

**Clasa E, fete solo aur**

<b>NATURAL BASIC MOVEMENT</b> Start: RF fwd (Close Opp.; Normal Hold) Finish: LF in place (Close Opp.; Normal Hold) Timing: SaS SaS NOTE - General: Steps 1-3 or 4-6 only may be used.	<b>REVERSE BASIC MOVEMENT</b> Start: LF fwd (Close Opp.; Normal Hold) Finish: RF in place (Close Opp.; Normal Hold) Timing: SaS SaS NOTE - General: Steps 1-3 or 4-6 only may be used.	<b>PROGRESSIVE BASIC MOVEMENT</b> Start: RF fwd (Close Opp.; Normal Hold) Finish: LF in place (Close Opp.; Normal Hold) Timing: SaS SaS NOTE - General: Steps 1-3 or 4-6 only may be used.	<b>SIDE BASIC MOVEMENT TO L</b> Start: LF to side (Close Opp.; Normal Hold) Finish: LF in place (Close Opp.; Normal Hold) Timing: SaS
<b>SIDE BASIC MOVEMENT TO R</b> Start: RF to side (Close Opp.; Normal Hold) Finish: RF in place (Close Opp.; Normal Hold) Timing: SaS	<b>OUTSIDE BASIC</b> Start: RF fwd (Close Opp.; Normal Hold) Finish: LF in place (Close Opp.; Normal Hold) Timing: SaS SaS SaS SaS NOTE - General: Parts of the figure may be used on their own depending on the preceding or following figure.	<b>SOLO SPOT VOLTA TURNING LEFT</b> See UNDERARM TURN TURNING RIGHT (VOLTA SPOT TURN TO R FOR LADY)	<b>SOLO SPOT VOLTA TURNING RIGTH</b> See UNDERARM TURN TURNING LEFT (VOLTA SPOT TURN TO L FOR LADY)

<b>SAMBA WHISK TO LEFT</b> Start: LF to side (Close Opp.; Normal Hold) Finish: LF in place (Close Opp.; Normal Hold) Timing: SaS	<b>SAMBA WHISK TO RIGHT</b> Start: RF to side (Close Opp.; Normal Hold) Finish: RF in place (Close Opp.; Normal Hold) Timing: SaS NOTE - Couple Position: May end in PP	<b>STATIONARY SAMBA WALKS</b> Start: Instep of LF to T of RF (Open Opp.; LH to RH and RH to LH Hold) Finish: RF slipped slightly bwd (Open Opp.; LH to RH and RH to LH Hold, LH to RH Hold) Timing: SaS SaS NOTE - General: Steps 1-3 or 4-6 only may be used. When dancing a Stationary Samba Walk Man may lead Lady to turn (Spot Volta making a complete turn) under raised arm. NOTE - Hold: Normal Hold can be used through this figure.	<b>PROMENADE SAMBA WALKS</b> Start: LF fwd (R Side Same; Promenade Hold) Finish: LF slipped bwd (R Side Same; Promenade Hold) Timing: SaS SaS NOTE - General: Steps 1-3 or 4-6 only may be used.
<b>SIDE SAMBA WALK</b> Start: RF fwd (R Side Same; Promenade Hold) Finish: RF slipped leftwards (R Side Same; Promenade Hold) Timing: SaS NOTE - Quantity of Turn and Couple Position: $\frac{1}{4}$ to R (Lady L) can be made to finish in Open Opposing Position or $\frac{1}{8}$ to R (Lady L) to end in Open Promenade position. The hold will change according to the next figure	<b>TRAVELLING BOTAFOGO FORWARD</b> Start: LF fwd (Close Opp.; Normal Hold) Finish: LF in place (R Diag Opp.; Normal Hold) Timing: SaS SaS SaS NOTE - General: Steps 1-3, 4-6 or 4-9 only may be used.	<b>TRAVELLING BOTAFOGO BACKWARD TO PP</b> Start: RF bwd (Close Opp.; Normal Hold) Finish: LF in place (R Side Same; Promenade Hold) Timing: SaS SaS SaS SaS NOTE - General: Steps 1-3 or 1-6 only may be used.	<b>CRISS CROSS BOTAFOGOS (SHADOW BOTAFOGOS)</b> Start: LF fwd (Ex. Open Prom; LH to RH Hold) Finish: RF in place (Ex Open Prom; LH to RH Hold) Timing: SaS SaS NOTE - General: Steps 1-3 or 4-6 only may be used.
