

OGRANIČENI PROGRAM ZA „E1”, “E2”, “E3”, “E4” “E6”

CHA CHA E1 I E2

- Basic Movements (Close Basic, Open Basic, Basic in Place)
- Time Step
- Side Step
- Check From Open PP & CPP

DODATAK ZA E3

- Shoulder to Sholuder
- Hand to Hand
- 3 Cha Cha Cha

DODATAK ZA E4

- Spot Turn to R & L
- Under Arm Turn to R & L

ENGLESKI VALCER E1 I E2

- RF Close Change
- LF Close Change
- 1/4 turn to R
- 1/4 turn to L

DODATAK ZA E3

- Natural Turn
- Reverse Turn

DODATAK ZA E4

- Chasse From Promenade Position
- Progressive Chasse to Right
- Whisk

DISCO E3

- Basic step
- Basic step in circle
- Underarm turn to L and turn to R
- Basic to shoulder
- Change of place
- Change of place behind back

JIVE E4

- Basin in Place, Basic in Fallaway
- Change of Place R to L and L to R
- Change of Hands Behind Back
- Link
- American Spin
- Hip Bump
- Stop & Go

QUICKSTEP ZA E4

- Quarter Turn to R
- Quarter Turn to L
- Natural Turn
- Natural Spin Turn
- Progressive Chasse
- Change of Direction
- Cross Chasse
- Fwd Lock Step
- Progressive Chasse to Right

E6 KATEGORIJA

CHA CHA CHA

- Basic Movements (Close Basic, Open Basic, Basic in Place)
- Time Step
- Side Step
- Check From Open PP & CPP
- Spot Turn to R & L
- Under Arm Turn to R & L
- Shoulder to Sholuder
- Hand to Hand 3 Cha Cha Chas
- Fan
- Hockey Stick
- Cross Basic
- Open Hip Twist
- Natural Top
- Close Hip Twist
- Alemana
- Sweet Heart
- Turkish Towel
- Aida
- Split Cuban Breaks

RUMBA

- Basic Movements (Close Basic, Open Basic, Basic in Place)
- Cucarachas (LF & RF)
- Side Steps (to L and R)
- Check from pen PP & CPP
- Spot Turn to R & L
- Under Arm Turn to R & L
- Shoulder to Sholuder
- Hand to Hand
- Progresive Walk (Fwd & Bwd)
- Cuban Rocks

- Fan
- Hockey Stick
- Open Tip twist
- Alemana
- Opening Out to R & L
- Natural Top
- Close Hip Twist
- Reverse Top
- Rope Spinning
- Spiral
- Aida (Fallaway)
- Curl

JIVE

- Basin in Place, Basic in Fallaway
- Change of Place R to L and L to R
- Change of Hands Behind Back
- Link
- Whip
- Promenade Walks (Slow & Quick)
- American Spin
- Hip Bump
- Stop & Go
- Double Cross Whip
- Fallaway Throwaway
- Overturned Fallaway Throwaway
- Simple Spin
- Reverse Whip
- Throwaway Whip
- Mooch
- Miami Special
- Windmill
- Spanish Arms

ENGLESKI VALCER

- RF Close Change
- LF Close Change
- Natural Turn
- Reverse Turn
- Whisk
- Chasse From Promenade Position
- Outside Change
- Natural Spin Turn
- Back Whisk
- Hesitation Change
- Progressive Chasse to Right Weave in Waltz Time
- Open Impetus Turn
- Weave from PP
- Fwd and Bwd Lock Step
- Double Reverse Spin
- Outside Spin
- Underturned Outside Spin
- Turning Lock to The Left
- Turning Lock to The Right
- Telemark
- Wing
- Cross Hesitation

TANGO

- Walks RF & LF
- Progressive Side Step
- Progressive Link
- Closed Promenade
- Basic Reverse Turn
- Open Reverse Turn, Lady Outside
- Progressive Side Step Reverse Turn
- Natural Rock Turn
- Natural Promenade Turn

- Natural Twist Turn
- Natural Promenade Turn to Rock Turn
- Promenade Link
- Mini Five Step
- Outside Swivel
- Rock on LF and RF
- Four Step
- Four Step Change
- Fallaway Promenade Brush Tap

QUICKSTEP

- Quarter Turn to R
- Quarter Turn to L
- Natural Turn
- Natural Turn With Hesitation
- Natural Spin Turn
- Progressive Chasse
- Change of Direction
- Cross Chasse
- Fwd Lock Step
- Chasse Reverse Turn
- Progressive Chasse to Right
- Quick Open Reverse
- Tipple Chase to Right
- Bwd Lock Step
- Double Reverse Turn
- Telemark
- Natural turn Back Lock Running Finish
- Running Finish