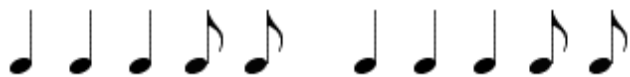


**Cha-Cha (1 2 3 4& 5 6 7 8&) 8 counts – 10 weight changes**



1 2 3 4 & 5 6 7 8 &

**Mambo (Hold, 2 3 4, Hold, 6 7 8) 8 counts - 6 weight changes**



\* 2 3 4 \* 6 7 8

**Salsa (1 2 3 Hold, 5 6 7 Hold) 8 counts – 6 weight changes**



1 2 3 \* 5 6 7 \*

**Samba (1 a2, 3 a4) 4 counts – 6 weight changes**



1 a 2 3 a 4

**Polka (1&2a, 3&4a) 4 counts – 6 weight changes (8 counts – 12 weight changes)**



1 & 2 a 3 & 4 a 5 & 6 a 7 & 8 a

**East Coast Swing - Triple Time (1&2a, 3&4a, 5 6a) 6 counts – 8 weight changes**



1 & 2 a 3 & 4 a 5 6 a

**East Coast Swing – Lindy Time (1&2a, 3-4a, 5&6a, 7-8a) 8 cnts. – 10 wt. changes**



1 & 2 a 3 4 a 5 & 6 a 7 8 a

**West Coast Swing (1 2, 3&4\*, 5&6\*) 6 counts – 8 weight changes**



1 2 3 & 4 5 & 6 \* Note: Also See Traditional Blues Time

**West Coast Swing – Traditional Blues (1 2, 3a4, 5a6) 6 counts – 8 weight changes**



1 2 3 a 4 5 a 6

**Two Step (1 2, 3-4, 5-6) 6 counts – 4 weight changes**



1 2 3 \* 5 \*

**Triple Two (1, 2, 3&4, 5&6) 6 counts – 8 weight changes**



1 2 3 & 4 5 & 6

**Nightclub 2 (1, 2&, 3, 4&) 4 counts – 6 weight changes**



1 2 & 3 4 &

**Waltz (1 2 3, 4 5 6) 6 counts – 6 weight changes**



**1 2 3 4 5 6**

**American Tango (1 Hold 2, 3 Hold 4, 5 6 Hold 7-8) 8 counts – 4 weight changes**



**1 \* 3 \* 5 6 \* \*** \* = Hold

**Charleston (&1 &2 &3 &4) 4 counts – 2 weight changes**



**& 1 & 2 & 3 & 4**