

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

Dzieci Starsze, Juniorzy Młodszy, Juniorzy Starsi

	WALC ANGIELSKI		
Lp.	Nazwa Figury	Rozliczenie alternatywne	Źródło
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	CONTRA CHECK		I,H,WA
4	CORTE		
	HOVER CORTE		I,H
	REVERSE CORTE		I,H,WA
5	CROSS HESITATION		I,H
6	CURVED FEATHER FROM PP		I,H,WA
7	DOUBLE REVERSE SPIN	123&	I,H,WA
8	DRAG HESITATION		I,H,WA
9	FALLAWAY NATURAL TURN		H, WA
10	FALLAWAY REVERSE AND SLIP PIVOT	123&, 1&23, 1231	I,H
11	HESITATION CHANGE (NATURAL TURN WITH HESITATION)		I,H,WA
12	IMPETUS		
	CLOSED IMPETUS (IMPETUS TURN)		I,H,WA
	OPEN IMPETUS TURN		I,H,WA
13	LOCK STEP		
	BACKWARD LOCK STEP (BACKWARD LOCK)		I,H,WA
	FORWARD LOCK STEP		H, WA
14	NATURAL TURN		I,H,WA
15	OPEN IMPETUS AND CROSS HESITATION (CROSS HESITATION AFTER OPEN IMPETUS TURN)		I,H,WA

16	OPEN IMPETUS AND WING (WING FOLLOWING OPEN IMPETUS TURN)		I,H,WA
17	OPEN IMPETUS TURN FOLLOWED BY WEAVE		WA
18	OPEN TELEMAR AND CROSS HESITATION (OPEN TELEMAR INTO CROSS HESITATION)		I,H,WA
19	OPEN TELEMAR AND WING		I,H,WA
20	OUTSIDE CHANGE		I,H,WA
21	OUTSIDE SPIN		I,H,WA
	UNDERTURNED OUTSIDE SPIN		I,H,WA
22	PASSING NATURAL TURN (FROM PP)		H
23	QUICK NATURAL WEAVE FROM PP (RUNNING WEAVE)		H
24	REVERSE PIVOT		I,H,WA
25	REVERSE TURN		I,H,WA
26	RUNNING CROSS CHASSE (ENDING IN CLOSED POSITION OR PP)		H
27	RUNNING FINISH (ENDING IN CLOSED POSITION OR PP)		H
28	TELEMARCS		
	CLOSED TELEMAR (TELEMAR)		I,H,WA
	OPEN TELEMAR		I,H,WA
29	SPIN TURNS		
	NATURAL SPIN TURN		I,H,WA
	UNDERTURNED NATURAL SPIN TURN		WA
	QUICK NATURAL SPIN TURN		H,WA
	RUNNING SPIN TURN	123 1&23	H
30	TURNING LOCKS		
	TURNING LOCK (TURNING LOCK TO THE LEFT)		I,H,WA
	TURNING LOCK TO RIGHT (TURNING LOCK TO THE RIGHT)		I,H,WA
31	WEAVE		
	BASIC WEAVE (WEAVE IN WALTZ TIME)		I,H,WA
	WEAVE FROM PP (AFTER OPEN IMPETUS TURN, AFTER WHISK) (WHISK FOLLOWED BY WEAVE)		I,H,WA
32	WHISKS		
	BACK WHISK		
	DOUBLE WHISK		I,H,WA
	FALLAWAY WHISK		H
	LEFT WHISK		I,H,WA
	WHISK		

