

Dance

Gentlemen, lead the ladies straight toward you on the first slow, moving into dance position. Finish the pattern with a break-step.

Vary this pattern by doing a series of dance to break step, but stepping to your left on the first slow to rotate both of you clockwise.

Tuck - turn

Gentlemen, from dance position, after the rock step, lead the ladies out and to her left on the first slow as if you were doing a throw out but hold her there - stop her on the first slow. The ladies right knee should be pointed forward and to her left. Then raise your left hand and lead her clockwise under your left arm to a wrong way grip.

Looped under arm.

Gentlemen, raise your right hand across and in front of you with your palm toward the ceiling. Turn counter clockwise under this arm as you put the ladies right hand on your hip. Let her slide across your back and down your arm to open position. Now do an underarm turn running your hand across her back and down her arm. You can string any number of these together.

Kicks

Move to dance position, take her by the waist and pull her tight (hip to hip) and take two steps backwards on a quick - quick. Then kick forward with the outside feet, forward with the inside feet finishing with a quarter turn toward each other. Now kick toward each other - she kicks between your legs and then you kick between hers, finishing the pattern with a break step. This takes all quicks from back two to the break step.

Throw out

Gentlemen, from dance position, lead the ladies out and to your left across in front of you.

Butterfly

Gentlemen, lead the lady to a quarter turn to her left by pushing forward with your right hand and pulling back with your left hand, as you turn a quarter turn to you left, to a wing position. Raise both hands, palms up, over both heads and behind both necks. Look at each other during this move and do not duck. Slide out to a handshake grip.

Lock - spin

After a football push to the right hand, take a fireman's grip. Pull the lady to her left as if you were going to spin her counter - clockwise, but stop her on the first slow as you open your right hand letting her fist press against your open palm. Now spin her clockwise in a free spin.

Kansas City

Start with the kicks, back two, kick kick and then do a swivel swivel. Now two more kicks forward and another swivel swivel. Now do two slows forward like a promenade and then do three hitch steps to your right, finishing with a break step.