

Categorie: Senior

SAMBA - Figure consentite

	IDTA	Dispensa FIDESM	WDSF
	Classe B3		
1	NATURAL BASIC MOVEMENT		NATURAL BASIC MOVEMENT
2			SIDE BASIC MOVEMENT TO RIGHT
3	REVERSE BASIC MOVEMENT		REVERSE BASIC MOVEMENT
4			SIDE BASIC MOVEMENT TO LEFT
5	PROGRESSIVE BASIC MOVEMENT		PROGRESSIVE BASIC MOVEMENT
6	OUTSIDE BASIC		OUTSIDE BASIC
7	SAMBA WHISKS TO LEFT AND RIGHT		SAMBA WHISK TO LEFT SAMBA WHISK TO RIGHT
8	VOLTA SPOT TURN TO RIGHT FOR LADY		UNDERARM TURNING RIGHT
9	VOLTA SPOT TURN TO LEFT FOR LADY		UNDERARM TURNING LEFT
10	SOLO VOLTA SPOT TURN TO LEFT		SOLO SPOT VOLTA TURNING LEFT
11	SOLO VOLTA SPOT TURN TO RIGHT		SOLO SPOT VOLTA TURNING RIGHT
12	PROMENADE SAMBA WALKS		PROMENADE SAMBA WALKS
13	SIDE SAMBA WALK		SIDE SAMBA WALK
14	STATIONARY SAMBA WALKS		STATIONARY SAMBA WALKS

15	REVERSE TURN		REVERSE TURN
16	TRAVELLING BOTAFOGOS		TRAVELLING BOTAFOGO FORWARD
17	RHYTHM BOUNCE		RHYTHM BOUNCE
18	CLOSE ROCKS ON RIGHT FOOT AND LEFT FOOT		CLOSE ROCKS
19	CORTA JACA		CORTA JACA
20		CORTA JACA SUPPLEMENT	
21	NATURAL ROLL		NATURAL ROLL
22	OPEN ROCKS TO RIGHT AND LEFT		OPEN ROCKS
23	PROMENADE BOTAFOGO		
24		PROMENADE TO COUNTER PROMENADE BOTAFOGOS	PROMENADE TO COUNTER PROMENADE BOTAFOGOS
25	BACKWARD ROCKS ON RF AND LF		BACKWARD ROCKS
26	SHADOW BOTAFOGOS		CRISS CROSS BOTAFOGOS
27	TRAVELLING VOLTAS TO RIGHT		CRISS CROSS VOLTAS TO RIGHT
28	TRAVELLING VOLTAS TO LEFT		CRISS CROSS VOLTAS TO LEFT
29	PLAIT		PLAIT
30	CONTINUOUS VOLTA SPOT TURN TO RIGHT		MAYPOLE LADY TURNING RIGHT
31	CONTINUOUS VOLTA SPOT TURN TO LEFT		MAYPOLE LADY TURNING LEFT
32			TRAVELLING BOTAFOGOS BACKWARD TO PP

Classe B2			
1-32	Figure Consentite per la Classe B3		
33	ARGENTINE CROSSES		ARGENTINE CROSSES
34	SAMBA SIDE CHASSES		SIDE SAMBA CHASSE
35	PROMENADE TO COUNTER PROMENADE RUNS		PROMENADE TO COUNTER PROMENADE RUNS
36	DROPPED VOLTA		DROPPED VOLTA
37		SOLO CONTINUOUS VOLTA SPOT TURN A Sx (DAMA A Dx)	
38		SOLO CONTINUOUS VOLTA SPOT TURN A Dx (DAMA A Sx)	
39		SIMPLE VOLTA A Dx (DAMA A Sx)	TRAVELLING VOLTA TO RIGHT
40		SIMPLE VOLTA A Sx (DAMA A Dx)	TRAVELLING VOLTA TO LEFT
Classe B1			
1-40	Figure Consentite per la Classe B2		
41	CIRCULAR VOLTAS TO RIGHT		CIRCULAR VOLTAS TO RIGHT
42	CIRCULAR VOLTAS TO LEFT		CIRCULAR VOLTAS TO LEFT
43	CONTRA BOTAFOGOS		SAME FOOT BOTAFOGO
44	CORTA JACA IN SHADOW POSITION		SAME POSITION CORTA JACA
45	CRUZADOS LOCKS IN SHADOW POSITION		CRUZADOS LOCKS
46	CRUZADOS WALKS IN SHADOW POSITION		CRUZADOS WALKS
47	THE DRAG		DRAG

