

The Quickstep



Suggested CD:
The Essential Quickstep Collection
(WR2CD5032)

The Time Signature:

4 / 4 Four beats to one bar

Tempo (bars per minute) 50

Accented Beat:

One & Three (One stronger)

Counting in Beats : 1234, 1234, 1234 etc.

**Counting in Beats & Bars : Commence
with first bar and then accumulate :
1234, 2234, 3234 etc.**

**A slow count is equal to two beats. A quick
count is equal to 1 beat.**

The Quickstep



Basic figures covered:

Forward Basic (1/4 Turn Right)

Backward Basic (1/4 Turn Left)

Outside Basic

Forward Lock Step

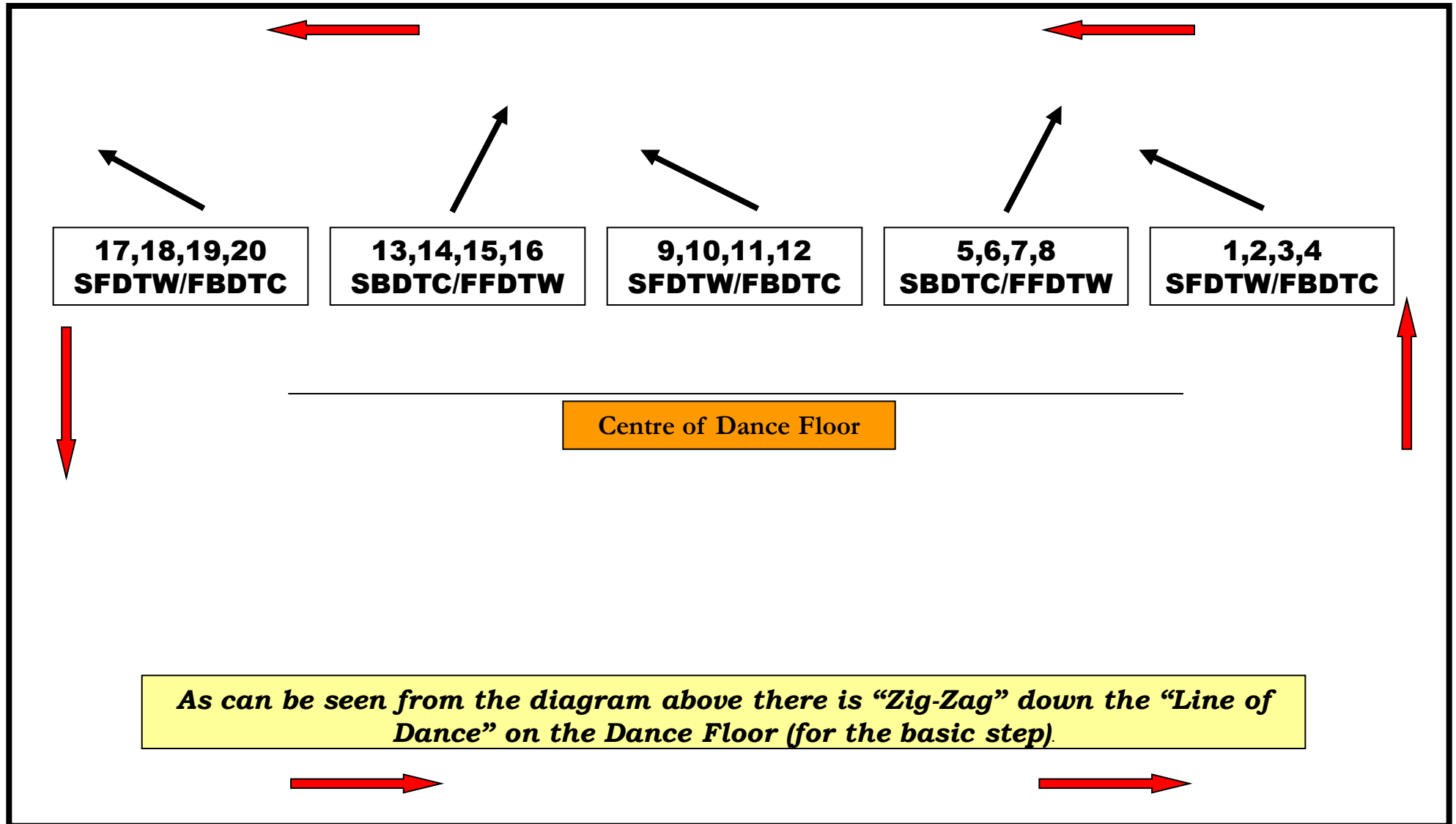
Hesitation Step

Reverse Turn

Fishtail

Natural Turn at a Corner

Diagonals used during the Basic Quickstep (Leaders Directions)



