



ROUTINE OBBLIGATORIE PER LA cl. PD
Disciplina COUNTRY WESTERN DANCE

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



Classe PD - Solo LILT

ON A SATURDAY NIGHT

East Coast Swing 48 counts 2 walls - by Helene Callmyr

Music: JUKE JOINT JUMPING by Barbara Carr

(2X) JIVE KICKS, TOUCH, KICK, SAILORSTEP, CROSS, SPIRAL TURN	
1	RF Kick across LF
2	RF Kick to R diagonal
3	RF Touch behind LF
4	RF Kick to R diagonal
5	RF Step cross behind.
&	LF Step to L
6	RF Step R (facing 01:30)
7	LF Step forward
8	LF Full turn, RF bent knee out
(2X) CHASSÉ FORWARD DIAGONAL, CROSS BEHIND UNWIND, KICK AND TOUCH	
9	RF Step R
&	LF Step together
10	RF Step R
11	LF Step forward
&	RF Step together
12	LF Step forward
&	RF Step forward
13	LF Cross behind
14	LF Full Unwind, weight end on left
15	RF Kick forward
&	RF Step down
16	LF Touch next to right
(2X) HEEL, TOUCH, PLATFORM TURN	
&	LF Step back
17	RF Touch heel forward

&	RF Step down
18	LF Touch next to right
&	LF Step back
19	RF Touch heel forward
&	RF Step down
20	LF Touch next to right
21	LF Step $\frac{3}{8}$ to L
22	RF Step together while turning $\frac{3}{4}$ turn to L
23	LF Step to side
&	RF Step together
24	LF Step to side
HITCH, ACROSS, FULLTURN RELEVÉ BIGSTEP DRAG, ROCK RECOVER, SHUFFLE BACK	
25	RF Hitch
&	RF Step cross over LF
26	RF Full turn
&	Relevé or jump in place
27	LF Big step to side
28	RF Drag and touch next to LF while turning $\frac{1}{8}$ to L (<i>face 10:30</i>)
29	RF Rock forward
30	RF Recover
31	RF Step back
&	LF Step together
32	RF Step back
COASTER STEP, 1/2 TURN SWEEP, 1/2 SAILOR STEP, BIG STEP, STEP	
33	LF Step back
&	RF Step together
34	LF Step forward
35	RF $\frac{1}{2}$ turn R (<i>face 04:30</i>)
36	LF Close with RF, turn $\frac{1}{2}$ turn to R whilst sweep RF from front to back (<i>face 10.30</i>)
37	RF Step cross behind whilst turn $\frac{3}{8}$ to right
&	LF Step together (03:00)
38	RF Step R while turning $\frac{1}{4}$ to right (<i>face 06:00</i>)
39	LF Step big step forward

40	RF Touch next to LF
(2X) VAUDEVILLE, (2X) STEP TURN	
41	RF Step cross over left
&	LF Step to side
42	RF Turn 1/8 to right, touch heel forward (face 07:30)
&	RF Step next to left
43	LF Step cross over left
&	RF Step to side
44	LF Turn 1/4 to left, touch heel forward (face 04:30)
&	LF Step next to right while turning 1/8 to right (<i>face 06:00</i>)
45	RF Step forward
46	LF 1/2 turn L step down on left
47	RF Step forward
48	LF 1/2 turn left step down on left



Classe PD - Solo CUBAN

BEACH COWBOY

Cha Cha 64 counts 4 walls - by Baiba Apena

Music: BEACH COWBOY by Brian Kelley Special Edit (BPM 118)

JUMP 2X, DRAG, LOCK STEP, ROCK STEP with SWEEP, CROSS SIDE CROSS	
&	BF Jump in centre
1	BF Jump out on ball
2	RF Transfer weight
	LF Start dragging together
3	LF Finish dragging together
4	LF Step forward
&	RF Cross behind
5	LF Step forward
6	RF Step forward
7	LF Recover weight
	RF Sweep backwards
8	RF Cross behind
&	LF Step L
9	RF Cross over
FULL SPIRAL TURN L, SIDE, CROSS SIDE CROSS, TOUCH, SEMI SPLIT, 1/4 TURN L with DROP	
10	RF Full turn L
	LF Bend knee
11	LF Step L
12	RF Cross over
&	LF Step L
13	RF Cross behind
14	LF Touch L

