

FEDERACJA TAŃCA SPORTOWEGO



REPERTUAR TANECZNY

Opracowanie:

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Przepisy FTS – załącznik nr 2, obowiązuje od 01.01.2015r.

1. Dzieci Najmłodsze, Dzieci Młodsze (WA, WW, Q, S, CH, J)
Dzieci Starsze (WA, T, WW, Q, S, CH, R, J)

LISTA FIGUR W TAŃCACH STANDARDOWYCH

Walc Angielski

Lp.	Nazwa figury
1	Closed Change Right to Left
2	Closed Change Left to Right
3	Natural Turn
4	Open/Passing Natural Turn (from Closed or Promenade Position)
5	Reverse Turn
6	Whisk
7	Back Whisk
8	Fallaway Whisk
9	Natural Spin Turn
10	Quick Natural Spin Turn
11	Running Natural Spin Turn
12	Chasse from Promenade Position
13	Progressive Chasse to Right
14	Hesitation Change
15	Basic Weave
16	Weave from Promenade Position
17	Outside Change
18	Double Reverse Spin
19	Telemark
20	Open Telemark
21	Impetus Turn
22	Open Impetus Turn
23	Wing
24	Closed Wing
25	Cross Hesitation
26	Outside Spin
27	Underturned Outside Spin
28	Backward Lock Step
29	Turning Lock to Left
30	Turning Lock to Right
31	Fallaway Natural Turn
32	Fallaway Reverse Slip Pivot
33	Reverse Pivot
34	Reverse Corte
35	Hover Corte
36	Drag Hesitation

Tango

Lp.	Nazwa figury
1	Tango Walk
2	Progressive Side Step
3	Brush Tap
4	Progressive Link
5	Alternative Entries to Promenade Position
6	Closed Promenade
7	Open Promenade
8	Back Open Promenade
9	Fallaway Promenade
10	Natural Promenade Turn
11	Natural Promenade Turn into Rock Turn
12	Natural Rock Turn
13	Rock on Left Foot
14	Rock on Right Foot
15	Back Corté
16	Progressive Side Step Reverse Turn
17	Four Step
18	Fallaway Four Step
19	Five Step
20	Mini Five Step
21	Basic Reverse Turn
22	Open Reverse Turn Lady in Line Closed Finish
23	Open Reverse, Lady Outside Open Finish
24	Four Step Change
25	Outside Swivel to Left
26	Outside Swivel to Right
27	Outside Swivel after 1 and 2 of Reverse Turn
28	Promenade Link
29	Chase
30	Alternative Endings to Chase
31	Whisk
32	Back Whisk
33	Fallaway Reverse and Slip Pivot
34	Reverse Pivot
35	Outside Spin
36	Open Telemark
37	Open Natural Turn

Walc Wiedeński

Lp.	Nazwa figury
1	Natural Turn
2	Reverse Turn
3	Change from Natural to Reverse
4	Change from Reverse to Natural

Quickstep

Lp.	Nazwa figury
1	Quarter Turn to Right
2	Quarter Turn to Left
3	Forward Lock Step
4	Backward Lock Step
5	Natural Turn
6	Natural Turn with Hesitation
7	Natural Pivot Turn
8	Natural Spin Turn
9	Running Right Turn
10	Running Finish
11	Natural Turn Back Lock Step Running Finish
12	Zig Zag, Back Lock Step Running Finish
13	Progressive Chasse
14	Chasse to Right
15	Tipple Chasse to Right
16	Tipple Chasse to Left
17	Tipsy to Right
18	Tipsy to Left
19	Outside Change
20	Whisk
21	Back Whisk
22	Chasse Reverse Turn
23	Quick Open Reverse
24	Reverse Pivot
25	Fallaway Reverse Slip Pivot
26	Impetus
27	Open Impetus
28	Telemark
29	Open Telemark
30	Open Natural Turn
31	Four Quick Run
32	Six Quick Run
33	Cross Chasse
34	Running Cross Chasse
35	Cross Swivel
36	Fish Tail
37	V 6
38	Change of Direction
39	Hover Corte
40	Outside Spin
41	Rumba Cross

