

**WYKAZ FIGUR OBOWIĄZUJĄCYCH W RYWALIZACJI SPORTOWEJ
FTS DLA KATEGORII:**

Dzieci Najmłodsze, Dzieci Młodsze

Lp.	Nazwa Figury	Rozliczenie alternatywne	Źródło
	<i>WALC ANGIELSKI</i>		
1	CHASSES		
	CHASSE FROM PP		I,H,WA
	PROGRESSIVE CHASSE		I,H
	PROGRESSIVE CHASSE TO RIGHT		I,H,WA
2	CLOSED CHANGES		I,H,WA
3	REVERSE CORTE		I,H,WA
4	DOUBLE REVERSE SPIN	123&	I,H,WA
5	HESITATION CHANGE (NATURAL TURN WITH HESITATION)		I,H,WA
6	IMPETUS		
	CLOSED IMPETUS (IMPETUS TURN)		I,H,WA
	OPEN IMPETUS TURN		I,H,WA
7	BACKWARD LOCK STEP (BACKWARD LOCK)		I,H,WA
8	OPEN IMPETUS AND CROSS HESITATION (CROSS HESITATION AFTER OPEN IMPETUS TURN)		I,H,WA
9	OUTSIDE CHANGE		I,H,WA
10	REVERSE TURN		I,H,WA
11	NATURAL SPIN TURN		I,H,WA
12	BASIC WEAVE (WEAVE IN WALTZ TIME)		I,H,WA
13	WHISKS		
	BACK WHISK		
	WHISK		

<i>WALC WIEDEŃSKI</i>			
Lp.	Nazwa Figury	Rozliczenie alternatywne	Źródło
1	LF BACKWARD CHANGE STEP (NATURAL TO REVERSE)		I
2	LF FORWARD CHANGE STEP (REVERSE TO NATURAL)		I, S-H
3	NATURAL TURN		I, S-H
4	REVERSE TURN		I, S-H
5	RF BACKWARD CHANGE STEP (REVERSE TO NATURAL)		I, S-H
6	RF FORWARD CHANGE STEP (NATURAL TO REVERSE)		I, S-H

<i>QUICKSTEP</i>			
Lp.	Nazwa Figury	Rozliczenie alternatywne	Źródło
1	CHASSES		
	CHASSE REVERSE TURN (REVERSE TURN)		I, H, Q
	PROGRESSIVE CHASSE		I, H, Q
	PROGRESSIVE CHASSE TO RIGHT		I, H, Q
	TIPPLE CHASSE TO RIGHT (ALONG SIDE OF THE ROOM)		I, H, Q
	(AT A CORNER)		H, Q
	UNDERTURNED TIPPLE CHASSE		I, H
2	DOUBLE REVERSE SPIN		I, H, Q
3	CLOSED IMPETUS (CLOSED IMPETUS TURN)		I, H, Q
4	LOCK STEPS		
	BACK LOCK (BACKWARD LOCK STEP)		I, H, Q
	FORWARD LOCK (FORWARD LOCK STEP)		I, H, Q
5	SPIN TURNS		
	NATURAL SPIN TURN		I, H, Q
	NATURAL PIVOT TURN		I, H, Q
6	NATURAL TURN (NATURAL TURN AT A CORNER)		I, H, Q
7	NATURAL TURN AND BACKWARD LOCK AND RUNNING FINISH		I, H, Q
8	NATURAL TURN WITH HESITATION		I, H, Q
9	QUATER TURNS		
	QUATER TURN TO LEFT		I, H, Q
	QUATER TURN TO RIGHT		I, H, Q
10	REVERSE PIVOT	Q, &	I, H
11	RUNNING FINISH (ENDING IN CLOSED POSITION OR PP; OPEN RUNNING FINISH)	SQQ	I, H, Q

