

# **POLSKIE TOWARZYSTWO TANECZNE**



## **PRZEPISY SPORTOWEGO TAŃCA TOWARZYSKIEGO**

***ZAŁĄCZNIK NR 5***

### **WYKAZ FIGUR**

*Tylko do użytku wewnątrzorganizacyjnego*

Opracował :

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***Grudzień 2013***

## Dzieci Najmłodsze i Dzieci Młodsze

### Walc Angielski

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	Back Whisk		H, I
2	Backward Lock Step (Back Lock)		H, I
3	Chasse from Promenade Position		H, I
4	Cross Hesitation after Open Impetus Turn (Open Impetus and Cross Hesitation)		H, I
5	Double Reverse Spin	12&3, 123&	H, I
6	Hesitation Change		H, I
7	Impetus Turn (Closed)		H
8	LF Closed Change (Reverse to Natural)		H, I
9	Natural Spin Turn		H, I
10	Natural Turn		H, I
11	Open Impetus Turn		H, I
12	Outside Change		H, I
13	Progressive Chasse to Right		H, I
14	Reverse Corte		H, I
15	Reverse Turn		H, I
16	RF Closed Change (Natural to Reverse)		H, I
17	Weave in Waltz Time (Basic Weave)		H, I
18	Whisk		H, I

### Walc Wiedeński

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	Closed Changes (forwards and backwards)		S-H, I
2	Natural Turn		S-H, I
3	Reverse Turn		S-H, I

## Quickstep

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	Backward Lock Step (Back Lock)		H, I
2	Chasse Reverse Turn		H, I
3	Forward Lock (Step)		H, I
4	Natural Pivot Turn		H, I
5	Natural Spin Turn		H, I
6	Natural Turn (at a Corner)		H, I
7	Natural Turn with Hesitation		H, I
8	Progressive Chasse		H, I
9	Quarter Turn to Left (Heel Pivot)		H, I
10	Quarter Turn to Right		H, I
11	Closed Impetus		H, I
12	Double Reverse Spin		H, I
13	Natural Turn Back Lock Running Finish		H, I
14	Progressive Chasse to Right		H, I
15	Reverse Pivot	S, Q, &	H, I
16	Running Finish	SQQ, QQS	H, I
17	Tipple Chasse to Right (after 1-3 Nat. Turn at a Corner)		H, I
18	Tipple Chasse to Right (after step 4 of a Back Lock) (along side of room)		H, I
19	Underturned Tipple Chasse to Right		I

## Samba

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	Bota Fogos To PP and CPP (Promenade Botafogos)		I, L, S
2	Closed Rocks (on RF and LF)		I, L, S
3	Corta Jaca	SQQQQQSQQQQQQQQQQ	I, L, S
4	Criss Cross Bota Fogos (Shadow Bota fogos)		I, S
5	Criss Cross Voltas (Travelling Voltas to R and L)		I, L, S
6	Foot Changes 8 methods4 methods		I, S L
7	Natural Basic Movement (Alternative)	12, 1&2	I, L, S
8	Outside Basic Movement	12, 1&2	I, SU
9	Progressive Basic Movement	12, 1&2	I, L, S
10	Reverse Basic Movement	12, 1&2	I, L, S
11	Reverse Turn	1&2, SQQ	I, L, S
12	Rhythm Bounce (on LF and RF)		S, SU
13	Samba Walks in PP Position (RF and LF) (Promenade Samba Walks)		I, L, S
14	Shadow Travelling Volta		S
15	Shadow Circular Volta (to R and L)		I, L, S
16	Side Basic Movement	12, 1&2	S
17	Side Samba walk		I, L, S
18	Solo Spot Volta		I, S
19	Stationary Samba Walk		I, L, S
20	Travelling Bota Fogos Back		I, S
21	Travelling Bota Fogos Forward		I, S
22	Travelling Bota Fogos Forward in Right Shadow Position		I, S
23	Whisk to Right and LeftUnderarm Turn (Volta Spot Turn to R and L for Lady)		I, L, S L, S

