

F R D S

FEDERAȚIA ROMÂNĂ DE DANS SPORTIV

RAPORT ABATERI REGULAMENT SYLLABUS

**CONGRES
MAMAIA
2026**

Justin Istrate

F R D S

FEDERAȚIA ROMÂNĂ DE DANS SPORTIV

RAPORT ABATERI REGULAMENT SYLLABUS

Analiză competițională · 3 ediții · 2026

Cupa Muntenia 2026

Danube Dance Fest 2026

Pirates Dance Fest 2026

CONGRES
MAMAIA
2026

Justin Istrate

Sumar Executiv

3 competiții analizate · sezon 2026

3

Competiții
analizate

167

Abateri
înregistrate

10

Dansuri
cu abateri

30+

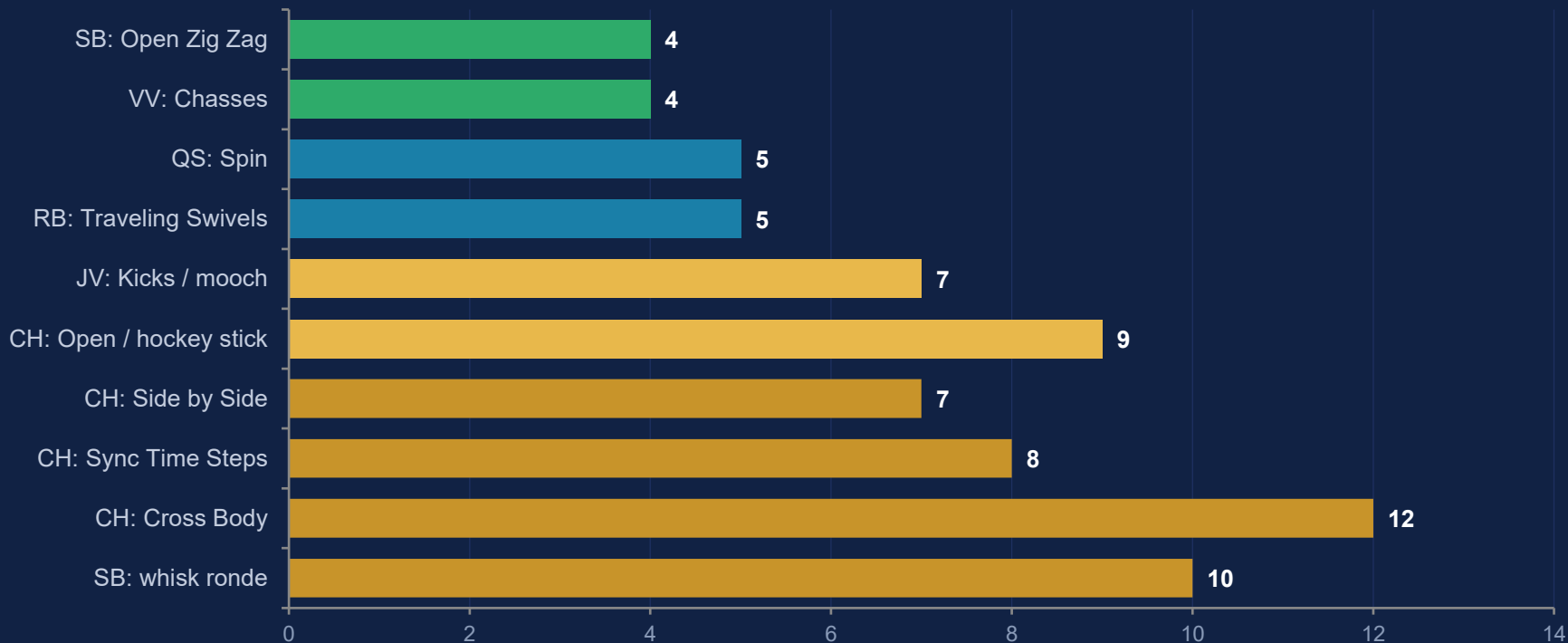
Cluburi
implicate

Sursa: Rapoarte observator federal Justin Istrate · Cupa Muntenia, Danube Dance Fest, Pirates Dance Fest · Sezon 2026

FRDS · Congres Mamaia · Iunie 2026

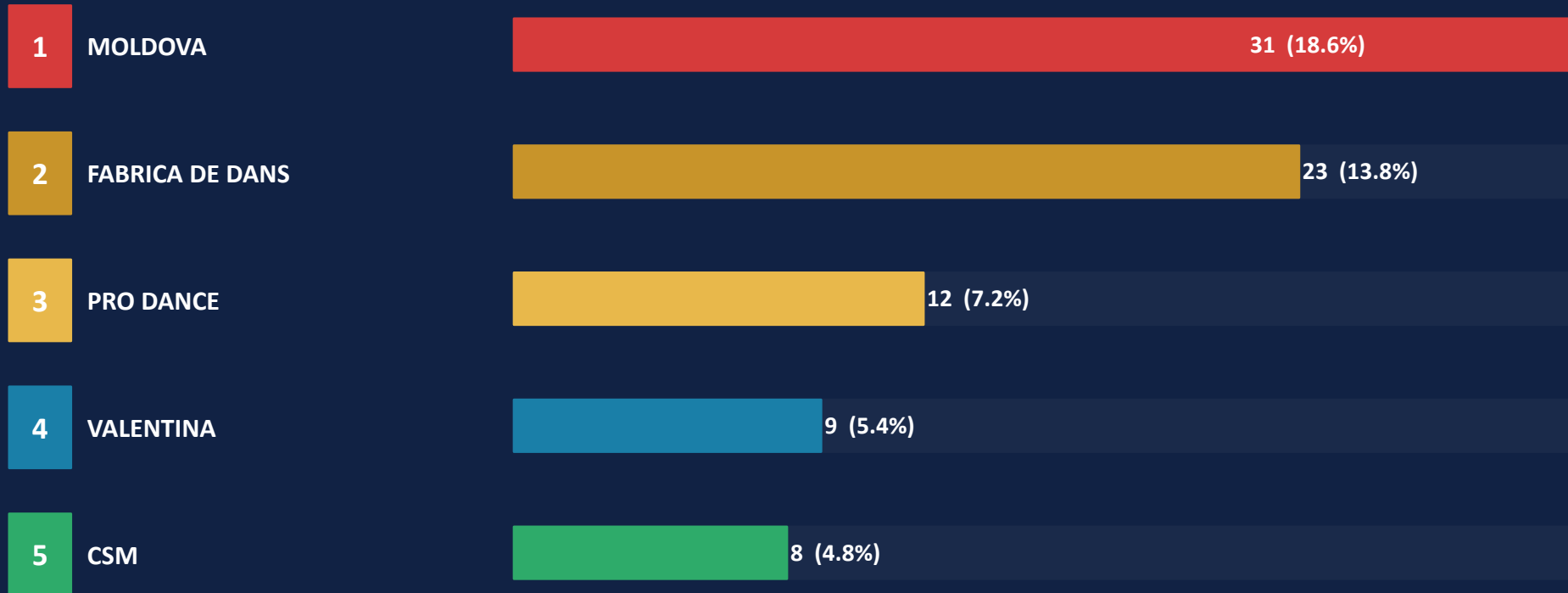
Top 10 Figuri Nepermise

Clasament după frecvența abaterilor · toate clasele



Top 5 Cluburi cu Abateri

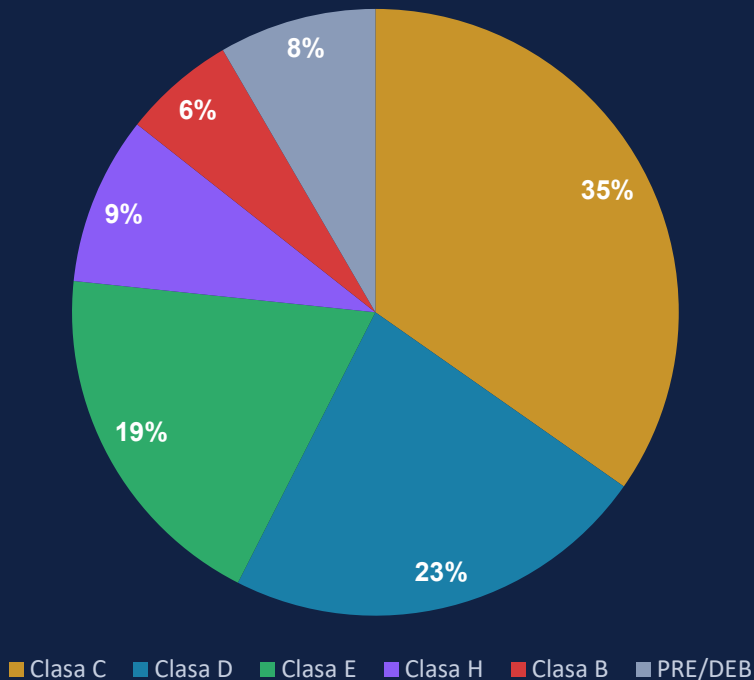
Frecvența figurilor nepermise per club · toate competițiile



⚠ Prezența unui club în acest top reflectă numărul de perechi cu abateri, nu calitatea generală a clubului.

Distribuție pe Clase de Concurs

Unde apar cel mai des abaterile?



