



**ROUTINE OBBLIGATORIE PER LA cl. A**  
**Disciplina COUNTRY WESTERN DANCE**

Vedi art. 4.4 del Regolamento Tecnico di Settore - E.Po.Ca

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## Classe A - Solo LILT

### SAVE WATER

East Coast Swing 48 counts 4 walls - by Joan Morro

Music: SAVE WATER, DRINK BEER by Chris Young

<b>SHUFFLE FORWARD (X2), STEP TURN 1/2 L, FULL TURN L</b>	
1	RF Step Forward
&	LF Step Forward near RF
2	RF Step Forward
3	LF Step Forward
&	RF Step Forward near LF
4	LF Step Forward
5	RF Step Forward
6	LF 1/2 Turn L step forward weight on LF (06:00)
7	RF 1/2 Turn L and step backward (12:00)
8	RF 1/2 Turn L and step forward (06:00).
<b>DOUBLE KICK FORWARD R &amp; L, CROSS KICK FORWARD, SIDE KICK, TAP, HIGH KICK RIGHT DIAGONALLY FORWARD</b>	
9	RF Kick forward
10	RF Kick forward
&	RF Step in place near LF
11	LF Kick forward
12	LF Kick forward
&	LF Step in place near RF
13	RF Cross kick over LF.
14	RF Side kick to the right side
15	RF Toe touch behind Left Heel
16	RF High kick right diagonally forward
<b>SAILOR STEP, SAILOR STEP 1/4 L, SCUFF &amp; HITCH WITH 1/4 TURN L, HITCH TURN 1/2 L, BIG STEP L</b>	
17	RF Cross behind LF
&	LF Step side L

18	RF Step side R
19	LF Cross behind RF
&	RF Step side R
20	LF 1/4 Turn L, Step forward (03:00)
21	RF Scuff
&	RF 1/4 Turn L & hitch (12:00)
22	RF Step in place
23	LF 1/2 turn Land hitch & big step side L (06:00)
24	RF Drag to LF
<b>ROCK FORWARD, SHUFFLE WITH 1/2 TURN R, BOOGIE WALKS (X4)</b>	
25	RF Rock forward
26	LF Recover on LF
27	RF 1/4 Turn R & Step side R (09:00)
&	LF Step together RF
28	RF 1/4 Turn R & Step forward (12:00)
29	LF With your legs together, make a step forward with your knee bend & slightly L
30	RF With your legs together, make a step forward with your knee bend & slightly R
31	LF With your legs together, make a step forward with your knee bend & slightly L
32	RF With your legs together, make a step forward with your knee bend & slightly R
<b>ROCK FORWARD, SLIDE &amp; DRAG BACKWARDS, KICK BALL CHANGE BACKWARDS 1/4 STEP TURN LEFT</b>	
33	LF Rock forward
34	RF Recover on RF
35	LF Big step backward
36	RF Drag backward
37	RF Kick backward
&	RF Step on ball near LF
38	LF Step Forward
39	RF Step Forward
40	LF 1/4 Turn L, Step side L (09:00)
<b>TOE STRUT (X2), KICK FORWARD (X2) (ARM MOVEMENTS), BALL CHANGE</b>	
41	RF Toe touch forward

42	RF Drop heel
43	LF Toe touch forward
44	LF Drop heel
45	RF Kick forward
&	LF Little jump on your LF as you prepare your second kick
46	RF Kick forward
&	LF Little jump on your LF as you prepare your third kick
47	RF Kick Forward
&	RF Step on ball near LF
48	LF Step Forward
<b>ARMS MOVEMENTS: From step 45 to 47, you should pretend to play a guitar, the left hand is holding the top of the guitar and the right hand is playing the guitar strings</b>	



## Classe A - Solo CUBAN

### SOMETHING THAT YOU WANT

Cha Cha 48 counts 4 walls - by Darren Bailey & Amy Glass

Music: SOMETHING THAT YOU WANT by Thea Stone and The Town Hall Special Edit (BPM 103)

