



Basic figuren

Standaard (Bron: Alex Moore - The Ballroom Technique ISTD)

Engelse wals	<ul style="list-style-type: none"> - Closed Change - Natural Turn - Reverse Turn - Natural Spin Turn - The Whisk - The Chasse from P.P. - Outside Change - Progressive Chasse to Right - Impetus (Open / Closed) - Telemark (Open / Closed) - The Weave from P.P. - The Turning Lock
Tango	<ul style="list-style-type: none"> - Walk on LF, Walk on RF - Rock Turn - Progressive Link - Closed Promenade - Open Reverse Turn - Natural Promenade Turn - Rock Back on LF, Closed Finish - Natural Twist Turn - Five Step - Four Step - Outside Swivel - Open / Closed Finish
Slowfoxtrot	<ul style="list-style-type: none"> - Feather Step - Three Step - 1,2,3 Natural Turn - Reverse Turn - Impetus (Open / Closed) - Feather Finish - The Natural Weave - The Weave from PP - The Weave - Reverse Wave
Quickstep	<ul style="list-style-type: none"> - Quarter Turns - Progressive Chasse - Natural Spin Turn - Forward Lockstep - Backward Lockstep - Open Reverse Turn - Tiple Chasse to Right - The V.6 - Progressive Chasse to Right - Running Right Turn - Quick Open Reverse

Latin (Bron: Walter Laird)

Cha cha cha	<ul style="list-style-type: none"> - Close Basic - Spot Turn to Left and Right - Check from Open CPP - Check from Open PP - Hand to Hand - Shoulder to Shoulder - Underarm Turn to Left and Right - Fan Hockey Stick / Alemana - Close Hip Twist - Open Hip Twist - Time Step
Samba	<ul style="list-style-type: none"> - Natural Basic Movement - Reverse Basic Movement - Samba Whisks to Left and Right - Promenade Samba Walks - Side Samba Walks - Volta Spot Turn to Left for Lady - Volta Spot Turn to Right for Lady - Shadow Botafogos - Travelling Voltas to Left and Right - Travelling Botafogos - Corta Jaca - Corta Jaca in Shadow Position
Rumba	<ul style="list-style-type: none"> - Basic Movement - Spot Turn to Left and Right - Check from Open CPP - Check from Open PP - Hand to Hand - Shoulder to Shoulder - Underarm Turn to Left and Right - Fan Hockey Stick / Alemana - Close Hip Twist - Open Hip Twist - Spiral
Jive	<ul style="list-style-type: none"> - Basic in Fallaway - Change of Place Right to Left - Change of Place Left to Right - Link - Change of Hands behind Back - American Spin - Promenade Walks (Quick) - Promenade Walks (Slow) - Chicken Walks - Stop and Go