

Basic figures

Items marked with an asterisk (*) are optional

Basic figures standard

Slow Waltz

1. LF Closed Change (LF and RF)
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Underturned Natural Spin Turn
6. Whisk *
7. Chasse from Promenade Position *
8. Outside change *

Tango

1. Natural Rock Turn
2. Progressive Link
3. Closed Promenade
4. Open Reverse Turn Lady Outside
5. Basic Reverse Turn *
6. Five step *

Viennese waltz

1. Natural Turn

Quickstep

1. Quarter Turn to Right
2. Natural Spin Turn
3. Progressive Chasse
4. Reverse Turn
5. Forward Lock Step *
6. Backward Lock Step *

Basic figures Latin

Cha Cha

1. Basic (Closed and Open)
2. New York
3. Spot Turn
4. Underarm Turn
5. Shoulder to shoulder
6. Hand to hand
7. Open hip twist *
8. Fan *
9. Alemana *

Samba

1. Basic Movement Natural and Reverse
2. Whisks to Left and Right
3. Promenade Samba Walks
4. Side Samba Walks
5. Whisk with underarm turn *
6. Botafogos *

Rumba

1. Basic (Closed and Open)
2. New York
3. Spot Turn
4. Underarm Turn
5. Shoulder to shoulder
6. Hand to hand
7. Open hip twist*
8. Fan *
9. Alemana *
10. Opening out *

Jive

1. Basic (In Place and Fallaway)
2. Change of Place (Right to Left and Left to Right)
3. Link
4. Hip Bump
5. Change of hands behind back
6. American spin *
7. Stop and Go *