

Single Swing Figures By Phase

Phase	Measures	Figure	Timing	Start Foot	Free Foot at End
3	1½	Basic Rock	QQS S	L	L
3	1½	Change Hands Behind Back	QQS S	L	L
3	1½	Change Places Left to Right	QQS S	L	L
3	1½	Change Places Right to Left	QQS S	L	L
3	1½	Left Turning Fallaway	QQS S	L	L
3	1½	Right Turning Fallaway	QQS S	L	L
3	1½	Fallaway Rock	QQS S	L	L
3	1½	Fallaway Throwaway	QQS S	L	L
3	1½	Link Rock	QQS S	L	L
3	1	Throwaway	SS	L	L
4	1½	American Spin	QQS S	L	L
4	1½	Miami Special	QQS S	L	L
4	3	Pretzel Turn	QQS SQQ SS	L	L
4	1½	Shoulder Shove	QQS S	L	L
4	1½	Spanish Arms	QQS S	L	L
4	2½	Triple Wheel	QQS SS S	L	L
4	1½	Windmill	QQS S	L	L