48	SAMBA LOCKS IN OPEN CPP		SAMBA LOCKS LADY ON LEFT SIDE
49	THREE STEP TURN FOR LADY		DOUBLE SPIRAL TURN
50	SAMBA LOCKS IN OPEN PP		SAMBA LOCKS LADY ON RIGHT SIDE

51	ROLLING OFF THE ARM		ROLLING OFF THE ARM
52	METHODS OF CHANGING FEET (1)		METHODS OF CHANGING FEET
53	METHODS OF CHANGING FEET (2)		
54	METHODS OF CHANGING FEET (3)		
55	METHODS OF CHANGING FEET (4)		
56		CAMBIO DI PIEDE DA OPEN CPP A SHADOW POSITION STESSO PIEDE	
57		CAMBIO DI PIEDE DA CONTRA PP A OPEN CPP	
58			REVERSE ROLL
59			CARIOCA RUNS

Nota

L'elenco delle figure eseguibili con Same Foot in Shadow (Right Diagonal Same) Position, dove la femmina utilizza gli stessi passi del maschio, è il seguente:

BOTAFOGOS, CORTA JACA, TRAVELLING VOLTAS TO RIGHT e/o LEFT (CRISS CROSS VOLTAS), SIMPLE VOLTA A DX e/o A SX (TRAVELLING VOLTAS), DROPPED VOLTA, CRUZADOS WALKS, CRUZADOS LOCKS, STATIONARY SAMBA WALKS e CARIOCA RUNS.

CHA CHA CHA - Figure consentite

	IDTA	Dispensa FIDESM	WDSF
	Classe C		
1	CHA CHA CHA CHASSE TO RIGHT (RLR)		CHA CHA CHA CHASSE TO RIGHT (RLR)
2	CHA CHA CHA CHASSE TO LEFT (LRL)		CHA CHA CHA CHASSE TO LEFT (LRL)
3	CHA CHA CHA LOCK FORWARD (RLR)		CHA CHA CHA LOCK FORWARD (RLR)
4	CHA CHA CHA LOCK FORWARD (LRL)		CHA CHA CHA LOCK FORWARD (LRL)
5	CHA CHA CHA LOCK BACKWARD (LRL)		CHA CHA CHA LOCK BACKWARD (LRL)
6	CHA CHA CHA LOCK BACKWARD (RLR)		CHA CHA CHA LOCK BACKWARD (RLR)
7	COMPACT CHASSE		COMPACT CHASSE
8	RONDE CHASSE		RONDE CHASSE
9	HIP TWIST CHASSE		HIP TWIST CHASSE
10	SLIP CLOSE CHASSE		SLIP CLOSE CHASSE
11	TIME STEP		TIME STEP
12	CLOSE BASIC		CLOSE BASIC MOVEMENT
13	OPEN BASIC		OPEN BASIC MOVEMENT
14	CHECK FROM OPEN CPP		NEW YORK TO RIGHT
15	CHECK FROM OPEN PP		NEW YORK TO LEFT

16	SPOT TURN TO LEFT		SPOT TURN TO LEFT
17	SPOT TURN TO RIGHT		SPOT TURN TO RIGHT
18	UNDERARM TURN TURN TO RIGHT		UNDERARM TURN TURNING RIGHT
19	UNDERARM TURN TURN TO LEFT		UNDERARM TURN TURNING LEFT
20	HAND TO HAND		HAND TO HAND TO RIGHT
			HAND TO HAND TO LEFT
21			THREE CHA CHA CHAS TO RIGHT
22			THREE CHA CHA CHAS TO LEFT
23	FAN		FAN
24	SHOULDER TO SHOULDER	ALTERNATIVE SHOULDER TO SHOULDER	SHOULDER TO SHOULDER
25	ALEMANA (FINISH A)		
26	ALEMANA FROM OPEN POSITION WITH L TO R HAND HOLD (FINISH A)		
27	HOCKEY STICK		HOCKEY STICK
28	NATURAL TOP (FINISH A)		
Classe B3			
1-28	<i>Figure Consentite per la Classe C</i>		
29	NATURAL TOP (FINISH B)		NATURAL TOP
30	CLOSE HIP TWIST		CLOSE HIP TWIST

