



With similar four beat music, but danced to faster jazz / swing styles, Quickstep has the feel of an upbeat Foxtrot (from where it evolved). It is a travelling dance with many turns and step variations, making this a favourite for many dancers.

{rokbox title=|Quickstep :: Sample Video| thumb=|images/stories/articles/quickstep_sample.jpg| size=|854 505| album=|samples|}http://www.youtube.com/watch?v=XvheTTktx4Q&hd=0&autoplay=1{/rokbox}

Quickstep developed from a few dances, including the Charleston and Foxtrot. It is fast, danced to four beat music and it is quite common to see eight beat steps in quickstep.

It has many steps and turns, including hops and runs.

Beginner Routine

Man's Steps:

- (1) Right foot forward (heel);
- (2) Left foot forward (heel);
- (3) Right foot forward (heel);
- (4) Left foot to side (toe);
- (and) Right foot closes together (toe, change weight to Right foot);
- (5) Left foot to side (toe);
- (6) Right foot backward;
- (7) Left foot to side (toe);
- (and) Right foot closes together (toe, change weight to Right foot);
- (8) Left foot to side (toe, ready to repeat);

Lady's Steps:

- (1) Left foot backward;
- (2) Right foot backward;
- (3) Left foot backward;
- (4) Right foot to side (toe);
- (and) Left foot closes together (toe, change weight to Left foot);
- (5) Right foot to side (toe);



- (6) Left foot forward (heel);
- (7) Right foot to side (toe);
- (and) Left foot closes together (toe, change weight to Left foot);
- (8) Right foot to side (toe, ready to repeat);

Some Intermediate Steps

- Lock Step
- Reverse Turn