

WYKAZ FIGUR W TAŃCACH STANDARDOWYCH I LATYNOAMERYKAŃSKICH

Dla kategorii wiekowych:

Dzieci Najmłodsze (WA, WW, Q, S, CH, J) kl. "E"

Dzieci Młodsze (WA, WW, Q, S, CH, J) kl. "E", "D"

Dzieci Starsze (WA, T, WW, Q, S, CH, R, J) „E”, „D”, „C”,

Juniorzy Młodszy, Juniorzy Starsi, Młodzież, Młodzież Starsza i Dorośli klasy „E”, „D” i „C”,

Hobby, Hobby Start

(Młodzież, Dorośli, Senior) (WA, T, WW, F, Q, S, CH, R, Pd, J)

Walc

Lp.	Nazwa Figury
1	Closed Change on RF
2	Closed Change on LF
3	Natural Turn
4	Reverse Turn
5	Progressive Chasse to R
6	Whisk
7	Back Whisk
8	Outside Change
9	Basic Weave
10	Chasse from PP
11	Backward Lock
12	Open Natural Turn
13	Hesitation Change
14	Natural Spin Turn
15	Double Reverse Spin
16	Telemark
17	Telemark to PP
18	Weave from PP
19	Impetus
20	Impetus to PP
21	Drag Hesitation

Lp.	Nazwa Figury
22	Outside Spin
23	Natural Turning Lock
24	Reverse Turning Lock
25	Wing
26	Wing from PP
27	Cross Hesitation from PP
28	Reverse Pivot
29	Fallaway Natural Turn
30	Running Weave from PP
31	Running Spin Turn
32	Overtuned Running Spin Turn
33	Running Cross Chasse
34	Fallaway Reverse and Slip Pivot
35	Hover Corte
	Figury opisane w innych tańcach, mogą być tańczone w Walcu
36	Curved Feather
37	Running Finish
38	Outside Swivel
39	Progressive Chasse
40	Bounce Fallaway Weave Ending
41	Quick Open Reverse

Tango

Lp.	Nazwa Figury
1	Tango Walk
2	Tap – Alternative Entries to PP
3	Progressive Side Step
4	Brush Tap
5	Progressive Link
6	Closed Promenade
7	Open Promenade
8	Back Corte
9	Basic Reverse Turn
10	Open Reverse Turn
11	Rock on LF

Lp.	Nazwa Figury
12	Rock on RF
13	Natural Rock Turn
14	Natural Twist Turn from PP
15	Natural Turn from PP
16	Promenade Link Turned to R
17	Promenade Link Turned to L
18	Back Open Promenade
19	Fallaway Promenade
20	Whisk
21	Back Whisk
22	Progressive Side Step Reverse Turn
23	Four Step
24	Fallaway Four Step
25	Outside Swivel – Method 1
26	Outside Swivel – Method 2
27	Outside Swivel – Method 3
28	Four Step Change
29	Five Step
30	Mini Five Step
31	Quick Reverse Turn
32	Fallaway Reverse and Slip Pivot
33	Telemark to PP
34	Open Natural Turn
35	Outside Spin
36	Natural Twist Turn
37	Chase
38	Chase Alternative Ending – Chase, Chasse
39	Chase Alternative Ending – Method 1
40	Chase Alternative Ending – Method 2
41	Chase Alternative Ending – Method 3
42	Chase Alternative Ending – Method 4
43	Reverse Pivot
44	In - Out
45	Natural Turn
46	Reverse Turn
47	RF Forward Change Step Natural to Reverse

Lp.	Nazwa Figury
48	LF Forward Change Step Reverse to Natural
49	LF Backward Change Step Natural to Reverse
50	RF Backward Change Step Reverse to Natural

Walc Wiedeński

Lp.	Nazwa Figury
1	Natural Turn
2	Reverse Turn
3	RF Forward Change Step Natural to Reverse
4	LF Forward Change Step Reverse to Natural
5	LF Backward Change Step Natural to Reverse
6	RF Backward Change Step Reverse to Natural

Foxtrot

Lp.	Nazwa Figury
1	Feather Step
2	Three Step
3	Feather Finish
4	Feather Ending
5	Hover Feather
6	Natural Turn
7	Reverse Turn
8	Basic Weave
9	Natural Weave
10	Change of Direction
11	Heel Pull Finish
12	Whisk
13	Back Whisk
14	Open Natural Turn
15	Double Reverse Spin
16	Telemark
17	Telemark to PP
18	Hover Telemark
19	Hover Telemark to PP