33	WINGS	1	I,H,WA
	CLOSED WING		
	QUICK WING		I,H,WA
	WING		H,WA

TANGO			
Lp.	Nazwa Figury	Rozliczenie alternatywne	Źródło
1	ALTERNATIVE ENDINGS AFTER 5 STEPS THE CHASE		H
2	ALTERNATIVE ENDINGS AFTER OVERSWAY (DROP OR TILT OVERSWAY)		H
3	ALTERNATIVE ENTRIES TO PP		I
4	BACK CORTE		I, H, T
5	BRUSH TAP		I, H, T
6	CHASE (THE CHASE)		I, H, T
7	CONTRA CHECK		I
8	FALLAWAY REVERSE AND SLIP PIVOT	QQS&	I, H, T
9	FOUR STEPS – FIVE STEPS		I, H, T
	FALLAWAY FOUR STEP		I, H, T
	FIVE STEP (REVERSE FIVE STEP)	QQS&S	I, H, T
	FOUR STEP		
	FOUR STEP CHANGE	QQ&S	I, H, T
	MINI FIVE STEP (FIVE STEP)		H
10	FOXTROT TWIST TURN ENDING IN PP		I, H
11	NATURAL PROMENADE TURN		I, H, T
12	NATURAL PROMENADE TURN TO NATURAL ROCK TURN		I, H, T
13	NATURAL TWIST TURN		I, H, T
14	OPEN FINISH		I, H, T
15	OPEN TALEMARK	QQQ	H
16	OUTSIDE SPIN	&QQ	H
17	OUTSIDE SWIVELS		
	OUTSIDE SWIVEL (after 1 and 2 of Reverse Turn) (REVERSE OUTSIDE SWIVEL)		I, H, T
	OUTSIDE SWIVEL (Turning Left) followed by steps 2 and 3 of Promenade Link (after Open Promenade) (OUTSIDE SWIVEL TO LEFT)		I, H, T
	OUTSIDE SWIVEL (Turning Left) followed by steps 2 and 3 of Promenade Link (after Open Finish ended DW) (OUTSIDE SWIVEL TO RIGHT)		I, H, T
18	OVERSWAY (DROP OR TILT OVERSAY)		I, H, T
19	PASSING NATURAL TURN	&QQ	I, H
20	PROGRESSIVE LINK		I, H, T
21	PROGRESSIVE SIDE STEP		I, H, T

22	PROGRESSIVE SIDE STEP REVERSE TURN		I, H, T
23	PROMENADES		
	BACK OPEN PROMENADE		I, H, T
	CLOSED PROMENADE		I, H, T
	FALLAWAY PROMENADE		I, H, T
	OPEN PROMENADE		I, H, T
	PROMENADE LINK		I, H, T
24	REVERSE PIVOT		H
25	REVERSE TURNS		
	BASIC REVERSE TURN	QQ&QQS, QQ&QQ&	I, H, T
	OPEN REVERSE TURN LADY IN LINE (OPEN FINISH OR CLOSED FINISH)		I, H, T
	OPEN REVERSE TURN LADY OUTSIDE (OPEN FINISH OR CLOSED FINISH)		I, H, T
26	ROCKS		
	ROCK TURN		I
	LF AND RF ROCKS (ROCK ON LEFT FOOT AND ROCK ON RIGHT FOOT)		I, H, T
27	WALK(WALKS)		I, H, T
28	WHISKS		
	BACK WHISK		H
	WHISK		H

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

<i>FOXTROT</i>			
Lp.	Nazwa Figury	Rozliczenie alternatywne	Źródło
1	ALTERNATIVE ENDINGS TO EXTENDED WEAVE		
2	CHANGE OF DIRECTION (TRZECI KROK CHANGE OF DIRECTION JAKO ROZPOCZĘCIE NOWEJ FIGURY)		H, F
3	FEATHERS		
	BACK FEATHER		I, H, F
	CURVED FEATHER		H, F
	CURVED FEATHER FROM PP		H
	CURVED FEATHER TO BACK FEATHER		I
	FEATHER STEP		I, H, F
	HOVER FEATHER		I, H, F
4	DOUBLE REVERSE SPIN	QQ&Q	H, F
5	FALLAWAY REVERSE		
	BOUNCE FALLAWAY WITH WEAVE ENDING (LILTING FALLAWAY WITH WEAVE ENDING)		I
	FALLAWAY REVERSE AND SLIP PIVOT	SQQQ, SQQS, SQQ&, SQ&Q, S&QQ, QQS&	I, H, F
6	FEATHER FINISH	QQQ	H, F
	FEATHER ENDING	QQQ	H, F
7	HOVER CROSS		I, H, F
8	IMPETUS		
	CLOSED IMPETUS AND FEATHER FINISH (IMPETUS TURN)		I, F
	OPEN IMPETUS (OPEN IMPETUS TURN)		I, H, F
9	NATURAL TURN		I, H, F
10	NATURAL TWIST TURN		I, H, F
11	NATURAL ZIG-ZAG FROM PP		I, H, F
12	OPEN TALEMARK, NATURAL TURN, OUTSIDE SWIVEL, FEATHER ENDING		I, H, F
13	OUTSIDE CHANGE		H
14	OUTSIDE SPIN	&QQ	H
	UNDERTURNED OUTSIDE SPIN		H
15	OUTSIDE SWIVEL		H
16	PASSING NATURAL TURN (FROM PP)		H

