

Prilog 1

Natjecateljskog pravilnika

HRVATSKOG SPORTSKOG PLESNOG SAVEZA

**Katalog sportskih plesnih slika za
standardne i latinsko-američke plesove**

U Zagrebu, 13. travnja 2021. godine.

1. SPORTSKI PLESNI PAROVI

1.1. 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 suokvirne 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.

1.2. 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
Overtuned 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 Forward Change Step Reverse to atural
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

1.3. 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
Overtuned Change of Place from L to R
Double Cross Whip
Throwaway Whip
Reverse Whip
Curly Whip
Overtuned 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

2. SOLO, DUO/TRIO, GRUPE I FORMACIJE

2.1 SAMBA

General actions that may be used as choreographic elements in any combination

Rhythm Bounce (RF and LF)
Kick Ball Change (RF and LF)
Side Walk (RF and LF)
Three Step Turn (to RF or LF) - in any direction
Forward Botafogo (RF and LF)
Backward Botafogo (RF and LF)
Travelling Volta (RF and LF)
Circular Volta (RF and LF)
Volta spot turn (RF and LF)
Continuous Spot Volta (RF and LF)
Drop Volta (RF and LF)
Cruzado Walk
Cruzado Lock
Merengue Backward (RF and LF) - possible timing: SSSS, SSQQS, QQS, QQQQ

New actions that may be used as choreographic elements in any combination

Batucadas Slow - Timing SQQ
Batucadas Quick - timing S&a
Continuous Chasse (RF and LF) - timing QQQQQS
Continuous Cruzado Lock (RF and LF) - timing 1&2&3&4
Cruzado Walk with Continuous Lock (RF and LF) - timing 1 2&3&4
Continuous Spins (RF and LF) - timing 1&2&3&4, in any direction
Rock (RF and LF) - timing SS, in any direction
Merengue to side (RF and LF) - possible timings SSSS, SSQQQ, QQQQ
Stationary Botafogo - Step 1 is a Walk in Place
Running Chasse forward (RF and LF) - Timing QQS

Solo Female only - All remaining syllabus figures (Lady's steps)

Solo Male only – All remaining syllabus figure (Man's steps)

Additional Guidelines

- The use of arms and hands is free and should not be used as if the choreography is being danced in a couple.
- The figures may be danced with any variations defined in the notes of the WDSF Syllabus or WDSF Technique Books.
- Quantities of Turn and Directions may be adapted to the requirements of solo choreography.
- Precedes and follows are not limited by the precedes and follows in the WDSF technique books or WDSF Syllabus. As these figures and actions are used solo, there are more possible connections.
- The last step of a Cruzado Walk, any type of forward Lock, forward Running Chasse or any type of Volta Action may be replaced by a Forward Step Turning, or a Forward Swivel can be added at the end.
- Figures where Man's or Lady's steps may be used are marked with *.

Figures

Natural Basic Movement *

- Steps 1-3 or 4-6 only, may be used
- If steps 1-3 are used as a precede for a Reverse Roll, Sway to R may be used

Reverse Basic Movement *

- Steps 1-3 or 4-6 only, may be used
- If steps 1-3 are used as a precede for a Natural Roll, Sway to L may be used

Progressive Basic *

Side Basic Movement to Right *

Side Basic Movement to Left *

Outside Basic

Samba Whisk to Right *

- May turn $\frac{1}{4}$ to L
- Ronde action may be used on step 1

Samba Whisk to Left *

- May turn $\frac{1}{4}$ to R
- Ronde action may be used on step 1

Stationary Samba Walks *

- Steps 1-3 or 4-6 only, may be used

Promenade Samba Walks *

- Steps 1-3 or 4-6 only, may be used

Side Samba Walk *

- May be danced with $\frac{1}{8}$ or $\frac{1}{4}$ of turn to R (RLR) or to L (LRL)

Reverse Turn *

- Steps 1-3 or 4-6 only, may be used
- Alternative timing SQQ SQQ

Promenade to Counter Promenade Botafogos

- Steps 1-3, 1-6, 4-6 or 4-9 only, may be used

Side Samba Chasse *

- May turn up to $\frac{1}{4}$ to R when started with RF and $\frac{1}{4}$ to L when started with LF
- Steps 1-4 only, may be used (QQQQ)
- Steps 3-5 only, may be used (QQS)

