

L1 Smooth

Basic Beginner Elements of Dancing

Simple Figures, Clear Timing

Other simple elements known to be of a basic nature for beginner 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.



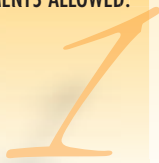
LEVEL 1



Waltz Non-Continuity

- Floor Contact:** Both feet must very close to the floor at all times with 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', without torso contact.
All allowed with the exception of: Shadow/Parallel Positions, travelling Sd by Sd, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: 1,2,3 and hesitation timing only.

ELEMENTS ALLOWED:



- **LF & RF Closed Changes/Link Steps/Progressive**
 - **Closed Boxes turning L or R**
 - **Underarm Turn**
 - **Hesitations/Balances**
 - **5th Positions**
 - **Cross Body Lead**
 - **Closed Simple/Single Twinkle**
- Other appropriate L1 figures from Fox.**

NOT ALLOWED:

- Pivots
- Syncopated Chasses
- Grapevines
- Twist Turns
- Progressive Twinkles
- Lock Steps
- Slip Pivot
- Posed Picture Lines/O-sway
- Natural Spin Turn



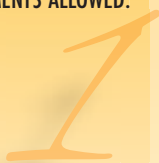
LEVEL 1



Tango Non-Continuity

- Floor Contact:** Both feet must very close to the floor at all times with 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', without torso contact.
All allowed with the exception of: Shadow/Parallel Positions, travelling Sd by Sd, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** No Syncopations.

ELEMENTS ALLOWED:



- **Tango Walks - curved or straight.**
- **The Basic CL/OP - SSQQS only.**
- **Promenade**
- **Underarm Turn**
- **Corte - held for 1 Slow only.**
- **Fans/Outside Swivel**
- **Simple Rocks**
- **Links to and from PP.**
- **Running Step/Progressive Side Step**
- **Closed Left Box Turn/Reverse Turn.**
- **Closed Finish**

NOT ALLOWED:

- Pivots
- Syncopations
- Grapevines
- Twist Turns
- Oversway
- Checks
- Slip Pivot
- Posed Picture Lines



LEVEL 1

Foxtrot

Foxtrot Non-Continuity

Floor Contact:	Both feet must very close to the floor at all times with 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', without torso contact. All allowed with the exception of: Shadow/Parallel Positions, travelling Sd by Sd, Apart Choreo.
Lead/Follow:	All material must be Lead & Followed.
Timings:	Allowed: SSQQ, SQQ.

ELEMENTS ALLOWED:



- **The Basic - fwd & bk**
 - **Promenade**
 - **Underarm Turn**
 - **Rock Turns/Ad Libs/Corner Step**
 - **Closed Boxes**
 - **Closed Simple/Single Twinkle**
 - **Cross Body Lead**
 - **Sway Step/Swing Step/Side Hesitation**
- Other appropriate L1 figures from Wal.**

NOT ALLOWED:

- Pivots
- Syncopated Chasses
- Grapevines
- Twist Turns
- Progressive Twinkles
- Lock Steps
- Slip Pivot
- Posed Picture Lines



LEVEL 1

Viennese

Viennese Waltz Non-Continuity

Floor Contact:	Both feet must very close to the floor at all times with 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', without torso contact. All allowed with the exception of: Shadow/Parallel Positions, travelling Sd by Sd, Apart Choreo.
Lead/Follow:	All material must be Lead & Followed.
Timings:	Allowed: 1,2,3 and Hesitation timing only. (Refer to Glossary for Timing Descriptions).

ELEMENTS ALLOWED:



- **LF & RF Closed Changes/Link Steps/Progressive**
- **Left Turn/Left Cross Turn**
- **Closed Right Turns**
- **Hesitations/Balances - normal hold**
- **5th Positions**
- **Cross Body Lead**
- **Closed Simple/Single Twinkle**

NOT ALLOWED:

- Progressive 5th Positions
- Underarm Turns
- Grapevines
- Twist Turns
- Progressive Twinkles
- Lock Steps
- Slip Pivot
- Posed Picture Lines/O-sway



LEVEL 1

Quickstep

Quickstep Non-Continuity

Floor Contact:	Both feet must very close to the floor at all times with 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', without torso contact. All allowed with the exception of: Shadow/Parallel Positions, travelling Sd by Sd, Apart Choreo.
Lead/Follow:	All material must be Lead & Followed.
Timings:	No multiple syncopations.

ELEMENTS ALLOWED:



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

NOT ALLOWED:

Any elements in Levels:
2,3,4,5,6.

L1 Rhythm

Basic Beginner Elements of Dancing

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LEVEL 1

Cha Cha

Cha Cha

- Floor Contact:** Both feet must very close to the floor at all times with 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: Shadow/Parallel Positions, travelling Sd by Sd, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: Normal Rhythm, Double Cross Over Rhythm, Cross Triple Rhythm. No extra syncopation.

