

KATALOG SPORTSKIH PLESNIH SLIKA

**HRVATSKOG SPORTSKOG
PLESNOG SAVEZA**

Prilog 1 Natjecateljskog pravilnika

U Zagrebu 17. listopada 2017. godine.

Osnovna načela

a) Plesna tehnika

Osnove kataloga ograničenih sportskih plesnih slika čine najnovija izdanja sljedeće literature:

za standardne plesove:

WDSF Technique Books (Waltz, Tango, Viennese waltz, Slow fox, Quickstep)

WDSF Syllabus (Waltz, Tango, Viennese waltz, Slow fox, Quickstep)

Technique of Ballroom Dancing - Guy Howard, IDTA (6. izdanje 2011.);

The Ballroom Technique - Ballroom Faculty, ISTD (10. izdanje 1982, reprint 1994.);

ISTD Viennese Waltz Technique - Ballroom Faculty, ISTD (izdanje 2001.);

The Revised Technique by Alex Moore (10. izdanje 2006.);

za latinsko-američke plesove:

WDSF Technique Books (Samba, Cha-cha-cha, Rumba, Paso doble, Jive)

WDSF Syllabus (Samba, Cha-cha-cha, Rumba, Paso doble, Jive)

The Laird Technique of Latin Dancing - Walter Laird, IDTA (6. izdanje, 2003., revizija 2009.);

The Technique of Latin Dancing - Supplement - Walter Laird, IDTA (1. izdanje 1997., reprint 2000.);

Latin Technique of Samba, Cha-cha-cha, Rumba, Paso Doble, Jive - Latin American Faculty, ISTD (6. izdanje 2000.)

b) Plesne slike

Dozvoljene su sve plesne slike, uključujući i napomene, specijalne napomene i predložene kombinacije istih navedene u WDSF Syllabus-u.

c) Smjerovi, pozicije i količine okreta

Smjerovi, početne i krajnje pozicije te količina okreta plesnih slika trebaju biti otplesani kako su opisani u tablicama i napomenama. Dio plesne slike može se plesati kako je opisano u bilješkama knjiga plesne tehnike te WDSF Syllabus-a.

d) Prethodne i prateće plesne slike

Pri sastavljanju koreografije dopušteno je koristiti bilo koju kombinaciju plesnih slika, sve dok se poštuje tehnički opis plesne slike te pripadajuće bilješke. Zadana količina okreta u plesnim slikama WDSF knjige tehnike te su okvirne i mogu se po potrebi neznatno mijenjati kako bi se stvorila koreografija. Nije dozvoljeno dodati ili oduzeti dijelove plesnih slika, osim ako to nije izričito dopušteno u bilješkama uz plesnu sliku.

e) Standardni plesovi

Držanje:

Dozvoljeni načini držanja su opisani u knjigama plesne tehnike te WDSF Syllabus-a.

f) Latinsko-američki plesovi

Držanje:

Dozvoljeni načini držanja su opisani u knjigama plesne tehnike te WDSF Syllabus-a.

Slobodna ruka trebala bi se koristiti prirodno.

U Cha-cha-cha i u Sambi dozvoljeno vrijeme trajanja plesnih slika, u kojima je dozvoljeno plesati bez držanja, ne računajući promjene stopala, je 6 (šest) taktova.

Izvedba plesnih slika koje nisu nabrojane u ovom katalogu, a sadržane su u nekim od navedenih knjiga, NIJE DOZVOLJENA u kategorijama s ograničenim programom.

Popis dozvoljenih plesnih slika u standardnim plesovima određen je WDSF Syllabus-om:

Engleski valcer

Closed Change on RF
Closed Change on LF
Natural Turn
Reverse Turn
Progressive Chasse to R
Whisk
Back Whisk
Outside Change
Basic Weave
Chasse from PP
Backward Lock
Open Natural Turn
Hesitation Change
Natural Spin Turn
Double Reverse Spin
Telemark
Telemark to PP
Weave from PP
Impetus
Impetus to PP
Drag Hesitation
Outside Spin
Natural Turning Lock
Reverse Turning Lock
Wing
Wing from PP
Cross Hesitation from PP
Reverse Pivot
Fallaway Natural Turn
Running Weave from PP
Running Spin Turn
Overturned Running Spin Turn
Closed Change on RF
Closed Change on LF
Natural Turn
Reverse Turn
Progressive Chasse to R
Running Cross Chasse
Fallaway Reverse and Slip Pivot
Hover Corte
Curved Feather
Running Finish
Outside Swivel
Progressive Chasse
Bounce Fallaway Weave Ending
Quick Open Reverse