SAMBA			
Lp.	Nazwa Figury	Rozliczenie alternatywne	Źródło
1	BASIC MOVEMENTS		
	NATURAL BASIC MOVEMENT (ALTERNATIVE NATURAL BASIC MOVEMENT)		I,L,S
	OUTSIDE BASIC MOVEMENT (ALTERNATIVE OUTSIDE BASIC MOVEMENT)		I,SU
	PROGRESSIVE BASIC MOVEMENT (ALTERNATIVE PROGRESSIVE BASIC MOVEMENT)		I,L,S
	REVERSE BASIC MOVEMENT (ALTERNATIVE REVERSE BASIC MOVEMENT)		I,L,S,SU
	SIDE BASIC MOVEMENT (ALTERNATIVE SIDE BASIC MOVEMENT)		S
2	BOTA FOGOS		
	BOTA FOGOS TO PROMENADE AND COUNTER PROMENADE		I,L,S
	CRISS CROSS BOTA FOGOS (SHADOW BOTA FOGOS)		I,S
	TRAVELLING BOTA FOGOS BACKWARD		I,S
	TRAVELLING BOTA FOGOS FORWARD		I,S
	TRAVELLING BOTA FOGOS FORWARD IN RIGHT SHADOW POSITION		I,S
3	CORTA JACA		I,L,S
4	FOOT CHANGES (METHODS OF CHANGING FEET)		I,L,S
5	REVERSE TURN (ALSO LADY CAN BE TURNED TO L DURING STEPS 4-6 – THREE STEP TURN)	SQQ	I,L,S
6	RHYTHM BOUNCE (ON RF AND LF)		S,SU
7	CLOSED ROCKS (CLOSE ROCKS ON RIGHT FOOT AND LEFT FOOT)		I,L,S
8	SAMBA WALKS		
	LEFT FOOT SAMBA WALKS IN PP OR RIGHT FOOT SAMBA WALKS IN PP (PROMENADE SAMBA WALKS)		I,L
	SIDE SAMBA WALK		I,L,S
	STATIONARY SAMBA WALKS		I,L,S
9	VOLTAS		
	CRISS CROSS VOLTAS (TRAVELLING VOLTAS TO R AND L)		I,L,S
	SHADOW CIRCULAR VOLTA TO R AND L		I,L,S
	SHADOW TRAVELLING VOLTA		S

	SOLO SPOT VOLTA TO R AND L (VOLTA SPOT TURN TO RIGHT FOR LADY OR LEFT FOR LADY)		I,S
10	WHISKS (TO RIGHT AND LEFT)		I,L,S
	(ALSO WITH LADY'S UNDERARM TURN TO L AND R OR TO R AND L)		I,L,S

CHA CHA CHA			
Lp.	Nazwa Figury	Rozliczenie alternatywne	Źródło
1	ALLEMANAS		
	ALLEMANA		I,LC
	ALLEMANA FROM OPEN POSITION WITH R TO R HAND HOLD		I,LC
2	BASIC MOVEMENTS		I,LC
	BASIC MOVEMENT IN PLACE (BASIC IN PLACE)		I
	CLOSED BASIC MOVEMENT (CLOSE BASIC)		I,LC
	OPEN BASIC MOVEMENT (OPEN BASIC)		I,LC
	CROSS BASIC	Guapacha	I,L,C
3	CHASE		C
4	CUBAN BREAKS		
	LF CUBAN BREAK, RF CUBAN BREAK		I,L,C
	SPLIT CUBAN BREAKS (SPLIT CUBAN BREAKS FROM OCPP AND OPEN PP)		L
5	FAN		I,L,
	FAN DEVELOPMENT	Guapacha (6-10)	C
6	HAND TO HAND (TO LEFT AND RIGHT SIDE POSITION)		I,L,R
7	HIP TWISTS		I,L,C
	CLOSED HIP TWIST (CLOSE HIP TWIST)		I,C
	OPEN HIP TWIST		I,C,SU
8	HOCKEY STICK		I,L,C
9	NATURAL OPENING OUT MOVEMENT (OPENING OUT TO RIGHT)		I,L,C
10	NATURAL TOP		L
	NATURAL TOP UNDERARM TURN DEVELOPMENT		L
11	NEW YORK (TO LEFT AND RIGHT SIDE POSITION) (CHECK FROM OCPP OR OPP)		L
12	SHOULDER TO SHOULDER (LEFT SIDE AND RIGHT SIDE)		I, C
	SHOULDER TO SHOULDER (LEFT SIDE AND RIGHT SIDE) DEVELOPMENT		I, C
13	SIDE STEPS		
	SIDE STEP TO LEFT (COMMENCED WITH LF)		I, C
	SIDE STEP TO LEFT (COMMENCED WITH RF)		I, C
	SIDE STEP TO RIGHT (COMMENCED WITH LF)		I, C