### Cha Cha Cha

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	Alemana Development (R to R Hand Hold)		I, L, C
2	Chase		C
3	Closed Basic (Closed Basic Movement)		L, I, C
4	Closed Hip Twist		I, C
5	Closed Hip Twist (Basic)		L, SU
6	Cross Basic		I, L, C
7	Cuban Breaks (LFoot, RFoot, Split)		I, L, C
8	Cuban Rocks		I, L, C
9	FanFan Development		I, L, C
10	Hand to Hand (To Right and Left SP)		I, L, R
11	Hockey Stick		I, L, C
12	Natural Opening Out Movement(Opening Out to Right)		I, C, SU
13	Natural TopDevelopment (Underarm Turn)		I, L, C
14	New York (To LSP or RSP)Check from OCPP or OPP		I, L, C
15	Open Basic (Open Basic Movement)		L, I, C
16	Open Hip Twist		I, L, C
17	Shoulder to Shoulder (Left Side and Right Side)Development		I, L, C
18	Side Steps (To Left or Right)		I, SU
19	Spot Turns to L or R (Including Switch and Underarm Turns) Developments		I, L, C
20	There and Back		C
21	Three Cha Cha Chas		I, L, R
22	Time Steps (Basic in Place, Side Basic)		L, I, C, SU

### Jive

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	American Spin		I, L, J
2	Ball Change		I, L, J
3	Ball Change – with Flick or Hesitation		I, L, J,
4	Basic in Fallaway (Fallaway Rock)Development		L, J, I, J
5	Basic in Place		I, L, J
6	Change of Hands Behind Back		I, L, J
7	Change of Place L to R		I, L, J
8	Change of Place R to L		I, L, J
9	Fallaway ThrowawayOverturned Fallaway Throwaway		I, L, J
10	Fallaway Throwaway Development		I, L, J
11	Hip Bump (Left Shoulder Shove)		J, SU
12	Link		I
13	Link (Link Rock)		I, L, J
14	Mooch		J
15	Promenade Walks (Slow and Quick) Development (Merengue)	Q&Q, QQ	I, L, J
16	Stop and Go		I, L, J
17	Whip Double Cross Whip		I, L, J
18	Whip Throwaway		I, L, J

**Dzieci Starsze, Juniorzy Młodszy, Juniorzy Starsi, Młodzież,  
Młodzież Starsza i Dorośli klasy „E”, „D” i „C”  
oraz Hobby i Seniorzy – kategoria START**

**Walc Angielski**

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	Back Whisk		H, I
2	Backward Lock Step (Back Lock)		H, I
3	Chasse from Promenade Position		H, I
4	Closed Wing		H, I
5	Contra Check		H, I
6	Cross Hesitation after Open Impetus Turn (Open Impetus and Cross Hesitation)		H, I
7	Double Reverse Spin	12&3, 123&	H, I
8	Drag Hesitation		H, I
9	Fallaway Natural Turn		H
10	Fallaway Reverse and Slip Pivot	12&3, 123&, 1&23, 1231	H, I
11	Fallaway Whisk (after 1–3 Natural Turn)		H, I
12	Forward Lock Step		H
13	Hesitation Change		H, I
14	Hover Corté	123, 123123	I
15	Impetus Turn (Closed)		H
16	Left Whisk	123, 1	H, I
17	LF Closed Change (Reverse to Natural)		H, I
18	Natural Spin Turn		H, I
19	Natural Turn		H, I
20	Open Impetus Turn		H, I
21	Open Telemark and Wing		H, I
22	Open Telemark into Cross Hesitation (Open Telemark and Cross Hesitation)		H, I
23	Outside Change		H, I
24	Outside Spin		H, I
25	Passing Natural Turn (from PP)		H
26	Progressive Chasse		H
27	Progressive Chasse to Right		H, I
28	Quick Natural Spin Turn		H
29	Quick Natural Weave from PP (Running Weave)		H
30	Quick Wing		H
31	Reverse Corte		H, I
32	Reverse Pivot	&, 1, 2, 3	H, I
33	Reverse Turn		H, I
34	RF Closed Change (Natural to Reverse)		H, I
35	Running Cross Chasse		H
36	Running Finish		H
37	Running Spin Turn		H
38	Telemark (Closed Telemark)		H, I
39	Turning Lock		H, I
40	Turning Lock to Right		H, I
41	Underturned Outside Spin		H, I
42	Weave from PP (after Open Impetus Turn)		H, I
43	Weave from PP (after Whisk)		H, I
44	Weave in Waltz Time (Basic Weave)		H, I
45	Whisk		H, I
46	Wing Following Open Impetus Turn (Open Impetus and Wing)		H, I