<b>REVERSE TURN</b> Start: RF fwd (Close Opp.; Normal Hold)	<b>UNDERARM TURN TURNING RIGHT (VOLTA SPOT TURN TO R FOR LADY)</b> Start: LF to side (Close Opp.; Normal Hold)	<b>UNDERARM TURN TURNING LEFT (VOLTA SPOT TURN TO L FOR LADY)</b> Start: RF to side (Close Opp.; Normal Hold)	<b>CLOSE ROCKS</b> Start: RF fwd (Close Opp.; Normal Hold)

<p>Finish: RF closed to LF (Close Opp.; Normal Hold)  Timing: SaS SaS  NOTE - General: Steps 1-3 or 4-6 may be used.  NOTE - Timing: Alternative timing SQQ SQQ may be used.  NOTE - Hip Design: The Lady may straighten her knees with pelvis tilted bwd at the end of step 3.</p>	<p>Finish: LF in place (Close Opp.; Normal Hold)  Timing: SaS  NOTE - General: Man may at the same time dance the Lady's steps of Underarm Turn turning L, in which case the figure will be named SOLO SPOT VOLTA TURNING LEFT  NOTE - General/ Timing: They may both dance a Volta Spot Turn with timing 1a2a3a4 making 2 full turns in which case the figure will be named CONTINUOUS SOLO SPOT VOLTA TURNING LEFT  NOTE - Hold: LH to RH Hold may be used.</p>	<p>Finish: RF in place Close Opp.; Normal Hold)  Timing: SaS  NOTE - General: Man may at the same time dance the Lady's steps of Underarm Turn turning L, in which case the figure will be named SOLO SPOT VOLTA TURNING RIGHT  NOTE - General/ Timing: They may both dance a Volta Spot Turn with timing 1a2a3a4 making 2 full turns in which case the figure will be named CONTINUOUS SOLO SPOT VOLTA TURNING RIGHT  NOTE - Hold: LH to RH Hold may be used.</p>	<p>Finish: LF crossed behind RF (L Diag Opp.; Normal Hold)  Timing: SQQ SQQ  NOTE - General: Steps 1-3 or 4-6 only may be used.</p>
<p><b>CORTA JACA</b>  Start: RF fwd (Open Opp.; Normal Hold)  Finish: RF slipped rightwards (Open Opp.; Normal Hold)  Timing: SQQ QQQQ  NOTE - General: After step 7, Man may dance Lady's steps 1-7 (Lady dances Man's steps 1-7).  NOTE - Lead-Hold-Shaping: LH for Man and RH for Lady may be lowered</p>	<p><b>CRISS CROSS VOLTAS TO RIGHT</b>  Start: LF crossed in front of RF (Ex Open Prom; LH to RH Hold)  Finish: Weight on L foot (Open Opp.; LH to RH Hold)  Timing: SaSaSaS  NOTE - General: The last 2 steps of the Criss Cross Volta may be danced as the last 2 steps of a Botafogo (Botafogo ending) when followed by Travelling Volta to L.  NOTE - Quantity of turn/Couple position: It can be turned only <math>\frac{1}{4}</math> to L (Man) and <math>\frac{1}{4}</math> to R (Lady) to end in Extended Open CPP.  NOTE - Couple Position: It may end in Close Opp. Position- Normal Hold</p>	<p><b>CRISS CROSS VOLTAS TO LEFT</b>  Start: RF crossed in front of LF (Ex Open Cnt Prom; LH to RH Hold)  Finish: RF crossed in front of LF (Open Opp.; LH to RH Hold)  Timing: SaSaSaS  NOTE - General: The last 2 steps of the Criss Cross Volta may be danced as the last 2 steps of a Botafogo (Botafogo ending) when followed by Travelling Volta to R.  NOTE - Quantity of turn/Couple position: It can be turned only <math>\frac{1}{4}</math> to R (Man) and <math>\frac{1}{4}</math> to L (Lady) to end in Extended Open CPP.  NOTE - Couple Position: It may end in Close Opp. Position - Normal Hold</p>	<p><b>TRAVELLING VOLTA TO RIGHT</b>  Start: LF crossed in front of RF (Open Opp.; Normal Hold)  Finish: LF crossed in front of RF (Open Opp.; Normal Hold)  Timing: SaS  NOTE - General: Steps 2-3 can be repeated. It may start from step 2. The last 2 steps of the Travelling Volta may be danced as the last 2 steps of a Botafogo (Botafogo Ending) when followed by Travelling Volta to L.  NOTE - Hold: LH to RH Hold may be used.</p>