Lp.	Nazwa Figury
20	Natural Telemark
21	Natural Hover Telemark
22	Impetus
23	Impets to PP
24	Weave from PP
25	Hover Cross
26	Top Spin
27	Outside Swivel
28	Outside Spin
29	Reverse Wave
30	Natural Twist Turn
31	Natural Twist Turn with Natural Weave
32	Natural Twist Turn with Impetus and Feather Finish
33	Natural Twist Turn with Impetus to PP
34	Natural Zig Zag from PP
35	Curved Three Step
36	Curved Feather
37	Curved Feather from PP
38	Back Feather
39	Fallaway Reverse and Slip Pivot
40	Bounce Fallaway Weave Ending
41	Running Weave from PP
42	Open Reverse Turn
43	Extended Reverse Wave
44	Reverse Pivot
45	Hover Corte
	Figury opisane w innych tańcach, mogą być tańczone w Foxtrocie
46	Progressive Chasse to R

Quickstep

Lp.	Nazwa Figury
1	Natural Turn
2	Reverse Turn
3	Progressive Chasse to R

Lp.	Nazwa Figury
4	Progressive Chasse to L
5	Cross Chasse
6	Quarter Turn to R
7	Quarter Turn to L
8	Outside Change
9	Natural Pivot
10	Running Finish
11	Backward Lock
12	Forward Lock
13	Open Natural Turn
14	Natural Spin Turn
15	Hesitation Change
16	Double Reverse Spin
17	Impetus
18	Impetus to PP
19	Telemark
20	Telemark to PP
21	Whisk
22	Back Whisk
23	Open Reverse Turn
24	Tipple Chasse to R – at the corner
25	Tipple Chasse to R along LOD
26	Tipple Chasse to L
27	Four Quick Run
28	Zig Zag
29	V6
30	Outside Spin
31	Reverse Pivot
32	Natural Turning Lock
33	Drag Hesitation
34	Cross Swivel
35	Fishtail
36	Running Natural Turn
37	Running Cross Chasse
38	Six Quick Run
39	Tipsy to R

Lp.	Nazwa Figury
40	Tipsy to L
41	Rumba Cross
42	Hover Corte
	Figury opisane w innych tańcach, mogą być tańczone w Quickstepie
43	Weave from PP
44	Natural Fallaway Turn
45	Wing
46	Wing from PP

Samba

Lp.	Nazwa Figury
1	Natural Basic Movement
2	Reverse Basic Movement
3	Progressive Basic Movement
4	Side Basic Movement to Left
5	Side Basic Movement To Right
6	Outside Basic
7	Samba Whisk to Left
8	Samba Whisk to Right
9	Stationary Samba Walks
10	Promenade Samba Walks
11	Side Samba Walk
12	Reverse Turn
13	Promenade to Counter Promenade Botafogos
14	Side Samba Chasse
15	Travelling Botafogo Forward
16	Travelling Botafogo Backward to Promenade Position
17	Criss Cross Botafogos
18	Criss Cross Volta to Right
19	Criss Cross Volta to Left
20	Travelling Volta to Right
21	Travelling Volta to Left
22	Underarm Turning Right

Lp.	Nazwa Figury
23	Underarm Turning Left
24	Solo Spot Volta Turning Left
25	Solo Spot Volta Turning Right
26	Continuous Solo Spot Volta Turning Left
27	Continuous Solo Spot Volta Turning Right
28	Maypole - Lady Turning Right
29	Maypole - Lady Turning Left
30	Cruzados Walks
31	Cruzados Locks
32	Continuous Cruzados Lock
33	Dropped Volta
34	Circular Voltas Turning Right
35	Circular Voltas Turning Left
36	Solo Circular Voltas Turning Right
37	Solo Circular Voltas Turning Left
38	Same Foot Botafogos
39	Samba Locks Lady on Left Side
40	Samba Locks Lady on Right Side
41	Natural Roll
42	Reverse Roll
43	Close Rocks
44	Open Rocks
45	Backward Rocks
46	Plait
47	Corta Jaca
48	Same Position Corta Jaca
49	Double Spiral Turn
50	Promenade to Counter Promenade Runs
51	Drag
52	Rolling off the Arm
53	Carioca Runs
54	Argentine Crosses
55	Rhytm Bounce
56	Foot Change Method 1
57	Foot Change Method 2
58	Foot Change Method 3

Lp.	Nazwa Figury

Cha Cha Cha

Lp.	Nazwa Figury
1	Time Step
2	Close Basic Movement
3	Open Basic Movement
4	New York to Right
5	New York to Left
6	Hand to Hand to Right
7	Hand to Hand to Left
8	Spot Turn to Right
9	Spot Turn to Left
10	Underarm Turn Turning Right
11	Underarm Turn Turning Left
12	Three Cha Cha Chas to Right
13	Three Cha Cha Chas to Left
14	Shoulder to Shoulder
15	Aida
16	Fan
17	Open Hip Twist
18	Open Hip Twist to Chasse
19	Close Hip Twist
20	Close Hip Twist to Chasse
21	Hockey Stick
22	Hockey Stick to Chasse
23	Alemana
24	Alemana from Open Opposing Position
25	Natural Top
26	Cross Basic
27	Cross Basic with Turn
28	Cross Basic to Open Opposing Position
29	Methods of Changing Feet
	Simple Foot Change
	Chasse to Right Side Link

