

## **LISTE DES FIGURES - VERSION 05/2017**

### **VALSE VIENNOISE**

- 01-Le tour à droite
- 02-Le tour à gauche
- 03-Les pas de change
- 04-Le tour enroulé
- 05-Le Fleckerl
- 06-Le contra-check
- 07-La dentelle
- 08-Les pas courus (G & D)
- 09-La révérence
- 10-Les jets d'eau

### **VALSE LENTE**

- 01-RF Closed change
- 02-LF Closed change
- 03-Natural turn
- 04-Reverse turn                   Valse diagonale
- 05-Whisk
- 06-Chasse from promenade position
- 07-Natural spin turn / Underturn
- 08-Natural turn with Hesitation (Hesitation change)
- 24-Progressive chasse to right
- 11-Outside change
- 09-Reverse Corte
- 10-Back whisk
- 12-Weave in Walt time
- 13-Telemark (Open and close)
- 14-Open Telemark followed by Wing
- 42-Chasse from CDEB position
- 15-Open Telemark followed by cross hesitation
- 16-Open impetus turn
- 17-Open impetus turn followed by Wing
- 18-Open impetus turn followed by cross hesitation
- 19-Open impetus turn followed by Weave
- 20-Whisk followed by Weave
- 21-Underturned Outside spin
- 22-Turning lock to left
- 23-Reverse pivot
- 25-Backward lock step
- 26-Forward lock step
- 27-Double reverse spin
- 28-Outside spin
- 29-Turning lock to right
- 30-Left whisk
- 31-Fallaway natural turn

- 32-Running spin turn
- 33-Closed Wing
- 34-Contra check
- 35-Drag hesitation
- 36-Quick natural spin turn
- 37-Fallaway whisk
- 38-Closed Impetus turn
- 39-Hover Corte
- 40-Fallaway reverse and slip pivot
- 41-Passing natural turn

## **PASO DOBLE**

- 01-Basic movement
- 02-Sur place
- 03-Chassés to right
- 04-Chassés to left
- 05-Chassés to left Ended in PP
- 06-Promenade close
- 07-Huit
- 10-Promenade tournée
- 11-Sixteen
- 08-Attack
- 09-Separation
- 28-Separation to fallaway whisk
- 29-Separation with lady'caping Walks
- 12-Twist turn
- 13-Promenade to Counter-promenade
- 14-Grand Circle
- 15-La passe
- 16-Banderillas
- 17-Syncoped Separation
- 18-Fallaway whisk
- 19-Fallaway reverse
- 20-Spanish line
- 21-Flamenco taps
- 22-Twists
- 23-Chasse cape
- 24A-Travelling spins from PP
- 24B-Travelling spins from CPP
- 25-Five Methods of Changing feet
- 26-Coups de pique
- 27-Différentes entrées en PP
- 30-Farol
- 31-Farol including the Fregolina

## **SLOW FOX**

¼ TOURS EN 8 TEMPS

01-Feather step  
06A-Feather finish  
02-Reverse turn  
03-Three step  
04-Natural turn  
25-Curved feather - Back feather  
05-Impetus turn  
07-Reverse wave  
08-Weave (after 1 – 4 reverse wave)  
09-Change of direction  
10-Natural Weave  
11-Closed Telemark - Open Telemark  
6B-Feather Ending  
12-Open Telemark, feather Ending  
13-*Open Telemark, passing natural turn outside swivel, feather Ending*  
14-Open impetus  
15-Open impetus turn followed by Weave from PP  
23-Open Telemark followed by Weave from PP  
16-Top spin  
17-Natural Telemark  
18-Hover Telemark  
19-Quick natural Weave from PP (running Weave)  
20-Natural twist turn  
21-Quick open reverse  
22-Reverse pivot  
24-Hover cross  
26-Curved feather from PP  
27-Fallaway reverse and slip pivot  
28-Lilting fallaway with Weave Ending (Bounce)  
29-Natural zig zag from PP  
30-Extended reverse wave  
31-Curved three step  
32-Double reverse spin  
33-Hover feather  
34-Natural Hover Telemark  
35-Outside spin  
36-Outside change  
37-Whisk  
38-Back whisk  
39-Progressive chasse to right  
40-Contra check  
41-Advanced-Gem  
42-Double Rev overspin Gem End

## **SAMBA**

01-Natural basic movement  
02-Reverse basic movement

03-Progressive basic movement  
 04-Samba whisk left and right  
 07-Promenade samba walk  
 08-Side samba walk  
 09-Stationary samba walk  
 05-Volta spot turn to right for lady  
 06-Volta spot turn to left for lady  
 10A-Close rocks (R & L foot)  
 10B-Closed rocks  
 11-Reverse turn  
 12-Samba side chasses  
 14-Travelling botafogos  
 17-Promenade botafogo  
 20-Shadow botafogos  
 21-Contra botafogos  
 13-Corta jaca  
 16-Open rocks to R and L  
 18-Backward rock on RF and LF  
 19-Plait (Similitudes avec chicken-walks)  
 29-Methods of changing feet  
 15-Natural roll  
 22-Voltas (6 actions différentes)  
 23-Samba locks in open CPP  
 24-Samba locks in open PP  
 25-Promenade/contre-promenade runs  
 26-Dropped volta  
 28-Cruzados walks in shadow position  
 30-Carioca runs  
 31-Rolling off the arm  
 32- Argentine crosses  
**CHA-CHA-CHA**  
 01A-Chasse to right (RLR) 01B-to left (LRL)  
 02A-Lock Forward (RLR) 02B-(LRL)  
 03A-Lock Backward (LRL)      03B-(RLR)  
 03C -Triple lock step  
 04-Compact chasse  
 10-Close basic  
 27-Cross basic  
 17A-Under arm to left      17B-to right  
 11-Open basic  
 14-Check from open CPP  
 15-Check from open PP (New York)  
 19-Hand to hand  
 16A-Spot turn to left      16B-to right  
 18-Shoulder to Shoulder  
 08-Guapacha timing  
 09-Time step

