

Rockabilly “Mix-Up!” Routine #2

Week 1

- Basic Push Pulls x 2
- Pull Through x 2

Week 2

- LH Top Turn → American Spin **OR**
 - 2x LH Top Turn → Flick Away

Week 3

- LH Figure 8
- American Spin
- LH/RH Sleaze → RH Exit

Week 4

- Double Hand Basic x 2
- Cuddle & Roll-Out
- Roll Across

Week 5

- LH American Spin
- Gate Side to Side
- Roll Around → Split Arm TT Exit

Week 6

- Crossed Double Hand Basic
- Spaghetti Pull-Outs **OR**
 - Spaghetti Multiple Rotations
 - Spaghetti Drop

Rockabilly (Mix-Up! #2)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Hand Holds	Basic Push Pulls; The Pull Through	Entries for Rocks, Pauses and Other Fun
Week 2	Top Turn and American Spin	Top Turn Variations - (LH/RH) Flick, Cuddle	The Whirlwind
Week 3	LH and RH Figure 8	The Sleaze	Apache Figure 8
Week 4	Double Hand Basic; Cuddle and Roll-Out	Roll Across	The (Double) Tunnel
Week 5	Gate; Gate StS	Roll Around	Around The World
Week 6	Spaghetti Pull-Out	Spaghetti → Multiple Rotations	Spaghetti Drop