LISTA FIGUR W TAŃCACH LATYNOAMERYKAŃSKICH

Samba

Lp.	Nazwa figury
1	Rhythm Bounce
2	Natural Basic Movement
3	Reverse Basic Movement
4	Side Basic Movement
5	Progressive Basic Movement
6	Outside Basic Movement
7	Whisks to Right and Left
8	Promenade Samba Walk
9	Side samba Walk
10	Stationary Samba Walk
11	Cruzados Locks in Shadow Position
12	Samba Locks in Open Promenade Position
13	Samba Locks in Open Counter Promenade Position
14	Travelling Botafogos Forward
15	Travelling Botafogos Backward
16	Promenade Botafogos
17	Shadow Botafogos (Criss Cross Botafogos)
18	Same Foot Botafogos
19	Contra Botafogos
20	Simple Volta to Right and Left
21	Travelling Voltas to Right and Left (Criss Cross)
22	Shadow Travelling Volta
23	Shadow Circular Volta (to Right and Left)
24	Continuous Volta Spot Turn to Right or Left (Maypole)
25	Volta Spot Turn to Right or Left for Lady (Underarm Volta Spot Turn)
26	Solo Volta Spot Turn to Right or Left
27	Circular Voltas to Right and Left (Rondabout)
28	Argentine Crosses
29	Reverse Turn
30	Rolling of The Arm
31	Close Rocks
32	Open Rocks
33	Back Rocks
34	Corta Jaca
35	Natural Roll
36	Reverse Roll
37	Plait
38	Promenade to Counter Promenade Runs
39	Three Step turn
40	Foot Changes

Cha Cha Cha

Lp.	Nazwa figury
1	Closed Basic
2	Open Basic
3	Basic in Place
4	Side Steps
5	Time Step
6	There and Back
7	Hand to Hand
8	Check from OCPP or OPP (New York)
9	Shoulder to Shoulder
10	Three Cha Cha Chas
11	Aida
12	Spot Turns to Left or Right
13	Switch Turn to Left and Right
14	Underarm Turn to Left and Right
15	Cuban Break in Open Position
16	Cuban Break
17	Split Cuban Break in OCPP
18	Split Cuban Break from OCPP and OPP
19	Fan
20	Fan Development
21	Hockey Stick
22	Alemana
23	Turkish Towel
24	Sweetheart
25	Follow My Leader
26	Chase
27	Closed Hip Twist
28	Natural Opening Out
29	Closed Hip Twist (Advanced Hip Twist)
30	Opening Out to Right
31	Close Hip Twist Spiral
32	Open Hip Twist
33	Open Hip Twist Spiral
34	Spiral
35	Curl
36	Rope Spinning
37	Cross Basic
38	Natural Top
39	Reverse Top
40	Opening Out from Reverse Top
41	Methods of Changing Feet

Rumba

Lp.	Nazwa figury
1	Basic Movement
2	Open Basic Movement
3	Alternative Basic Movement
4	Progressive Walks Forward or Backward
5	Side Steps
6	Cucarachas
7	Side Step and Cucarachas
8	Hand to Hand
9	Check from OCPP or OPP (New York)
10	Shoulder to Shoulder
11	Spot Turn to Right and Left
12	Switch Turn to Right and Left
13	Underarm Turn to Right and Left
14	Fallaway (Aida)
15	Cuban Rocks
16	Fencing
17	Sliding Doors
18	Three Threes
19	Fan
20	Fan Development
21	Hockey Stick
22	Alemana
23	Three Alemanas
24	Natural Opening Out Movement
25	Advanced Opening Out Movement
26	Opening Out to Right and Left
27	Closed Hip Twist
28	Advanced Hip Twist
29	Open Hip Twist
30	Continuous Hip Twist
31	Continuous Circular Hip Twist
32	Spiral
33	Curl
34	Rope Spinning
35	Natural Top
36	Reverse Top
37	Opening Out from Reverse Top

