



## GLOSSARY

**ELEMENT:** A simple core movement/step which when combined with other elements make larger/longer figures.

**LEADS:** The 4 acceptable forms of Leading:

1. Weight Change - The Man changes his weight clearly from 1 foot to the other so the Lady can change her weight at equal speed, either the natural opposite foot or the same foot in shadow position.
2. Physical - Leading using the Arms & Hands with both partners having slight arm tension.
3. Shaping - The Man creates a shape with his own Body, Arms and Hand positions to Shape the Lady's body into a movement she can follow. Generally minimal arm tension.
4. Visual - In 'Apart' position, the Man dances a solo step and the Lady follows 1 measure in delay. A 'watch then copy' lead. Danced facing each other, never side by side.

**APART CHOREOGRAPHY:** Any figures where the following partner is dancing without using one of the 4 acceptable Leads.  
Any Side by Side figure without contact and the follower is not dancing 1 Bar in delay.  
Different figures danced by each partner at the same time.

**TIMINGS:** WALTZ - NORMAL - 1,2,3 - A weight change step taken on every beat.  
HESITATION - Step on 1, no Steps on beat 2 or 3.  
SYNCOATED - 1, 2 & 3 or 1 & 2, 3.  
CANTER - Step on 1, no Step on beat 2, Step on beat 3.  
ARABESQUE - Step on beat 1, Step on beat 2, no Step on beat 3.  
CLOGGING - No Step on beat 1, Step on beat 2, Step on beat 3.  
GUAPACHA - Dancing a Rock Step by dancing Step 1 of the Break on a 1/2 beat.

**PICTURE LINE:** A posed position that is held for 1 beat or more. eg: Oversway, Corte, Contra Check.

**EXTENDED PICTURE LINE:** A posed position held for more than 1 beat, allowing development of the body and head positions.

**BOLERO SOFT CONTRA CHECK:** A standard way of dancing Steps 4-6 of the Bolero Basic when in CL dance position for advanced dancers, where the contra check begins in the normal slightly elevated position on Step 4.

**EXTENDED CONTRA CHECK:** A Contra Check commenced from a lowered position on Step 4, allowing the shaping of the bodies to become extended as seen in the smooth dance styles.

**APART POSITION:** Partners are not in contact.

**TRAVELLING SHADOW:** Partners in any Shadow/Parallel position, whether in contact or not, do not remain on the spot.

**TRAVELLING SD BY SD:** Partners in Sd by Sd, whether in contact or not, do not remain on the spot.