MAN

EMBASSY TWO STEP

2/4 or 6/8 Timing | 52 - 56 Bars per Minute | 32 Bar Sequence

Commence in Right Open Extended Position for Man with Lady facing LOD

	STEP DESCRIPTION	ALIGNMENT	AMOUNT OF TURN	RISE AND FALL	F/WORK	TIMING	SWAY	CBM	BARS	SPECIAL NOTES
1	LF Forwa[illegible]	Fac LOD	Nil	Slight rise E/O	HB	S				Double Twinkle
2	RF Closes to LF	Fac LOD	Nil	Up & Lower E/O	BH	S			1	
3	LF Back	Agnst LOD	Nil	Sl Body Rise E/O	BH	S				
4	RF Closes to LF	Agnst LOD	Nil	Up & Lower E/O	BH	S			2	
5	LF Forward	Fac LOD	Com to turn L	Rise E/O	HB	S	Left	Yes		Release Hold Solo to L
6	RF to the Side	Bac DW	3/4 turn to the L	Up on 6	B	S			3	with a closed finished
7	LF to the Side	Fac Wall	Cont to turn R	Up on 7	B	S				
8	RF Closes to RF	Fac Wall	Complete Turn	Lower E/O 8	BH	S			4	Fin Double Hold Fac each Other
9	LF Back	Fac DW	1/8 to the Left		H	S				Com Vine Step
10	RF Back O/P	Fac DW	Nil	Slight Rise E/O	HB	S			5	Crossing Action & Closed Fin
11	LF to the Side	Fac Wall	1/8 to the Right	Up & Lower E/O	BH	S				
12	RF Back	Bac DC	1/8 to the Right	Slight Rise E/O	BHB	S			6	
13	LF Cross Front RF	Bac DC	Nil	Up Lower E/O	BH	S				
14	RF Back	Bac DC	Nil	Slght Rise E/O NFR	BH	S			7	
15	LF to the Side	Fac Wall	1/8 to the Left	Up on 15	B	S				Double Hold maintain from
16	RF Closes to LF	Fac Wall	Nil	Up & Lower E/O	BH	S			8	Bars 5 to 8
17	LF Forward	Fac LOD	1/4 turn the Left	Rise E/O	HB	S	Left	Yes	9	Release Hold Solo Telemark to L
18	RF to the Side	Fac LOD	Cont to turn 3/4 L	Up on 18	B	S	Left			with a open finish
19	LF to the side -RF	Fac Wall	Cont Turning L	Up & Lower E/O	BH	SS			10	Mans R hand & Ladys Left meet
	Ext side W/O wght				Pres B-LR					
20	RF Fwd Swl on LF	Fac Agst LOD	1/4 turn to the R	Rise E/O	HB	S	Right	Yes	11	Release Hold Solo Telemark to R
21	LF to the Side	Fac Agst LOD	3/4 turn to the R	Up	B	S	Right			with closed Finish
22	RF to the Side LF	Fac Wall	Cont Turning R	Up & Lower E/O	BH	SS			12	Finish in Natural Hold
	closes W/0 Weight		steps 21&22		Pres B-LF					
23	LF Forward	Fac Wall	Nil	Slight rise E/O	HB	S			13	Double Twinkle
24	RF Closes to LF	FW end BC	Nil	Up & Lower E/O	BH	S				
25	LF Back	Bac Centre	Nil	Slight Body Rise	BH	S			14	
26	RF closes to LF	Bac Centre	Nil	Up & Lower E/O	BH	S				Release hold on Ladys back
27	LF to the Side	Fac Wall	Nil	Com to Rise	B	S		Yes	15	Bac hold Ladys R Hand in Mans L
28	RF closes to LF	Fac Wall	Nil	Up on 28	BH	S				
29	LF Forward	Pointing LOD	1/4 Turn to L	Rise	B	S			16	Ladys Turns R under Mans
	W/O weight		Body turns Less							Raised Left Arm to upper Hld
30	RF closes to LF	Fac LOD		Up & Lower E/O	BH	S				Adopt upper shadow Hold