Jive

Lp.	Nazwa figury
1	Basic in Place
2	Basic in Fallaway
3	Link
4	Advanced Link (Break)
5	Ball Change
6	Change of Place Right to Left
7	Change of Place Right to Left with Change of Hands
8	Change of Place Left to Right
9	Change of Place Left to Right with Change of Hands
10	Change of Hands Behind Back
11	Miami Special
12	Left Shoulder Shove (Hip Bump)
13	Stop and Go
14	American
15	Simple Spin
16	Shoulder Spin
17	Chugging
18	Catapult
19	Whip
20	Double Cross Whip
21	Throwaway Whip
22	Curly Whip
23	Reverse Whip
24	Fallaway Throwaway
25	Promenade Walks (Slow and Quick)
26	Chicken Walks
27	Windmill
28	Spanish Arms
29	Rolling of the Arm
30	Toe Heel Swivels
31	Mooch
32	Flicks into Break
33	Stalking Walks, Flicks and Break

1.1. TECHNIKA

Bazą do opracowania wykazu figur podstawowych są ostatnie wydania następujących książek:
Technique of Latin Dancing - Walter Laird (IDTA)
Technique of Latin Dancing - SUPPLEMENT - Walter Laird (IDTA - pierwsze wydanie 1997 r.)
The Revised Technique of Latin American Dancing (ISTD)
The Revised Technique - Alex Moore
The Ballroom Technique - The Imperial Society (ISTD)
Technique of Ballroom Dancing - Guy Howard (IDTA).

W tańcach latynoamerykańskich rekomendowane są technika i główne zasady opisane w książce
"Technique of Latin Dancing" Waltera Lairda.

1.2. FIGURY

Dozwolone są zawarte w powyższych tabelach figury, łącznie z rozwiązaniami zawartymi w ich opisach.

UWAGA: W walcu angielskim niedozwolone są figury: Left Whisk, Contra Check, a dozwolona jest figura Open Natural Turn from PP. W tango niedozwolone są: Oversway, Contra Check. W Quickstepie dozwolone są: Open Natural Turn from PP, a także Running Finish może być zakończony w PP.

1.3. KIERUNKI, POZYCJE I KĄTY OBROTU

Kierunki, rozpoczęcia i zakończenia poszczególnych figur w określonych pozycjach oraz kąty obrotu należy wykonywać zgodnie z opisem. Niedozwolone jest tańczenie tylko wybranego fragmentu figury, chyba że taka możliwość jest zawarta w opisie figury w podręczniku.

1.4. FIGURY POPRZEDZAJĄCE I NASTĘPUJĄCE PO SOBIE

Dozwolone są dowolne połączenia figur poprzedzających i następujących po sobie, z zachowaniem powyżej wymienionych zasad (dotyczących określonych kierunków, kątów obrotu, pozycji przy rozpoczęciu i zakończeniu figury).

1.5. TAŃCE LATYNOAMERYKAŃSKIE

Trzymanie rąk

Dopuszczalne trzymanie rąk są opisane w podręcznikach.

Ruch wolnych rąk powinien być naturalny.

Czas trwania figur, które mogą być tańczone bez trzymania rąk zarówno w "Cha Cha Cha", jak i w "Sambie" wynosi 4 takty - nie licząc zmiany stóp (foot changes).

Czasowanie Guapacha w Cha Cha Cha

Następujące figury zawarte w repertuarze cha cha mogą być tańczone w czasowaniu Guapacha:

Close and Closed Basic

Cross Basic

Time step

Check from OCPP and Open PP

Turkish Towel

Fan

2. Juniorzy Młodszy, Juniorzy Starsi, Młodzież, Młodzież Starsza i Dorośli klasy „E”, „D” i „C”, Hobby, Hobby Start (Młodzież, Dorośli, Senior)

