

L3 Rhythm - Closed Division Restricted Figures

Basic & Simple Elements of Advanced Dancing

Simple Figures, Defined Elements, Clear Timing

Level 3&4 Competitors must dance either **a. or b.** in every dance style they enter. It isn't a requirement to dance any more Level 3&4 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.

It is allowable to use L1 Figures **a. and b.** The majority of figures must be from Level 3&4.

The figures below are named by their elements, avoiding names of known figures. For the sake of clarity, 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.

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



LEVEL 3

Cha Cha

Cha Cha

Dance Holds:

Dancing must commence in a 'Traditional Closed Dance Position'. Traditional Hold in all figures.
L Side by Side in Forward Locks. Traditional Hold with Outside Partner Positions in Open Boxes.
Left & Right Side by Side and Apart Positions in Cross Overs. Open Facing, Apart & Right Shadow for Closed Twinkles.
Open Facing and Open Positions in Lead's L to Follow's R hand hold for Open Breaks & Underarm Turns.

Lead/Follow:

All material must be Lead & Followed.

Timings:

Allowed: Normal. Multiple syncopations: 2&3, 4&1, 2&3, 4&1 - Open Boxes. 4&1, 2&3, 4&1, 2&3 - Twinkles.

FIGURES ALLOWED:

FOCUS ELEMENT:

a. The Cha Cha Basic

b. 2 x Cross Over Breaks and a Switch Turn

a. Forward Locks

b. Open Boxes

• **Open Break to Follower's Double Natural Underarm**

• **Cross Over Breaks with Solo Spins**

• **Closed Twinkles in Right Shadow**

- Lock Steps
- Multiple Syncopations
- Double Underarm Turn
- Individual Chainé Turns
- Fake Steps/Shadow Position



LEVEL 3

Rumba

Rumba

Dance Holds:

Dancing must commence in a 'Traditional Closed Dance Position'. Traditional Hold in all figures.
Traditional Hold with Outside Partner Positions in Open Boxes. Promenade & Fallaway Positions.
Open Facing and Open Positions in Lead's L to Follow's R hand hold for Open Breaks & Underarm Turns.
Right Shadow Position - Lead's L to Follow's L and Lead's R on Follower's R Side - Back, Hip, Shoulder or Arm.
Double Hand Hold - Lead's L to Follow's R and Lead's R to Follow's L for the Fencing Line.

L5&6 Dancers:

- May elevate the Rudolph Rhonde foot off the floor only when it's safe, and will definitely not kick another dancer.

Lead/Follow:

All material must be Lead & Followed.

Timings:

Allowed: QQS or SQQ. Do not swap between timings.

FIGURES ALLOWED:

FOCUS ELEMENT:

a. The Rumba Box starting either Sideways or Forwards

b. Follower's Natural Underarm Turn

a. An Open Box - starting either Forward or Sideways

b. An Open Box in Right Shadow Position

• **Back Spot Turn to Rudolph Rhonde**

• **A Follower's Simple Snap Underarm Turn**

• **A Fencing Line**

- Open Boxes
- Fake Steps/Shadow Position
- Rudolph Rhonde
- Snap Underarm Turn
- Fencing Line



Swing

East Coast Swing

Dance Holds:

Dancing must commence in a 'Traditional Closed Dance Position'. Traditional Swing Hold in all figures.
 Double Hand Hold - Lead's L to Follow's R and Lead's R to Follow's L for Sailor Shuffles. Apart & Sd by Sd's in Passes.
 Open Facing and Open Positions in Lead's L to Follow's R hand hold for Open Breaks & Normal Underarm Turns.
 Open with Lead's R to Follow's R behind Follow's Back for Lindy Hand Change Turn in Shadow Swivels.
 Shadow Position - Lead's L to Follow's L and Lead's R on Follower's R Side - Back, Hip, Shoulder or Arm.

Lead/Follow:

All material must be Lead & Followed.

Timings:

Allowed: Single, Double, Triple, Lindy. SSQQQQ in the Promenade & Shadow Swivels.

FIGURES ALLOWED:



- a. The Swing Basic - in Triple or Single Rhythm**
b. Follower's Natural & Reverse Underarm Turns
a. Promenade Swivels
b. Passing Chasses
 • Follower's Double Natural Underarm Turn
 • Simple Sailor Shuffles
 • Swivels in Right Shadow Position

FOCUS ELEMENT:

- Inward Swivels
- Apart Chasses
- Double Underarm Turn
- Sailor Shuffles
- Fake Steps/Outward Swivels



Mambo

Mambo

Dance Holds:

Dancing must commence in a 'Traditional Closed Dance Position'. Traditional Closed Hold in all figures.
 Traditional Hold with Outside Partner Positions in Open Boxes. Promenade Position. Shadow & Apart in the Copa.
 Right Shadow Position - Lead's L to Follow's L and Lead's R on Follower's R Side - Back, Hip, Shoulder or Arm.
 Open Facing and Open Positions in Lead's L to Follow's R hand hold for Open Breaks & Normal Underarm Turns.

Lead/Follow:

All material must be Lead & Followed.

Timings:

Allowed: Hold 1, Step 2,3,4. The break step must be on 2.

FIGURES ALLOWED:



- a. The Mambo Basic**
b. Follower's Natural Underarm Turn
a. An Open Box
b. An Open Box in Right Shadow Position
 • Promenade Swivels
 • A Simple Hip Twist
 • The Copa - end either: 1/2 U/A, 1x1/2 U/A, 1x1/2 Free Spin
 • Follower's Double Natural Underarm Turn

FOCUS ELEMENT:

- Open Boxes
- Open Boxes in Right Shadow
- Swivels
- Hip Twist
- Check Action/Turns
- Double Underarm



Bolero

Bolero

Dance Holds:

Dancing must commence in a 'Traditional Closed Dance Position'. Traditional Closed Hold in all figures.
 Open Facing, Open & L Side by Side Positions in Lead's L to Follow's R hand hold.
 Passing through Shadow, Apart, L & R Side by Side Positions with single hand holds, in Passes.
 Double Hand Hold - Lead's L to Follow's R and Lead's R to Follow's L for the Fencing Line
 The Open Point Break may replace any Open Break.

L5&6 Dancers:

- May elevate the Rudolph Rhonde foot off the floor only when it's safe, and will definitely not kick another dancer.

Lead/Follow:

All material must be Lead & Followed.

Timings:

Allowed: SQQ.

FIGURES ALLOWED:



- a. The Bolero Basic**
b. 2 x Crossover Breaks and a Switch Turn
a. The Basic with Simple Contra Check
b. The Open Point Break
 • Passes Through Shadow Position
 • A Simple Aida
 • A Fencing Line
 • A Simple Rudolph Rhonde

FOCUS ELEMENT:

- Contra Check Shaping
- Extended Sit Check/Body Lines
- Passes
- Weight Transfer Fwd to Bk
- Fencing Line
- Rudolph Rhonde