## Tango

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	Back Corté		H, I
2	Back Open Promenade		H, I
3	Back Whisk		H
4	Basic Reverse Turn	QQSQQS, QQ&QSS	H, I
5	Brush Tap		H, I
6	Chase		H, I
7	Closed Promenade		H, I
8	Contra Check		I
9	Drop (or Tilt) Oversway		H, I
10	Fallaway Four Step		H, I
11	Fallaway Promenade		H, I
12	Fallaway Reverse and Slip Pivot	QQQQ, QQS&	H, I
13	Five Step	QQQSS, QQS&S	H, I
14	Four Step		H, I
15	Four Step Change	QQQQ, QQ&S	H, I
16	Foxtrot Twist Turn in PP		H
17	Mini Five Step		H
18	Natural Promenade Turn		H, I
19	Natural Promenade Turn to Rock Turn		H, I
20	Natural Twist Turn		H, I
21	Open Finish		I
22	Open Promenade		H, I
23	Open Reverse, Lady in Line (Closed Finish)		H, I
24	Open Reverse, Lady Outside (Open Finish)		H, I
25	Open Telemark	QSS, QQQ	H
26	Outside Spin	QSS, &QQ	H
27	Outside Swivel (after 1 and 2 of Rev. Turn)		H, I
28	Outside Swivel (Turning Left) followed by steps 2 and 3 of Promenade Link (after Open Finish ended DW)		H, I
29	Outside Swivel (Turning Left) followed by steps 2 and 3 of Promenade Link (after Open Promenade)		H, I
30	Oversway		H, I
31	Passing Natural Turn	QSS, &QQ	H
32	(Natural) Rock Turn		H, I
33	Progressive Link		H, I
34	Progressive Side Step		H, I
35	Progressive Side Step Reverse Turn		H, I
36	Promenade Link		H, I
37	Reverse Pivot		H
38	Rock on Left Foot		H, I
39	Rock on Right Foot		H, I
40	Syncopated Reverse Turn		H
41	Whisk		H

### Walc Wiedeński

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	Closed Changes (Forwards and Backwards)		S-H, I
2	Check from Reverse Fleckerl to Natural Fleckerl		I
3	Contra Check		S-H, I
4	Natural Fleckerl		S-H, I
5	Natural Turn		S-H, I
6	Reverse Fleckerl		S-H, I
7	Reverse Turn		S-H, I