Travelling Botafogos Forward *

- Steps 1-3, 4-6, 1-6 or 4-9 only, may be used

Travelling Botafogos Backwards to PP *

- Steps 1-3, 4-6, 1-6 or 4-9 only, may be used

Criss Cross Botafogos *

- Steps 1-3 or 4-6 only, may be used

Criss Cross Voltas to Right *

- The last 2 steps may be danced as a Botafogo Ending
- Steps 2-3 may be repeated
 - ✓ 2 times- 1a2a3a4a5a6
 - ✓ 4 times - 1a2a3a4a5a6a7a8
- Steps 2-3 may be repeated
 - ✓ 1 time- 1a2a3a4(5)a6or
 - ✓ 3 times - 1a2a3a4(5)a6a7a8

Criss Cross Voltas to Left *

- The last 2 steps may be danced as a Botafogo Ending
- Steps 2-3 may be repeated
 - ✓ 2 times- 1a2a3a4a5a6
 - ✓ 4 times - 1a2a3a4a5a6a7a8
- Steps 2-3 may be repeated
 - ✓ 1 time- 1a2a3a4(5)a6

- ✓ 3 times - 1a2a3a4(5)a6a7a8

Travelling Volta to Left *

- It may start with step 2 followed by the complete figure
- Steps 2-3 may be repeated
 - ✓ 2 times - 1a2a3a4 or
 - ✓ 4 times - 1a2a3a4a5a6
 - ✓ or any even number of times
- Steps 2-3 may be repeated
 - ✓ 1 time- 1a2(3)a4
 - ✓ 3 times- 1a2(3)a4a5a6
 - ✓ or any odd number of times

Travelling Volta to Right *

- It may start with step 2 followed by the complete figure
- Steps 2-3 may be repeated
 - ✓ 2 times- 1a2a3a4
 - ✓ 4 times - 1a2a3a4a5a6
 - ✓ or any even number of times
- Steps 2-3 may be repeated
 - ✓ 1 time- 1a2(3)a4
 - ✓ 3 times- 1a2(3)a4a5a6
 - ✓ or any odd number of times

Underarm Turn turning Right

Underarm Turn turning Left

Maypole Lady turning Right

Maypole Lady turning Left

Cruzados Walks *

- Step 1 or 2 only, may be used

Cruzado Locks *

- Steps 1-3 or 4-6 only, may be used

Dropped Volta

Circular Voltas turning Right

Circular Voltas turning Left

Same Foot Botafogos

Samba Locks Lady on L side *

- Steps 1-3,4-6 or 1-6 only, may be used

Samba Locks Lady on R side *

- Steps 1-3,4-6 or 1-6 only, may be used

Natural Roll *

- Steps 1-3 or 4-6 only, may be used

Reverse Roll *

- Steps 1-3 or 4-6 only, may be used

Close Rocks

- Steps 1-3 or 4-6 only, may be used

Open Rocks

- Steps 1-3, 4-6 or 1-6 only, may be used

Backward Rocks

- Steps 1-3 or 4-6 only, may be used

Plait

- Alternative timing SSSS
- Alternative timing QQS QQS

Corta Jaca *

- May start with LF
- Man's steps may be followed by Lady's steps and vice versa

Same Position Corta Jaca *

- May start with RF

Double Spiral Turn

- May start with LF(Lady)

Promenade to Counter Promenade Runs

- Steps 1-3,4-6 or 1-6 only may be used
- Alternative timing QQS QQSQQS
- Alternative timing 1a2 1a21a2

Drag ***Rolling off the Arm**

- After step 4, the Lady can dance steps 5-6-7 diagonally forward and makes an additional $\frac{1}{2}$ turn to left to follow with reverse turn

Argentine Crosses

- Steps 1-6,1-9 or 4-9 only, may be used
- May start from step 4

Carioca Runs *

- Steps 1-4 or 5-8 only, may be used
- Steps 3-4 or 7-8 only, may be used
- May turn up to $\frac{1}{4}$ to L and R
- Alternative timing aSaS

