

## SYLLABUS DE BAILE DEPORTIVO

# REPERTORIO DE FIGURAS BÁSICAS

VERSIÓN: OFICIAL DEL 2017

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### PREÁMBULO.

#### ESQUEMA REPERTORIO FIGURAS CATEGORIAS BÁSICAS: "F" (BRONZE), "E" (SILVER), "D" (GOLD) y "C"

El presente Repertorio de Figuras Básicas al que hace referencia el Artículo 61 del actual Reglamento de Competencia, es el resultado del trabajo de los bailarines-deportistas que tienen experiencia en las competencias del extranjero y con base a los libros de técnica.

En él se pretende clarificar la utilización y la técnica de las figuras.

Desde la FMBByDD a través de la CTNBD, se quiere conseguir una mayor calidad de los bailarines-deportistas que llegan a categorías libres de restricciones, por eso tendremos cuatro categorías restringidas a figuras básicas.

Entendiendo que en la categoría "E" (silver) también están permitidas las figuras de la categoría inferior y la categoría "D" (Gold) y "C" también están permitidas las figuras de las categorías inferiores.

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### **IMPORTANTE:**

- Cuando se construya una coreografía, las figuras se pueden unir, sin tener que limitarse a los enlaces anteriores y posteriores descritos en el manual.
- Puede utilizar el contenido de las notas permitidas por los manuales de referencia.
- Las figuras deben realizarse respetando la técnica descrita en los manuales.

### **FUERA DE PROGRAMA:**

Se considerará fuera de programa, y por tanto, descalificables las siguientes posibilidades:

- Ejecución de figuras no completas (en el número de pasos), siempre y cuando no figure en las notas que se acepta esa posibilidad.
- Ejecución de figuras, con pasos añadidos, respecto a la versión proporcionada por los textos.
- Realización de figuras que no sigan la técnica establecida.
- Realización de figuras no contempladas en la lista específica (refiriéndose a la asignada para cada categoría).

## SYLLABUS DE BAILE DEPORTIVO

### STANDARD

#### WALTZ "F" (BRONZE)

1 Closed change on right foot	7 Back whisk
2 Closed change on left foot	8 Outside change
3 Natural turn	9 Basic weave
4 Reverse turn	10 Chasse from pp
5 Progressive chasse to right	11 Backward locks
6 Whisk	12 Open natural turn

#### WALTZ "E" (SILVER)

13 Hesitation change	19 Impetus
14 Natural Spin turn	20 Impetus to pp
15 Double reverse spin	21 Drag hesitation
16 Telemark	22 Outside spin
17 Telemark from pp	23 Natural turning lock
18 Weave from pp	24 Reverse turning lock

#### WALTZ "D" (GOLD) Y "C"

25 Wing	32 Overturned running spin turn
26 Wing from pp	33 Running cross chasse
27 Cross hesitation from pp	34 Fallaway reverse and slip pivot
28 Reverse pivot	36 Contra check
29 Fallaway natural turn	35 Left whisk
30 Running weave from pp	37 Hover corte
31 Running spin turn	

## SYLLABUS DE BAILE DEPORTIVO

### TANGO "F" (BRONZE)

1 Tap - Alternative entries to pp	8 Basic reverse turn
2 Progressive side step	9 Open reverse turn
3 Brush tap	10 Rock in left foot
4 Progressive link	11 Rock on right foot
5 Closed promenade	12 Natural rock turn
6 Open promenade	13 Natural twist turn from pp
7 Back corte	14 Natural turn from pp

### TANGO "E" (SILVER)

15 Promenade link turned to R	21 Progressive side step reverse turn
16 Promenade link turned to left	22 Four step
17 Back open promenade	23 Fallaway four step
18 Fallaway in promenade	24 Outside swivel method 1 (after open finish and turning to R)
19 Whisk	25 Outside swivel method 2 ( after open finish and turning to L)
20 Back whisk	26 Outside swivel method 3 ( Reverse outside swivel)

### TANGO "D" (GOLD) Y "C"

27 Four step change	36 Chase
28 Five step	37 Chase alternative endings
29 Mini five step	38 Owersway
30 Quick reverse turn	39 Drop owersway
31 Fallaway reverse and slip pivot	40 Owersway alternative endings
33 Open natural turn	41 Contra check
34 Outside spin	41 Reverse pivot
35 Natural twist turn	

## SYLLABUS DE BAILE DEPORTIVO

### VIENNESSE WALTZ "F" (BRONZE)

1 Natural turn	5 LF backward change step Natural to reverse
2 Reverse turn	6 RF backward change step Reverse to natural
3 RF forward change step Natural to reverse	7 Chasse change step
4 LF forward change step Reverse to natural	

### VIENNESSE WALTZ "E" (SILVER)

8 Continuous spin	14 Natural spin turn reverse pivot
9 Reverse pivots	15 Checked natural turn
10 Hesitation change	16 Natural back check
11 Drag hesitation	17 Checked reverse turn
12 Natural spin turn	18 Reverse back check
13 Telemark	