## Fokstrot

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	Alternative Endings to The Extended Reverse Wave: OP on L side With Hairpin Feather Tipple Chasse to Open Impetus At a corner	SSQQQQ SSQQQQ SQSSSQ SSQQQQQQ	H
2	Change of Direction		H
3	Back Feather		H, I
4	Back Whisk		H
5	Bounce Fallaway with Weave Ending		I
6	Closed Impetus and Feather Finish		I
7	Curved Feather		H
8	Curved Feather to Back Feather		I
9	Curved Three Step		H
10	Double Reverse Spin	SQ&Q, QQ&Q	H
11	Double Top Spin		H
12	Extended Reverse Wave		H
13	Fallaway Reverse Slip Pivot	SQQQ, SQQS, SQQ&, SQ&Q, S&QQ, QQQQ	H, I
14	Feather Step		H, I
15	Hover Cross		H, I
16	Hover Feather		H, I
17	Hover Telemark		H, I
18	Impetus Turn (Open)		H, I
19	Natural Hover Telemark	SQQSQQ, S&SSQQ	H, I
20	Natural Telemark		H, I
21	Natural Turn		H, I
22	Natural Twist Turn With Natural Weave Ending With Closed Impetus and Feather Finish Ending With Open Impetus Ending	SQ&QSQQ SQ&QSQQQQQ SQ&QQQSQQ SQ&QQQ	H, I  I
23	Natural Weave		H, I
24	Natural Zig-Zag from PP		H, I
25	Open Telemark Feather Ending		H, I
26	Open Telemark Natural Turn Outside Swivel Feather Ending		H, I
27	Outside Change		H
28	Outside Spin	SQQ, &QQ	H
29	Passing Natural Turn (from PP)		H
30	Quick Natural Weave		H
31	Quick Open Reverse	SQ&QQQ, Q&QSQQ	H
32	Reverse Pivot	S, Q, &	H
33	Reverse Turn		H, I
34	Reverse Wave		H, I
35	Telemark (Closed)		H, I
36	Three Step		H
37	Tipple Chasse		H
38	Top Spin, Top Spin at a Corner (danced after a Feather Finish)		H, I
39	Weave (after 1-4 Reverse Wave) (Basic Weave)		H, I
40	Weave from PP (after Open Impetus)		H
41	Whisk		H



## Quickstep

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	Back Whisk		H
2	Backward Lock Step (Back Lock)		H, I
3	Change of Direction		H, I
4	Chasse Reverse Turn		H, I
5	Closed Impetus		H, I
6	Closed Telemark	SSS, SQQ, QQS	H, I
7	Cross Chasse		H, I
8	Cross Swivel		H, I
9	Curved Feather		H
10	Double Reverse Spin		H, I
11	Fallaway Reverse and Slip Pivot		H
12	Fish-Tail		H, I
13	Forward Lock (Step)		H, I
14	Four Quick Run		H, I
15	Hover Corté		H
16	Natural Pivot Turn		H, I
17	Natural Spin Turn		H, I
18	Natural Turn (at a Corner)		H, I
19	Natural Turn Back Lock Running Finish		H, I
20	Natural Turn with Hesitation		H, I
21	Open Impetus		H
22	Open Telemark		H
23	Outside Change		H
24	Outside Spin	SSS, &QQ	H
25	Passing Natural Turn (from PP)		H
26	Progressive Chasse		H, I
27	Progressive Chasse to Right		H, I
28	Quarter Turn to Left (Heel Pivot)		H, I
29	Quarter Turn to Right		H, I
30	Quick Open Reverse		H, I
31	Reverse Pivot	S, Q, &	H, I
32	Rumba Cross (after 1-5 of Nat. Turn ended facing LOD)		H, I
33	Running Cross Chasse		H
34	Running Finish	SQQ, QQS	H, I
35	Running Right Turn	SQQSSSSQQS, SQSSQQSQ	H, I
36	Running Spin Turn		H
37	Six Quick Run		H
38	Tipple Chasse to Right (after 1-3 Nat. Turn at a Corner)		H, I
39	Tipple Chasse to Right (after step 4 of a Back Lock)(along side of room)		H, I
40	Tipple Chasse to the Left		H
41	Tipsy Followed by 2-4 of Forward Lock Step		H
42	Tipsy to L		I
43	Tipsy to R		I
44	Turning Lock to Right	QQQQ, QQSS	H
45	Underturned Tipple Chasse to Right		I
46	V-6 (after 1-3 of Nat. Turn)		H, I
47	Whisk		H
48	Zig-Zag Back Lock Running Finish		H, I