2.2. CHA CHA CHA

General actions that may be used as choreographic elements in any combination

- Chasse** (to R and L)
- Forward Lockstep** (RF and LF)
- Backward Lockstep** (RF and LF)
- Ronde Chasse** (RF and LF)
- Hip Twist Chasse** (RF and LF)
- Slip Close Chasse** (RF and LF)
- Wisk Chasse** (RF and LF)
- Time Step Chasse** (RF and LF)
- Running Chasse Forward** (RF and LF)
- Running Chasse Backward** (RF and LF)
- Volta Cross Chasse** (RF and LF)
 - Version 1
 - Version 2
- Compact Chasse** (RF and LF)
- Three Step Turn** (to R and L)
- Forward Walk Turning** (RF and LF)
- Spiral Cross** (RF and LF)
- Spiral Turn** (RF and LF)
- Forward Swivel** (RF and LF)
- Cuban Rocks** (RF and LF)
 - any direction
 - timing 23

New actions that may be used as choreographic elements in any combination

- Side Step** (RF or LF)
 - timing 2 3 4&1
 - starting with a Side Walk, or Walk in Place
- Side Merengue** (RF and LF)
 - Possible timing
 - ✓ 2 3 4&1
 - ✓ 2 3 4 1
- Backward Merengue** (RF and LF)
 - Possible timing
 - ✓ 2 3 4&1
 - ✓ 2 3 4 1
- Cucaracha** (RF and LF)
 - in any direction
 - possible timing
 - ✓ 2&3
 - ✓ 4&1
- Cuban Rocks with Compact Chasse** (RF and LF) - timing 2 3 4&1
- Continuous Chasse** (to R and to L) - timing 2&3&4&1
- Walk, Walk, Fwd. Lockstep** (RF and LF) - timing 2 3 4&1
- Continuous Lockstep** (RF and LF) - timing 2&3&4&1
- Walk and Continuous Lockstep** (RF and LF) - timing 2 3&4&1

Solo Female Only

All remaining syllabus figures (Lady's steps)

Solo Male only

All remaining syllabus figures (Man's steps only)

Additional Guidelines

- The use of arms and hands is free and should not be used as if the choreography is being danced in a couple.
- It is possible to replace one form of a Chasse with a different form, for example:
 - New York with 3 Step Turn or with Ronde Chasse
 - Spot Turn with Fwd. Lockstep or Cucaracha
 - Close Basic with Ronde Chasse or Slip Chasse and Hip Twist Chasse or Compact Chasse
 - Close Basic with Volta Spot Chasses
 - Open Basic with Forward and Backward Running Chasse
 - Etc...
- The figures may be danced with any variations defined in the notes of the WDSF Syllabus or WDSF Technique Books.
- Quantities of Turn and Directions may be adapted to the requirements of solo choreography.
- Precedes and follows are not limited by the precedes and follows in the WDSF technique books or WDSF Syllabus. As these figures and actions are used solo, there are more possible connections.
- A Forward Walk, Cha Cha Lock Forward, Cha Cha Chasse to R and L or a Side Walk may end with a forward Swivel.
- Guapacha timing may be used where appropriate.
- Figures where Man's or Lady's steps may be used are marked with *.

Figures

Time Step * - Steps 1-5 or 6-10 only, may be used

Basic Movement in Place * - Steps 1-5 or 6-10 only, may be used

There and Back * - Steps 1-5 or 6-10 only, may be used

Close Basic Movement * - Steps 1-5 or 6-10 only, may be used

Open Basic Movement * - Steps 1-5 or 6-10 only, may be used

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 * - Steps 1-6 or 4-9 only, may be used

Three Cha Cha Chas to Left * - Steps 1-6 or 4-9 only, may be used

Shoulder to Shoulder * - Steps 1-5 or 6-10 only, may be used

Aida * - Steps 1-7, 1-10 or 6-10 only, may be used

Fan - Step 2 may be overturned for the Lady (Spiral Cross $\frac{3}{4}$ to L) ending with a Cha Cha Chasse LRL

Open Hip Twist / Open Hip Twist to Chasse

- Steps 1-5 or 6-10 only, may be used
- Step 7 may be overturned for the Lady (Spiral Cross $\frac{3}{4}$ to L) ending with a Cha Cha Chasse LRL

