

ТАНЦОВА СПОРТСКА ФЕДЕРАЦИЈА НА МАКЕДОНИЈА



BASIC ТАНЦОВА ПРОГРАМА

Танцови спортски двојки (Б1, Б2 категорија во Б лига и Д категорија во А лига)

Модерни Латино спортски танци (Б1 и Б2 лига)

Модерни Латино спортски танци (А лига – Пионери 1 и Пионери 2)

Литература:

- WDSF Syllabus, Samba
- WDSF Syllabus, Cha Cha Cha
- WDSF Syllabus, Rumba
- WDSF Syllabus, Paso Doble
- WDSF Syllabus, Jive
- WDSF Syllabus, Waltz
- WDSF Syllabus, Tango
- WDSF Syllabus, Viennese Waltz
- WDSF Syllabus, Slow Fox
- WDSF Syllabus, Quick Step

BASIC програмата на танцови фигури (се однесува на категориите за кои е наведена оваа програма во согласност со Натпреварувачкиот правилник на ТСФМ) е дефинирана на следниот начин:

| BASIC ТАНЦОВА ПРОГРАМА | Категорија |
|--|--|
| <p style="text-align: center;">WDSF Syllabus Bronze (B)</p> | <p style="text-align: center;">Танцови спортски двојки (B1 категорија) Модерни Латино спортски танци (B1 лига)</p> |
| <p style="text-align: center;">WDSF Syllabus Bronze + Silver (B+S)</p> | <p style="text-align: center;">Танцови спортски двојки (B2 категорија) Модерни Латино спортски танци (B2 лига)</p> |
| <p style="text-align: center;">WDSF Syllabus Bronze + Silver + Gold (B+S+G)</p> | <p style="text-align: center;">Танцови спортски двојки (D категорија во А лига) Модерни Латино спортски танци (за Пионери 1 и Пионери 2 во А лига)</p> |

BASIC програмата на танцови фигури за Виенскиот валцер за сите возрасни групи и категории наведени во табелата е ограничена исклучиво на нивото на *WDSF Syllabus Bronze*.

Список на танцови фигури по одделни танци

СТАНДАРДНИ СПОРТСКИ ТАНЦИ

| АНГЛИСКИ ВАЛЦЕР (Waltz) - Bronze | |
|---|---------------------------------|
| 1 | Closed change on right foot |
| 2 | Closed change on left foot |
| 3 | Natural turn |
| 4 | Reverse turn |
| 5 | Progressive chasse to right |
| 6 | Whisk |
| 7 | Back whisk |
| 8 | Outside change |
| 9 | Basic weave |
| 10 | Chasse from pp |
| 11 | Backward locks |
| 12 | Open natural turn |
| АНГЛИСКИ ВАЛЦЕР (Waltz) - Silver | |
| 13 | Hesitation change |
| 14 | Natural spin turn |
| 15 | Double reverse spin |
| 16 | Telemark |
| 17 | Telemark to pp |
| 18 | Weave from pp |
| 19 | Impetus |
| 20 | Impetus to pp |
| 21 | Drag hesitation |
| 22 | Outside spin |
| 23 | Natural turning lock |
| 24 | Reverse turning lock |
| АНГЛИСКИ ВАЛЦЕР (Waltz) - Gold | |
| 25 | Wing |
| 26 | Wing from pp |
| 27 | Cross hesitation from pp |
| 28 | Reverse pivot |
| 29 | Fallaway natural turn |
| 30 | Running weave from pp |
| 21 | Running spin turn |
| 32 | Overtuned running spin turn |
| 33 | Running cross chasse |
| 34 | Fallaway reverse and slip pivot |
| 35 | Left whisk |
| 36 | Contra check |
| 37 | Hover corte |