## Samba

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	Argentine Crosses Development (Underarm Turn)		I, S, SU S
2	Backward Rocks (on RF and LF)		I, L, S
3	Bota Fogos to PP and CPP (Promenade Botafogos)		I, L, S
4	Carioca Runs		L
5	Closed Rocks (on RF and LF)		I, L, S
6	Closed Volta		I, SU
7	Contra Bota Fogos Development (Hand Changes)		I, L, S S
8	Corta Jaca	SQQQQQSSQQQQQQQQQQ	I, L, S
9	Criss Cross Bota Fogos (Shadow Bota Fogos)		I, S
10	Criss Cross Voltas (Travelling Voltas to R and L)		I, L, S
11	Cruzado Walks and Locks (in Shadow Position)		L, S
12	Drag		L
13	Foot Changes 8 methods 4 methods		I, S L
14	Maypole (Continuous Volta Spot Turn to R and L)		I, L, SU
15	Natural Basic Movement (Alternative)	12, 1&2	I, L, S
16	Natural Roll		I, L, S
17	Open Rocks (to R and L)		I, L, S
18	Outside Basic Movement	12, 1&2	I, SU
19	Plait		I, L, S
20	Progressive Basic Movement	12, 1&2	I, L, S
21	Promenade and Counter Promenade Runs		L, S
22	Reverse Basic Movement	12, 1&2	I, L, S, U
23	Reverse Roll		S
24	Reverse Turn	1&2, SQQ	I, L, S
25	Rhythm Bounce (on LF and RF)		S, SU
26	Rolling of the Arm	1&2, 123, 1&2/QQQQ	I, S, SU
27	Roundabout (to R and L)		I, L, SU
28	Samba Locks: in Open PP, in OpenCPP		S, L, SU
29	Samba Walks in PP Position (RF and LF) (Promenade Samba Walks)		I, L, S
30	Samba Walks in Right Shadow Position		I, L, S
31	Shadow Travelling Volta		S
32	Shadow Circular Volta (to R and L)		I, L, S
33	Side Basic Movement	12, 1&2	S
34	Side Samba Chasse		L
35	Side Samba Walk		I, L, S
36	Simple Volta to R or L		SU
37	Solo Spot Volta		I, S
38	Stationary Samba Walk		I, L, S
39	Three Step Turn		L, S, SU
40	Travelling Bota Fogos Back		I, S
41	Travelling Bota Fogos Forward		I, S
42	Travelling Bota Fogos Forward in Right Shadow Position		I, S
43	Volta Movement (ogólnie) Travelling Circular Spot Development (Slow) Dropped		I, S, L
44	Whisk to Right and Left Underarm Turn (Volta Spot Turn to R and L for Lady)		I, L, S L, S

## Cha Cha Cha

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	Advanced Hip Twist Developments (Press Line, RH Hold)		I, C
2	Aida Development (following Curl, Spiral)		I, L, C C
3	Aida (4 Endings) Fallaway Development (following Curl)		I, C L I, C
4	Alemana Development (R to R Hand Hold)		I, L, C
5	Chase		C
6	Close Hip Twist Spiral Development (Open Hip Twist Spiral)		I, L, C
7	Closed Basic (Closed Basic Movement)		L, I, C
8	Closed Hip Twist		I, C
9	Closed Hip Twist (Basic)		L SU
10	Closed Hip Twist (Advanced)		L SU
11	Cross Basic		I, L, C
12	Cross Basic Development (with Spiral)	234&1, guapacha	I, L, C
13	Cuban Breaks (LFoot, RFoot, Split)		I, L, C
14	Cuban Rocks		I, L, C
15	Fan Fan Development	234&1, guapacha (6-10)	I, L, C
16	Follow My Leader		I, L, C
17	Foot Changes (7 methods) Foot Changes (4 methods) Foot Changes (3 methods)		I C L
18	Hand to Hand (To Right and Left SP)		I, L, R
19	Hockey Stick		I, L, C
20	Natural Opening Out Movement (Opening Out to Right)		I, C SU
21	Natural Top Development (Underarm Turn)		I, L, C
22	New York (To LSP or RSP) Check from OCPP or OPP		I, L, C
23	Open Basic (Open Basic Movement)		L, I, C
24	Open Hip Twist		I, L, C
25	Opening Out from Reverse Top		I, C, SU
26	Reverse Top		I, C, SU
27	Shoulder to Shoulder (Left Side and Right Side) Development		I, L, C
28	Side Steps (To Left or Right)		I, SU
29	Spiral Turns (Spiral, Curl and Rope Spinning)		I, L, C
30	Spot Turns to L or R (Including Switch and Underarm Turns) Developments		I, L, C
31	Sweetheart		I, C, SU
32	Syncopated Open Hip Twist		L