Tango

Tango Walk
Tap – Alternative Entries to PP
Progressive Side Step
Brush Tap
Progressive Link
Closed Promenade
Open Promenade
Back Corte
Basic reverse Turn
Open Reverse Turn
Rock on LF
Rock on RF
Natural Rock Turn
Natural Twist Turn from PP
Natural Turn from PP
Promenade Link turned to R
Promenade Link turned to L
Back Open Promenade
Fallaway Promenade
Whisk
Back Whisk
Progressive Side Step Reverse Turn
Four Step
Fallaway Four Step
Outside Swivel – method 1
Outside Swivel – method 2
Outside Swivel – method 3
Four Step Change
Five Step
Mini Five Step
Quick Reverse Turn
Fallaway Reverse and Slip Pivot
Telemark to PP
Open Natural Turn
Outside Spin
Natural twist Turn
Chase
Chase Alternative Ending – Chase, Chasse
Chase Alternative Ending – method 1
Chase Alternative Ending – method 2
Chase Alternative Ending – method 3
Chase Alternative Ending – method 4
Reverse Pivot
In - Out

Bečki valcer

Natural Turn
Reverse Turn
Forward Change Step Natural to Reverse
LF ForwardChange Step Reverse to Natural
LF Backward Change Step Natural to Reverse
RF Backward Change Step Reverse to Natural

Slowfox

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
Natural Hover Telemark
Impetus
Impets to PP
Weave from PP
Hover Cross
Top Spin
Outside Swivel
Outside Spin
Reverse Wave
Natural Twist Turn
Natural Twist Turn with Natural Weave
Natural Twist Turn with Impetus and feather Finish
Natural Twist turn with Impetus to PP
Natural Zig Zag from PP
Curved Three Step
Curved Feather
Curved Feather from PP
Back Feather
Fallaway Reverse and Slip Pivot
Bounce Fallaway Weave Ending

Running Weave from PP
Quick Open Reverse Turn
Extended Reverse Wave
Reverse Pivot
Hover Corte
Progressive Chasse to R

Quickstep

Natural Turn
Reverse Turn
Progressive Chasse to R
Progressive Chasse to L
Cross Chasse
Quarter Turn to R
Quarter Turn to L
Outside Change
Natural Pivot
Running Finish
Backward Lock
Forward Lock
Open Natural Turn
Natural Spin Turn
Hesitation Change
Double Reverse Spin
Impetus
Impetus to PP
Telemark
Telemark to PP
Whisk
Back Whisk
Open Reverse Turn
Tipple Chasse to R – at the corner
Tipple Chasse to R along LOD
Tipple Chasse to L
Four Quick Run
Zig Zag
V6
Outside Spin
Reverse pivot
Natural Turning Lock
Drag Hesitation
Cross Swivel
Fishtail
Running Natural Turn
Running Cross Chasse
Six Quick Run
Topsy to R
Topsy to L
Rumba Cross
Hover Corte
Weave from PP

Natural Fallaway Turn
Wing
Wing from PP
Curved Feather
Running Spin Turn

Popis dozvoljenih plesnih slika u latinsko-američkim plesovima određen je WDSF Syllabus-om:

Samba

Natural Basic Movement
Reverse Basic Movement
Progressive Basic Movement
Side Basic Movement to L
Side Basic Movement To R
Outside Basic
Samba Whisk to L
Samba Whisk to R
Stationary Samba Walks
Promenade Samba Walks
Side Samba Walk
Reverse Turn
Promenade to Counter Promenade Botafogos
Side Samba Chasse
Travelling Botafogo Forward
Travelling Botafogo Backward to Promenade Position
Criss Cross Botafogos
Cross Volta to R
Criss Cross Volta to L
Travelling Volta to R
Travelling Volta to L
Underarm Turn Turning R
Underarm Turn Turning L
Solo Spot Volta Turning L
Solo Spot Volta Turning R
Continuous Solo Spot Volta Turning L
Continuous Solo Spot Volta Turning R
Maypole - Lady turning R
Maypole - Lady Turning L
Cruzados Walks
Cruzados Locks
Continuous Cruzados Lock
Dropped Volta
Circular Voltas Turning R
Circular Voltas Turning L
Solo Circular Voltas Turning R
Solo Circular Voltas Turning L
Same Foot Botafogos
Samba Locks Lady on L Side
Samba Locks Lady on R Side

Natural Roll
Reverse Roll
Close Rocks
Open Rocks
Backward Rocks
Plait
Corta Jaca
Same Position Corta Jaca
Double Spiral Turn
Promenade to Counter Promenade Runs
Drag
Rolling off the Arm
Carioca Runs
Argentine Crosses
Rhythm Bounce
Foot Change Method 1
Foot Change Method 2
Foot Change Method 3

Cha-cha-cha

Time step
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
Three Cha Cha Chas to Right
Three Cha Cha Chas to Left
Shoulder to Shoulder
Aida
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
Cross Basic with Turn
Cross basic to Open Opposing Position

Methods of Changing feet

- Simple foot change
- Chasse to Right Side Link
- Lock to Right Side Link
- Link to open Opposing position

Split Cuban Break to Right

Split Cuban Break to Left

Cuban Breaks to Right

Cuban Breaks to Left

Cuban Break Amalgamations

Close Hip Twist spiral

Open Hip Twist Spiral

Turkish Towel

Sweetheart

Follow my Leader

Syncopated Open Hip Twist

Curl

Rope Spinning

Overtured Lock Ending

Continuous Overtured Lock

Swivel from Overtured Lock

Swivel Hip twist

Swivels

Walks and Whisks

Advanced Methods of Changing Feet

- Link to Fan L Angle
- Syncopated R side Link

Rumba

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
Progressive Forward Walks
Progressive Forward Walks to Fan
Aida
Continuous Hip Twist
Cuban Rocks
Fencing to Spin
Continuous Circular Hip Twist
Syncopated Open Hip Twist
Natural Top
Reverse Top
Curl
Curl Finished to Side
Spiral
Spiral Finished to Side
Spiral to Fan
Three Alemanas
Sliding Doors
Three Threes
Three Threes to Fan
Rope Spinning
Swivels
Overturned Basic

Paso Doble

Basic Movement
Sur Place
Chasses to R
Drag
Chasses to L
Attack
Huit
Separation
Natural Twist Turn
Promenade
Closed promenade
Promenade Link
Sixteen
Promenade to Counter Promenade
Grand Circle
Banderillas
Fallaway Reverse
Fallaway Whisk
Spanish Lines
La Passe
Syncopated Separation
Flamenco Taps
Twists
Chasse Cape
Chasse Cape Ending 1

Chasse Cape Ending 2
Chasse Cape Ending 3
Travelling Spins from PP
Travelling Spins from CPP
Syncopated Coup de Pique
Separation with Lady's Caping Walks
Farol
Fregolina
Syncopated Chasse
Left Foot Variation
Coup de Pique (changing from LF to RF)
Coup de Pique (changing from RF to LF)

Jive

Basic in Place
Basic in Fallaway
Change of Place from R to L
Change of Place from L to R
American spin
Change of Place behind the Back
Link
Whip
Promenade Walks – Slow
Promenade Walks – Quick
Fallaway Throwaway
Change of Place from R to L with Double Spin
Overturned Change of Place from L to R
Double Cross Whip
Throwaway Whip
Reverse Whip
Curly Whip
Overturned Fallaway Throwaway
Stop and Go
Hip Bump
Windmill
Mooch
Spanish Arms
Chicken Walks
Rolling off the Arm
Simple Spin
Rock to Simple Spin
Flicks into Break
Toe Heel Swivels
Sugar Push
Miami Special
Shoulder Spin
Chugging
Catapult
Ball Change
Stalking Walks, Flicks into Break