

PROGRAMMI DI GARA

1. Programmi di Gara

1.1. Danze Standard

1.1.1.Valzer Lento

	BRONZO	ARGENTO	ORO
1	Closed Change On Right Foot	Hesitation Change	Wing
2	Closed Change On Left Foot	Natural Spin Turn	Wing From PP
3	Natural Turn	Double Reverse Spin	Cross Hesitation From PP
4	Reverse Turn	Telemark	Reverse Pivot
5	Progressive Chasse To Right	Telemark To PP	Fallaway Natural Turn
6	Whisk	Weave From PP	Running Weave From PP
7	Back Whisk	Impetus	Running Spin Turn
8	Outside Change	Impetus To PP	Overtuned Running Spin Turn
9	Basic Weave	Drag Hesitation	Running Cross Chasse
10	Chasse From PP	Outside Spin	Fallaway Reverse And Slip Pivot
11	Backward Locks	Natural Turning Lock	Left Whisk
12	Open Natural Turn	Reverse Turning Lock	Contra Check
13			Hover Corte

1.1.2.Tango

	BRONZO	ARGENTO	ORO
1	Tap - Alternative Entries To PP	Promenade Link Turned To R	Four Step Change
2	Progressive Side Step	Promenade Link Turned To L	Four Step Change
3	Brush Tap	Back Open Promenade	Five Step
4	Progressive Link	Fallaway In Promenade	Mini Five Step
5	Closed Promenade	Whisk	Quick Reverse Turn
6	Open Promenade	Back Whisk	Fallaway Reverse And Slip Pivot
7	Back Cortè	Progressive Side Step Reverse Turn	Telemark To PP
8	Basic Reverse Turn	Four Step	Open Natural Turn
9	Open Reverse Turn	Fallaway Four Step	Outside Spin
10	Rock On Left Foot	Outside Swivel - Method 1	Natural Twist Turn
11	Rock On Right Foot	Outside Swivel - Method 2	Chase
12	Natural Rock Turn	Outside Swivel - Method 3	Chase Alternative Endings
13	Natural Twist Turn From PP		Oversway
14	Natural Turn From PP		Drop Oversway
15			Oversway Alternative Endings
16			Contra Check
17			Reverse Pivot

1.1.3.Valzer Viennese

	BRONZO	ARGENTO	ORO
1	Natural Turn	Continuous Spin	Contra Check
2	Reverse Turn	Reverse Pivots	Left Whisk
3	RF Forward Change Step Natural To Reverse	Hesitation Change	Running Weave
4	LF Forward Change Step Reverse To Natural	Drag Hesitation	Natural Fleckerl
5	LF Backward Change Step Natural To Reverse	Natural Spin Turn	Reverse Fleckerl
6	RF Backward Change Step Reverse To Natural	Telemark	Check from Reverse To Natural Fleckerl
7	Chasse Change Step	Natural Spin Turn Reverse Pivot	Overturned Natural Spin Turn
8		Checked Natural Turn	Throwaway Oversway
9		Natural Back Check	Throwaway Oversway (Taken After 1-3 Of Reverse Turn)
10		Checked Reverse Turn	Hover Reverse Turn
11		Reverse Back Check	Running Feather
12			Running Feather (Opening to Promenade Position)
13			Double Reverse Spin Overspin
14			Reverse Impetus into Right Lunge
15			Rudolph Fallaway
16			Ronde Twist Turn
17			Double Leg Ronde
18			Swivel To Promenade Pivot
19			Swivel To Promenade Link

1.1.4.Slow Foxtrot

	BRONZO	ARGENTO	ORO
1	Feather Step	Double Reverse Spin	Natural Twist Turn
2	Three Step	Telemark	Natural Twist Turn With Natural Weave
3	Feather Finish	Telemark To P.P.	Natural Twist Turn With Impetus And Feather Finish
4	Feather Ending	Hover Telemark	Natural Twist Turn With Impetus To P.P.
5	Hover Feather	Hover Telemark To P.P.	Natural Zig Zag From P.P.
6	Natural Turn	Natural Telemark	Curved Three Step
7	Reverse Turn	Natural Hover Telemark	Curved Feather
8	Basic Weave	Impetus	Curved Feather From P.P.
9	Natural Weave	Impetus To P.P.	Back Feather
10	Change Of Direction	Weave From P.P.	Fallaway Reverse And Slip Pivot
11	Heel Pull Finish	Hover Cross	Bounce Fallaway With Weave Ending
12	Whisk	Top Spin	Running Weave From P.P.
13	Back Whisk	Outside Swivel	Open Reverse Turn
14	Open Natural Turn	Outside Spin	Extended Reverse Wave
15		REVERSE WAVE	REVERSE PIVOT

1.1.5.Quickstep

	BRONZO	ARGENTO	ORO
1	Basic Movement Quarter Turn And Progressive Chasse	Natural Spin Turn	Reverse Pivot
2	Natural Turn	Hesitation Change	Natural Turning Lock
3	Reverse Turn	Double Reverse Spin	Drag Hesitation
4	Progressive Chasse To Right	Impetus	Cross Swivel
5	Progressive Chasse To Left	Impetus To Pp	Fishtail
6	Cross Chasse	Telemark	Running Natural Turn
7	Quarter Turn To Right	Telemark To Pp	Running Cross Chasse
8	Quarter Turn To Left	Whisk	Six Quick Run
9	Outside Change	Back Whisk	Tipsy To Right
10	Natural Pivot	Open Reverse Turn	Tipsy To Left
11	Running Finish	Tipple Chasse To Right - At The Corner	Rumba Cross
12	Backward Lock	Tipple Chasse To Right - Along Line Of Dance	Hover Corte
13	Forward Lock	Tipple Chasse To Left	
14	Open Natural Turn	Four Quick Run	
15		ZIG ZAG	
16		V - 6	
17		OUTSIDE SPIN	