**Cha Cha Cha cd.**

33	The Cha Cha Cha Chasse and alternatives Chasse Compact Chasse Forward Lock(R or L Foot) Backward Lock(R or L Foot) Forward and Backwards Run Ronde Chasse Twist (Hip Twist) Chasse Slip Chasse (Open Hip Twist) 1-3 Cuban Break (R or L)		L, I, C
34	The Cha Cha Cha Chasse and alternatives Runaway Chasse		C
35	There and Back		C
36	Three Cha Cha Chas		I, L, R
37	Time Steps (Basic in Place, Side Basic)	234&1, guapacha	L, I, C, SU
38	Turkish Towel		I, C

## Rumba

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	Advanced Opening Out Movement		L
2	Aida (4 Endings) Fallaway Development (following Curl)		I, R L I, R
3	Alemana		I, L, R
4	Alemana Development (R to R Hand Hold)		I, L, R
5	Basic Movements (Closed, Open, In Place and Alternative), Developments		I, L,
6	Closed Hip Twist		I, L, R
7	Cuban Rocks, Syncopated Cuban Rocks		I, L, R
8	Cucarachas (LF and RF)		I, L, R
9	Fan		L
10	Fan Development	2341, &341(4-6)	I,R
11	Fencing Spin Endings		I, SU ,R
12	Hand to Hand (To Right and Left SP)		I, L, R
13	Hip Twists (Advanced, Continuous and Circular) Continuous Circular Hip Twist		I, L, R
14	Hockey Stick		I, L, R
15	Natural Opening Out Movement		I, R
16	Natural Top Development (Underarm Turn)		I, L, R
17	New York (To LSP or RSP) Check from OCPP or OPP		I, L,R
18	Open Hip Twist		I, L, R
19	Opening Out from Reverse Top		I, SU, R
20	Opening Out to Right and Left		I, L, R
21	Progressive Walks Forward in Right Shadow Position (Kiki Walks)		I, L, R
22	Progressive Walks Forward or Backward		I, L, R
23	Reverse Top		I, L, R
24	Runaway Alemana		L
25	Shoulder to Shoulder (Left Side and Right Side) Development		R, SU
26	Side Steps (To Left or Right)		I, R, SU
27	Sliding Doors Development (Alternative Hold)		I, L, R
28	Spiral Turns (Spiral, Curl and Rope Spinning) Developments (Kiki Walks)		I, L, R
29	Spiral Turns Developments (Kiki Walks)		R
30	Spot Turns to L or R (Including Switch and Underarm Turns) Developments		I, L, R
31	Syncopated Cuban Rocks		I, L, R
32	Syncopated Open Hip Twist		L
33	Three Alemanas Development (knee flexed)		I, L, R
34	Three Threes Three Threes with Fan Endings	2341, &341 (4-6)	I, SU, R

## Paso Doble

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	Additional „Endings” to Chasse Cape Type of Counter Promenade Close and Chasse Syncopated Chasse Lady’s Spin to R		P
2	Alternative Entries to PP		L
3	Appel	&	I, L, P
4	Banderillas		I, L, P
5	Basic Movement		I, L, P
6	Chasse Cape Development (Outside Turn)		I, L, P P
7	Chasses to Right or Left Elevation Syncopated Chasse		I, L, P
8	Coup de Pique (Couplet, Syncopated, alternative methods)		I, L, P
9	Deplacement (Attack)		I, L, P
10	Drag		P, SU
11	Ecart (Fallaway Whisk)		I, L, P
12	Endings to Syncopated Separation 2-4 Attack and Sur Place Syncopated Chasse to Right Drag		I, P
13	Fallaway Ending to Separation (Separation to Fallaway Whisk)		I, P, SU
14	Fallaway Reverse (Turn)		I, L, P
15	Flamenco Taps	12&34, 1&2&34	I, L, P
16	Fregolina (Farol)		I, P, SU
17	Grand Circle		I, L, P
18	Huit (Cape)		I, L, P
19	La Passe		I, L, P
20	Left Foot Variation		I, L, P
21	Open Telemark		I, L, P, SU
22	Promenade		P, L
23	Promenade and Counter Promenade (Promenades)		I, L, P
24	Promenade Link Promenade Close		I, P P, L
25	Separation		I, L, P
26	Separation with Lady’s Caping Walks		P
27	Separation with Lady’s Caping Walks (to Fallaway Whisk)		SU
28	Sixteen		I, L, P
29	Spanish Lines (in Inverted PP and Inverted CPP)		I, L, P
30	Sur Place	1, &	I, L, P
31	Syncopated Separation		I, L, P
32	Travelling Spins from CPP Development (Double Spin)	12121212&2&12 12121&21&21212	I, L, P I, L, P
33	Travelling Spins from PP Double Spin	1212&1&212	I, L, P L
34	Twist Turn		L, P
35	Twists		I, L, P