| ТАНГО (Tango) - Bronze | |
|-------------------------------|--|
| 1 | Tap – alternative entries to pp |
| 2 | Progressive side step |
| 3 | Brush tap |
| 4 | Progressive link |
| 5 | Closed promenade |
| 6 | Open promenade |
| 7 | Back corte |
| 8 | Basic reverse turn |
| 9 | Open reverse turn |
| 10 | Rock on left foot |
| 11 | Rock on right foot |
| 12 | Natural rock turn |
| 13 | Natural twist turn from pp |
| 14 | Natural turn from pp |
| ТАНГО (Tango) - Silver | |
| 15 | Promenade link turned to R |
| 16 | Promenade link turned to L |
| 17 | Back open promenade |
| 18 | Fallaway in promenade |
| 19 | Whisk |
| 20 | Back whisk |
| 21 | Progressive side step reverse turn |
| 22 | Four step |
| 23 | Fallaway four step |
| 24 | Outside swivel method 1 (after open finish and turning to R) |
| 25 | Outside swivel method 2 (after open finish and turning to L) |
| 26 | Outside swivel method 3 (reverse outside swivel) |
| ТАНГО (Tango) - Gold | |
| 27 | Four step change |
| 28 | Five step |
| 29 | Mini five step |
| 30 | Quick reverse turn |
| 31 | Fallaway reverse and slip pivot |
| 32 | Telemark to pp |
| 33 | Open natural turn |
| 34 | Outside spin |
| 35 | Natural twist turn |
| 36 | Chase |
| 37 | Chase alternative endings |
| 38 | Oversway |
| 39 | Drop oversway |
| 40 | Oversway alternative endings |
| 41 | Contra check |
| 42 | Reverse pivot |

ВИЕНСКИ ВАЛЦЕР (Viennese waltz) - Bronze

| | |
|---|--|
| 1 | Natural turn |
| 2 | Reverse turn |
| 3 | Rf forward change step natural to reverse |
| 4 | Lf forward change step reverse to natural |
| 5 | Lf backward change step natural to reverse |
| 6 | Rf backward change step reverse to natural |
| 7 | Chasse change step |

| СЛОУФОКС (Slow fox) - Bronze | |
|-------------------------------------|--|
| 1 | Feather step |
| 2 | Three step |
| 3 | Feather finish |
| 4 | Feather ending |
| 5 | Hover feather |
| 6 | Natural turn |
| 7 | Reverse turn |
| 8 | Basic weave |
| 9 | Natural weave |
| 10 | Change of direction |
| 11 | Heel pull finish |
| 12 | Whisk |
| 13 | Back whisk |
| 14 | Open natural turn |
| СЛОУФОКС (Slow fox)- Silver | |
| 15 | Double reverse spin |
| 16 | Telemark |
| 17 | Telemark to p.p. |
| 18 | Hover telemark |
| 19 | Hover telemark to p.p. |
| 20 | Natural telemark |
| 21 | Natural hover telemark |
| 22 | Impetus |
| 23 | Impetus to p.p. |
| 24 | Weave from p.p. |
| 25 | Hover cross |
| 26 | Top spin |
| 27 | Outside swivel |
| 28 | Outside spin |
| 29 | Reverse wave |
| СЛОУФОКС (Slow fox)- Gold | |
| 30 | Natural twist turn |
| 31 | Natural twist turn with natural weave |
| 32 | Natural twist turn with impetus and feather finish |
| 33 | Natural twist turn with impetus to p.p. |
| 34 | Natural zig zag from p.p. |
| 35 | Curved three step |
| 36 | Curved feather |
| 37 | Curved feather from p.p. |
| 38 | Back feather |
| 39 | Fallaway reverse and slip pivot |
| 40 | Bounce fallaway with weave ending |
| 41 | Running weave from p.p. |
| 42 | Open reverse turn |
| 43 | Extended reverse wave |
| 44 | Reverse pivot |