### VIENNESSE WALTZ "D" (GOLD) Y "C"

19 Contra check	29 Running feather
20 Left whisk	30 Running feather opening to promenade position
21 Running weave	31 Double reverse spin overspin
22 Natural Fleckerl	32 Reverse impetus in to right lunge
23 Reverse Fleckerl	33 Rudolph fallaway
24 Check from reverse to natural Fleckerl	34 Ronde twist turn
25 Overturned natural spin turn	35 Double leg ronde
26 Throwaway oversway	36 Swivel to promenade pivot
27 Throwaway oversway taken after 1-3 of reverse turn	37 Swivel to promenade link
28 Hover reverse turn	

## SYLLABUS DE BAILE DEPORTIVO

### QUICKSTEP "F" (BRONZE)

1 Basic movement- Quarter turn and progressive chasse	8 Quarter turn to left
2 Natural turn	9 Outside change
3 Reverse turn	10 Natural pivot
4 Progressive chasse to right	11 Running finish
5 Progressive chasse to left	12 Backward lock
6 Cross chasse	13 Forward lock
7 Quarter turn to right	14 Open natural turn

### QUICKSTEP "E" (SILVER)

15 Natural spin turn	24 Open reverse turn
16 Hesitation change	25 Tipple chasse to right- at the corner
17 Double reverse spin	26 Tipple chasse to right- along line of dance
18 Impetus	27 Tipple chasse to left
19 Impetus to pp	28 Four quick run
20 Telemark	29 Zig zag
21 Telemark to pp	30 V-6
22 Whisk	31 Outside spin
23 Back whisk	

### QUICKSTEP "D" (GOLD) Y "C"

32 Reverse pivot	38 Running cross chasse
33 Natural turning lock	39 Six quick run
34 Drag hesitation	40 Topsy to right
35 Cross swivel	41 Topsy to left
36 Fishtail	42 Rumba cross
37 Running natural turn	43 Hover corte



## SYLLABUS DE BAILE DEPORTIVO

### **SLOW FOX “F” (BRONZE)**

1 Feather step	8 Basic weave
2 Three step	9 Natural weave
3 Feather finish	10 Change of direction
4 Feather ending	11 Heel pull finish
5 Hover feather	12 Whisk
6 Natural turn	13 Back whisk
7 Reverse turn	14 Open natural turn

### **SLOW FOX “E” (SILVER)**

15 Double reverse spin	23 Impetus to pp
16 Telemark	24 Weave from pp
17 Telemark to pp	25 Hover Cross
18 Hover telemark	26 Top spin
19 Hover telemark to pp	27 Outside side swivel
20 Natural telemark	28 Outside spin
21 Natural hover telemark	29 Reverse wave
22 Impetus	

### **SLOW FOX “D” (GOLD) Y “C”**

30 Natural twist turn	38 Back feather
31 Natural twist turn with natural weave	39 Fallaway reverse and slip pivot
32 Natural twist turn with impetus and feather finish	40 Bounce fallaway with weave ending
33 Natural twist turn with impetus to pp	41 Running weave from pp
34 Natural zig zag from pp	42 Open reverse turn
35 Curved three step	43 Extended reverse wave
36 Curved feather	44 Reverse pivot
37 Curved feather from pp	

## SYLLABUS DE BAILE DEPORTIVO

### LATIN

#### SAMBA "F" (BRONZE)

1 Natural basic movement	13 Promenade to counter promenade botafogos
2 Reverse basic movement	14 Side samba chasse
3 Progressive basic movement	15 Travelling botafogo forward
4 Side basic movement to left	16 Travelling botafogo backward to pp
5 Side basic movement to right	17 Criss cross botafogo
6 Outside basic	18 Criss cross volta to right
7 Samba whisk to left	19 Criss cross volta to left
8 Samba whisk to right	20 Travelling volta to right
9 Stationary samba walks	21 Travelling volta to left
10 Promenade samba walks	22 Underarm turning right
11 Side samba walk	23 Underarm turning left
12 Reverse turn	

#### SAMBA "E" (SILVER)

24 Maypole lady turning right	30 Circular volta turning left
25 Maypole lady turning left	31 Same foot botafogo
26 Cruzado walks	32 Samba locks lady on left side
27 Cruzado Locks	33 Samba locks lady on right side
28 Dropped volta	34 Methods of changing feet
29 Circular volta turning right	

#### SAMBA "D" (GOLD) Y "C"

35 Natural roll	42 Same position corta jaca
36 Reverse roll	43 Promenade to counter promenade runs
37 Close rocks	44 Drag
38 Open rocks	45 Rolling of the arm
39 Backward rocks	46 Carioca Runs
40 Plait	47 Argentine crosses
41 Corta jaca	