Clasa C 34.7%

Cel mai frecvent — tranziție între basic și B, syllabus mai larg

Clasa D 22.8%

Open / Skating
Locks — figuri avansate folosite

Clasa E 19.2%

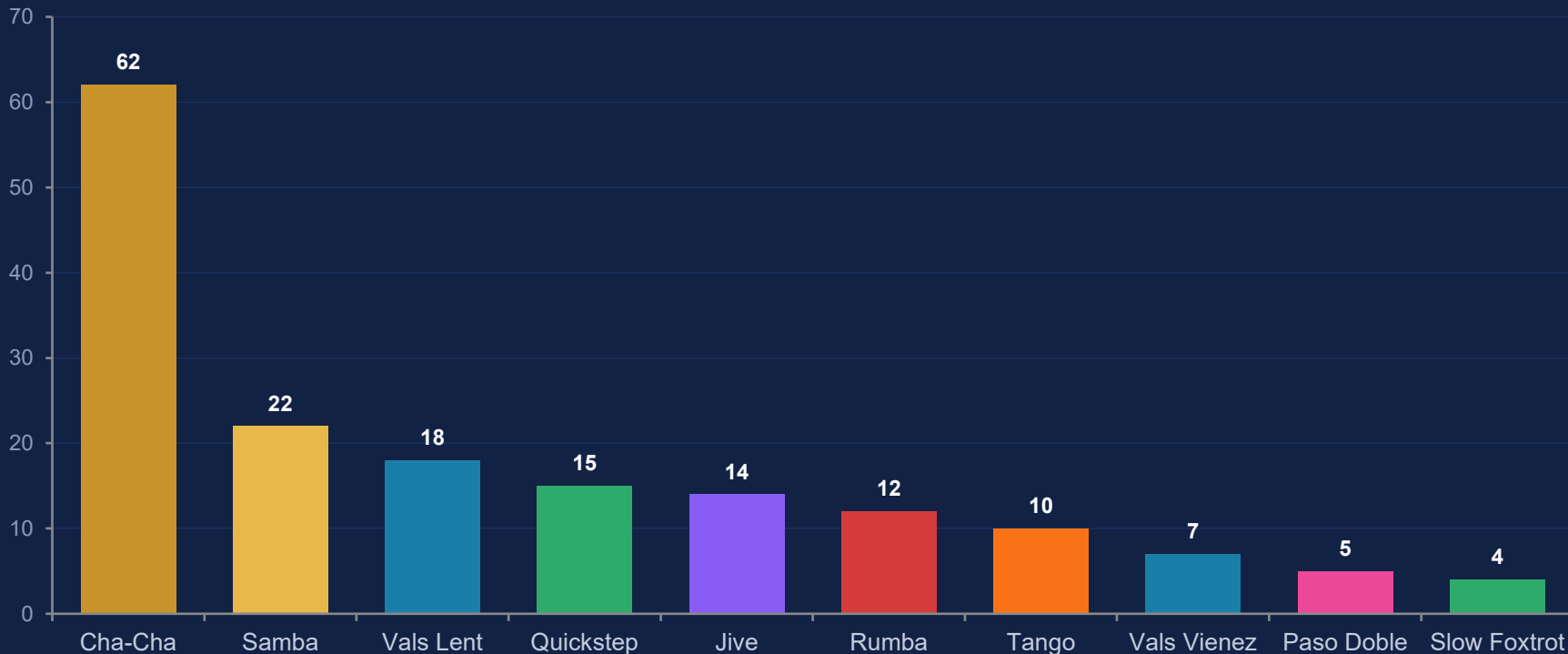
Lunge, 3 Step Turn, Whisk Ronde
— cele mai frecvente în E

PRE/DEB 8.4%

Cross Body și Hockey Stick —
figuri complet interzise

Distribuție pe Dansuri

Ce dansuri generează cele mai multe abateri?



Cha-Cha concentrează 37% din totalul abaterilor — figura Open și Cross Body domină în toate clasele.

Three Step Turn vs Continuous Spins (Pirouete)

Două principii de rotație în dansurile Latine · Syllabus WDSF · Diferențe esențiale

✓ THREE STEP TURN — PERMIS

Definiție (Syllabus WDSF):

This is a group of three steps where one complete turn is made. The direction of the first step can be forward or side and the leg can be bent or straight depending on the interpretation of the turn. The Foot Placement of the second step is closed to the other foot (e.g. RF closed to LF). The Foot Action will be Ball Flat, Ball, Ball Flat.

✗ CONTINUOUS SPINS — INTERZIS

Definiție (Syllabus WDSF):

This is a sequence of half turns where the body weight is transferred from foot to foot maintaining feet, legs and pelvis aligned vertically. During the entire action the knees will remain straight but not locked backwards and the body weight held on the balls of the feet except the last step which is usually danced Ball Flat. In the first step, the foot making the step will point in the same direction as the movement. The shoulders will rotate in the opposite direction to create a wind-up for the spins. The head will spot the direction that the spins will take. The sequence of half turns will start from the second step onwards. The feet will be held in “Sixth Position” of Modern Ballet (parallel) and the head will maintain focus in the direction of the spins, turning faster than the body in each spin (spotting). The arms may be shaped in different ways depending on the effect the dancer chooses to produce. The last step of the Continuous Spins will be made using the “Before Foot Position” principle to allow the dancer to stop in a controlled manner. This principle occurs after having reached the Centre Balance Position and before the Recovery Position.

Three Step Turn vs Continuous Spins (Pirouete)

Două principii de rotație în dansurile Latine · Syllabus WDSF · Diferențe esențiale

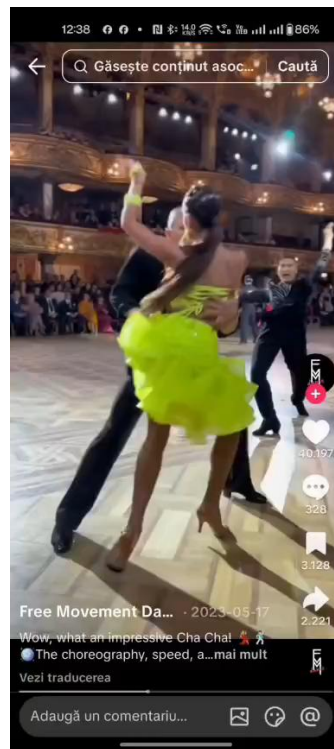


Sursa: WDSF Latin Technical Syllabus · p. 14 · Spins and Turns in Latin | Frecvență abateri 2026: 3 Step Turn — 4 cazuri documentate în clasele E și D

FRDS · Congres Mamaia · Iunie 2026

Three Step Turn vs Continuous Spins (Piruete)

Două principii de rotație în dansurile Latine · Syllabus WDSF · Diferențe esențiale



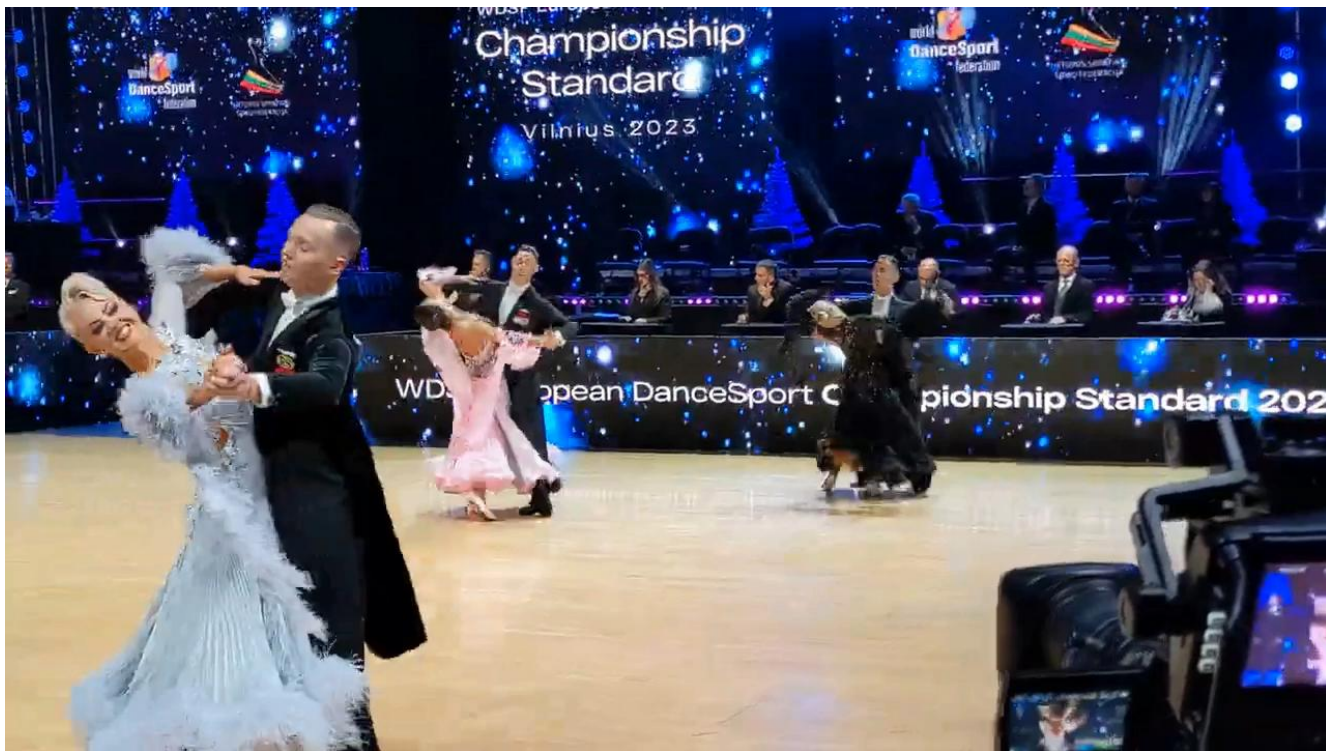
Sursa: WDSF Latin Technical Syllabus · p. 14 · Spins and Turns in Latin | Frecvență abateri 2026: 3 Step Turn — 4 cazuri documentate în clasele E și D
FRDS · Congres Mamaia · Iunie 2026

Vals Vienez: Chasse vs Change Step

Ambele figurează în rapoarte · Clase C, D, E

Figură	Status	De ce este problemă?	Observații FRDS
Chasse	INTERZIS	Implică pas lateral cu piciorul liber cu rotație minimă. Progresia figurii urmărește un scop estetic, caracterul rotational urmărit la începatori este abandonat	5 abateri în 2026 · Clase C, D
Change Step	INTERZIS în clasa E sau mai mic	Figură de tranziție din Vals Vienez pentru a introduce rotația către stanga	3 abateri · Clase E, D

Vals Vienes: Chasse vs Change Step



Jive: Link & Chasse — Ce este permis pe clase?

