

# TEKNISKT KRAV LATIN

## Danstränare Steg 2

I detta dokument beskrivs de tekniska kraven för utbildningen Danstränare steg 2 i latin. Det inleds med generella principer som gäller för samtliga danser och följs därefter av specifika principer för varje dans samt figurer för varje dans.

## Latin General Principles

|  |
|--|
| Step/Action (Number of Steps or Actions) |
| Foot Placement                           |
| General Action as follows:               |
| - Swivel Actions                         |
| - Delayed Actions                        |
| - Latin Cross                            |
| - Merengue Actions                       |
| - Step                                   |
| - Brush                                  |
| Quantity of Turn                         |
| Foot Action                              |
| Timing – tempo- rhythm                   |
| Posture in Latin                         |
| Couple Position (Lady to Man)            |

## Samba Specific Principles and Samba Figures

|   |
|---|
| The Bounce and Pelvic action                    |
| - Bounce Timing                                 |
| - Bounce in relation to the figure being danced |
| - Bounce in relation to movement                |
| - Rhythmic Combinations                         |
| Forward Walk                                    |
| Side Walk                                       |
| Samba Timing                                    |
| - Samba Timing in the Chart                     |
| Volta Actions                                   |
| NATURAL BASIC MOVEMENT                          |
| REVERSE BASIC MOVEMENT                          |
| PROGRESSIVE BASIC MOVEMENT                      |
| SIDE BASIC MOVEMENT TO LEFT                     |
| SIDE BASIC MOVEMENT TO RIGHT                    |
| SAMBA WHISK TO LEFT                             |
| SAMBA WHISK TO RIGHT                            |
| STATIONARY SAMBA WALKS                          |
| PROMENADE SAMBA WALKS                           |

|                            |
|----------------------------|
| SIDE SAMBA WALK            |
| REVERSE TURN               |
| CRISS CROSS VOLTA TO RIGHT |
| CRISS CROSS VOLTA TO LEFT  |
| NATURAL ROLL               |
| CLOSE ROCKS                |
| CORTA JACA                 |

## Cha Cha Cha Specific Principles and Cha Cha Cha Figures

|  |
|--|
| Forward Walk                           |
| Backward Walk                          |
| Side Walk                              |
| Checked Forward Walk                   |
| Checked Backward Walk (endast WDSF)    |
| Delayed Actions                        |
| Forward Walk Turning                   |
| Delayed Forward Walk Turning           |
| Backward Walk Turning                  |
| Walk In Place                          |
| Weight Transfer In Place               |
| Cha Cha Cha Chasses to side R and L    |
| Cha Cha Cha Locks forward and backward |
| Ronde Chasse                           |
| Hip Twist Chasse                       |
| Slip Close Chasse                      |
| Volta Cross Chasses                    |
| Compact Chasses                        |
| TIME STEP                              |
| CLOSE BASIC MOVEMENT                   |
| OPEN BASIC MOVEMENT                    |
| NEW YORK TO RIGHT                      |
| NEW YORK TO LEFT                       |
| HAND TO HAND RIGHT                     |
| HAND TO HAND LEFT                      |
| SPOT TURN TO RIGHT                     |
| SPOT TURN TO LEFT                      |
| UNDERARM TURN TURNING RIGHT            |
| UNDERARM TURN TURNING LEFT             |

|                                     |
|-------------------------------------|
| THREE CHA CHA CHAS TO RIGHT         |
| THREE CHA CHA CHAS TO LEFT          |
| SHOULDER TO SHOULDER                |
| FAN                                 |
| HOCKEY STICK                        |
| ALEMANA                             |
| ALEMANA FROM OPEN OPPOSING POSITION |
| NATURAL TOP                         |

## Rumba Specific Principles and Rumba Figures

|                                     |
|-------------------------------------|
| Forward Walk                        |
| Backward Walk                       |
| Side Walk                           |
| Checked Forward Walk                |
| Checked Backward Walk (endast WDSF) |
| Delayed Actions                     |
| Forward Walk Turning                |
| Backward Walk Turning               |
| Walk in Place                       |
| Weight Transfer In Place            |
| Cucaracha                           |
| CLOSE BASIC MOVEMENT                |
| OPEN BASIC MOVEMENT                 |
| NEW YORK TO RIGHT                   |
| NEW YORK TO LEFT                    |
| HAND TO HAND TO RIGHT               |
| HAND TO HAND TO LEFT                |
| SPOT TURN TO RIGHT                  |
| SPOT TURN TO LEFT                   |
| UNDERARM TURN TURNING RIGHT         |
| UNDERARM TURN TURNING LEFT          |
| FAN                                 |
| OPEN HIP TWIST                      |
| HOCKEY STICK                        |
| SHOULDER TO SHOULDER                |
| CLOSE HIP TWIST                     |
| ALEMANA                             |

|                          |
|--------------------------|
| ALEMANA FINISHED TO SIDE |
| NATURAL TOP              |

## Paso Doble Specific Principles and Paso Doble Figures

|                               |
|-------------------------------|
|                               |
| Appel                         |
| March                         |
| Heel Turn                     |
| Rotation in Paso Doble        |
| Knee Lift                     |
| BASIC MOVEMENT                |
| SUR PLACE                     |
| CHASSES TO RIGHT              |
| CHASSES TO LEFT + end in p.p. |
| ATTACK                        |
| HUIT                          |
| SEPARATION                    |
| NATURAL TWIST TURN            |
| PROMENADE                     |
| CLOSED PROMENADE              |
| SIXTEEN                       |

## Jive Specific Principles and Jive Figures

|  |
|--|
| Musical Accents                        |
| Timing in Jive                         |
| Jive Styles                            |
| Swing Jive Actions                     |
| Rock                                   |
| Jive Chasses                           |
| Changing the Shape of the Jive Chasses |
| Jive Ronde Chasse                      |
| Jive Volta Cross Chasse                |
| Jive Lock                              |
| Jumping Jive                           |
| Jumping Action                         |
| Quantity of Turn                       |

|                                    |
|------------------------------------|
| BASIC IN PLACE                     |
| BASIC IN FALLAWAY                  |
| CHANGE OF PLACE FROM RIGHT TO LEFT |
| CHANGE OF PLACE FROM LEFT TO RIGHT |
| AMERICAN SPIN                      |
| CHANGE OF PLACE BEHIND THE BACK    |
| LINK                               |
| WHIP                               |
| PROMENADE WALKS – SLOW             |
| PROMENADE WALKS – QUICK            |