

L1 Rhythm - Closed Division Restricted Figures

Basic Beginner Elements of Dancing

Simple Figures, Defined Elements, Clear Timing

Closed Division is a clear demonstration of the core elements at their technical best.

Not every figure from the variety of beginner curriculums seen at every studio will be in these restricted figures.

To keep the list of restricted figures to a restricted size, the majority of figures with repeated elements were not included.

Level 1 Competitors must dance at least Figures a. and b. in every dance style they enter. It isn't a requirement to dance any more of the figures than that. You can choose to dance any or all of the other figures named at this Level in each dance, and no others.

The figures below are named by their elements, avoiding names of known figures where possible. For the sake of clarity, private video demonstrations of the figures are available. There is a small amount of leeway on the starts and ends of figures, but do not add multiple extra elements to these figures. Please demonstrate a clear start and end to each figure with the focus element in between, without amalgamating the next figure directly into the middle of the current one.



LEVEL 1

Cha Cha

Cha Cha

Dance Holds:

Dancing must commence in a 'Traditional Closed Dance Position'. Traditional Hold in all figures.

Open Facing and Open Positions in Lead's L to Follow's R hand hold for the Underarm Turn.

Left & Right Side by Side and Apart Positions in Cross Overs.

Double Hand Hold - Lead's L to Follow's R and Lead's R to Follow's L for Cross Triple Steps.

Traditional Hold Cross Body Leads may be used in place of any 1st half of a Basic that a figure may commence with.

Lead/Follow:

All material must be Lead & Followed.

Timings:

Allowed: Normal Rhythm & Cross Triple Rhythm.

FIGURES ALLOWED:



a. The Cha Cha Basic

b. 2 x Cross Over Breaks and a Switch Turn

- The Forward & Backward Basic
- Follower's Natural Underarm Turn
- 3 x Cross Triple Steps Forward & Backward
- A Cross Body Lead

FOCUS ELEMENT:

- Cha Cha Basic Technique
- Switch Turn
- Cha Cha Walking Technique
- Underarm Turn
- Cross Triples
- Cross Body Lead



LEVEL 1

Rumba

Rumba

Dance Holds:

Dancing must commence in a 'Traditional Closed Dance Position'. Traditional Hold in all figures.

Promenade Position. Open Facing and Open Positions in Lead's L to Follow's R hand hold.

Fallaway & Promenade through to L Side by Side in 5th Positions - Lead's L to Follow's R hand hold.

Traditional Hold Cross Body Leads may be used in place of any 1st half of a box that a figure may commence with.

Lead/Follow:

All material must be Lead & Followed.

Timings:

QQS starting Sd on 1, or SQQ starting Fwd on 1. No switching between rhythms.

FIGURES ALLOWED:



a. The Rumba Box starting either Sideways or Forwards

b. Follower's Natural Underarm Turn

- Cuban Walks Forward & Backward
- Side Breaks
- A Cross Body Lead
- 3 x 5th Position Breaks
- 2 x Turning Rocks

FOCUS ELEMENT:

- Rumba Basic Technique
- Underarm Turn
- Walking Technique
- Side Breaks
- Cross Body Lead
- 5th Positions
- Rocks



LEVEL 1

Dance Holds:

Lead/Follow:

Timings:

Swing

Closed Division Restricted Figures

East Coast Swing

FIGURES ALLOWED:



a. The Swing Basic - in Triple or Single Rhythm

b. Follower's Natural & Reverse Underarm Turns

- The Swing Open Break - with or without Turn
- A Simple Tuck Turn
- Leader's Reverse Underarm Turn
- Sweetheart Breaks

FOCUS ELEMENT:

- Chasse Technique
- Follower's Underarm Turn
- Open Break
- Tuck Turn
- Leader's Underarm Turn
- Cuddle Hold



LEVEL 1

Dance Holds:

Lead/Follow:

Timings:

Mambo

Mambo

FIGURES ALLOWED:



a. The Mambo Basic

b. Follower's Natural Underarm Turn

- The Forward & Backward Basic
- Forward, Backward & Side Breaks (can be done individually)
- 2 x Cross Over Breaks and a Switch Turn
- 3 x 5th Position Breaks
- A Cross Body Lead

FOCUS ELEMENT:

- Mambo Technique & Timing
- Underarm Turn
- Linear Walks
- Breaks Steps
- Switch Turn
- 5th Positions
- Cross Body Lead



LEVEL 1

Dance Holds:

L1 & L2 Dancers:

L3&4, 5&6 Dancers:

Lead/Follow:

Timings:

Bolero

Bolero

FIGURES ALLOWED:



a. The Bolero Basic

b. 2 x Crossover Breaks and a Switch Turn

- Follower's Natural Underarm Turn
- 3 x 5th Position Breaks
- Cross Body Lead ending in Closed
- Cross Body Lead ending in Open Break (Bk or Fwd only)

FOCUS ELEMENT:

- Bolero Technique
- Switch Turn
- Underarm Turn
- 5th Positions
- Cross Body Lead
- Open Break