Quickstep – FORWARD BASIC – (1/4 Turn Right)

(1) Forward Basic - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Right	S	HT	SFDTW	1
Side Left, Close Right	Q,Q	T,T	TBDTC	2,3
Side Left	S	TH	FBDTC	4

(1) Forward Basic – Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Left	S	LH	SBDTW	1
Side Right, Close Left	Q,Q	T,T	TFDTC	2,3
Side Right	S	TH	FFDTC	4

Quickstep BACKWARD BASIC – (1/4 Turn Left)

(2) Backwards Basic - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Back Right	S	TH	SBDTC	5
Side Left, Close Right	Q,Q	T,T	STDWT	6,7
Side Left	S	TH	FFDTW	8

Followers Steps	Timing	Footwork	Direction of Dance	Step
Forward Left	S	HT	SFDTC	5
Side Right, Close Left	Q,Q	T,T	STBDTW	6,7
Side Right	S	TH	FBDTW	8

The Steps – Quickstep

Set 1& 2 (Steps 1 to 8) repeat:

***Practice at least 20 minutes per
day for three days***

Quickstep - Outside Basic

(3) Outside Basic - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Right (Outside Partner)	S	HT	SFDTW	9
Side Left, Close Right	Q,Q	T,T	STBDTC	10,11
Side Left	S	TH	FBDTC	12

Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Left (Outside Partner)	S	TH	SBDTW	9
Side Right, Close Left	Q,Q	T,T	TFDTC	10,11
Side Right	S	TH	FFDTC	12

Quickstep - Outside Basic - (Continued)

Backwards Basic - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Back Right	S	TH	SBDTC	13
Side Left, Close Right	Q,Q	T,T	STDTW	14,15
Side Left	S	TH	FFDTW	16

Followers Steps	Timing	Footwork	Direction of Dance	Step
Forward Left	S	HT	SFDTC	13
Side Right, Close Left	Q,Q	T,T	STBDTW	14,15
Side Right	S	TH	FBDTW	16

The Steps – Quickstep

Set 3 (Steps 9 to 16)

***Practice at least 20 minutes per
day for three days***

Quickstep - Forward Lock Step

(4) Lock Step - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Right (Outside Partner)	S	HT	SFDTW	17
Forward Left (Outside Partner), Lock Right Behind Left	Q,Q	T,T	FDTW	18,19
Forward Left	S	TH	FFDTW	20

Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Left (Outside Partner)	S	TH	SBDTW	17
Back Right (Outside Partner), Lock Left in front Right	Q,Q	T,T	BDTW	18,19
Back Right	S	TH	FBDTW	20

Quickstep - Forward Lock Step - (Continued)

(5) Outside Basic - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Right (Outside Partner)	S	HT	SFDTW	21
Side Left, Close Right	Q,Q	T,T	STBDTC	22,23
Side Left	S	TH	FBDTC	24

Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Left (Outside Partner)	S	TH	SBDTW	21
Side Right, Close Left	Q,Q	T,T	TFDTC	22,23
Side Right	S	TH	FFDTC	24

Quickstep - Backward Basic - (1/4 Turn Left)

(6) Backwards Basic - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Back Right	S	TH	SBDTC	25
Side Left, Close Right	Q,Q	T,T	STDWTW	26,27
Side Left	S	TH	FFDTW	28

Followers Steps	Timing	Footwork	Direction of Dance	Step
Forward Left	S	HT	SFDTC	25
Side Right, Close Left	Q,Q	T,T	STBDTW	26,27
Side Right	S	TH	FBDTW	28

The Steps – Quickstep

Set 4 to 6 (Steps 17 to 28)