17	PROGRESSIVE CHASSE TO RIGHT		H
18	QUICK OPEN REVERSE (QUICK OPEN REVERSE TURN)	Q&Q SQQ	H, F
19	REVERSE PIVOT	Q, &	H, F
20	REVERSE TURN		I, H, F
21	RUNNING FINISH (ENDINGS IN CLOSED POSITION OR PP)		H
22	TELEMARKS		
	CLOSED TELEMARK (TELEMARK)		I, H, F
	HOVER TELEMARK		I, H, F
	NATURAL HOVER TELEMARK	S&S SQQ	I, H, F
	NATURAL TELEMARK		I, H, F
	OPEN TELEMARK		I, H, F
	OPEN TELEMARK AND FEATHER ENDING		I, H, F
	OPEN TELEMARK FOLLOWED BY WEAVE FROM PP		F
23	TIPPLE CHASSE		H
24	THREE STEPS		
	CURVED THREE STEP		H, F
	THREE STEP		H, F
25	TOP SPIN		I, H, F
	DOUBLE TOP SPIN		H
26	WAVE		
	EXTENDED REVERSE WAVE		H, F
	REVERSE WAVE		I, H, F
27	WEAVES		
	BASIC WEAVE(WEAVE)		I
	NATURAL WEAVE		I, H, F
	QUICK NATURAL WEAVE FROM PP (RUNNING WEAVE)		H, F
	WEAVE FROM PP (PRECEDED BY OPEN IMPETUS) (OPEN IMPETUS TURN FOLLOWED BY WEAVE FROM PP)		H, F
28	WHISKS		
	BACK WHISK		H
	WHISK		H

<i>QUICKSTEP</i>			
Lp.	Nazwa Figury	Rozliczenie alternatywne	Źródło
1	CHANGE OF DIRECTION		I, H, Q
2	CHASSES		
	CHASSE REVERSE TURN (REVERSE TURN)		I, H, Q
	CROSS CHASSE		I, H, Q
	PROGRESSIVE CHASSE		I, H, Q
	PROGRESSIVE CHASSE TO RIGHT		I, H, Q
	TIPPLE CHASSE TO LEFT (ALONG SIDE OF THE ROOM)		H, Q
	(AT A CORNER)		H, Q
	TIPPLE CHASSE TO RIGHT (ALONG SIDE OF THE ROOM)		I, H, Q
	(AT A CORNER)		H, Q
	UNDERTURNED TIPPLE CHASSE		I, H
3	CROSS SWIVEL		H, Q
4	FEATHERS		
	CURVED FEATHER		H
	CURVED FEATHER FROM PP		H
5	DOUBLE REVERSE SPIN		I, H, Q
6	FALLOWAY REVERSE AND SLIP PIVOT		H
7	FISH TAIL		I, H, Q
8	FOUR QUICK RUN		I, H, Q
9	HOVER CORTE		H, Q
10	IMPETUS		
	CLOSED IMPETUS (CLOSED IMPETUS TURN)		I, H, Q
	OPEN IMPETUS (OPEN IMPETUS TURN)		H, Q
11	LOCK STEPS		
	BACK LOCK (BACKWARD LOCK STEP)		I, H, Q
	FORWARD LOCK (FORWARD LOCK STEP)		I, H, Q
12	SPIN TURNS		
	NATURAL SPIN TURN		I, H, Q
	UNDERTURNED NATURAL SPIN TURN		I, H, Q
	NATURAL PIVOT TURN		I, H, Q
13	NATURAL TURN (NATURAL TURN AT A CORNER)		I, H, Q
14	NATURAL TURN AND BACK LOCK		I, H

