



# THE CANADIAN DANCESPORT FEDERATION

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## AMATEUR DANCESPORT INSTRUCTOR

### BALLROOM STEP LIST

#### WALTZ

- 1: Closed Changes
- 2: Natural Turn
- 3: Reverse Turn
- 4: Natural Spin Turn
- 5: Whisk
- 6: Chasse from PP

#### TANGO

1. Walk
2. Progressive Side Step
- 3: Progressive Link
- 4: Closed Promenade
- 5: Rock Turn
- 6: Open Reverse Turn, Lady Outside
- 7: Back Corte

#### FOXTROT

- 1: Feather Step
- 2: Three Step
- 3: Natural Turn
- 4: Reverse Turn (inc. Feather Finish)
- 5: Closed Impetus and Feather Finish

#### QUICKSTEP

- 1: Quarter Turn to Right
- 2: Natural Turn
- 3: Natural Turn with Hesitation
- 4: Natural Pivot Turn
- 5: Natural Spin Turn
- 6: Progressive Chasse
- 7: Chasse Reverse Turn
- 8: Forward Lock

#### VIENNESE WALTZ

- 1: Natural Turn
- 2: Change Step from Natural to Reverse
- 3: Reverse Turn
- 4: Change Step form Reverse to Natural

### LATIN AMERICAN STEP LIST

#### CHA-CHA

- 1: Basic Movements (Closed, Open and In Place)
- 2: New York (To Left or Right Side Position)
- 3: Spot Turns to Left or Right (Including Switch Turns and Underarm Turns)
- 4: Shoulder to Shoulder (Left Side and Right Side)
- 5: Hand to Hand (To Right and Left Side Position)
- 6: Three Cha Cha Chas (Forward and Back)
- 7: Side Steps (To Left or Right)
- 8: There and Back
- 9: Time Steps

## **RUMBA**

- 1: Basic Movements (Closed, Open, In Place and Alternative)**
- 2: Cucarachas ( Left Foot and Right Foot)**
- 3: New York (To Left and Right Side Position)**
- 4: Spot Turns to Left or Right (Including Switch Turns and Underarm Turns)**
- 5: Shoulder to Shoulder (Left Side and Right Side)**
- 6: Hand to Hand (To Right and Left Side Position)**
- 7: Progressive Walks Forward or Back**
- 8: Side Steps (To Left or Right)**
- 9: Cuban Rocks**

## **SAMBA**

- 1: Basic Movements (Natural, Reverse, Side and Progressive)**
- 2: Whisks (also with Lady's Underarm Turn)**
- 3: Samba Walks (Promenade, Side and Stationary)**
- 4: Rhythm Bounce**
- 5: Travelling Voltas to Right and Left (Facing – No Turn)**
- 6: Travelling Bota Fogos Forward**
- 7: Criss Cross Bota Fogos (Shadow Bota Fogos)**

## **PASO DOBLE**

- 1: Sur Place**
- 2: Basic Movement**
- 3: Chasses to Right or Left (including Elevations)**
- 4: Drag**
- 5: Displacement (also Attack)**
- 6: Promenade Link (also Promenade Close)**
- 7: Promenade**
- 8: Ecart (Fallaway Whisk)**
- 9: Separation**
- 10: Separation with Lady's Caping Walks**

## **JIVE**

- 1: Basic in Place**
- 2: Fallaway Rock**
- 3: Fallaway Throwaway**
- 4: Link**
- 5: Change of Places Right to Left (Also with Change of Hands)**
- 6: Change of Places Left to Right (Also with Change of Hands)**
- 7: Change of Hands Behind Back**
- 8: Hip Bump (Left Shoulder Shove)**