

# LSŠF bei WDSF Leistinių figūrų sąrašas bei reikalavimai

## Bendrieji reikalavimai bei normos

- Figūrų reikalavimai yra skirti standartizuoti vaikų bei pradedančiųjų šokėjų choreografinę medžiagą, siekiant daugiau dėmesio skirti šokėjų mechanikos, technikos bei ritmikos kiekvieno šokio gerinimui.
- LSŠF ir WDSF figūrų redakcija skirta atnaujinti anksčiau buvusią medžiagą bei suteikti naujovių bei aiškumo WDSF tarptautiniuose bei LSŠF vietinėse varžybų reikalavimuose.
- Neleidžiama naudoti figūrų kurių nėra sąrašė.
- LSŠF pasilieka teisę taikyti skirtingus figūrų apribojimus skirtingoms šokėjų kategorijoms pagal poreikius.
- Figūrų suvienodinimas pasauliniu mastu sudaro galimybę be taisyklių pažeidimo sportininkams dalyvauti tarptautinėse klasinėse varžybose.
- Prie kiekvienos figūros yra nurodytos pastabos, ritmika bei veiksmai, leidžiantys koreguoti figūrą. Tokiu būdu choreografinės galimybės gali būti išplečiamos.
- Figūrų pakeitimai yra leidžiami tik tie, kurie yra nurodyti WDSF vadovėliuose bei pastabose.
- Neleidžiama skaidyti bei jungti figūrų nenurodytais metodais.
- Ką galima šokti prieš ir po kiekvienos figūros yra nurodyta WDSF vadovėlio lentelėje.
- Leistinas nedidelis figūrų posūkių dydžių nuokrypis nuo WDSF vadovėlių, kai to reikalauja choreografijos konstrukcija.
- Visose kvalifikacinėse grupėse draudžiama atlikti "pakėlimus", t.y. kai vienas iš partnerių laiko kitą rankose, laiko kūnu arba pakelia, ir tokiu būdu pakeltojo pėdos nesiekia žemės. 12 m. ir vyresniems "C" klasės, "B", "A", "S" klasių šokėjams, suaugusiems ir senjorams jokių kitų programų apribojimų nėra.
- "E", "D" ir "C" (amžius - 10-11 m.), "E", "D" (amžius –12+ m.) kvalifikacinėms klasėms atlikti figūras leidžiama tik ritmais, nurodytais standartinės technikos vadovėliuose.
- Partneriui draudžiama atlikti partnerės žingsnelius ir atvirkščiai, jeigu toks atlikimas nėra numatytas standartinės technikos aprašymuose.
- Leistinos figūros "E", "D", "C" (amžius - 10-11 m.), "E", "D" (amžius 12+ m.) kvalifikacinėms klasėms.

## „D“ klasės leistinių figūrų sąrašas ST Šokiai.

### Lėtas valsas

1. Closed Change on RF
2. Closed Change on LF
3. Natural Turn
4. Reverse Turn
5. Progressive Chasse to R
6. Whisk
7. Back Whisk
8. Outside Change
9. Basic Weave
10. Chasse from PP
11. Backward Lock
12. Open Natural Turn
13. Hesitation Change
14. Natural Spin Turn
15. Double Reverse Spin
16. Telemark
17. Telemark to PP
18. Weave from PP
19. Impetus
20. Impetus to PP
21. Drag Hesitation
22. Outside Spin
23. Natural Turning Lock
24. Reverse Turning Lock
25. Wing
26. Wing from PP
27. Cross Hesitation from PP
28. Reverse Pivot
29. Fallaway Natural Turn
30. Running Weave from PP
31. Running Spin Turn
32. Overturned Running Spin Turn
33. Running Cross Chasse
34. Fallaway Reverse and Slip Pivot
35. Hover Corte
36. Curved Feather
37. Running Finish
38. Outside Swivel
39. Progressive Chasse
40. Bounce Fallaway Weave Ending
41. Quick Open Reverse

**Santrauka kiekvienos figūros, nurodant:  
pradinę poziciją, galutinę poziciją, ritmiką bei pastabas**

#### **1. CLOSED CHANGE ON RF**

Start: RF fwd (Closed Position)

Finish: RF closes to LF (Closed Position)

Timing: 123

#### **2. CLOSED CHANGE ON LF**

Start: LF fwd (Closed Position)

Finish: LF closes to RF

Timing: 123

### **3. NATURAL TURN**

Start: RF fwd (Closed Position)

Finish: LF closes to RF

Timing: 123 123

NOTE - General: Steps 1-3 or 4-6 only may be used

NOTE - Foot Placement/Couple Position: May start with RF fwd in CBMP in Outside Partner Position. If steps 4-6 only are used, step 4 may start LF bwd in CBMP in Outside Partner Position.

### **4. REVERSE TURN**

Start: LF fwd (Closed Position)

Finish: RF closes to LF

Timing: 123 123

NOTE - General: Steps 1-3 or 4-6 only may be used

NOTE - Foot Placement/Couple Position: May start with LF fwd in CBMP in Wing Position.

### **5. PROGRESSIVE CHASSE TO R**

Start: LF fwd and slightly to side (Closed Position)

Finish: RF to side and slightly bwd (Closed Position)

Timing: 12&3

NOTE - Foot Placement/Couple Position: May start with LF fwd in CBMP in Wing Position.