MAN

EMBASSY TWO STEP

2/4 or 6/8 Timing | 52 - 56 Bars per Minute | 32 Bar Sequence |

Commence in Right Open Extended Position for Man with Lady facing LOD

	STEP DESCRIPTION	ALIGNMENT	AMOUNT OF TURN	RISE AND FALL	F/WORK	TIMING	SWAY	CBM	BARS	SPECIAL NOTES
31	LF Forward	Fac DW	1/8 turn to L		H	S				Vine Step with Crossing Action
32	RF Forward	Fac DW	Nil	Slight Rise E/O	HB	S			17	and closed finish
33	LF to the Side	Fac Wall	1/2 turn to R	Up & Lower E/O	BH	S				
34	RF Back	Bac DC	1/8 turn to R	Slight Rise E/O	BHB	S			18	
35	LF Cross Front RF	Bac DC	Nil	Up & Lower E/O	BH	S				
36	RF back	Bac DC	Nil	Slght Rise E/O NFR	BH	S		Yes	19	
37	LF Forward	Pointing LOD	1/4-L Body T/Less	Up on 37 & 38	B	S				
38	RF Closes to LF	Fac LOD	Body Complts T	Lower E/O 38	BH	S			20	Upper Shadow Hold Maintain
39	LF Forward	Fac DC	1/4 Turn to L	Rise E/O	HB	S				Step Lock and Turn
40	RF Cross Behnd L	Fac DC	Nil	Up & Lower E/O	BH	S			21	Step Lock and Turn RF in CBM
41	LF Fwd RF behind	End Bac DC	1/2 Turn to L	Slght Rise & lower	HBH	SS		Yes	22	
	without weight									
42	RF Back	Bac DC	Nil	Cont to Rise NFR	BH	S				
43	LF Cross Front RF	Bac DC	Nil	Slight Rise NFR	BH	S			23	
44	RF Bac LF closes	Fac Wall	1/8 turn to Left	Up & Lower E/O	BH	SS		Yes	24	Upper Shadow Hold Maintain
	to RF				Pres B LF					
45	LF to Side	FW alng LOD	Nil	Slight Rise E/O	BHB	S	Left			Upper Shadow Hold Maintain
46	RF Closes to LF	FW alng LOD	Nil	Up & Lower E/O	BH	S	Stght		25	Moving along LOD
47	LF to Side RF	FW alng LOD	Nil	Down - Rise E/O	HB	S	R &	Yes	26	
	closes L w/o Wght						Stght			
48	RF to Side	FW alng LOD	Nil	Slght Rise E/O	B	S	Left			Upper Shadow Hold
49	LF Closes to RF	FW agnst LOD	Nil	Up & Lower E/O	BH	S	Stght		27	Moving to side against LOD
					Pres B-LF					
50	RF to side LF	FW agnst LOD	Nil	Rise E/O	BHB	SS			28	Rel hld for lady to turn to Nat Pos
	closes RF w/o Wt				Pres B-LF					
51	RF to Side	Bac DC	1/8 turn to R	Up	B	S	Right			across LOD - Bars 29 - 32
52	LF Closes to RF	Bac LOD	1/8 turn to R	Up & Lower E/O	BH	S	Right			Rotary Chasses
53	LF Dia back	Bac DW	1/8 turn to R	Rise E/O	B	S			29	End in Loosely
54	RF side acrs LOD	Point to LOD	3/8 turn L BTLess	Up	B	S	Left			Held PP moving open ext hold
55	LF Closes to RF	Fac LOD	Body Compl turn	Up & Lower E/O	BH	&	Left			on 1st step of next Routine
56	RF Forward	Fac LOD	Com to turn R	Rise E/O	HB	S			30	

MAN

EMBASSY TWO STEP

2/4 or 6/8 Timing | 52 - 56 Bars per Minute | 32 Bar Sequence |

Commence in Right Open Extended Position for Man with Lady facing LOD

	STEP DESCRIPTION	ALIGNMENT	AMOUNT OF TURN	RISE AND FALL	F/WORK	TIMING	SWAY	CBM	BARS	SPECIAL NOTES
57	LF side acs LOD	Bac DC	3/8 turn to R	Up	B	S	Right			
58	RF Closes to LF	Bac LOD	1/8 turn to R	Up & Lower E/O	BH	&	Right			
59	LF Dia back	Bac DW	1/8 turn to R	Rise E/O NFR	BH	S			31	
60	RF to Side	Point to LOD	3/8 turn R BTLess	Up	B	S				
61	LF Closes to RF	Fac LOD	Body compl turn	Up & Lower E/O	BH	&				
62	RF Forward	Fac LOD	Body Compl turn	Up & Lower E/O	H	S			32	