31	ALEMANA (FINISH B)		ALEMANA
32	ALEMANA FROM OPEN POSITION WITH L TO R HAND HOLD (FINISH B)		ALEMANA FROM OPEN OPPOSING POSITION
33	OPEN HIP TWIST		OPEN HIP TWIST
34	CROSS BASIC		CROSS BASIC
35	OPENING OUT FROM REVERSE TOP		
36	REVERSE TOP		
37			AIDA
	Classe B2		
1-37	<i>Figure Consentite per la Classe B3</i>		
38	CROSS BASIC WITH SPIRAL CROSS		CROSS BASIC WITH TURN
39	CROSS BASIC FINISH IN FAN POSITION		CROSS BASIC TO FAN LEFT ANGLE
40	CROSS BASIC FINISH IN OPEN POSITION		CROSS BASIC TO OPEN OPPOSING POSITION
41	CROSS BASIC FINISH IN OPEN CPP POSITION		
42	CLOSE HIP TWIST TURNED TO OPEN CPP		CLOSE HIP TWIST TO CHASSE
43	ALEMANA CHECKED TO OPEN CPP		

44	ALEMANA FROM OPEN POSITION WITH L TO R HAND HOLD CHECKED TO OPEN CPP		
45	OPEN HIP TWIST TURNED TO FINISH IN OPEN CPP		OPEN HIP TWIST TO CHASSE
46	HOCKEY STICK TURNED TO OPEN CPP		HOCKEY STICK TO CHASSE
47	METHODS OF CHANGING FEET - METHOD 1		

48			METHOD OF CHANGING FEET 1
49	METHODS OF CHANGING FEET - METHOD 2		METHODS OF CHANGING FEET - SIMPLE FOOT CHANGE
50	TURKISH TOWEL		TURKISH TOWEL
51	CURL		CURL
52	CURL TURNED TO OPEN CPP		
53			RUNNING CHASSE FORWARD/MERENGUE CHASSE (LRL) - (RLR)
54			RUNNING CHASSE BACKWARD/MERENGUE CHASSE (RLR)- (LRL)
55			THERE AND BACK

	Classe B1		
1-55	<i>Figure Consentite per la Classe B2</i>		
56	GUAPACHA		GUAPACHA TIMING

57	ALEMANA FROM OPEN POSITION WITH RIGHT HAND HOLD		
58	SYNCOATED OPEN HIP TWIST		SYNCOATED OPEN HIP TWIST
59	OPEN HIP TWIST SPIRAL		OPEN HIP TWIST SPIRAL
60	OPEN HIP TWIST SPIRAL TURNED TO FAN POSITION		
61	CLOSE HIP TWIST SPIRAL		CLOSE HIP TWIST SPIRAL
62	CLOSE HIP TWIST SPIRAL TURNED TO FAN POSITION		
63	CUBAN BREAK IN OPEN POSITION		CUBAN BREAK AMALGAMATIONS
64	CUBAN BREAK IN OPEN CPP		
65	SPLIT CUBAN BREAK IN OPEN CPP		
66	SPLIT CUBAN BREAK in Open PP		
67	SPLIT CUBAN BREAK FROM OPEN CPP AND OPEN PP		
68	SPLIT CUBAN BREAK from Open PP and Open CPP		
69	CONTINUOUS CIRCULAR HIP TWIST		
70	METHODS OF CHANGING FEET - METHOD 3		
71	SWEETHEART		SWEETHEART

72	FOLLOW MY LEADER		FOLLOW MY LEADER
73			WHISK CHASSE (RLR)
74			WHISK CHASSE (LRL)
75			TIME STEP CHASSE (RLR)
76			TIME STEP CHASSE (LRL)
77			VOLTA CROSS CHASSE (VERSION 1 AND 2)
78			METHOD OF CHANGING FEET 2
79			METHOD OF CHANGING FEET 3
80			METHOD OF CHANGING FEET 4

81			METHOD OF CHANGING FEET 5
82			ROPE SPINNING
83			OVERTURNED LOCK ENDING
84			CONTINUOUS OVERTURNED LOCK
85			SWIVEL FROM OVERTURNED LOCK
86			SWIVEL HIP TWIST
87			SWIVELS
88			WALKS AND WHISKS