### **6. WHISK**

Start: LF fwd (Closed Position)

Finish: LF crosses behind RF (Promenade Position)

Timing: 123

NOTE - Quantity of Turn: may turn up to 1/4 to L

NOTE - Foot Placement/Couple Position: may start LF fwd in Wing Position

### **7. BACK WHISK**

Start: LF bwd in CBMP (Outside Partner Position)

Finish: LF crosses behind RF (Promenade Position) Timing: 123

NOTE - Quantity of Turn: May be turned up to 3/8 to R

NOTE - Foot Placement/Couple Position: may start LF bwd in Closed Position

### **8. OUTSIDE CHANGE**

Start: LF bwd in CBMP (Outside Partner Position)

Finish: LF to side and slightly fwd (Closed Position)

Timing: 123

NOTE - Foot Placement/Couple Position: may end in Promenade position. It may start LF Bwd in Closed Position.

### **9. BASIC WEAVE**

Start: RF bwd (Closed Position)

Finish: LF to side and slightly fwd (Closed Position)

Timing: 123 123

NOTE - General: steps 1-3 or 4-6 only may be used.

NOTE - Couple Position: may end in Promenade Position

### **10. CHASSE FROM PP**

Start: RF fwd and across in CBMP (Promenade Position) Finish: LF to side and slightly fwd (Closed Position) Timing: 12&3

### **11. BACKWARD LOCK**

Start: LF bwd in CBMP (Outside Partner Position)

Finish: RF diag, bwd (Closed Position)

Timing: 12&3

NOTE - Foot Placement/Couple Position: may start LF bwd in Closed Position

## **12 .OPEN NATURAL TURN**

Start: RF fwd and across in CBMP (Promenade Position)

Finish: RF bwd R Side leading (Closed Position)

Timing: 123

NOTE - Foot Placement/Couple Position: may start RF fwd in CBMP in Outside Partner position

## **13. HESITATION CHANGE**

Start: LF bwd and slightly to side (Closed Position)

Finish: LF closes to RF w/o weight-weight on RF (Closed Position)

Timing: 123

NOTE - Foot Placement/Couple Position: may start LF bwd in CBMP in Outside Partner Position

## **14. NATURAL SPIN TURN**

Start: RF fwd (Closed Position)

Finish: LF bwd and slightly to side (Closed Position)

Timing: 123 123

NOTE - Foot Placement/Couple Position: it may start RF fwd in CBMP in Outside Partner Position

NOTE - Quantity of Turn: may be underturned to end backing DC against LOD or overturned to end almost backing LOD

## **15. DOUBLE REVERSE SPIN**

Start: LF fwd and slightly to side (Closed Position)

Finish: Weight on RF

Timing: 123 (12&3 Lady)

NOTE - Quantity of Turn: may turn between  $\frac{3}{4}$  and 1 full turn to L NOTE - Timing: alternative timing of 123& may be used for the Lady

## **16. TELEMARK**

Start: LF fwd and slightly to side (Closed Position)

Finish: LF to side and slightly fwd (Closed Position)

Timing: 123

NOTE - Foot Placement/ Couple Position: it may start LF Fwd in CBMP in Wing Position

## **17. TELEMARK TO PP**

Start: LF Fwd and slightly to side (Closed Position)

Finish: LF to side (Promenade Position)

Timing: 123

NOTE - Foot Placement/ Couple Position: it may start LF fwd in CBMP in Wing Position

## **18. WEAVE FROM PP**

Start: RF fwd and across in CBMP (Promenade Position) Finish: LF to side and slightly fwd (Closed Position) Timing: 123 123

NOTE - General: steps 1-3 or 4-6 only may be used.

NOTE - Couple Position: may end in Promenade position

## **19. IMPETUS**

Start: LF bwd and slightly to side (Closed Position)

Finish: LF to side and slightly Bwd (Closed Position)

Timing: 123

NOTE - Foot Placement/ Couple Position: it may start LF Bwd in CBMP in Outside Partner Position

## **20. IMPETUS TO PP**

Start: LF Bwd and slightly to side (Closed Position)

Finish: LF diag Fwd L side leading (Promenade Position)

Timing: 123

NOTE - Foot Placement/ Couple Position: it may start LF Bwd in CBMP in Outside Partner Position

## **21. DRAG HESITATION**

Start: LF Fwd and slightly to side (Closed Position)

Finish: LF closes to RF w/o weight, weight on RF (Closed Position)

Timing: 123

NOTE - Foot Placement/ Couple Position: may start LF Fwd in CBMP in Wing Position

## **22. OUTSIDE SPIN**

Start: LF Bwd in CBMP (small step)

Finish: LF to side

Timing: 123

NOTE - Quantity of Turn: may be underturned (no Pivot on step3) in which case the exit is RF bwd into any suitable figure

## **23. NATURAL TURNING LOCK**

Start: RF bwd with R side leading (Closed Position)

Finish: LF diag. fwd L side leading (Promenade Position)

Timing: 1&23

NOTE - Couple Position/ Foot Placement: may end in Closed Position, the following step is taken RF fwd in CBMP in Outside Partner Position.

NOTE - Quantity of Turn/ Couple Position: may overturn to end backing DC in Closed position.

## **24. REVERSE TURNING LOCK**

Start: RF bwd with R side leading (Closed Position) Finish: LF to side and slightly fwd (Closed Position)

Timing: 1&23

NOTE - Couple Position: may end in Promenade Position

## **25. WING**

Start: RF fwd in CBMP (Outside Partner Position)

Finish: LF closes to RF w/o weight, weight on RF (Wing Position) Timing: 1 (23)

## **26. WING FROM PP**

Start: RF fwd and across in CBMP (Promenade Position)

Finish: LF closes to RF w/o weight, weight on RF (Wing Position) Timing: 1 (23)

## **27. CROSS HESITATION FROM PP**

Start: RF fwd in CBMP (Promenade Position) Finish: Weight on RF

Timing: 1 (23)

NOTE - Quantity of Turn: may turn up to 1/4 to L (Man)

## **28. REVERSE PIVOT**

Start: RF diag, bwd outside Lady's LF (Closed Position) Finish: weight on RF (Closed Position)

Timing: &

## **29. FALLAWAY NATURAL TURN**

Start: RF fwd and across in CBMP (Promenade Position)

Finish: LF to side and slightly fwd (Closed Position)

Timing: 123 123

NOTE - Foot Placement/ Couple Position: may start RF fwd in CBMP in Outside Partner position. It may end in Promenade Position.