15	LF Start sliding L
16	LF Continue sliding L
	LF Weighted
17	LF 1/4 Turn L (9:00)
	RF Drop knee on the floor
1/4 TURN R, FULL SPIRAL TURN R, 1/4 TURN R LOCK STEP, 1/8 TURN R 2X, 1/8 TURN R & LOCK, 1/8 TURN R, SIDE	
18	LF Stand up, 1/4 turn R (12:00)
19	LF Full turn R, RF bend knee
20	RF 1/8 Turn R, step forward (1:30)
&	LF Cross behind
21	RF 1/8 Turn R, step forward (3:00)
22	LF 1/8 Turn, step forward (4:30)
23	RF 1/8 Turn R, step forward (6:00)
&	LF 1/8 Turn R
	Step forward on ball (7:30)
24	RF Cross behind on ball
&	LF 1/8 Turn R
	Step slightly forward (9:00)
25	RF Step R, start sway R
OPTION ON COUNTS 15, 16, 17,18,19	
15	LF Step side rolling left hip from front to back
16	RF Step side rolling right hip from front to back
17	1/4 turn L (prep to turn R) (9:00)
18	LF Start 1 1/4 spiral turn R, RF bend knee
19	LF Finish 1 1/4 spiral turn R (12:00)
SWAY, SIDE, CROSS, SIDE, 1/8 TURN R, FLICK, FORWARD, 1/8 TURN L TOUCH, 1/2 TURN R	
26	RF Continue Sway R
27	LF Step L
28	RF Cross over
29	LF Step L

30	RF 1/8 Turn R, step together (10:30)
	LF Flick
31	LF Step forward
32	RF 1/8 Turn L, touch R (9:00)
33	RF 1/2 Turn R, step together (3:00)
TOUCH, FORWARD, LOCK STEP, FORWARD 2X, LOCK STEP	
34	LF Touch L
35	LF Step forward
36	RF Step forward
&	LF Cross behind
37	RF Step forward
38	LF Step forward
39	RF Step forward
40	LF Step forward
&	RF Cross behind
41	LF Step forward
FORWARD, 1/2 TURN L, COASTER STEP, LOCK STEP	
42	RF Step forward
43	RF Start 1/2 turn L
44	RF Finish 1/2 turn L (9:00)
45	LF Step backwards
46	RF Step together
47	LF Step forward
48	RF Step forward
&	LF Cross behind
49	RF Step forward
TOUCH 3X, CROSS, SIDE, 1/8 TURN R, ROCK STEP with SWEEP, 1/8 TURN L, SIDE, CROSS	
50	LF Touch L
&	LF Touch crossed over
51	LF Touch L
52	LF Cross behind

&	RF Step R
53	LF 1/8 Turn R, step forward (10:30)
54	RF Step forward
	LF Touch together, bend knee
55	LF Recover weight
	RF Sweep backwards
56	RF Step backwards
&	LF 1/8 Turn L, step L (9:00)
57	RF Cross over
FULL SPIRAL TURN L, FORWARD, JUMP with HITCH, DROP, STRAIGHTEN KNEE with DRAG, JUMP	
58	RF Full turn L, LF bend knee
59	LF Step forward
60	LF Jump
	RF Hitch
	BA Straight up
61	LF Bend knee
	RF Extend backwards
	BA Touch the floor
62	LF Start straighten knee
	RF Start drag together
63	LF Finish straighten knee
	RF Finish drag together
64	BF Jump in centre



Classe PD - Solo SMOOTH

ATTENTION

WEST COAST SWING 64 counts 2 walls - by Shaun Parr

Music: ATTENTION by Pentatonix (99 BPM)

