



NEDERLANDSE VERENIGING voor AMATEUR DANSSPORT

-9.3.3 Basic Figuren Standaard

Engelse Wals:

Closed Changes (nat/rev)

Natural Turn

Reverse Turn

Nat.Spin Turn

Whisk

Chasse from PP

Outside Change

Progressive chasse to the right

Impetus (open / closed)

Telemark (open / closed)

Weave from PP

Turning Lock

Tango :

Walk on LF / Walk on RF

Rock Turn

Progressive Link

Closed Promenade

Open Reverse Turn , Lady outside with Open or Closed Finish

Rock back on LF , closed Finish

Natural Promenade Turn

Four / Five Step

Natural Twist turn

Closed / Open Finish

Outside Swivel

Slowfoxtrot :

Feather Step

Tree Step

1,2,3 Natural Turn

Open / Closed Impetus

Feather Finish

Reverse Turn

Natural Weave

Weave from PP

Reverse Weave

Quickstep :

Quater Turns

Progressive Chasse

Natural Spin Turn

Forward Lockstep

Backward Lockstep

Open Reverse Turn ("Slow"telling)

Tipple Chasse to the Right

The V6

Nat turn / back lock / Running Finnish

Quick Open Reverse

Progressive Chasse to the Right.



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-9.3.4 Basic Figuren Latin

Chachacha :

Close Basic (Closed Hold)
Spot Turn to L and R
Check from Open CPP
Check from Open PP
Hand to Hand
Underarm Turn to L and R
Shoulder to Shoulder
Fan Hockey Stick / Alemana
Time Step
Closed / Open Hiptwist

Rumba :

Basic Movement
Spot Turn to L and R
Check from Open CPP
Check from Open PP
Hand to Hand
Underarm Turn to L and R
Shoulder to Shoulder
Fan Hockey Stick / Alemana
Spiral
Closed / Open Hiptwist

Samba :

Natural / Reverse Basic Movement (close hold)

Samba Whisk to L and R (close hold)

Promenade Samba Walks

Side Samba Walks

Volta Spot Turn to R for Lady (whisk to L for Man)

Volta Spot Turn to L for Lady (whisk to R for Man)

Shadow Botafogos

Traveling Volta's

Traveling Botafogos

Traveling Volta L / R

Corta Jaca

Corta Jaca in shadow position

Samba Walks L / R

Jive :

Basic in Fallaway (close hold)

Change of Place R to L

Change of Place L to R

Link

Change of Hands behind Back

American Spin

Promenade Walks Slow / Quick (open / close hold)

Chicking Walks

Stop an Go