## **30. RUNNING WEAVE FROM PP**

Start: RF fwd and across in CBMP (Promenade Position)

Finish: RF crosses behind LF (Closed Position)

Timing: 1&23 123

NOTE - General: steps 1-4 or 5-7 only may be used.

NOTE - Foot Placement/ Couple Position: May start RF fwd in CBMP in Outside Partner Position

NOTE - Timing: alternative timing of 12&3 may be used on steps 1-4.

### **31. RUNNING SPIN TURN**

Start: RF fwd (Closed Position)

Finish: RF bwd R side leading (Closed Position)

Timing: 123 1&23

NOTE - Timing: alternative timing of 123 112&3 may be used.

NOTE - Foot Placement/ Couple Position: May start RF fwd in CBMP in Outside Partner Position

### **32. OVERTURNED RUNNING SPIN TURN**

Start: RF fwd (Closed Position)

Finish: LF closes to RF w/o weight, weight on RF (Wing Position)

Timing: 123 1&23 12&3

NOTE - Couple Position/ Timing: From step 8 (instead of quick Wing) both partners may dance two steps fwd in Promenade Position with timing 23.

NOTE - Timing: alternative timing of 12&3 may be used on steps 4-7.

NOTE - Foot Placement/ Couple Position: May start RF fwd in CBMP in Outside Partner Position

### **33. RUNNING CROSS CHASSE**

Start: RF fwd in CBMP (Outside Partner position)

Finish: LF fwd L side leading (Closed Position)

Timing: 1&23

NOTE - Couple Position: may start and end in promenade Position. NOTE - Timing: alternative timing of 12&3 may be used.

### **34. FALLAWAY REVERSE AND SLIP PIVOT**

Start: LF fwd and slightly to side (Closed position)

Finish: RF bwd (Slip Pivot) weight on RF, LF held in position (Closed Position)

Timing: 1&23

NOTE - Foot Placement/Couple Position: May start with LF fwd in CBMP in Wing Position. NOTE - Quantity of Turn: may be danced with less or no turn (when danced into a corner). NOTE - Timing: alternative timings of 12&3 or 123& may be used

### **35. HOVER CORTE**

Start: RF bwd and slightly to side (Closed Position)

Finish: Transfer weight to RF (Closed Position)

Timing: 123

NOTE - Timing: alternative timing using 2 bars of music may be used (123 123). NOTE - Couple Position: it may start in Promenade Position

### **36. CURVED FEATHER (SEE SLOW FOX)**

Start: RF fwd (Closed Position)

Finish: RF fwd in CBMP (Outside Partner Position)

Timing: 123

NOTE - Foot Placement/ Couple Position: step 1 may be danced RF fwd in CBMP in Outside Partner Position. May start in Promenade Position.

### **37. RUNNING FINISH (SEE QUICKSTEP)**

Start: LF bwd in CBMP (Outside Partner Position) Finish: LF fwd L side leading (Closed Position) Timing: 123

NOTE - Couple Position: may end in Promenade Position

### **38. OUTSIDE SWIVEL (SEE SLOW FOX)**

Start: LF back in CBMP (Outside Partner Position)

Finish: Weight on LF (Promenade position) Timing: 1 (23)

### **39. PROGRESSIVE CHASSE TO L (SEE QUICKSTEP)**

Start: RF bwd (Closed Position)

Finish: LF side and slightly fwd (Closed Position) Timing: 12&3

NOTE - Quantity of Turn: may turn up to 3/8 to L.

**40. BOUNCE FALLAWAY WEAVE ENDING (SEE SLOW FOX)**

Start: LF fwd and slightly to side (Closed Position)

Finish: LF side and slightly fwd (Closed Position)

Timing: 1&23 123

NOTE - General: dance steps 1-4 of bounce fallaway followed by steps 4-6 of weave from PP

**41. QUICK OPEN REVERSE (SEE SLOW FOX)**

Start: RF fwd in CBMP (Outside Partner position)

Finish: LF bwd in CBMP (Outside Partner position) Timing: 1&23

NOTE - General: dance steps 1-4 of Quick Open Reverse Turn.

NOTE - Couple Position: may start in promenade Position.

## **Kvikstepas**

1. Natural Turn
2. Reverse Turn
3. Progressive Chasse to R
4. Progressive Chasse to L
5. Cross Chasse
6. Quarter Turn to R
7. Quarter Turn to L
8. Outside Change
9. Natural Pivot
10. Running Finish
11. Backward Lock
12. Forward Lock
13. Open Natural Turn
14. Natural Spin Turn
15. Hesitation Change
16. Double Reverse Spin
17. Impetus
18. Impetus to PP
19. Telemark
20. Telemark to PP
21. Whisk
22. Back Whisk
23. Open Reverse Turn
24. Tiple Chasse to R - at the corner
25. Tiple Chasse to R along LOD
26. Tiple Chasse to L
27. Four Quick Run
28. Zig Zag
29. V6
30. Outside Spin
31. Reverse pivot
32. Natural Turning Lock
33. Drag Hesitation
34. Cross Swivel
35. Fishtail
36. Running Natural Turn
37. Running Cross Chasse
38. Six Quick Run
39. Topsy to R
40. Topsy to L
41. Rumba Cross
42. Hover Corte
43. Weave from PP
44. Natural Fallaway Turn
45. Wing
46. Wing from PP
47. Curved Feather
48. Running Spin Turn

