

**PRIORITERAD TEKNIK OCH TILLÅTNA FIGURER
STANDARD OCH LATIN E- OCH D-KLASS SAMT
BARN B-KLASS**

E Class Latin

E Class Cha Cha Cha

General Latin Principals

- Step/Action (Number of Steps or Actions)
- Foot Placement
- General Actions include:
 - o Swivel Actions
 - o Latin Cross
 - o Step
 - o Brush
- Amount of Turn
- Foot Action
- Timing – Tempo – Rhythm
- Posture in Latin
- Forward Walk
- Backward Walk
- Side Walk
- Checked Forward Walk
- Checked Backward Walk
- Forward Walk Turning
- Walk In Place
- Weight Transfer In Place
- Cha Cha Cha Chasses to the right and left
- Cha Cha Cha Locks forward and backward
- Compact Chasses

E Class Cha Cha Cha Figures

- Time Step
- Close Basic Movement
- Open Basic Movement
- New York to the Right
- New York to the Left
- Hand to Hand Right
- Hand to Hand Left
- Spot Turn to the Right
- Spot Turn to the Left
- Underarm Turn Turning Right
- Underarm Turn Turning Left
- Three Cha Cha Chas to the Right
- Three Cha Cha Chas to the Left
- Three Cha Cha Chas Forward
- Three Cha Cha Chas Backward

D Class Latin

D Class Latin Syllabus

D Class General Latin Principles :

- Step/Action (Number of steps or actions)
- Foot Placement
- General Actions include:
 - o Swivel Actions
 - o Delayed Actions
 - o Latin Cross
 - o Merengue Actions
 - o Step
 - o Brush
- Amount of Turn
- Foot Action
- Timing – Tempo – Rhythm
- Posture in Latin
- Couple Position

D Class Cha Cha Cha

Specific Technical Principles:

- Forward Walk
- Backward Walk
- Side Walk
- Checked Forward Walk
- Checked Backward Walk (only WDSF)
- Delayed Actions
- Forward Walk Turning
- Delayed Forward Walk Turning
- Backward Walk Turning
- Walk In Place
- Weight Transfer In Place
- Cha Cha Cha Chasses to the right and left
- Cha Cha Cha Locks forward and backward
- Ronde Chasse
- Hip Twist Chasse
- Slip Close Chasse
- Volta Cross Chasses
- Compact Chasses

D Class Cha Cha Cha Figures :

- Time Step
- Close Basic Movement
- Open Basic Movement

- New York to the Right
- New York to the Left
- Hand to Hand Right
- Hand to Hand Left
- Spot Turn to the Right
- Spot Turn to the Left
- Underarm Turn Turning Right
- Underarm Turn Turning Left
- Three Cha Cha Chas to the Right
- Three Cha Cha Chas to the Left
- Shoulder to Shoulder
- Fan
- Hockey Stick
- Alemana
- Alemana from Open Opposing Position
- Natural Top
- Opening Out
- Closed Hip Twist
- Open Hip Twist

D Class Jive

D Class Jive Specific Technical Principles:

- 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
- Quantity of Turn

Jive D Class Figures:

- Basic in Place
- Basic in Fallaway
- Throwaway
- 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
- Stop and Go

E Class Standard

E Class Waltz

General Standard Principals:

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

E Class Waltz Figures:

- Closed Change on Right Foot
- Closed Change on Left Foot
- Natural Turn
- Reverse Turn
- Whisk
- Chasse from Promenade Position (PP)
- Natural Spin Turn + Underturned

D Class Standard

D Class Standard General Principles:

- Body Actions and Anatomy
- Description of Muscular Usage in a DanceSport Figure
- Step/Action: Number of steps or actions
- Foot Placement
 - o The Swing Side Step
 - o Drive Action
 - o Swing Principles
 - o Heel Turn
 - o Heel Pull
 - o Pivot
 - o Pivoting Action
 - o The Spin Turn
 - o Preparation Step
 - o Brush
 - o Chasse
 - o Close
 - o Crossing
 - o Twist Turn
 - o CBMP
 - o Side Leading
 - o Toe Pivot
- Alignment & Direction
- Quantity of Turn
- Foot Action
 - o The Foot Roll Principles
- Timing
 - o Music in DanceSport
- Couple Position
 - o Posture
 - o Hand Hold
 - o Positions of the Center
- Rotation
 - o Wind Up
 - o Rotation to the Left
 - o Commence to Turn Principle
- Rise and Fall
- Type of Sway
- Extension
- Sudden Movement

D Class Waltz

D Class 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

D Class Quickstep

D Class Quickstep Specific Technical Principles:

- Quickstep Timing
 - o Quickstep Choreographic Timing
 - o Quickstep Timing in the Charts
- Quickstep Ballistic Movement
- Types of Interpretation in Quickstep
- Type of Chasse in Quickstep

D Class Quickstep Figures:

- 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 (undertuned)
- Hesitation Change
- Impetus
- Impetus to PP
- Telemark
- Telemark to PP
- Whisk
- Back Whisk
- Open Reverse Turn
- Tiple Chasse to Right – At the Corner
- Tiple Chasse to Right – Along the Line of Dance
- Tiple Chasse to Left
- Four Quick Run
- V-6
- Reverse Pivot
- Running Natural Turn

C-klass samt B-klass barn Standard och Latin

Se WDSF Syllabus på WDSFs hemsida.