face to Face Kicks; 3Kicks Throw Away Sweep/Slide
Week 2	Concertina Spin	Concertina Sweeps
Week 3	2x Spins & Theory	Fishtail 2x Spin
Week 4	Centre of Attention	Swing Around; S-A Exit Variations
Week 5	Rotating Cuddle	Spinning Roll-Out
Week 6	Towel from Gate Position	Towel Variations

Kick-Step (C)	Tier 2+	Tier 3
Week 1	Long Walk Variations	Toe Flick Cross Variations Pauses, Half-Time and other Timing Variation - How to Play
Week 2	Slow Flirt Rocks	Sugar Roll
Week 3	Simultaneous Spins	Simultaneous Sweep Spin Simultaneous Winding 2x Spin
Week 4	Pull-Through Turn	Hey You!
Week 5	The Tunnel (Dip)	Cat's Double Cuddle
Week 6	Walk Exit Variations	Slingshot

Rockabilly

Rockabilly (A)	Tier 2+	Tier 3
Week 1	Body Movement & Blocks	Baby Doll; Shoulder Rocks
Week 2	The Whirlwind	Around The World
Week 3	RH Shoulder Drop	Tumble Dryer
Week 4	Pretzel	Back and Forth Pretzel 2x Pretzel
Week 5	Gate Over-Roll	Over-Roll into Around The World
Week 6	Gozunder	Fast Gozunder

Rockabilly (B)	Tier 2+	Tier 3
Week 1	Bow & Arrow	The Tray
Week 2	Rev. TT → Cuddle 1, Cuddle 2	Reverse Tunnel; The Turtle
Week 3	Position <> Pressure	Compounding Moves - Figure 8 to Pass BtB
Week 4	Inside Roll; OH Figure 8	The Wave & Variations; Over-Roll
Week 5	Hip 'n' Shoulder 2	Slingshot
Week 6	Spaghetti Arm Combos	Spaghetti Drop

Rockabilly (C)	Tier 2+	Tier 3
Week 1	Wrist/Hip Catch > Quick Turns (Under-Rotation)	Entries for Rocks, Pauses and Other Fun
Week 2	The Lady Spins?	Double Speed Top Turn and Reverse TT
Week 3	Apache Figure 8	The Simultaneous - Entry Variations
Week 4	The Headchopper	Tunnel (Dip); The Curl (Dip)
Week 5	Matching RK's	RKs Back and Forth
Week 6	Man-Under Variations	Rockabilly Styles Come Back Again

4-Beat Blues

4Beat (A)	Tier 2+	Tier 3
Week 1	Shifts of Weight; Corkscrew	Footwork (Ronde, Hook, Sweeps) Promenade Roll; Slinky
Week 2	The Glide	CBP Double Turn Return Rolling Slide
Week 3	The Whirlwind	The Turtle
Week 4	Body Positioning: Leg Pop v1 v2	Swing Around; S-A Exit Variations
Week 5	Sliding Doors	Over-Roll; Headchopper
Week 6	Thread the Needle	Man's Headchopper

4Beat (B)	Tier 2+	Tier 3
Week 1	CBP Rotation Walk	Leg Sit; The Whip
Week 2	Swinging Arms The "Thing" v1	The "Thing" v2
Week 3	Blues Neck-Breaker Slow Sweep Spins	Fast Neck-Breaker
Week 4	Stop 'n' Go - Basic	Stop 'n' Go - Running & Glide
Week 5	Roll Across	Squeeze 'n' Tease
Week 6	Extended Pull Around Slingshot	In, Out, & Back

4Beat (C)	Tier 2+	Tier 3
Week 1	Drag Walks & Rhythms 2 Steps Forward/Back - The Shunt; The Drag	Arm Rhythm & Body Timing - How to Play
Week 2	Half Beats - Flick Away, Sweep Return	Leg Dip; Hip Pop
Week 3	¼ Beats - Lunge Walk/Play Variations	Man's Hook Spin; Simultaneous
Week 4	The Blues Bob - Fishtail, Hesitation	Emphasis - Full Stop; Shake 'n' Bake (Closed/Open)
Week 5	Double Turn-Outs	Tunnel (Dip) Side Dip >> Lunge Dip
Week 6	Sweep Walks	Body Roll; Going Down

Swing

Swing (A)	Tier 2+	Tier 3
Week 1	Basic Pops & Drops; Dip FCP	Swing-Out Footwork Variations - Kick-Outs, Sweeps, Slides, KbC
Week 2	Lindy Kicks: Out & Back	Rolling U/A Turn - Single, Double and Triple Turns
Week 3	The Swing Out Session!!!	
Week 4	Side to Side LKs	Swinging Leg LC; The Whip
Week 5	Hand to Hand Kicks	The Grapevine
Week 6	Basic Jump Out	Twister

Swing (B)	Tier 2+	Tier 3
Week 1	Sweep 'n' Shake	Suzie Q's; Shorty George
Week 2	The Sugar Roll	Tunnel Wrap
Week 3	The Swing Out Session!!!	
Week 4	LC Slide; Throw-Out	Face to Face LKs
Week 5	Surprise Turn	Surprise Stop
Week 6	Quick Lunge; Lunge Under	Man's Jump Back; Boomerang

Swing (C)	Tier 2+	Tier 3
Week 1	Chase and Follow	4, 6 and 8 Counts; Pauses, Half-Time and other Timing Variation - How to Play
Week 2	The Shunt Slide; Extended Circle (Chicken/Leg Walks)	Quick Stop; Short Stop
Week 3	The Swing Out Session!!!	
Week 4	Moving Lindy Kicks Kick Variations	"Down the Line" Swing-Out "Side-Lunge" Swing-Out
Week 5	Reverse LC (Whip Exit)	Impetus Roll
Week 6	Rolling Pass BtB/Turtle	The Train - Rotating, Moving Back to Front

Jive

Jive (A)	Tier 2+	Tier 3
Week 1	Slides & Sweeps	6 Count Rotation Rolling Turn Out
Week 2	Around and Under	Apache Rope
Week 3	Spins & Turns; Back-Hander	Back Hander Carousel
Week 4	Back Taps	The Turtle; Rolling Tunnel (Dip)
Week 5	Mac-Roll	Sliding Doors
Week 6	Gate Exit Variations	Thread the Needle

Jive (B)	Tier 2+	Tier 3
Week 1	Throw Away (w/ Turn)	Compression & CBP
Week 2		Stop, Pause and Roll
Week 3	2x Spins/Turns & Theory	The Arm-Breaker
Week 4	Swing Around S-A Exit Variations	Lay Back; Banana into Lay Drop
Week 5	Drag Walk Variations	Running Combos
Week 6	Towel from Gate Position	Towel Variations

Jive (C)	Tier 2+	Tier 3
Week 1	Pauses, Half-Time and other Timing Variation - How to Play	Long Walk Variations
Week 2	Sugar Roll	Sweep Link
Week 3	Back and Forth American Spin	Over The Arm Turn v1 v2
Week 4	Pull Through Turn	Hey You!
Week 5	Change of Sides	Cat's Double Cuddle
Week 6	Mirror/Shadow Position	Figure 8 Flirtation SbS Double Comb



Rock 'n' Roll