Close Hip Twist / Close Hip Twist to Chasse

- Steps 1-5 or 6-10 only, may be used
- Step 7 may be overturned for the Lady (Spiral Cross $\frac{3}{4}$ to L) ending with a Cha Cha Chasse LRL

Hockey Stick / Hockey Stick to Chasse

- Steps 1-5 or 6-10 only, may be used
- May be danced in a straight line (no turn on step 6) for the Lady

Alemana / Alemana from Open Opposing Position - Steps 1-5 or 6-10 only, may be used

Natural Top - Steps 1-5, 6-10 or 11-15 only, may be used

Cross Basic / Cross Basic to Open Opposing Position / Cross Basic with turn - Steps 1-5 or 6-10 only, may be used

Simple Foot Change *

Foot Change Method 1 - Chasse to Right Side Link *

Foot Change Method 2 - Lock to Right Side Link * - Steps 1-5 or 6-10 only, may be used

Foot Change Method 3 - Link to Open Opposing Position - Steps 1-5 or 6-10 only, may be used

Split Cuban Break to Right *

Split Cuban Break to Left *

Cuban Breaks to Right * - Steps 1-4 only, may be used

Cuban Breaks to Left * - Steps 1-4 only, may be used

Cuban Break Amalgamations *

Cuban Breaks in Open Opposing Position *

Close Hip Twist Spiral

- Steps 1-5 or 6-10 only, may be used
- Step 7 may be overturned for the Lady (Spiral Cross $\frac{7}{8}$ to L), Three Step Turn may end backward or to side

Open Hip Twist Spiral

- Steps 1-5 or 6-10 only, may be used
- Step 7 may be overturned for the Lady (Spiral Cross $\frac{7}{8}$ to L), Three Step Turn may end backward or to side

Turkish Towel - Steps 1-10, 5-10, 11-20, 21- 25 or 21-30 only, may be used

Sweetheart - Steps 1-5, 6-10, 11-15 or 16-20 only, may be used

Follow my Leader

- Steps 1-5, 16-20, 18-26 only, may be used
- Lady can dance Man's steps 16-20

Syncopated Open Hip Twist

- Steps 1-5 or 6-9 only, may be used
- Step 8 may be overturned for the Lady (Spiral Cross $\frac{3}{4}$ to R) ending with a Side Walk

Curl

- Steps 1-5 or 6-10 only, may be used
- Step 7 may be overturned for the Lady (Spiral Cross $\frac{3}{4}$ to L) ending with a Cha Cha Chasse LRL

Rope Spinning - Steps 1-5 or 6-10 only, may be used

Overturned Lock Ending

Continuous Overturned Lock

Swivel from Overturned Lock

Swivel Hip Twist - Step 1 only may be used (RF and LF)

Swivels

- Steps 1-2 only, may be used
- Step 4 may be overturned for the Lady (Spiral Cross $\frac{3}{4}$ to R) ending with a Side Walk

Walks and Whisks * - Steps 1-5 or 6-11 only, may be used

Foot Change Method 4 - Link to Fan Left Angle - Steps 1-5 or 6-10 only, may be used

Foot Change Method 5 - Syncopated Right Side Link - Steps 1-5 or 6-10 only, may be used

2.3. RUMBA

General actions that may be used as choreographic elements in any combination

Forward Walks (RF and LF)
Backward Walks (RF and LF)
Checked Forward Walk (RF and LF)
Checked Backward Walk (RF and LF)
Walk in Place (RF and LF)
Weight Transfer in Place (RF and LF)
Side Walk (RF and LF)
Cucarachas (RF and LF) - in any direction
Cuban Rocks (RF or LF) - in any direction
Syncopated Cuban Rocks (RF or LF) - in any direction
Forward Walk Turning (RF and LF)
Delayed Forward Walk Turning (RF and LF)
Spiral Cross (RF and LF)
Spiral Turn (RF and LF)
Forward Swivel (RF and LF)
Backward Swivel (RF and LF)
Swivel Turn (RF and LF) - Fwd Swivel turned 1 full turn

New actions that may be used as choreographic elements in any combination

Swivel Walks

- Fwd walk, Swivel $\frac{1}{4}$, Side Walk, Swivel $\frac{1}{4}$ (RF or LF)
- Can start with Side Walk

Walk in Place

- Timing & may be used
- For example: a Fwd Walk on RF 41, Walk in Place &, Cucaracha RLR 2 3 41

Three Step Turn (RF and LF)

- timing 2&3
- in any direction

Solo Female only

All remaining syllabus figures (Lady's steps).