1.2. Danze Latino Americane

1.2.1.Samba

	BRONZO	ARGENTO	ORO
1	Natural Basic Movement	Maypole Lady Turning Right	Natural Roll
2	Reverse Basic Movement	Maypole Lady Turning Left	Reverse Roll
3	Progressive Basic Movement	Cruzados Walks	Close Rocks
4	Side Basic Movement To Left	Cruzados Locks	Open Rocks
5	Side Basic Movement To Right	Dropped Volta	Backward Rocks
6	Outside Basic	Circular Volta Turning Right	Plait
7	Samba Whisk To Left	Circular Volta Turning Left	Corta Jaca
8	Samba Whisk To Right	Same Foot Botafogo	Same Position Corta Jaca
9	Stationary Samba Walks	Samba Locks Lady On Left Side	Double Spiral Turn For Lady
10	Promenade Samba Walks	Samba Locks Lady On Right Side	Promenade To Counter Promenade Runs
11	Side Samba Walk	Methods Of Changing Feet	Drag
12	Reverse Turn		Rolling Off The Arm
13	Promenade To Counter Promenade Botafogos		Carioca Runs
14	Side Samba Chasse		Argentine Crosses
15	Travelling Botafogo Forward		
16	Travelling Botafogo Backward To Pp		
17	Criss Cross Botafogo		
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		
23	Underarm Turning Left		

1.2.2. Cha Cha Cha

	BRONZO	ARGENTO	ORO
1	Time Step	Alemana	Close Hip Twist Spiral
2	Close Basic Movement	Alemana From Open Opposing Position	Open Hip Twist Spiral
3	Open Basic Movement	Natural Top	Turkish Towel
4	New York To Right	Cross Basic	Sweetheart
5	New York To Left	Cross Basic With Turn	Follow My Leader
6	Hand To Hand To Right	Cross Basic To Open Opposing Position	Syncopated Open Hip Twist
7	Hand To Hand To Left	Methods Of Changing Feet	Curl
8	Spot Turn To Right	Split Cuban Break To Right	Rope Spinning
9	Spot Turn To Left	Split Cuban Break To Left	Overtured Lock Ending
10	Underarm Turn Turning Right	Cuban Breaks To Right	Continuous Overtured Lock
11	Underarm Turn Turning Left	Cuban Breaks To Left	Swivel From Overtured Lock
12	Three Cha Cha Chas To Right	Cuban Break Amalgamations	Swivel Hip Twist
13	Three Cha Cha Chas To Left		Swivels
14	Shoulder To Shoulder		Walks And Whisks
15	Aida		Advanced Methods Of Changing Feet
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		

1.2.3. Rumba

	BRONZO	ARGENTO	ORO
1	Close Basic Movement	Alternative Basic Movement	Continuous Circular Hip Twist
2	Open Basic Movement	Close Hip Twist	Syncopated Open Hip Twist
3	New York To Right	Close Hip Twist Finished To Side	Natural Top
4	New York To Left	Alemana	Reverse Top
5	Hand To Hand To Right	Alemana Finished To Side	Curl
6	Hand To Hand To Left	Progressive Forward Walks	Curl Finished To Side
7	Spot Turn To Right	Progressive Forward Walks To Fan	Spiral
8	Spot Turn To Left	Aida	Spiral Finished To Side
9	Underarm Turn Turning Right	Continuous Hip Twist	Spiral To Fan
10	Underarm Turn Turning Left	Cuban Rocks	Three Alemanas
11	Side Walks And Cucarachas	Fencing To Spin	Sliding Doors
12	Fan		Advanced Sliding Doors
13	Open Hip Twist		Three Threes

14	Open Hip Twist Finished To Side		Three Threes To Fan
15	Hockey Stick		Rope Spinning
16	Hockey Stick Finished To Side		Swivels
17	Opening Out		Overtured Basic
18	Shoulder To Shoulder		

1.2.4.Paso Doble

	BRONZO	ARGENTO	ORO
1	Basic Movement	Promenade To Counter Promenade	Twists
2	Sur Place	Grand Circle	Chasse Cape
3	Chasses To Right	Banderillas	Travelling Spins From PP
4	Drag	Fallaway Reverse	Travelling Spins From CPP
5	Chasses To Left	Fallaway Whisk	Syncopated Coup De Pique
6	Attack	Spanish Lines	Separation With Lady's Caping Walks
7	Huit	La Passe	Farol
8	Separation	Syncopated Separation	Fregolina
9	Natural Twist Turn	Flamenco Taps	Methods Of Changing Feet
10	Promenade		
11	Closed Promenade		
12	Promenade Link		
13	Sixteen		

1.2.5.Jive

	BRONZO	ARGENTO	ORO
1	Basic In Place	Fallaway Throwaway	Spanish Arms
2	Basic In Fallaway	Change Of Place From Right To Left With Double Spin	Chicken Walks
3	Change Of Place From Right To Left	Overtured Change Of Place From Left To Right	Rolling Off The Arm
4	Change Of Place From Left To Right	Double Cross Whip	Simple Spin
5	American Spin	Throwaway Whip	Rock To Simple Spin
6	Change Of Place Behind The Back	Reverse Whip	Flicks Into Break
7	Link	Curly Whip	Toe Heel Swivels
8	Whip	Overtured Fallaway Throwaway	Sugar Push
9	Promenade Walks - Slow	Stop And Go	Miami Special
10	Promenade Walks - Quick	Hip Bump	Shoulder Spin
11		Windmill	Chugging
12		Mooch	Catapult