Lp.	Nazwa Figury
	Lock to Right Side Link
	Link to Open Opposing Position
30	Split Cuban Break to Right
31	Split Cuban Break to Left
32	Cuban Breaks to Right
33	Cuban Breaks to Left
34	Cuban Break Amalgamations
35	Close Hip Twist Spiral
36	Open Hip Twist Spiral
37	Turkish Towel
38	Sweetheart
39	Follow my Leader
40	Syncopated Open Hip Twist
41	Curl
42	Rope Spinning
43	Overturned Lock Ending
44	Continuous Overturned Lock
45	Swivel from Overturned Lock
46	Swivel Hip Twist
47	Swivels
48	Walks and Whisks
49	Advanced Methods of Changing Feet
	Link to Fan L Angle
	Syncopated R Side Link

Rumba

Lp.	Nazwa Figury
1	Close Basic Movement
2	Open Basic Movement
3	New York to Right
4	New York to Left
5	Hand to Hand to Right
6	Hand to Hand to Left
7	Spot Turn to Right
8	Spot Turn to Left

Lp.	Nazwa Figury
9	Underarm Turn Turning Right
10	Underarm Turn Turning Left
11	Side Walks and Cucarachas
12	Fan
13	Open Hip Twist
14	Open Hip Twist Finished to Side
15	Hockey Stick
16	Hockey Stick Finished to Side
17	Opening Out
18	Shoulder to Shoulder
19	Alternative Basic Movement
20	Close Hip Twist
21	Close Hip Twist Finished to Side
22	Alemana
23	Alemana Finished to Side
24	Progressive Forward Walks
25	Progressive Forward Walks to Fan
26	Aida
27	Continuous Hip Twist
28	Cuban Rocks
29	Fencing to Spin
30	Continuous Circular Hip Twist
31	Syncopated Open Hip Twist
32	Natural Top
33	Reverse Top
34	Curl
35	Curl Finished to Side
36	Spiral
37	Spiral Finished to Side
38	Spiral to Fan
39	Three Alemanas
40	Sliding Doors
41	Advanced Sliding Doors
42	Three Threes
43	Three Threes to Fan
44	Rope Spinning

Lp.	Nazwa Figury
45	Swivels
46	Overtuned Basic

Paso Doble

Lp.	Nazwa Figury
1	Basic Movement
2	Sur Place
3	Chasses to R
4	Drag
5	Chasses to L
6	Attack
7	Huit
8	Separation
9	Natural Twist Turn
10	Promenade
11	Closed Promenade
12	Promenade Link
13	Sixteen
14	Promenade to Counter Promenade
15	Grand Circle
16	Banderillas
17	Fallaway Reverse
18	Fallaway Whisk
19	Spanish Lines
20	La Passe
21	Syncopated Separation
22	Flamenco Taps
23	Twists
24	Chasse Cape
	Chasse Cape Ending 1
	Chasse Cape Ending 2
	Chasse Cape Ending 3
25	Travelling Spins from PP
26	Travelling Spins from CPP
27	Syncopated Coup de Pique

Lp.	Nazwa Figury
28	Separation with Lady's Caping Walks
29	Farol
30	Fregolina
31	Methods of Changing Feet
	One Beat Hesitation
	Syncopated Sur Place
	Syncopated Chasse
	Left Foot Variation
	Coup de Pique (changing from LF to RF)
	Coup de Pique (changing from RF to LF)

Jive

Lp.	Nazwa Figury
1	Basic in Place
2	Basic in Fallaway
3	Change of Place from R to L
4	Change of Place from L to R
5	American Spin
6	Change of Place behind the Back
7	Link
8	Whip
9	Promenade Walks – Slow
10	Promenade Walks – Quick
11	Fallaway Throwaway
12	Change of Place from R to L with Double Spin
13	Overtured Change of Place from L to R
14	Double Cross Whip
15	Throwaway Whip
16	Reverse Whip
17	Curly Whip
18	Overtured Fallaway Throwaway
19	Stop and Go
20	Hip Bump

Lp.	Nazwa Figury
21	Windmill
22	Mooch
23	Spanish Arms
24	Chicken Walks
25	Rolling off the Arm
26	Simple Spin
27	Rock to Simple Spin
28	Flicks into Break
29	Toe Heel Swivels
30	Sugar Push
31	Miami Special
32	Shoulder Spin
33	Chugging
34	Catapult
35	Ball Change
36	Stalking Walks, Flicks into Break

Bazą do opracowania wykazu figur podstawowych są następujące książki:

1. Walc – Praca zbiorowa WDSF
2. Tango - Praca zbiorowa WDSF
3. Walc Wiedeński – Praca zbiorowa WDSF
4. Foxtrott - Praca zbiorowa WDSF
5. Quickstep – Praca zbiorowa WDSF
6. Samba – Praca zbiorowa WDSF
7. Cha cha cha – Praca zbiorowa WDSF
8. Rumba – Praca zbiorowa WDSF
9. Paso Doble – Praca zbiorowa WDSF
10. Jive - Praca zbiorowa WDSF