<p><b>TRAVELLING VOLTA TO LEFT</b>  Start: RF crossed in front of LF (Open Opp.; Normal Hold)  Finish: RF crossed in front of LF (Open Opp.; Normal Hold)  Timing: SaS  NOTE - General: Steps 2-3 can be repeated. It may start from step 2. The last 2 steps of the Travelling Volta may be danced as the last 2 steps of a Botafogo (Botafogo ending) when followed by Travelling Volta to R.  NOTE - Hold: LH to RH Hold may be used.</p>	<p><b>DROPPED VOLTA</b>  Start: LF fwd (R Side Same; Promenade Hold)  Finish: RF crossed in front of LF (Close Opp.; Normal Hold)  Timing: &amp;S(S)  NOTE - General: It may be danced starting with RF (Man) and LF (Lady).  NOTE - Hold: LH to RH Hold may be used.</p>	<p><b>SIDE SAMBA CHASSE</b>  Start: LF to side (Close Opp.; Normal Hold)  Finish: RF closed to LF (Close Opp.; Normal Hold)  Timing: QQQQ SS  NOTE - General: Man may dance Lady's steps and vice versa.  NOTE - Quantity of turn: May turn up to ¼ to L or R.  NOTE - Couple position: Open Opp (LH to RH Hold or w/o Hold) may also be used.</p>	<p><b>MAYPOLE - LADY TURNING RIGHT (CONTINUOUS VOLTA SPOT TURN TO R)</b>  Start: LF crossed in front of RF (Ex Open Prom; LH to RH Hold)  Finish: LF crossed in front of RF (Open Opp.; LH to RH Hold)  Timing: SaSaSaS  NOTE - General: The last 2 steps of the Maypole Lady Turning R may be danced as the last 2 steps of a Botafogo (Botafogo Ending) when followed by Travelling Volta to L or Maypole - Lady turning L  NOTE - Couple position: May end in Close Opp. position</p>
<p><b>MAYPOLE - LADY TURNING LEFT (CONTINUOUS VOLTA SPOT TURN TO L)</b>  Start: RF crossed in front of LF (Ex Open Prom; LH to RH Hold)  Finish: Weight on R foot (Open Opp.; LH to RH Hold)  Timing: SaSaSaS  NOTE - General: The last 2 steps of the Maypole Lady Turning L may be danced as the last 2 steps of a Botafogo (Botafogo Ending) when followed by Travelling Volta to R or Maypole- Lady turning R  NOTE - Couple position: May finish in R Side Same Pos with Both Hand</p>	<p><b>RHYTHM BOUNCE</b>  NOTE - General: Kick Ball Change may be used in place of Rhythm Bounce by both Man and Lady</p>	<p><b>CONTINUOUS SOLO SPOT VOLTA TURNING LEFT</b>  See UNDERARM TURN TURNING RIGHT (VOLTA SPOT TURN TO R FOR LADY)</p>	<p><b>CONTINUOUS SOLO SPOT VOLTA TURNING RIGHT</b>  See UNDERARM TURN TURNING LEFT (VOLTA SPOT TURN TO L FOR LADY)</p>

Hold. May end in Close Opp. position			
