

- Cool Cats Workshops - Introductory Kick-Step Rock 'n' Roll

Introduction to Kickstep R'n'R (2-2.5hrs)

Kick-Step	Basics	Variation
~40min	Basic Footwork; U/A Turn and Return; Basic Link	2 Steps Forward/Back; Forward Return; Turning Link
~40min	Cuddle & Roll-Out	Roll In; Double Roll; Rotating Cuddle
~40min	Open & Closed Spins	Slow Sweep Spin (Women); Simultaneous Spin (Men)
~15min	Routine & Practice	

This workshop assumes some prior experience with a basic 6-beat Rock 'n' Roll style. Reduced content or additional time should be allocated for workshops where a large percentage of the students may be new to dancing.

Routine:

- Basic x 2
- Under-Arm Turn & Return
 - optional Forward Return
- Cuddle & Roll-Out
 - optional Rotating Cuddle
- Under-Arm Turn & Return
 - optional Forward Return
- Closed Spin
 - optional Slow Sweep
- Open Spin
 - optional Simultaneous Spin
- Link or Turning Link

- Cool Cats Workshops - Progressive Kick-Step Rock 'n' Roll

Progressive Kickstep R'n'R (1.5-2hrs)

Kick-Step	Progressive Basic	Continuation
~30min	Basic Rotation; Throw-Away	Throw Away Sweep/Slide (ACW); U/A Turn v2.0 (CW)
~30min	Who's The Boss? (Man's Cuddle & Roll-Out)	Dead Man's Drop
~30min	Neck-Breaker	Rag Doll*
~15min	Routine & Practice	

*Time allowing

This workshop assumes prior experience with a basic 6-beat Rock 'n' Roll style, preferably Kick-Step. Reduced content or additional time should be allocated for workshops where a large percentage of the students are new to the style.

Routine:

- Basic w/ Rotation: 1 x Anti-clockwise, 1x Clockwise
- Throw Away
 - optional Sweep/Slide
- Return
- Who's The Boss?
- U/A Turn v2.0
- Roll-In
 - optional Dead Man's Drop
- Roll-Out
- U/A Turn & Return
- Neck-Breaker
 - optional Rag Doll finish