

WALTZ (精英組 ELITE GROUP CATEGORY)

Start facing DW		
1.	LF Closed Change	123
2.	Natural Turn	123, 123
3.	RF Closed Change	123
4.	Reverse Turn	123, 123
5.	Whisk	123
6.	Chasse from PP	12&3
7.	Natural Turn with Hesitation	2341, 2341
8.	Reverse Turn	123, 123
9.	Whisk	123
10.	Chasse from PP	12&3
11.	Underturned Natural Spin Turn	123, 123
12.	4 - 6 Reverse Turn	123

FOXTROT (精英組 ELITE GROUP CATEGORY)

Start in Close Hold facing Wall		
1.	Feather Step	SQQ
2.	Reverse Turn	SQQ SQQ
3.	Three Step	SQQ
4.	Natural Turn	SQQ SSS
5.	Feather Step	SQQ
6.	Three Step	SQQ
7.	Natural Turn	SQQ SSS
8.	Feather Step	SQQ
9.	Reverse Turn	SQQ SQQ
10.	Three Step	SQQ
11.	Natural Weave	SQQQ QQQ
12.	Change of Direction	SSS

QUICKSTEP (精英組 ELITE GROUP CATEGORY)

Star facing DW		
1.	Walk on LF	S
2.	Quarter Turn to Right	SQQS
3.	Progressive Chasse	SQQS
4.	Forward Lock Step	SQQS
5.	Underturned Natural Spin Turn	SQQ SSS
6.	Progressive Chasse	SQQS
7.	Natural Turn at a corner	SQQ SSS
8.	Underturned Natural Spin Turn (along side room)	SQQSSS
9.	Progressive Chasse to centre	SQQS
10.	Walk on RF in CBMP OP	S
11.	Quick Open Reverse Turn	SQQ
12.	Progressive Chasse	SQQS
13.	Forward Lock Step	SQQS
14.	1 - 3 Natural Turn	SQQ
15.	Tipple Chasse to Right at a corner	SQQS
16.	2 - 4 Forward Lock Step	QQS

TANGO (精英組 ELITE GROUP CATEGORY)-1

Start in Close Hold facing Wall		
1.	Walk on LF	S
2.	Natural Rock Turn	SQQS QQS
3.	Walk on LF and RF caving to end DC	SS
4.	Basic Reverse Turn	QQS QQS
5.	Walk on LF	S
6.	Walk on RF to PP	S&
7.	Closed Promenade	SQQS
8.	Walk on LF and RF caving to end DC	SS
9.	Open Reverse Turn Lady Outside Closed Finish	QQS QQS
10.	Walk on LF	S
11.	Natural Rock Turn	SQQS QQS
12.	Walk on LF	S
13.	Walk on RF to PP	S&
14.	Closed Promenade	SQQS