SAILOR STEP W/FULL TURN, 3/4 PIVOT, WEAVE, SIDE SLIDE	
1	LF Swing and step behind RF
&	RF Step in place
2	LF Make full turn left and step forward
3	RF Step forward
&	LF Make 1/2 turn L and step forward
4	RF Make 1/4 turn L and step side (03:00)
5	LF Step behind RF
&	RF Step side
6	LF Step over RF
7	RF Step side
8	LF Drag towards RF
COASTER STEP W/ 1/4 TURN R, BALL CHANGE, SIDE ROCK CROSS, STEP WITH BODY ROLL	
9	LF Step back
&	RF Close to LF
10	LF Make 1/4 turn and step forward (12:00)
11	Hold
&	RF Step to side
12	LF Step over RF
13	RF Step to side
&	LF Close to RF
14	RF Cross over LF
15	LF Press to L side, make a body roll and finish stepping onto LF

16	RF Make 1/4 turn R and close to LF facing (03:00)
STEP FORWARD (X2) WITH STYLING, WEAVE, SIDE ROCK CROSS, BALL CHANGE FORWARD	
17	LF Step forward
18	RF Step forward
19	LF Cross behind RF
&	RF Step to side
20	LF Cross over RF
21	RF Step to side
&	LF Step next to RF
22	RF Make 1/4 turn L and cross over LF
&	LF Step behind RF
23	RF Step forward
24	LT Drag Left Toe through to forward
WALK FORWARD (X2), 3/4 TURNING SAILOR STEP, SYNCOPATED CHAINE' TURN R, TWIST TURN	
25	LF Step forward
26	RF Step forward
27	LF Step behind RF
&	RF Make 1/2 turn L and step to side
28	LF Facing 06:00 cross over RF, 1/4 turn facing (03:00)
29	RF Make 1/4 turn R and step on RF facing (06:00)
&	LF Close to RF, make 1/2 turn R facing (12:00)
30	RF Make 1/2 turn R and step forward (06:00)
&	LF Make 1/4 turn R and step to side (09:00)
31	RF Cross behind LF
32	Twist and turn 3/4 turn R (06:00)
WALK FORWARD (X2), BALL CHANGE (X2), 1/2 TURN (X2), LIFT	
33	RF Step forward
34	LF Step forward
&	RF Press ball back
35	LF Change weight to LF

&	RF Press ball of RF back
36	LF Change weight to LF
37	RF Make 1/2 turn R and step forward
38	LF Make 1/2 turn R and step back facing (06:00)
39	RF Step back
&	LF Change weight forward
40	RF Lift R knee
KICK, OUT OUT, WEAVE, TURNING COASTER, HEEL TURN R	
41	RF Kick forward
&	RF Step on ball to side
42	LF Replace weight
&	RF Close behind LF
43	LF Cross over RF
&	RF Step side
44	LF Cross behind RF
45	RF Make 1/4 turn R and step forward (<i>facing 09:00</i>)
&	LF Close to RF
46	RF Step back
&	LF Step back
47	RF Step back
&	LF Close to RF
48	Make 1/2 heel turn L (<i>facing 03:00</i>), weight on LF
WALK FORWARD (X2), SYNCOPATED STEP PIVOT TURN, WEAVE, RONDE DE JAMBE A L'AIR	
49	RF Step forward
50	LF Step forward
51	RF Step forward
&	LF Make 1/2 turn L step forward
52	RF Make 1/4 turn L and step to side (<i>facing 06:00</i>)
53	LF Step behind RF
&	RF Make 1/4 turn R and step forward (<i>facing 09:00</i>)
54	LF Make 1/8 turn L and step to side

55	RF Step forward
&	LF Make 1/2 turn L and step in place
56	Ronde de Jambe a L'air
FINISH RONDE DE JAMBE A L'AIR W/R FOOT IN FRONT, CROSS RF OVER LF, TWIST TURN, HEEL HEEL, BALL BALL, ROCK RECOVER	
57	RF Finish foot in air
58	RF Cross over LF (<i>facing 06:00</i>)
59	RF Twist turn
60	RF Finish twist turn (<i>facing 04:30</i>)
61	LH Step forward
&	RH Step forward
62	LF Step back
&	RF Close to LF and make 1/8 turn R (<i>facing 06:00</i>)
63	LF Step forward
64	Hold
&	RF Replace weight