LADY

EMBASSY TWO STEP

2/4 or 6/8 Timing

52 - 56 Bars per Minute

32 Bar Sequence

Commence in Left Open Extended Position for Lady with Man facing LOD

	STEP DESCRIPTION	ALIGNMENT	AMOUNT OF TURN	RISE AND FALL	F/WORK	TIMING	SWAY	CBM	BARS	SPECIAL NOTES
1	RF Forward	Fac LOD	Nil	Slight rise E/O	HB	S				Double Twinkle
2	LF Closes to RF	Fac LOD	Nil	Up & Lower E/O	BH	S			1	
3	RF Back	Agnst LOD	Nil	Sl Body Rise E/O	BH	S				
4	LF Closes to RF	Agnst LOD	Nil	Up & Lower E/O	BH	S			2	
5	RF Forward	Fac LOD	Com to turn R	Rise E/O	HB	S	Left	Yes		Release Hold Solo to R
6	LF to the Side	Fac LOD	3/4 turn to the R	Up on 6	BH	S	Left		3	with a closed finished
7	RF to the Side	Bac Wall	Cont to turn R	Up on 7	B	S				
8	LF Closes to RF	Bac Wall	Complete Turn	Lower E/O 8	BH	S			4	Fin Double Hold Fac each Other
9	RF Back	Bac DW	1/8 to the Right		BH	S				Com Vine Step
10	LF Back	Bac DW	Nil	Slight Rise E/O	BH	S			5	Crossing Action & Closed Fin
11	RF to the Side	FC	1/8 to the Left	Up & Lower E/O	BH	S				
12	LF Forward	Fac DC	1/8 to the Left	Slight Rise E/O	HB	S			6	
13	RF Cross Behnd L	Fac DC	Nil	Up Lower E/O	BH	S				
14	LF Forward	Fac DC	Nil	Slight Rise E/O	HB	S			7	
15	RF to Side	Fac Centre	1/8 to the Right	Up on 15	B	S				Double Hold maintain from
16	LF Closes to RF	Fac Centre	Nil	Up & Lower E/O	BH	S			8	Bars 5 to 8
17	RF Forward	Fac LOD	1/4 turn the Right	Rise E/O	HB	S	Right	Yes	9	Release Hold Solo Telemark to R
18	LF to the Side	Fac LOD	Cont to turn R	Up on 18	B	S	Right			with a open finish
19	RF to the side -LF	Fac Centre	3/4 to R	Up & Lower E/O	BH	SS			10	Mans R hand & Ladys Left meet
	Ext side W/O wght				Pres B-LF					
20	LF Forward	Fac Agst LOD	1/4 turn to the L	Rise E/O	HB	S	Left	Yes	11	Release Hold Solo Telemark to L
21	RF to the Side	Fac Agst LOD	Cont to turn R	Up	B	S	Left			with closed Finish
22	LF to the Side RF	Fac Centre	3/4 to R over	Up & Lower E/O	BH	SS			12	Finish in Natural Hold
	closes W/0 Weight		steps 21&22		Pres B-LF					
23	RF Back	Bac Wall	Nil	Slight rise E/O NFR	BH	S			13	
24	LF Closes to RF	Bac Wall	Nil	Up & Lower E/O	BH	S				
25	RF Forward	Fac Centre	Nil	Slight Rise E/O	HB	S			14	
26	LF Closes to RF	Fac Centre	Nil	Up & Lower E/O	BH	S				Release hold on Ladys
27	RF Forward	Fac LOD	1/4 turn to the R	Rise E/O	HB	S		Yes	15	Bac hold Ladys R Hand in Mans L
28	LF to the Side	Fac LOD	Cont to Turn R	Up on 28	B	S				
29	RF Fwd LF closes	Pointing LOD	Full Turn to R	Up & Lower E/O	BH	SS			16	Ladys Turns R under Mans
	W/O weight									Raises his Left Arm to upper Hld
30										

