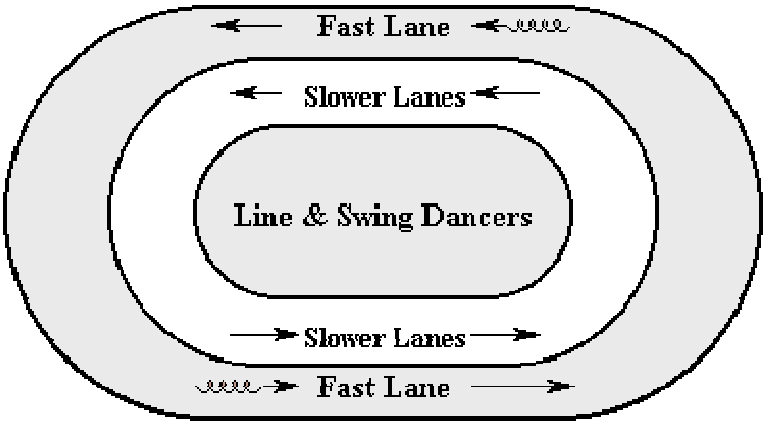
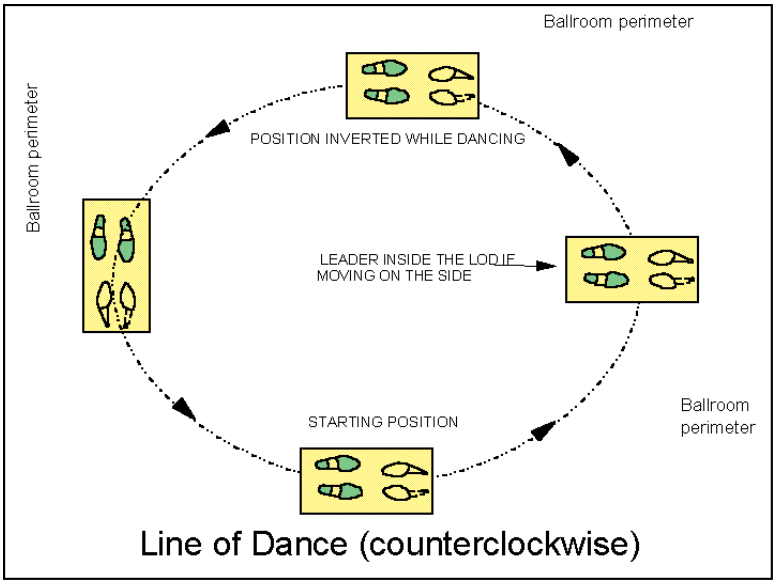
Counterclockwise
Progressive/Moving Dances: 2-Step, Triple 2-Step, Waltz, Polka Foxtrot, Tango, Quickstep, Samba
Flow/Travelling/Slower Dances: Schottiche, Cha-Cha, El Paso, Cotton-Eyed Joe, 10-Step, Cowboy Cha-Cha
In the Corners: Jamaica, Swing, Disco, Slow Dancing
XXXXXXXXXX
Line Dancing
XXXXXXXXXX
Inner Lane: Beginners and less experienced dancers who may be moving a bit more slowly
Fast Lane: Experienced Dancers who cover a great deal of ground


Fast Lane
Slower Lanes
Line & Swing Dancers
Slower Lanes
Fast Lane


Ballroom perimeter
Ballroom perimeter
POSITION INVERTED WHILE DANCING
LEADER INSIDE THE LOD IF MOVING ON THE SIDE
STARTING POSITION
Ballroom perimeter
Line of Dance (counterclockwise)