LATIN STYLE

ROUTINE OBBLIGATORIA INIZIALE - CLASSE B

Valida per la modalità: tecnica (in assolo), sincronizzato e coreografico
Tipologia: solo e duo

Testi tecnici di riferimento: *"Techinique latin books WDSF"* riferendosi alla parte descritta man, salvo figure non codificate e note specifiche.

SAMBA

1 Cruzados walks (Right foot) 1 2
2 4-6 Cruzados locks 3 a 4
3 Cruzados walks (Left foot) 5 6
4 1-3 Cruzados locks 7 a 8
5 4-6 Criss cross botafogos 1-3 Criss cross botafogos 1 a 2 3 a 4
6 Criss cross volta to left 5 a 6 a 7 a 8
7 Side samba Chasse 1 and 2 and 3 4
8 Carioca Runs 5 and 6 and 7 and 8 and
8 Batucada left and right 1 and a 2 and a 3 and a 4
9 Samba whisk to left and right 5 a 6 7 a 8

CHA CHA CHA

1 Follow my leader (LADY) 2 3 4 and 1, 2 3 4 and 1 ,2 3 4 and 1, 2 3 4 and 1, 2 and 3 4 and 1
2 6-7 Close basic 2 3
3 Hip twist chasse (and) 4 and 1
4 1-4 Slow cuban break to right 2 3 4 1
5 Split cuban break to right and left and 2 and 3 and 4 and 1
6 New york to right 2 3 4 and 1
7 New york to left with three step turn to right 2 3 4 and 1

RUMBA

1 Advanced Sliding doors (Man) and 2 3 4.1, 2 3 4.1
2 7-9 Side Walks and cucarachas 2 3 4.1
3 Three threes to fan (Lady) 2 3 4.1 2 3 4.1 2 3 4.1.2 and 3 4.1
4 Sincopated Cuban Rocks 2 and 3 4.1
5 Hockey stick (Lady) 2 3 4.1 2 3 4.1
6 4-6 Close basic movement 2 3 4.1

JIVE *(Le figure vengono eseguite utilizzando la parte descritta nel testo tecnico per "lady")*

1 Basic in Fallaway 1 2 3 a 4 5 a 6
2 American Spin 7 8 1 a 2 3 a 4
3 Chicken walks S S S S (5 6 7 8 1 2 3 4)
4 Forward and side flick (right foot), Ronde' chasse 5 6 7 a 8
5 Forward and side flicks (left foot), Ronde chasse 1 2 3 a 4
6 Quick chicken walks Q Q Q Q (5 6 7 8)
7 Stop and Go ripetuto 2 volte 1 2 3 a 4 5 6 7 a 8 1 2 3 a 4 5 6 7 a 8
8 4 Kick ball change girando ½ to right 1 a 2 3 a 4 5 a 6 7 a 8

Aggiornamento del 22 aprile

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LATIN STYLE

ROUTINE OBBLIGATORIA INIZIALE - CLASSE C

Valida per la modalità: tecnica (in assolo), sincronizzato e coreografico
Tipologia: solo e duo

Testi tecnici di riferimento: *"Techinique latin books WDSF"* riferendosi alla parte descritta man, salvo figure non codificate e note specifiche.

SAMBA
1 Stationary samba walks 1 a 2 3 a 4
2 Samba whisk to left 5 a 6
3 Samba whisk to right 7 a 8
4 Cruzados walks 1 2
5 Cruzados locks 3 and 4 5 and 6
6 Criss Cross botafogos 7 a 8 1 a 2
7 1-3 Criss cross botafogos 3 a 4
8 Criss cross voltas to left 5 a 6 a 7 a 8

CHA CHA CHA
1 1-4 Slow cuban break to right 2 3 4 1
2 Cuban break to right 2 and 3 and 4 and 1
3 6-7 Close basic movement 2 3
4 Hip twist chasse (and) 4 and 1
5 1-2 Close basic movement 2 3
6 Ronde chasse (and) 4 and 1
7 6-10 Close basic movement 2 3 4 and 1
8 New york to right 2 3 4 and 1
9 New york to left 2 3 4 and 1
10 1-5 Open basic movement e three cha cha cha locks 2 3 4 and 1 2 and 3 4 and 1
11 6-10 Close basic movement 2 3 4 and 1
12 Spot turn to right and to left 2 3 4 and 1 2 3 4 and 1

RUMBA
1 4-6 Close basic movement 2 3 4.1
2 Hand to hand to left 2 3 4.1
3 Hand to hand to right 2 3 4.1
4 Spot turn turn to right 2 3 4.1
5 3 Backward walks 2 3 4.1
6 7-12 Side walks and Cucarachas 2 3 4.1 2 3 4.1
7 1-3 Close basic movement 2 3 4.1
8 New york to left and to right 2 3 4.1 2 3 4.1

JIVE *(le figure vengono eseguite utilizzando la parte descritta nel testo tecnico per "lady")*
1 Basic in fallaway 1 2 3 a 4 5 a 6
2 American spin 7 8 1 a 2 3 a 4
3 Stop and go ripetuto 2 volte 5 6 7 a 8 1 2 3 a 4 5 6 7 a 8 1 2 3 a 4
4 Toe heel swivels ripetendo 3-8 (come da nota) QQ QQS QQS Q Q Q Q QQ
5 1 -5 Basic in fallaway 5 6 7 a 8
6 3 Kick ball change girando ¼ verso dx Q a Q Q a Q Q a Q (1 a 2 3 a 4 5 a 6
7 Jive chasse LRL 7 a 8

Aggiornamento del 22 aprile