

**ST MICHEL'S QUICKSTEP**

Composers: Russ & Barbara Casey, Fullerton, Calif.



Sequence: A B A B C A

**MEASURES**

**INTRODUCTION**

- 1-2** WAIT; WAIT; CHASSE REVERSE TURN;;  
 Wait two measures in CP/DC ;;  
**3-4** M fwd L DC trn LF,-,sd R DC,cl L; Bk R RLOD LF trn,-,sd L DW,cl R CP/DW(Heel Pvt optional);

**PART A**

- 1 - 6** QTR TRN & PROGRESSIVE CHASSE FWD LOCK STP;:::; NATURAL TURN;  
 (Qtr Trn & Prog Chasse)M fwd L DW,-,fwd R DW 1/8 RF trn,-; sd L LOD,cl R trn 1/8 RF sd & bk L DC,-; Bk R DC 1/8 LF trn,-,sd L LOD,cl R 1/8 LF trn; fwd L DW,-,  
 (Fwd Lk)Fwd R DW outsd W,-;Fwd L DW with L sd Id,XRIBL (WXLIFR),fwd L DW,-;  
 (Ntrl Trn)Fwd R DW trn RF,-,sd L DW cont RF trn,cl R to CP/RLOD;  
**7 - 11** PVT TO A HAIRPIN TIPPLE CHASSE;:::;FWD LOCK STEP; NATURAL TURN;  
 (Pvt to Hairpin)Bk L LOD pvtg RF,-,fwd R LOD RF trn,-;sd L DW cont RF trn, cont RF trn fwd RDWR outsd W check'g progress with L sd Id,(W fwd R pvt RF,-,bk L LOD trn RF,-, bk R DW cont RF trn, cont RF trn XLIBR with R sd well bk.)  
 (TIPPLE Chasse) M bk L LOD trn RF,-; sd R LOD cont RF trn & trng hd R,cl L cont RF trn, sd & fwd R DW cont RF trn,-;  
 (Fwd Lk)Fwd L Lod with L sd Id,XRIBL (WXLIFR), fwd L LOD,-;  
 (Ntrl Trn) Repeat Measure 6;  
**12 - 16** SPIN TURN V-6 FORWARD LOCK STEP;:::;:  
 (Spin Trn) Bk L LOD pvtg RF,-,fwd R LOD cont RF pvt,-; Sd L DW fc DWR,-,  
 (v-6) Bk R DC with R sd Id, XLIFR (WXRIBL); Bk R DC,-, bk L DC trn bdy LF,-; Bk R compl 1/2 LF trn,fwd L DW,  
 (Fwd Lk) Repeat Lock Step measures 3 1/2 - 5;

**PART B**

- 1 - 6** NATURAL TRN; OPEN IMPETUS ROLLING LOCKS ;:::; OPEN FINISH  
 (Ntrl Trn)Repeat Measure 6 of Part A; (Open Imp)Bk L LOD RF trn,-,cl R cont RF trn (heel trn),-; sd & fwd L DC in SCP,-,(W fwd R LOD RF trn,-,sd L DW cont RF trn,-; sd & fwd R DC/Scp,-,  
 (Rolling Lks)Thru R DC,-;fwd L DC strong L sd Id & slight L sway,XRIBL,fwd L DC comm 3/8 LF trn,-; sd R LOD cont trn,XLIFR with R sd Id,bk R LOD,-;(W thru L DC trn LF,-;sd R DC trn to CP with head well R,XLIFR,bk R DC comm 3/8 LF trn & trng head L,-;sd & fwd L LOD cont trn XRIBL, fwd L LOD with L sd Id,-; (Open Finish)Bk L LOD with R sd Id,-,bk R LOD/CP trn LF sd & fwd DW in SCP; (W fwd R LOD outsd M with L sd Id,-,fwd L LOD in CP LF bdy trn,sd & fwd R DW in SCP;  
**7 - 12** OPEN NTRL TRN; BK LOCK STP RUNNG FINISH NATRL TRN SPIN TURN;:::;:  
 (Op Ntrl Trn)Thru R DW trn RF,-,sd & bk L DW cont RF trn,bk R DW with R sd Id; (W fwd L DW,-,fwd R RF trn & trng hd L,fwd L DW with L sd Id);  
 (Bk Lk)Bk L DW with R sd Id,-,bk R DW,XLIFR (WXRIBL); bk R DW,-,  
 (Runng Fin) Bk L DW RF trn,-;sd & fwd DW cont RF trn,fwd L LOD with L sd Id, (W fwd R DW outsd M RF trn,-; sd L DW cont RF trn,bk R LOD with R sd Id);  
 (Ntrl Trn)Fwd R LOD outsd W RF trn,-; sd L DW cont RF trn,cl R to L to CP/RLOD,(Spin Trn) Bk L LOD pvt RF,-; fwd R LOD cont RF trn,-,sd & bk L DCR CP/DW,-;  
**13 -16** CHASSE QUICK OPEN REVERSE ;:::; HEEL PIVOT;  
 (chasse)Bk R DCR,-,sd & slightly fwd L DC,cl R; fwd L DC,-,(Qk Open Rvs)Fwd R DC outsd W,-; fwd L DC LF trn,-,sd R DC cont LF trn,bk L LOD with R sd Id; (W bk L DC R sd Id,-;bk R DC LF trn,-,sd & fwd L LOD,fwd R LOD outsd M with L sd Id);  
 (Heel Pvt)Bk R LOD trn LF,-,pull L to R no wt cont LF trn to CP fc DW with L ft free,-;(W fwd L LOD trn LF,-,sd R DW cont LF trn,cl L to R);

**PART C**

- 1 - 4** CROSS SWIVEL FISHTAIL ;:::; NATURAL TURN;  
 (cross Swivel)Fwd L DW swivl LF,-,fan R CCW keep R toe on floor & sway L,-; Fwd R DC outsd W with checkg action,-,(Fishtail)M XLIBR twd Wall trn RF (W XRIFL),sd R twd wall cont RF trn; Fwd L DW with L sd Id, XRIBL (W XLIFR), (Ntrl Trn) Repeat Meas 6 Part A to Cp/Rlod;  
**5 - 8** SPIN TRN HEEL PIVOT DOUBLE REVERSE ;:::;:  
 (Spin Trn) Repeat Meas 11 1/2 & 12 Part B fc DW (Heel Pvt)Bk R DC repeat Meas 16 Part B to CP DC (Dbl Rvs)Fwd L DC trn LF,-;sd R DC cont LF trn,-,draw L to R no wt cont LF trn to Cp/DW,-; (W bk R DC LF trn,-;cl L to R cont LF trn(heel trn),-;sd R DW cont LF trn, XLIFR);  
**9 - 16** REPEAT MEASURES 1- 8 PART C

**TAG**

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Third time thru part A dance V-6 adjustg to Bfly/Scp fc DW then: M thru R DW (W L),-; sd & fwd L DW,cl R to L,sd & fwd L DW with lilting action..swaying L & tapping R beh L with R toe pointing DW & R knee beh L knee (W taps L beh R swayg R with head well R),-;