15	NATURAL TURN AND BACKWARD LOCK AND RUNNING FINISH		I, H, Q
16	NATURAL TURN WITH HESITATION		I, H, Q
17	OUTSIDE CHANGE		H, Q
18	OUTSIDE SPIN	&QQ	H
19	PASSING NATURAL TURN		Q
20	QUATER TURNS		
	QUATER TURN TO LEFT		I, H, Q
	QUATER TURN TO RIGHT		I, H, Q
21	QUICK OPEN REVERSE (QUICK OPEN REVERSE TURN)		I, H, Q
22	REVERSE PIVOT	Q, &	I, H
23	RUMBA CROSS		I, H, Q
24	RUNNING CROSS CHASSE (ENDINGS IN CLOSED POSITION OR PP)		H, Q
25	RUNNING FINISH (ENDING IN CLOSED POSITION OR PP; OPEN RUNNING FINISH)	SQQ	I, H, Q
26	RUNNING RIGHT TURN		I, H, Q
27	SIX QUICK RUN		I, H, Q
28	TELEMARKS		
	CLOSED TELEMARK (TELEMARK)	SQQ, QQS	I, H, Q
	OPEN TELEMARK		H, Q
29	TIPSY TO RIGHT AND LEFT		I, H, Q
30	TURNING LOCK TO RIGHT (ENDINGS IN CLOSED POSITION OR PP)	QQQQ	H
31	V-6		I, H, Q
32	WHISKS		
	BACK WHISK		H
	WHISK		H
33	WING		H
34	ZIG-ZAG BACK LOCK RUNNING FINISH		I, H, Q

SAMBA			
Lp.	Nazwa Figury	Rozliczenie alternatywne	Źródło
1	ARGENTINE CROSSES		I,S,SU
2	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
3	BOTA FOGOS		
	BOTA FOGOS TO PROMENADE AND COUNTER PROMENADE		I,L,S
	CONTRA BOTAFOGOS		I,L,S
	CONTRA BOTAFOGOS DEVELOPMENT		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
4	CARIOCA RUNS		I,L,S
5	CORTA JACA		I,L,S
	CORTA JACA IN SHADOW POSITON		L
6	CRUZADOS LOCKS		L,S
7	CRUZADOS WALKS (CRUZADOS WALKS IN SHADOW POSITION)		L,S
8	DRAG		L
9	FOOT CHANGES (METHODS OF CHANGING FEET)		I,L,S
10	PLAIT		I,L,S
11	PROMENADE AND COUNTER PROMENADE RUNS		L,S
12	REVERSE TURN (ALSO LADY CAN BE TURNED TO L DURING STEPS 4-6 – THREE STEP TURN)	SQQ	I,L,S
13	RHYTHM BOUNCE (ON RF AND LF)		S,SU
14	ROCKS		