Clarificare syllabus FRDS · Figuri substitut

Clasă	Link — variantă permisă	Chasse — variantă permisă	Figuri interzise
PRE	Rock step simplu	Jive chasse (to R, to L)	<i>Fără Kicks, Mooch, Flicks</i>
E	Rock step simplu	Tap step, step tap	<i>Kick Ball Change interzis</i>
D,C	Flick Ball Change Break and Ball Change Kick Ball Change	Flick Step Step Flick Single Beat Chasse Jive Ronde Chasse	<i>Fără figuri side by side</i>

Jive: Link & Chasse — Ce este permis pe clase?

Clarificare syllabus FRDS · Figuri substitut

Changing the Shape of the Jive Chassé

The Jive Chassé may be replaced by other types of Chassé depending on the figure being danced. As well as the alternative methods detailed below in chart form, which are included in some figures, the following methods may be used to simplify the Chassé (especially useful for beginner dancers):

Single Beat Chassé, the Chassé is replaced by a single side step to the Left or Right which will be counted "Slow".

Tap Step, the Chassé is replaced by a Tap (pointing the foot in place under the body without weight) counted "Quick" and a Step to the side, also counted "Quick".

Step Tap, the Chassé is replaced by a Step to the side counted "Quick", and a Tap (pointing the foot closed to the other without weight) also counted "Quick".

Flick Step, the Chassé is replaced by a Kick (extending the foot approx. 15cm off the floor) counted "Quick" and a Step to the side, also counted "Quick".

Step Flick, the Chassé is replaced by a Step to the side counted "Quick" and a Kick (extending the foot approx. 15cm off the floor), also counted "Quick".

Jive: Link & Chasse — Ce este permis pe clase?

Clarificare syllabus FRDS · Figuri substitut

Jive Ronde Chassé (Miniature)

A Jive Ronde Chassé may be danced on either foot (the chart for the LF would be the exact opposite).

Step Action	Foot Placement	General Action	Foot Action	Timing	Hip Design	Hip M. Actions	Sway	Translation	Squeeze
Prec. Step	RF ronde w/o	Ronde	LT of RF	&	R Pelvic Tilt				
1	RF crossed Weight on RF	Latin Cross	B	Q	Neutral		R		R
2	LF slipped to Weight on LF	Foot Slip, both knees slightly compressed	B Flat	a	Inclined to R	Swing			
3	RF to side Recover Body	Side Step, RK compressed then	B Flat	Q	Neutral		L		R

Jive: Link & Chasse — Ce este permis pe clase?

Clarificare syllabus FRDS · Figuri substitut

Jive Volta Cross Chassé

A Jive Volta Cross Chassé is used to turn strongly on place over three steps. The tables below describe the two versions of the Jive Volta Cross Chassé (the chart turning to R would be the exact opposite).

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing	Hip Design	Hip M. Actions	Rotation
1	LF to side and slightly fwd LF to side and slightly bwd / Weight on LF	Side Step		B	Q	Neutral		R
2	RF crossed in front of LF Weight on RF	Twist to Latin Cross	At least 1/2 to R	B Flat	a	Twist to R	Swing	
3	LF to side Recover Body	Side Step		B Flat	Q	Neutral		
Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing	Hip Design	Hip M. Actions	Rotation
1	RF crossed in front of LF Weight on RF	Twist to Latin Cross		B Flat	Q	Twist to R		
2	LF to side and slightly fwd LF to side and slightly bwd / Weight on LF	Side Step	At least 3/4 to R	B	a	Neutral	Swing	R
3	RF crossed in front of LF Weight on RF	Twist to Latin Cross		B Flat	Q	Twist to R		

Jive: Link & Chasse — Ce este permis pe clase?

Clarificare syllabus FRDS · Figuri substitut

Kick ball change

Step Action	Foot Placement	General Action	Foot Action	Timing	Hip Design	Hip M. Actions	Translation	Squeeze
1	LF Kick then Flick	Kicking Action then Jumping Change	B Flat of RF	Q				
2	LF crossed behind RF Weight on LF		B	a				
3	RF in place Weight on RF	Jumping Action	B Flat	Q				

This action is called Ball Change when the LF does not Flick, but is pointed forward without weight in contact with the floor and Flick Ball Change when the LF does not Kick but makes a Flicking action (pointing the foot approx. 15 cm above the floor with no jumping action from the standing leg). These actions are usually used in Swing Jive style.

Furthermore, if no action is danced with the LF but the position is held (Holding Time or Break) this action is called Break and Ball Change (see also Steps 1-3 of the Sugar Push).

These actions can be used to substitute the Rock and may be danced on either foot.

Jive: Link & Chasse — Ce este permis pe clase?

Clarificare syllabus FRDS · Figuri substitut

Alte exemple specifice

Fallaway throwaway: fata poate dansa chasse cu fata sau Running Chasse pe pasii 3-5 – caz in care amplasamentul piciorului pe pasul 4 este PS inainte si actiunea talpii este Ball

Idem: overturned change of places L to R

Rolling of the Arm: fata se poate intoarce mai mult pe pasii 7-10 (pana la o rotatie completa, inlocuind chasse-ul simplu cu volta cross chasse

Interzis

Kick ball change continuu – travelling sau circular

Jive: Sugar push

Clarificare syllabus FRDS · Figuri problematiche

SUGAR PUSH (Man)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing		
					A	B	C
1	Position Held ----- Weight on RF	Break and Ball Change			1	1	Q
2	LF closed to RF ----- Weight on LF			B	a	a	a
3	RF fwd (knee straight) ----- Recover Body			B Flat	2	2	Q
4	LF crossed behind RF w/o wt ----- Weight on RF	Tap		ET	3	3	Q
5	LF closed to RF ----- Weight on LF / RF ronde w/o wt	Step in Place then Ronde	1/4 to R	B Flat then ET of RF	4	4	Q
6	RF crossed behind LF ----- Weight on RF			T	1	5	Q
7	LF closed to RF ----- Weight on LF	Jive Ronde Chasse (RLR) then Fwd Step Turning	1/8 to R then 3/8 to L	B	a	a	a
8	RF fwd and slightly across body			B Flat	2	6	Q

Step Action	Alignme nt Direction	Couple Position	Lead - Hold Shaping	Hip Design	Hip M. Actions	Sway	Translati on	Squeeze	Rotation
1								R	
2	Facing DW	Open Opp							
3				Inclined to L	Swing	L			
4		Close Opp	RH in contact with Lady's LH (push)	Translate d to R			R Diag Fwd	R	
5	Turn to Facing DW against LOD	Turn to L Side Same							R
6	Turn to Facing against LOD	Turn to Back L	Release RH			R			
7		Diag R Angle	then Turn to Overturned Shaping						
8	Turn to Facing	Turn to Open	LH to RH Hold	Twist to L	Active				L

Jive: Sugar push

Clarificare syllabus FRDS · Figuri problematice

SUGAR PUSH (Lady)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing		
					A	B	C
1	Position Held ----- Weight on LF	Break and Ball Change			1	1	Q
2	RF closed to LF ----- Weight on RF			B	a	a	a
3	LF fwd (knee straight) ----- Recover Body			B Flat	2	2	Q
4	RF crossed behind LF w/o wt ----- Weight on LF	Tap		ET	3	3	Q
5	RF closed to LF ----- Weight on RF / LF ronde w/o wt	Step in Place then Ronde	1/4 to L	B Flat then ET of LF	4	4	Q
6	LF crossed behind RF ----- Weight on LF			T	1	5	Q
7	RF closed to LF ----- Weight on RF	Jive Ronde Chasse (LRL) then Forward Step Turning	1/8 to L then 3/8 to R	B	a	a	a
8	LF fwd and slightly across body ----- LF bwd / Recover Body			B Flat	2	6	Q

"Steps 1-3 may be used as an alternative to the Rock action for Man, Lady or both in any figure when starting from an Ex Open Opp Position. This position can be achieved at the end of the previous figure by distancing the Lady from the Man. These three steps combined are known as a "Break and Ball Change" due to the held time on Step 1."

