

NDC J カップ準決勝 規定フィガー

種目：スローフォックストロット (16 小節)

1. Feather Step	SQQ
2. Bounce Fallaway with Weave Ending	S&QQ QQQQ
3. Double Reverse Spin	SQ&Q
4. The Curved 3 Step	SQQ
5. Reverse Pivot	&
6. 6 step of Reverse Wave	SQQ SQQ
7. Open Impetus Tern	SQQ
8. Natural Weave	SQQQQQQ
9. Weave after 4 steps of Reverse Wave	SQQS QQQQQQ
10. Hover Telemark	SQQ
11. Feather Step	SQQ
12. Fallaway Reverse & Slip Pivot	S&QQ