

The Quickstep Quarter Turns

Quarter turn to the right + progressive chassé · slow, quick, quick, slow (twice) · International Standard

Remember: a slow (S) takes two beats and a quick (Q) takes one. Start in a closed hold, leaders facing diagonally toward the outside wall. Each figure turns about a quarter: first to the right, then back to the left, so you zigzag down the line of dance. Keep your frame steady, stay light on the balls of your feet through the quicks, and keep your steps small while you learn.

Leader

Step	Time	Foot and direction
Start	–	Feet together, weight on left
QUARTER TURN TO THE RIGHT		
1	S	Right foot forward, turning right
2	Q	Left foot to the side
3	Q	Right foot closes to left
4	S	Left to the side and slightly back
PROGRESSIVE CHASSÉ		
5	S	Right foot back, turning left
6	Q	Left foot to the side
7	Q	Right foot closes to left
8	S	Left to the side and slightly forward

Follower

Step	Time	Foot and direction
Start	–	Feet together, weight on right
QUARTER TURN TO THE RIGHT		
1	S	Left foot back, turning right
2	Q	Right foot to the side
3	Q	Left foot closes to right
4	S	Right to the side and slightly forward
PROGRESSIVE CHASSÉ		
5	S	Left foot forward, turning left
6	Q	Right foot to the side
7	Q	Left foot closes to right
8	S	Right to the side and slightly back

Your five-minute practice

- Minute 1:** clap “slow, quick-quick, slow” with the slow practice track (120 beats per minute). Hold each slow for two full beats.
- Minutes 2-3:** chassés only (side, close, side) to the leader’s left, on the balls of your feet. Then add the slow step in front.
- Minute 4:** both figures in a row with the slow track, then try the faster track (160 beats per minute).
- Minute 5:** dance along with the count-along video.

Check yourself

- Did each slow really last two beats?
- Were my quicks light, not flat-footed?
- Did I turn about a quarter each way, not more?
- Did we travel down the line of dance?
- Did my frame stay steady while my feet moved?

When it feels easy

- Dance four sets in a row along one wall.
- Try it to “Sing, Sing, Sing” at a slow tempo. “Suddenly I See” by KT Tunstall.
- Ask Amy about the forward lock and the natural turn.