

L2 Smooth

Advanced Beginner Elements of Dancing

Simple Figures, Clear Timing

Other simple elements known to be of an advanced beginner nature 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 2

Waltz

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', with or without torso contact.
All allowed with the exception of: travelling Sd by Sd, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: Normal, Hesitation & Syncopated 1, 2 & 3 only.

ELEMENTS ALLOWED:

2

All Allowable Elements from Level 1

- Syncopated Chasse
 - Progressive Twinkles - fwd & bk
 - Natural Spin Turn
 - Forward Twist Turn
 - Multiple Twinkles - no syncopations
 - A Simple Lock Step
 - A Single Pivot - no syncopation
 - Simple Grapevine - no syncopations
- Other appropriate L1 figures from Fox.

NOT ALLOWED:

- Multiple Pivots
- Back Twist Turns
- Syncopated Slip Pivot
- Posed Picture Lines/O-sway
- Develope/Attitude Lines
- Rhondes
- Multiple Lock Steps
- Running Steps
- Slip Pivot



LEVEL 2

Tango

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', with or without torso contact.
All allowed with the exception of: travelling Sd by Sd, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** No Syncopations.

ELEMENTS ALLOWED:

2

All Allowable Elements from Level 1

- Multiple Rocks
- Single Pivot
- Simple Twist Turn - fwd or bk
- Simple Oversway - 1 Slow only
- Simple Check
- Simple Grapevine
- Simple Viennese Left Turn - no syncopation

NOT ALLOWED:

- Multiple Pivots
- Syncopations
- Contra Check
- Slip Pivot
- Extended Picture Lines
- Open Boxes
- Open Finish
- Develope/Attitude Lines
- Rhondes



LEVEL 2

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', with or without torso contact.
All allowed with the exception of: travelling Sd by Sd, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: SSQQ, SQQ, QQQQ and SQ&Q.

ELEMENTS ALLOWED:

2

All allowable Elements from Level 1

- **Syncopated Chasse**
- **Progressive Twinkles - fwd & bk**
- **Natural Spin Turn**
- **Forward Twist Turn**
- **Multiple Twinkles - no syncopations**
- **A Simple Lock Step**
- **A Single Pivot - no syncopation**
- **Simple Grapevine - no syncopations**

Other appropriate L1 figures from Wal.

NOT ALLOWED:

- Multiple Pivots
- Back Twist Turns
- Syncopated Slip Pivot
- Posed Picture Lines/O-sway
- Develope/Attitude Lines
- Rhondes
- Multiple Lock Steps
- Running Steps
- Slip Pivot



LEVEL 2

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', with or 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:

2

All Allowable Elements from Level 1

- **Progressive 5th Position Breaks - normal hold only**
- **Underarm Turns**
- **Back to Back/Butterfly**
- **Promenade Run**
- **In & Out Hesitations**

NOT ALLOWED:

- Curtsy
- Grapevines
- Twist Turns
- Slip Pivot
- Posed Picture Lines/O-sway
- Develope/Attitude Lines



LEVEL 2

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', with or 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:

2

All Allowable Elements from Level 1

- **Closed Impetus**
- **Back Lock**
- **Reverse Pivot**
- **Progressive Chasse to Right**
- **Running Finish**
- **Natural Turn & Back Lock**
- **Double Reverse Spin**
- **Zig Zag**
- **Cross Chasse**
- **Change of Direction**

NOT ALLOWED:

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



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LEVEL 2



- Floor Contact:** Both feet must 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: travelling Sd by Sd/Shadow, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: Normal, Double Cross Over Rhythm, Cross Triple Rhythm.

ELEMENTS ALLOWED:



All allowable L1 Elements

- Fake Steps for Basic Figures
- Shadow/Parallel/Offset/5th Position Breaks
- Bk/Fwd Spot Turns
- Roll Turns - R & L
- Low Level Knee Lift
- Opening Out
- Cross Body w Reverse Underarm Turn
- 2 Simple Swivels - not syncopated
- L & R Side Passes

Other appropriate L1 & 2 figures from Rum, Mam, Bol.

NOT ALLOWED:

- Kicks
- Syncopated Natural U/arms
- Pivots
- Rhondes
- Fencing Lines
- Double Underarm Turns
- Travelling in Shadow/Parallel
- Open Boxes



LEVEL 2



- Floor Contact:** Both feet must 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: travelling Sd by Sd/Shadow,, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: SQQ or QQS, Fake Steps for simple figure. No syncopations.

ELEMENTS ALLOWED:



All allowable L1 Elements

- Fwd/Bk Spot Turns
- Simple Spiral/Curl
- Arms Loops
- Shadow/Parallel Breaks
- Simple Grapevine
- Wrap Around

Other appropriate L1 & 2 figures from Cha, Mam, Bol.

NOT ALLOWED:

- Syncopated or multiple u/arms
- Pivots/Oversway/Dips
- Rhondes/Attitude Lines/Kicks
- Fencing Lines
- Travelling in Shadow/Parallel
- Open Boxes
- Snap Actions
- Sit Poses



LEVEL 2

Swing

East Coast Swing

- Floor Contact:** Both feet must 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: travelling Sd by Sd/Shadow,, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** Allowed: Single, Double, Triple, Lindy. No Merengue Rhythm except in Sugar Foot/Chicken Walk.

ELEMENTS ALLOWED:

2

All allowable L1 Elements

- **Lindy Turns & Underarms**
- **Shoulder Taps**
- **Hitch Kicks**
- **Sugar Foot/Chicken Walk in Open Facing**
- **Sugar Push**
- **Simple Hammerlock**
- **2 Simple Swivels - not syncopated**
- **Running Triple**

NOT ALLOWED:

- Continuous Swivels - fwd/bk
- Multiple Turns/Free Spins
- Pivots
- Sailor Shuffles
- Passing Changes
- Travelling in Shadow/Parallel
- Boogie Walks
- Double Rolls



LEVEL 2

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: travelling Sd by Sd/Shadow, 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.

ELEMENTS ALLOWED:

2

All Allowable Elements from Level 1

- **Right Side Pass**
- **Shadow/Parallel Breaks**
- **Cross Over Swivels**
- **Bk/Fwd Spot Turns**
- **Roll Turns**
- **Copa**

Other appropriate L1 & 2 figures from Rum, Cha, Bol.

NOT ALLOWED:

- Kicks/Kick Breaks
- Multiple U/Arms or Free Spins
- Syncopated U/Arms or Free Spins
- Syncopated Swivels
- Hip Twist
- 360
- Travelling Sd by Sd/Shadow
- Jumps/Slides



LEVEL 2

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: travelling Sd by Sd/Shadow, Apart Choreo.
- Lead/Follow:** All material must be Lead & Followed.
- Timings:** No multiple syncopations.

ELEMENTS ALLOWED:

2

All Allowable Elements from Level 1

- **Left Side Pass**
- **Right Side Pass**
- **Bk/Fwd Spot Turns**
- **Shadow/Parallel Breaks**
- **Simple Grapevine**
- **Fwd/Bk/Sd/Travelling/Turning Rock Steps**

Other appropriate L1 & 2 figures from Rum, Mam, Cha.

NOT ALLOWED:

- Multiple Turns
- Syncopated Turns
- Rhondes/Developes/Attitude
- Open Point Break
- Leg Crawl/Aida
- Travelling Sd by Sd/Shadow
- Hip Twist/Swivels
- Fencing Lines/Contra Check