Note

1. L'utilizzo di Same Foot in Shadow (Left/Right Side Same) Position può essere mantenuto al massimo per 6 bars, esclusi i cambi di piede. L'elenco delle figure eseguibili in questa posizione, dove la femmina utilizza gli stessi passi del maschio, è il seguente:
TIME STEP, CLOSE BASIC (senza giro), OPEN BASIC, SPOT TURN TO LEFT e SPOT TURN TO RIGHT, potendo usare anche gli Alternative Chasses: COMPACT CHASSE, RONDE CHASSE, HIP TWIST CHASSE, SLIP CLOSE CHASSE, RUNNING CHASSE FORWARD e RUNNING CHASSE BACKWARD, CUBAN BREAK (LF e/o RF), SPLIT CUBAN BREAK (LF e/o RF), WALKS AND WHISKS, potendo usare anche gli Alternative Chasses: WHISK CHASSE (LF e/o RF), TIME STEP CHASSE (LF e/o RF) e VOLTA CROSS CHASSE (VERSION 1 AND 2).
2. L'elenco delle figure in cui si può utilizzare il GUAPACHA TIMING per la classe B è il seguente: TIME STEP, OPEN BASIC, CHECK FROM OPEN CPP (NEW YORK TO RIGHT), CHECK FROM OPEN PP (NEW YORK TO LEFT), CROSS BASIC, TURKISH TOWEL e in tutte le figure che terminino in Fan (Left Angle) Position o in Open Opposing Position.

RUMBA - Figure consentite

	IDTA	Dispensa FIDESM	WDSF
		Classe C	
1	BASIC MOVEMENT		CLOSE BASIC MOVEMENT
2			OPEN BASIC MOVEMENT
3	FAN		FAN
4	HOCKEY STICK		HOCKEY STICK
5	SPOT TURN TO LEFT		SPOT TURN TO LEFT
6	SPOT TURN TO RIGHT		SPOT TURN TO RIGHT
7	UNDER ARM TURN TO LEFT		UNDER ARM TURN TURNING LEFT
8	UNDER ARM TURN TO RIGHT		UNDER ARM TURN TURNING RIGHT
9	CHECK FROM OPEN CPP		NEW YORK TO R
10	CHECK FROM OPEN PP		NEW YORK TO L
11	HAND TO HAND		HAND TO HAND TO LEFT
			HAND TO HAND TO RIGHT
12	ALEMANA		ALEMANA
13	ALEMANA FROM OPEN POSITION with L to R Hand Hold		
14	NATURAL TOP		NATURAL TOP

15	SHOULDER TO SHOULDER - OPEN		SHOULDER TO SHOULDER
16	AMALGAMATION OF BACKWARD WALKS		FORWARD AND BACKWARD WALKS AMALGAMATION
		Classe B3	
1-16	<i>Figure Consentite per la Classe C</i>		
17		NATURAL OPENING OUT A DX	
18	CLOSE HIP TWIST		CLOSE HIP TWIST
19	CLOSE HIP TWIST TURNED TO OPEN CPP		CLOSE HIP TWIST FINISHED TO SIDE
20	OPEN HIP TWIST		OPEN HIP TWIST
21	OPENING OUT TO RIGHT AND LEFT		OPENING OUT
22	ALTERNATIVE BASIC MOVEMENT		ALTERNATIVE BASIC MOVEMENT
23	SIDE STEPS AND CUCARACHAS		SIDE WALKS AND CUCARACHAS
		Classe B2	
1-23	<i>Figure Consentite per la Classe B3</i>		
24	CURL		CURL
25	REVERSE TOP		REVERSE TOP
26	SPIRAL		SPIRAL
27	SPIRAL TURNED TO FAN POSITION		SPIRAL TO FAN

28	FORWARD WALKS IN SHADOW POSITION		PROGRESSIVE FORWARD WALKS TO FAN
29			PROGRESSIVE FORWARD WALKS
30	HOCKEY STICK TURNED TO OPEN CPP		HOCKEY STICK FINISHED TO SIDE
31	ALEMANA CHECKED TO OPEN CPP		ALEMANA FINISHED TO SIDE
32	ALEMANA FROM OPEN POSITION with L to R Hand Hold CHECKED TO OPEN CPP		
33	OPEN HIP TWIST TURNED TO OPEN CPP		OPEN HIP TWIST FINISHED TO SIDE
34	SPIRAL TURNED TO OPEN CPP		SPIRAL FINISHED TO SIDE
35	CURL TURNED TO OPEN CPP		CURL FINISHED TO SIDE
36	OPENING OUT FROM REVERSE TOP		OPENING OUT FROM REVERSE TOP
37	FALLAWAY		AIDA
38	CUCARACHAS TO LEFT AND RIGH		
39	CUBAN ROCKS		CUBAN ROCKS
40	SYNCOATED CUBAN ROCKS		SYNCOATED CUBAN ROCKS
41	CONTINUOUS HIP TWIST		CONTINUOUS HIP TWIST
Classe B1			
1-41	Figure Consentite per la Classe B2		

