

# DANZE STANDARD

## TUTTE LE FIGURAZIONI - VALZER LENTO



### Unità di apprendimento 1

RF Closed Change (Natural to Reverse)

LF Closed Change (Reverse to Natural)

Natural Turn

Reverse Turn

4-6 Reverse Turn

Natural Spin Turn

### Unità di apprendimento 2

Whisk - ( Il Cavaliere può ruotare fino a 1/4 a Sx )

Chasse from Promenade Position

1-3 of Natural Turn

Hesitation Change - ( E' consentito quando termina FDgC, eseguire l'amalgamazione: passi 1-3 di Reverse Turn, Weave in Waltz Time ).

4-6 Hesitation Change

Outside Change

Outside Change ended in PP

Back Whisk

1-3 Reverse Turn

Weave in Waltz Time

Weave in Waltz Time ended in PP

Backward Lock Step - ( Allineamenti consentiti: DDgC, DP. DDgP: oltre ai segue previsti dalla fig.ne, può seguire Outside Spin. Segue se terminato DDgC: Outside Change e Outside Change terminato in PP ).

Forward Lock Step

4-6 of Natural Turn

Progressive Chasse to Right

### Unità di apprendimento 3

Impetus Turn

Reverse Cortè

Double Reverse Spin - ( Timing consentiti: 12&3, oppure 123& ).

Weave From PP preceded by Open Impetus Turn

Weave From PP preceded by Whisk

Weave from PP

Weave from PP ended in PP

1-3 of Weave - Vale per tutti i tipi di Weave. Segue: a) se terminato DDgP: vedi Segue Drag Hesitation; Outside Spin. b) se terminato DDgC: Backward Lock Step, Outside Change, Outside Change terminato in PP.

Telemark

Open Impetus Turn

Cross Hesitation preceded by Open Impetus Turn

Cross Hesitation - ( Passi 4-6 Cross Hesitation preceded by Open Impetus Turn ).

Wing preceded by Open Impetus Turn

Closed Wing

Drag Hesitation - Oltre ai segue previsti dalla fig.ne, può seguire Outside Spin



#### **Unità di apprendimento 4**

Quick Open Reverse

Reverse Pivot - ( L'amalgamazione Natural Spin Turn + Reverse Pivot;

Timing consentiti: 123 1&2; 123 1&3; 123 123 & ).

Open Telemark followed by Cross Hesitation

Open Telemark followed by Wing

Open Telemark

Wing

Outside Spin

Underturned Outside Spin

Turning Lock to the Left

Turning Lock to the Left ended PP - Segue: a) Se terminato Puntando DgC o FLdb: Weave da PP;

Chasse da PP; Wing; Cross Hesitation. b) Se terminato Puntando DgP della nuova Ldb: Qualsiasi fig.ne da PP FDgP.

#### **Unità di apprendimento 5**

Left Whisk - ( Sono consentite tutte le Amalgamazioni riportate nel "Segue" ).

Contra Check - ( Timing consentiti: 123 oppure 123 123 ).

Contra Check terminato in Posizione Chiusa

Turning Lock to the Right

Turning Lock to the Right terminato in Pos. Chiusa - ( Segue: Closed Wing; Passo di PDx, EP timing "1", Quick Open Reverse timing "2&3" ).

Fallaway Reverse and Slip Pivot

Hover Cortè - ( Timing consentiti: 123, oppure 123 123 ).

Quick Natural Spin Turn

Fallaway Whisk

Quick Wing - Segue: PSx avanti in PMCC e EP sul fianco Sx in una qualsiasi fig.ne con rotazione a Sx (Cav).

Running Natural SpinTurn

Running Cross Chasse

Running Cross Chasse ended in PP

Quick Natural Weave from PP (Running Weave)

Passing Natural Turn - (La Fig.ne, può essere danzata da Posizione Chiusa (1° passo EP),

Precede: qualsiasi fig.ne terminata in Posizione Chiusa FDgP ).