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<p><b>NATURAL BASIC MOVEMENT</b></p> <p>NOTE -Timing: If used as a link between Natural and Reverse Roll, alternative timing of SQQ may be used with no bounce action.</p>	<p><b>REVERSE BASIC MOVEMENT</b></p> <p>NOTE -Timing: If used as a link between Natural and Reverse Roll, alternative timing of SQQ may be used</p>	<p><b>SIDE SAMBA WALK</b></p> <p>NOTE - General: Man can start with LF and dance the Lady's steps and the Lady starts with RF and dances the Man's steps when starting from L Side Same Pos.</p>	<p><b>PROMENADE TO COUNTER</b></p> <p><b>PROMENADE BOTAFOGOS</b></p> <p>Start: LF fwd (Close Opp.; Normal Hold)</p> <p>Finish: LF in place (R Side Same; Promenade Hold)</p> <p>Timing: SaS SaS SaS</p> <p>NOTE - General: Steps 1-3, 1-6, 4-6 or 4-9 only may be used.</p> <p>NOTE - Quantity of turn: It is possible to dance steps 1-3 only, and in this case the Quantity o of turn will be ¼ to L for Man and ¼ to R for Lady.</p>
<p><b>CRUZADOS WALKS</b></p> <p>Start: LF fwd (R Diag Same; w/o Hold)</p> <p>Finish: RF fwd (R Diag Same; w/o Hold)</p> <p>Timing: SS</p> <p>NOTE - General: It may start with the RF.</p> <p>NOTE - General/ Timing: Cruzado Walk on RF may be followed by steps 3-7 of Continuous Cruzados Lock starting with LF, Cruzado Walk on LF may be followed by steps 3-7 of Continuous Cruzados Lock starting with RF Timing: SQQQQS</p>	<p><b>CRUZADOS LOCKS</b></p> <p>Start: LF fwd (R Diag Same; w/o Hold)</p> <p>Finish: RF fwd (R Diag Same; w/o Hold)</p> <p>Timing: QQS QQS</p> <p>NOTE - General: Steps 1-3 or 4-6 only may be used.</p> <p>NOTE - Couple Position: 1-3 of Cruzados Locks may be danced in R Side Same Position (Promenade Hold) on opposite foot.</p> <p>NOTE - General/ Timing: May be danced as a CONTINUOUS CRUZADOS LOCKS (3.4.32) by repeating steps 1-2 three times - Timing QQQQQQS. If started on LF (Man) it may be danced in R Side</p>	<p><b>SAME FOOT BOTAFOGOS (CONTRA BOTAFOGOS)</b></p> <p>Start: RF fwd OP on R side (R Diag Opp.; LH to RH and RH to LH Hold)</p> <p>Finish: LF in place (R Diag Opp.; LH to RH and RH to LH Hold)</p> <p>Timing: SaS SaS</p> <p>NOTE - General: Steps 1-3 or 4-6 only may be used.</p> <p>NOTE - Hold: Normal Hold or RH to RH (LH to LH) Hold may be used.</p>	<p><b>SAMBA LOCKS LADY ON LEFT SIDE</b></p> <p>Start: RF fwd (L Side Same; LH to RH Hold)</p> <p>Finish: RF fwd (L Side Same; LH to RH Hold)</p> <p>Timing: QQS QQS QQS</p> <p>NOTE - General: Steps 1-3 or 1-6 only may be used.</p>

	Same Position (Promenade Hold) on opposite foot.		
<b>SAMBA LOCKS LADY ON RIGHT SIDE</b> Start: LF fwd (R Side Same; RH to LH Hold) Finish: LF fwd (R Side Same; RH to LH Hold) Timing: QQS QQS QQS NOTE - General: Steps 1-3 or 1-6 only may be used.	<b>NATURAL ROLL</b> Start: RF diag fwd (Close Opp.; Normal Hold) Finish: LF closes to RF (Close Opp.; Normal Hold) Timing: SQQ SQQ NOTE - General: Steps 1-3 or 4-6 only may be used. NOTE - Quantity of turn: Less turn can be made on steps 1-3 and 4-6. NOTE - Couple Position: Bodies are in contact.	<b>REVERSE ROLL</b> Start: LF diag fwd (Close Opp.; Normal Hold) Finish: RF closed to LF (Close Opp.; Normal Hold) Timing: SQQ SQQ NOTE - General: Steps 1-3 or 4-6 only may be used. NOTE - Couple Position: Bodies are in contact.	<b>OPEN ROCKS</b> Start: RF Fwd (Close Opp.; Normal Hold) Finish: RF crossed behind LF (R Diag R Angle; Release LH Hold) Timing: SQQ SQQ SQQ NOTE - General: Steps 1-3, 4-6 or 1-6 only may be used.
