

TEKNISKT KRAV STANDARD

Danstränare Steg 1

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

Standard general principles

Step/Action (Number of step or Actions)
Foot Placement
- The Swing Side Step
- Drive Action
- Swing principles
- Heel Turn
- Heel Pull
- Pivot
- Brush
- Chasse
- Close
- Crossing
- CBMP
- Side Leading
Alignment & Direction
Quantity of Turn
Foot Action
- The Foot Roll Principles
Timing
Couple Position
- Posture
- Positions of the centre
Rotation
- Rotation to the Left
Rise and Fall
Type of Sway

Waltz Figures

CLOSED CHANGE ON RIGHT FOOT
CLOSED CHANGE ON LEFT FOOT
NATURAL TURN
REVERSE TURN
WHISK
CHASSE FROM PP
NATURAL SPIN TURN + UNDERTURNED

Tango Specific Principles and Tango Figures

Time Signature in Tango
Tango Timing
- Tango Timing in the charts
Posture, Hold and Couple Position in Tango
The Tango Walk
Tango Rise and Fall, and Foot Action
Closed Finish and Open Finish
Direction and Alignment
PROGRESSIVE SIDE STEP
PROGRESSIVE LINK
CLOSED PROMENADE
BASIC REVERSE TURN
OPEN REVERSE TURN
NATURAL ROCK TURN

Viennese Waltz Specific Principles and Viennese Waltz Figures

Rise and Fall in Viennese Waltz
How to move around the floor in Natural and Reverse turns
NATURAL TURN
REVERSE TURN
RF FORWARD CHANGE STEP Natural to Reverse
LF FORWARD CHANGE STEP Reverse to Natural
LF BACKWARD CHANGE STEP Natural to Reverse
RF BACKWARD CHANGE STEP Reverse to Natural

Slow Fox Specific Principles and Slow Fox Figures

Rise and Fall and Foot Action in Slow Fox
Sway in Slow Fox
Slow Fox Timing
- Slow Fox Timing in the Chart
FEATHER STEP
THREE STEP
FEATHER FINISH
NATURAL TURN
REVERSE TURN
IMPETUS

Quickstep Specific Principles and Quickstep Figures

Quickstep Timing
- Quickstep Timing in the charts
BASIC MOVEMENT - QUARTER TURN AND PROGRESSIVE CHASSE
NATURAL TURN
REVERSE TURN
PROGRESSIVE CHASSE TO LEFT
QUARTER TURN TO RIGHT
BACKWARD LOCK
FORWARD LOCK
NATURAL SPIN TURN underturned