**Santrauka kiekvienos figūros, nurodant:  
pradinę poziciją, galutinę poziciją, ritmiką bei pastabas**

### **1. NATURAL TURN**

Start: RF fwd (Closed Position)

Finish: RF closes to LF (Closed Position)

Timing: SQQ

NOTE - Couple Position: May start RF fwd in CBMP in Outside Partner Position

## **2. REVERSE TURN**

Start: LF fwd and slightly to side (Closed Position) Finish: LF closes to RF (Closed Position)

Timing: SQQ

## **3. PROGRESSIVE CHASSE TO R**

Start: LF fwd and slightly to side (Closed Position) Finish: RF to side and slightly Bwd (Closed Position)

Timing: SQQS

## **4. PROGRESSIVE CHASSE TO L**

Start: RF back and slightly to side (Closed Position) Finish: LF to side and slightly fwd (Closed Position)

Timing: SQQS

## **5. CROSS CHASSE**

Start: LF fwd (Closed Position)

Finish: LF closes to RF (Closed Position) Timing: SQQ

## **6. QUARTER TURN TO R**

Start: RF fwd (Closed Position)

Finish: LF to side and slightly bwd (Closed Position)

Timing: SQQS

NOTE - Couple Position: may start RF fwd in CBMP in Outside Partner Position

## **7. QUARTER TURN TO L**

Start: RF bwd and slightly to side (Closed Position)

Finish: RF closes to LF (Closed Position) Timing: SQQ

## **8. OUTSIDE CHANGE**

Start: LF bwd in CBMP (Outside Partner Position)

Finish: LF to side and slightly fwd (Closed Position) Timing: SQQ

NOTE - Couple Position: May end in Promenade Position

## **9. NATURAL PIVOT**

Start: LF bwd and slightly to side (Closed Position)

Finish: Weight on LF, RF held in position in Closed Position

Timing: S

## **10. RUNNING FINISH**

Start: LF bwd in CBMP (Outside Partner Position) Finish: LF fwd L side leading (Closed Position) Timing: SQQ

NOTE - Timing: Alternative timing QQS may be used NOTE - Couple Position: It may end in PP

## **11. BACKWARD LOCK**

Start: LF bwd in CBMP (Outside Partner Position)

Finish: RF diag bwd (Closed Position)

Timing: SQQS

NOTE - General: Steps 2-4 only may be used

NOTE - Couple Position: Step 1 may be LF bwd in Closed Position

## **12. FORWARD LOCK**

Start: RF fwd in CBMP (Outside Partner Position)

Finish: LF diag fwd (Closed Position)

Timing: SQQS

NOTE - General: Steps 2-4 only may be used.

NOTE - Couple Position: Step 1 may be RF fwd in Closed Position

### **13. OPEN NATURAL TURN**

Start: RF Fwd and across in CBMP (Promenade Position)

Finish: RF bwd R side leading (Closed Position)

Timing: SQQ

NOTE - Couple Position: May start RF fwd in CBMP in Outside Partner Position

### **14 .NATURAL SPIN TURN**

Start: RF fwd (Closed Position)

Finish: LF bwd and slightly to side (Closed Position)

Timing: SQQ SSS

NOTE - Couple Position: May start RF fwd in CBMP in Outside Partner Position

NOTE - Timing: Alternative timing SQQ SQQ may be used

NOTE - Quantity of Turn: It may be underturned (ending backing DC against LOD) or overturned (ending almost backing LOD)

### **15. HESITATION CHANGE**

Start: LF bwd and slightly to side (Closed Position)

Finish: Weight on RF, LF closes to RF without weight (Closed Position)

Timing: SSS

NOTE - Couple Position: Step 1 may be taken in CBMP in Outside Partner Position.

NOTE - General: Steps 1 -2 only may be used

### **16. DOUBLE REVERSE SPIN**

Start: LF fwd and slightly to side (Closed Position)

Finish: Weight on RF, LF closes to RF without weight (Closed Position)

Timing: SSS

### **17. IMPETUS**

Start: LF bwd and slightly to side (Closed Position)

Finish: LF to side and slightly bwd (Closed Position)

Timing: SSS

NOTE - Couple Position: Step 1 may be taken bwd in CBMP in Outside Partner Position

NOTE - Timing: Alternative timing SQQ may be used

### **18. IMPETUS TO PP**

Start: LF bwd and slightly to side (Closed Position)

Finish: LF diag. fwd L side leading (Promenade Position)

Timing: SSS

NOTE - Couple Position: Step 1 may be taken bwd in CBMP in Outside Partner Position

NOTE - Timing: Alternative timing SQQ may be used

### **19. TELEMARK**

Start: LF fwd and slightly to side (Closed Position)

Finish: LF to side and slightly fwd (Closed Position.)

Timing: SQQ

NOTE - Timing: Alternative timing SSS may be used

### **20. TELEMARK TO PP**

Start: LF fwd and slightly to side (Closed Position)

Finish: LF to side (Promenade Position)

Timing: SQQ

NOTE - Timing: Alternative timing SSS may be used

### **21. WHISK**

Start: LF fwd (Closed Position)

Finish: LF crossed behind (Promenade Position) Timing: SSS

NOTE - Timing: Alternative timing SQQ may be used

## **22. BACK WHISK**

Start: LF bwd in CBMP (Outside Partner Position)

Finish: LF crosses behind RF (Promenade Position)

Timing: SSS

NOTE - Timing: Alternative timing SQQ may be used

NOTE - Couple Position: Step 1 may be taken bwd in Closed Position

## **23. OPEN REVERSE TURN (QUICK OPEN REVERSE)**

Start: LF fwd (Closed Position)

Finish: LF bwd in CBMP (Outside Partner Position)

Timing: SQQ

## **24. TIPPLE CHASSE TO R - AT THE CORNER**

Start: LF bwd (Closed Position)

