

Repertorio de pasos para las categorías de las medallas correspondientes a Pre Bronze, Bronze, Silver y Gold

Pre Bronze

Para ambas modalidades, Rhythm y Smooth, las limitaciones son de figuras de 1 a 11 para todos los bailes a excepción de Viennese Waltz y Bolero que son de figuras 1 a 7, las mismas tendrán que ser bailadas con restricciones a la carta del Syllabus, no se permitirán notas al pie.

Bronze

Se incluirá el Bronze 4, estará admitido el Full Bronze, es decir figuras de 1 a 15 para todos los bailes a excepción de Viennese Waltz y Bolero figuras de 1 a 10, no se podrá bailar ninguna figura de Silver, pero podrán incluirse las notas al pie del Syllabus, entiéndase por esto la restricción incluye la nota al pie

Silver

Contempla todas las figuras de Full Bronze + Full Silver incluidas las notas al pie, no se puede agregar ninguna figura de Gold.

Gold

Contempla todas las figuras de Full Bronze + Full Silver incluidas las notas al pie pero no se podrá abrir ninguna figura.

Open

Por el momento y hasta que podamos en futuras temporadas incluir las categorías Open por medalla entiéndase por esto Open Bronze, Open Silver y Open Gold, en las categorías Open NO aplica ninguna restricción y podrán competir en las categorías abiertas todos los atletas que participen en la categoría de su medalla con la excepción de los atletas Gold si no existiera en la temporada la posibilidad de competir en su medalla , esto significa que por el momento la única categoría Open incluye todos los niveles que competirán entre si , no se tomara en cuenta la categoría de edad.

- ❖ Cabe mencionar que cada atleta inscripto en la categoría estudiante podrá tener solo 1 compañero por modalidad, en cambio los atletas inscriptos como Teachers podrán tener hasta 8 compañeros distintos, es decir un estudiante por cada categoría de medalla de cada modalidad , hasta tanto pueda incorporarse las competencias de Baile Social Latino y Baile Social Americano.

- ❖ Quienes son entrenadores y quieran competir junto a otro entrenador deberán hacerlo como estudiantes avanzados en Silver / Gold debido a que no existe la categoría Teacher Teacher.

FIGURAS SYLLABUS PRODVIDA

Waltz

- Pre Bronze (figura 1 a 11 de ProDvida)

Box step

Box with underarm turn

Progressive

Left turning box

Right turning box

The balance steps

Balance and box

Simple Twinkle

Two way underarm turn

Face to face – back to back

Reverse turn

Reverse turn with underarm turn

Natural turn

Natural Turn with underarm turn

Progressive twinkles

Turning twinkles

- Bronze (Pre Bronze + figuras 12 a 15 ProDvida)

Grapevine

Promenade Chasse

Twinkle and weave

Waterfall

- Silver (Bronze + figuras 1 a 15 ProDvida)

Open left box

Open left box with underarm turn

Open right turn

Open right turn with syncopated underarm turn

Twinkle connection

Check and develop

Flip flops
Progressive twinkles
Hairspin from left box
Hairspin from promenade position
Fallaway and wave
Progressive shadow twinkles
Oversway
Check to open fallaway
Alternating underarm turns
Pivots from promenade
Shadow Right Turns

- Gold (Bronze + Silver + figuras 1 a 10 ProDvida)

Shadow switching spirals
Hings to shadow
Shadow running telemark
Syncopated pivots
Left side grapevine and spiral
Contra Check and ronde
Standing spin
Standing spin alternative ending
Wrap around and hairspin
Overturned shadow right turns
Develop and double ronde

Tango

- Pre Bronze (figura 1 a 11 de ProDvida)

Straight basic
Curving basic
Promenade turning left
Promenade turning right
Single corte
Progressive Rocks
Open fan
Open fan with underarm turn

Running steps
Double corte
Reverse turn
Reverse turn with outside swivel
Right side fans
Contra rocks
Change of places
Change of places variation

- Bronze (Pre Bronze + figuras 12 a 15 ProDvida)

Twist turn to right
Reverse turn with underarm turn
Promenade pivot
Shadow rocks

- Silver (Bronze + figuras 1 a 15 ProDvida)