Any figure in Rumba that can finish to side may be overturned - step 5 changes to Spiral Cross and turns $\frac{3}{4}$ to L.

Solo Male only

All remaining syllabus figures (Man's steps only).

Additional Guidelines

- The use of arms and hands is free and should not be used as if the choreography is being danced in a couple.
- The figures may be danced with any variations defined in the notes of the WDSF Syllabus or WDSF Technique Books.
- Quantities of Turn and Directions may be adapted to the requirements of solo choreography.

- Precedes and follows are not limited by the precedes and follows in the WDSF technique books or WDSF Syllabus. As these figures and actions are used solo, there are more possible connections.
- When a figure ends in Fan L Angle position, Habanera Rhythm may be used on steps 4-6 -timing (2) & 3 4.1
- Figures where Man's or Lady's steps may be used are marked with *.

Figures

Close Basic Movement * - Steps 1-3 or 4-6 only, may be used

Open Basic Movement * - Steps 1-3 or 4-6 only, may be used

New York to Right and Left *

Hand to Hand to Right and Left *

Spot Turn to Right and Left *

Underarm Turn turning Right

Underarm Turn turning Left

Side Walks and Cucarachas *

- May start with RF
- Steps 1-3, 4-6 or 1-6 only, may be used

Fan - Lady may overturn step 2 (Spiral Cross $\frac{3}{4}$ to L) to end with a Side Walk

Open Hip Twist / Open Hip Twist finished to side

- Steps 1-3 or 4-6 only, may be used
- May be danced in a straight line (Lady) - no turn on step 3
- Lady may overturn step 5 (Spiral Cross $\frac{3}{4}$ to L) to end with a Side Walk

Hockey Stick / Hockey Stick finished to side

- Steps 1-3 or 4-6 only, may be used
- May be danced in a straight line (Lady) - no turn on step 4

Opening Out - Steps 1-3 only, may be used

Shoulder to Shoulder * - Steps 1-3 or 4-6 only, may be used

Alternative Basic Movement

Close Hip Twist / Close Hip Twist finished to side

- Steps 1-3 or 4-6 only, may be used
- Step 3 (Lady) can overturn ($\frac{1}{2}$ to R)
- Lady may overturn step 5 (Spiral Cross $\frac{3}{4}$ to L) to end with a Side Walk

Alemana / Alemana finished to side/ Alemana from Open Opposing Position

- Steps 1-3 or 4-6 only, may be used

Progressive Forward Walks/ Progressive Forward Walks to Fan

Aida * - Steps 1-3 or 4-7 only may be used

Continuous Hip Twist - Steps 1-3 or 4-6 only, may be used

Fencing to Spin - Steps 1-3, 4-6, 1-6or 7-8 only, may be used

Continuous Circular Hip Twist

- Steps 1-3, 4-6, 1-6 or 1-9 only, may be used
- Lady may overturn step 11 (Spiral Cross $\frac{3}{4}$ to L) to end with a Side Walk

Syncopated Open Hip Twist

- Steps 1-4 or 5-8or 3-4 only, may be used
- May be danced in a straight line (Lady) - no turn on step 3
- Lady may overturn step 7 (Spiral Cross $\frac{3}{4}$ to L) to end with a Side Walk

Natural Top - Steps 1-3, 4-6, 1-6 or 7-9 only, may be used

Reverse Top

Curl / Curl finished to side

- Steps 1-3 or 4-6 only, may be used
- May be danced in a straight line (Lady) - overturn the Spiral Cross on step 3
- Lady may overturn step 5 (Spiral Cross $\frac{3}{4}$ to L) to end with a Side Walk

Spiral / Spiral finished to side/ Spiral to Fan - Steps 1-3 or 4-6 only, may be used