Finish: RF to side and slightly fwd (Closed Position)

Timing: SQQS

NOTE - Foot Placement/Couple Position: Step 1 may be taken bwd in CBMP in Outside Partner Position

NOTE - General: Steps 2 - 4 only may be used

## **25. TIPPLE CHASSE TO R - ALONG LOD**

Start: LF bwd in CBMP (Outside Partner Position)

Finish: RF to side and slightly fwd (Closed Position)

Timing: SQQS

NOTE - General: Steps 2-4 only may be used

NOTE - Foot Placement/Couple Position: Step 1 may be taken bwd in CBMP in Outside Partner Position

## **26. TIPPLE CHASSE TO L**

Start: RF fwd in CBMP (Outside Partner Position)

Finish: LF to side and slightly fwd (Closed Position) Timing: SQQS

NOTE - Couple Position: May start RF fwd in Closed Position

NOTE - General: Steps 2-4 only may be used

## **27. FOUR QUICK RUN**

Start: RF bwd and slightly to side (Closed Position)

Finish: LF fwd and slightly leftward (Closed Position)

Timing: SQQQQS

## **28. ZIG ZAG**

Start: LF fwd and slightly to side (Closed Position)

Finish: RF diag bwd (Closed Position)

Timing: SS SQQS

NOTE - General: Steps 1-2 only may be used

## **29. V6**

Start: LF bwd (Closed Position)

Finish: LF to side and slightly fwd (Closed Position)

Timing: SQQS QQS

NOTE - General: it may start from step 2.

## **30. OUTSIDE SPIN**

Start: LF bwd in CBMP (Outside Partner Position)

Finish: LF to side (Closed Position)

Timing: SSS

NOTE - Timing: Alternative timing SQQ may be used

NOTE - Foot Placement/Quantity of Turn: it may be underturned (no turn on step3) in which case the following step will be bwd.

### **31. REVERSE PIVOT**

Start: RF diag bwd (Closed Position) Finish: Weight on RF (Closed Position) Timing: S

### **32. NATURAL TURNING LOCK**

Start: RF bwd with R side leading (Closed Position) Finish: LF diag fwd L side leading (Promenade Position)

Timing: QQSS

NOTE - Timing: alternative timing QQQQ may be used.

NOTE - Couple Position/ Foot Placement: may end in closed position, the following step is taken RF fwd in CBMP in Outside Partner position

NOTE - Quantity of Turn/ Couple Position: May be overturned to end in Closed Position (Man backing DC)

### **33. DRAG HESITATION**

Start: LF fwd and slightly to side (Closed Position)

Finish: LF closes to RF w/o weight (Closed Position)

Timing: SSS

### **34. CROSS SWIVEL**

Start: LF fwd (Closed Position)

Finish: RF almost closes to LF slightly bwd without weight, weight on RF (Closed Position)

Timing: SS

### **35. FISHT TAIL**

Start: RF fwd in CBMP (Outside Partner Position) Finish: LF fwd and slightly leftwards (Closed Position)

Timing: SQQ QQS

NOTE - Quantity of turn: it may be danced without turn.

### **36 .RUNNING NATURAL TURN**

Start: RF fwd (Closed Position)

Finish: LF fwd L side leading (Closed Position)

Timing: SQQ SSSS QQS

NOTE - Foot Placement/Couple Position: May start RF fwd in CBMP in OP Position. May end in Promenade Position.

NOTE - General: steps 1-4 or 1-7 only may be used

NOTE - Timing: alternative timing of SQQ SQQ may be used on steps 5-10

### **37. RUNNING CROSS CHASSE**

Start: RF fwd in CBMP (Outside Partner position) Finish: LF fwd L side leading (Closed Position)

Timing: SQQS

NOTE - Couple Position: It may end in Promenade Position

### **38. SIX QUICK RUN**

Start: RF bwd and slightly to side (Closed Position)

Finish: LF fwd and slightly leftward (Closed Position)

Timing: QQQQQQ

NOTE - General: due to the fast timing a slight jumping action may be used.

### **39. TIPSY TO R**

Start: RF to side, small step (Closed Position)

Finish: RF to side, small step (Closed Position)

Timing: Q&Q

### **40. TIPSY TO L**

Start: LF to side, small step (Closed Position)

Finish: LF to side, small step (Closed Position)

Timing: Q&Q

#### **41. RUMBA CROSS**

Start: LF fwd, long step (Closed Position)

Finish: LF to side and slightly bwd, weight on LF -Pivot (Closed Position)

Timing: QQS

#### **42. HOVER CORTE**

Start: RF bwd (Closed Position)

Finish: transfer weight to RF (Closed Position) Timing: SSS

NOTE - Couple Position: may start in Promenade Position

#### **43. WEAWE FROM PP (SEE WALTZ)**

Start: RF fwd and across in CBMP (Promenade Position)

Finish: LF to side and slightly fwd (Closed Position) Timing: SQQ SQQ

NOTE - General: steps 1-3 or 4-6 only may be used. NOTE - Couple Position: may end in Promenade position

#### **44. NATURAL FALLAWAY TURN (SEE WALTZ)**

Start: RF fwd and across in CBMP (Promenade Position)

Finish: LF to side and slightly fwd (Closed Position)

Timing: SQQ SQQ

NOTE - Foot Placement/ Couple Position: may start RF fwd in CBMP in Outside Partner position. It may end in Promenade Position

#### **45. WING (SEE WALTZ)**

Start: RF fwd in CBMP (Outside Partner Position)

Finish: LF closes to RF w/o weight, weight on RF (Wing Position)

Timing: S(QQ)

#### **46. WING FROM PROMENADE POSITION (SEE WALTZ)**

Start: RF fwd and across in CBMP (Promenade Position)

Finish: LF closes to RF w/o weight, weight on RF (Wing Position)

Timing: S(QQ)

#### **47. CURVED FEATHER (SEE SLOW FOX)**

Start: RF fwd (Closed Position)

Finish: RF fwd in CBMP (Outside Partner Position)

Timing: SQQ

NOTE - Foot Placement/Couple position: Step 1 may be taken fwd in CBMP in Outside Partner Position. May start in Promenade position.

