

1. LEFT FOOT CLOSED CHANGE

MAN								
STEP	FEET POSITIONS	ALIGNMENT	AMOUNT OF TURN	RISE AND FALL	FOOTWORK	TIMING	SWAY	C.B.M.
1.	L.F. forward	Facing D.W.	Nil	Begin to rise e/o 1	H.T.	1	S.	Slight on 1
2.	R.F. to side and slightly forward	Facing D.W.	Nil	Continue to rise on 2	T.	2	L.	Nil
3.	L.F. closes to R.F.	Facing D.W.	Nil	Continue to rise on 3 Lower e/o 3	T.H.	3	L.	Nil

Note: Although no turn is given in chart description, a slight body turn to left can be made.

LADY								
STEP	FEET POSITIONS	ALIGNMENT	AMOUNT OF TURN	RISE AND FALL	FOOTWORK	TIMING	SWAY	C.B.M.
1.	R.F. back	Backing D.W.	Nil	Begin to rise e/o 1 N.F.R.	T.H.	1	S.	Slight on 1
2.	L.F. to side and slightly back	Backing D.W.	Nil	Continue to rise on 2	T.	2	R.	Nil
3.	R.F. closes to L.F.	Backing D.W.	Nil	Continue to rise on 3 Lower e/o 3	T.H.	3	R.	Nil

Note: Although no turn is given in chart description, a slight body turn to left can be made