

Edzői és Döntnöki továbbképzés 2014. december 12.

Új Figurák a latin táncokban

Javaslatok a latin-amerikai táncok sorrendjeinek
összeállítására az osztályos figuraanyag
figyelembevételével

Edzők:

- Táncosok (szülők)
- Döntnök
- Pontozóbírók

Pontozóbírói elvárások:

E osztály
(belépő szint)

- ◉ Ütemben táncolás
- ◉ Statikus egyensúlyok
- ◉ Mozgásfolyamat a térben
- ◉ Egyenes testtartás

Pontozóbírói elvárások:

D osztály
(alapozó osztály)

- ◉ Ütemben, ritmusban táncolás
- ◉ Statikus és dinamikus egyensúlyok
- ◉ Mozcásfolyamat a térben
- ◉ Mozcásfolyamat egy mozcásbeli energia egységben
- ◉ Táncok karaktere

Pontozóbírói elvárások:

C osztály

(alapozó, átmeneti osztály)

- Muzikalitás
- Vezetés-követés tudatos használata
- Mozdulatelem mozgásfolyamata
- Előadásmód

Latin –amerikai táncok

Walter Laird – Technique of latin dancing
Walter Laird - Technique of latin dancing
SUPPLEMENT
WDSF Technique books

Szamba – Same foot botafogos - MEN

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
1.	RF fwd OP on R side Recover LF	Fwd walk then swivel	$\frac{1}{4}$ to right	B Flat	1
2.	LF to side and slightly fwd, T turned out Part weight on LF	Side Step with part wt		I/E of T	a
3.	RF in place Weight on RF / Recover LF	Wt Transfer in Place		B Flat	2
4.	LF fwd OP on L side Recover RF	Forward Walk then Swivel	$\frac{1}{4}$ to L	B Flat	1
5.	RF to side and slightly fwd, T turned out Part weight on RF	Side Step with part wt		I/E of T	a
6.	LF in place Weight on LF / Recover RF	Wt Transfer in Place		B flat	2

Szamba – Same foot botafogos - LADY

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
1.	RF fwd OP on R side Recover LF	Forward Walk then Swivel	$\frac{1}{4}$ to R	B Flat	1
2.	LF to side and slightly fwd, T turned out Part weight on LF	Side Step with part wt		I/E of T	a
3.	RF in place Weight on RF/ Recover LF	Wt Transfer in Place		B Flat	2
4.	LF fwd OP on L side Recover RF	Forward Walk then Swivel	$\frac{1}{4}$ to L	B Flat	1
5.	RF to side and slightly fwd, T turned out Part weight on RF	Side Step with part wt		I/E of T	a
6.	Weight on LF / Recover RF			B Flat	1

Szamba – Reverse Roll (in close hold) - MEN

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
1.	LF diag fwd Recover RF	Forward Step	1/8 to L	B Flat	1
2.	RF to side Recover Body	Side Step with part wt	¼ to L	T	2
3.	LF crossed in front on RF Weight on LF	Latin Cross	1/8 to L	B Flat	&
4.	RF diag bwd Recover LF	Backward Step	¼ to L	B Flat	1
5.	LF to side Recover Body	Side Step with part wt	¼ to L	B	2
6.	RF closed to LF Weight on RF	Step in Place	1/8 tp L	B Flat	&

Szamba – Reverse Roll (in close hold) - LADY

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
1.	RF diag bwd Recover LF	Backward Step	1/8 to L	B Flat	1
2.	LF to side Recover Body	Side Step with part wt	¼ to L	B	2
3.	RF closed to LF Weight on RF	Step in Place	1/8 to L	B Flat	&
4.	LF diag fwd Recover RF	Forward Step	1/8 to L	B Flat	1
5.	RF to side Recover Body	Side Step with part wt	¼ to L	T	2
6.	LF crossed in front of RF Weight on LF	Latin Cross	1/8 to L	B Flat	&

Szamba – Reverse Roll (in close hold) - LADY

- ◉ Natural Roll
- ◉ Reverse Roll
- ◉ Reverse turn

Paso Doble – Drag - MAN

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
Prec. Step	L knee flexed				&
1.	RF to side, R knee flexed Recover Body	Side Step		I/E of B Flat	1
2.	R knee straightens Recover LF slightly			Flat (RF) 1/E of B (LF)	2 1
3.	LF closed to RF Weight on LF	Step in Place		B Flat	2

