

# THE QUICKSTEP

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Music: Quickstep 4/4

Tempo: 112

Hold: Kilian

Pattern: Set

Hold	Steps	Man	Lady	Beats
Kilian	1	LFO	LFO	1
	2	RFI Chasse	RFI Chasse	1
	3	LFO	LFO	1
	4	RFI Run	RFI Run	1
	5	LFO Swing movement of the free leg and closed Choctaw	LFO Swing movement of the free leg and closed Choctaw	4
	6	RBI change BO	RBI change BO	3
	7	LBI X-B	LBI X-B	1
	8	RBI	RBI	1
	9	LBO X-F	LBO X-F	1
	10	RBO X-B	RBO X-B	4
	11	LFI	LFI	2
	12	RFI	RFI	2
	13	LFO	LFO	1
	14	RFI Run	RFI Run	1
	15	LFO	LFO	1
	16	RFO X-F	RFO X-F	1
	17	LFI X-B Change O	LFI X-B Change O	1
	18	X-FRFI	X-FRFI	1

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Notes:

The partners dance in Kilian position.

The steps are the same for both lady and man.

The dance must be skated in keeping with the music which is fast and of bright character.

Step 2 A chasse.

Step 4 A run

Step 5 A 4 beat LFO forming the first part of a swing Choctaw.  
Prior to the turn the lady must be against the man's hip and following along his tracing.

Step 6 A change of edge RBI-O held for three beats. The free foot goes forward on 1st beat, then is drawn down on the 2nd beside the skating foot and swung smoothly outward and backward to aid in making the change of edge on the 3rd beat, which should be distinct.

The remaining steps should be skated with plenty of life and the edges on steps 7, 8 and 9 should be as deep as possible.

Step 7 Started crossed behind.

Step 10 Although it is held for four beats, it is a light edge started with the knee well bent.

Step 14 is a run

To ensure a really good performance it is essential that the pair remains hip to hip that is, the man's right hip against the lady's left.

Many skaters experience difficulty in striking from RBO to LBI (Steps 10 and 11), the right outside should be well controlled and the lady must have no tendency to swing in front of the man.

Steps 13 to 18 are skated very lightly, but a tripping character should be imparted to them.

On step 17, the right foot is poised in front.

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