Classe PD Solo - RISE AND FALL

RIVER FLOWS IN YOU

Waltz 48 counts 2 walls - by Barbara Seelt

Music: RIVER FLOWS IN YOU by DJ Ice

TWINKLE, SYNCOPATED WEAVE	
1	RF Cross over LF
2	LF Step L
3	RF Step R
4	LF Cross over RF
&	RF Step to R side
5	LF Cross behind RF
6	RF Step to R
CROSS, PIROUETTE, FOUETTE, ONE AND A HALF TURN	
7	LF Cross over RF (<i>prep</i>)
8	Make 1 full pirouette turn to R on LF
9	Make 1 full fouetté turn to R on LF
10	RF Bring behind LF
11	LF Start 1 1/2 turn to R on LF
12	LF Finish turn to R on LF
STEP, HOLD, STEP FULL TURN	
13	RF Make 1/8 turn R and step forward. (<i>facing 07:30</i>)
14	Hold
15	Hold
16	LF Step forward
17	RF Start full turn ronde to L
18	RF Finish full turn ronde to L

SLIP PIVOT TURN, CHECK, 1/2 TURN	
19	RF Step forward
&	LF Make 1/4 turn R step L
20	RF Make 1/4 turn R step behind LF
21	LF Make 1/2 turn R and cross behind RF
22	RF Check forward
23	LF Recover
24	RF Make 1/2 turn L and cross behind LF
CROSS SIDE BEHIND, STEP 1/4 TURN CHASSE	
25	LF Step forward
26	RF Make 1/8 turn L and step to R
27	LF Make 1/8 turn L and step behind RF
28	RF Step behind
29	LF Make 1/8 turn L & step L
&	RF Close to LF
30	LF Step L (facing 09:00)
(2X) FULL TURN	
31	RF Step forward
32	LF Make 1/2 turn R step behind
33	RF Make 1/2 turn R step forward
34	LF Step forward
35	RF Make 1/2 turn L step behind
36	LF Make 1/2 turn L step forward
BEHIND, 1/2 TURN ARABESQUE, STEP HOLD, FULL TURN	
37	RF Step behind
38	LF Make 1/2 turn step forward
39	RF Arabesque
40	RF Step forward
41	Hold
42	RF Make a full turn L (<i>face 03:00</i>) weight on RF
TURNING CROSS CHASSE, STEP 3/4 TURN TOUCH	
43	LF Step forward
44	RF Make 1/2 turn L step back
&	LF Cross over

45	RF Step back & make 1/2 turn L
46	LF Step forward
47	RF Make a 3/4 turn L and touch RF to R side (<i>facing 06:00</i>)
48	RF Hold



Classe PD - Solo NOVELTY

CHICAGO GOLD

NOVELTY 64 counts 2 wall - by Fred Whitehouse, Daniel Trepap & Simon Ward

Music: GOLD DIGGER by Beau Monga (BPM 104)

BACKWARDS, DRAG, ROCK STEP, CROSS, HITCH, HIP BUMP 2X, 1/4 TURN L, TOGETHER, FORWARD, 1/2 TURN L, LEAN BACK	
1	RF Step backwards
	LF Drag heel together
2	LF Step L
&	RF Recover weight
3	LF Cross over
4	RF Hitch R
5	RF Step R
	Hip bump R
6	RF Hip bump R
&	LF 1/4 Turn L, step together (9:00)
7	RF Step forward
8	RF 1/2 Turn L, weighted, lean back (3:00)
SHOULDER SHAKE 2X, 1/4 TURN R, BALL CROSS, 1/4 TURN L, SWEEP, CROSS, BACKWARDS, 1/8 TURN R, FORWARD, BRUSH, HITCH, FORWARD	
9	RA Push shoulder forward
	LA Push shoulder backwards
&	BA Recover Shoulders
10	RA Push shoulder forward
	LA Push shoulder backwards
&	LF 1/4 Turn R, step together (6:00)
11	RF Cross over
12	LF 1/4 Turn L, step forward (3:00)