Paso Doble – Drag - LADY

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
Prec. Step	R knee flexed				&
1.	LF to side, L knee flexed Recover Body	Side Step		I/E of B Flat	1
2.	L knee straightens Recover RF slightly			Flat (RF) 1/E of B (RF)	2 1
3.	RF closed to LF Weight on RF	Step in Place		B Flat	2

Paso Doble – Drag - MAN

- ◉ Sixteen
- ◉ Drag
- ◉ Fallaway Whisk

Jive – Mooch – MAN I.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
Prec. Step			¼ to L		&
1.	LF bwd Weight on LF	Rock		B Flat	1
2.	RF in place Recover Body			B Falt	2
3.	LF pointed fwd Weight on RF	Flick			3
4.	LF closed to RF Weight on LF	Step in Place		B Flat	4
5.	RF pointed fwd Weight on LF	Flick			1
6.	LF closed to RF Weight on LF	Step in Place		B Flat	2
7.	LF bwd Weight on LF	Rock		B Flat	3
8.	RF in place Recover Body		B Flat	4	
9.	LF diag fwd Weight on RF	Jive Chasse to L (LRL) turning to R	¼ to R then ¼ to R	B	1
10.	RF half closed to LF Weight on RF			B	a
11.	LF to side Recover Body			B Flat	2
12.	RF bwd Weight on RF			B Flat	3
13.	LF in place Recover Body	Rock		B Flat	4

Jive – Mooch – MAN II.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
14.	RF pointed fwd Weight on LF	Flick			1
15.	RF closed to LF Weight on RF	Step in Place		B flat	2
16.	LF pointed fwd Weight on RF	Flick			3
17.	LF closed to RF Weight on LF	Step in Place		B Flat	4
18.	RF bwd Weight on RF	Rock		B flat	1
19.	LF in place Recover Body			B Flat	2
20.	RF diag fwd Weight on RF	Jive Chasse to R (RLR) turning to L	¼ to L	B	3
21.	LF half closed to RF Part Weight on LF			B	a
22.	RF to side Weight on RF			B Flat	4

Jive – Mooch – LADY I.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
Prec. Step			¼ to R		&
1.	RF bwd Weight on RF	Rock		B Flat	1
2.	LF in place Recover Body			B Falt	2
3.	RF pointed fwd Weight on LF	Flick			3
4.	RF closed to LF Weight on RF	Step in Place		B	4
5.	LF pointed fwd Weight on RF	Flick			1
6.	LF closed to RF Weight on LF	Step in Place		B Flat	2
7.	RF bwd Weight on RF	Rock		B Flat	3
8.	LF in place Recover Body		B Flat	4	
9.	RF diag fwd Weight on RF	Jive Chasse to R (RLR) turning to	¼ to L then ¼ to L	B	1
10.	LF half closed to RF Weight on LF			B	a
11.	RF to side Recover Body			B Flat	2
12.	LF bwd Weight on LF			B Flat	3
13.	RF in place Recover Body	Rock		B Flat	4

Jive – Mooch – LADY I.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
14.	LF pointed fwd Weight on RF	Flick			1
15.	LF closed to RF Weight on LF	Step in Place		B flat	2
16.	RF pointed fwd Weight on LF	Flick			3
17.	RF closed to LF Weight on RF	Step in Place		B Flat	4
18.	LF bwd Weight on LF	Rock		B flat	1
19.	RF in place Recover Body			B Flat	2
20.	LF diag fwd Weight on LF	Jive Chasse to (LRL) turning to L	¼ to R	B	3
21.	RF half closed to LF Part Weight on RF			B	a
22.	LF to side Weight on LRF			B Flat	4

Jive – Miami special - MAN

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
1.	LF bwd Weight on LF	Rock		B Flat	1
2.	RF in Place Recover LF			B flat	2
3.	LF fwd Weight on LF	Jive Chasse forward (LRL) Forward, turning to R	¼ to R	B	3
4.	RF half closed to LF Weight on RF			B	a
5.	LF to side Recover Body			B Flat	4
6.	LF slipped to side Weight on RF	Jive Ronde Chasse RLR		B	1
7.	LF slipped to side Weight on LF			B	a
8.	RF to side Recover Body		¼ to L	B Flat	2