Flicks
Oversway and ronde
Curls
Fallaway and ronde
Change of place
Spanish drag
Outside underarm turn to shadow position
Shadow envelopes
Swivel fans
Fallaway whisk and underarm turns
Handshake back fans
Cobra fans
Fallaway slip pivot
Traveling right lunges
Shadow reverse and drag

- Gold (Bronze + Silver + figuras 1 a 10 ProDvida)

Double ronde to shadow
Shadow Viennese crosses

Promenade taps and right side curl
Fallaway to hammerlocks
Left side check
Pivots to shadow switches
Shadow corté and fallaway
Stalks to skater`s waltz
Oblique line to waist wrap
Teleronde to throwaway oversway

Foxtrot

- Pre Bronze (figura 1 a 11 de ProDvida)

Basic

Promenade

Rock turn to left

Rock turn to right

Sway step

Sway underarm turn

Promenade underarm turn

Zig zag in line

Zig zag outside partner

Box Step

Twinkle

Promenade twinkles

Turning twinkles to outside partner

Turning twinkles to outside partner with underarm turn

Grapevine

- Bronze (Pre Bronze + figuras 12 a 15 ProDvida)

Promenade twist

Promenade pivot

Running steps in basic rhythm

Running steps in box rhythm

Twinkle and weave with grapevine

- Silver (Bronze + figuras 1 a 15 ProDvida)

Open left box

Open right turn

Grapevine

Weave from promenade

Chair and slip pivot

Hover corte

Hairpin from open left box

Hairpin from promenade position

Fallaway and weave

Same foot lunge

Same foot lunge with weave ending

Shadow points

Outside swivel

Check to open grapevine

Shadow from hairpin and open right

Pivot from promenade

Gem

- Gold (Bronze + Silver + figuras 1 a 10 ProDvida)

Left side grapevines and weave

Continuous hairpin

Passing changes

Hinge and free spin to shadow

Shadow switching grapevine

Advanced gem

Lock and lunge

Oversway and ronde to shadow

Whisk and weave

Shadow hairpins

Viennese Waltz

- Bronze (figura 1 a 10 de ProDvida)

Balance Steps

Fifth position breaks

Fifth position breaks with underarm turn

Reverse turn

Closed twinkle

Crossbody lead

Crossbody lead with underarm turn

Hand to hand

Forward progressive changes

Backward progressive changes

Right turn

Change of place

Curtsey and bow

- Silver (Bronze + figuras 1 a 10 ProDvida)

Right turn with underarm turn

Left turn with underarm turn

Flairs

Turning open breaks

Shadow runs

Reverse underarm turns

Advanced hand to hand combination

Shadow right turns

Standing spins

Open right turns

- Gold (Bronze + Silver + figuras 1 a 10 ProDvida)

Swivel and ronde

Canter pivots

Reverse turns with free spins

Shadow passing right turns

Right side ronde and developpe

Shadow canter grapevines
Horse and cart
Barrel turns
Roll and out
Advanced standing spin

Cha cha

- Pre Bronze (figura 1 a 11 de ProDvida)

Basic in Place
Side Basic
Progressive Basic
Outside Partner Breaks
Crossover Breaks
Cross body Lead
Open Break and Underarm Turn
Chase Turns
Shoulder Check
Shadow Positions
Butterfly

- Bronze (Pre Bronze + figuras 12 a 15 ProDvida)

Alternating Underarm Turns
Cross body Pull Back
Three Cha cha chas
Crossover flick to side break

- Silver (Bronze + figuras 1 a 10 ProDvida)

Crossover flick combination
Back spot inside turn
Pull back and grapevine
Crossbody lead and syncopated chassé
Cuban breaks and swivels
Open turn and wrap

Cross over , twist and kick
Syncopations left and right
Across the back with walkaround turn
Syncopated crossover

- Gold (Bronze + Silver + figuras 1 a 10 ProDvida)

Open Box and Inside turn
Cuban break with alternating turns
Syncopated crossover and swivels
Lady's walk around to shadow position
Crossover grapevine and promenade run
Forward run, kick and check
Crossover spiral and swivels
Change of directions
Open turn and three chass
Fifth position left and right

Rumba

- Pre Bronze (figura 1 a 11 de ProDvida)

