

NVAD BASIC-FIGUREN SEIZOEN 2010-2011.

Engelse wals

Basic figuren die gedanst mogen worden.

- 1) Closed Changes
- 2) Natural Turn
- 3) Reverse Turn
- 4) Natural SpinTurn
- 5) Whisk
- 6) Chassé from p.p

Slowfoxtrot

Basic figuren die gedanst mogen worden.

- 1) Feather Step
- 2) Three Step
- 3) Natural Turn, (let op slechts eerste 3 passen, gevolgd door closed impetus)
- 4) Reverse Turn, (let op is inclusief feather finish)
- 5) Closed Impetus,gedanst na passen 1,2,3, natural turn
- 6) Open Impetus
- 7) Feather Ending

Tango

Basic figuren die gedanst mogen worden.

- 1) Walks on L or R foot
- 2) Rock Turn
- 3) Closed Promenade
- 4) Open Reverse Turn, partner outside with open or closed Finish
- 5) Rock back on R or L foot
- 6) Progressive Link

Quickstep

Basic figuren die gedanst mogen worden.

- 1) Quarter turn to Right
- 2) Progressive Chassé
- 3) Natural Spin Turn
- 4) The Progressive Chassé to Right
- 5) Backward Lockstep
- 6) Tipple Chassé to Right (ook als hoekfiguur)
- 7) Forward Lockstep
- 8) Reverse Turn (langzaam; dus in "Slow-passen")

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Rumba

Basic figuren die gedanst mogen worden.

- 1) Basic Movement
- 2) Spot turn to Left
- 3) Spot turn to Right
- 4) Check to open CPP (New York)
- 5) Check to open PP (New York)
- 6) Hand to Hand
- 7) Underarm Turn to Right
- 8) Underarm Turn to Left
- 9) Shoulder to shoulder

Chacha

Basic figuren die gedanst mogen worden.

- 1) Close Basic (Close hold)
- 2) Spot turn to Left
- 3) Spot turn to Right
- 4) Check to open CPP (New York)
- 5) Check to open PP (New York)
- 6) Hand to Hand
- 7) Underarm Turn to Right
- 8) Underarm Turn to Left
- 9) Shoulder to shoulder

Samba

Basic figuren die gedanst mogen worden.

- 1) Natural basic Movement (Close Hold)
- 2) Reverse Basic Movement (Close Hold)
- 3) Samba Whisks to L and R (Close Hold)
- 4) Promenade Samba Walks in PP
- 5) Side Samba Walks in PP
- 6) Volta Spot Turn to R for Lady (Whisk to L for Man)
- 7) Volta Spot Turn to L for lady (Whisk to R for Man)

Jive

Basic figuren die gedanst mogen worden.

- 1) Basic in Fall away (Close Hold)
- 2) Change of Place Right to Left
- 3) Change of Place Left to Right
- 4) Link
- 5) Change of Hands behind Back