

# L3 & 4 Smooth - Closed Division Restricted Figures

## Basic & Simple Elements of Advanced 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 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 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. and more in Quickstep. 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.



### Waltz Continuity

- Dance Holds:** Dancing must commence in a 'Traditional Closed Dance Position'.  
Traditional Hold in all figures  
Promenade, Fallaway, Outside Partner and Right Shadow Position  
A variety of Open Positions in the Underarm to Develope including Double Hand Clasp Hold
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: 1,2,3. 1,2&3. 1&2,3 and Hesitation Timing.

FIGURES ALLOWED:		FOCUS ELEMENT:	
	<b>a. The Closed Box - with and without slight turn</b>		
	<b>b. Left Foot &amp; Right Foot Closed Changes</b>		
	<b>a. Open Left Turn</b>		• Continuity Actions
	<b>b. Open Twinkle</b>		• Continuity Twinkle
	• Open Right Turn		• Impetus Turn
	• Chasse in Promenade Position		• Chasse
	• Open Twinkles Progressing Forward		• Progressive Continuity Twinkles
	• Grapevine in Promenade Position		• Grapevine
	• Fallaway Reverse Slip Pivot		• Slip Pivot
	• Simple Pivots (no syncopations)		• Multiple Pivots
	• Syncopated Underarm Turn and Develope		• Underarm Turn & Develope
	• Shadow Open Left Turn		• Foot Change & Shadow Position



### Tango Continuity

- Dance Holds:** Dancing must commence in a 'Traditional Closed Dance Position'.  
Traditional Hold in all figures  
Promenade, Fallaway and Outside Partner Positions  
Right Shadow, Left Side by Side in Lead's L to Follow's R Hand Hold & Open Facing in the Shadow Open Left Turn.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Basic Timings. Syncopations used in the Left Cross Turn.

FIGURES ALLOWED:		FOCUS ELEMENT:	
	<b>a. The Tango Basic CL/OP - curved or straight.</b>		
	<b>b. Promenade Turning the Follower Left</b>		
	<b>a. Open Left Turn with Closed or Open Finish</b>		• Continuity Actions
	<b>b. A Simple Rhonde in Promenade Position</b>		• Rhonde
	• A Left Cross Turn - single or double		• Crossing Action
	• Quick Fans		• Quick Fans
	• Shadow Open Left Turn		• Foot Change & Shadow Position



# Foxtro

## Foxtro Continuity

- Dance Holds:** Dancing must commence in a 'Traditional Closed Dance Position'.  
Traditional Hold in all figures  
Promenade, Fallaway, Outside Partner and Right Shadow Position  
A variety of Open Positions in the Underarm to Develope including Double Hand Clasp Hold
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: SQQ, SQ&Q, S&QQ, QQQQ.

### FIGURES ALLOWED:



**a. The Basic - fwd & bk with or without turn.**

**b. A Rock Turn Turning Left**

**a. Open Left Turn**

**b. Open Twinkle**

• **Open Right Turn**

• **Chasse in Promenade Position**

• **Open Twinkles Progressing Forward**

• **Grapevine in Promenade Position**

• **Fallaway Reverse Slip Pivot**

• **Simple Pivots (no syncopations)**

• **Syncopated Underarm Turn and Develope**

• **Shadow Open Left Turn**

### FOCUS ELEMENT:

- Continuity Actions
- Continuity Twinkle
- Impetus Turn
- Chasse
- Progressive Continuity Twinkles
- Grapevine
- Slip Pivot
- Multiple Pivots
- Underarm Turn & Develope
- Foot Change & Shadow Position



# Viennese

## Viennese Waltz Continuity

- Dance Holds:** Dancing must commence in a 'Traditional Closed Dance Position'.  
Traditional Hold in all figures  
Promenade, Counter Promenade, Right Shadow, Open Facing and Open Positions.  
R to R and L to L hand hold in b.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: Normal, Syncopated, Hesitation & Canter timing only. (Refer to Glossary).

### FIGURES ALLOWED:



**a. A Left Cross Turn**

**b. Hesitations Fwd/Bk/Side (optional directions)**

**a. Underarm Canter Turns**

**b. Progressive 5th Position Breaks w Hand Changes**

• **Open Twinkle**

• **Rhone and Throwaway**

• **Shadow Open Right Turns**

### FOCUS ELEMENT:

- Canter Timing
- Open Positions
- Continuity Twinkle
- Rhone & Throwaway
- Right Shadow Position



# Quickstep

## Quickstep Continuity

- Dance Holds:** Dancing must commence in a 'Traditional Closed Dance Position'.  
Traditional Hold in all figures

- Lead/Follow:** All material must be Lead & Followed.
- Timings:** No multiple syncopations.

### FIGURES ALLOWED:



**a. Quarter Turn to Right** **b. Progressive Chasse** **\*Other corners**

**c. Natural Spin Turn** **d. Chasse Reverse Turn** **are allowed.**

**a. Quick Open Reverse**

**b. Running Right Turn**

• **Fishtail**

• **Four Quick Runs**

• **V6**

• **Closed Telemark**

### FOCUS ELEMENT:

- Continuity Left Turn
- Continuity Right Turn
- Lock Steps
- Quick Runs
- Back Run and Quick Open Turn
- Heel Turn