<b>BACKWARD ROCKS</b> Start: RF bwd (Close Opp.; Normal Hold) Finish: LF in Place (Close Opp.; Normal Hold) Timing: SQQ SQQ NOTE - General: Steps 1-3 or 4-6 only may be used.	<b>PLAIT</b> Start: LF bwd, small step, LK bent, RK straight) (Open Opp.; LH to RH Hold) Finish: LF bwd, small step, LK bent, RK straight (Open Opp.; LH to RH Hold) Timing: SS QQS NOTE - General: Plait may start with RF (Man) and LF (Lady) NOTE - Lead-Hold-Shaping: When Plait is preceded by a figure that ends in Normal hold, the change of Hand hold should happen on step 1.	<b>SAME POSITION CORTA JACA</b> Start: LF fwd (LK straight) (R Side Same; RH of Man to Lady's R shoulder) Finish: RF in place (R Side Same; RH of Man to Lady's R shoulder) Timing: QQQQ QQQQ QQQQ QQQQ NOTE - General: In this type of Corta Jaca it is possible to repeat steps 1-4.	<b>DOUBLE SPIRAL TURN (THREE STEP TURN)</b> Start: Instep of LF closed to T of RF (R Side Same; LH to RH Hold) Finish: LF slipped slightly Bwd (L Side Same; LH to RH Hold) Timing: SaS (Lady QQS)
<b>PROMENADE TO COUNTER PROMENADE RUNS</b> Start: RF fwd OP (R Diag Opp.; preceding figure; LH to RH Hold)	<b>DRAG</b> Start: RF bwd and slightly to side (Close Opp or Open Opp.; Hold: according to the previous figure)	<b>ROLLING OFF THE ARM</b> Start: LF to side (R Side Same; Shadow Hold) Finish: RF in place (R Side Same; Shadow Hold)	<b>CIRCULAR VOLTAS TURNING RIGHT (ROUNABOUT TO RIGHT)</b> Start: RF crossed in front of LF (R Diag Opp.; Normal Hold)

<p>Finish: RF fwd and across body (R Side Same; Release LH Hold)  Timing: 123 123 123 123  NOTE - Timing: Alternative Timing may be used (QQS QQS QQS or SaS SaS SaS)  NOTE - Foot Placement: Step 1 can be taken FWD between Lady's feet. When taken to side (RF Man, LF Lady) in Close Opp with LH to RH Hold, the alignment of this step for the Man will be Facing W (Lady Facing C).  NOTE - General Action: On steps 1 and 7 the Lady may finish in a Spiral Cross Position.</p>	<p>Finish: LF side and slightly fwd (R Diag. Opp.; Hold: according to the previous figure)  Timing: SS  NOTE- Couple Position: It may start in Close Opposing and Open Opposing Position.</p>	<p>Timing: SaS SaS (S&amp;aS S&amp;aS Lady)  NOTE - General: Man's steps 4-6 and Lady's 5-8 may be substituted with a foot change to end in R Diagonal Same Pos on LF.  NOTE - Foot Placement: After step 4, Lady can dance steps 5-6-7 diag. Fwd and make an additional ½ turn to L on step 7 ,to Follow with Reverse Turn.</p>	<p>Finish: RF in place (L Diag Opp.; Normal Hold)  Timing: SaSaSaS  NOTE - General: During steps 1-5 Sway to L (Lady R) may be used. The Man may dance a Circular Volta Turning R and the Lady a Circular volta Turning L starting in Close Opp.Position making 1 full turn, in that case the figure is called SOLO CIRCULAR VOLTAS TURNING RIGHT</p>