<b>SIDE, ROCK STEP, LOCK STEP, CROSS, SIDE, 1/8 TURN L, BACKWARDS, SIDE, TOUCH</b>	
1	LF Step L
2	RF Step backwards
3	LF Recover weight
4	RF Step forward
&	LF Cross behind
5	RF Step forward
6	LF Cross Over
&	RF Step R
7	LF 1/8 Turn L, step backwards (10:30)
8	RF Step backwards
&	LF Step L
9	RF Touch forward, bend knees
<b>HIP ROLL, LOCK STEP, 1/2 STEP TURN R, 1/2 TURN L, SHUFFLE STEP</b>	
10	Start hip roll R
11	Finish hip roll R
12	RF Step forward
&	LF Cross behind
13	RF Step forward
14	LF Step forward
15	RF 1/2 Turn R, step forward (4:30)
16	LF 1/4 Turn R, step L (7:30)
&	RF Step together

17	LF 1/4 Turn R, step backwards (10:30)
<b>1/4 TURN R, SIDE, TOUCH, 1/4 TURN L, FORWARD, FLICK, LOCK STEP, FORWARD, 1/4 TURN L ROCK STEP, LOCK STEP</b>	
&	RF 1/4 Turn R, step R (1:30)
18	LF Touch L
&	LF 1/4 Turn L, step forward (10:30)
19	RF Flick
20	RF Step forward
&	LF Cross behind
21	RF Step forward
22	LF Step forward
23	RF 1/4 Turn L, step backwards (7:30)
24	LF Step backwards
&	RF Cross Over
25	LF Step backwards
<b>COASTER STEP, MAMBO STEP, 1/4 TURN L, 1/8 TURN R, CROSS, SIDE, CROSS, SAILOR STEP</b>	
26	RF Step backwards
&	LF Step together
27	RF Step forward
28	LF Step forward
&	RF Step R
29	LF 1/4 Turn L, step together (4:30)
30	RF 1/8 Turn R, cross over (6:00)
&	LF Step L
31	RF Cross behind
	LF Sweep backwards
32	LF Cross behind
&	RF Step R
33	LF Step L
<b>CROSS, 1/4 TURN L, 1/2 TURN L, FORWARD, HOLD, X2</b>	
34	RF Cross behind

35	LF 1/4 Turn L, step forward (3:00)
36	LF 1/2 Turn L (9:00)
	RF Hitch
37	RF Step forward
38	Hold
39	LF Step forward
40	Hold
41	RF Step forward
<b>ROCK STEP, SIDE, X3, HIP ROLL, CHASSE</b>	
&	LF Stomp crossed over
42	RF Recover weight
&	LF Step L
43	RF Stomp crossed over
&	LF Recover weight
44	RF Step R
&	LF Stomp crossed over
45	RF Recover weight
46	LF Step L, start hip roll L
47	Finish hip roll L
	RF Weighted
48	LF Step L
&	RF Step together



**Classe A - Solo SMOOTH**

**GLAD YOU EXIST**

**WEST COAST SWING 80 counts 1 wall - by Alessandra Tisi**

**Music: GLAD YOU EXIST by Dan & Shay**

<b>TAP FORWARD, BALL STEP, MAMBO STEP, COASTER STEP, SCUFF, HITCH, PRESS FORWARD</b>	
1	RF Tap Forward
&	RF Step on ball next to LF
2	LF Step Forward
3	RF Step Forward
&	LF Recover Weight
4	RF Step Back
5	LF Step Back
&	RF Step next to LF
6	LF Step Forward
7	RF Scuff forward
&	RF Hitch forward
8	RF Press ball forward
<b>LONG STEP BACK, SLIDE HEEL, COASTER STEP, SAILOR 1/2 TURN, PADDLE TURN (X2)</b>	
9	LF Push long step back
10	RF Slide heel toward LF
11	RF Step Back
&	LF Step next to RF
12	RF Step Forward
13	LF Turn 1/4 L, cross behind RF (09:00)
&	RF Step next to LF
14	LF Turn 1/4 L, step forward (06:00)
&	RF Closed next to LF



