

## Quickstep Figures and Sources for How to Dance Them

The following figures are those standardized by Roundalab on behalf of the round dance movement. There are variations of these figures as well as unphased figures which are found in many dances.		
<b>Roundalab Standard Figures</b>		
<b>Phase 3</b>		
Fishtail * Hover* Back Hover Forward Hover	Hover Fallaway * Thru Hover Impetus to Semi * Maneuver Side Close *	Spin Turn * Whaletail * Whisk * Wing *
<b>Phase 4</b>		
Back Whisk Chair & Slip Change of Direction Chasse' Weave Closed Impetus Cross Chasse' Cross Hesitation Develope' Drag Hesitation Flicker Heel Pull Hesitation Change	Hover Corte Hover Telemark In & Out Runs Left Whisk Natural Hover Fallaway Natural Turn Open Natural Turn Outside Change to Banjo Outside Change to Semi Outside Swivel Pivot Right Face Double Progressive Chasse'	Promenade Sway Quarter Turns Quarter Turn & Progressive Chasse' Reverse Chasse' Turn Reverse Fallaway from CP Running Back Locks Running Forward Locks Telemark to Banjo Telemark to Semi * Viennese Turns
<b>Phase 5</b>		
Back Turning Whisk Charleston Crosses Chasse' Roll Contra Check Contra Check & Slip Contra Check & Switch Double Reverse Spin Forward Tipple Chasse' Hairpin	Hinge Jete' Point Mini Telespin Outside Spin Quick Open Reverse Reverse Fallaway & Slip Reverse Fallaway from Semi Running Finish Scoop	Six Quick Twinkle Stutter Tipple Chasse' Topsy Point Top Spin Turning Lock Woodpeckers Zig Zag
<b>Phase 6</b>		
Big Top Four Quick Run Pivot to Hairpin Reverse Corte Reverse Pivot Rudolph Ronde	Rudolph Ronde & Slip Rumba Cross Spin & Double Twist Spin & Twist Telespin to Banjo Telespin to CP	Telespin to Semi Throwaway Oversway Traveling Contra Check Tumble Turn V-6

[Roundalab.org](http://Roundalab.org), defining figures on behalf of the round dance movement, offers subscriptions to Manuals (defining figures) and to Videos of each figure.

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[ICBDA.com](http://ICBDA.com) provides to [members](#) a Technical Advisory Committee (TAC) manual with information about the more advanced figures (4-6) and has past convention clinic videos for sale.

- \* Figures defined and diagrammed in *Fancy Figures: Phase III Moderns*, pp. 75-113. Members of [ICBDA](#) can download free (on right-hand menu on **member** home page find “How to Dance” and select “Beginning Manuals.” Improved descriptions for the figures and rhythm are defined on this website (see Teaching cue sheet and Supplemental Notes).

### **Clinic Notes** from **ICBDA Conventions** (*Quickstep* and *Standard* or *Smooth*)

ICBDA [members](#) also may freely download the following articles located on left-hand menu of **ICBDA member home page** under “**Past Convention Syllabus**.” Select the convention year and scroll to the page number.

### Quickstep

<u>Year: Page</u>	<u>Presenter/s</u>	<u>Title</u>
2023: 32	Ton Hicks	"Quickstep Clinic - Phase IV/V: Does Quickstep Mean 'Quickturn'?"
2014: 4 (9-10)	Paul & Linda Robinson	"Introduction to Quickstep"
2014: (11-12)	Gert-Jan and Susie Rotscheid	"Stepping into Quickstep"
2011: 47-48	Dick & Karen Fisher	"The Quickstep"
2011: 49-50	Bruce & Kristine Nelson	"Quickstep: Joyful, Light and Airy (Who Me? Are You Kidding?)"
2007: 68	Al & Carol Lillefield	"Let's Keep Quickstep Alive"
2006: 92-93	Randy & Marie Preskitt	"Quickstep"
2006: 94-95	Mark & Pam Prow	"Quickstep Clinic Teach Notes"
1996: 31-32	Pete & Mary McGee	"Quickstep Clinic Notes"
1995: 34-35	Brent & Mickey Moore	"Quickstep: Brent's Mickey's Notes for Dance Improvement"
1994: 36	Warren & Sandy Teague	"Quickstep Clinic Notes"
1992: 31-32	Russ & Barbara Casey	"Quickstep Workshop Notes"
1990: 50	Mike & Sally Poehler	"International Quickstep Clinic Notes"
1989: 32	John & Mary Macuci	"Quickstep Clinic Notes"
1988: 38-39	Brent & Mickey Moore	"Clinic Notes: Phase V Quickstep: Ah, Bach"""
1988: 42	Richard & Jo Anne Lawson	"Clinic Notes - Phase IV Foxtrot & Swing"
1983: 41	Jack & Ione Kern	"Basic Quickstep"
1982: 95-97	Bill & Carol Goss	"Quickstep Clinic Notes"