	BACK ROCKS (BACK ROCKS ON RIGHT FOOT AND LEFT FOOT)		I,L,S
	CLOSED ROCKS (CLOSE ROCKS ON RIGHT FOOT AND LEFT FOOT)		I,L,S
	OPEN ROCKS (OPEN ROCKS ON RIGHT FOOT AND LEFT FOOT)		I,L,S
15	ROLL		
	NATURAL ROLL (ALSO LADY CAN BE TURNED TO L DURING STEPS 4-6 – THREE STEP TURN)		I,L,S
	REVERSE ROLL		S
16	ROLLING OFF THE ARM (ENDINGS - LADY CAN BE TURNED TO L – THREE STEP TURN)		I,S,SU
17	SAMBA LOCKS (IN OPP AND OCPP) (ALSO LADY CAN BE TURNED TO L DURING STEPS 4-6 OR 10-12 – THREE STEP TURN)		S,L,SU
18	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
19	SAMBA SIDE CHASSES		L
20	VOLTAS		
	CLOSED VOLTA		I,SU
	CRISS CROSS VOLTAS (TRAVELLING VOLTAS TO R AND L)		I,L,S
	DROPPED VOLTA		I,L,S
	MAYPOLE (CONTINUOUS VOLTA SPOT TURN TO R AND L)		I,L,SU
	ROUNDAABOUT TO R AND L (CIRCULAR VOLTAS TO R AND L)		I,L,SU
	SHADOW CIRCULAR VOLTA TO R AND L		I,L,S
	SHADOW TRAVELLING VOLTA		S
	SIMPLE VOLTA TO RIGHT OR LEFT		SU
	SOLO SPOT VOLTA TO R AND L (VOLTA SPOT TURN TO RIGHT FOR LADY OR LEFT FOR LADY)		I,S
21	VOLTA MOVEMENTS (TRAVELLING, CIRCULAR, SPOT, DEVELOPMENT SLOW)		I,SS
22	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	AIDA (FALLAWAY)		I,L,C
	AIDA 4 ENDINGS (FALLAWAY DEVELOPMENT FOLLOWING CURL)		I,C
	AIDA DEVELOPMENT FOLLOWING CURL, SPIRAL		I,C
2	ALLEMANAS		
	ALLEMANA		I,LC
	ALLEMANA CHECKED TO OPEN CPP		I,LC
	ALLEMANA FROM OPEN POSITION WITH L TO R HAND HOLD		I,LC
	ALLEMANA FROM OPEN POSITION WITH R TO R HAND HOLD		I,LC
3	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
	CROSS BASIC DEVELOPMENT		I,L,C
4	CHASE		C
5	ALTERNATIVE FINISHING POSITION (OPEN POSITION, OPEN CPP, CONTACT POSITION)		I, L
6	CUBAN BREAKS		
	LF CUBAN BREAK, RF CUBAN BREAK		I,L,C
	CUBAN BREAK IN OPEN POSITION		
	CUBAN BREAK IN OPEN CPP		
	SPLIT CUBAN BREAKS (SPLIT CUBAN BREAKS FROM OCPP AND OPEN PP)		L
7	FAN		I,L,
	FAN DEVELOPMENT	Guapacha (6-10)	C
8	FOLLOW MY LEADER		I,L,C
9	FOOT CHANGES (METHODS OF CHANGING FEET)		C
10	HAND TO HAND (TO LEFT AND RIGHT SIDE POSITION)		I,L,R
11	HIP TWISTS		I,L,C
	ADVANCED HIP TWIST		I,C
	ADVANCED HIP TWIST DEVELOPMENT (PRESS LINE RIGHT HAND HOLD)		I,C

	CLOSE HIP TWIST SPIRAL		I,L,C
	CLOSE HIP TWIST SPIRAL TURNED TO FAN POSITION		
	CLOSED HIP TWIST (CLOSE HIP TWIST)		I,C
	OPEN HIP TWIST		I,C,SU
	OPEN HIP TWIST SPIRAL		I,C,SU
	OPEN HIP TWIST SPIRAL TURNED TO FAN POSITION		SU
	OPEN HIP TWIST TURNED TO FINISH IN OCPP		I,L,C
	SYNCOATED OPEN HIP TWIST		I,L,C
12	HOCKEY STICK		I,L,C
	HOCKEY STICK TURNED TO OCPP	Guapacha	I,L,C
13	NATURAL OPENING OUT MOVEMENT (OPENING OUT TO RIGHT)		I,L,C
14	NATURAL TOP		L
	NATURAL TOP UNDERARM TURN DEVELOPMENT		L
15	NEW YORK (TO LEFT AND RIGHT SIDE POSITION) (CHECK FROM OCPP OR OPP)		L
16	OPENING OUT FROM REVERSE TOP		I,L,C
17	REVERSE TOP		I,SU
18	SHOULDER TO SHOULDER (LEFT SIDE AND RIGHT SIDE)		I, C
	SHOULDER TO SHOULDER (LEFT SIDE AND RIGHT SIDE) DEVELOPMENT		I, C
19	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
20	SPIRAL TURNS		
	CURL		SU
	CURL TURNED TO OPEN CPP		SU
	ROPE SPINNING		I, C
	SPIRAL		I,L,C
	SPIRAL DEVELOPMENT		I,C,SU
	SPIRAL UNDERTURNED		I,C
21	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		
22	SWEETHEART		I,L,C
23	THE CHA CHA CHA CHASSE AND ALTERNATIVES		I,L,C
	CHASSE TO L AND R		I,L,C
	FORWARD CHASSE (R OR L FOOT);		I,L,C
	BACKWARD CHASSE (R OR L FOOT);		I,L,C
	COMPACT CHASSE;		I,L,C
	FORWARD LOCK (R OR L FOOT);		I,L,C
	BACKWARD LOCK (R OR L FOOT);		I,L,C
	FORWARD AND BACKWARD RUNS;		I,L,C
	RONDE CHASSE;		C
	TWIST CHASSE (HIP TWIST CHASSE)		C
	SLIP CHASSE		I,L,C
	SPLIT CUBAN BREAK CHASSE (R OR L FOOT)		L,I,C
	RUNAWAY CHASSE		I,C
24	THERE AND BACK		L,I,C
25	THREE CHA CHA CHAS		L,I,C
26	TIME STEPS	Guapacha	L,I,C
27	TURKISH TOWEL		I,C