Jive: Sugar push

Clarificare syllabus FRDS · Figuri problematiche



Slow fox & vals lent: Running feather

Clarificare syllabus FRDS · Figura open (q,q,q,q sau 1 si 2 3)

Basic Weave 123 123



Slow fox: Running weave from PP

Clarificare syllabus FRDS · Figura permisa (confuzie cu Running feather)

Start: RF fwd in CBMP (Promenade Position) Finish: Rffwd in CBMP (Outside Partner Position) Timing: SQ&Q SQQ NOTE - General: Steps 1-4 only may be used. NOTE - Couple position: Step 1 may be danced FWD in CBMP (Man) in Outside Partner Position



Samba: Zig-Zag

Figura Zig-Zag — 7 abateri înregistrate în 2026

Zig-Zag

INTERZISA în syllabus în toate varianțele



Cha cha cha fete solo debutante: forward walk turn

Figurile Cross body lead sau Hockey Stick

Basic movement ca alternativa de schimbare directie

INTERZIS în syllabus la debutanti (fete solo si perechi) – abateri foarte des intalnite



Tango: skating lock

Figura open, interzisa in syllabus

Alternativa: Closed promenade (open finish)

S,S q and q



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Rumba: Swivels— Ce este permis?

Clarificare syllabus FRDS · Figuri tipice

Principii generale

Acțiunile Swivel (cunoscute și ca acțiuni Hip Twist) sunt acțiuni de rotație în care greutatea este menținută pe un picior. Acțiunile Swivel permit schimbări rapide de direcție și creează o coregrafie interesantă.

Swivel-urile pot fi executate înainte sau înapoi. Un Swivel înainte se rotește în aceeași direcție cu piciorul care face pasul. Un Swivel înapoi se rotește în direcția opusă față de piciorul care face pasul.

Foot Action. Când Swivel-ul este dansat pe un picior plat (de ex. după un Forward Walk dansat Ball Flat), pingeaua piciorului este centrul rotației, iar călcâiul se află în contact cu podeaua.

Quantity of Turn. Un Swivel înainte se poate realiza în orice grad de rotație. Un Swivel înapoi se poate realiza cu orice grad de rotație, dar de obicei nu va depăși 1/2 de rotație.

Hip Design and Muscular Actions. Un Swivel este dansat cu un design twist. Rotația va fi realizată folosind o Acțiune Musculară Activă, dar va fi oprită printr-o Acțiune Musculară Settled.

Body Actions. Un Swivel va fi întotdeauna precedat de o Rotație de Umăr în aceeași direcție cu rotația care urmează a fi efectuată.

Timing: “and”

Rumba: Swivels— Ce este permis?

Clarificare syllabus FRDS · Figuri tipice

Principii generale

Swivel (taken after a Forward Walk on LF) - Example with Rumba Timing

(1) During the Forward Walk (preceding action), the normal body actions will be used, including a rotation to the right, which serves as a wind-up action to the Swivel.

Phase	Sub-Action	Description	Hip Design	Hip Muscular Action	Body Action	Quantity of Turn	Foot Action	Timing
Prec. Action	Forward Walk	Forward Walk	Half 8 to L	Active	L Diag Fwd Translation (1)		B Flat	2
1	Recover	R leg bends and RF is recovered under body. The ET of RF touches the I/E of B of LF		Active	L Shoulder Rotation. Start L Squeeze	Start to turn to L	LF Flat. ET of RF	&
2	Turn	The previous position is maintained while the whole body rotates to L	Twist to L	Active then Settle		1/8 to L		
3	Settle	The Settling Action started in Phase 3 continues allowing the body to complete the turn			L Squeeze	1/8 to L		a

Rumba: Swivels— Ce este permis?

Clarificare syllabus FRDS · Figuri tipice

Principii generale

Back Swivel (taken after a Backward Walk with LF) - Example with Rumba Timing

Phase	Sub-Action	Description	Hip Design	Hip Muscular	Body Action	Quantity of Turn	Foot Action	Timing
Prec. Action	Backward Walk	Backward Walk	Neutral then Direct to L	Active			B Flat	2
1	Recover	R leg bends and RF is recovered under body. The ET of RF touches the I/E of B of LF		Active	Rotation to R	Slightly to R	LF Flat. ET of RF	&
2	Turn	The previous position is maintained while the whole body rotates to R	Twist to R	Active then Settle	Neutral then L Squeeze	1/2 to R		a

Rumba: Swivels— Ce este permis?

Clarificare syllabus FRDS · Figuri tipice

Principii generale

Swivel Change

Swivel Change este o acțiune care combină un Back Swivel cu un Forward Swivel. Prima jumătate a acțiunii va fi un Back Swivel; când picioarele sunt împreună și prima parte a rotației a fost realizată, greutatea se va transfera pe celălalt picior, care va executa un Forward Swivel. (de ex. pașii 3-4 ai fetei din Overturned Basic în Rumba).

Rumba: Swivels— Ce este permis?

Clarificare syllabus FRDS · Figuri tipice

Overtured basic (2,3 & 4, 2, 3, 4)



Rumba: Swivels— Ce este permis?

Clarificare syllabus FRDS · Figura swivels - Baiat

Step Action	Foot Placement		General Action	Quantity of Turn	Foot Action	Timing
1	RF to side ----- Recover Body	Side Walk		B Flat	2	
2	LF in place ----- Weight on both feet			Flat	3	
3	RF in place ----- Weight on both feet			Flat	4.1	
4	LF in place ----- Weight on both feet	Cuban Rocks		Flat	2	
5	RF in place ----- Weight on both feet			Flat	3	
6	LF in place ----- Recover Body			Flat	4.1	
7	RF bwd ----- Recover Body	Checked Backward Walk		B Flat	2	
8	LF in place ----- Recover Body	Wt Transfer in Place		B Flat	3	
9	RF to side ----- Recover Body	Side Walk		B Flat	4.1	

Rumba: Swivels— Ce este permis?

Clarificare syllabus FRDS · Figura swivels - Baiat

Step Action	Alignment Direction	Couple Position	Lead-Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze	Rotation
1		L Diag R Angle then L Diag L Angle		Half 8 to R	Active then Settle	R	R	
2		R Diag L Angle then R Diag R Angle		Half 8 to L	Active then Settle	L	L	
3	Facing W	L Diag R Angle then L Diag L Angle	Normal Hold Arms extend and retract allowing for changes in Couple Position	Half 8 to R	Active then Settle	R	R	
4		R Diag L Angle then R Diag R Angle		Half 8 to L	Active then Settle	L	L	
5		L Diag R Angle then L Diag L Angle		Half 8 to R	Active then Settle	R	R	
6		R Diag L Angle then R Diag R Angle		Half 8 to L	Active then Settle	L	L	
7	Backing C	Close R Angle	LH lowered to Level 1. RH Releases Hold	Neutral then Direct to R	Active then Settle	R Diag Bwd	Maintain L then R	
8	Facing W	L Diag R Angle then L Side L Angle		Half 8 to L	Active then Settle	L Diag Fwd	L	
9		Fan L Angle	LH to RH Hold. Level 1	Half 8 to R	Active then Settle	R	R	

Rumba: Swivels— Ce este permis?

Clarificare syllabus FRDS · Figura swivels - Fata

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
1	LF fwd ----- Recover RF	Forward Walk then Swivel	Just under 1/2 to L(1)	B Flat	2 (&)
2	RF fwd ----- Recover LF	Forward Walk then Swivel	Just under 1/2 to R(1)	B Flat	3 (&)
3	LF fwd ----- Recover RF	Forward Walk then Swivel	Just under 1/2 to L(1)	B Flat	4.1 (&)
4	RF fwd ----- Recover LF	Forward Walk then Swivel	Just under 1/2 to R(1)	B Flat	2 (&)
5	LF fwd ----- Recover RF	Forward Walk then Swivel	Just under 1/2 to L(1)	B Flat	3 (&)
6	RF fwd ----- Recover LF	Forward Walk then Swivel	Just under 1/2 to R(1)	B Flat	4.1 (&)
7	LF fwd ----- Recover RF	Forward Walk	Slightly to L	B Flat	2
8	RF fwd ----- RF bwd and slightly to side / Recover Body	Forward Walk Turning(1)	3/8 to L	B Flat	3
9	LF bwd ----- Recover Body	Backward Walk	1/8 to L	B Flat	4.1

Rumba: Swivels— Ce este permis?

Clarificare syllabus FRDS · Figura swivels - Fata

Step Action	Alignment Direction	Couple Position	Lead-Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze	Rotation
1	Facing LOD turn to Facing against LOD	L Diag R Angle then L Diag L Angle		Half 8 to L then Twist to L	Active then Settle	L Diag Fwd	L	L
2	Facing against LOD turn to Facing LOD	R Diag L Angle then R Diag R Angle		Half 8 to R then Twist to R	Active then Settle	R Diag Fwd	R	R
3	Facing LOD turn to Facing against LOD	L Diag R Angle then L Diag L Angle	Normal Hold Arms extend and retract allowing for changes in Couple Position	Half 8 to L then Twist to L	Active then Settle	L Diag Fwd	L	L
4	Facing against LOD turn to Facing LOD	R Diag L Angle then R Diag R Angle		Half 8 to R then Twist to R	Active then Settle	R Diag Fwd	R	R
5	Facing LOD turn to Facing against LOD	L Diag R Angle then L Diag L Angle		Half 8 to L then Twist to L	Active then Settle	L Diag Fwd	L	L
6	Facing against LOD turn to Facing LOD	R Diag L Angle then R Diag R Angle		Half 8 to R then Twist to R	Active then Settle	R Diag Fwd	R	R
7	Facing LOD	Close R Angle	RH lowered to Level 1. LH releases Hold	Half 8 to L	Active then Settle	L Diag Fwd	L	L
8	Facing LOD turn to Backing DW	L Diag R Angle then L Side L Angle		Half Rev 8 to R	Active then Settle	R Diag Fwd	Maintain L then R	
9	Backing LOD	Fan L Angle	LH to RH Hold Level 1	Neutral then Direct to L	Active then Settle	L Diag Bwd	L	.

