

# L5 Smooth Standard

## Advanced Elements of Dancing

### Simple Side by Side Figures, Use of Different Timings, Excellent Presentation

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 5

# 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 may commence in any position as long as it is Lead & Followed.  
All allowed with simple travelling Sd by Sd, up to 50% Apart Choreo.  
**Lead/Follow:** A minimum of 50% of material must be Lead & Followed.  
**Timings:** Allowed: All

#### ELEMENTS ALLOWED:

# 5

#### All allowable Elements from Level 1, 2, 3 & 4

- Multiple Syncopated Pivots & Locks
- Same Foot Lunge
- Throwaway
- Tumble Turn
- Hairpin/Hinge
- Travelling Solo Turns & Side by Side
- Travelling & Running Contra Check
- Running Weave
- Simple 'X' Line
- Whirlpool in Closed Position/Airplane Arms

#### NOT ALLOWED:

- Opposition 'X' Line
- Telespin
- Telerhonde
- Syncopated Right Side Runs
- Whirlpool in Shadow
- Outside Spin



LEVEL 5

# 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 may commence in any position as long as it is Lead & Followed.  
All allowed with simple travelling Sd by Sd, up to 50% Apart Choreo.  
**Lead/Follow:** A minimum of 50% of material must be Lead & Followed.  
**Timings:** Allowed: All

#### ELEMENTS ALLOWED:

# 5

#### All allowable Elements from Level 1, 2, 3 & 4

- Multiple Syncopated Pivots & Locks
- Same Foot Lunge
- Throwaway
- Tumble Turn
- Hairpin
- Travelling Solo Turns & Side by Side
- Running Weave

#### NOT ALLOWED:

- Opposition 'X' Line
- Telespin
- Telerhonde
- Syncopated Right Side Runs
- Outside Spin



LEVEL 5

# 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 may commence in any position as long as it is Lead & Followed.  
 All allowed with simple travelling Sd by Sd, up to 50% Apart Choreo.  
**Lead/Follow:** A minimum of 50% of material must be Lead & Followed.  
**Timings:** Allowed: All

**ELEMENTS ALLOWED:**

5

**All allowable Elements from Level 1, 2, 3 & 4**

- **Multiple Syncopated Pivots & Locks**
- **Same Foot Lunge**
- **Throwaway**
- **Tumble Turn**
- **Hairpin/Hinge**
- **Travelling Solo Turns & Side by Side**
- **Travelling & Running Contra Check**
- **Running Weave**
- **Simple 'X' Line**
- **Whirlpool in Closed Position/Airplane Arms**

**NOT ALLOWED:**

- Opposition 'X' Line
- Telespin
- Telerhonde
- Syncopated Right Side Runs
- Whirlpool in Shadow
- Outside Spin



LEVEL 5

# Viennese

## Viennese 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 may commence in any position as long as it is Lead & Followed.  
 All allowed with simple travelling Sd by Sd, up to 50% Apart Choreo.  
**Lead/Follow:** A minimum of 50% of material must be Lead & Followed.  
**Timings:** Allowed: All

**ELEMENTS ALLOWED:**

5

**All Allowable Elements from Level 1, 2, 3 & 4**

- **Underarm Passes**
  - **Open Right Turns**
  - **Open Promenade Runs**
  - **Travelling Crosses**
  - **Open Runs and Solo Travelling Turns**
- Some elements may be used from Level 3, 4 & 5 Waltz, if appropriate.**

**NOT ALLOWED:**

- Extended Picture Lines
- Fleckerei
- Shadow L & R Turns w U/A



LEVEL 5

# Quickstep

## Quickstep Continuity

- Floor Contact:** 1 supporting foot always on the floor.  
**Tricks:** No lifts or Performing Arts under the definition in 'Rules'.  
**Dance Holds:** Dancing may commence in any position as long as it is Lead & Followed.  
 All allowed with simple travelling Sd by Sd, up to 50% Apart Choreo.  
**Lead/Follow:** A minimum of 50% of material must be Lead & Followed.  
**Timings:** Allowed: All

**ELEMENTS ALLOWED:**

5

**All Allowable Elements from Level 1, 2, 3 & 4**

- **Cross Swivel**
  - **Six Quick Runs**
  - **Rumba Cross**
- Some elements may be used from Level 3, 4 & 5 Foxtrot, if appropriate.**

**NOT ALLOWED:**

Any elements in Level 6.