ELEMENTS ALLOWED:



- **Basic Step & Progressive Basic**
 - **Cross Over Breaks - Single or Double**
 - **5th Position Breaks**
 - **Offset Breaks**
 - **Open Break**
 - **Single Underarm Turns**
 - **Walk Around/Switch Turns**
 - **Single Chase Turns - Visual Lead**
 - **Cross Body Lead**
 - **Three Cha's/Cross Triples**
- Other appropriate L1 figures from Rum, Mam, Bol.**

NOT ALLOWED:

- Fake Steps
- Fwd/Bk Spot Turns
- Multiple Underarm Turns
- Knee Lifts
- Shadow/Parallel Breaks
- Pops
- Taps



LEVEL 1

Rumba

Rumba

- Floor Contact:** Both feet must very close to the floor at all times with 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: Shadow/Parallel Positions, travelling Sd by Sd, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** QQS starting sd on 1 or SQQ starting fwd on 1. No Syncopation. No switching between rhythms.

ELEMENTS ALLOWED:



- **Box Basic**
 - **Cuban Walks**
 - **Single Underarm Turn**
 - **Side/Bk/Fwd/Open/5thposition Breaks**
 - **Cross Body Lead**
 - **Cross Over/Offset Breaks**
 - **Forward or Turning Rock Steps**
 - **Mambo Box**
- Other appropriate L1 figures from Cha, Mam, Bol.**

NOT ALLOWED:

- Fake Steps
- Fwd/Bk Spot Turns
- Multiple Underarm Turns
- Knee Lifts
- Shadow/Parallel Breaks
- Spirals/Taps
- Arm Loops
- Rhondes/Developes
- Grapevines



LEVEL 1

Swing

East Coast Swing

Floor Contact:

Both feet must very close to the floor at all times with 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: Shadow/Parallel Positions, travelling Sd by Sd, Apart Choreo.

Lead/Follow:

All material must be Lead & Followed.

Timings:

Allowed: Single, Double & Triple. No Lindy Rhythms (except Peek-A-Boo) or Merengue Rhythms.

ELEMENTS ALLOWED:



- **The Basic - with or without turn**
- **Single Underarm Turns**
- **Throwaway/Release Break**
- **Tuck-in/American Spin/ Free Spin - Single Turn Only**
- **Change hands behind Back**
- **Simple Arm Slide**
- **Sweetheart/Cuddle/Wrap/Eggbeater**
- **Stop & Go/ Peek-a-Boo (Lindy Rhythm)**
- **4 Kicks**

NOT ALLOWED:

- Lindy Turns or U/arm Turns
- Continuous Tuck-ins
- Shoulder Taps
- Hitch Kicks/Swivels
- Sugar Foot/Chicken Walks
- Multiple Turns/Spins
- Sailor Shuffles
- Side by Side



LEVEL 1

Mambo

Mambo

Floor Contact:

Both feet must very close to the floor at all times with 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: Shadow/Parallel Positions, travelling Sd by Sd, Apart Choreo.

Lead/Follow:

All material must be Lead & Followed.

Timings:

Allowed: Hold 1, Step 2,3,4. The break step must be on 2. No other timing allowed L1.

ELEMENTS ALLOWED:



- **The Mambo Basic**
 - **Progressive**
 - **Fwd/Bk/Sd/5th Position Breaks**
 - **Cross Over/Offset/Outside Breaks**
 - **Walk Around/Switch Turn**
 - **Single Natural & Reverse Underarm Turns**
 - **Cross Body Lead**
 - **Single Chase Turns**
- Other appropriate L1 figures from Rum, Cha, Bol.**

NOT ALLOWED:

- Right Side Pass
- Shadow/Parallel Breaks
- Kicks/Kick Breaks
- Cross Over Swivels
- Multiple Turns
- Back/Fwd Spot Turns
- Roll Turns/Swivels/Hip Twist
- Copa/360
- Jumps/Slides



LEVEL 1

Bolero

Bolero

Floor Contact:

Both feet must very close to the floor at all times with 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' without torso contact.

All allowed with the exception of: Shadow/Parallel Positions, travelling Sd by Sd, Apart Choreo.

Lead/Follow:

All material must be Lead & Followed.

Timings:

Allowed: SQQ. No other timing.

ELEMENTS ALLOWED:



- **Bolero Basic**
 - **Cross Body Lead**
 - **Open Break**
 - **Single Underarm Turns**
 - **5th Position/Offset/Outside Breaks**
 - **Crossover Breaks**
 - **Walk Around/Switch Turn**
- Other appropriate L1 figures from Rum, Mam, Cha.**

NOT ALLOWED:

- Left Side Pass
- Right Side Pass
- Open Point Break
- Back/Fwd Spot Turns
- Multiple Turns
- Leg Crawls
- Rhondes/Developes
- Shadow/Parallel Breaks
- Grapevines/Fencing Lines
- Hip Twists/Contra Check