



## Wykaz figur dla kandydatów na kat. Sędziowską B

### Tańce Standardowe

#### **Walc**

1. Natural Turn
2. Whisk
3. Chasse from PP
4. Natural Spin Turn
5. Basic Weave

#### **Tango**

1. Closed Promenade
2. Progressive Link
3. Promenade Link to R
4. Outside Swivel – Metoda 1
5. Basic Reverse Turn

#### **Walc Wiedeński**

1. Natural Turn
2. RF fwd Change Natural To Reverse
3. LF bwd Change Natural To Reverse
4. Reverse Turn
5. RF bwd Change Reverse to Natural

#### **Slow Fox**

1. Feather Step
2. Reverse Turn
3. Three Step
4. Weave from PP
5. Feather Finish

#### **Quickstep**

1. Progressive Chasse to L
2. Fwd Lockstep
3. Open Reverse Turn
4. Open Natural Turn
5. Running Finish

## Tańce Latynoamerykańskie

### **Samba**

1. Natural Basic
2. Whisk to R
3. Stationary Samba Walks
4. Side Samba Walk
5. Travelling Volta to L

### **Cha Cha Cha**

1. New York to R
2. Underarm Turn Turning R
3. Hand to Hand to R
4. Cross Basic
5. Natural Top

### **Rumba**

1. Open Hip Twist
2. Alemana
3. Aida
4. Hockey Stick
5. Spiral

### **Paso Doble**

1. Chasse to R
2. Promenade
3. Travelling Spins from PP
4. Huit
5. Twists

### **Jive**

1. Change of Place from Right to Left
2. Change of Place from Left to Right
3. American Spin
4. Chicken Walks
5. Whip