Fallaway Natural Turn

Curved Three Step

Oversway

## **TUTTE LE FIGURAZIONI - TANGO**

#### **Unità di apprendimento 1**

Left Foot Walk

Right Foot Walk

Progressive Side Step

Back Corté

Progressive Side Step Reverse Turn

Rock on Left Foot

Basic Reverse Turn

Rock on Right Foot

Natural Rock Turn



## **Unità di apprendimento 2**

Progressive Link

Closed Promenade

Closed Finish terminato Dorso DC.

Closed Finish

Open Reverse Turn Lady Outside Open Finish

Open Reverse Turn Lady Outside Closed Finish

Open Reverse Turn Lady-in-Line Closed Finish

Four Step

Brush Tap

1-4 Progressive Side Step Reverse Turn

1-7 Progressive Side Step Reverse Turn

1-3 Open Reverse Turn Lady-in-Line

Natural Promenade Turn

## **Unità di apprendimento 3**

1-3 Natural Promenade Turn

2-7 Natural Rock Turn

Natural Promenade Turn to Rock Turn

Promenade Link

Open Promenade

Natural Twist Turn

Close Finish terminato in PP - ( Timing consentiti: & S ).

Right Foot Walk to PP

Open Finish terminato in PP - ( Timing consentiti: & S ).

Promenade Link terminata PP

Brush Tap terminato PP

Four Step Change - ( Timing consentiti: QQQQ; QQ&S );

## **Unità di apprendimento 4**

Check Back on Right Foot in PMCC

Back Open Promenade

Outside Swivel followed by Steps 2 and 3 of Promenade Link (after Open Promenade)

Passo 1 Outside Swivel

2-4 Closed Promenade

2-4 Open Promenade;

2-4 Natural Promenade Turn;

2-4 Natural Promenade Turn to Rock Turn

Outside Swivel (Turnig Left) followed by Steps 2 and 3 of Promenade Link (after Open Finish ended DW)

Outside Swivel (after 1 and 2 of Reverse Turn)

Fallaway Promenade

Mini Five Step

Five Step

## **Unità di apprendimento 5**

Basic Reverse Turn

Fallaway Four Step (at a Corner)

Oversway

Drop or Tilt Oversway

Chasse to Right



Chase  
1-5 Chase  
2-6 Chase  
2-5 Chase  
Fallaway Reverse and Slip Pivot  
Contra Check  
Passing Natural Turn  
Open Telemark  
Whisk  
Back Whisk  
Outside Spin  
Foxtrot Twist Turn terminato in PP  
1-2 Open Reverse Turn Lady Outside  
Reverse Pivot  
1-4 Natural Rock Turn  
1-3 Open Reverse turn  
3-4 Back Open Promenade  
2-6 Natural Twist Turn  
2-6 Fallaway Promenade  
2-4 Back Open Promenade

## TUTTE LE FIGURAZIONI - VALZER VIENNESE

### Unità di apprendimento 1

Passo di Cambio Avanti di PDx  
Passo di Cambio Avanti di PSx  
Giro a Dx  
Giro a Sx

### Unità di apprendimento 2

Passo di Cambio Indietro di PSx  
Passo di Cambio Indietro di PDx  
Passi 1-3 di Giro a Dx  
Passi 4-6 di Giro a Sx  
Passi 1-3 di Giro a Sx  
Passi 4-6 di Giro a Dx

## TUTTE LE FIGURAZIONI - SLOW FOX

### Unità di apprendimento 1

Feather Step  
Reverse Turn  
Three Step  
Natural Turn - Timing consentiti: (SQQ SSS) oppure (SQQ SSSS).



