

# **POLSKI ZWIĄZEK SPORTU TANECZNEGO**



## **REPERTUAR KLAS H, G, F, E**

*Zgodnie z Uchwałą Zarządu PZST nr 66/2025 z dn. 10.11.2025*

# REPERTUAR DLA KLAS H, G

| WA                                             | H                                                                                                                                                                                 | G                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Do 7<br>8 – 9<br>10 – 11<br>12 – 13<br>14 – 15 | Adnotacja – na środku parkietu<br><br>Basic Step with RF,<br>Basic Step with LF,<br>Closed Change on Right Foot,<br>Closed Change on Left Foot,<br>Natural Turn,<br>Reverse Turn. | Adnotacja – zalecane wprowadzenie ruchu po obwodzie koła<br><br>Basic Step with RF,<br>Basic Step with LF,<br>Closed Change on Right Foot,<br>Closed Change on Left Foot,<br>Natural Turn,<br>Reverse Turn,<br>Progressive Chasse to R,<br>Outside Change,<br>Chasse from PP<br>Natural Spin Turn, |

## WV – od F klasy

| Q                             | H                                                                                      | G                                                                                                                                                                                                                                                                                                                                       |
|-------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8 – 9                         | X                                                                                      | Basic Movement – Quarter turn to Right + Progressive Chasse to Left<br>Natural Turn,<br>Reverse Turn,<br>Progressive chasse to Right,<br>Progressive Chasse to Left,<br>Natural Pivot,<br>Running Finish,<br>Backward Lock,<br>Forward Lock,<br>Natural Spin Turn,<br>Tipple Chasse to Right – at the corner,<br>Tipple Chasse to Left. |
| 10 – 11<br>12 – 13<br>14 – 15 | Basic Movement – Quarter turn to Right<br>+ Progressive Chasse to Left<br>Forward Lock |                                                                                                                                                                                                                                                                                                                                         |

| S                                              | H                                                                                                                                                                                                                                                                                     | G                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Do 7<br>8 – 9<br>10 – 11<br>12 – 13<br>14 – 15 | Adnotacja – na środku parkietu<br><br>Rhythm Bounce,<br>Natural Basic Movement,<br>Reverse Basic Movement,<br>Side Basic Movement to Left,<br>Side Basic Movement to Right,<br>Progressive Basic Movement,<br>Outside Basic Movement,<br>Samba Whisk to Left,<br>Samba Whisk to Right | Adnotacja – zalecane wprowadzenie ruchu po obwodzie koła<br><br>Rhythm Bounce,<br>Natural Basic Movement,<br>Reverse Basic Movement,<br>Side Basic Movement to Left,<br>Side Basic Movement to Right,<br>Progressive Basic Movement,<br>Outside Basic Movement,<br>Samba Whisk to Left,<br>Samba Whisk to Right,<br>Underarm Turning Right,<br>Underarm Turning Left,<br>Travelling Volta to Right,<br>Travelling Volta to Left,<br>Promenade Samba Walk,<br>Side Samba Walk,<br>Stationary Samba Walks,<br>Criss Cross Botafogo,<br>Criss Cross Volta to Left,<br>Criss Cross Volta to Right |

| CCC                                                                               | H                                                                                                                                                                                               | G                                                                                                                                                                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Do 7</b><br><b>8 – 9</b><br><b>10 – 11</b><br><b>12 – 13</b><br><b>14 – 15</b> | Time Step,<br>Close Basic Movement,<br>New York to Right,<br>New York to Left,<br>Hand to Hand to Right,<br>Hand to Hand to Left,<br>Underarm Turn turning Right,<br>Underarm Turn turning Left | Time Step,<br>Close Basic Movement,<br>Open Basic Movement,<br>New York to Right,<br>New York to Left,<br>Hand to Hand to Right,<br>Hand to Hand to Left,<br>Spot Turn to Right,<br>Spot Turn to Left,<br>Underarm Turn turning Right,<br>Underarm Turn turning Left<br>Three Cha Cha Cha's to Right,<br>Three Cha Cha Cha's to Left,<br>Shoulder to Shoulder |

| J                                                                                 | H | G                                                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------|---|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Do 7</b><br><b>8 – 9</b><br><b>10 – 11</b><br><b>12 – 13</b><br><b>14 – 15</b> | X | Basic in Place,<br>Basic in Fallaway,<br>Change of Place from Right to Left,<br>Change of Place from Left to Right,<br>American Spin,<br>Change of Place Behind the Back,<br>Link,<br>Fallaway Throwaway,<br>Stop and Go,<br>Toe Heel Swivels |

**Polka** – dowolny program

## REPERTUAR DLA KLAS F, E

**Repertuar taneczny dla klasy F** określony jest w podręcznikach WDSF w pozycji BRONZE FIGURES + SILVER FIGURES

**Repertuar taneczny dla klasy E** określony jest w podręcznikach WDSF w pozycji BRONZE FIGURES + SILVER FIGURES + GOLD FIGURES\*

\* z wyłączeniem figur „line figures”

Walc Angielski – Left Whisk, Contra Check

Tango – Oversway, Drop Oversway, Oversway Alternative Endings, Contra Check