42	ADVANCED OPENING OUT MOVEMENT		
43	ALEMANA FROM OPEN POSITION with R to R Hand Hold		
44	ROPE SPIN		ROPE SPINNING
45	SLIDING DOORS		SLIDING DOORS
46			ADVANCED SLIDING DOORS

47	THREE ALEMANAS		THREE ALEMANAS
48	CONTINUOUS CIRCULAR HIP TWIST		CONTINUOUS CIRCULAR HIP TWIST
49	CONTINUOUS CIRCULAR HIP TWIST TURNED TO OPEN CPP		CONTINUOUS CIRCULAR HIP TWIST FINISHED TO SIDE
50	FENCING WITH SPOT TURN OR SPIN ENDING		FENCING TO SPIN
51	THREE THREES		THREE THREES
52	THREE THREES FINISHED IN FAN POSITION		THREE THREES TO FAN
53	SYNCOATED OPEN HIP TWIST		SYNCOATED OPEN HIP TWIST
54	RUNAWAY ALEMANA		
55	HABANERA RHYTHM		HABANERA RHYTHM
56			SWIVELS
57			OVERTURNED BASIC

PASO DOBLE - Figure consentite

	IDTA	WDSF
	Classe B2	
1	BASIC MOVEMENT	BASIC MOVEMENT
2	SUR PLACE	SUR PLACE
3	CHASSES TO RIGHT	CHASSES TO RIGHT
4	ELEVATIONS TO RIGHT	
5		DRAG
6	CHASSES TO LEFT	CHASSES TO LEFT
7	ELEVATIONS TO LEFT	
8	CHASSES TO LEFT ENDED IN PP	
9	PROMENADE CLOSE	CLOSED PROMENADE
10	HUIT	HUIT
11	ATTACK	ATTACK
12	SEPARATION	SEPARATION
13	PROMENADE	PROMENADE
14	SIXTEEN	SIXTEEN
15	TWIST TURN	NATURAL TWIST TURN
16	PROMENADE TO COUNTER PROMENADE	PROMENADE TO COUNTER PROMENADE
17	GRAND CIRCLE	GRAND CIRCLE
18	LA PASSE	LA PASSE

19	BANDERILLAS	BANDERILLAS
20	SYNCOPATED SEPARATION	SYNCOPATED SEPARATION
21	FALLAWAY WHISK	FALLAWAY WHISK
22	FALLAWAY REVERSE	FALLAWAY REVERSE
23	SPANISH LINE	SPANISH LINES
24	ONE BEAT HESITATION METHODS OF CHANGING FEET 1	ONE BEAT HESITATION METHODS OF CHANGING FEET 1
25	SYNCOPATED SUR PLACE METHODS OF CHANGING FEET 2	SYNCOPATED SUR PLACE METHODS OF CHANGING FEET 2
26	SYNCOPATED CHASSE METHODS OF CHANGING FEET 3	SYNCOPATED CHASSE METHODS OF CHANGING FEET 3
27	LEFT FOOT VARIATION METHODS OF CHANGING FEET 4	LEFT FOOT VARIATION METHODS OF CHANGING FEET 4
28	SEPARATION TO FALLAWAY WHISK	
29	TRAVELLING SPINS FROM CPP	TRAVELLING SPINS FROM COUNTER PROMENADE POSITION
30	FLAMENCO TAPS	FLAMENCO TAPS
Classe B1		
1-30	<i>Figure Consentite per la Classe B2</i>	
31	TWISTS	TWISTS
32	CHASSE CAPE	CHASSE CAPE
33		CHASSE CAPE ENDING 1
34		CHASSE CAPE ENDING 2

35		CHASSE CAPE ENDING 3
36	TRAVELLING SPINS FROM PP	TRAVELLING SPINS FROM PROMENADE POSITION
37	COUP de PIQUE Changing from LF to RF METHODS punto 5. a)	COUP DE PIQUE changing LF to RF METHODS punto 5. a)

38	COUP de PIQUE Changing from RF to LF METHODS punto 5. b)	COUP DE PIQUE changing RF to LF METHODS punto 5. b)
39	COUP de PIQUE COUPLET METHODS punto 5. c)	COUP DE PIQUE COUPLET
40	SYNCOPATED COUP de PIQUE METHODS punto 5. d)	SYNCOPATED COUP de PIQUE
41	ALTERNATIVE ENTRIES TO PP - METHOD N° 1	
42	ALTERNATIVE ENTRIES TO PP - METHOD N° 2	
43	ALTERNATIVE ENTRIES TO PP - METHOD N° 3	
44	SEPARATION WITH LADY'S CAPING WALKS	SEPARATION WITH LADY'S CAPING WALKS
45	FAROL	FAROL
46	FAROL including the FREGOLINA	FREGOLINA
47		KNEE LIFT