Three Alemanas - Steps 1-6, 4-6 or 4-9 only, may be used

Sliding Doors - Steps 1-6 only, may be used

Advanced Sliding Doors*

- Steps 1-3 or 4-6 only, may be used
- Lady can dance Man's steps

Three Threes - Steps 1-3, 4-6, 1-6 or 7-12 only, may be used

Three Threes to Fan

- Steps 1-3, 4-6, 1-6 or 7-12 only, may be used
- Lady may overturn step 11 (Spiral Cross $\frac{3}{4}$ to L) to end with a Side Walk

Rope Spinning - Steps 1-3 only, may be used

Swivels

- Steps 1-3 or 4-6 or 1-6 only, may be used
- Lady may overturn step 8 (Spiral Cross $\frac{3}{4}$ to L) to end with a Side Walk

Overtured Basic - Steps 1-4 only, may be used

2.4. PASO DOBLE

General actions that may be used as choreographic elements in any combination

Appel (RF and LF)

Slip Appel (RF and LF)

March (RF and LF)

Forward Step Turning (RF and LF)

Spanish Line (RF and LF)

- backward step, Spanish Line
- possible timing
 - ✓ 1 2
 - ✓ &1.2

Press Line (RF and LF)

- forward Step, Press Line
- possible timing
 - ✓ 1 2
 - ✓ &1.2

Latin Cross and Untwist (RF and LF)

- Man's steps 9-10 of Twists
- Possible timing
 - ✓ 1 2
 - ✓ 1.2 3.4
 - ✓ 1&

March with Position Held (RF and LF)

- Man's steps 7-12 of La Passe
- Lady can dance it with knee lift.
- Any number of steps may be used

Volta Cross Chasse - method 1 (RF and LF)

- Possible timing
 - ✓ 1&2
 - ✓ 2&1

Step-Point

- steps 9-10 or 11-12 of La Passe
- Possible Timing
 - ✓ &1 &2
 - ✓ &12 &34

Botafogo Action

- Lady's steps 2-4 or 5-7 of Huit
- can be danced also progressive fwd

New actions that may be used as choreographic elements in any combination

Syncopated Appel (RF and LF) - timing &

Three Step Turn (RF and LF)

- can be taken in any direction
- possible timing
 - ✓ 1&2
 - ✓ 2&1

Continuous Spin (RF and LF)

- can be taken in any direction
- timing 1&2&

Syncopated Chasse to R* - timing 1&2&34
Syncopated Chasse to Left * - timing 12&34
Botafogo Slow (RF and LF) - timing 1.2 3 4
Botafogo Quick (RF and LF)

- possible timing
 - ✓ 1 2&
 - ✓ 1&2

Fwd Lockstep (RF and LF)

- possible timing
 - ✓ 1&2
 - ✓ 2&1

Bwd Lockstep (RF and LF)

- possible timing
 - ✓ 1&2
 - ✓ 2&1

Solo Female Only

All remaining syllabus figures (Lady's steps)

Solo Male only

All remaining syllabus figures (Man's steps)

Additional Guidelines

- The use of arms and hands is free and should not be used as if the choreography is being danced in a couple.
- The figures may be danced with any variations defined in the notes of the WDSF Syllabus or WDSF Technique Books.
- Quantities of Turn and Directions may be adapted to the requirements of solo choreography.
- Precedes and follows are not limited by the precedes and follows in the WDSF technique books or WDSF Syllabus. As these figures and actions are used solo, there are more possible connections.
- When the first step of a figure is an Appel and is replaced by a Syncopated Appel (&), then the timing for the 2nd step must change to 1(2), or the timing of the 4th step to 3(4).
- A March can end with a Forward Swivel.
- Figures where Man's or Lady's steps may be used are marked with *.

