

# L3 Smooth Standard

## Basic & Simple Elements of Advanced Dancing

### Simple Figures, Clear Timing

Other simple elements known to be of a basic nature for a beginner of advanced dancing 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 3

# Waltz

## Waltz Continuity

- 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', 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:

# 3

#### All allowable Elements from Level 1 & 2

- **Open Left & Right Turns, Open Twinkle**
- **Open Promenade Runs**
- **Open Progressive Twinkles - fwd & bk**
- **Continuity Endings/Feather Steps/Running Steps**
- **Impetus Turns**
- **Grapevines with syncopations**
- **Multiple Pivots/Locks - no syncopation**
- **Simple Oversway, Contra Check, Develope, Rhonde & Attitude Lines**
- **Back Twist Turn**
- **Simple Slip Pivot - 3 steps only**

#### NOT ALLOWED:

- Multiple Syncopated Pivots
- Extended Picture Lines
- Multiple Syncopated Locks
- 4 Step Fallaway Slip Pivot
- Travelling Side by Side
- Telemark
- Curved Feathers/Runs
- Rudolph Rhonde



LEVEL 3

# Tango

## Tango Continuity

- 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', 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:

# 3

#### All allowable Elements from Level 1 & 2

- **Open Box/Open Finish**
- **Multiple Pivots - no syncopations**
- **Simple Contra Check**
- **Rhondes/Developes/Attitude lines**
- **Simple Leg Hooks**
- **Simple Stalks**
- **Simple Lock Steps**

#### NOT ALLOWED:

- Multiple Syncopated Pivots
- Multiple Syncopated Locks
- 4 Step Fallaway Slip Pivot
- Extended Picture Lines
- Syncopated Viennese Turn
- Syncopated Locks
- Telemark
- Rudolph Rhonde



LEVEL 3

# Foxtrot

## Foxtrot Continuity

- 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', 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:

# 3

#### All allowable Elements from Level 1 & 2

- Open Left & Right Turns, Open Twinkle
- Open Promenade Runs
- Open Progressive Twinkles - fwd & bk
- Continuity Endings/Feather Steps/Running Steps - no turn
- Impetus Turns
- Grapevines with syncopations
- Multiple Pivots/Locks - no syncopation
- Simple Oversway, Contra Check, Develope, Rhonde & Attitude Lines
- Back Twist Turn
- Simple Slip Pivot - 3 steps only

### NOT ALLOWED:

- Multiple Syncopated Pivots
- Extended Picture Lines
- Multiple Syncopated Locks
- 4 Step Fallaway Slip Pivot
- Travelling Side by Side
- Telemark
- Curved Feathers/Runs
- Rudolph Rhonde



LEVEL 3

# Viennese

## Viennese Waltz Continuity

- 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', 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:

# 3

#### All Allowable Elements from Level 1 & 2

- Progressive 5th Position Breaks w Hand Changes
- Simple Canter Turns
- Cursty
- Shadow L Turns
- Develope/Oversway/Rhonde/Attitude Lines
- Simple Slip Pivot
- Open Simple/Single Twinkle

### NOT ALLOWED:

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



LEVEL 3

# Quickstep

## Quickstep Continuity

- 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', 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:

# 3

#### All Allowable Elements from Level 1 & 2

- Quick Open Reverse
  - Fishtail
  - Running Right Turn
- Some elements may be used from Level 3 Foxtrot, if appropriate.

### NOT ALLOWED:

- Any elements in Levels: 4,5,6.

# L3 Rhythm Standard

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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 3

## 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 must commence in a 'normal closed dance position'.  
All allowed with the exception of: travelling Sd by Sd/Shadow, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: All except Guapacha.

#### ELEMENTS ALLOWED:

3

#### All allowable Elements from Level 1 & 2

- Open Boxes
  - Fencing Lines
  - Double/Syncopated U/Arm Turns
  - Shadow Figures - must be in contact
  - Rhondes
  - Knee Level Knee Lifts with Contractions
- Other appropriate L1,2,3 figures from Rum, Mam, Bol.