LISTA FIGUR W TAŃCACH STANDARDOWYCH

Walc Angielski

Lp.	Nazwa figury
1	Back Whisk
2	Backward Lock Step (Back Lock)
3	Chasse from Promenade Position
4	Closed Wing
5	Contra Check
6	Cross Hesitation after Open Impetus Turn (Open Impetus and Cross Hesitation)
7	Double Reverse Spin
8	Drag Hesitation
9	Fallaway Natural Turn
10	Fallaway Reverse and Slip Pivot
11	Fallaway Whisk (after 1–3 Natural Turn)
12	Forward Lock Step
13	Hesitation Change
14	Hover Corté
15	Impetus Turn (Closed)
16	Left Whisk
17	LF Closed Change (Reverse to Natural)
18	Natural Spin Turn
19	Natural Turn
20	Open Impetus Turn
21	Open Telemark and Wing
22	Open Telemark into Cross Hesitation (Open Telemark and Cross Hesitation)
23	Outside Change
24	Outside Spin
25	Passing Natural Turn (from Promenade Position)
26	Progressive Chasse
27	Progressive Chasse to Right
28	Quick Natural Spin Turn
29	Quick Natural Weave from PP (Running Weave)
30	Quick Wing
31	Reverse Corte
32	Reverse Pivot
33	Reverse Turn
34	RF Closed Change (Natural to Reverse)
35	Running Cross Chasse
36	Running Finish
37	Running Spin Turn
38	Telemark (Closed Telemark)
39	Turning Lock
40	Turning Lock to Right
41	Underturned Outside Spin
42	Weave from PP (after Open Impetus Turn)
43	Weave from PP (after Whisk)
44	Weave in Waltz Time (Basic Weave)
45	Whisk
46	Wing Following Open Impetus Turn (Open Impetus and Wing)

Tango

Lp.	Nazwa figury
1	Back Corté
2	Back Open Promenade
3	Back Whisk
4	Basic Reverse Turn
5	Brush Tap
6	Chase
7	Closed Promenade
8	Contra Check
9	Drop (or Tilt) Oversway
10	Fallaway Four Step
11	Fallaway Promenade
12	Fallaway Reverse and Slip Pivot
13	Five Step
14	Four Step
15	Four Step Change
16	Foxtrot Twist Turn in Promenade Position
17	Mini Five Step
18	Natural Promenade Turn
19	Natural Promenade Turn to Rock Turn
20	Natural Twist Turn
21	Open Finish
22	Open Promenade
23	Open Reverse, Lady in Line (Closed Finish)
24	Open Reverse, Lady Outside (Open Finish)
25	Open Telemark
26	Outside Spin
27	Outside Swivel (after 1 and 2 of Rev. Turn)
28	Outside Swivel (Turning Left) followed by steps 2 and 3 of Promenade Link (after Open Finish ended DW)
29	Outside Swivel (Turning Left) followed by steps 2 and 3 of Promenade Link (after Open Promenade)
30	Oversway
31	Passing Natural Turn
32	(Natural) Rock Turn
33	Progressive Link
34	Progressive Side Step
35	Progressive Side Step Reverse Turn
36	Promenade Link
37	Reverse Pivot
38	Rock on Left Foot
39	Rock on Right Foot
40	Syncopated Reverse Turn
41	Whisk

Walc Wiedeński

Lp.	Nazwa figury
1	Closed Changes (Forwards and Backwards)
2	Check from Reverse Fleckerl to Natural Fleckerl
3	Contra Check
4	Natural Fleckerl
5	Natural Turn
6	Reverse Fleckerl
7	Reverse Turn

Foxtrot

Lp.	Nazwa figury
1	Alternative Endings to The Extended Reverse Wave: OP on L side With Hairpin Feather Tipple Chasse to Open Impetus At a corner
2	Change of Direction
3	Back Feather
4	Back Whisk
5	Bounce Fallaway with Weave Ending
6	Closed Impetus and Feather Finish
7	Curved Feather
8	Curved Feather to Back Feather
9	Curved Three Step
10	Double Reverse Spin
11	Double Top Spin
12	Extended Reverse Wave
13	Fallaway Reverse Slip Pivot
14	Feather Step
15	Hover Cross
16	Hover Feather
17	Hover Telemark
18	Impetus Turn (Open)
19	Natural Hover Telemark
20	Natural Telemark
21	Natural Turn
22	Natural Twist Turn With Natural Weave Ending With Closed Impetus and Feather Finish Ending With Open Impetus Ending
23	Natural Weave
24	Natural Zig-Zag from PP
25	Open Telemark Feather Ending
26	Open Telemark Natural Turn Outside Swivel Feather Ending
27	Outside Change
28	Outside Spin
29	Passing Natural Turn (from Promenade Position)