Figures

Basic Movement *

- Any even number of steps may be used
- when danced fwd it may be danced with Knee Lift
- when danced bwd it may be danced with ronde from the knee

Sur Place * - Any even number of steps may be used

Chasses to R * - Any even number of steps may be used

Chasses to Left *

- Steps 1-2 only, may be used
- Steps 3-4 may be repeated

Drag *

Attack *

Huit

Separation * - Steps 1-4 or 5-8 only, may be used

Natural Twist Turn

- Steps 3-8 only, may be used
- Lady may use Man's steps 4-8
- steps 4-8 can have an alternative timing 12 3(4) 56 or 12 & 34

Promenade * - Steps 3-8 only, may be used

Closed Promenade * - Steps 1-2 only, may be used

Promenade Link * - Steps 1-2 only, may be used

Sixteen - Steps 1-8, 1-11, 1-14 , 3-9, 3-11, 3-14 or 3-16 only, may be used

Promenade to Counter promenade * - Steps 3-16 only, may be used

Grand Circle

- Lady may use Man's steps 1-6 or 1-8
- Steps 1-6 only, may be used
- alternative timing of steps 1-6 1(2) 34

Banderillas

- May start from step 5
- Steps 5-8 only, may be danced

Fallaway Reverse

- Steps 1-4 or 1-6 only, may be used
- Step 1 followed by steps 6-8, may be used

Fallaway Whisk * - Steps 2-4 only, may be used

Spanish Lines *

- Steps 1-4 or 5-8 only, may be used
- Steps 2-4 or 6-8 only, may be used
- Possible timing
 - ✓ 123(4)
 - ✓ 1&2
 - ✓ 4&1(2)

La Passe

- May start from step 3
- Man and Lady may use steps 7-12 only

Syncopated Separation *

- Steps 1-4, 5-8, 9-12 or 13-15 only, may be used
- Lady and Man may use Man's steps 5-8 (RF or LF)
- Lady and Man may use steps 15-19 - alternative timing 1234
- Steps 9-12 may have an alternative timing 12 34

Flamenco Taps *

Twists

- May start from step 3
- Steps 1-6, 1-10 only, may be used
- Steps 1-6 may have an alternative timing - &123 4&

Chasse Cape

- Steps 1-3, 4-8, 9-13, or 17-24 only may be used
- Steps 4-6 or 9-11 only, may be used

Chasse Cape Ending 1 *

Chasse Cape Ending 2 *

Chasse Cape Ending 3 *

Travelling Spins from PP

- May start from step 3
- Steps 2-3, 4-5, 2-5, 2-7, 2-8, 4-8, or 6-8 only, may be used (Lady)

Travelling Spins from CPP

Syncopated Coup de Pique *

- May start from step 2 or step 3

- Steps 1-4, 1-6, 5-9, 2-5, only, may be used

Separation with Lady's Caping Walks - Steps 11-14 only, may be used

Farol

Fregolina

- Steps 1-8 only, may be used
- Steps 9-12, 9-16, 9-20, 25-29 or 13-20 only, may be used (Lady)

One Beat Hesitation *

Syncopated Sur Place *

Syncopated Chasse * - May start with RF fwd (Man), LF bwd (Lady) and vice versa

Left Foot Variation * - May start with RF fwd (Man), LF bwd (Lady) and vice versa

Coup de Pique Changing LF to RF * - Steps 1-4 or 2-4 only, may be used

Coup de Pique Changing RF to LF * - Steps 1-4 or 1-5 only, may be used

2.5. JIVE

General actions that may be used as choreographic elements in any combination

Rock (RF and LF)
Kick Ball Change (RF and LF)
Flick Ball Change (RF and LF)
Break Ball Change (RF and LF)
Ball Change (RF and LF)
Side Chasse (RF and LF)
Compact Chasse (RF and LF)
Turning Chasse (RF and LF)
Forward Chasse (RF and LF)
Backward Chasse (RF and LF)
Forward lock (RF and LF)
Running Chasse forward (RF and LF)
Volta Cross Chasse (RF and LF) - method 1 and method 2
Single Beat Chasse (RF and LF)
Tap Step (RF and LF)
Step Tap (RF and LF)
Flick Step (RF and LF)
Step Flick (RF and LF)
Jive Ronde Chasse (RF and LF)
Jumping Chasse (RF and LF)

New actions that may be used as choreographic elements in any combination

Kick Step (RF and LF) - in any direction
Step, Kick (RF and LF) - in any direction
Step Tap to Side (RF and LF) - The step can be taken in place, forward, backward, crossed in front or crossed behind
Step, Kick, Kick, Step (RF and LF) - in any direction
Step, Kick, Kick, Kick (RF and LF) - in any direction
Kick, Kick, Kick, Kick (RF and LF) - in any direction
Continuous Jive Chasse (RF and LF) - timing 1a2a3a4
Merengue Backwards (RF and LF) - any suitable combination of S and Q
Merengue to Side (RF and LF) - any suitable combination of S and Q
Drunken Sailor (RF and LF) - timing 1a2 3a4

Solo Female only

All remaining syllabus figures (Lady's steps)

Solo Male only

All remaining syllabus figures (Man's steps only)

Additional Guidelines

- The use of arms and hands is free and should not be used as if the choreography is being danced in a couple.
- The figures may be danced with any variations defined in the notes of the WDSF Syllabus or WDSF Technique Books.

