

L4 Smooth Standard

Advanced Dancing Elements

Advanced Figures, Use of Different Timings

Other elements known to be of an advanced nature for a dancer still using contact positions may be available.

The list of 'Not Allowed' elements will not include every element known to the individual dance style, but to indicate which other elements may be closely related and should not be included.

Good Rule: If you are unsure, leave it out, or ask us. The list of Judges Scoring categories will tell you what they are judging.



LEVEL 4

Waltz

Waltz Continuity

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing must commence in a 'normal closed dance position', with or without torso contact. All allowed with the exception of: travelling Sd by Sd, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: All except Arabesque and Clogging

ELEMENTS ALLOWED:

4

All allowable Elements from Level 1, 2 & 3

- Telemark
- Curved Feathers/Running Steps
- 4 Step Fallaway Slip Pivot
- Cross Hesitation
- Rudolph Rhonde

NOT ALLOWED:

- Multiple Syncopated Pivots
- Extended Picture Lines
- Multiple Syncopated Locks
- Travelling Contra Check
- Running Contra Check
- Throwaway
- Travelling Side by Side
- Travelling Solo Turns



LEVEL 4

Tango

Tango Continuity

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing must commence in a 'normal closed dance position', with or without torso contact. All allowed with the exception of: travelling Sd by Sd, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Basic Timings. Limited use of syncopations.

ELEMENTS ALLOWED:

4

All allowable Elements from Level 1 & 2

- Syncopated Viennese Left Turn
- 4 Step Fallaway Reverse Slip Pivot
- Multiple Pivots - no syncopations
- Leg Hooks
- Syncopated Lock Steps
- Telemark
- Rudolph Rhonde

NOT ALLOWED:

- Multiple Syncopated Pivots
- Multiple Syncopated Locks
- Extended Picture Lines
- Throwaway
- Travelling Side by Side
- Travelling Solo Turns



LEVEL 4

Foxtrot

Foxtrot Continuity

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing must commence in a 'normal closed dance position', with or without torso contact.
All allowed with the exception of: travelling Sd by Sd, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: All

ELEMENTS ALLOWED:

4

All allowable Elements from Level 1, 2 & 3

- Telemark
- Curved Feathers/Running Steps
- 4 Step Fallaway Slip Pivot
- Cross Hesitation
- Rudolph Rhonde

NOT ALLOWED:

- Multiple Syncopated Pivots
- Extended Picture Lines
- Multiple Syncopated Locks
- Travelling Contra Check
- Running Contra Check
- Throwingaway
- Travelling Side by Side
- Travelling Solo Turns



LEVEL 4

Viennese

Viennese Waltz Continuity

- Floor Contact:** Both feet must very close to the floor at all times with 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing must commence in a 'normal closed dance position', with or without torso contact.
All allowed with the exception of: travelling Sd by Sd, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: Normal, Syncopated, Hesitation & Canter timing only. (Refer to Glossary).

ELEMENTS ALLOWED:

4

All Allowable Elements from Level 1, 2 & 3.

- Shadow Right Turn
- Turning Hesitation
- Back Lock
- Fan Kicks
- Rhonde to Throwingaway
- Underarm Spin to Throwingaway
- Rudolph Rhonde
- Swivels

Some elements may be used from Level 3 & 4 Waltz, if appropriate.

NOT ALLOWED:

- Extended Picture Lines
- Fleckerel
- Open Right Turn
- Open Runs
- Solo Travelling Turns



LEVEL 4

Quickstep

Quickstep Continuity

- Floor Contact:** Both feet must close to the floor at all times.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing must commence in a 'normal closed dance position', with or without torso contact.
All allowed with the exception of: travelling Sd by Sd, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** No multiple syncopations.

ELEMENTS ALLOWED:

4

All Allowable Elements from Level 1, 2 & 3.

- Four Quick Runs
- V6
- Closed Telemark

Some elements may be used from Level 3 & 4 Foxtrot, if appropriate.

NOT ALLOWED:

Any elements in Levels: 5,6.

L4 Rhythm Standard

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LEVEL 4

Cha Cha

Cha Cha

- Floor Contact:** 1 supporting foot always on the floor.
Tricks: No Tricks, lifts or Performing Arts under the definition in 'Rules'.
Dance Holds: Dancing must commence in a 'normal closed dance position'.
 All allowed with the exception of: Travelling Sd by Sd, Apart Choreo.
Lead/Follow: All material must be Lead & Followed.
Timings: Allowed: All except Guapacha Timing.