RUMBA			
Lp.	Nazwa Figury	Rozliczenie alternatywne	Źródło
1	AIDA (FALLAWAY)		I,R
2	AIDA DEVELOPMENT (4 ENDINGS)		I,R
3	ALLEMANAS		I,R,L
	ALLEMANA		I,R,L
	ALLEMANA FROM OPEN POSITION (WITH L TO R HAND HOLD)		I,R,L
	ALLEMANA CHECKED TO OCPP		I,R,L
	ALLEMANA FROM OPEN POSITION (WITH L TO R HAND HOLD)		I,R,L
	RUNAWAY ALEMANA	habanera rhythm	L
	THREE ALEMANAS		I,R,L
	THREE ALEMANAS DEVELOPMENT		I,R,L
4	BASIC MOVEMENTS		I,R,L
	CLOSED BASIC MOVEMENT		I,R,L
	CLOSED BASIC MOVEMENT DEVELOPMENT		I,R,L
	OPEN BASIC MOVEMENT		I,R
	BASIC MOVEMENT IN PLACE		I,R
	ALTERNATIVE BASIC MOVEMENT		I,R
	ALTERNATIVE BASIC MOVEMENT DEVELOPMENT		I,R
5	CUBAN ROCKS (LEFT FOOT OR RIGHT FOOT)		I,R,L
	SYNCOATED CUBAN ROCKS		I,R,L
6	CUCARACHAS (LF AND RF)		I,R,L
7	FAN	habanera rhythm	L
8	FAN DEVELOPMENT	habanera rhythm	I,R
9	FENCING		I,SU,R
	DEVELOPMENT SPIN ENDINGS 3 METHODS		I,R
10	HAND TO HAND (TO LEFT AND RIGHT SIDE POSITION)		I,R,L
11	HIP TWISTS		
	ADVANCED HIP TWIST		I,R
	ADVANCED HIP TWIST DEVELOPMENT		I,R
	CIRCULAR HIP TWIST	habanera rhythm	I,R
	CLOSED HIP TWIST (CLOSE HIP TWIST)	habanera rhythm	I,R,L
	CLOSED HIP TWIST TURNED TO OCPP		I,R,L

