

Quickstep – Steps

Timing: 4/4

Count: Slow-Quick-Quick-Slow at 50 bars per minute

General Points

- Lively & fun
- Light on the feet
- Covers lots of ground
- Normal Waltz hold
- All steps are outside partner except the start of the basic

Three characteristic dance figures of the Quickstep are the chassés, where the feet are brought together, the quarter turns and the lock step.

The Routine

Figure	Foot	Timing	Points	Faults
Basic	R	S	Starting diagonal to wall, step forward heel lead under the Lady	
	L	Q	Forward on rising on toe and a quarter turn to the right, facing diagonal to wall against line of dance	
	R	Q	Bring Right together with Left onto toe	
	L	S	Back along diagonal to centre lowering onto flat of the foot	
	R	S	Back along diagonal to centre, past Left, onto flat of the foot	
	L	Q	Step to side rising on toe and a quarter turn to the right, now diagonal to wall again	
	R	Q	Bring Right together with Left onto toe	
Repeat Basic	L	S	Forward diagonal to wall, step forward heel lead outside the Lady	
	R	S	Step forward, heel lead diagonal to wall	
	L	Q	Forward on rising on toe and a quarter turn to the right, facing diagonal to wall against line of dance	
	R	Q	Bring Right together with Left onto toe	
	L	S	Back along diagonal to centre lowering onto flat of the foot	
	R	S	Back along diagonal to centre, past Left, onto flat of the foot	
	L	Q	Step to side rising on toe and a quarter turn to the right, now diagonal to wall again	
	R	Q	Bring Right together with Left onto toe	
	L	S	Step forward heel lead, diagonal to wall, outside the Lady	

Forward Lock Step		R	S	Step forward, heel lead, diagonal to wall, outside Lady, start to rise		
		L	Q	Step forward, heel lead, diagonal to wall rising onto toe		
		R	Q	Cross foot behind Left foot on toe, still rising		
		L	S	Step forward toe lead, diagonal to wall, lowering onto heel		
		R	S	Step forward, heel lead, diagonal to wall, outside Lady, start to rise		
Tipple Turn in a Corner	First 3 Steps of Natural Turn	R	Slow	Starting diagonal to wall, step forward heel lead outside the Lady, beginning to rise		
		L	Quick	Step to side backing the line of dance onto toe		
		R	Q	Bring Right together with Left onto toe and lowering		
	Tipple Chassé	L	S	Step back backing the line of dance		
		R	Q	Step to side rising onto toe facing diagonal to centre		
		L	Q	Bring Left together with Right onto toe		
		R	S	Step to side onto toe and lowering		
		L	Slow	Step forward heel lead, diagonal to centre, outside the Lady		
	Forward Lock Step	R	Slow	Step forward, heel lead, diagonal to centre, outside Lady, start to rise		
		L	Q	Step forward, heel lead, diagonal to centre rising onto toe		
		R	Q	Cross foot behind Left foot on toe, still rising		
		L	S	Step forward toe lead, diagonal to wall, lowering onto heel		
		R	S	Step forward, heel lead, diagonal to centre, outside Lady, start to rise		
	<i>The last step of last figure is first step of the next figure.</i>					
	Spin Turn		R	S	Starting diagonal to wall, step forward heel lead outside the Lady, beginning to rise	
L			Q	Step to side backing the line of dance onto toe		
R			Q	Bring Right together with Left onto toe and lowering		
L			S	Step to side backing the line of dance and swivel on the heel to face the line of dance and bring the Right foot round		
R			S	Step back along diagonal to centre, still turning		
L			S	Step back along diagonal to centre		

Chassé	R	Q	Step to side rising onto toe facing diagonal to centre	
	L	Q	Bring Left together with Right onto toe	
	R	S	Step to side onto toe and lowering	

Web Links

Natural Right Turn:

Reverse Turn: