

TEKNISKT KRAV LATIN

Danstränare Steg 1

I detta dokument beskrivs de tekniska kraven för utbildningen Danstränare steg 1 i latin. Det inleds med generella principer som gäller för samtliga danser och följs därefter av specifika principer för varje dans samt figurer för varje dans.

Latin General Principles

Step/Action (Number of Steps or Actions)
Foot Placement
General Action as follows:
- Swivel Actions
- Latin Cross
- Step
- Brush
Quantity of Turn
Foot Action
Timing – tempo- rhythm
Posture in Latin

Samba Specific Principles and Samba Figures

The Bounce and Pelvic action
- Bounce Timing
- Bounce in relation to the figure being danced
Forward Walk
Side Walk
Samba Timing
- Samba Timing in the Chart
NATURAL BASIC MOVEMENT
REVERSE BASIC MOVEMENT
PROGRESSIVE BASIC MOVEMENT
SIDE BASIC MOVEMENT TO LEFT
SIDE BASIC MOVEMENT TO RIGHT
SAMBA WHISK TO LEFT
SAMBA WHISK TO RIGHT
STATIONARY SAMBA WALKS
PROMENADE SAMBA WALKS
SIDE SAMBA WALK

Cha Cha Cha Specific Principles and Cha Cha Cha Figures

Forward Walk
Backward Walk
Side Walk
Checked Forward Walk
Checked Backward Walk (endast I WDSF)
Forward Walk Turning
Walk In Place
Weight Transfer In Place
Cha Cha Cha Chasses to side R and L
Cha Cha Cha Locks forward and backward
Compact Chasses
TIME STEP
CLOSE BASIC MOVEMENT
OPEN BASIC MOVEMENT
NEW YORK TO RIGHT
NEW YORK TO LEFT
SPOT TURN TO RIGHT
SPOT TURN TO LEFT
UNDERARM TURN TURNING RIGHT
UNDERARM TURN TURNING LEFT
THREE CHA CHA CHAS TO RIGHT
THREE CHA CHA CHAS TO LEFT

Rumba Specific Principles and Rumba Figures

Forward Walk
Backward Walk
Side Walk
Checked Forward Walk
Checked Backward Walk
Forward Walk Turning
Weight Transfer In Place
CLOSE BASIC MOVEMENT
OPEN BASIC MOVEMENT
NEW YORK TO RIGHT

NEW YORK TO LEFT
SPOT TURN TO RIGHT
SPOT TURN TO LEFT
UNDERARM TURN TURNING RIGHT
UNDERARM TURN TURNING LEFT

Paso Doble Specific Principles and Paso Doble Figures

Poise
Appel
March
BASIC MOVEMENT
SUR PLACE
CHASSES TO RIGHT
CHASSES TO LEFT + end in p.p.
ATTACK
HUIT
PROMENADE
CLOSED PROMENADE

Jive Specific Principles and Jive Figures

Musical Accents
Timing in Jive
Jive Styles
Swing Jive Actions
Rock
Jive Chasses
Quantity of Turn
BASIC IN PLACE
BASIC IN FALLAWAY
CHANGE OF PLACE FROM RIGHT TO LEFT
CHANGE OF PLACE FROM LEFT TO RIGHT
LINK
WHIP