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### CHA CHA CHÁ "F" (BRONZE)

1 Time step	12 Three cha cha chas to right
2 Close basic movement	13 Three cha cha chas to left
3 Open basic movement	14 Shoulder to shoulder
4 New York to right	15 Aida
5 New York to left	16 Fan
6 Hand to Hand to right	17 Open hip twist
7 Hand to hand to left	18 Open hip twist to chasse
8 Spot turn to right	19 Close hip twist
9 Spot turn to left	20 Close hip twist to chasse
10 Underarm turn turning right	21 Hockey stick
11 Underarm turn turning left	22 Hockey stick to chasse

### CHA CHA CHÁ "E" (SILVER)

23 Alemana	29 Methods of changing feet. Simple foot change(142), Method 1- Chasse to right side link (144) Method 2 - Lock to right side link (148), Method 3 - Link to open opp pos (152)
24 Alemana from open opposing position	30 Split cuban break to right
25 Natural top	31 Split cuban break to left
26 Cross basic	32 Cuban breaks to right
27 Cross basic with turn	33 Cuban breaks to left
28 Cross basic to open opposing position	34 Cuban break amalgamations

### CHA CHA CHÁ "D" (GOLD) Y "C"

35 Close hip twist spiral	43 Overturned lock ending
36 Open hip twist spiral	44 Continuous overturned lock
37 Turkish towel	45 Swivel from overturned lock
38 Sweetheart	46 Swivel hip twist
39 Follow my leader	47 Swivels
40 Syncopated open hip twist	48 Walks and whisks
41 Curl	49 Advanced methods of changing feet. Method 4 - link to fan L angle (216), Method 5 - Syncopated R side link (220)
42 Rope spinning	

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### RUMBA "F" (BRONZE)

1 Close basic movement	10 Underarm turn turning to left
2 Open basic movement	11 Side walks and cucarachas
3 New York to right	12 Fan
4 New York to left	13 Open hip twist
5 Hand to hand to right	14 Open hip twist finished to side
6 Hand to hand to left	15 Hockey stick
7 Spot turn to right	16 Hockey stick finished to side
8 Spot turn to left	17 Opening out
9 Underarm turn turning to right	18 Shoulder to shoulder

### RUMBA "E" (SILVER)

19 Alternative basic movement	25 Progressive forward walks to fan
20 Close hip twist	26 Aida
21 Close hip twist finished to side	27 Continuous hip twist
22 Alemana	28 Cuban rocks
23 Alemana finished to side	29 Fencing to spin
24 Progressive forward walks	

### RUMBA "D" (GOLD) Y "C"

30 Continuous circular hip twist	39 Three alemanas
31 Syncopated open hip twist	40 Sliding doors
32 Natural top	41 Advanced sliding doors
33 Reverse top	42 Three threes
34 Curl	43 Three threes to fan
35 Curl finished to side	44 Rope spinning
36 Spiral	45 Swivels
37 Spiral finished to side	46 Overturned basic
38 Spiral to fan	

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### **PASO DOBLE “F” (BRONZE)**

1 Basic movement	8 Separation
2 Sur place	9 Natural twist turn
3 Chasses to right	10 Promenade
4 Drag	11 Close promenade
5 Chasses to left	12 Promenade link
6 Attack	13 Sixteen
7 Huit	

### **PASO DOBLE “E” (SILVER)**

14 Promenade to counter promenade	19 Spanish lines
15 Grand circle	20 La passe
16 Banderillas	21 Syncopated separation
17 Fallaway reverse	22 Flamenco taps
18 Fallaway whisk	

### **PASO DOBLE “D” (GOLD) Y “C”**

23 Twist	28 Separation with lady's caping walks
24 Chasse cape	29 Farol
25 Travelling spins from promenade position	30 Fregolina
26 Travelling spins from counter promenade position	31 Methods of changing feet
27 Sinchopated coup de pique	



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### **JIVE "F" (BRONZE)**

1 Basic in place	6 Change of place behind the back
2 Basic in fallaway	7 Link
3 Change of place from right to left	8 Whip
4 Change of place from left to right	9 Promenade walks slow
5 American spin	10 Promenade walks quick

### **JIVE "E" (SILVER)**

11 Fallaway throwaway	17 Curly whip
12 Change of place from right to left with double spin	18 Overturned fallaway throwaway
13 Overturned Change of place from left to right	19 Stop and go
14 Double cross whip	20 Hip bump
15 Throwaway whip	21 Windmill
16 Reverse whip	22 Mooch

### **JIVE "D" (GOLD) Y "C"**

23 Spanish arms	29 Toe heel swivels
24 Chicken walks	30 Shugar push
25 Rolling of the arm	31 Miami special
26 Simple spin	32 Shoulder spin
27 Rock to simple spin	33 Chugging
28 Flicks in to break	34 Catapult

## SYLLABUS DE BAILE DEPORTIVO

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