15	RF Turn 1/4 L, point to L (03:00)
&	RF Closed next to LF
16	RF Turn 1/4 L, point to R (12:00)
<b>STEP DIAGONALLY BACK (X4), ROCK STEP, PIVOT</b>	
17	RF Hitch and step diagonally back
	LF Lift toes
18	LF Hitch and step diagonally back
	RF Lift toes
19	RF Hitch and step diagonally back
	LF Lift toes
20	LF Hitch and step diagonally back
	RF Lift toes
21	RF Step Back
22	LF Recover Weight
23	RF Turn 1/2 L, step back (06:00)
24	LF Turn 1/2 L, step forward (12:00)
<b>SCISSOR STEP (X2), 1/4 PIQUET, CROSS OVER, STEP SIDE</b>	
25	RF Step to R side
&	LF Step next to RF
26	RF Cross over LF
27	LF Step to L side
&	RF Step next to LF
28	LF Cross over RF
29	RF Step Forward
30	LF Hitch forward, turn 1/4 to R (03:00)
31	LF Cross over RF
32	RF Step side R (03:00)
<b>CLOSE AND FLICK TURN 1/4, STEP FORWARD (X3), TURN 1/2, HOOK, STEP FORWARD (X2), SWEEP TURN 1/4</b>	
33	LF Step next to RF, turn 1/4 L and flick RF back
34	RF Step Forward
&	LF Step Forward

35	RF Step Forward
36	RF Turn 1/2 L
	LF Hook over RF (06:00)
37	LF Step Forward
38	RF Step Forward
39	LF Sweep forward, turn 1/4 R (09:00)
40	LF Step cross over RF
<b>STEP SIDE, CROSS BEHIND, SWEEP, TURN 1/4, COASTER STEP, STEP FORWARD, SWIVEL (X3)</b>	
41	RF Step side R
42	LF Step next to RF, turn 1/4 R and sweep RF back (12:00)
43	RF Step Back
&	LF Step next to RF
44	RF Step Forward
45	LF Step Forward
46	BF Swivel heel to L, turn 1/2 R (06:00)
47	BF Swivel heel to R, turn 1/2 L (12:00)
48	BF Swivel heel to L, turn 1/2 R (06:00), weight end on RF
<b>TOE STRUT 1/2 TURN (X2), STEP LOCK FORWARD, 1/2 STEP TURN</b>	
49	LF Point forward
50	LF Turn 1/2 R, drop heel (12:00)
51	RF Turn 1/2 R and point forward (06:00)
52	RF Drop heel
53	LF Step Forward
&	RF Lock behind LF
54	LF Step Forward
55	RF Step Forward
56	LF Turn 1/2 L, step forward (12:00)
<b>OUT OUT, HOLD, IN IN, HOLD, DOUBLE SPIRAL, STEP FORWARD, STEP NEXT</b>	
&	RF Step diagonally forward
57	LF Step side L
58	Hold

&	RF Step back to centre
59	LF Cross over RF
60	Hold
61	LF Start two turns to R. RF cross over LF
62	LF Finish two turns to R, RF cross over LF
63	RF Step Forward
64	LF Step next to RF (12:00)
<b>HIP BUMP, TURN 1/2, HIP BUMP, TURN 1/4 HITCH, SLIDE SIDE, CROSS BEHIND, STEP SIDE, TURN 1/4 STEP FORWARD</b>	
65	RF Point forward, hip bump forward
66	RF Turn 1/2 L, step back (06:00)
67	LF Point forward, hip bump forward
68	LF Step Forward
&	RF Hitch forward, turn 1/4 L (03:00)
69	RF Big step to R side
70	RF Drag toward LF
71	LF Step cross behind LF
&	RF Step to L side
72	LF Turn 1/4 R, step forward (06:00)
<b>HIP BUMP, TURN 1/2, HIP BUMP, TURN 1/4 HITCH, SLIDE SIDE, CROSS BEHIND, STEP SIDE, TURN 1/4, STEP FORWARD</b>	
73	RF Point forward, hip bump forward
74	RF Turn 1/2 L, step back (12:00)
75	LF Point forward, hip bump forward
76	LF Step Forward
&	RF Hitch forward, turn 1/4 L (09:00)
77	RF Big step to R side
78	RF Drag toward LF
79	LF Step cross behind LF
&	RF Step to L side
80	LF Turn 1/4 R, step forward (12:00)



