

OGRANICENI PROGRAM LIGE

II kategorija

CHA CHA CHA

- time step
- close basic
- check from open CPP & PP
- underarm turn to L & R
- shoulder to shoulder
- hand to hand
- spot turn to R & L

ENGLESKI VALCER

- RF closed change
- RF closed change
- Natural turn (4/4 ili 2/2)
- Reverse turn (4/4 ili 2/2)

DISKO FOX

- Basic in place
- Passing step (*basic korak po krugu*)
- Change of place (*prolaz ispod ruke, drzanje ruku slobodno*)
- Stop & go (*do ramena*)
- Change of hands behind back
- Windmill (*vetrenjaca*)
- Wrap (*namotavanje*)

I kategorija

CHA CHA CHA

- 3 cha cha cha
- Fan
- Hockey stick

JIVE

- basic in fallaway
- link
- change of place R to L,
- change of place L to R
- stop and go
- change of hands behind back
- Promenade walks slow and quick
- Whip

ENGLESKI VALCER

- Natural turn
- Reverse turn
- Whisk
- Chasse from promenade position

QUICKSTEP

- Quarter turn to R
- Progressive chasse
- Forward lock step

F razred

CHA CHA CHA

- Basic Movements (Close Basic, Open Basic, Basic in Place)
- Time Step
- Check From Open PP & CPP
- Spot Turn to R & L
- Under Arm Turn to R & L
- Shoulder to Sholuder
- Hand to Hand
- 3 Cha Cha Chas
- Fan
- Hockey Stick
- Cross Basic
- Open Hip Twist

RUMBA

- Basic Movements (Close Basic, Open Basic, Basic in Place)
- Check from pen PP & CPP
- Spot Turn to R & L
- Under ArmTurn to R & L
- Shoulder to Sholuder
- Hand to Hand
- Progresive Walk (Fwd & Bwd)
- Cuban Rocks
- Fan
- Hockey Stick
- Open Tip twist
- Alemana
- Opening Out to R & L

JIVE

- Basin in Place, Basic in Fallaway
- Change of Place R to L and L to R
- Change of Hands Behind Back
- Link
- Whip
- Promenade Walks (Slow & Quick)
- American Spin
- Hip Bump
- Stop & Go
- Double Cross Whip
- Fallaway Throwaway

ENGLESKI VALCER

- RF Close Change
- LF Close Change
- Natural Turn
- Reverse Turn
- Whisk
- Chasse From Promenade Position
- Outside Change
- Natural Spin Turn
- Hesitation Change
- Progressive Chasse to Right

TANGO

- Walks RF & LF
- Progressive Side Step
- Progressive Link
- Closed Promenade
- Basic Reverse Turn
- Open Reverse Turn, Lady Outside
- Progressive Side Step Reverse Turn
- Natural Rock Turn
- Natural Twist Turn

QUICKSTEP

- Quarter Turn to R
- Quarter Turn to L
- Natural Turn
- Natural Turn With Hesitation
- Natural Spin Turn
- Progressive Chasse
- Fwd Lock Step
- Chasse Reverse Turn
- Progressive Chasse to Right
- Triple Chasse to Right