ELEMENTS ALLOWED:

4

- All allowable Elements from Level 1, 2 & 3**
- Travelling in Shadow - must be in contact
 - Kicks
 - Body Roll/Ripple
 - Travelling Locks - normal Cha Cha rhythm
- Other appropriate L1,2,3 figures from Rum, Mam, Bol.**

NOT ALLOWED:

- Multiple Syncopated Pivots
- Multiple Syncopated Locks
- Travelling Side by Side
- Body Drop
- Same Foot Lunge
- Oblique Line
- Knee Drop
- Supported Leans



LEVEL 4

Rumba

Rumba

- Floor Contact:** 1 supporting foot always on the floor.
Tricks: No Tricks, lifts or Performing Arts under the definition in 'Rules'.
Dance Holds: Dancing must commence in a 'normal closed dance position'.
 All allowed with the exception of: Travelling Sd by Sd, Apart Choreo.
Lead/Follow: All material must be Lead & Followed.
Timings: Allowed: All

ELEMENTS ALLOWED:

4

- All allowable Elements from Level 1, 2, 3.**
- Travelling in Shadow - must be in contact
 - Attitude Line
 - Rudolph Rhonde
 - Body Roll/Ripple
- Other appropriate L1,2,3 figures from Bol, Mam, Cha.**

NOT ALLOWED:

- Multiple Syncopated Pivots
- Travelling Side by Side
- Body Drop
- Same Foot Lunge
- Oblique Line
- Knee Drop
- Rock & Switches
- Supported Rotating Attitude Line
- Supported Leans



LEVEL 4

Swing

East Coast Swing

- Floor Contact:** 1 supporting foot always on the floor.
Tricks: No Tricks, lifts or Performing Arts under the definition in 'Rules'.
Dance Holds: Dancing must commence in a 'normal CL/PP dance position Swing Hold'.
 All allowed with the exception of: Travelling Sd by Sd, Apart Choreo.
Lead/Follow: All material must be Lead & Followed.
Timings: Allowed: All

ELEMENTS ALLOWED:



- All allowable Elements from Level 1, 2 & 3**
- **Sailor Shuffles**
 - **Boogie Walks**
 - **OP FAC (Apart) travelling toward each other**
 - **Body Roll/Ripple**
 - **Travelling in Shadow - must be in contact**

NOT ALLOWED:

- Multiple Syncopated Pivots
- Travelling Side by Side
- Windmills
- Jumps/Pachanga
- Hops
- Body Drop/Knee Drop
- Supported Leans



LEVEL 4

Mambo

Mambo

- Floor Contact:** 1 supporting foot always on the floor.
Tricks: No Tricks, lifts or Performing Arts under the definition in 'Rules'.
Dance Holds: Dancing must commence in a 'normal closed dance position'.
 All allowed with the exception of: Travelling Sd by Sd, Apart Choreo.
Lead/Follow: All material must be Lead & Followed.
Timings: Allowed: All

ELEMENTS ALLOWED:



- All Allowable Elements from Level 1, 2 & 3.**
- **Travelling in Shadow - must be in contact**
 - **Back Drop**
 - **Manhattan**
 - **Dip Break**
 - **Kick Swivel**
 - **Sliding Doors**
 - **Body Roll/Ripple**

NOT ALLOWED:

- Hops
- Solo Travelling Turns
- Knee Drops
- Body Drop
- Same Foot Lunge
- Travelling Sd by Sd
- Pachanga



LEVEL 4

Bolero

Bolero

- Floor Contact:** Both feet must close to the floor at all times.
Tricks: No Tricks, lifts or Performing Arts under the definition in 'Rules'.
Dance Holds: Dancing must commence in a 'normal closed dance position'.
 All allowed with the exception of: travelling Sd by Sd, Apart Choreo.
Lead/Follow: All material must be Lead & Followed.
Timings: Allowed: All

ELEMENTS ALLOWED:



- All Allowable Elements from Level 1, 2 & 3.**
- **Travelling in Shadow - must be in contact**
 - **Body Roll/Ripple**
 - **Rudolph Rhonde**
 - **Attitude Line**

NOT ALLOWED:

- Whirlpool
- Same Foot Lunge
- Body Drop/Knee Drop
- Solo Travelling Turns
- Extended Contra Check
- Double Contra Check
- Oblique Line
- Supported Rotating Attitude Line
- Travelling Sd by Sd
- Rhondes in Double Hand Hold