Jive – Miami special -LADY

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
1.	RF bwd Weight on F	Rock		B Flat	1
2.	LF in Place Recover RF			B flat	2
3.	RF fwd Weight on RF	Two steps of Jive Chasse forward (RLR) turning to L then Forward step Turning an	5/8 to L then 5/8 to L	B	3
4.	LF half closed to RF Weight on LF			B	a
5.	RF fwd Recover Body / LF ronde w/o wt			B Flat	4
6.	LF crossed behind Rf Weight on LF	Jive Ronde Chasse LRL	¼ to R	B	1
7.	RF slipped to side Weight on RF			B	a
8.	LF to side (almost in place) LF bwd / Recover Body			B Flat	2

Jive – Shoulder spin – MAN I.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
1.	LF bwd Weight on LF	Rock		B Flat	1
2.	RF in place Recover Body			B Flat	2
3.	LF fwd Weight on LF	Jive Chasse forward (LRL)	Slightly to R	B	3
4.	RF half closed to LF Weight on RF			B	a
5.	LF fwd Recover Body			B Flat	4
6.	RF to side (small step) Weight on RF	Jive Chasse to R (RLR) almost in place	¼ to L	B	1
7.	LF half closed to RF Weight on LF			B	a
8.	RF to side (small step) Recover Body			B Flat	2

Jive – Shoulder spin – MAN II.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
9.	LF bwd Weight on LF	Rock		B Flat	3
10.	RF in place Recover Body			B Flat	4
11.	LF fwd Weight on LF	Jive Chasse to L (LRL)		B	1
12.	RF half closed to LF Weight on RF			B	a
13.	LF to side Recover Body			B Flat	2
14.	RF to side (small step) Weight on RF	Jive Chasse to R (RLR) in place turning to L	¼ to L	B	3
15.	LF half closed to RF Weight on LF			B	a
16.	RF slightly bwd (small step) Recover Body			B Flat	4

Jive – Shoulder spin – LADY I.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
1.	RF bwd Weight on RF	Rock		B Flat	1
2.	LF in place Recover Body			B Flat	2
3.	RF fwd Weight on RF	Two steps of Jive Chasse forward (RLR) then Forward Step Turning	3/8 to L	B	3
4.	LF half closed to RF Weight on LF			B	a
5.	RF fwd Recover Body			B Flat	4
6.	LF to side Weight on LF	Jive Chasse to L (LRL)	1/8 to L	B	1
7.	RF half closed to LF Weight on RF			B	a
8.	LF to side Recover Body			B Flat	2

Jive – Shoulder spin – LADY II.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
9.	RF bwd Weight on RF	Rock		B Flat	3
10.	LF in place Recover Body			B Flat	4
11.	RF fwd Weight on RF	Jive Chasse forward (RLR) then Swivel		B	1
12.	LF half closed to RF Weight on LF			B	a
13.	RF fwd Recover LF		$\frac{3}{4}$ to R	B	2
14.	LF to side Weight on LF	Jive Chasse to L (LRL) turning to R	$\frac{1}{4}$ to R	B	3
15.	RF half closed to LF Weight on RF			B	a
16.	LF bwd Recover Body			B Flat	4

Jive – Chugging – Man I.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
1.	LF bwd Weight on LF	Rock		B Flat	1
2.	RF in place Recover Body			B Flat	2
3.	LF to side Weight on LF	Jive Chasse to L (LRL) almost in place	1/8 to L	B	3
4.	RF half closed to LF Weight on RF			B	a
5.	LF to side Recover Body			B Flat	4
6.	RF to side Weight on RF	Jive Chasse to R (RLR) almost in place	1/8 to L	B	1
7.	LF half closed to RF Weight on LF			B	a
8.	RF to side Recover Body			B Flat	2
9.	LF pointed fwd Weight on RF	Kick Ball Change	1/8 to L		3
10.	LF bwd Weight on LF			B	a
11.	RF in place Weight on RF			B Flat	4

Jive – Chugging – Man II.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
12.	LF pointed fwd Weight on RF	Kick ball Change	1/8 to L		1
13.	LF bwd Weight on RF			B	a
14.	RF in place Weight on RF			B Flat	2
15.	LF diag fwd Weight on LF	Jive Chasse forward (LRL)	1/8 to L	B	3
16.	RF half closed to LF Weight on RF			B	a
17.	LF diag fwd Recover Body			B Flat	4
18.	RF diag fwd Weight on RF	Jive Chasse forward (RLR)	1/8 to L	B	1
19.	LF half closed to RF Weight on LF			B	a
20.	RF diag fwd Recover Body			B Flat	2

