



Wykaz figur dla kandydatów na kat. Sędziowską B

Tańce Standardowe

Walc

1. Natural Turn
2. Whisk
3. Chasse from PP
4. Natural Spin Turn
5. Basic Weave

Tango

1. Closed Promenade
2. Progressive Link
3. Promenade Link to R
4. Outside Swivel – Metoda 1
5. Basic Reverse Turn

Walc Wiedeński

1. Natural Turn
2. RF fwd Change Natural To Reverse
3. LF bwd Change Natural To Reverse
4. Reverse Turn
5. RF bwd Change Reverse to Natural

Slow Fox

1. Feather Step
2. Reverse Turn
3. Three Step
4. Weave from PP
5. Feather Finish

Quickstep

1. Progressive Chasse to L
2. Fwd Lockstep
3. Open Reverse Turn
4. Open Natural Turn
5. Running Finish

Tańce Latynoamerykańskie

Samba

1. Natural Basic
2. Whisk to R
3. Stationary Samba Walks
4. Side Samba Walk
5. Travelling Volta to L

Cha Cha Cha

1. New York to R
2. Underarm Turn Turning R
3. Hand to Hand to R
4. Cross Basic
5. Natural Top

Rumba

1. Open Hip Twist
2. Alemana
3. Aida
4. Hockey Stick
5. Spiral

Paso Doble

1. Chasse to R
2. Promenade
3. Travelling Spins from PP
4. Huit
5. Twists

Jive

1. Change of Place from Right to Left
2. Change of Place from Left to Right
3. American Spin
4. Chicken Walks
5. Whip