## **Unità di apprendimento 2**

Natural Turn da PP

1-3 of Natural Turn

1-4 of Reverse Turn (in un angolo)

Impetus Turn

Feather Finish

Reverse Wave

1-4 Reverse Wave

1-6 Reverse Wave

Weave

Change of Direction - Timing consentiti: (SSS), (SSSS), (SSSQQ)

Open Telemark and Feather Ending

Telemark

Open Telemark, Passing Natural Turn, Outside Swivel and Feather Ending

Open Telemark

Outside Swivel

Feather Ending

Weave from PP (preceded by Open Impetus)

Open Telemark followed by Weave from PP

Top Spin

Open Impetus

Hover Feather

Natural Telemark

Hover Telemark

Hover Telemark terminato in PP

Natural Weave

Natural Weave da PP

Reverse Pivot

Hover Cross

Whisk

Back Whisk

Double Reverse Spin

Backward Lock

Outside Change terminato in PP

Outside Spin - Se eseguito in un angolo o Lungo Ldb, è consentito terminare FDgC; seguire con Feather Step.

## **Unità di apprendimento 3**

Quick Natural Weave from PP (Running Weave) - Può terminare FDgC

Natural Twist Turn

Natural Twist Turn terminato Dorso DC

2-7 Natural Weave

Quick Open Reverse

Curved Feather

Curved Feather from PP

Back Feather

Passi 2-3 Back Feather

Impetus Turn Overturned terminato DDgC

Natural Hover Telemark

Fallaway Reverse and Slip Pivot

Natural Zig-Zag from PP

The Extended Reverse Wave



1-9 of Extended Reverse Wave  
1-12 of Extended Reverse Wave  
Bounce Fallaway with Weave Ending  
The Curved Three Step  
Progressive Chasse to Right  
Fallaway Whisk  
Oversway  
Natural Twist Turn da PP  
Natural Telemark da PP  
Passing Natural Turn

## TUTTE LE FIGURAZIONI - QUICK STEP

### Unità di apprendimento 1

Quarter Turn to Right  
Progressive Chasse  
Forward Lock Step  
2-4 Forward Lock Step  
1-3 Natural Turn  
Tipple Chasse to Right at a Corner  
Tipple Chasse to Right along side of room  
Natural Pivot Turn  
Running Finish - Timing consentiti: (QQS) oppure (SQQ)  
Natural Turn Back Lock Running Finish  
Backward Lock Step  
2-4 Back Lock Running Finish  
Natural Spin Turn  
Natural Turn at a Corner  
Quick Open Reverse  
Passo Avanti di PDx in PMCC, EP - Timing: (S)

### Unità di apprendimento 2

Quarter Turn to Left  
1-5 Natural Turn at a Corner  
Natural Turn with Hesitation  
Change of Direction  
Cross Chasse  
Progressive Chasse to Right  
Chasse Reverse Turn  
Double Reverse Spin  
Impetus Turn  
Four Quick Run  
Running Right Turn  
V-6  
V-6 dal Passo 2

### Unità di apprendimento 3

Reverse Pivot  
Zig-Zag Back Lock Running Finish  
Telemark

Fishtail  
Open Impetus Turn  
Open Telemark  
Passo Avanti di PDx in PMCC e PP - Timing: (S)  
2-6 Four Quick Run  
Wing  
1-7 di V6  
1-8 di V6



#### **Unità di apprendimento 4**

Open Running Finish - E' la Fig.ne Running Finish Terminata in PP  
Tipple Chasse to Left  
2-4 Tipple Chasse to Left  
2-4 Backward Lock Step  
Cross Swivel  
Passing Natural Turn  
Passo di PSx Indietro in PMCC, Dama EP - Timing: (S).  
Six Quick Run  
Hover Corté  
Rumba Cross  
Curved Feather  
Tipsy to Right  
Tipsy to Left  
Outside Change  
Whisk  
Back Whisk  
Outside Spin  
Fallaway Reverse and Slip Pivot  
The Curved Three Step  
Running Cross Chasse  
Running Cross Chasse terminato in PP  
Turning Lock to the Right  
Turning Lock to the Right terminato in Posizione Chiusa  
2-4 Tipple Chasse to Right  
5-10 Running Right Turn  
1-5 di V6  
1-7 di V6 terminata in PP  
Progressive Chasse terminato in PP