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day for three days***

Quickstep - Hesitation Step

(7) Hesitation Step - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Right (Outside Partner)	S	HT	SFDTW	29
Side Left, Close Right	Q,Q	T,T	STBLOD	30,31
Back Left	S	TH	FBLOD	32

Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Left (Outside Partner)	S	TH	SBSTW	29
Side Right, Close Left	Q,Q	T,T	STFL0D	30,31
Forward Right	S	HT	FFLOD	32

Quickstep - Hesitation Step - (Continued)

Hesitation - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Side Right	S	TH	FALODTC	33
Drag Left, Forward Left	S,S	Stay Low (Flat)	FALODTC	34,35
Side Right	Q	TH	FBLOD	36

Followers Steps	Timing	Footwork	Direction of Dance	Step
Side Left	S	TH	FALODTW	33
Drag Right, Back Right	S,S	Stay Low (Flat)	FALODTW	34,35
Side Left	Q	TH	FFLOD	36

Quickstep - Hesitation Step (Con'd) – (Reverse Turn)

(8) Reverse Turn - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Close Left	Q	TH	BLOD	37
Back Right, Side Left	S,Q	T, TH	BLOD/FALOD	38,39
Close Right, Side Left (into Outside Basic)	Q,S	TH, TH	TDTW/FFDTW	40,41

Followers Steps	Timing	Footwork	Direction of Dance	Step
Close Right	Q	TH	FLOD	37
Forward Left, Side Right	S,Q	T, TH	FLOD/FBDTW	38,39
Close Right, Side Left (into Outside Basic)	Q,S	TH, TH	TDTC/FBDTW	40,41

The Steps – Quickstep

Set 7 to 8 (Steps 29 to 41)

***Practice at least 20 minutes per
day for three days***

Quickstep – Fishtail – Leaders Steps

(9) Fishtail - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Check Right on Outside Basic (Outside Partner)	S	HT	FDTW	42
Cross Left Behind Right	Q	T	FDTW	43
Forward Right	Q	T	FDTW	44
Forward Left	Q	T	FDTW	45
Cross Right Behind Left	Q	T	FDTW	46
Forward Left	Q	TH	FDTW	47
Forward Right	S	HT	FDTW	48
Side Left, Close Right, Side Left	Q,Q,S S,Q,Q,S...	T,T,TH	SFDTW/STBDT C/FBDTC	49,50, 51
(Continue Routine with Backwards Basic.....)			

Quickstep – Fishtail – Followers Steps

Followers Steps	Timing	Footwork	Direction of Dance	Step
Check Left on Outside Basic (Outside Partner)	S	TH	BDTW	42
Cross Right In Front Left	Q	T	BDTW	43
Back Left	Q	T	BDTW	44
Back Right	Q	T	BDTW	45
Cross Left In Front of Right	Q	T	BDTW	46
Back Right	Q	T	BDTW	47
Back Left	S	T	BDTW	48
Side Right, Close Left, Side Right (Continue Routine with Forwards Basic.....)	Q,Q,S S,Q,Q,S...	T,T,TH	SBDTW/STFDT C/FFDTC	49,50, 51

The Steps – Quickstep

Set 9 (Steps 42 to 51)

***Practice at least 20 minutes per
day for three days***

Quickstep - Natural Turn at a Corner

(10) Natural Turn - Leaders Steps	Timing	Footwork	Direction of Dance	Step
Forward Right, Side Left	S,Q	HT,T	SFDTW/TBDTC	52,53
Close Right to Left, Back Left	Q,S	TH,TH	SBLOD/BLOD	54,55
Close Right to Left (heel Pull), Forward Left	S,S	H, inside edge foot, H	SFDTW/FFDTW	56,57

Followers Steps	Timing	Footwork	Direction of Dance	Step
Back Left, Side Right	S,Q	TH,T	SBDTW/ Pointing LOD	52,53
Close Left to Right, Forward Right	Q,S	TH,HT	SFLOD/FFLOD	54,55
Side Left, Back Right	S,S	TH,T	SBLOD/FBDTW	56,57

The Steps – Quickstep

Set 10 (Steps 52 to 57)

***Practice at least 20 minutes per
day for three days***

The Steps – Quickstep

Congratulations you are now in command of the basic Quickstep! Please Note that any of the above modules can be mixed and matched to create your own version of the Quickstep.