# L5 Rhythm Standard

## Advanced Elements of Dancing

### Simple Side by Side Figures, Use of Different Timings, Excellent Presentation

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**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 5

## Cha Cha

Cha Cha

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing may commence in any position as long as it is Lead & Followed.  
All allowed with simple travelling Sd by Sd, up to 50% Apart Choreo.
- Lead/Follow:** A minimum of 50% of material must be Lead & Followed.
- Timings:** Allowed: All

#### ELEMENTS ALLOWED:

5

**All allowable Elements from Level 1, 2, 3 & 4**

- **Multiple Syncopated Pivots**
- **Multiple Syncopated Locks**
- **Travelling Sd by Sd**
- **Body Drop**
- **Knee Drop**
- **Oblique Lines/Supported Leans**
- **Same Foot Lunge**

**Other appropriate L5 figures from Rum, Mam, Bol.**

#### NOT ALLOWED:

- Sit Drop
- Telerhonde



LEVEL 5

## Rumba

Rumba

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing may commence in any position as long as it is Lead & Followed.  
All allowed with simple travelling Sd by Sd, up to 50% Apart Choreo.
- Lead/Follow:** A minimum of 50% of material must be Lead & Followed.
- Timings:** Allowed: All

#### ELEMENTS ALLOWED:

5

**All allowable Elements from Level 1, 2, 3 & 4**

- **Multiple Syncopated Pivots**
- **Travelling Sd by Sd**
- **Body Drop**
- **Knee Drop**
- **Rocks & Switches**
- **Supported Rotating Attitude Line**
- **Same Foot Lunge**
- **Oblique Lines/Supported Leans**

**Other appropriate L5 figures from Mam, Cha, Bol.**

#### NOT ALLOWED:

- Sit Drop
- Telerhonde



LEVEL 5

# Swing

# East Coast Swing

- Floor Contact:** 1 supporting foot always on the floor.  
**Tricks:** No lifts or Performing Arts under the definition in 'Rules'.  
**Dance Holds:** Dancing may commence in any position as long as it is Lead & Followed.  
 All allowed with simple travelling Sd by Sd, up to 50% Apart Choreo.  
**Lead/Follow:** A minimum of 50% of material must be Lead & Followed.  
**Timings:** Allowed: All

ELEMENTS ALLOWED:

5

**All allowable Elements from Level 1, 2, 3 & 4**

- **Multiple Syncopated Pivots**
- **Oblique Lines/Supported Leans**
- **Travelling Sd by Sd**
- **Body Drop/Knee Drop**
- **Jumps/Hops**

NOT ALLOWED:

- Windmills
- Sit Drops



LEVEL 5

# Mambo

# Mambo

- Floor Contact:** 1 supporting foot always on the floor.  
**Tricks:** No lifts or Performing Arts under the definition in 'Rules'.  
**Dance Holds:** Dancing may commence in any position as long as it is Lead & Followed.  
 All allowed with simple travelling Sd by Sd, up to 50% Apart Choreo.  
**Lead/Follow:** A minimum of 50% of material must be Lead & Followed.  
**Timings:** Allowed: All

ELEMENTS ALLOWED:

5

**All Allowable Elements from Level 1, 2, 3 & 4**

- **Travelling Sd by Sd/Shines**
- **Up to 50% Apart Choreographies**
- **Same Foot Lunge**
- **Body Drop/Knee Drop**
- **Travelling Solo Turns**
- **Kick Swivel with a Slide**
- **Pachanga**

**Other appropriate L5 figures from Rum, Cha, Bol.**

NOT ALLOWED:

- Sit Drop
- Jumps/Hops
- Telerhonde



LEVEL 5

# Bolero

# Bolero

- Floor Contact:** 1 supporting foot always on the floor.  
**Tricks:** No lifts or Performing Arts under the definition in 'Rules'.  
**Dance Holds:** Dancing may commence in any position as long as it is Lead & Followed.  
 All allowed with simple travelling Sd by Sd, up to 50% Apart Choreo.  
**Lead/Follow:** A minimum of 50% of material must be Lead & Followed.  
**Timings:** Allowed: All

ELEMENTS ALLOWED:

5

**All Allowable Elements from Level 1, 2, 3 & 4**

- **Oblique Lines/Supported Leans**
- **Rhondes in Double Hand Hold**
- **Supported Rotating Attitude Line**
- **Travelling Sd by Sd**
- **Extended/Double Contra Check**
- **Solo Travelling Turns/Same Foot Lunge**
- **Whirlpool in Closed Position/Airplane Arms**
- **Body Drop/Knee Drop**
- **Up to 50% Apart Choreographies**

**Other appropriate L5 figures from Rum, Mam, Cha.**

NOT ALLOWED:

- Whirlpool in Shadow
- Sit Drop
- Telerhonde