NOTE - General Action: (1) may also be danced as a Delayed Forward Walk Turning. In this case the Quantity of Turn will be 1/2 to L and the following Step will not turn.

Note General Action/Couple Position: it may end in Open Opposing position Man will turn 1/4 to L on step 8 and dance a Forward Walk or a Side Walk in which case the Lady will replace her Backward Walk with a Side Walk

NOTE - Quantity of Turn: (1) the shoulders will turn by approx. 3/8, but the hips will turn considerably more. The torsion created between these points will be distributed evenly throughout the body.

NOTE - Couple Position/Quantity of Turn: Man may turn 1/4 to L on the last step to finish in Open Opposing Position.

Rumba: Swivels— Ce este permis?

Clarificare syllabus FRDS · Figura swivels



Rumba: Swivels— Ce este permis?

Clarificare syllabus FRDS · Figura travelling (promenade) swivels interzisa



Rumba: Swivels— Ce este permis?

Clarificare syllabus FRDS · Continuous Circular Hip Twist

30. CONTINUOUS CIRCULAR
HIP TWIST

Quick step: Ce este permis?

Clarificare syllabus FRDS

Interzis: Double lockstep (s,q,q,q,q,s)

Interzis: Weave from OP (idem vals lent)

Variante permise

WEAVE FROM PP (SEE WALTZ)

Start: RF fwd and across in CBMP
(Promenade Position)

Finish: LF to side and slightly fwd
(Closed Position)

Timing: SQQ SQQ

NOTE - General: steps 1-3 or 4-6
only may be used.

NOTE - Couple Position: may end in
Promenade position

FORWARD LOCK

Start: RF fwd in CBMP (Outside
Partner Position)

Finish: LF diag fwd (Closed Position)

Timing: SQQS

NOTE - General: Steps 2-4 only may
be used.

NOTE - Couple Position: Step 1 may
be RF fwd in Closed Position

Samba: whisk

Două figure diferite · Diferențe esențiale

✓ WHSIK — PERMIS

Ritmica:	S a S
Bounce:	Puternic
Priza:	Close hold
În syllabus:	Permis din Clasa E (Latino)

✗ RONDE WHISK — INTERZIS

Ritmica:	S q q (S a S)
Bounce:	Inexistent
Priza:	OPP sau CPP
În syllabus:	Figură avansată — interzisă în clasele basic

Samba: whisk

Două figure diferite· Diferențe esențiale



Cha cha cha: Time step chasse (syncopated time step)

Clarificare syllabus FRDS

Interzis in clasele de incepatori

Permis in clasele C si D doar in pozitie side by side

Variante permise

TIME STEP Start: RF closed to LF (Close Opp.; w/o Hold hold) Finish: LF to side (Close Opp.; w/o Hold) Timing: 2 3 4 &1 2 3 4&1 NOTE - General: Steps 1-5 or 6-10 only may be used. When all steps are danced in place it is known as BASIC IN PLACE. NOTE -Couple Position: May be danced in Open Opposing Position

TIME STEP Start: RF closed to LF (Close Opp.; w/o Hold hold) Finish: LF to side (Close Opp.; w/o Hold) Timing: 2 3 4 &1 2 3 4&1 NOTE - General: Steps 1-5 or 6-10 only may be used. When all steps are danced in place it is known as BASIC IN PLACE. When steps 3 -5 are replaced with a Merengue Chasse bwd an steps 8 -10 with a Merengue Chasse fwd for both partners it is known as THERE AND BACK

TIME STEP Start: RF closed to LF (Close Opp.; w/o Hold hold) Finish: LF to side (Close Opp.; w/o Hold) Timing: 2 3 4 &1 2 3 4&1 NOTE - General: Steps 1-5 or 6 -10 only may be used. When all steps are danced in place it is known as BASIC IN PLACE. When steps 3 -5 are replaced with a Merengue Chasse bwd an steps 8 -10 with a Merengue Chasse fwd for both partners it is known as THERE AND BACK NOTE -Couple Position: May be danced in Open Opposing Position or Extended Open Opp. Pos. NOTE - Timing, Foot Placement: When the Time Step is danced using the Guapacha Timing, the foot placement of steps 1 and 6 will be crossed behind in Latin Cross Position.

Cha cha cha: Time step chasse (syncopated time step)

Clarificare syllabus FRDS

TIME STEP CHASSE (RLR) - Side 1

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
1	RF closed to LF Weight on RF	Merge		B	4
2	LF in place Weight on LF	Wt Transfer in Place		RF Flat B of LF	&
3	RF to side Recover Body	Side Step		B Flat	1

TIME STEP CHASSE (RLR) - Side 2

Step Action	Alignment Direction	Couple Position	Lead - Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze
1	Depending on the figure being danced	Depending on the figure being danced	Depending on the figure being danced	Twist to L	Active		L
2				Twist to R then Half 8 to L	Active		R
3				Half 8 to R	Active then Settle	R	Maintain L then R

Tango: Quick Reverse Turn vs Viennese Crosses

Două figure diferite · Diferențe esențiale

✓ Quick Reverse Turn — PERMIS

- Ritmica:** QQ& QQS
- Final:** Closed or open finish
- În syllabus:** Permis din Clasa D,C (Standard)

✗ Viennese Crosses — INTERZIS

- Ritmica:** QQ& QQ&
- Final:** Crossed
- În syllabus:** Figură avansată — interzisă în clasele basic

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ SAMBA

Câteva figure specifice:

Cruzados walks

Cruzados locks

Same position Corta Jacka

Interzis:

Whisk

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ SAMBA

METHODS OF CHANGING FEET

In order to change from a figure danced on the opposite foot (normal figures) into figures where both Man and Lady are on the same foot or vice versa, any of the following combinations can be used:

Man dances Foot Change Method 1, 2, or 3 and the Lady dances Volta Spot Turn to Right, Botafogo on Right Foot, Botafogo on Left Foot or Three Step Turn.

Each combination may be used as necessary depending on the starting Couple Position and the foot used. The Quantity of Turn depends on the alignment of the following figure.

Some examples are given below:

NOTE - General

Having reached the R diag Same Position, both partners may dance the Man's steps of the following figures:

Stationary Samba Walks; Man's steps of Criss Cross Botafogos; Travelling Volta to Right; Travelling Volta to Left; Criss Cross Voltas to Right; Criss Cross Voltas to Left; Corta Jaca; Same Position Corta Jaca; Carioca Runs; Cruzados Walks; Cruzados Locks.

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ SAMBA

	EXAMPLE	MAN	LADY
1.	From R Diag Same (Both on LF) to Open Prom Position (Man on LF - Lady on RF)	FOOT CHANGE METHOD 3	VOLTA SPOT TURN
2.	From Open Prom Position (Man on LF - Lady on RF) to L Diag Opp (Both on LF)	FOOT CHANGE METHOD 3	BOTAFOGO ON LF
3.	From L Diag Opp (Both on LF) to Open Prom Position (Man on LF - Lady on RF)	FOOT CHANGE METHOD 3	BOTAFOGO ON RF
4.	From Open Prom Position (Man on RF - Lady on LF) to L Diag Opp (Both on RF)	FOOT CHANGE METHOD 1	THREE STEP TURN

Figuri side by side in dansurile latino-americe

Clarificare Syllabus FRDS

✓ SAMBA – metode de schimare picior baiat

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing		
					A	B	C
1	LF fwd ⁽¹⁾ Recover Body	Cruzados Walk	According to the preceding and following figures	B Flat	1	1	S
2	RF closed to LF Weight on RF	Step in Place		B Flat	2	2	S

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ SAMBA – metode de schimare picior baiat

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing		
					A	B	C
1	RF fwd ⁽¹⁾ Recover Body	Cruzados Walk	According to the preceding and following figures	B Flat	1	1	S
2	LF closed to RF Weight on LF	Step in Place		B Flat	2	2	S

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ SAMBA – metode de schimare picior baiat

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing		
					A	B	C
1	RF kick fwd Weight on LF	Kick with T pointing downwards	According to the preceding and following figures		1	1	S
2	RF bwd, T turned out Part weight on RF	Step with part wt		I/E of T	a	a	a
3	LF in place Weight on LF	Wt Transfer in Place		B Flat	2	2	S

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ SAMBA – metode de schimare picior fata (volta spot turn)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing		
					A	B	C
1	RF crossed in front of LF Weight on RF	Twist to Latin Cross	1 Turn to R ⁽¹⁾	B Flat	1	1	S
2	LF to side and slightly fwd LF to side and slightly bwd, T turned out	Side Step with part wt		T	a	a	a
3	RF crossed in front of LF Weight on RF	Swivel then Latin Cross		B Flat	2	2	S

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ SAMBA – metode de schimare picior fata (Botafoogo on RF or LF)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing		
					A	B	C
1	RF fwd Recover LF	Forward Walk then Swivel	According to the preceding and following figure	B Flat	1	1	S
2	LF to side and slightly fwd, T turned out Part weight on LF	Side Step with part wt		I/E of T	a	a	a
3	RF in place Weight on RF / Recover LF	Wt Transfer in Place		B Flat	2	2	S

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ SAMBA – metode de schimare picior fata (3 step turn to R)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing		
					A	B	C
1	RF fwd Recover Body	Forward Step	According to the preceding and following figures	B Flat	1	1	Q
2	LF closed to RF Weight on LF	Step in Place		B	&	&	Q
3	RF to side Recover LF	Side Step		B Flat	2	2	S

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ SAMBA – metode de schimare picior

34. METHODS OF CHANGING FEET

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA

METHODS OF CHANGING FEET

Methods of Changing Feet are frequently used in order to change from a normal Opposing Position where Man and Lady are on opposite feet to Left/Right Side Same Position where both partners are on the same foot. In order to achieve this, one partner must dance one step less than the other.