30	Quick Natural Weave
31	Quick Open Reverse
32	Reverse Pivot
33	Reverse Turn
34	Reverse Wave
35	Telemark (Closed)
36	Three Step
37	Tipple Chasse
38	Top Spin, Top Spin at a Corner (danced after a Feather Finish)
39	Weave (after 1-4 Reverse Wave) (Basic Weave)
40	Weave from PP (after Open Impetus)
41	Whisk

Quickstep

Lp.	Nazwa figury
1	Back Whisk
2	Backward Lock Step (Back Lock)
3	Change of Direction
4	Chasse Reverse Turn
5	Closed Impetus
6	Closed Telemark
7	Cross Chasse
8	Cross Swivel
9	Curved Feather
10	Double Reverse Spin
11	Fallaway Reverse and Slip Pivot
12	Fish-Tail
13	Forward Lock (Step)
14	Four Quick Run
15	Hover Corté
16	Natural Pivot Turn
17	Natural Spin Turn
18	Natural Turn (at a Corner)
19	Natural Turn Back Lock Running Finish
20	Natural Turn with Hesitation
21	Open Impetus
22	Open Telemark
23	Outside Change
24	Outside Spin
25	Passing Natural Turn (from Promenade Position)
26	Progressive Chasse
27	Progressive Chasse to Right
28	Quarter Turn to Left (Heel Pivot)
29	Quarter Turn to Right
30	Quick Open Reverse
31	Reverse Pivot
32	Rumba Cross (after 1-5 of Nat. Turn ended facing LOD)
33	Running Cross Chasse

34	Running Finish
35	Running Right Turn
36	Running Spin Turn
37	Six Quick Run
38	Tipple Chasse to Right (after 1-3 Nat. Turn at a Corner)
39	Tipple Chasse to Right (after step 4 of a Back Lock)(along side of room)
40	Tipple Chasse to the Left
41	Tipsy Followed by 2-4 of Forward Lock Step
42	Tipsy to L
43	Tipsy to R
44	Turning Lock to Right
45	Underturned Tipple Chasse to Right
46	V-6 (after 1-3 of Nat. Turn)
47	Whisk
48	Zig-Zag Back Lock Running Finish

LISTA FIGUR W TAŃCACH LATYNOAMERYKAŃSKICH

Samba

Lp.	Nazwa figury
1	Argentine Crosses Development (Underarm Turn)
2	Backward Rocks (on RF and LF)
3	Bota Fogos to PP and CPP (Promenade Botafogos)
4	Carioca Runs
5	Closed Rocks (on RF and LF)
6	Closed Volta
7	Contra Bota Fogos Development (Hand Changes)
8	Corta Jaca
9	Criss Cross Bota Fogos (Shadow Bota fogos)
10	Criss Cross Voltas (Travelling Voltas to R and L)
11	Cruzado Walks and Locks (in Shadow Position)
12	Drag
13	Foot Changes 8 methods 4 methods
14	Maypole (Continuous Volta Spot Turn to R and L)
15	Natural Basic Movement (alternative)
16	Natural Roll
17	Open Rocks (to R and L)
18	Outside Basic Movement
19	Plait
20	Progressive Basic Movement
21	Promenade and Counter Promenade Runs
22	Reverse Basic Movement
23	Reverse Roll
24	Reverse Turn

25	Rhythm Bounce (on LF and RF)
26	Rolling of the Arm
27	Roundabout (to R and L)
28	Samba Locks: in Open PP, in OpenCPP
29	Samba Walks in PP Position (RF and LF) (Promenade Samba Walks)
30	Samba Walks in Right Shadow Position
31	Shadow Travelling Volta
32	Shadow Circular Volta (to R and L)
33	Side Basic Movement
34	Side Samba Chasse
35	Side samba walk
36	Simple Volta to R or L
37	Solo Spot Volta
38	Stationary Samba Walk
39	Three Step turn
40	Travelling Bota Fogos Back
41	Travelling Bota Fogos Forward
42	Travelling Bota Fogos Forward in Right Shadow Position
43	Volta Movement (ogólnie) Travelling Circular Spot Development (Slow) Dropped
44	Whisk to Right and Left Underarm Turn (Volta Spot Turn to R and L for Lady)

