

28. ZIG ZAG BACK LOCK RUNNING FINISH

MAN								
STEP	FEET POSITIONS	ALIGNMENT	AMOUNT OF TURN	RISE AND FALL	FOOTWORK	TIMING	SWAY	C.B.M.
1.	L.F. forward	Facing L.O.D.	Begin to turn to L. on 1	Nil	H.T.	S	S.	1
2.	R.F. to side	Backing Wall	1/4 between 1-2	Nil	T.H.	S	S.	Nil
3.	L.F. back in C.B.M.P.	Backing D.W.	1/8 between 2-3 body turns less	Begin to rise e/o 3, N.F.R.	T.H.	S	S.	3 (slight)
4.	R.F. back	Backing D.W.	Nil	Continue to rise on 4 and 5	T.	Q	S.	Nil
5.	L.F. crosses in front of R.F.	Backing D.W.	Nil		T.	Q	S.	Nil
6.	R.F. diag. back	Backing D.W.	Nil	Up, lower e/o 6	T.H.	S	S.	Nil
7.	L.F. back in C.B.M.P.	Backing D.W.	Begin to turn to R. on 7	Rise e/o 7	T.	Q	S.	7
8.	R.F. to side and slightly forward	Pointing to L.O.D.	3/8 between 7-8, body turns less	Up	T.	Q	L.	Nil
9.	L.F. forward preparing to step O.P., L. side leading	Facing L.O.D.	Body turn to R.	Up, lower e/o 9	T.H.	S	L.	Nil

Note: 1. On steps 7-9 timing of SQQ may be used.

Note: 2. No "R. side lead" is needed on steps 4 & 6 as the body is already in the correct position for the Back Lock when the "body turns less" between steps 2-3.

LADY								
STEP	FEET POSITIONS	ALIGNMENT	AMOUNT OF TURN	RISE AND FALL	FOOTWORK	TIMING	SWAY	C.B.M.
1.	R.F. back	Backing L.O.D.	Begin to turn to L. on 1	Nil	T.H.	S	S.	1
2.	L.F. closes to R.F. (heel turn)	Facing D.W.	3/8 between 1-2, body turns less	Nil	H.	S	S.	Nil
3.	R.F. forward in C.B.M.P. O.P.	Facing D.W.	Nil	Begin to rise e/o 3	H.T.	S	S.	3 (slight)
4.	L.F. diag. forward	Facing D.W.	Nil	Continue to rise on 4 and 5	T.	Q	S.	Nil
5.	R.F. crosses behind L.F.	Facing D.W.	Nil		T.	Q	S	Nil
6.	L.F. diag. forward	Facing D.W.	Nil	Up, lower e/o 6	T.H.	S	S.	Nil
7.	R.F. forward in C.B.M.P., O.P.	Facing D.W.	Begin to turn to R. on 7	Rise e/o 7	H.T.	Q	S.	7
8.	L.F. to side	Backing D.C.	1/4 between 7-8	Up	T.	Q	R.	Nil
9.	R.F. back, R. side leading	Backing L.O.D.	1/8 between 8-9	Up, lower e/o 9	T.H.	S	R.	Nil



Outside Partner
(Up On Toes)



Outside Partner
(Up On Toes)



Outside Partner
(Up On Toes)



Oversway



Oversway



Throwaway
(Picture Line)



Promenade Position
(Feet Together)



Promenade Position
(Feet Apart)



Small Foot Lunge
(Picture Line)