## Classe A Solo - RISE AND FALL

### REMEMBER US

Waltz 48 counts 2 walls (start facing 01:30) - by Johan Labuschagne

Music: ALWAYS REMEMBER US THIS WAY by Klaus Hallen

<b>CROSS, FULL TURN, FULL FOUETTE TURN</b>	
1	LF Cross over RF (01:30)
2	Start with full turn R
3	Finish full turn R
4	RF Lift RF and start full fouetté turn to R
5	Continue full fouetté turn to R
6	Finish full fouetté turn to R
<b>CHASSE, CROSS, POINT, HOLD</b>	
7	RF Step back (facing 01:30)
8	LF Step to side (facing 12:00)
&	RF Close to LF
9	LF Step to side (10:30)
10	RF Cross over LF
11	LF Point to side and turn to 01:30
12	Hold
<b>3/4 TURNING TWINKLE, PIVOT TURNS</b>	
13	LF Step forward (01:30)
14	RF Make a 3/8 turn L and step backward (03:00)
15	LF Make a 3/8 turn R and step forward (04:30)
16	RF Step forward
17	LF Make a 1/2 turn R and step backward (facing 10:30)
18	RF Make a 1/2 turn right and step forward (facing 04:30)

<b>DIAMOND FALLAWAY</b>	
19	LF Step forward (04:30)
20	RF Step R (03:00)
21	LF Step backward (07:30)
22	RF Step backward (06:00), facing (12:00)
23	LF Step L (09:00)
24	RF Step forward (07:30)
<b>DEVELOPE, LEG SWING, HOOK, HOLD</b>	
25	LF Step forward (07:30)
26	RF Start to lift Right leg back
27	Fully extend Right leg back
28	Swing Right leg forward
29	RF Hook in front of left knee
30	Hold
<b>3/4 TURN SWEEP, CONTRA CHECK</b>	
31	RF Step forward
32	Start 3/4 turn sweep with Left leg
33	Finish 3/4 turn sweep with Left leg (04:30)
34	LF Step forward in contra check
35	Continue contra check on LF
36	RF Step back
<b>ATTITUDE TURN, SYNCOPATED WEAVE, SLIP PIVOT</b>	
37	LF Make a 3/8 turn L and step LF forward (12:00)
38	RF Lift Right leg in attitude and start a 3/4 turn L
39	Finish Left Attitude turn (03.00)
40	RF Step over LF
&	LF Step to L
41	RF Cross behind LF
42	LF Make a 1/2 turn right and cross behind RF (09:00)
<b>SIDE, FORWARD, PIVOT, PIQUE TURN</b>	
43	RF Step to R
44	LF Make 1/4 turn L & step forward (06:00)
45	RF Make a 3/8 turn L and step backward (07:30), facing (01:30)
46	LF Make a 1/2 turn L and step forward to 07:30 ( <i>lift RF in pique</i> )

&	RF Make 1/2 turn L and step back (07:30), facing (01:30)
47	LF Make a 1/2 turn L and step forward (07:30)
48	RF Step forward (07:30)



**Classe A - Solo NOVELTY**

**DISCO INFERNO**

**NOVELTY A 16 B 64 1 wall - by Clive Eaton-Stevens**

**Music: DISCO INFERNO by Tina Turner (BPM 119 PD)**

**Sequence: AA B AA B AA**

<b>PART A</b>	
<b>BALL CHANGE, 1/2 CHAINE TURN L 4X, TOUCH, CROSS, X2</b>	
♩	RF Step backwards on ball
1	LF Recover weight
2	RF 1/2 Turn L, step together (6:00)
3	LF 1/2 Turn L, step forward (12:00)
♩	RF 1/2 Turn L, step together (6:00)
4	LF 1/2 Turn L, step forward (12:00)
5	RF Touch R
6	RF Cross over
7	LF Touch L
8	LF Cross over
<b>JAZZ BOX, SIDE TOUCH 2X</b>	
9	RF Cross over
10	LF Step backwards
11	RF Step R
12	LF Cross over
13	RF Step R
	BA raise up
14	LF Touch crossed behind
	BA Down
15	LF Step L