Jive – Chugging – LADY I.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
1.	RF bwd Weight on RF	Rock		B Flat	1
2.	LF in place Recover Body			B Flat	2
3.	RF fwd Weight on RF	Compact ive Chasse forward (RLR) then Swivel	1/8 to L then ½ to R	B	3
4.	LF half closed to RF Weight on LF			B	a
5.	RF fwd Recover LF			B Flat	4
6.	LF fwd Weight on LF	Jive Chasse forward (LRL)	1/8 to L	B	1
7.	RF half closed to LF Weight on RF			B	a
8.	LF fwd Recover Body			B Flat	2
9.	RF fwd Weight on RF	Jive Chasse forward (RLR)	1/8 to L	B	3
10.	LF half closed to RF Weight on LF			B	a
11.	RF fwd Recover Body			B Flat	4

Jive – Chugging – LADY II.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
12.	LF fwd Weight on LF	Jive Chasse forward (LRL)	1/8 to L	B	1
13.	RF half closed to LF Weight on RF			B	a
14.	LF fwd Recover Body			B Flat	2
15.	RF fwd Weight on RF	Two steps of Jive Chasse forward (RLR) turning to L then Forward Step Turning	3/8 to L	B	3
16.	LF half closed to RF Weight on LF			B	a
17.	RF fwd RF bwd / Recover Body			B	4
18.	LF diag fwd Weight on LF	Jive Chasse diag backward (LRL) turning to L	3/8 to L	B	1
19.	RF half closed to LF Weight on RF			B	a
20.	LF diag bwd Recover Body			B Flat	2

Jive – Catapult – Man I.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
1.	LF bwd Weight on LF	Rock		B Flat	1
2.	RF in place Recover Body			B Flat	2
3.	LF diag fwd (small step) Weight on LF	Jive Chasse forward (LRL) almost in place	1/8 to R	B	3
4.	RF half closed to LF Weight on RF			B	a
5.	LF diag fwd (small step) Recover Body			B Flat	4
6.	RF diag fwd (small step) Weight on RF	Jive Chasse forward (RLR) almost in place	1/8 to L	B	1
7.	LF half closed to RF Weight on LF			B	a
8.	RF diag fwd (small step) Recover Body			B Flat	2

Jive – Catapult – Man II.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
9.	LF fwd Weight on LF	Checked Forward Step		B Flat	3
10.	RF moved slightly rightwards Recover Body	Slip Step		B Flat	4
11.	LF to side (small step) Weight on LF	Jive Chasse to L (LRL) almost in place	1/8 to L	B	1
12.	RF half closed to LF Weight on RF			B	a
13.	LF to side (small step) Recover Body			B Flat	2
14.	RF diag fwd (small step) Weight on RF	Jive Chasse forward (RLR) almost in place	1/8 to R	B	3
15.	LF half closed to RF Weight on LF			B	a
16.	RF diag fwd Recover Body			B Flat	4

Jive – Catapult – Lady I.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
1.	RF bwd Weight on RF	Rock		B Flat	1
2.	RF in place Recover Body			B Flat	2
3.	RF fwd Weight on RF	Two Steps of Jive Chasse forward (RLR) then Forward Step Turning	1/8 to L then 3/8 to L	B	3
4.	LF half closed to RF Weight on LF			B	a
5.	RF fwd RF bwd and slightly to side / Recover LF			B Flat	4
6.	LF diag bwd Weight on LF	Jive Chasse backward (LRL)		B	1
7.	RF half closed to LF Part Weight on RF			B	a
8.	LF diag bwd Recover Body			B Flat	2

Jive – Catapult – Lady I.