<p><b>CIRCULAR VOLTAS TURNING LEFT (ROUNABOUT TO LEFT)</b>  Start: LF crossed in front of RF (L Diag Opp.; Normal Hold)  Finish: LF in place (R Diag Opp.; Normal Hold)  Timing: SaSaSaS  NOTE - General: During steps 1-5 Sway to R (Lady L) may be used. The Man may dance a Circular Volta Turning L and the Lady a Circular Volta Turning R starting in Close Opp.Position, making 1 full turn, in that case the figure is called SOLO CIRCULAR VOLTAS TURNING L</p>	<p><b>SOLO CIRCULAR VOLTAS TURNING R</b>  CIRCULAR VOLTAS TURNING RIGHT (ROUNABOUT TO RIGHT)</p>	<p><b>SOLO CIRCULAR VOLTAS TURNING L</b>  See CIRCULAR VOLTAS TURNING LEFT (ROUNABOUT TO RIGHT)</p>	<p><b>CARIOCA RUNS</b>  Start: LF to side and slightly bwd (Open Opp.; w/o Hold)  Finish: LF fwd w/o weight, weight on R foot (Open Opp.; w/o Hold)  Timing: QQQQ QQQQ  NOTE - General: Man may dance the Lady's steps and vice versa. Steps 1-4 or 5-8 only may be danced  NOTE - Timing: Alternative timing aS aS may be used</p>
<p><b>ARGENTINE CROSSES</b></p>	<p><b>FOOT CHANGE METHOD 1 - LF FORWARD</b></p>	<p><b>FOOT CHANGE METHOD 2 - RF FORWARD</b></p>	<p><b>FOOT CHANGE METHOD 3 - KICK BALL CHANGE</b></p>



<p>Start: RF crossed in front of LF (Close Opp.; Normal Hold) Finish: LF to side (Close Opp.; Normal Hold) Timing: SaS SaS SaS SaS NOTE - General: May start from step 4. Steps 1-6, 1-9 or 4-9 only may be used.</p>	<p>Start: LF fwd (preceding figure) Finish: RF closed to LF Timing: SS NOTE - General: Lady dances Volta Spot Turn to R or L, Botafogo on RF, Botafogo on LF or Three Step Turn to R or L. NOTE - Quantity of turn: The Quantity of Turn may vary depending on the preceding and following figure.</p>	<p>Start: RF fwd Finish: LF closed to RF Timing: SS NOTE - General: General: Lady dances Volta Spot Turn to R or L, Botafogo on RF, Botafogo on LF or Three Step Turn to R or L. NOTE - Quantity of turn: The Quantity of Turn may vary depending on the preceding and following figure.</p>	<p>Start: RF kick fwd Finish: LF in place Timing: SaS NOTE - General: General: Lady dances Volta Spot Turn to R or L, Botafogo on RF, Botafogo on LF or Three Step Turn to R or L. Man may replace Kick Ball Change action with a RF point fwd and point bwd. NOTE - Quantity of turn: The Quantity of Turn may vary depending on the preceding and following figure.</p>
<p><b>FIGURES AND ACTIONS THAT MAY BE USED IN RIGHT SIDE SAME OR RIGHT DIAGONAL SAME POSITION</b> (Weight on same foot- Man and Lady dancing the same steps- Man's or Lady's)</p> <ul style="list-style-type: none"> <li>• Travelling Volta to R</li> <li>• Travelling Volta to L</li> <li>• Circular Volta to R</li> <li>• Circular Volta to L</li> <li>• Spot Volta to L</li> <li>• Spot Volta to R</li> <li>• Continuous Spot Volta to R</li> <li>• Continuous Spot Volta to L</li> <li>• Corta Jaca</li> <li>• Travelling Botafogos</li> </ul> <p>Forward</p> <ul style="list-style-type: none"> <li>• Stationary Samba Walks</li> </ul>			

<ul style="list-style-type: none"> <li>• Promenade Samba Walks</li> <li>• Carrioca Runs</li> <li>• Side Samba Chasse</li> <li>• Samba Whisk to R and L</li> <li>• Dropped Volta</li> <li>• Rhytm Bounce</li> </ul>			
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