| КВИКСТЕП (Quick Step) - Bronze | |
|---------------------------------------|--|
| 1 | Basic movement – quarter turn and progressive chasse |
| 2 | Natural turn |
| 3 | Reverse turn |
| 4 | Progressive chasse to right |
| 5 | Progressive chasse to left |
| 6 | Cross chasse |
| 7 | Quarter turn to right |
| 8 | Quarter turn to left |
| 9 | Outside change |
| 10 | Natural pivot |
| 11 | Running finish |
| 12 | Backward lock |
| 13 | Forward lock |
| 14 | Open natural turn |
| КВИКСТЕП (Quick Step) - Silver | |
| 15 | Natural spin turn |
| 16 | Hesitation change |
| 17 | Double reverse spin |
| 18 | Impetus |
| 19 | Impetus to pp |
| 20 | Telemark |
| 21 | Telemark to pp |
| 22 | Whisk |
| 23 | Back whisk |
| 24 | Open reverse turn |
| 25 | Tipple chasse to right – at the corner |
| 26 | Tipple chasse to right – along line of dance |
| 27 | Tipple chasse to left |
| 28 | Four quick run |
| 29 | Zig zag |
| 30 | V-6 |
| 31 | Outside spin |
| КВИКСТЕП (Quick Step) - Gold | |
| 32 | Reverse pivot |
| 33 | Natural turning lock |
| 34 | Drag hesitation |
| 35 | Cross swivel |
| 36 | Fishtail |
| 37 | Running natural turn |
| 38 | Running cross chasse |
| 39 | Six quick run |
| 40 | Tipsy to right |
| 41 | Tipsy to left |
| 42 | Rumba cross |
| 43 | Hover corte |

ЛАТИНОАМЕРИКАНСКИ СПОРТСКИ ТАНЦИ

САМБА (Samba) - Bronze

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

САМБА (Samba) - Silver

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

САМБА (Samba) - Gold

| | |
|----|-------------------------------------|
| 35 | Natural roll |
| 36 | Reverse roll |
| 37 | Close rocks |
| 38 | Open rocks |
| 39 | Backward rocks |
| 40 | Plait |
| 41 | Corta jaca |
| 42 | Same position corta jaca |
| 43 | Double spiral turn for lady |
| 44 | Promenade to counter promenade runs |
| 45 | Drag |
| 46 | Rolling off the arm |
| 47 | Carioca runs |
| 48 | Argentine crosses |

| 4A 4A 4A (Cha Cha Cha) - Bronze | |
|--|--|
| 1 | Time step |
| 2 | Close basic movement |
| 3 | Open basic movement |
| 4 | New york to right |
| 5 | New york to left |
| 6 | Hand to hand to right |
| 7 | Hand to hand to left |
| 8 | Spot turn to right |
| 9 | Spot turn to left |
| 10 | Underarm turn turning right |
| 11 | Underarm turn turning left |
| 12 | Three cha cha chas to right |
| 13 | Three cha cha chas to left |
| 14 | Shoulder to shoulder |
| 15 | Aida |
| 16 | Fan |
| 17 | Open hip twist |
| 18 | Open hip twist to chasse |
| 19 | Close hip twist |
| 20 | Close hip twist to chasse |
| 21 | Hockey stick |
| 22 | Hockey stick to chasse |
| 4A 4A 4A (Cha Cha Cha) - Silver | |
| 23 | Alemana |
| 24 | Alemana from open opposing position |
| 25 | Natural top |
| 26 | Cross basic |
| 27 | Cross basic with turn |
| 28 | Cross basic to open opposing position |
| 29 | Methods of changing feet - Simple foot change, method 1 – chasse to r side link, method 2 – lock to r side link, method 3 – link to open opp pos |
| 30 | Split cuban break to right |
| 31 | Split cuban break to left |
| 32 | Cuban breaks to right |
| 33 | Cuban breaks to left |
| 34 | Cuban break amalgamations |
| 4A 4A 4A (Cha Cha Cha) - Gold | |
| 35 | Close hip twist spiral |
| 36 | Open hip twist spiral |
| 37 | Turkish towel |
| 38 | Sweetheart |
| 39 | Follow my leader |
| 40 | Syncopated open hip twist |
| 41 | Curl |
| 42 | Rose spinning |
| 43 | Overtured lock ending |
| 44 | Continuous overtured lock |
| 45 | Swivel from overtured lock |
| 46 | Swivel hip twist |
| 47 | Swivels |
| 48 | Walks and whisks |
| 49 | Advanced method s of changing feet - Method 4 – link to fan l angle, method 5 – syncopated r side link |