Step action	Foot placement	General action	Quantity of turn	Foot action	Timing
9.	RF back Weight on RF	Rock		B Flat	3
10.	LF in place Recover Body			B Flat	4
11.	RF fwd Weight on RF	Jive Chasse forward (RLR) than Swivel	Slightly to L	B	1
12.	LF half closed to RF Part Weight on LF			B	a
13.	RF fwd Recover Body		7/8 to R	B	2
14.	LF fwd LF to side / Weight on LF	Volta Cross Chasse	5/8 to R	B	3
15.	RF crossed in front of LF Weight on RF			B	a
16.	LF to side LF to side and slightly bwd / Recover Body			B Flat	4

Cha-cha-cha – E osztály

- ◉ Open Hip Twist 2 ütem
- ◉ Hockey Stick 2 ütem
- ◉ Check From Open CP 1 ütem
- ◉ Underarm Turn To R 1 ütem
- ◉ Time Step 2 ütem

- ◉ Close Basic (1-5) 1 ütem
- ◉ Fan 1 ütem
- ◉ Alemana 2 ütem
- ◉ Hand To Hand 3 ütem
- ◉ Sport Turn To L 1 ütem

Cha-cha-cha – D osztály

◉Curl	2 ütem
◉Alemana	2 ütem
◉Close Hip Twist	2 ütem
◉Hockey Stick	2 ütem
◉Open Hip Twist Spiral	2 ütem
◉Check From Open Cpp	1 ütem
◉Underarm Turn To R	1 ütem
◉Time Step	2 ütem
◉Underarm Turn To L	1 ütem
◉Spot Turn To L	1 ütem

Cha-cha-cha – C osztály

- ◉ Open Hip Twist Spiral 2 ütem
- ◉ Cuban Break In Open Position 1 ütem
- ◉ Split Cuban Break
From Open CPP and Open PP 1 ütem
- ◉ Underarm Turn To L 1 ütem
- ◉ Sport Turn To L 1 ütem
- ◉ Time Step with Guapacha Timing 2 ütem

- ◉ Syncopated Open Hip Twist 2 ütem
- ◉ Alemana 2 ütem
- ◉ Close Hip Twist Spiral 2 ütem
- ◉ Hockey Stick 2 ütem

Rumba – E osztály

- ◉ Open Hip Twist 2 ütem
- ◉ Hockey Stick Turned To Open CPP 2 ütem
- ◉ Check From Open CPP 1 ütem
- ◉ Check From Open PP 1 ütem
- ◉ Underarm Turn To L 1 ütem
- ◉ Spot Turn To L 1 ütem

- ◉ Side Steps and Cucharachas 4 ütem
- ◉ Basic Movement 1-3 1 ütem
- ◉ Fan 1 ütem
- ◉ Hockey Stick 2 ütem

Rumba – D osztály

◉Curl	2 ütem
◉Alemana	2 ütem
◉Opening Out To Right and Left	2 ütem
◉Close Hip Twist Turned To Open Cpp	2 ütem
◉Check From Open CPP	1 ütem
◉Underarm Turn To R	1 ütem
◉Side Steps And Cucharachas	4 ütem
◉Under Arm Turn To L	1 ütem
◉Spot Turn To L	1 ütem

Rumba – C osztály

- | | |
|---------------------------------|--------|
| ◉ Syncopated Open Hip Twist | 2 ütem |
| ◉ Three Alemanas | 4 ütem |
| ◉ Rope Spinning | 2 ütem |
| ◉ Opening Out To Right and Left | 2 ütem |
| ◉ Continuous Circular Hip Twist | 4 ütem |
| ◉ Hockey Stick | 2 ütem |

Jive – E osztály

● Basic In Fallaway	1,5 ütem
● Change of Place R To L	1,5 ütem
● Left Shoulder Shove	1,5 ütem
● Change Of Place L to R	1,5 ütem
● Stop And Go	2 ütem
● Link	1,5 ütem
● Promenade Walks Slow And Quick	2,5 ütem
● Change Of Place R To L steps 3-8	1 ütem
● Change Of Hands Behind Back	1,5 ütem
● American spin	1,5 ütem

Jive – D osztály

- ◉ Basic In Fallaway 1,5 ütem
- ◉ Change Of Place R To L
With Change Of Hands 1,5 ütem
- ◉ Shoulder Spin 3 ütem
- ◉ Stop And Go 2 ütem

- ◉ Mooch 5 ütem
- ◉ American Spin 1,5 ütem
- ◉ Link 1,5 ütem

Jive – C osztály

● Catapult	3 ütem
● Change Of Hands Behind Back	1,5 ütem
● Link 1-5	1 ütem
● Double Cross Whip 1 ¼	2,5 ütem
● Change Of Place R To L With Double Spin	1,5 ütem
● Overturned Change Of Place L To R	1,5 ütem
● Simple spin	0,5 ütem
● Chugging	3,5 ütem
● Stop And Go	