	CONTINUOUS CIRCULAR HIP TWIST		I,R,L
	CONTINUOUS HIP TWIST	habanera rhythm	I,R,L
	OPEN HIP TWIST	habanera rhythm	I,R,L
	OPEN HIP TWIST TURNED TO OCPP		I,R,L
	SYNCOATED OPEN HIP TWIST	habanera rhythm	L
12	HOCKEY STICK		I,R,L
13	HOCKEY STICK ENDED IN OCPP (HOCKEY STICK TURNED TO OCPP)		L
14	NATURAL OPENING OUT MOVEMENT		I,R
15	NATURAL TOP		I,R,L
16	NATURAL TOP UNDERARM DEVELOPMENT		I,R,L
17	NEW YORKS (TO LEFT OR RIGHT SIDE POSITION) (CHECK FROM OCPP)		I,R,L
18	OPENING OUT TO RIGHT AND LEFT		I,R,L
	ADVANCED OPENING OUT MOVEMENT		L
19	OPENING OUT FROM REVERSE TOP		I,R
20	PROGRESSIVE WALKS (FORWARD WALKS AND BACKWARD WALKS) – ENDINGS FAN, CLOSED POSITION, SPIRAL		I,R,L
	PROGRESSIVE WALKS FORWARD (FORWARD WALKS)		I,R,L
	PROGRESSIVE WALKS BACKWARD (BACKWARD WALKS)		I,R,L
	PROGRESSIVE WALKS FORWARD IN RIGHT SIDE POSITION		I,R,L
	PROGRESSIVE WALKS FORWARD IN LEFT SIDE POSITION		I,R,L
	PROGRESSIVE WALKS FORWARD IN RIGHT SHADOW POSITION – KIKI WALKS (FORWARD WALKS IN SHADOW POSITION)		I,R,L
21	REVERSE TOP		I,R,L
22	SHOULDER TO SHOULDER (LEFT SIDE AND RIGHT SIDE)		R,SU
	SHOULDER TO SHOULDER (LEFT SIDE AND RIGHT SIDE) DEVELOPMENT		I,R,SU
	SHOULDER TO SHOULDER OPEN		SU
23	SIDE STEPS		I,R
	SIDE STEP TO LEFT (COMMENCED WITH LF)		I,R
	SIDE STEP TO LEFT (COMMENCED WITH RF)		I,R
	SIDE STEP TO RIGHT (COMMENCED WITH LF)		I,R

	SIDE STEP TO RIGHT (COMMENCED WITH RF)		I,R
	SIDE STEPS (SIDE STEPS AND CUCARACHAS)		SU
24	SLIDING DOORS		I,R,L
25	SLIDING DOORS DEVELOPMENT, ALTERNATIVE HOLD		I,R,L
26	SPIRAL TURNS		I,R,L
	CURL	habanera rhythm	I,R,L
	CURL TURNED TO OCPP		L
	ROPE SPINNING		I,R,L
	ROPE SPINNING ALTERNATIVE FINISHING POSITION AND THEIR FOLLOWS (5 METHODS)		I,R
	SPIRAL	habanera rhythm	I,R,L
	UNDERTURNED SPIRAL (SPIRAL)- ALTERNATIVE FINISHING POSITION: OPEN POSITION, OPEN CPP, CONTACT POSITION)		I,R,L
	UNDERTURNED SPIRAL DEVELOPMENT		I,R,L
27	SPOT TURNS		
	SPOT TURNS TO LEFT OR RIGHT		I,R,L
	SPOT TURNS TO LEFT OR RIGHT DEVELOPMENT		I,R,L
	SWITH TURNS TO LEFT AND RIGHT		I,R
	UNDERARM TURNS TO R AND L		I,R,L
28	TREE THREES		I,R,SU
	TREE THREES WITH FAN ENDING (TREE THREES FINISHED IN FAN POSITION)	habanera rhythm	R,SU

PASO DOBLE			
Lp.	Nazwa Figury	Rozliczenie alternatywne	Źródło
1	ALTERNATIVE ENTRIES TO PP		L
2	APPEL	&	I,L,P
	SYNCOPEDED APPEL		I,L,P
3	BANDERILLAS		I,L,P
4	BASIC MOVEMENT		I,L,P
5	CHASSE CAPE DEVELOPMENT (3 ENDINGS)		I,L,P
6	CHASSE CAPE (INCLUDING OUTSIDE TURN)		I,L,P
7	CHASSES TO R OR L (INCLUDING ELEVATIONS)		I,L,P
8	COUP DE PIQUE (2 METHODS, DEVELOPMENT)		I,L,P
	COUP DE PIQUE CHANGING FROM LF TO RF		I,L,P
	COUP DE PIQUE CHANGING FROM RF TO LF		I,L,P
	COUP DE PIQUE COUPLET		I,L,P
	COUP DE PIQUE SYNCOPATED		I,L,P
9	DEPLACEMENT (ALSO ATTACK)		I,L,P
10	DRAG		P,SU
11	ECART (FALLAWAY WHISK)		I,L,P
12	FALLAWAY REVERSE TURN		I,L,P
13	FLAMENCO TAPS	12&34, 1&2&34	I,L,P
14	FREGOLINA (ALSO FAROL)		I,P,SU
15	GRAND CIRCLE		I,L,P
16	HUIT (CAPE)		I,L,P
17	LA PASSE		I,L,P
18	LEFT FOOT VARIATION		I,L,P
19	METHODS OF CHANGING FEET		I,L,P
20	OPEN TELEMAR		I,L,P,SU
21	PROMENADE		P,L
22	PROMENADE AND COUNTER PROMENADE (PROMENADES)		I,L,P
23	PROMENADE LINK (ALSO PROMENADE CLOSE)		I,L,P
24	SEPARATION		
	FALLAWAY ENDING TO SEPARATION(SEPARATION WITH FALLAWAY ENDING) (SEPARATION TO FALLAWAY WHISK)		I,P,SU
	SEPARATION		I,L,P
	SEPARATION WITH LADY'S CAPING WALKS		I,P,SU