#### NOT ALLOWED:

- Travelling Sd by Sd/Shadow
- Side by Side Figures
- Kicks
- Travelling in Shadow
- Knee Drops
- Body Roll/Ripple/Body Drop
- Same Foot Lunge
- Multiple Travelling Locks/Pivots
- Rudolph Rhonde



LEVEL 3

## 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 must commence in a 'normal closed dance position'.  
All allowed with the exception of: travelling Sd by Sd/Shadow, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: All.

#### ELEMENTS ALLOWED:

3

#### All allowable Elements from Level 1 & 2

- Open Boxes
  - Fencing Lines
  - Double/Syncopated U/Arm Turns
  - Shadow Figures - must be in contact
  - Rhondes/Developes
  - Sliding Doors - in contact, lead & followed.
  - Sit Poses
  - Simple Pivot
  - Snap Actions
- Other appropriate L1,2,3 figures from Bol, Mam, Cha.

#### NOT ALLOWED:

- Multiple Syncopated Pivots
- Travelling in Shadow/Sd by Sd
- Oblique Line
- Rhondes in Double Hand Hold
- Knee Drops
- Body Roll/Ripple/Body Drop
- Same Foot Lunge
- Supported & Rotating Attitude Line
- Rocks & Switches
- Attitude Line
- Rudolph Rhonde



LEVEL 3

# 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 must commence in a 'normal CL/PP dance position Swing Hold'.  
 All allowed with the exception of: travelling Sd by Sd/Shadow, Apart Choreo.  
**Lead/Follow:** All material must be Lead & Followed.  
**Timings:** Allowed: All

**ELEMENTS ALLOWED:**

# 3

**All allowable Elements from Level 1 & 2**

- Swivels
- Multiple/Syncopated U/Arm Turns/Free Spins
- Double Roll Turns
- Simple Pivots - no syncopations
- Passing Changes

**NOT ALLOWED:**

- Multiple Syncopated Pivots
- Travelling in Shadow
- Travelling in Sd by Sd
- Sailor Shuffles
- Boogie Walks
- Supported Leans



LEVEL 3

# 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/Shadow, Apart Choreo.  
**Lead/Follow:** All material must be Lead & Followed.  
**Timings:** Allowed: All.

**ELEMENTS ALLOWED:**

# 3

**All Allowable Elements from Level 1 & 2**

- All Swivels
  - Passes
  - Wraps
  - Turning Side Breaks
  - Opening Out
  - Side Checks
  - Catapult
  - Simple Pivot - all Slows
- Other appropriate L1,2,3 figures from Rum, Cha, Bolero.**

**NOT ALLOWED:**

- Back Drop
- Manhattan
- Dip Break
- Kick Swivel
- Sliding Doors
- Knee Drops
- Body Roll/Ripple/Body Drop
- Same Foot Lunge



LEVEL 3

# 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/Shadow, Apart Choreo.  
**Lead/Follow:** All material must be Lead & Followed.  
**Timings:** No multiple syncopations.

**ELEMENTS ALLOWED:**

# 3

**All Allowable Elements from Level 1 & 2**

- Passing Changes
  - Wraps/Aida
  - Rhondes/Developes/Oversway
  - Open Hip Twist
  - Fencing Lines/Open Boxes
  - Simple Contra Check
  - Sit Poses - 1 measure max.
  - Simple Pivot
- Other appropriate L1,2,3 figures from Rum, Cha, Mambo.**

**NOT ALLOWED:**

- Supported & Rotating Attitude Line
- Extended Contra Check
- Double Contra Check
- Oblique Line
- Rhondes in Double Hand Hold
- Knee Drops
- Body Roll/Ripple/Body Drop
- Same Foot Lunge
- Attitude Line
- Rudolph Rhonde