Six Foot Change Methods are given (4 Silver Figures and 2 Gold Figures).

It is suggested that no more than 8 bars (one musical phrase) should be used to dance the Foot Change to enter in Left/Right Side Same Position, the Side by Side figures and the Foot Change to reach the normal Opposing Position.

Following Figures

When in Left/ Right Side Same Position the following figures may be used:

Ronde Chasse, Hip Twist Chasse, Slip Close Chasse, Whisk Chasse (RF and LF), Running Chasse Fwd (RF and LF), Running Chasse Bwd (LF and RF), Time Step Chasse (RF and LF), Cha Cha Cha Lock Fwd (RF and LF), Cha Cha Cha Lock Bwd (RF and LF), Three Cha Cha Cha Lock Fwd and Bwd.

or Man's or Lady's steps of the following figures:

Basic in Place, Close Basic, Open Basic, Spot Turn to R and L, Cuban Breaks to R and L, Split Cuban Break to R and L, Time Step, Walks and Whisks, There and Back, Three Cha Chas to R and L

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA - SIMPLE FOOT CHANGE (Man)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
1	LF fwd and across body	Forward Walk Turning	3/8 to R	B Flat	2
	LF bwd and slightly to side / Recover Body				
2	Recover RF to LF w/o wt	Back Swivel	1/8 to R	T	3
	Weight on LF				

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA - SIMPLE FOOT CHANGE (Lady)

SIMPLE FOOT CHANGE (Lady)

The Lady will dance a Checked Backward Walk and Wt Transfer in Place when starting in Open Opp and ending in R Side Same.

The Lady will dance a Checked Forward Walk and Wt Transfer in Place when starting in R Side Same and ending in Open Opp

NOTE - General

- Steps 3-5 will be a Chasse to R (RLR) for both when ending in R Side Same.
 - Steps 3-5 will be a Lock Forward (RLR) for Man and a Lock Backward (LRL) for Lady when ending in Open Opp.
 - The preceding steps should be modified slightly to allow for the change of Couple Position required.
- This usually means Man will dance the last Chasse or Lock of the preceding figure in order to facilitate the Simple Foot Change.

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – CHASSE TO R SIDE LINK (Man)

Step Action	• Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
Pre. Step	RF to side Recover Body	Side Walk		B Flat	1
1	LF in place Recover Body	Wt Transfer in Place		B Flat	2
2	Recover RF to LF w/o wt Weight on LF	Brush		T	3
3	RF to side Recover Body	Cha Cha Cha Chasse to R (RLR)		B Flat	4
4	LF closed to RF Weight on LF			B	&
5	RF to side Recover Body			B Flat	1

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – CHASSE TO R SIDE LINK (Man)

Step Action	Alignment Direction	Couple Position	Lead - Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze	Rotation
Prec. Step	Facing W	Open Opp	LH to RH Hold Level 1	Half 8 to R	Active then Settle	R	R	
1		R Diag Opp		Half 8 to L	Active then Settle	L	L	Slight R
2		R Side Opp then R Side Same	LH releases Hold	Inclined to R		R		
3		R Side Same		Half 8 to R	Active then Settle			
4				Half 8 to L	Active then Settle		Maintain R then L	
5				Half 8 to R	Active then Settle	R	Maintain L then R	

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – CHASSE TO R SIDE LINK (Lady)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
Prec. Step	LF to side Recover RF	Side Walk ⁽¹⁾ then Swivel	1/8 to L	B Flat	1
1	RF fwd and slightly across body Recover LF	Forward Walk		B Flat	2
2	LF fwd and slightly across body LF bwd and slightly to side / Recover RF	Forward Walk Turning then Back Swivel		B Flat	3
3	RF to side Recover Body			B Flat	4
4	LF closed to RF Weight on LF	Cha Cha Cha Chasse to R (RLR)	5/8 to R	B	&
5	RF to side Recover Body			B Flat	1

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – CHASSE TO R SIDE LINK (Lady)

Step Action	Alignment	Couple Position	Lead - Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze	Rotation
Prec. Step	Facing C to Facing DC against LOD	Open Opp	LH to RH Hold. Level 1	Half 8 to L	Active then Settle	L	L	L
1	Facing DC against LOD	R Diag Opp		Half 8 to R	Active then Settle	R Diag Fwd	R	
2	Facing DC against LOD turn to Facing W	R Side Opp then R Side Same	RH releases Hold	Half Rev 8 to L then Twist to R	Active then Settle	L Diag Fwd	Maintain R then L	R
3		R Side Same		Half 8 to R	Active then Settle	R	R	
4			Facing W		Half 8 to L	Active then Settle		
5				Half 8 to R	Active then Settle	R	Maintain L then R	

NOTE - General Action: ⁽¹⁾ this is normally the last step of a Cha Cha Cha Chasse to R.

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – LOCK TO R SIDE LINK (Man)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
Prec. Step 1	RF fwd and slightly across body - Recover Body	Cha Cha Cha Lock Forward (RLR) curving to L	Slightly to L	B Flat	4
Prec. Step 2	LF crossed behind RF - Weight on LF			T	&
Prec. Step 3	RF fwd and slightly across body - Recover LF			B Flat	1
1	LF fwd and slightly across body - LF bwd and slightly to side / Recover Body	Forward Walk Turning	3/8 to R	B Flat	2
2	Recover RF to LF w/o wt - Weight on LF	Back Swivel	1/8 to R	T	3
3	RF fwd - Recover LF	Cha Cha Cha Lock Forward (RLR)	3/8 to R	B Flat	4
4	LF crossed behind RF - Weight on LF			T	&
5	RF fwd - Recover Body			B Flat	1
6	LF fwd - LF bwd and slightly to side / Recover Body	Forward Walk Turning	3/8 to R	B Flat	2
7	Recover RF to LF w/o wt - Weight on LF	Back Swivel		T	3
8	RF to side - Recover Body	Cha Cha Cha Chasse to R (RLR)		B Flat	4
9	LF closed to RF - Weight on LF			B	&
10	RF to side - Recover Body			B Flat	1

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – LOCK TO R SIDE LINK (Man)

Step Action	Alignment	Couple Position	Lead - Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze	Rotation
Prec. Step.1	Facing DW against LOD	Ex Open Opp	w/o Hold	Half 8 to R	Active	R Diag Fwd	R	L
Prec. Step.2				Neutral then Half 8 to L	Active		L	
Prec. Step.3					R Diag Opp	Half 8 to R	Active then Settle	
1	Facing DW against LOD turn to Facing C	R Side Opp		Half Rev 8 to L	Active then Settle	L Diag Fwd	Maintain R then L	R
2	Facing C to Facing DC	L Side Same		Twist to R				
3	Facing DC			Half 8 to R	Active	R Diag Fwd	R	Slight L
4				Neutral then Half 8 to L	Active		L	
5				Half 8 to R	Active then Settle	R Diag Fwd	Maintain L then R	
6	Facing DC turn to Facing W	L Side Same then		Half Rev 8 to L	Active then Settle	L Diag Fwd	Maintain R then L	R
7		R Side Same		Twist to R				
8	Facing W	R Side Same		Half 8 to R	Active then Settle	R	R	
9				Half 8 to L	Active then Settle		Maintain R then L	
10				Half 8 to R	Active then Settle	R	Maintain L then R	
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Figuri side by side in dansurile latino-americe

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – LOCK TO R SIDE LINK (Lady)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
Prec. Step	Cha Cha Cha Lock Backward (LRL)				
1	RF bwd - Recover Body	Checked Backward Walk		B Flat	2
2	LF in place - Recover RF	Wt Transfer in Place		B Flat	3
3	RF fwd - Recover Body	Cha Cha Cha Lock Forward (RLR)		B Flat	4
4	LF crossed behind RF Weight on LF			T	&
5	RF fwd Recover LF			B Flat	1
6	LF fwd LF bwd and slightly to side / Recover Body	Forward Walk Turning	3/8 to R	B Flat	2
7	Recover RF to LF w/o wt Weight on LF	Back Swivel		T	3
8	RF to side Recover Body	Cha Cha Cha Chasse to R (RLR)		B Flat	4
9	LF closed to RF Weight on LF			B	&
10	RF to side Recover Body			B Flat	1

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – LOCK TO R SIDE LINK (Lady)

Step Action	Alignment	Couple Position	Lead - Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze	Rotation
Prec. Steps	Backing DW against LOD		w/o Hold					
1		R Side Opp		Neutral then Direct to R	Swing	R Diag Bwd	Maintain L then R	
2	Facing DC	L Side Same		Half 8 to L	Active then Settle	L Diag Fwd	L	
3				Half 8 to R	Active	R Diag Fwd	R	
4				Neutral then Half 8 to L	Active		L	Slight L
5				Half 8 to R	Active then Settle	R Diag Fwd	Maintain L then R	
6	Facing DC turn to Facing W	L Side Same then R Side Same		Half Rev 8 to L	Active	L Diag Fwd	Maintain R then L	R
7				Twist to R	Settle			
8	Facing W	R Side Same		Half 8 to R	Active then Settle	R	R	
9				Half 8 to L	Active then Settle		Maintain R then L	
10				Half 8 to R	Active then Settle	R	Maintain L then R	

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NOTE - Couple Position: step 2 may be directly followed by Step 8. In this case the Couple Position will be L Side Same.