| РУМБА (Rumba) - Bronze | |
|-------------------------------|----------------------------------|
| 1 | Close basic movement |
| 2 | Open basic movement |
| 3 | New york to right |
| 4 | New york to left |
| 5 | Hand to hand to right |
| 6 | Hand to hand to left |
| 7 | Spot turn to right |
| 8 | Spot turn to left |
| 9 | Underarm turn turning right |
| 10 | Underarm turn turning left |
| 11 | Side walks and cucarachas |
| 12 | Fan |
| 13 | Open hip twist |
| 14 | Open hip twist finished to side |
| 15 | Hockey stick |
| 16 | Hockey stick finished to side |
| 17 | Opening out |
| 18 | Shoulder to shoulder |
| РУМБА (Rumba) - Silver | |
| 19 | Alternative basic movement |
| 20 | Close hip twist |
| 21 | Close hip twist finished to side |
| 22 | Alemana |
| 23 | Alemana finished to side |
| 24 | Progressive forward walks |
| 25 | Progressive forward walks to fan |
| 26 | Aida |
| 27 | Continuous hip twist |
| 28 | Cuban rocks |
| 29 | Fencing to spin |
| РУМБА (Rumba) - Gold | |
| 30 | Continuous circular hip twist |
| 31 | Syncopated open hip twist |
| 32 | Natural top |
| 33 | Reverse top |
| 34 | Curl |
| 35 | Curl finished to side |
| 36 | Spiral |
| 37 | Spiral finished to side |
| 38 | Spiral to fan |
| 39 | Three alemanas |
| 40 | Sliding doors |
| 41 | Advanced sliding doors |
| 42 | Three threes |
| 43 | Three threes to fan |
| 44 | Rope spinning |
| 45 | Swivels |
| 46 | Overtured basic |

| ПАСО ДОБЛЕ (Paso Doble) - Bronze | |
|---|--|
| 1 | Basic movement |
| 2 | Sur place |
| 3 | Chasses to right |
| 4 | Drag |
| 5 | Chasses to left |
| 6 | Attack |
| 7 | Huit |
| 8 | Separation |
| 9 | Natural twist turn |
| 10 | Promenade |
| 11 | Closed promenade |
| 12 | Promenade link |
| 13 | Sixteen |
| ПАСО ДОБЛЕ (Paso Doble) - Silver | |
| 14 | Promenade to counter promenade |
| 15 | Grand circle |
| 16 | Banderillas |
| 17 | Fallaway reverse |
| 18 | Fallaway whisk |
| 19 | Spanish lines |
| 20 | Le passe |
| 21 | Synchopated separation |
| 22 | Flamenco taps |
| ПАСО ДОБЛЕ (Paso Doble) - Gold | |
| 23 | Twists |
| 24 | Chasse cape |
| 25 | Travelling spins from promenade position |
| 26 | Travelling spins from counter promenade position |
| 27 | Synchopated coup de pique |
| 28 | Separation with ladys caping walks |
| 29 | Farol |
| 30 | Fregolina |
| 31 | Methods of changing feet |

| ЦАИВ (Jive) - Bronze | |
|-----------------------------|---|
| 1 | Basic in place |
| 2 | Basic in fallaway |
| 3 | Change of place from right to left |
| 4 | Change of place from left to right |
| 5 | American spin |
| 6 | Change of place behind the back |
| 7 | Link |
| 8 | Whip |
| 9 | Promenade walks – slow |
| 10 | Promenade walks – quick |
| ЦАИВ (Jive) - Silver | |
| 11 | Fallaway throwaway |
| 12 | Change of place from right to left with double spin |
| 13 | Overtured change of place from left to right |
| 14 | Double cross whip |
| 15 | Throwaway whip |
| 16 | Reverse whip |
| 17 | Curcly whip |
| 18 | Overtured fallaway throwaway |
| 19 | Stop and go |
| 20 | Hip bump |
| 21 | Windmill |
| 22 | Mooch |
| ЦАИВ (Jive) - Gold | |
| 23 | Spanish arms |
| 24 | Chicken walks |
| 25 | Rolling off the arm |
| 26 | Simple spin |
| 27 | Rock to simple spin |
| 28 | Flicks into break |
| 29 | Toe heel swivels |
| 30 | Sugar push |
| 31 | Miami special |
| 32 | Shoulder spin |
| 33 | Chugging |
| 34 | Catapult |