

TEKNISKT KRAV LATIN

Danstränare Steg 3

I detta dokument beskrivs de tekniska kraven för utbildningen Danstränare steg 3 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

Body Actions and Anatomy
Step/Action (Number of Steps or Actions)
Foot Placement
General Action as follows:
- Swivel Actions
- Spiral Actions
- Delayed Actions
- Latin Cross
- Spins and Turns in Latin
- Merengue Actions
- Step
- Brush
- Foot Slip
Quantity of Turn
Foot Action
Timing – tempo- rhythm
- Scientific research on Timing
- Music in DanceSport
Posture in Latin
Couple Position (Lady to Man)
Lead – Hold Shaping
- Lead through connection
- Hold
- Shaping
Hip Design
- Common Hip Design
Hip Muscular Actions
Body Muscular Actions

Samba Specific Principles and Samba Figures

The Bounce and Pelvic action
- Bounce Timing

- Bounce in relation to the figure being danced
- Bounce in relation to movement
- Rhythmic Combinations
Forward Walk
Side Walk
Rhythm Bounce
Samba Timing
- Samba Choreographic Timing
- Samba Timing in the Chart
First step of Botafogo Actions
Samba Hip Design in the Charts
Volta Actions
NATURAL BASIC MOVEMENT
REVERSE BASIC MOVEMENT
PROGRESSIVE BASIC MOVEMENT
SIDE BASIC MOVEMENT TO LEFT
SIDE BASIC MOVEMENT TO RIGHT
OUTSIDE BASIC
SAMBA WHISK TO LEFT
SAMBA WHISK TO RIGHT
STATIONARY SAMBA WALKS
PROMENADE SAMBA WALKS
SIDE SAMBA WALK
REVERSE TURN
SIDE SAMBA CHASSE
TRAVELLING BOTAFOGO FORWARD
CRISS CROSS BOTAFOGO
CRISS CROSS VOLTA TO RIGHT
CRISS CROSS VOLTA TO LEFT
CRUZADOS WALKS
CRUZADOS LOCKS
DROPPED VOLTA
CIRCULAR VOLTA TURNING RIGHT
CIRCULAR VOLTA TURNING LEFT
SAMBA LOCKS LADY ON LEFT SIDE
SAMBA LOCKS LADY ON RIGHT SIDE
METHODS OF CHANGING FEET 1 2 3 4

NATURAL ROLL
CLOSE ROCKS
CORTA JACA
PROMENADE TO COUNTER PROMENADE RUNS

Cha Cha Cha Specific Principles and Cha Cha Cha Figures

Guapacha Timing
Forward Walk
Backward Walk
Side Walk
Checked Forward Walk
Checked Backward Walk (endast WDSF)
Delayed Actions
Forward Walk Turning
Delayed Forward Walk Turning
Backward Walk Turning
Walk In Place
Weight Transfer In Place
Cuban Rock Actions
Cuban Break Action
Cha Cha Cha Hip Design in the Charts
Cha Cha Cha Chasses to side
Cha Cha Cha Locks forward and backward
Ronde Chasse
Hip Twist Chasse
Slip Close Chasse
Whisk Chasses
Running Chasse/Merengue Chasse
Time Step Chasse
Volta Cross Chasses
Compact Chasses
TIME STEP
CLOSE BASIC MOVEMENT
OPEN BASIC MOVEMENT
NEW YORK TO RIGHT
NEW YORK TO LEFT
HAND TO HAND RIGHT
HAND TO HAND 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
SHOULDER TO SHOULDER
FAN
OPEN HIP TWIST
OPEN HIP TWIST TO CHASSE
CLOSE HIP TWIST
CLOSE HIP TWIST TO CHASSE
HOCKEY STICK
HOCKEY STICK TO CHASSE
ALEMANA
ALEMANA FROM OPEN OPPOSING POSITION
NATURAL TOP
CROSS BASIC
METHODS OF CHANGING FEET 1 2

Rumba Specific Principles and Rumba Figures

Forward Walk
Forward and Backward Walk Amalgamation
Backward Walk
Side Walk
Checked Forward Walk
Checked Backward Walk
Delayed Actions
Forward Walk Turning
Backward Walk Turning
Walk in Place
Weight Transfer In Place
Cuban Rock Actions
Cucaracha
CLOSE BASIC MOVEMENT
OPEN BASIC MOVEMENT
NEW YORK TO RIGHT

NEW YORK TO LEFT
HAND TO HAND TO RIGHT
HAND TO HAND TO LEFT
SPOT TURN TO RIGHT
SPOT TURN TO LEFT
UNDERARM TURN TURNING RIGHT
UNDERARM TURN TURNING LEFT
SIDE WALKS AND CUCARACHAS
FAN
OPEN HIP TWIST
OPEN HIP TWIST FINISHED TO SIDE
HOCKEY STICK
HOCKEY STICK FINISHED TO SIDE
OPENING OUT
SHOULDER TO SHOULDER
ALTERNATIVE BASIC MOVEMENT
CLOSE HIP TWIST
CLOSE HIP TWIST FINISHED TO SIDE
ALEMANA
ALEMANA FINISHED TO SIDE
Advanced Opening Out
NATURAL TOP
REVERSE TOP
CURL
CURL FINISHED TO SIDE
SPIRAL
SPIRAL FINISHED TO SIDE
SPIRAL TO FAN

Paso Doble Specific Principles and Paso Doble Figures

Poise
Appel
March
Heel Turn
Rotation in Paso Doble
Knee Lift

Spanish Line and Press Line
BASIC MOVEMENT
SUR PLACE
CHASSES TO RIGHT
CHASSES TO LEFT + end in p.p.
ATTACK
HUIT
SEPARATION
NATURAL TWIST TURN
PROMENADE
CLOSED PROMENADE
SIXTEEN
GRANDE TO COUNTER PROMENADE
GRAND CIRCLE
BANDERILLAS
FALLAWAY REVERSE
FALLAWAY WHISK
SPANISH LINES
LA PASSE
SYNCHOPATED SEPARATION
METHODS OF CHANGING FEET 1 2 3

Jive Specific Principles and Jive Figures

Musical Accents
Timing in Jive
Jive Styles
Swing Jive Actions
Rock
Jive Chasses
Changing the Shape of the Jive Chasses
Jive Ronde Chasse
Jive Volta Cross Chasse
Jive Lock
Jumping Jive
Jumping Action
Kicking Action
Quantity of Turn

Jumping Chasse
Kick Ball Change
BASIC IN PLACE
BASIC IN FALLAWAY
CHANGE OF PLACE FROM RIGHT TO LEFT
CHANGE OF PLACE FROM LEFT TO RIGHT
AMERICAN SPIN
CHANGE OF PLACE BEHIND THE BACK
LINK
WHIP
PROMENADE WALKS – SLOW
PROMENADE WALKS – QUICK