#### **48. RUNNING SPIN TURN (SEE WALTZ)**

Start: RF fwd (Closed Position)

Finish: RF bwd R side leading (Closed Position)

Timing: SQQ SQQS

NOTE - Foot Placement/ Couple Position: May start RF fwd in CBMP in Outside Partner Position

When two figures cannot be directly connected, a linking step (Timing S) may be used in Quickstep

## **Tango**

1. Tango Walk
2. Tap - Alternative Entries to PP
3. Progressive Side Step
4. Brush Tap
5. Progressive Link
6. Closed Promenade
7. Open Promenade
8. Back Corte
9. Basic reverse Turn
10. Open Reverse Turn
11. Rock on LF
12. Rock on RF
13. Natural Rock Turn
14. Natural Twist Turn from PP
15. Natural Turn from PP
16. Promenade Link turned to R
17. Promenade Link turned to L
18. Back Open Promenade
19. Fallaway Promenade
20. Whisk
21. Back Whisk
22. Progressive Side Step Reverse Turn
23. Four Step
24. Fallaway Four Step
25. Outside Swivel - method 1
26. Outside Swivel - method 2
27. Outside Swivel - method 3
28. Four Step Change
29. Five Step
30. Mini Five Step
31. Quick Reverse Turn
32. Fallaway Reverse and Slip Pivot
33. Telemark to PP
34. Open Natural Turn
35. Outside Spin
36. Natural twist Turn
37. Chase
38. Chase Alternative Ending - Chase, Chasse
39. Chase Alternative Ending - method 1
40. Chase Alternative Ending - method 2
41. Chase Alternative Ending - method 3
42. Chase Alternative Ending - method 4
43. Reverse Pivot
44. In - Out

**Santrauka kiekvienos figūros, nurodant:  
pradinę poziciją, galutinę poziciją, ritmiką bei pastabas**

### **1. TANGO WALK**

Start: LF fwd (Closed Position)

Finish: RF fwd (Closed Position)

Timing: SS

NOTE - General: LF or RF walk only may be used.

## **2. TAP - ALTERNATIVE ENTRIES TO PP**

Start: RF fwd (Closed Position)

Finish: Weight on R foot (Promenade Position)

Timing: S&

NOTE - General: Tap can be danced after any Closed or Open Finish.

NOTE - Timing: Alternative timing, including also the preceding step could be SS.

## **3. PROGRESSIVE SIDE STEP**

Start: LF fwd in CBMP (Closed Position)

Finish: LF fwd in CBMP (Closed Position)

Timing: QQS

NOTE - General: steps 1-2 only may be used.

NOTE - Quantity of turn: figure may be turned up to 3/8 to L.

## **4. BRUSH TAP**

Start: LF FWD and slightly to side (Closed Position)

Finish: LF placed to side w/o weight, weight on R foot (Closed Position)

Timing: QQ&S

NOTE - Quantity of turn: more turn may be made between steps 1 and 2, up to 1/4 to L. Figure may be danced without turn.

NOTE - Couple position: may end in Promenade Position.

## **5. PROGRESSIVE LINK**

Start: LF fwd in CMBP (Closed Position)

Finish: RF to side and slightly bwd (Promenade Position) Timing: QQ

## **6. CLOSED PROMENADE**

Start: LF to side (Promenade Position)

Finish: RF closes to LF slightly bwd (Closed Position) Timing: SQQS

NOTE - General: May start from step 2.

NOTE - Couple position: Man may turn square to Lady on step 3.

## **7. OPEN PROMENADE**

Start: LF to side (Promenade Position)

Finish: RF fwd in CBMP (Outside Partner Position)

Timing: SQQS

NOTE - General: May start from step 2.

## **8. BACK CORTÉ**

Start: LF to side (Closed Position)

Finish: RF closes to LF slightly bwd (Closed Position)

Timing: SQQS

NOTE - General: Open Finish may be used instead of the Closed Finish. Steps 2-4 only may be used. Step 1 only may be used as a preceding figure to Rock on RF.

## **9. BASIC REVERSE TURN**

Start: LF fwd and slightly to side (Closed Position)

Finish: RF closes to LF slightly bwd (Closed Position)

Timing: QQS QQS

NOTE - General: steps 1-3 or 4-6 only may be used. Closed Finish may be replaced with Open Finish.

## **10. OPEN REVERSE TURN**

Start: LF fwd and slightly to side (Closed Position)

Finish: RF closes to LF slightly bwd (Closed Position)

Timing: QQS QQS

NOTE - General: steps 1-3 or 4-6 only may be used. Closed Finish may be replaced with Open Finish.

### **11. ROCK ON LEFT FOOT**

Start: LF bwd L side leading (Closed Position)

Finish: LF bwd L side leading (Closed Position)

Timing: QQS

NOTE - General: figure may be danced with steps 1 and 3 in CBMP following any Open Finish. If danced in this manner step 3 may be replaced with Outside Swivel (Method 1 or 2)

NOTE - Quantity of turn: up to 1/4 to R may be made.