Cha Cha Cha

Lp.	Nazwa figury
1	Advanced Hip Twist Developments (Press Line, RH Hold)
2	Aida Development (following Curl, Spiral)
3	Aida (4 Endings) Fallaway Development (following Curl)
4	Alemana Development (R to R Hand Hold)
5	Chase
6	Close Hip Twist Spiral Development (Open Hip Twist Spiral)
7	Closed Basic (Closed Basic Movement)
8	Closed Hip Twist
9	Closed Hip Twist (Basic)
10	Closed Hip Twist (Advanced)

11	Cross Basic
12	Cross Basic Development (with Spiral)
13	Cuban Breaks (LFoot, RFoot, Split)
14	Cuban Rocks
15	Fan Fan Development
16	Follow My Leader
17	Foot Changes (7 methods) Foot Changes (4 methods) Foot Changes (3 methods)
18	Hand to Hand (To Right and Left SP)
19	Hockey Stick
20	Natural Opening Out Movement (Opening Out to Right)
21	Natural Top Development (Underarm Turn)
22	New York (To LSP or RSP) Check from OCPP or OPP
23	Open Basic (Open Basic Movement)
24	Open Hip Twist
25	Opening Out from Reverse Top
26	Reverse Top
27	Shoulder to Shoulder (Left Side and Right Side) Development
28	Side Steps (To Left or Right)
29	Spiral Turns (Spiral, Curl and Rope Spinning)
30	Spot Turns to L or R (Including Switch and Underarm Turns) Developments
31	Sweetheart
32	Syncopated Open Hip Twist
33	The Cha Cha Cha Chasse and alternatives Chasse Compact Chasse Forward Lock(R or L Foot) Backward Lock(R or L Foot) Forward and Backwards Run Ronde Chasse Twist (Hip Twist) Chasse Slip Chasse (Open Hip Twist) 1-3 Cuban Break (R or L)
34	The Cha Cha Cha Chasse and alternatives Runaway Chasse
35	There and Back
36	Three Cha Cha Chas
37	Time Steps (Basic in Place, Side Basic)
38	Turkish Towel

Rumba

Lp.	Nazwa figury
1	Advanced Opening Out Movement
2	Aida (4 Endings) Fallaway Development (following Curl)
3	Alemana
4	Alemana Development (R to R Hand Hold)
5	Basic Movements (Closed, Open, In Place and Alternative), Developments
6	Closed Hip Twist
7	Cuban Rocks, Syncopated Cuban Rocks
8	Cucarachas (LF and RF)
9	Fan
10	Fan Development
11	Fencing Spin Endings
12	Hand to Hand (To Right and Left SP)
13	Hip Twists (Advanced, Continuous and Circular) Continuous Circular Hip Twist
14	Hockey Stick
15	Natural Opening Out Movement
16	Natural Top Development (Underarm Turn)
17	New York (To LSP or RSP) Check from OCPP or OPP
18	Open Hip Twist
19	Opening Out from Reverse Top
20	Opening Out to Right and Left
21	Progressive Walks Forward in Right Shadow Position (Kiki Walks)
22	Progressive Walks Forward or Backward
23	Reverse Top
24	Runaway Alemana
25	Shoulder to Shoulder (Left Side and Right Side) Development
26	Side Steps (To Left or Right)
27	Sliding Doors Development (Alternative Hold)
28	Spiral Turns (Spiral, Curl and Rope Spinning) Developments (Kiki Walks)
29	Spiral Turns Developments (Kiki Walks)
30	Spot Turns to L or R (Including Switch and Underarm Turns) Developments
31	Syncopated Cuban Rocks
32	Syncopated Open Hip Twist
33	Three Alemanas