JIVE - Figure consentite

	IDTA	WDSF
	Classe C	
1	JIVE CHASSE TO LEFT (LRL)	JIVE CHASSE TO LEFT (LRL)
2	JIVE CHASSE TO RIGHT (RLR)	JIVE CHASSE TO RIGHT (RLR)
3	JIVE ROCK	ROCK
4	BASIC IN PLACE	BASIC IN PLACE
5	BASIC IN FALLAWAY	BASIC IN FALLAWAY
6	CHANGE OF PLACE RIGHT TO LEFT	CHANGE OF PLACE FROM RIGHT TO LEFT
7	CHANGE OF PLACE LEFT TO RIGHT	CHANGE OF PLACE FROM LEFT TO RIGHT
8	AMERICAN SPIN	AMERICAN SPIN
9	LINK	LINK
10	CHANGE OF HANDS BEHIND BACK	CHANGE OF PLACE BEHIND THE BACK
11	WHIP	WHIP
12	FALLAWAY THROWAWAY	FALLAWAY THROWAWAY
13	HIP BUMP	HIP BUMP
	Classe B3	
1-13	<i>Figure Consentite per la Classe C</i>	
14	PROMENADE WALKS SLOW	PROMENADE WALKS - SLOW
15		STALKING WALKS

16	PROMENADE WALKS QUICK	PROMENADE WALKS - QUICK
17	THROWAWAY WHIP	THROWAWAY WHIP

18	DOUBLE CROSS WHIP	DOUBLE CROSS WHIP
19	CURLY WHIP	CURLY WHIP

Classe B2

1-19	<i>Figure Consentite per la Classe B3</i>	
20		JIVE VOLTA CROSS CHASSE
21	REVERSE WHIP	REVERSE WHIP
22	ROLLING OFF THE ARM	ROLLING OFF THE ARM
23	FLICK BALL CHANGE	KICK BALL CHANGE
24	STOP AND GO	STOP AND GO
25	SPANISH ARMS	SPANISH ARMS
26	TOE HEEL SWIVELS SLOW	TOE HEEL SWIVELS
27	TOE HEEL SWIVELS QUICK	
28	TOE HEEL SWIVELS SLOW AND QUICK	

Classe B1

1-28	<i>Figure Consentite per la Classe B2</i>	
29	Alternative Rhythmic Interpretations: 1 - 2 - 3	CHANGING THE SHAPE OF THE JIVE CHASSE
30	Forward Lock (LRL)	JIVE LOCK (LRL)
31	Forward Lock (RLR)	JIVE LOCK (RLR)

32		JIVE RONDE CHASSE
33		JUMPING ACTION
34		KICKING ACTION
35		JUMPING CHASSE (LRL)

36		JUMPING CHASSE (RLR)
37		RUNNING CHASSE
38	OVERTURNED FALLAWAY THROWAWAY	OVERTURNED FALLAWAY THROWAWAY
39	CHANGE OF PLACE RIGHT TO LEFT WITH DOUBLE SPIN	CHANGE OF PLACE RIGHT TO LEFT WITH DOUBLE SPIN
40	OVERTURNED CHANGE OF PLACE L TO R	OVERTURNED CHANGE OF PLACE FROM LEFT TO RIGHT
41	THE LAIRD BREAK	
42	WINDMILL	WINDMILL
43	CHICKEN WALKS	CHICKEN WALKS
44	JIVE BREAKS - BREAK No. 1	
45	JIVE BREAKS - BREAK No. 2	
46	JIVE BREAKS - BREAK No. 3	
47	SIMPLE SPIN	SIMPLE SPIN
48		ROCK TO SIMPLE SPIN
49	FLICKS INTO BREAK	FLICKS INTO BREAK
50		MOOCH

51		SUGAR PUSH
52		MIAMI SPECIAL
53		SHOULDER SPIN
54		CHUGGING
55		CATAPULT

Leggenda: Le figure scritte in **nero** sono comprese nell'elenco del testo in analisi e della danza in oggetto.

Le figure scritte in **rosso** provengono da altre danze del testo in analisi e/o sono previste nelle note e/o nei segue/precede.

Le figure scritte in **azzurro** sono nuove figure previste solo nei testi WDSF.