### **12. ROCK ON RIGHT FOOT**

Start: RF bwd in CBMP, L shoulder leading (Closed Position)

Finish: RF bwd in CBMP, L shoulder leading (Closed Position)

Timing: QQS

### **13. NATURAL ROCK TURN**

Start: RF fwd (Closed Position)

Finish: RF closes to LF slightly bwd (Closed Position)

Timing: SQQS QQS

NOTE - General: when a Rock Turn follows the Natural Turn from PP, step 4 of the Natural Promenade turn becomes step 1 of the Rock Turn. There will be no turn to Promenade Position at the end of step 4 of the Natural Promenade Turn. Continue with steps 2-7 of Rock Turn. Steps 1-4 or 5-7 only may be used. Figure may be danced with an Open Finish.

### **14. NATURAL TWIST TURN FROM PP**

Start: LF to side (Promenade Position)

Finish: Weight on R foot LF placed slightly to side w/o weight (Promenade Position)

Timing: SQQ SQQ

NOTE - General: it may start from step 2.

NOTE - Timing: use of alternative timing QQS is possible after step 3.

NOTE - Couple Position/Quantity of Turn: it may end in Close Position. In this case the Man will turn 7/8 to R on steps 5-6. Follow with Rock on LF or Back Corte.

### **15. NATURAL TURN FROM PP**

Start: LF to side (Promenade Position)

Finish: Weight on R foot LF placed to side w/o weight (Promenade Position)

Timing: SQQS

NOTE - General: it may start from step 2.

NOTE - Timing: alternative timing may be used- SQQS&.

### **16. PROMENADE LINK TURNED TO RIGHT**

Start: LF to side (Promenade Position) Finish: LF to side w/o weight (Closed Position)

Timing: SQQ

NOTE - General: it may start from step 2.

### **17. PROMENADE LINK TURNED TO LEFT**

Start: LF to side (Promenade Position)

Finish: LF to side w/o weight (Closed Position)

Timing: SQQ

NOTE - General: it may start from step 2.

NOTE - Couple Position/Quantity of Turn: it may end in Promenade Position. In this case the Lady has no turn.

### **18. BACK OPEN PROMENADE**

Start: LF to side (Promenade Position)

Finish: RF bwd in CBMP (Closed Position)

Timing: SQQS

NOTE - General/Timing: steps 3 and 4 may be repeated. Timing will be SS or &S. (Extended Back Open Promenade)

NOTE - General: it may start from step 2.

## **19. FALLAWAY IN PROMENADE**

Start: LF to side (Promenade Position)

Finish: RF closes to LF slightly bwd (Promenade Position)

Timing: SQQ SQQ

NOTE - General: it may start from step 2.

## **20. WHISK**

Start: LF fwd (Closed Position)

Finish: LF crosses behind RF (Promenade Position)

Timing: QQS

## **21. BACK WHISK**

Start: LF bwd in CBMP (Outside Partner Position)

Finish: LF crosses behind RF (Promenade Position)

Timing: QQS

## **22. PROGRESSIVE SIDE STEP REVERSE TURN**

Start: LF fwd and slightly to side (Closed Position)

Finish: RF closes to LF slightly bwd (Closed Position)

Timing: QQSS QQS QQS

NOTE - General: steps 1-4 or 1-7 only may be used. Figure may be danced with an Open Finish.

## **23. FOUR STEP**

Start: LF fwd and slightly to side (Closed Position)

Finish: RF closes to LF slightly bwd (Promenade Position) Timing: QQQQ

NOTE - General: after steps 1-2 Outside Swivel may be danced.

## **24. FALLAWAY FOUR STEP**

Start: LF fwd and slightly to side (Closed Position)

Finish: RF closes to LF slightly bwd (Promenade Position)

Timing: QQQQ

## **25 .OUTSIDE SWIVEL METHOD 1 - AFTER OPEN FINISH AND TURNING TO R**

Start: LF bwd in CBMP (Outside Partner Position)

Finish: LF to side small step w/o weight, weight on R foot (Closed Position)

Timing: SQQ

NOTE - General: step 3 may be replaced by a Closed or Open Finish. It may end in PP (same as Promenade Link)

## **26. OUTSIDE SWIVEL METHOD 2 - TURNING TO L**

Start: LF bwd in CBMP (Outside Partner Position)

Finish: Weight on R foot LF to side small step w/o weight, weight on R foot (Closed Position) Timing: SQQ

NOTE - General: steps 3 may be replaced by a Closed or Open Finish. It may end in PP (same as Promenade Link).

## **27. OUTSIDE SWIVEL METHOD 3 - REVERSE OUTSIDE SWIVEL**

Start: LF bwd and slightly to side (Closed Position)

Finish: LF to side small step w/o weight, weight on R foot (Closed Position)

Timing: QQS QQ

NOTE - General: steps 3 may be replaced by a Closed or Open Finish. It may end in PP (same as Promenade Link).

NOTE - Quantity of Turn: may be underturned when danced into a corner.

## **28. FOUR STEP CHANGE**

Start: LF fwd and slightly to side (Closed Position) Finish: RF bwd small step (Closed Position)

Timing: QQ&S

NOTE - Timing: alternative timing QQQQ may be used.

### **29. FIVE STEP**

Start: LF fwd and slightly to side (Closed Position)

Finish: Weight on R foot (Prom Position)

Timing: QQQQS

NOTE - Quantity of Turn: may be underturned when danced into a corner.

NOTE - Timing: alternative timing QQS&S or S&QQS may be used.

### **30. MINI FIVE STEP**

Start: LF fwd and slightly to side (Closed Position)

Finish: Weight on R foot (Prom Position)

Timing: QQQQS

NOTE - Quantity of Turn: figure can be danced also without turn starting DC and continuing with the same alignments described in the chart.

NOTE - Timing: alternative timing QQS&S or S&QQS may be used.

### **31. QUICK REVERSE TURN**

Start: LF fwd and slightly to side (Closed Position)

Finish: RF closes to LF slightly bwd (Closed Position)

Timing: QQ& QQS

NOTE - General: steps 1-3 or 4-6 only may be used. Closed Finish may be replaced by Open Finish.