05-Ronde chasse  
06-Hip twist chasse  
12-Fan  
21-Alemana (from fan) A & B  
22A-Alemana from open position L/R + 22b-22c-22d  
42-Rope Spinning (lasso)  
07-Slip-close chasse  
23A, B, C, D, E, F, G Open hip twist  
23E-Syncoped open hip twist  
25A-Open hip twist spiral fin FAN- 25B fin CPPO  
13-Hockey stick  
20-Natural top  
24-Close hip twist  
26-Close hip twist spiral  
34-Methods of Changing feet  
28-Cuban break in open position  
29-Cuban break in open CPP  
30-Slip Cuban break in open CPP  
31-Slip Cuban break from open CPP & open PP  
32-Turkish Tower  
33-Continuous circular hip twist  
35-Sweetheart  
36-Follow my leader  
37A-Curl  
37B-Curl Turner to open CPP  
38-Side step  
39-There and Back  
40-Reverse top  
41-The chase (Poursuite même pied)

## **TANGO**

01-Progressive side step  
02-Progressive link  
03-Closed promenade  
04-Open promenade  
05-Basic reverse turn  
06-Open rev-turn, lady L, closed finish  
07-Open rev-turn, lady outside, closed finish  
09-Natural rock turn  
08-Progressive side step reverse turn  
10-Back corte  
11-Rock on LF  
12-Rock on RF  
13-Natural promenade turn  
14-Natural promenade turn to natural rock turn  
15-Natural twist turn  
16-Promenade link

17-Four step  
18-Brush tap  
19-20-Outside swivel to right and to left  
*21-Reverse outside swivel*  
22-Fallaway promenade  
23-Four step change  
24-Back open promenade  
25-Chase  
26-Oversway - Drop or tilt oversway  
27-Five step - Mini five step  
28-Reverse five step  
29-Fallaway four step  
30-Fallaway reverse and slip pivot  
31-Reverse pivot  
32-Contra Check  
34-Open telemark  
33-Passing natural turn  
36-Back whisk  
35-Whisk  
37-Outside spin

#### **QUICKSTEP**

40-Natural turn  
01-Quarter turn to right  
02-Natural turn at a corner  
03-Natural pivot turn  
04-Natural spin turn  
09-Progressive chasse to right  
*38-Outside change*  
05-Natural turn with hesitation  
06-Progressive chasse  
10-Reverse turn  
07-Forward lock step  
08-Backward lock step  
*36-Change of direction*  
41-Chasse reverse turn  
11-Quick open reverse  
16-Reverse pivot  
14-Running finish  
*37- Zig zag back lock running finish*  
13-Tipple chasse to Right along side of room  
12-Tipple chasse to Right at a corner  
15-Tipple chasse to left  
17-**Closed** Telemark  
25-Double reverse spin  
26-Cross swivel  
27-Fishtail

39-**Closed** *Impetus turn*

18-Open impetus turn

19-Open telemark

20-Passing natural turn

21-Four quick run

28-Six quick run

22-Running right turn

23-Natural turn back lock running finish

24-V6

29-Hover corte

30-Tipsy to right

31-Tipsy to left

32-Rumba cross

34-*Quarter turn to left*

35-Cross chasse

44-Outside spin

46-Fallaway reverse and slip pivot

42-Whisk

43-Back whisk

33-Running cross chasse

45-Contra check

**RUMBA**

01-Basic movement

04-Spot turn to left

05-Spot turn to right

06-Underarm turn to left

07-Underarm turn to right

08-Check from open CPP

09-Check from open PP

10-Hand to hand

02-Fan

13-Alémana

15A-Open hip twist

15B-Syncopated Open hip twist

03-Hockey stick

11-Natural top

12-Close hip twist

14-Alémana from open position

16-Reverse top

17-Opening out to right and left

18-Avenced opening out movement

21-Fallaway

22-Cuban rock

20-Curl

19-Spiral

23-Rope spinning

- 24-Sliding doors
- 25-Three alemanas
- 26-Continuous hip twist
- 27-Continuous circular hip twist
- 28-Fencing with spot turn or spin ending
- 29-Three threes
- 30-Side steps and cucarachas

## **JIVE**

- 01-Jive chasse to left
- 02-Jive chasse to right
- 03-Jive rock
- 04-Basic in place
- 05-Basic in fallaway
- 06-Change of place right to left
- 07-Change of place left to right
- 08-Change of hand behind back
- 09-Promenade walks (slow)
- 10-Promenade walks (quick)
- 11-American spin
- 12-Link
- 13-Whip
- 14-Double cross whip
- 15-Curly whip
- 16-Throwaway whip
- 17-Reverse whip
- 18-Fallaway throwaway
- 19-Flick Ball change
- 20-Stop an go
- 21-Windmill
- 22-Chicken walks
- 23-Rolling off the arm
- 24-Spanish arms
- 25-Jive breaks
- 26-Simple spin
- 27-Toe heel swivels slow
- 28-Flick into break
- 28B-Stalking Walks
- 29-Hip bump
- 30-Mooch
- 31-Miami spécial
- 32-Shoulder Spin
- 33-Chugging
- 34-Catapult