	SIDE STEP TO RIGHT (COMMENCED WITH RF)		I, C
14	SPOT TURNS		
	SPOT TURNS TO LEFT OR RIGHT		I,L,C
	SWITCH TURNS TO LEFT AND RIGHT		I,L,C
	UNDERARM TURNS TO R AND L		
15	THERE AND BACK		L,I,C
16	THREE CHA CHA CHAS		L,I,C
17	TIME STEPS	Guapacha	L,I,C

	<i>JIVE</i>		
Lp.	Nazwa Figury	Rozliczenie alternatywne	Źródło
1	AMERICAN SPIN		I,L,J
2	BALL CHANGE		I,L,J
3	BALL CHANGE WITH FLICK OR HESITATION		I,L,J, SU
4	BASIC IN PLACE		I,L,J
5	CHANGE OF HANDS BEHIND BACK		I,L,J
6	CHANGE OF PLACES		
	CHANGE OF PLACES LEFT TO RIGHT		I,L,J
	CHANGE OF PLACES RIGHT TO LEFT		I,L,J
7	FALLAWAY ROCK		I,L,J
8	FALLAWAY ROCK DEVELOPMENT		I,L,J
9	FALLAWAY THROWAWAY		I,L,J
10	FALLAWAY THROWAWAY DEVELOPMENT OVERTURNED FALLAWAY THROWAWAY		I,L,J
11	HIP BUMP (LEFT SHOULDER SHOVE)		I,L,J
12	LINK		J,SU
13	MOOCH		J
14	STOP AND GO		I,L,J
15	WALKS (PROMENADE WALKS- SLOW)		I,L,J
	WALKS DEVELOPMENT (PROMENADE WALKS- QUICK)		I,L,J
16	WHIPS		
	DOUBLE WHIP (DOUBLE CROSS WHIP)		I,L,J
	WHIP		I,L,J
	WHIP THROWAWAY		I,L,J

Uwagi:			
- W nawiasach podano alternatywne nazwy lub uzupełnienia nazwy			
Objaśnienia symboli literowych (źródło):			
I - ISTD The Ballroom Technique, The Revisited Technique of Latin American Dancing, Viennese Waltz			
H - IDTA Guy Howard - Technique of Ballroom Dancing			
S-H - Harry Smith-Hempshire - The Viennese Waltz			
WA - Guy Howard - Technique of Ballroom Dancing The Waltz and Basic Principles			
T - Guy Howard - Technique of Ballroom Dancing The Tango and Basic Principles			
F - Guy Howard - Technique of Ballroom Dancing The Foxtrot and Basic Principles			
Q - Guy Howard - Technique of Ballroom Dancing The Quickstep and Basic Principles			
L – IDTA Walter Laird - Technique of Latin Dancing			
The Technique of Latin Dancing by Walter Laird – The Commemorative Edition			
SU - Walter Laird - Technique of Latin Dancing – Supplement			
S – ISTD Latin American Samba			
C – ISTD Latin American Cha Cha Cha			
R – ISTD Latin American Rumba			
P – ISTD Latin American Paso Doble			
J – ISTD Latin American Jive			