### **32. FALLAWAY REVERSE AND SLIP PIVOT**

Start: LF fwd and slightly to side (Closed Position)

Finish: RF bwd (Slip Pivot) (Closed Position)

Timing: QQQQ

NOTE - Quantity of Turn: when danced into a corner there will be no turn on step 4 (Pivot). The Lady's quantity of turn will change accordingly.

NOTE - Timing: alternative timings may be used: QQS&, S&QQ, SQ&Q, SQQ&, SQQS.

### **33. TELEMAR TO PP**

Start: LF fwd and slightly to side (Closed Position)

Finish: LF to side (Prom Position)

Timing: QQS

### **34. OPEN NATURAL TURN**

Start: LF to side (Promenade Position)

Finish: RF bwd R side leading (Closed Position)

Timing: SQQS

NOTE - Timing: alternative timing including the Preceding Step S&QQ may be used

NOTE - General: May start from step 2.

### **35. OUTSIDE SPIN**

Start: LF bwd in CBMP (Outside Partner Position)

Finish: LF to side (Closed Position)

Timing: QQS

NOTE - Quantity of Turn: when the figure is underturned (no pivot on step 3) the following step will be taken with RF Bwd (Man) and LF Fwd (Lady).

NOTE - Timing: alternative timing could be used: &QQ.

### **36. NATURAL TWIST TURN**

Start: RF fwd (Closed Position)

Finish: Feet almost closed, weight on RF, LF placed to side w/o weight (Promenade Position) Timing:

SQ&QS

NOTE - Couple Position/Quantity of Turn: it may end in Closed Position. The Man will turn 5/8 to R between 5 and 6, to end backing DC against LOD. Follow with Back Corte.

### **37. CHASE**

Start: LF to side (Promenade Position)

Finish: RF to side and slightly fwd, LF placed to side w/o weight (Promenade Position)

Timing: SQQ QQS

NOTE - General: it may start from step 2. It may finish in Closed Position, Lady will turn only 5/8 to R between 3-6 and end square to the Man.

NOTE - Timing: alternative timing could be used: SQQQQS&.

### **38. CHASE ALTERNATIVE ENDINGS - CHASE, CHASSE**

Start: LF to side (Promenade Position)

Finish: RF to side (Closed Position)

Timing: SQQ QQ Q&Q Use one of the following four possible endings after step 8.

### **39. CHASE ALTERNATIVE ENDINGS - METHOD 1: WHISK, FWD STEP TO PP**

Start: LF crosses behind RF (Promenade Position)

Finish: RF fwd and across in CBMP, LF placed to side w/o weight (Promenade Position)

Timing: SQQ

NOTE - Timing: alternative timing could be used: QQS.

### **40. CHASE ALTERNATIVE ENDINGS - METHOD 2: WHISK, PROMENADE LINK**

Start: LF crosses behind RF (Promenade Position)

Finish: RF fwd and across in CBMP, LF placed to side w/o weight (Closed Position)

Timing: SQQ

NOTE - Timing: alternative timing could be used: QQS.

### **41. CHASE ALTERNATIVE ENDINGS - METHOD 3: WHISK, CLOSE STEP TO PP**

Start: LF crosses behind RF (Promenade Position)

Finish: RF closes to LF slightly bwd, LF placed to side w/o weight (Promenade Position)

Timing: SQQ

NOTE - Timing: alternative timing could be used: S&S.

### **42. CHASE ALTERNATIVE ENDINGS - METHOD 4: PROGRESSIVE LINK**

Start: LF fwd in CBMP (Closed Position)

Finish: RF to side and slightly bwd (Promenade Position)

Timing: QQ

### **43. REVERSE PIVOT**

Start: RF Diag bwd (Closed Position)

Finish: RF diag. bwd (Closed Position)

Timing: &

NOTE - Timing: alternative timing of S or Q may be used

### **44. IN - OUT**

When in Promenade Position the Man closes and opens his hips, Lady responds with the same action and the turn of the head

Timing: &S

## **Vienos valsas**

1. Natural Turn
2. Reverse Turn
3. RF Forward Change Step Natural to Reverse
4. LF Forward Change Step Reverse to Natural
5. LF Backward Change Step Natural to Reverse
6. RF Backward Change Step Reverse to Natural

**Santrauka kiekvienos figūros, nurodant:  
pradinę poziciją, galutinę poziciją, ritmiką bei pastabas**

### **1. NATURAL TURN**

Start: RF fwd (Closed Position)

Finish: LF closes to RF (Closed Position)

Timing: 123 123

NOTE - General: steps 1-3 or 4-6 only may be used.

### **2. REVERSE TURN**

Start: LF fwd (Closed Position)

Finish: RF closes to LF (Closed Position) Timing: 123 123

NOTE - General: steps 1-3 or 4-6 only may be used.

### **3. RF FORWARD CHANGE STEP NATURAL TO REVERSE**

Start: RF fwd (Closed Position)

Finish: RF closes to LF Timing: 123

### **4. LF FORWARD CHANGE STEP REVERSE TO NATURAL**

Start: LF fwd (Closed Position) Finish: LF closes to RF Timing: 123

### **5. LF BACKWARD CHANGE STEP NATURAL TO REVERSE**

Start: LF bwd (Closed Position)

Finish: RF closes to LF (Closed Position)

Timing: 123

### **6. RF BACKWARD CHANGE STEP REVERSE TO NATURAL**

Start: RF bwd (Closed Position)

Finish: LF closes to RF (Closed Position)

Timing: 123

NOTE - FOOT ACTION/GENERAL: a series of forward or backward changes may be danced in the Viennese Waltz, alternating between a RF and LF Change. In such case Foot Action Ball (B) should be used on all steps, with the exception of the first and last step of the sequence, which is BH.