## Quickstep Figures and Sources for How to Dance Them

### Modern Ballroom or Smooth Rhythms

<u>Year: Page</u>		<u>Title</u>
2024: 30-31	Bill & Carol Goss	"Lines, They Aren't Always Straight: A Picture Figure Clinic"
2019: 33-34	John & Karen Herr	"Suggestions for Better Dancing"
2018: 39-41	Dan & Sandi Finch	"The Lefts and the Rights: Improving Your Rotational Figures"
2010: 109-111	Paul & Linda Robinson	"Smooth Dancing"
2010: 113	Gert-Jan & Susie Rotscheid	"It's Not Just About Getting There -- But How You Get There"
2009: 51-53	Ron & Mary Noble	"Dance with Ease: Constants in Dancing"
2007: 70	Kristine & Bruce Nelson	"Movin' on UP!"
2007: 74	Judy & Hank Scherrer	"Intermediate Picture Figures"
2006: 74-76	Chris & Terri Cantrell	"Lead? Follow?"
2006: 77-79	Ralph & Joan Collipi	"Smooth Dancing: If Fred & Ginger Can Do It, Why Can't You?"
2006: 80-83	Sandi & Dan Finch	"Finding Solutions for Common Problems in Smooth Dancing"
2005: 115-116	Wayne & Barbara Blackford	"The Secrets of Successful Dancing (S.O.S. Help!)"
2005: 117-118	Jack & Judy DeChenne	"Your Space or Mine?"
2005: 121-123	Richard E. Lamberty	"Partnered Rotations: Turns, Spins, and Swivels"
2005: 135-137	Kenji & Nobuko Shibata	"Shape & Make a Line: Picture Figure Clinic"
2004: 112-113	Brent & Judy Moore	"It's a Side Show"
2004: 118-119	Richard E. Lamberty	"Rise in Waltz and Foxtrot"
2004: 120-121	Richard E. Lamberty	"Sway: The Basics"
2003: 49	Kay & Joy Read	"Transcending from Telemarks to Telespins"
2003: 50-51	Gert-Jan & Susie Rotscheid	"Spins & Turns"
2003: 54-55	Brent & Judy Moore	"Taking the Mystry Out of CBM and CBMP"
2002: 65	Curt & Tammy Worlock	"Heel Turns"
2001: 61-63	Brent & Judy Moore	"Making and Adapting Ballroom Lines"
2001: 67	Richard Lamberty	"The Five Fundamental Foot Positions"
2000: 54	Richard E. Lamberty & Alise Halbert	"Open Work in Higher Level Rounds"
1999: 42-43	Wayne & Barbara Blackford	"The ABC's of Dancing"
1999: 53-54	Curt & Tammy Worlock	"Stretch & Shape (Creating Sway)"
1998: 50-53	Jerry & Diana Broadwater	"The Rotary & Linear Action Relative to Our Swing Rhythms"

## Quickstep Figures and Sources for How to Dance Them

1998: 65	Richard E. Lamberty & Alise Halbert	"An Analysis of Widely Used Figures from Popular Dances"
1997: 18-24	Richard E Lamberty	"Footwork and Rise: Two Sides of the Same Coin"
1996: 33-37	Richard Lamberty	"Basic Latin Action" (compared with Ballroom)
1995: 37	Peter & Beryl Barton	"Peter & Beryl Barton's Comments & Suggestions for Better Dancing"
1987: 46-50	Mike & Diana Sheridan	"Lines and Picture Figures"
1981: 15-17	Roy & Phyllis Stier	"Styling Clinic"