Side Basic
Fifth Position
Box
Cross body lead
Outside Partner Breaks
Slow Underarm turn
Open break & Underarm turn
Crossover Breaks
Crossover and Side rocks
Open Rumba Walks
Shoulder checks

- Bronze (Pre Bronze + figuras 12 a 15 ProDvida)

Cradle circle

Quick under arm turn and loop

Open circular walk

Spot turn combination

- Silver (Bronze + figuras 1 a 10 ProDvida)

Alternating under arm turn

Open Walks with spot turns

Cucaracha with in and out turns

Quick underarm turn and rocks

Skater's position to face loop

Spiral swivels

Shadow Variation

Back Swivels and cradle

Open rumba walk with syncopated turn

Traveling swivels

- Gold (Bronze + Silver + figuras 1 a 10 ProDvida)

Telemark and overturned back break

Outside turn to rocks

Spiral and shadow positions

Snap underarm turn with reverse pivot

Men's walk around

Cuddle and syncopated outside turn

Pivots and swivels

Shadows cucarachas and alternating sleep pivots

Overtuned fifth positions

Overtuned back break and slow turn

East Coast Swing

- Pre Bronze (figura 1 a 11 de ProDvida)

Basic

Basic turning to right

Basic turning to left

Throw out

Inside underarm turn

Underarm release from Basic

Free spin tuck –in (from handshake)

Free spin tuck –in (from double handhold)

Underarm tuck- in (from double handhold)

Alternating underarm turns

Shoulder check

Cradle

Cradle to hammerlock

- Bronze (Pre Bronze + figuras 12 a 15 ProDvida)

Sugar Push throw out

Double Face loop

Opposition break and roll out

Whirpool

- Silver (Bronze + figuras 1 a 10 ProDvida)

Wrist spin

Face loop and pivots

Alternating hammerlocks

Man's wrap and swivels

Pivots

Side to side and running step

Boogie Walks

Syncopated in and out

Side by side turns

Cradle and kicks

- Gold (Bronze + Silver + figuras 1 a 10 ProDvida)

Double turns to point steps
Swivels to progressive triples
Rotating swivels and opposition break
Grapevine with kick ball changes
He goes, she goes, they go
Hip pull back and continuous chassés
Pivots to running triples
Rolling off the arm variation
Quick turn to stop and go
Simple Spins and sailor shuffles

Bolero

- Bronze (figura 1 a 10 de ProDvida)

Basic
Turning Basic
Open Break Underarm turn
Underarm pass
Left side pass
Crossover break
Check and circular walks
Romantic Sways
Checked underarm pass
Spot turn combination
Hip twist and spin

- Silver (Bronze + figuras 1 a 10 ProDvida)

Open check
Open Cross body lead with syncopated turns
Rhonde and shadow swivels
Curl and double leg rhonde
Right side swivels and rhonde
Face loop and sway
Walks and grapevine
Cradle and man's arm bar

Cross over swivels
Slow spiral with back swivels

- Gold (Bronze + Silver + figuras 1 a 10 ProDvida)

Ronde fallaway and lady's back drop
Leg wrap and drop
Slow spiral and sway
Ronde, crossover and spiral
Hammerlock and alternating spirals
Shadow position and telemark
Swivels behind man's back
Lunge to shadow position
Lady's head roll with crossover
Hammerlock to shoulder check

Mambo

- Bronze (figura 1 a 15 de ProDvida)

Forward and back basic
Side breaks
Side breaks and cross
Cross body lead
Open break underarm turn
Crossover break and walk around turn
Shoulder check
Promenade swivel and close
Alternating underarm turns
Rueda basic
Cross body lead with inside turn
Back Spot turn
Mambo twist
Forward spot turn to surprise
Crossover swivels and pull back

- Silver (Bronze + figuras 1 a 10 ProDvida)

Cross body lead variations
Solo variation

Underarm turn and swivels

Bobby`s break

Continuous cross body lead with breaks

Behind the back pass with bobby`s ending

Mambo wrap

Double face loop

Flick and kick

Hammerlock and swivels

- Gold (Bronze + Silver + figuras 1 a 10 ProDvida)

Double hand hold turns

Alternating turns with pullback

Reverse shadow position

Ronde with lady back bend

Swivels to bobby`s break

Open box with turns

Walk around swivels

Around the back to crossover

Right to right hand hold with turns

Side Breaks with outside turn