

# L6 Smooth

## Advanced Elements of Excellent Dancing

### Complex Side by Side Figures, Use of Different Timings, Excellent Presentation

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 6



Waltz Continuity

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing may commence in any position.  
All allowed with up to 50% Apart Choreo.
- Lead/Follow:** A minimum of 50% of material must be Lead & Followed.
- Timings:** Allowed: All

#### ELEMENTS ALLOWED:

6

#### All allowable Elements from Level 1, 2, 3, 4 & 5

- Extended Picture Lines
- Opposition 'X' Line
- Telespin
- Telerhonde
- Syncopated Right Side Runs
- Whirlpool in Shadow
- Outside Spin
- Wing

#### NOT ALLOWED:

No limit on figures now.



#### LEVEL 6



Tango Continuity

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing may commence in any position.  
All allowed with up to 50% Apart Choreo.
- Lead/Follow:** A minimum of 50% of material must be Lead & Followed.
- Timings:** Allowed: All

#### ELEMENTS ALLOWED:

6

#### All allowable Elements from Level 1, 2, 3, 4 & 5

- Extended Picture Lines
- Opposition 'X' Line
- Telespin
- Telerhonde
- Syncopated Right Side Runs
- Outside Spin
- Wing

#### NOT ALLOWED:

No limit on figures now.



## LEVEL 6

# Foxtrot

## Foxtrot Continuity

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing may commence in any position.  
All allowed with up to 50% Apart Choreo.
- Lead/Follow:** A minimum of 50% of material must be Lead & Followed.
- Timings:** Allowed: All

### ELEMENTS ALLOWED:

# 6

#### All allowable Elements from Level 1, 2, 3, 4 & 5

- Extended Picture Lines
- Opposition 'X' Line
- Telespin
- Telerhonde
- Syncopated Right Side Runs
- Whirlpool in Shadow
- Outside Spin
- Wing

### NOT ALLOWED:

No limit on figures now.



## LEVEL 6

# Viennese

## Viennese Waltz Continuity

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing may commence in any position.  
All allowed with up to 50% Apart Choreo.
- Lead/Follow:** A minimum of 50% of material must be Lead & Followed.
- Timings:** Allowed: All

### ELEMENTS ALLOWED:

# 6

#### All Allowable Elements from Level 1, 2, 3, 4 & 5

- Extended Picture Lines
- Fleckerel
- Shadow L & R Turns w Underarms
- Whirlpool in Shadow

Some elements may be used from Level 3, 4, 5 & 6 Waltz, if appropriate.

### NOT ALLOWED:

No limit on figures now.



## LEVEL 6

# Quickstep

## Quickstep Continuity

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing may commence in any position.  
All allowed with up to 50% Apart Choreo.
- Lead/Follow:** A minimum of 50% of material must be Lead & Followed.
- Timings:** Allowed: All

### ELEMENTS ALLOWED:

# 6

#### All Allowable Elements from Level 1, 2, 3, 4 & 5

- Tipsy to Right & Left
- Hover Corte

Some elements may be used from Level 3, 4, 5 & 6 Foxtrot, if appropriate.

### NOT ALLOWED:

No limit on figures now.

# L6 Rhythm

## Advanced Elements of Excellent Dancing

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#### LEVEL 6

# Cha Cha

# Cha Cha

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing may commence in any position.  
All allowed with up to 50% Apart Choreo.
- Lead/Follow:** A minimum of 50% of material must be Lead & Followed.
- Timings:** Allowed: All

#### ELEMENTS ALLOWED:

# 6

#### All allowable Elements from Level 1, 2, 3, 4 & 5

- Sit Drop
- Telerhonde
- Advanced Sd by Sd Figures

#### NOT ALLOWED:

No limit on figures now.



#### LEVEL 6

# Rumba

# Rumba

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing may commence in any position.  
All allowed with up to 50% Apart Choreo.
- Lead/Follow:** A minimum of 50% of material must be Lead & Followed.
- Timings:** Allowed: All

#### ELEMENTS ALLOWED:

# 6

#### All allowable Elements from Level 1, 2, 3, 4 & 5

- Sit Drop
- Telerhonde
- Advanced Sd by Sd Figures

#### NOT ALLOWED:

No limit on figures now.



## LEVEL 6

# Swing

## East Coast Swing

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing may commence in any position.  
All allowed with up to 50% Apart Choreo.
- Lead/Follow:** A minimum of 50% of material must be Lead & Followed.
- Timings:** Allowed: All

### ELEMENTS ALLOWED:

# 6

#### All allowable Elements from Level 1, 2, 3, 4 & 5

- Sit Drop
- Windmills
- Advanced Sd by Sd Figures

### NOT ALLOWED:

No limit on figures now.



## LEVEL 6

# Mambo

## Mambo

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing may commence in any position.  
All allowed with up to 50% Apart Choreo.
- Lead/Follow:** A minimum of 50% of material must be Lead & Followed.
- Timings:** Allowed: All

### ELEMENTS ALLOWED:

# 6

#### All Allowable Elements from Level 1, 2, 3, 4 & 5

- Sit Drop
- Telerhonde
- Advanced Sd by Sd Figures
- Jumps
- Hops

### NOT ALLOWED:

No limit on figures now.



## LEVEL 6

# Bolero

## Bolero

- Floor Contact:** 1 supporting foot always on the floor.
- Tricks:** No lifts or Performing Arts under the definition in 'Rules'.
- Dance Holds:** Dancing may commence in any position.  
All allowed with up to 50% Apart Choreo.
- Lead/Follow:** A minimum of 50% of material must be Lead & Followed.
- Timings:** Allowed: All

### ELEMENTS ALLOWED:

# 6

#### All Allowable Elements from Level 1, 2, 3, 4 & 5

- Sit Drop
- Telerhonde
- Advanced Sd by Sd Figures
- Whirlpool in Shadow

### NOT ALLOWED:

No limit on figures now.