	RF Sweep forward
13	RF Cross over
&	LF Step backwards
14	RF 1/8 Turn R, step R (4:30)
&	LF Step forward
15	RF Brush forward
&	RF Hitch
	LF Rise on toes
16	RF Step forward
MAMBO STEP, BACKWARDS, 1/2 TURN L, FORWARD 2X, BOOGIE WALK 4X	
17	LF Step forward
&	RF Recover weight
18	LF Step backwards
19	RF Step backwards
&	LF 1/2 Turn L, step together (10:30)
20	RF Step forward
21	LF Step diagonally L forward
	BF Knees open
&	RF Touch together
	BF Knees closed
22	RF Step diagonally R forward
	BF Knees open
&	LF Touch together
	BF Knees closed
23	LF Step diagonally L forward
	BF Knees open
&	RF Step together
	BF Knees closed
24	LF Step diagonally L forward
ROCK STEP, BACKWARDS, DRAG, TOGETHER, TOUCH, TOGETHER 4X with 3/8 TURN L	
25	RF Step forward

26	LF Recover weight
27	RF Step backwards
	LF Drag heel
28	LF Step together
29	RF Touch R
&	RF Step together
30	LF 1/8 Turn L, touch L (9:00)
&	LF Step together
31	RF 1/8 Turn L, touch R (7:30)
&	RF Step together
32	LF Touch L
&	LF 1/8 Turn L, step together (6:00)
HEEL GRIND 1/4 TURN R, SIDE, 1/4 TURN L, OUT, OUT, HIP ROLL, HIP BUMP, TOGETHER, 1/4 TURN R, FORWARD 2X	
33	RF Step heel forward 1/4 Turn R (9:00)
34	LF Step L
&	RF Cross behind
35	LF 1/4 Turn L, step forward (6:00)
&	RF Step R
36	LF Step L
37	Hip roll counter clockwise
38	Hip bump L
	RF Weighted
&	LF Step together
39	RF 1/4 Turn R, step forward (9:00)
40	LF Step forward
1/2 STEP TURN L, FORWARD, 1/2 PIVOT TURN RIGHT 2X, FORWARD, 1/2 PADDLE TURN L	
41	RF Step forward
&	LF 1/2 Turn L, step forward (03:00)
42	RF Step forward
43	LF 1/2 Turn R, step backwards (9:00)

&	RF 1/2 Turn R, step forward (3:00)
44	LF Step forward
45	RF 1/8 Turn L, push R (1:30)
46	RF 1/8 Turn L, push R (12:00)
47	RF 1/8 Turn L, push R (10:30)
48	RF 1/8 Turn L, push R (09:00)
1/8 TURN L, KICK, BACKWARDS, WEIGHT CHANGE 2X, FORWARD, SIDE, BACKWARDS, WEIGHT CHANGE 2X	
49	RF 1/8 Turn L, kick forward (7:30)
&	RF Step backwards
50	BF Bend Knees
51	LF Change weight
	BF Straiththen knees
52	RF Change weight
	BF Bend Knees
53	LF Step forward
&	RF 1/8 Turn L, step R (6:00)
54	LF 1/8 Turn L, step backwards (4:30)
	BF Bend Knees
55	RF Change weight
	BF Straiththen knees
56	LF Change weight
	BF Bend Knees
FORWARD, 1/8 TURN R, TOUCH, SHIMMY SHOULDERS, SYNCOPATED LOCK STEP, FORWARD, HITCH	
57	RF Step forward
&	LF 1/8 Turn R, step L (6:00)
58	RF Touch behind
	BF Bend Knees
59	RA Push R shoulder forward
	LA Push L shoulder backwards
&	BA Recover Shoulders

60	RA Push R shoulder forward
	LA Push L shoulder backwards
	BF Straithten up
61	RF Step diagonally R forward
62	LF Cross behind
&	RF Step diagonally R forward
63	LF Step diagonally L forward
&	RF Cross behind
64	LF Step forward
&	RF Hitch