

ST MICHEL'S QUICKSTEP

Composers: Russ & Barbara Casey, Fullerton, Calif.
Sequence: A B A B C A

INTRODUCTION

1 - 4 WAIT; WAIT; CHASSE REVERSE TURN;;

- 1 - 2 Wait two measures in CP/DC;;
3- 4 M fwd L DC trn LF,-, sd R DC, cl L; Bk R RLOD LF trn,-, sd L DW, cl R CP/DW (Heel Pvt optional);

PART A

1 - 6 QTR TRN & PROGRESSIVE CHASSE FWD LOCK~STP;;;; NATURAL TURN:

(**Qtr Trn & Prog Chasse**) M fwd L DW,-, fwd R DW 1/8 RF trn,-; sd L LOD, cl R trn 1/8 RF sd & bk L DC,-; Bk R DC 1/8 LF trn,-, sd L LOD, cl R 1/8 LF trn; fwd L DW,-, (**Fwd Lk**) Fwd R DW outsd W,-; Fwd L DW with L sd Id, XRIBL (WXLIFR), fwd L DW,-; (**Ntrl Trn**) Fwd R DW trn RF,-, sd L DW cont RF trn, cl R to CP/RLOD;

7 - 11 PVT TO A HAIRPIN TIPPLE CHASSE;;; FWD LOCK STEP; NATURAL TURN;

(**Pvt to Hairpin**) Bk L LOD pvtg RF,-, fwd R LOD RF trn,-; sd L DW cont RF trn, cont RF trn fwd R DWR outsd W check'g progress with L sd Id, (W fwd R pvt RF,-, bk L LOD trn RF,-, bk R DW cont RF trn, cont RF trn XLIBR with R sd well bk.)

(**Tipple Chasse**) M bk L LOD trn RF,-; sd R LOD cont RF trn & trng hd R, cl L cont RF trn, sd & fwd R DW cont RF trn,-; (**Fwd Lk**) Fwd L Lod with L sd Id, XR(BL (WXLIFR), fwd L LOD,-; (**Ntrl Trn**) Repeat Measure 6;

12 - 16 SPIN TURN V-6 FORWARD LOCK STEP;;;;

(**Spin Trn**) Bk L LOD pvtg RF,-, fwd R LOD cont RF pvt,-; Sd L DW fc DWR,-,
(**V-6**) Bk R DC with R sd Id, XLIFR (WXRIBL); Bk R DC,-, bk L DC trn bdy LF,-; Bk R cornpl 1/4 LF trn, fwd L DW,
(**Fwd Lk**) Repeat Lock Step measures 3-1/2 - 5;

PART B

1 - 6 NATURAL TRN; OPEN IMPETUS ROLLING LOCKS;;;; OPEN FINISH;;

(**Ntrl Trn**) Repeat Measure 6 of Part A; (**Open Imp**) Bk L LOD RF trn,-, cl R cont RF trn (heel trn), -; sd & fwd L DC in SCP,-, (W fwd R LOD RF trn,-, sd L DW cont RF trn,-; sd & fwd R DC/Scp;)

(**Rolling Lks**) Thru R DC,-; fwd L DC strong L sd Id & slight L sway, XRIBL, fwd L DC comm 3/8 LF trn,-; sd R LOD cont trn, XLIFR with R sd Id, bk R LOD,-; (W thru L DC trn LF,-; sd R DC trn to CP with head well R, XLIFR, bk R DC comm 3/8 LF trn & trng head L,-; sd & fwd L LOD cont trn XRIBL, fwd L LOD with L sd Id,-;

(**Open Finish**) Bk L LOD with R sd Id,-, bk R LOD/CP trn LF sd & fwd DW in SCP; (W fwd R LOD outsd M with L sd Id,-, fwd L LOD in CP LF bdy trn, sd & fwd R DW in SCP;)

7 - 12 OPEN NTRL TRN; BK LOCK STP RUNNG FINISH NATRL TRN SPIN TURN;;;;

(**Op Ntrl Trn**) Thru R DW trn RF,-, sd & bk L DW cont RF trn, bk R DW with R sd Id; (W fwd L DW,-, fwd R RF trn & trng hd L, fwd L DW with L sd Id;)(**Bk Lk**) Bk L DW with R sd Id,-, bk R DW, XLIFR (WXRIBL); bk R DW,-,

(**Runng Fin**) Bk L DW RF trn,-, sd & fwd DW cont RF trn, fwd L LOD with L sd Id, (W fwd R DW outsd M RF trn,-; sd L DW cont RF trn, bk R LOD with R sd Id;)

(**Natrl Trn**) Fwd R LOD outsd W RF trn,-; sd L DW cont RF trn, cl R to L to CP/RLOD,

(**Spin Trn**) Bk L LOD pvt RF,-; fwd R LOD cont RF trn,-, sd & bk L DCR CP/DW,-;

13 - 16 CHASSE QUICK OPEN REVERSE;;; HEEL PIVOT;

(**Chasse**) Bk R DCR,-, sd& slightly fwd L DC, cl R; fwd L OC,-,

(**Qk Open Rvs**) Fwd R DC outsd W,-; fwd L DC LF trn,-, sd R DC cont LF trn, bk L LOD with R sd Id; (W bk L DC R sd Id,-; bk R DC LF trn,-, sd & fwd L LOD, fwd R LOD outsd M with L sd Id;)

(**Heel Pvt**) Bk R LOD trn LF,-, pull L to R no wt cont LF trn to CP fc DW with L ft free,-; (W fwd L LOD trn LF,-, sd R DW cont LF trn.cl L to R;)

PART C

1 - 4 CROSS SWIVEL FISHTAIL;;; NATURAL TURN;

(**Cross Swvel**) Fwd L DW swivl LF,-, fan R CCW keep R toe on floor & sway L,-; Fwd R DC outsd W with checkg action,-, (**Fishtail**) M XLIBR twd Wall trn RF (W XRIFL), sd R twd wall cont RF trn; Fwd L DW with L sd Id, XRIBL (W XLIFR), (**Natrl Trn**) Repeat Meas 6 Part A to Cp/Rlod;

5-8 SPIN TRN HEEL PIVOT DOUBLE REVERSE;;;;

(**Spin Trn**) Repeat Meas 11- 12 Part B fc DW (**Heel Pvt**) Bk R DC repeat Meas 16 Part B to CP DC

(**DbI Rvs**) Fwd L DC trn LF,-; sd R DC cont LF trn,-, draw L to R no wt cont LF trn to Cp/ DW,-; (W bk R DC LF trn,-; cl L to R cont LF trn (heel trn),-; sd R DW cont LF trn, XLIFR;)

9-16 REPEAT MEASURES 1- 8 PART C

TAG

Third time thru part A dance V-6 adjustg to Bfly/Scp fc DW then: M thru R DW (W L,-; sd & fwd L DW,cl R to L, sd & fwd L DW with lilting action.. swaying L & tapping R beh L with R toe pointing DW & R knee beh L knee (W taps L beh R swayg R with head well R),-;