	BA raise up
16	RF Touch together
	BA Down
<b>PART B</b>	
<b>ROLLING VINE, TOUCH 5X</b>	
1	RF 1/4 Turn R, step forward (3:00)
2	LF 1/2 Turn R, step backwards (9:00)
3	RF 1/4 Turn R, step R (12:00)
4	LF Touch L
5	LF Touch diagonally R forward
6	LF Touch diagonally L backwards
7	LF Touch diagonally R forward
8	LF Touch diagonally L backwards
<b>ROLLING VINE, TOUCH 5X</b>	
9	LF 1/4 Turn L, step forward (9:00)
10	RF 1/2 Turn L, step backwards (3:00)
11	LF 1/4 Turn L, step L (12:00)
12	RF Touch R
13	RF Touch diagonally L forward
14	RF Touch diagonally R backwards
15	RF Touch diagonally L forward
16	RF Touch diagonally R backwards
<b>1/4 TURN L, 1/2 STEP TURN L, LOCK STEP, 1/2 STEP TURN R, LOCK STEP</b>	
17	RF 1/4 Turn L, step forward (9:00)
18	LF 1/2 Turn L, step forward (3:00)
19	RF Step forward
&	LF Cross behind
20	RF Step forward
21	LF Step forward
22	RF 1/2 Turn R, step forward (9:00)
23	LF Step forward
&	RF Cross behind



24	LF Step forward
<b>3/4 PADDLE TURN L, SIDE TOGETHER 2X</b>	
25	LF 1/4 Turn L, RF touch R (6:00)
26	LF 1/8 Turn L, RF touch R (4:30)
27	LF 1/8 Turn, RF touch R (3:00)
28	LF 1/4 Turn L, RF touch R (12:00)
29	RF Step R
30	LF Step together
31	RF Step R
32	LF Step together
<b>Count 29-32 Arm movement Cross fingers in front of chest, make snake move</b>	
<b>SKATE 2X, SHUFFLE STEP, X2</b>	
33	RF Step diagonally R forward
	RA Point diagonally R up
	LA Point diagonally L down
34	LF Step diagonally L forward
	LA Point diagonally L up
	RA Point diagonally R down
35	RF Step diagonally R forward
	RA Point diagonally R up
	LA Point diagonally L down
&	LF Step together
36	RF Step diagonally R forward
	RA Point diagonally R up
	LA Point diagonally L down
37	LF Step diagonally L forward
	LA Point diagonally L up
	RA Point diagonally R down
38	RF Step diagonally R forward
	RA Point diagonally R up
	LA Point diagonally L down

39	LF Step diagonally L forward
	LA Point diagonally L up
	RA Point diagonally R down
&	RF Step Together
40	LF Step diagonally L forward
	LA Point diagonally L up
	RA Point diagonally R down
<b>1/2 STEP TURN L, 1/2 CHAINE TURN L 3X, SWEEP, CROSS, SIDE, CROSS</b>	
41	RF Step forward
42	LF 1/2 Turn L, step forward (6:00)
43	RF 1/2 Turn L, step together (12:00)
44	LF 1/2 Turn L, step forward (6:00)
45	RF 1/2 Turn L, step backwards (12:00)
	LF Start sweep backwards
46	LF Finish sweep backwards
47	LF Cross behind
&	RF Step R
48	LF Cross over
<b>TOE STRUT 2X, WALK FULL CIRCLE L</b>	
49	RF Touch diagonally R forward
50	RF Step diagonally R forward
51	LF Touch diagonally L forward
52	LF Step diagonally L forward
<b>Count 49-52 Arm movement Bend elbows, wiggle index fingers Diagonally R 2 counts, L 2 counts</b>	
53	RF 1/4 Turn L, step forward (9:00)
54	LF 1/4 Turn L, step forward (6:00)
55	RF 1/4 Turn L, step forward (3:00)
56	LF 1/4 Turn L, cross over (12:00)
<b>1/2 MONTEREY TURN R 2X</b>	
57	RF Touch R
58	RF 1/2 Turn R, step together (6:00)

59	LF Touch L
60	LF Step together
61	RF Touch R
62	RF 1/2 Turn R, step together (12:00)
63	LF Touch L
64	LF Step together