

L1 Smooth - 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



Waltz Non-Continuity

Dance Holds:

Dancing must commence in a 'Traditional Closed Dance Position', without torso contact for Level 1 dancers.
Traditional Hold in all figures
Open Facing, Open and Wrist Extended Hold only used in the Underarm Turn.

Lead/Follow:

All material must be Lead & Followed.

Timings:

Allowed: 1,2,3 and Hesitation timing only.

FIGURES ALLOWED:



a. The Closed Box - with and without slight turn

b. Left Foot & Right Foot Closed Changes

- A Closed Box turning up to 3/8 Left
- A Closed Box turning up to 3/8 Right
- The Follower's 3 Step Underarm Turn
- Side Hesitations
- A Closed Twinkle

FOCUS ELEMENT:

- All basic movement technique
- A Closed Change
- Turning Left
- Turning Right
- Underarm Turn
- Hesitation Technique
- Twinkle Technique



LEVEL 1



Tango Non-Continuity

Dance Holds:

Dancing must commence in a 'Traditional Closed Dance Position', without torso contact for Level 1 dancers.
Traditional Hold in all figures
Promenade, Outside Partner

Open Facing, Open and Side By Side only used in the Underarm Turn.

Lead/Follow:

All material must be Lead & Followed.

Timings:

No Syncopations.

FIGURES ALLOWED:



a. The Tango Basic CL/OP - curved or straight.

b. Promenade Turning the Follower Left

- A Corte
- A Closed Box turning 3/8 Left
- Outside Swivels
- Promenade to Follower's Underarm Turn

FOCUS ELEMENT:

- Walking Technique
- Promenade Position
- Corte
- Tango Left Turns
- Swivels (L & F)
- Underarm Turn



LEVEL 1

Foxtrot

Foxtrot Non-Continuity

- Dance Holds:** Dancing must commence in a 'Traditional Closed Dance Position', without torso contact for Level 1 dancers.
Traditional Hold in all figures
Promenade and Outside Partner Positions
Open and Wrist Extended Hold only used in the Underarm Turns.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: SSQQ, SQQ.

FIGURES ALLOWED:



- a. The Basic - fwd & bk with or without turn.**
- b. A Rock Turn Turning Left**
- Quarter Turns Outside Partner
 - A Promenade
 - A Promenade Underarm Turn on the Slows or Quicks
 - A Swing Step
 - A Closed Box turning up to 3/8 Left
 - A Closed Twinkle

FOCUS ELEMENT:

- Walking Technique
- Rock Turn
- Turning Basics
- Promenade Position
- Underarm Turn
- Side Hesitations
- Foxtrot Left Turns
- Twinkle Technique



LEVEL 1

Viennese

Viennese Waltz Non-Continuity

- Dance Holds:** Dancing must commence in a 'Traditional Closed Dance Position', without torso contact for Level 1 dancers.
Traditional Hold in all figures
Promenade and Counter Promenade Positions
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: 1,2,3 and Hesitation timing only. (Refer to Glossary for Timing Descriptions).

FIGURES ALLOWED:



- a. A Left Cross Turn**
- b. Hesitations Fwd/Bk/Side (optional directions)**
- Left Foot & Right Foot Closed Changes
 - A Right Turn
 - A Closed Twinkle
 - A Cross Body Lead
 - 5th Position Breaks (in Traditional Hold)

FOCUS ELEMENT:

- The Cross Turn
- Hesitation
- Closed Changes
- Turning Right
- Twinkle Technique
- Cross Body Lead
- 5th Position



LEVEL 1

Quickstep

Quickstep Non-Continuity

- Dance Holds:** Dancing must commence in a 'Traditional Closed Dance Position', without torso contact for Level 1 dancers.
Traditional Hold in all figures
Outside Partner
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** No multiple syncopations.

FIGURES ALLOWED:



- a. Quarter Turn to Right**
- b. Progressive Chasse**
- Natural Turn
 - Natural Turn w Hesitation
 - Natural Pivot Turn
 - Natural Spin Turn
 - Chasse Reverse Turn
 - Forward Lock

FOCUS ELEMENT:

- All Techniques
- Chasse
- Turning Right
- Hesitation
- Pivot
- Spin Turn
- Turning Left
- Lock Step