- Quantities of Turn and Directions may be adapted to the requirements of solo choreography.
- Precedes and follows are not limited by the precedes and follows in the WDSF technique books or WDSF Syllabus. As these figures and actions are used solo, there are more possible connections.
- The last step of any Jive Chasse to side, Forward Chasse, Forward Lockstep or Running Chasse forward may be replaced by a forward Step Turning, Spiral Cross or Forward Swivel.
- Figures where Man's or Lady's steps may be used are marked with *.

Figures

Basic in Place * - May start from step 3

Basic in Fallaway * - May start from step 3

Change of Place from R to L - May start from step 3

Change of Place from L to R

- May start from step 3
- Steps 6-8 can be replaced by a Ronde Chasse, to end in L Side Same Position

American Spin * - May start from step 3

Change of Place behind the back - May start from step 3

Link

- May start from step 3
- Steps 1-5 only, may be used

Whip *

Promenade Walks-slow

- May start from step 3
- Steps 3-8 or 3-5 may be repeated

Promenade Walks-quick

- May start from step 3
- Steps 3-4 may be repeated

Fallaway Throwaway - May start from step 3

Change of Place from R to L with Double Spin - May start from step 3

Overtured Change of Place from L to R - May start from step 3

Double Cross Whip *

Throwaway Whip

Reverse Whip

Curly Whip

Overtured Fallaway Throwaway - May start from step 3

Stop and Go

- May start from step 3
- Steps 1-5 or 6-10 only, may be used

Hip Bump *

- May start from step 3
- Steps 1-4 only, may be used

Windmill * - May start from step 3

Mooch *

- Steps 1-8 ,1-11, 12-19 or 12-22 only, may be used
- Steps 3-6 and 14-17, may be repeated

Spanish Arms - Steps 1-8 or 9-16 only, may be used

Chicken Walks

- Steps 1-2 may be repeated
- Any suitable combination of S and Q may be used
- Lady's Forward Walk Turning may be replaced by Contra Point Action (Laird)

Rolling off the Arm - Steps 1-5, 1-7 or 6-10 only, may be used

Simple Spin *

Rock to Simple Spin *

Flicks into Break *

- May start from step 3
- Steps 1-6 only, may be used
- Steps 11-14 only, may be used -timing 1(23)a4

Stalking Walks, Flicks and Break (ISTD) *

- May start from step 3
- Steps 1-8, 3-8, 9-16 or 17-20 only, may be used

Toe Heel Swivels *

- May start from step 3
- Steps 3-5 or 6-8 only, may be used (timing QQS)
- Alternative timing QQ QQQ QQQ

Sugar Push

- Steps 1-3 may be replaced by Rock Action and 2 steps forward or 2 steps forward
- Steps 4-8 only, may be used (RF and LF)

Miami Special

Shoulder Spin

Chugging

- Steps 9-14 only may be used
- Lady may replace steps 9-14 with Kick Ball Change or Flick Ball Change Action

Chugging (ISTD)

- May start from step 3
- Steps 3-8 may be repeated
- Steps 1-8, 1- 14 or 3-14 only, may be used

Catapult

- May start from step 3
- Steps 1-10 or 11 – 16 only, may be used

2.6. STANDARD (Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep)

Solo Female Only

All syllabus figures (Lady's steps only)

Solo Male only

All syllabus figures (Man's steps only)

Additional Guidelines

- The use of arms and hands is free and should not be used as if the choreography is being danced in a couple.
- The figures may be danced with any variations defined in the notes of the WDSF Syllabus or WDSF Technique Books.
- Quantities of Turn and Directions may be adapted to the requirements of solo choreography.