

TEKNISKT KRAV STANDARD

Danstränare Steg 3

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

Body Actions and Anatomy
Description of Muscular usage in a DanceSport Figure
Step/Action (Number of step or Actions)
Foot Placement
- The Swing Side Step
- Drive Action
- Swing principles
- Heel Turn
- Heel Pull
- Pivot
- Pivoting Action
- The spin turn
- Preparation Step
- Brush
- Chasse
- Close
- Crossing
- Twist turn
- CBMP
- Side Leading
- Toe Pivot
Alignment & Direction
Quantity of Turn
Foot Action
- The Foot Roll Principles
Timing
- Music in DanceSport
Couple Position
- Posture
- Hand Hold
- Positions of the centre
Rotation
- Wind up
- Rotation to the Left
- Commence to turn Principle
Rise and Fall
Type of Sway
Extension
Sudden Movement

Waltz Figures

CLOSED CHANGE ON RIGHT FOOT
CLOSED CHANGE ON LEFT FOOT
NATURAL TURN
REVERSE TURN
PROGRESSIVE CHASSE TO RIGHT
WHISK
BACK WHISK
OUTSIDE CHANGE
BASIC WEAVE
CHASSE FROM PP
BACKWARD LOCKS FORWARD LOCKS
OPEN NATURAL TURN
HESITATION CHANGE
NATURAL SPIN TURN + UNDERTURNED
DOUBLE REVERSE SPIN
TELEMARK
TELEMARK TO PP
WEAVE FROM PP
IMPETUS
IMPETUS TO PP
DRAG HESITATION
OUTSIDE SPIN
NATURAL TURNING LOCK
REVERSE TURNING LOCK

Tango Specific Principles and Tango Figures

Time Signature in Tango
Tango Timing
- Tango Choreographic Timing
- Tango Timing in the charts
Posture, Hold and Couple Position in Tango
The Tango Walk
Tango Rise and Fall, and Foot Action
Heel Turn in Tango
Closed Finish and Open Finish
Direction and Alignment

Sudden Movements
- Sudden movements with pressure
- Sudden movements without pressure
TAP – ALTERNATIVE ENTRIES TO PP
PROGRESSIVE SIDE STEP
BRUSH TAP
PROGRESSIVE LINK
CLOSED PROMENADE
OPEN PROMENADE
BACK CORTÈ
BASIC REVERSE TURN
OPEN REVERSE TURN
ROCK ON LEFT FOOT
ROCK ON RIGHT FOOT
NATURAL ROCK TURN
NATURAL TWIST TURN FROM PP
NATURAL TURN FROM PP
PROMENADE LINK TURNED TO R
PROMENADE LINK TURNED TO L
WHISK
PROGRESSIVE SIDE STEP REVERSE TURN
FOUR STEP
OUTSIDE SWIVEL METHOD 1
OUTSIDE SWIVEL METHOD 2
OUTSIDE SWIVEL METHOD 3

Viennese Waltz Specific Principles and Viennese Waltz Figures

Rise and Fall in Viennese Waltz
Off-Beat Steps
How to move around the floor in Natural and Reverse turns
The Fleckerl principle
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
CHASSE CHANGE STEP
CONTINUOUS SPIN
REVERSE PIVOTS
HESITATION CHANGE
DRAG HESITATION

NATURAL SPIN TURN
TELEMARK
NATURAL SPIN TURN REVERSE PIVOT
CHECKED NATURAL TURN
NATURAL BACK CHECK
CHECKED REVERSE TURN
REVERSE BACK CHECK

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 Choreographic Timing
- Slow Fox Timing in the Chart
FEATHER STEP
THREE STEP
FEATHER FINISH
FEATHER ENDING
HOVER FEATHER
NATURAL TURN
REVERSE TURN
BASIC WEAVE
NATURAL WEAVE
CHANGE OF DIRECTION
HEEL PULL FINISH
WHISK
BACK WHISK
OPEN NATURAL TURN
DOUBLE REVERSE SPIN
TELEMARK
TELEMARK TO PP
HOVER TELEMARK
HOVER TELEMARK TO PP
NATURAL TELEMARK
IMPETUS
IMPETUS TO PP
WEAVE FROM PP
TOP SPIN
OUTSIDE SWIVEL

REVERSE WAVE
NATURAL TWIST TURN
NATURAL TWIST TURN WITH NATURAL WEAVE
OPEN REVERSE TURN

Quickstep Specific Principles and Quickstep Figures

Quickstep Timing
- Quickstep Choreografic Timing
- Quickstep Timing in the charts
Quickstep Ballistic Movement
Types of interpretation in Quickstep
Type of Chasse in Quickstep
BASIC MOVEMENT - QUARTER TURN AND PROGRESSIVE CHASSE
NATURAL TURN
REVERSE TURN
PROGRESSIVE CHASSE TO RIGHT
PROGRESSIVE CHASSE TO LEFT
CROSS CHASSE
QUARTER TURN TO RIGHT
QUARTER TURN TO LEFT
OUTSIDE CHANGE
NATURAL PIVOT
RUNNING FINISH
BACKWARD LOCK
FORWARD LOCK
OPEN NATURAL TURN
NATURAL SPIN TURN underturned
HESITATION CHANGE
IMPETUS
IMPETUS TO PP
TELEMARK
TELEMARK TO PP
WHISK
BACK WHISK
OPEN REVERSE TURN
TIPPLE CHASSE TO RIGHT – AT THE CORNER
TIPPLE CHASSE TO RIGHT – ALONG LINE OF DANCE

TIPPLE CHASSE TO LEFT

FOUR QUICK RUN

V-6

REVERSE PIVOT

RUNNING NATURAL TURN
