



## Wykaz figur

dla kategorii I figury 1-10 z każdego tańca  
dla kategorii II figury 1-5 z każdego tańca

### Tańce Standardowe

#### Walc

1. Natural Turn
2. Whisk
3. Chasse from PP
4. Natural Spin Turn
5. Basic Weave
6. Natural Turning Lock
7. Running Weave from PP
8. Double Reverse Spin
9. Wing
10. Outside Spin

#### Tango

1. Closed Promenade
2. Progressive Link
3. Promenade Link to R
4. Outside Swivel – Metoda 1
5. Basic Reverse Turn
6. Mini Five Step
7. Fallaway Reverse Slip Pivot
8. Fallaway Four Step
9. Back Open Promenade
10. Natural Twist Turn from PP

#### 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
6. LF fwd Change Reverse to Natural

#### Slow Fox

1. Feather Step

2. Reverse Turn
3. Three Step
4. Weave from PP
5. Feather Finish
6. Natural Twist Turn with Impetus to PP
7. Impetus
8. Hover Cross
9. Top Spin
10. Reverse Wave

### **Quickstep**

1. Progressive Chasse to L
2. Fwd Lockstep
3. Open Reverse Turn
4. Open Natural Turn
5. Running Finish
6. Tipple Chasse to L
7. Four Quick Run
8. Running Natural Turn
9. Fish Tail
10. Running Cross Chasse

## **Tańce Latynoamerykańskie**

### **Samba**

1. Natural Basic
2. Whisk to R
3. Stationary Samba Walks
4. Side Samba Walk
5. Travelling Volta to L
6. Promenade to Counter Promenade Runs
7. Criss Cross Botafogos
8. Reverse Turn
9. Backward Rocks
10. Plait

### **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
6. Open Hip Twist Spiral
7. Overturned Lock Ending

8. Turkish Towel
9. Cuban Breaks to R
10. Simple Foot Change

### **Rumba**

1. Open Hip Twist
2. Alemana
3. Aida
4. Hockey Stick
5. Spiral
6. Close Hip Twist
7. Cuban Rocks/Syncopated Cuban Rocks
8. Curl Finished to Side
9. Advanced Sliding Doors
10. Overturned Basic

### **Paso Doble**

1. Chasse to R
2. Promenade
3. Travelling Spins from PP
4. Huit
5. Twists
6. Chasse Cape
7. Flamenco Taps
8. Syncopated Separation
9. Syncopated Coup de Pique
10. LF Variation

### **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
6. Fallaway Throwaway
7. Toe Heel Swivels
8. Sugar Push
9. Stop and Go
10. Spanish Arms