	SYNCOPATED SEPARATION (3 ENDINGS)		I,L,P
25	SIXTEEN		I,L,P
26	SPANISH LINES (IN INVERTED PP AND INVERTED CPP)		I,L,P
27	SUR PLACE	1, &	I,L,P
28	SYNCOPATED CHASSE		I,L,P
29	TRAVELLING SPINS		
	TRAVELLING SPINS FROM CPP		I,L,P
	TRAVELLING SPINS FROM CPP DEVELOPMENT DOUBLES SPINS	12345&67&81234 or 12345678&1&234	I,L,P
	TRAVELLING SPINS FROM PP		I,L,P
	TRAVELLING SPINS FROM PP DEVELOPMENT DOUBLES SPINS	1234&5&678	I,L,P
30	TWIST TURN		L,P
31	TWISTS		I,L,P

JIVE			
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	CATAPULT		J
6	CHANGE OF HANDS BEHIND BACK		I,L,J
7	CHANGE OF PLACES		
	CHANGE OF PLACES LEFT TO RIGHT		I,L,J
	CHANGES OF PLACES LEFT TO RIGHT OVERTURNED DEVELOPMENT THE LAIRD BREAK		I,L,J
	CHANGES OF PLACES LEFT TO RIGHT OVERTURNED, DEVELOPMENT		I,L,J
	CHANGE OF PLACES RIGHT TO LEFT		I,L,J
	CHANGE OF PLACES RIGHT TO LEFT WITH DOUBLE SPIN		I,L,J
12	CHICKEN WALKS	QQQQ, SSSS, SSQQQQ	I,L,J
13	CHUGGING		J
14	FALLAWAY ROCK		I,L,J
15	FALLAWAY ROCK DEVELOPMENT		I,L,J
16	FALLAWAY THROWAWAY		I,L,J
17	FALLAWAY THROWAWAY DEVELOPMENT OVERTURNED FALLAWAY THROWAWAY		I,L,J
18	HIP BUMP (LEFT SHOULDER SHOVE)		I,L,J
19	LINK		J,SU
	LINK - DEVELOPMENT FLICK BALL CHANGE		I,L,J
	LINK – DEVELOPMENT HESITATION (LADY) (ADVANCED LINK – BREAK)		I,L,J
20	MIAMI SPECIAL		J
21	MOOCH		J
	MOOCH DEVELOPMENT	&Q&Q&Q&Q, &QQ&QQ	J
22	ROLLING OFF THE ARM (DEVELOPMENT SPIN ENDING TO ROLLING OFF THE ARM)		I,L,J
23	SHOULDER SPIN		J
24	SIMPLE SPIN		I,J,SU
25	SPANISH ARMS		I,L,J

26	SPIN ENDING TO SPANISH ARMS		I,L,J
27	STALKIG WALKS FLICKS AND BREAK		I,L
28	STOP AND GO		I,L,J
29	TOE HEEL SWIVELS	QQQQQQ, QQSQQS	I,J,SU
30	WALKS (PROMENADE WALKS- SLOW)		I,L,J
	WALKS DEVELOPMENT (PROMENADE WALKS- QUICK)		I,L,J
31	WHIPS		
	CURLY WHIP		I,L,J
	DOUBLE WHIP (DOUBLE CROSS WHIP)		I,L,J
	REVERSE WHIP		I,L,J
	WHIP		I,L,J
	WHIP THROWAWAY		I,L,J
32	WINDMILL		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 Walt			
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			