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – LINK TO OPEN OPOSING POSITION (Man)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
1	RF bwd - Recover Body	Checked Backward Walk	—	B Flat	2
2	LF in place - Recover RF	Wt Transfer in Place	—	B Flat	3
3	RF fwd - Recover LF	Forward Walk	—	B Flat	4
4	LF fwd LF to side, T turned out / Recover Body	Forward Walk Turning then Lunge (knee bent)	1/4 to R	B Flat	1
5	RF in place - Recover Body ⁽¹⁾	Wt Transfer in Place	1/4 to L	B Flat	2
6	LF fwd - Recover RF	Forward Walk		B Flat	3
7	RF fwd - Recover Body	Cha Cha Cha Lock Forward (RLR)	—	B Flat	4
8	LF crossed behind RF Weight on LF			T	&
9	RF fwd - Recover Body			B Flat	1

Figuri side by side in dansurile latino-americe

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – LINK TO OPEN OPOSING POSITION (Man)

Step Action	Alignment	Couple Position	Lead - Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze	Rotation
1	Backing DC			Neutral then Direct to R	Swing	R Diag Bwd	Maintain L then R	
2	Facing DW against LOD	R Side Same	w/o Hold	Half 8 to L	Active then Settle	L Diag Fwd	L	R
3				Half 8 to R	Active then Settle	R Diag Fwd	R	
4	Facing DC against LOD	R Diag L Angle ¹				L	L	
5	Facing against LOD to Facing DW against LOD	Close L Angle	LH to RH Hold Level 1	Neutral then Direct to R	Active	R Diag Bwd	Maintain L then R	L
6		L Diag L Angle then Open Opp		Half 8 to L	Active then Settle	L Diag Fwd	L	
7	Facing DW against LOD	Open Opp		Half 8 to R	Active	R Diag Fwd	R	
8				Neutral then Half 8 to L	Active		L	
9				Half 8 to R	Active then Settle	R Diag Fwd	Maintain L then R	

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – LINK TO OPEN OPOSING POSITION (Lady)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
1	RF bwd - Recover Body	Checked Backward Walk		B Flat	2
2	LF in place - Recover Body	Wt Transfer in Place		B Flat	3
3	RF fwd - Recover Body	Cha Cha Cha Lock Forward (RLR)		B Flat	4
4	LF crossed behind RF Weight on LF			T	&
5	RF fwd - Recover Body			B Flat	1
6	LF fwd - Recover RF	Forward Walk		B Flat	2
7	RF fwd RF bwd and slightly to side / Recover LF	Forward Walk Turning	3/8 to L	B Flat	3
8	LF bwd - Weight on LF	Cha Cha Cha Lock Backward (LRL)	1/8 to L	T	4
9	RF crossed in front of LF Weight on RF			B Flat	&
10	LF bwd - Recover Body			B Flat	1

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – LINK TO OPEN OPOSING POSITION (Lady)

Step Action	Alignment	Couple Position	Lead - Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze	Rotation
1	Backing DC	R Side Same	LH to RH Hold Level 1	Neutral then Direct to R	Swing	R Diag Bwd	Maintain L then R	
2				Half 8 to L	Active then Settle	L Diag Fwd	L	
3				Half 8 to R	Active	R Diag Fwd	R	
4	R Diag L Angle(1)	Neutral then Half 8 to L		Active		L	Slight L	
5	Facing DW against LOD	Close L Angle		Half 8 to R	Active then Settle	R Diag Fwd	Maintain L then R	
6		L Diag L Angle then Open Opp		Half 8 to L	Active then Settle	L Diag Fwd	L	
7		Facing DW against LOD turn to Backing against LOD		Half Rev 8 to R	Active then Settle	R Diag Fwd	Maintain L then R	L
8		Open Opp		Back Pelvic Tilt (Diag L)	Active		L (on step)	
9	Backing DW against LOD			Half 8 to R	Active		R	Slight L
10				Neutral then Direct to L	Active then Settle		Maintain R then L	

Figuri side by side in dansurile latino-americe

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – LINK TO FAN LEFT ANGLE POSITION (Man)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
1	LF closed to RF - Weight on LF	Time Step Chasse		B Flat	2
2	RF in place - Weight on RF			B	&
3	LF to side - Recover Body			B Flat	3
4	RF in place - Recover Body	Cuban Rocks		B Flat	4
5	LF in place - Recover Body			Flat	1
6	RF bwd - Recover Body	Checked Backward Walk		B Flat	2
7	LF in place - Recover RF	Wt Transfer in Place then Swivel	1/8 to L	B Flat	3 (&)
8	RF fwd and across body w/o wt - Recover Body	Hip Twist Chasse		T Flat	4
9	LF closed to RF - Weight on LF		1/8 to R	B	&
10	RF to side - Recover Body			B Flat	1

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – LINK TO FAN LEFT ANGLE POSITION (Man)

Step Action	Alignment	Couple Position	Lead - Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze	Rotation
1	Facing W	R Diag Same	w/o Hold	Twist to L	Active then Settle			
2				Half 8 to R	Active		R	
3				Half 8 to L	Active then Settle	L	Maintain R then L	
4				Half 8 to R	Active then Settle	R	R	
5				RH to Lady's L Wrist Level 1	Half 8 to L	Active then Settle	L	L
6	Backing C	R Diag R Angle		Neutral then Direct to R	Swing	R Diag Bwd	Maintain L then R	
7	Facing W to Facing DW	L Diag R Angle then L Diag L Angle	LH to RH Hold Level 1	Half 8 to L then Twist to L	Active then Settle	L Diag Fwd	L	L
8	Facing DW	L Side L Angle		Half 8 to R	Active	R Diag Fwd	Maintain L then R	R
9	Facing W			Half 8 to L	Active		L	
10		Fan L Angle		Half 8 to R	Active then Settle	R	Maintain L then R	

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – LINK TO FAN LEFT ANGLE POSITION (Lady)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
1	LF closed to RF - Weight on LF	Time Step Chasse		B Flat	2
2	RF in place - Weight on RF			B	&
3	LF to side - Recover Body			B Flat	3
4	RF in place - Recover Body	Wt Transfer in place		B Flat	4
5	Recover LF to RF w/o wt - Weight on RF	Brush		ET of LF	1
6	LF diag fwd - Recover RF	Forward Walk	1/8 to L	B Flat	2
7	RF fwd - Recover Body / RF bwd and slightly to side	Delayed Forward Walk Turning	1/2 to L	O/E of B Flat	3
8	LF bwd - Weight on LF	Cha Cha Cha Lock Backward (LRL)	1/8 to L	T	4
9	RF crossed in front of LF - Weight on RF			B Flat	&
10	LF bwd - Recover Body			B Flat	1

Figuri side by side in dansurile latino-americe

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – LINK TO FAN LEFT ANGLE POSITION (Lady)

Step Action	Alignment	Couple Position	Lead - Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze	Rotation
1				Twist to L	Active then Settle			
2			w/o Hold	Half 8 to R	Active		R	
3	Facing W	R Diag Same		Half 8 to L	Active then Settle	L	Maintain R then L	
4				Half 8 to R	Active then Settle	R	R	
5			RH to Lady's Left Wrist Level 1					
6	Facing DW	R Diag R Angle		Half 8 to L	Active then Settle	L Diag Fwd	L	L
7	Facing DW turn to Backing DW	L Diag R Angle then L Diag L Angle		Half Rev 8 to R	Active then Settle	R Diag Fwd	Maintain L then R	
8		L Side L Angle		Back Pelvic Tilt (diag L)	Active		L (on step)	
9	Backing LOD		LH to RH Hold Level 1	Half 8 to R	Active		R	Slight L
10		Fan L Angle		Neutral then Direct to L	Active then Settle	L Diag Bwd	Maintain R then L	

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – SYNCOPATED RIGHT SIDE LINK (Man)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
1	LF fwd, T turned out - Weight on both feet	Checked Forward Walk		B Flat	2
2	RF in place - Recover LF	Wt Transfer in Place		B Flat	3
3	LF bwd, T turned out - Part weight on LF	1 -2 Slip Close Chasse then Swivel	1/4 to R	I/E of T	4
4	RF slipped bwd - Recover LF	1 -2 Slip Close Chasse then Swivel	1/4 to R	Flat	&
5	LF to side - Recover Body	Side Walk	1/4 to R	B Flat	1
6	RF crossed behind LF - Part weight on RF	Whisk Chasse		B	2
7	LF in place - Recover Body	Whisk Chasse		B Flat	&
8	RF to side - Recover Body	Whisk Chasse		B Flat	3
9	Position Held	Whisk Chasse		Flat	4
10	LF closed to RF - Weight on LF	Steps 2-3 of Cha Cha Cha Chasse to R (RLR)		B	&
11	RF to side = Recover Body	Steps 2-3 of Cha Cha Cha Chasse to R (RLR)		B Flat	1