	Development (knee flexed)
34	Three Threes Three Threes with Fan Endings

Pasodoble

Lp.	Nazwa figury
1	Additional „Endings” to Chasse Cape Type of Counter Promenade Close and Chasse Syncopated Chasse Lady’s Spin to R
2	Alternative Entries to PP
3	Appel
4	Banderillas
5	Basic Movement
6	Chasse Cape Development (Outside Turn)
7	Chasses to Right or Left Elevation Syncopated Chasse
8	Coup de Pique (Couplet, Syncopated, alternative methods)
9	Deplacement (Attack)
10	Drag
11	Ecart (Fallaway Whisk)
12	Endings to Syncopated Separation 2-4 Attack and Sur Place Syncopated Chasse to Right Drag
13	Fallaway Ending to Separation (Separation to Fallaway Whisk)
14	Fallaway Reverse (Turn)
15	Flamenco Taps
16	Fregolina (Farol)
17	Grand Circle
18	Huit (Cape)
19	La Passe
20	Left Foot Variation
21	Open Telemark
22	Promenade
23	Promenade and Counter Promenade (Promenades)
24	Promenade Link Promenade Close
25	Separation
26	Separation with Lady’s Caping Walks
27	Separation with Lady’s Caping Walks (to Fallaway Whisk)
28	Sixteen
29	Spanish Lines (in Inverted PP and Inverted CPP)
30	Sur Place

31	Syncopated Separation
32	Travelling Spins from CPP Development (Double Spin)
33	Travelling Spins from PP Double Spin
34	Twist Turn
35	Twists

Jive

Lp.	Nazwa figury
1	American Spin
2	Ball Change
3	Ball Change – with Flick or Hesitation
4	Basic in Fallaway (Fallaway Rock) Development
5	Basic in Place
6	Break (Advanced Link)
7	Catapult
8	Change of Hands Behind Back
9	Change of Place L to R
10	Change of Place L to R Development Development (Overturned)
11	Change of Place R to L
12	Change of Place R to L Development Development (Double Spin)
13	Chicken Walks
14	Chugging
15	Curly Whip
16	Fallaway Throwaway Overturned Fallaway Throwaway
17	Fallaway Throwaway Development Development
18	Fallaway Throwaway Overturned Fallaway Throwaway Development
19	Flicks into Break
20	Hip Bump (Left Shoulder Shove)
21	Link
22	Link (Link Rock)
23	Miami Special
24	Mooch
25	Mooch Development ("Boppy" Hops Flick Cross action)
26	Promenade Walks (Slow and Quick) Development (Merengue)
27	Reverse Whip
28	Rolling of the Arm Spin Ending to Rolling of the Arm
29	Shoulder Spin

30	Simple Spin
31	Spanish Arms Spin Ending to Spanish Arms
32	Stalking Walks, Flicks and Break (Flicks into Break)
33	Stop and Go
34	The Laird Break
35	Toe Heel Swivels
36	Whip Double Cross Whip
37	Whip Throwaway
38	Windmill

2.1. Bibliografia:

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Latin American Cha Cha Cha (ISTD)
Latin American Rumba (ISTD)
Latin American Paso Doble (ISTD)
Latin American Jive (ISTD)

W tańcach latynoamerykańskich rekomendowane są technika i główne zasady opisane w książce "Technique of Latin Dancing" Waltera Lairda.

2.2. FIGURY

Dozwolone są zawarte w powyższych tabelach figury, łącznie z rozwiązaniami zawartymi w ich opisach.

2.3. KIERUNKI, POZYCJE I KĄTY OBROTU

Kierunki, rozpoczęcia i zakończenia poszczególnych figur w określonych pozycjach oraz kąty obrotu należy wykonywać zgodnie z opisem. Niedozwolone jest tańczenie tylko wybranego fragmentu figury, chyba że taka możliwość jest zawarta w opisie figury w podręczniku.

2.4. FIGURY POPRZEDZAJĄCE I NASTĘPUJĄCE PO SOBIE

Dozwolone są dowolne połączenia figur poprzedzających i następujących po sobie, z zachowaniem powyżej wymienionych zasad (dotyczących określonych kierunków, kątów obrotu, pozycji przy rozpoczęciu i zakończeniu figury).

2.5. TAŃCE LATYNOAMERYKAŃSKIE

Trzymanie rąk

Dopuszczalne trzymanie rąk są opisane w podręcznikach.

Ruch wolnych rąk powinien być naturalny.

Czas trwania figur, które mogą być tańczone bez trzymania rąk zarówno w cha cha, jak i w sambie wynosi 4 takty - nie licząc zmiany stóp (foot changes)

Czasowanie Guapacha w Cha Cha Cha

Następujące figury zawarte w repertuarze cha cha mogą być tańczone w czasowaniu Guapacha:

Close and Closed Basic

Cross Basic

Time step

Check from OCPP and Open PP

Turkish Towel

Fan