## Jive

Lp.	Nazwa figury	Rozliczenie alternatywne	Źródło
1	American Spin		I, L, J
2	Ball Change		I, L, J
3	Ball Change – with Flick or Hesitation		I, L, J, SU
4	Basic in Fallaway (Fallaway Rock) Development		L, J, I, J
5	Basic in Place		I, L, J
6	Break (Advanced Link)		I, J, SU
7	Catapult		J
8	Change of Hands Behind Back		I, L, J
9	Change of Place L to R		I, L, J
10	Change of Place L to R Development Development (Overturned)		I, L, J
11	Change of Place R to L		I, L, J
12	Change of Place R to L Development Development (Double Spin)		I, L, J
13	Chicken Walks	QQQQ, SSSS, SSQQQQ	I, L, J
14	Chugging		J
15	Curly Whip		I, L, J
16	Fallaway Throwaway Overturned Fallaway Throwaway		I, L, J
17	Fallaway Throwaway Development Development		I, L, J
18	Fallaway Throwaway Overturned Fallaway Throwaway Development		I, L, J
19	Flicks into Break		SU
20	Hip Bump (Left Shoulder Shove)		J, SU
21	Link		I
22	Link (Link Rock)		I, L, J
23	Miami Special		J
24	Mooch		J
25	Mooch Development ("Boppy" Hops Flick Cross action)	&Q&Q&Q&Q, &QQ&QQ	
26	Promenade Walks (Slow and Quick) Development (Merengue)	Q&Q, QQ	I, L, J
27	Reverse Whip		I, L, J
28	Rolling of the Arm Spin Ending to Rolling of the Arm		I, L, J
29	Shoulder Spin		J
30	Simple Spin		I, J, SU
31	Spanish Arms Spin Ending to Spanish Arms		I, L, J
32	Stalking Walks, Flicks and Break (Flicks into Break)		I, J
33	Stop and Go		I, L, J
34	The Laird Break		L
35	Toe Heel Swivels	QQQQQQ, QQSQQS	I, J, SU
36	Whip Double Cross Whip		I, L, J
37	Whip Throwaway		I, L, J
38	Windmill		I, L, J

**Uwagi:**

- w nawiasach podano alternatywne nazwy lub uzupełnienia nazwy
- niektóre nazwy uszczegółowiono lub powtórzono ze względu na konieczność podania źródła

**Objaśnienia symboli literowych (źródło):**

I	ISTD: <i>The Ballroom Technique, The Revised Technique of Latin American Dancing, Viennese Waltz</i>
H	IDTA: Guy Howard – <i>Technique of Ballroom Dancing</i>
S-H	Harry Smith-Hampshire: <i>The Viennese Waltz</i>
L	IDTA: Walter Laird: <i>Technique of Latin Dancing</i> <i>The technique of Latin Dancing by Walter Laird – The Commemorative Edition</i>
SU	Walter Laird: <i>Technique of Latin Dancing – Supplement</i>
S	ISTD: <i>Latin American Samba</i>
C	ISTD: <i>Latin American Cha Cha Cha</i>
R	ISTD: <i>Latin American Rumba</i>
P	ISTD: <i>Latin American Paso Doble</i>
J	ISTD: <i>Latin American Jive</i>