LADY

EMBASSY TWO STEP

2/4 or 6/8 Timing

52 - 56 Bars per Minute

32 Bar Sequence

Commence in Left Open Extended Position for Lady with Man facing LOD

	STEP DESCRIPTION	ALIGNMENT	AMOUNT OF TURN	RISE AND FALL	F/WORK	TIMING	SWAY	CBM	BARS	SPECIAL NOTES
31	LF Forward	Fac DW	1/8 turn to L		H	S				Vine Step with Crossing Action
32	RF Forward	Fac DW	Nil	Slight Rise E/O	HB	S			17	and closed finish
33	LF to the Side	Fac Wall	1/2 turn to R	Up & Lower E/O	BH	S				
34	RF Back	Bac DC	1/8 turn to R	Slight Rise E/O	BHB	S			18	
35	LF Cross Front RF	Bac DC	Nil	Up & Lower E/O	BH	S				
36	RF back	Bac DC	Nil	Slght Rise E/O NFR	BH	S		Yes	19	
37	LF Forward	Pointing LOD	1/4-L Body T/Less	Up on 37 & 38	B	S				
38	RF Closes to LF	Fac LOD	Body Complts T	Lower E/O 38	BH	S			20	Upper Shadow Hold Maintain
39	LF Forward	Fac DC	1/4 Turn to L	Rise E/O	HB	S				Step Lock and Turn
40	RF Cross Behnd L	Fac DC	Nil	Up & Lower E/O	BH	S			21	Step Lock and Turn RF in CBM
41	LF Fwd RF behind	End Bac DC	1/2 Turn to L	Slght Rise & lower	HBH	SS		Yes	22	
	without weight									
42	RF Back	Bac DC	Nil	Cont to Rise NFR	BH	S				
43	LF Cross Front RF	Bac DC	Nil	Slight Rise NFR	BH	S			23	
44	LF to Side	FW alng LOD	Nil	Slight Rise E/O	BHB	S	Left		24	Upper Shadow Hold Maintain
	to RF				Pres B LF					NFR
45	RF Closes to LF	FW alng LOD	Nil	Up & Lower E/O	BH	S	Stght		25	Upper Shadow Hold Maintain
46	LF to side RF	FW alng LOD	Nil	Lower	BH	S	R&S		26	Moving along LOD
	close LF W/O Wt				Pres B LF					
47	RF to Side	FW agnst LOD	Nil	Slight Rise E/O	BHB	S	Left			
48	LF Closes to RF	FW agnst LOD	Nil	Up & Lower E/O	BH	S	L&S		27	Release L Hand as Lady turns R
49	RF Forward	Against LOD	1/4 turn to R	Rise E/O	H	S		Yes	28	into Natural Hold
50	LF Closes to RF	Fac Centre	1/4 turn to R	Up & Lower E/O	BH	S				
51	RF to Side acsLOD	Point LOD	1/4 to R BTLess	Up	B	S	Left			
52	LF closes to RF	Fac LOD	Body Comp Turn	Up & Lower E/O	BH	&	Left			
53	RF Forward	Fac LOD	Com to turn R	Rise E/O	HB	S			29	
54	LF side acs LOD	Bac DC	3/8 turn to R	Up	B	S	Right			
55	RF Closes to LF	Bac LOD	1/8 turn to R	Up & Lower E/O	BH	&	Right			Rotary Chasses

LADY

EMBASSY TWO STEP

2/4 or 6/8 Timing

52 - 56 Bars per Minute

32 Bar Sequence

Commence in Left Open Extended Position for Lady with Man facing LOD

	STEP DESCRIPTION	ALIGNMENT	AMOUNT OF TURN	RISE AND FALL	F/WORK	TIMING	SWAY	CBM	BARS	SPECIAL NOTES
56	LF Dia back	Bac DW	1/8 turn to R	Rise E/O	BH	S			30	End in Loosely
57	RF side acrs LOD	Point to LOD	3/8 turn L BTLess	Up	B	S	Left			Held PP moving open ext hold
58	LF Closes to RF	Fac LOD	Body Compl turn	Up & Lower E/O	BH	&	Left			on 1st step of next Routine
59	RF Forward	Fac LOD	Com to turn R	Rise E/O	HB	S			31	
60	LF side acs LOD	Bac DC	3/8 turn to R	Up	B	S				
61	RF Closes to LF	Bac LOD	1/8 turn to R	Up & Lower E/O	BH	&				End loosely held PP moving
62	LF Dia back- Pivot	Bac DW	1/8 turn to R		BH	S			32	into open extended hold
	action	PP Fac LOD	& 1/2 turn R Pvt							