

# 快步舞金银铜牌套路

[单位] 国际标准舞爱好者

[关键词] 快步舞，套路

## 铜牌级

A	Left Foot Walk	左足常步	n
	1/4 Turn to Right	向右直角转步	SQQS
	Progressive Chasse	直行追步	SQQS
	Forward Lock Step	前进锁步	SQQS
	Natural Turn with Hesitation	右转踌躇步	SQQ SSS
B	Chasse Reverse	追步左转	SQQ
	Progressive Chasse	直行追步	SQQS
	U/T Natural Spin Turn (at corner)	右旋转步	SQQ SSS
C	Progressive Chasse	直行追步	SQQS

## 银牌级

A	Left Foot Walk	左足常步	n
	Quarter Turn to Right	向右直角转步	SQQS
	Progressive Chasse	直行追步	SQQS
	1-3 Natural Turn Backward Lock Step	右转步接后退锁步	SQQ SQQS
	Running Finish	快跑完成	QQS
B	U/T Natural Spin Turn (at corner)	右旋转步	SQQ SSS
C	V6	V6	QQS SQQ
	Forward Lock Step	前进锁步	SQQS
	1-3 Natural Turn Backward Lock Step	右转步接后退锁步	SQQ SQQS
	Running Finish	快跑完成	QQS
D	Natural Turn with Hesitation (3/8)	右转踌躇步	SQQ SSS

## 金牌级

A	Intro. L.F.	左脚前进	n
	1-3 Natural Turn	右转步	SQQ
	Open Impetus Turn	分式激转步	SSS
	Chasse in P.P.	侧行追步	SQQS
	Quick Open Reverse (from P.P.)	快分式左转步	SQQS
	Four Quick Run	四快跑	SQQ QQS

	U/T Natural Spin Turn (at corner)	右旋转步	SQQ SSS
B	V6,U/T Natural Spin Turn (at corner)	V6 接右旋转步	QQS SQQ SQQ SSS
C	Progressive Chasse	直行追步	SQQS
	1-3 Natural Turn	右转步	SQQ
	Double Backward Lock Step	双连后退锁步	SQQS SQQS
	Running Finish	快跑完成	QQS
D	Tipple Chasse to Left, 2-4 Backward Lock Step	晃追步向左接后退锁步	SQQ SQQS
	Tipple Chasse to Right, 2-4 Forward Lock Step	晃追步向右接前进锁步	SQQ SQQS