Figuri side by side in dansurile latino-americe

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – SYNCOPATED RIGHT SIDE LINK (Man)

Step Action	Alignment	Couple Position	Lead - Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze	Rotation
1	Facing LOD	Open Opp	RH to LH Hold Level 1	Qtr 8 to L then Neutral	Active	L Diag Fwd	L	
2	Backing against LOD			Neutral then Direct to R	Active then Settle		R	
3				Back Pelvic Tilt (diag L)	Active	R Diag Fwd	L (on step)	
4				Half 8 to R then Twist to R	Active then Settle		R	R
5	Facing W	R Diag L Angle		Half 8 to L	Active then Settle	L	Maintain R then L	
6			Man releases LH Hold	Twist to R with R Pelvic Tilt	Swing		R	
7		Turn to R Side Same		Half 8 to L	Active		L	
8				Half 8 to R	Active then Settle	R	Maintain L then R	
9								
10		R Side Same		Half 8 to L	Active		L	
11				Half 8 to R	Active then Settle	R	Maintain L then R	

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – SYNCOPATED RIGHT SIDE LINK (Lady)

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
1	RF bwd - Recover Body	Checked Backward Walk		B Flat	2
2	LF in place - Recover RF	Wt Transfer in Place		B Flat	3
3	RF fwd - Recover Body	Cha Cha Cha Lock Forward (RLR)		B Flat	4
4	LF crossed behind RF - Weight on LF			T	&
5	RF fwd - Recover LF			B Flat	1
6	LF fwd - LF bwd and slightly to side / Recover Body	Forward Walk Turning	3/4 to R	B Flat	2
7	RF to side - Recover Body	Side Walk	3/4 to R	B Flat	3
8	Position Held		3/4 to R		4
9	LF closed to RF - Weight on LF	Steps 2-3 of Cha Cha Cha Chasse to R (RLR)	3/4 to R	B	&
10	RF to side - Recover Body	Steps 2-3 of Cha Cha Cha Chasse to R (RLR)	3/4 to R	B Flat	1

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-CHA – SYNCOPATED RIGHT SIDE LINK (Lady)

Step Action	Alignment	Couple Position	Lead - Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze	Rotation	
1	Backing against LOD	Open Opp	RH to LH Hold Level 1	Neutral then Direct to R	Swing	R Diag Bwd	Maintain L then R		
2	Facing LOD	Open Opp		RH to LH Hold Level 1	Half 8 to L	Active then Settle	L Diag Fwd	L	
3		Open Opp		RH to LH Hold Level 1	Half 8 to R	Active	R Diag Fwd	R	
4		Open Opp		RH to LH Hold Level 1	Neutral then Half 8 to L	Active		L	Slight L
5		R Diag L Angle		RH to LH Hold Level 1	Half 8 to R	Active then Settle	R Diag Fwd	Maintain L then R	Slight L
6	Facing LOD Turn to Facing W	R Diag L Angle	Release RH Hold	Half Rev 8 to L then Twist to R	Active then Settle	L Diag Fwd	Maintain R then L	R	
7	Facing W	Turn to R Side Same		Half 8 to R	Active then Settle	R	R		
8		Turn to R Side Same		Half 8 to R	Active then Settle				
9		R Side Same		Release RH Hold	Half 8 to L	Active			Maintain R then L
10				Release RH Hold	Half 8 to R	Active then Settle	R		Maintain L then R

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-
METHODS OF CHANGING FEET

29. METHODS OF CHANGING FEET

Figuri side by side in dansurile latino-americane

Clarificare Syllabus FRDS

✓ CHA-CHA-
METHODS OF CHANGING FEET ADVANCED

49. ADVANCED METHODS OF
CHANGING FEET

Figuri side by side in dansurile latino-americe

Clarificare Syllabus FRDS

✓ RUMBA

FORWARD AND BACKWARD WALKS AMALGAMATIONS NOTE - General: After any figure or part of figure that ends in Open Opp. Position a series of Fwd or Bwd walks may be danced for a maximum of 2 bars of music (6 walks). When the Man is dancing Fwd Walks the Lady is dancing Bwd Walks and vice versa. The walks may curve to R or L. Man and Lady may dance a series of Fwd Walks for a maximum of 2 bars (6 walks) in R Side or L Side Same Position (e.g. following a Hand to Hand).

✓ PASO DOBLE & JIVE

Nu exista figuri side by side

Rumba – Sliding doors

Clarificare Syllabus FRDS

✓ VERSIUNEA ADVANCED VS DEZVOLTARE OPEN

Baiat

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
Prec. Step	Recover LF	Swivel	1/8 to R	ET of LF	&
1	LF fwd, T turned out - Weight on both feet	Checked Forward Walk		B Flat	2
2	RF in place - Recover Body / LF small ronde w/o wt	Wt Transfer In Place		B Flat	3
3	LF crossed behind RF w/o wt - Recover Body	Delayed Backward Walk		T Flat	4.1
4	RF to side - Recover Body	Side Walk		B Flat	2
5	LF in place - Recover RF	Wt Transfer in Place then Swivel	1/8 to L	B Flat	3 (&)
6	RF fwd and slightly across body - Recover Body	Forward Walk		B Flat	4.1

Rumba – Sliding doors

Clarificare Syllabus FRDS

✓ VERSIUNEA ADVANCED VS DEZVOLTARE OPEN

Baiat

Step Action	Alignment Direction	Couple Position	Lead-Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze	Rotation
Prec. Step	Facing DW to Facing W	R Diag Opp then R Side Same	w/o Hold	Half 8 to R then Twist to R	Active then Settle		R	Slight R
1	Facing W	Back R Diag Same		Qtr 8 to L then Neutral	Active	L Diag Fwd	L	
2	Backing C	R Side Same		Neutral then Direct to R	Active then Settle		R	
3		R Diag Same		Neutral then Direct to L	Active then Settle		Maintain R then L	
4	Facing W	L Diag Same		Half 8 to R	Active then Settle	R	R	
5	Facing W to Facing DW	Open Same then Open Opp		Half 8 to L	Active then Settle	L	L	L
6	Facing W to Facing DW	R Diag Opp		Half 8 to R	Active then Settle	R Diag Fwd	R	R

Rumba – Sliding doors

Clarificare Syllabus FRDS

✓ VERSIUNEA ADVANCED VS DEZVOLTARE OPEN

Fata

Step Action	Foot Placement	General Action	Quantity of Turn	Foot Action	Timing
Prec. Step	Recover RF	Forward Walk Turning then Back Swivel	3/8 to R then 1/4 to R	ET of RF	4.1
1	RF bwd - Recover Body	Checked Backward Walk		B Flat	2
2	LF in place - Recover RF	Wt Transfer in Place then Swivel	1/8 to L	B Flat	3(&)
3	RF fwd and well across body w/o wt - RF fwd(1), Recover LF	Delayed Forward Walk (bent knee) then Swivel	1/8 to R	T B Flat	4.1(&)
4	LF to side - Recover Body	Side Walk		B Flat	2
5	RF in place - Recover LF	Wt Transfer in Place then Swivel	3/8 to R	B Flat	3(&)
6	LF fwd and slightly across body - Recover Body	Forward Walk		B Flat	4.1

Rumba – Sliding doors

Clarificare Syllabus FRDS

✓ VERSIUNEA ADVANCED VS DEZVOLTARE OPEN

Step Action	Alignment Direction	Couple Position	Lead-Hold Shaping	Hip Design	Hip M. Actions	Translation	Squeeze	Rotation
Prec. Step	Facing DC against LOD turn to Backing C	R Diag Opp then R Side Same	w/o Hold	Half Rev 8 to L then Twist to R	Active then Settle		L	R
1	Backing C	Back R Diag Same		Neutral then Direct to R	Active then Settle	R Diag Bwd	Maintain L then R	
2	Facing W to Facing DW	R Side Same		Half 8 to L then Twist to L	Active then Settle	L Diag Fwd	L	L
3	Facing DW to Facing W	R Diag Same		Half 8 to R	Active then Settle	R Diag Fwd	Maintain L then R	Slight R
4	Facing W	L Diag Same		Half 8 to L	Active then Settle	L	L	
5	Facing W turn to Facing DC against LOD	Open Same then Open Opp		Half 8 to R then Twist to R	Active then Settle	R	R	
6	Facing DC against LOD	R Diag Opp		Half Rev 8 to L	Active then Settle	L Diag Fwd	Maintain R then L	R

Rumba – Sliding doors

Clarificare Syllabus FRDS

✓ VERSIUNEA ADVANCED VS DEZVOLTARE OPEN

41. ADVANCED SLIDING DOORS

Alte probleme intalnite

Clarificare Syllabus FRDS

Cha-cha: New York swivel finish Paso doble: botafogos

Slow fox: Hoover cross weave finish

Quick step: Timing natural turn (Sqaq)

Tango: chase alternative open finish

Tango: skating lockstep

Cha-cha: lunge, 3 step turns

Samba: drops

Samba: split Rolling of the Arm

Jive: mooch variante

Multumesc!

Clarificare Syllabus FRDS

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