

Categorie: Senior

WALTZ - Elenco figure consentite

WDSF

Classe C	Classe B3	Classe B2	Classe B1
Close Change on RF	Impetus	Reverse Pivot	Left Whisk
Close Change on LF	Double Reverse Spin	Telemark to PP	Contra Check
Natural Turn	Weave from PP	Wing from PP	Natural Turning Lock
Reverse Turn	Telemark	Outside Spin	Fallaway Reverse and Slip Pivot
Natural Spin Turn	Impetus to PP	Reverse Turning Lock	Hover Corte
Whisk	Cross Hesitation from PP		Overtured Running Spin Turn
Chasse from PP	Wing		Running Spin Turn
Hesitation Change	Drag Hesitation		Running Cross Chasse
Outside Change			Running Weave from PP
Back Whisk			Open Natural Turn
Basic Weave			Fallaway Natural Turn
Backward Lock			
Progressive Chasse to Right			

IMPORTANTE: Si possono utilizzare anche: Forward Lock Step, Reverse Corte, Fallaway Whisk, Open Reverse Turn, Curved Three Step e Oversway.

TANGO - Elenco figure consentite

WDSF

Classe C	Classe B3	Classe B2	Classe B1
Walk/Step on LF	Promenade Link turned to L	Check Back on Right Foot in CBMP	Quick Reverse Turn
Walk/Step on RF	Promenade Link turned to R	Back Open Promenade	Fallaway Four Step
Progressive Side Step	Open Promenade	Outside Swivel Method 1 (After Open Finish and turning to Left)	Oversway
Back Corté	Natural Twist Turn from PP	Outside Swivel Method 2 (After Open Finish and turning Left)	Oversway Alternative Endings
Progressive Side Step Reverse Turn	Tap - Alternative Entries to PP (2)	Outside Swivel Method 3 (Reverse Outside Swivel)	Drop Oversway
Rock on Left Foot	Tap – Alternative Entries to PP (1)	Fallaway in Promenade	Chase
Basic Reverse Turn	Tap - Alternative Entries to PP (3)	Mini Five Step	Chase Alternative Endings
Rock on Right Foot	Four Step Change	Five Step	Fallaway Reverse and Slip Pivot
Natural Rock Turn			Contra Check
Progressive Link			Open Natural Turn
Closed Promenade			Telemark to PP
Open Reverse Turn			Whisk
Four Step			Back Whisk
Brush Tap			Outside Spin
Natural Turn from PP			Natural Twist Turn
			Reverse Pivot

VIENNESE WALTZ - Elenco figure consentite

WDSF
Classe B3 – Classe B2 – Classe B1
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

SLOW FOXTROT - Elenco figure consentite

WDSF

Classe B2		Classe B1	
Feather Step	Feather Ending	Running Weave from PP	Fallaway Reverse and Slip Pivot
Reverse Turn	Weave from PP	Natural Twist Turn	Natural Zig Zag from PP
Three Step	Top Spin	Natural Twist Turn with Natural Weave	Extended Reverse Wave
Natural Turn	Impetus to PP	Natural Twist Turn with Impetus and Feather Finish	Bounce Fallaway with Weave Ending
Heel Pull Finish	Hover Feather	Natural Twist Turn with Impetus to PP	Curved Three Step
Reverse Turn + Step (Check) RF back	Natural Telemark	Quick Open Reverse	Outside Spin
Impetus	Hover Telemark	Curved Feather	
Feather Finish	Hover Telemark to PP	Curved Feather from PP	
Reverse Wave	Natural Weave	Back Feather	
Basic Weave	Reverse Pivot	Natural Hover Telemark	
Change of Direction	Hover Cross		
Telemark	Whisk		
Open Natural Turn	Back Whisk		
Telemark to PP	Double Reverse Spin		
Outside Swivel			

IMPORTANTE: Si possono utilizzare anche: Backward Lock, Outside Change ended in PP, Progressive Chasse to Right, Fallaway Whisk e Oversway.

QUICKSTEP - Elenco figure consentite

Classe C	Classe B3	Classe B2	
Quarter Turn to Right	Quarter Turn to Left	Reverse Pivot	Six Quick Run
Basic Movement - Quarter Turn and Progressive Chasse	Cross Chasse	Zig Zag	Hover Corté
Progressive Chasse to Left	Progressive Chasse to Right	Telemark	Rumba Cross
Forward Lock	Linking step (RF forward in CBMP, OP)	Fishtail	Tipsy to Right
Natural Turn	Open Reverse Turn	Impetus to PP	Tipsy to Left
Tipple Chasse to Right - at a Corner	Double Reverse Spin	Telemark to PP	Outside Change
Tipple Chasse to Right - along line of dance	Impetus	Linking step (RF forward in CBMP, PP)	Whisk
Natural Pivot	Four Quick Run		Back Whisk
Running Finish	Running Natural Turn	Classe B1	Outside Spin
Backward Lock	V-6	Running Finish to PP	Running Cross Chasse
Natural Spin Turn		Tipple Chasse to Left	Natural Turning Lock
Hesitation Change		Cross Swivel	Drag Hesitation
Reverse Turn		Open Natural Turn	
		Linking step (LF back in CBMP, Lady OP)	

IMPORTANTE: Si possono utilizzare anche: Change of Direction, Wing, Curved Feather, Fallaway Reverse and Slip Pivot e Curved Three Step.

Leggenda: Le figure scritte in **rosso** sono previste nelle note.