

Standard/Latein Figurenkatalog im Hochschulsport der Uni Potsdam

	Anfänger:innen A1	Anfänger:innen A2	Fortgeschrittene F1	Fortgeschrittene F2
Standard-Tänze				
Langsamer Walzer	<ul style="list-style-type: none"> • Closed Change on LF and RF • Natural Turn • Reverse Turn • Aktion: Rise and Fall 	<ul style="list-style-type: none"> • Underturned Natural Spin Turn • Aktion: Rise and Fall 	<ul style="list-style-type: none"> • Whisk • Progressive Chassé from PP 	<ul style="list-style-type: none"> • Natural Turning Lock • Left Whisk with untwist • Back Whisk
Tango	<ul style="list-style-type: none"> • Tango-Walk on LF and RF • 2-7 Rock Turn • Progressive Link • Closed Promenade • Aktion: Promenade Position (PP) 	<ul style="list-style-type: none"> • Open Reverse Turn, Lady Outside - Closed Ending • Aktion: Tangohaltung 	<ul style="list-style-type: none"> • Mini Five-Step / Five Step 	<ul style="list-style-type: none"> • Open Promende • Outside Swivel - Method 1
Wiener Walzer	<ul style="list-style-type: none"> • „Pendelschritte“ • Rechtsdrehung im Rechteck 	<ul style="list-style-type: none"> • Natural Turn • Aktion: Originalgeschwindigkeit 	<ul style="list-style-type: none"> • Change forward from Natural to Reverse Turn • Reverse Turn • Change forward from Reverse to Natural Turn 	<ul style="list-style-type: none"> • Wiederholung
Quickstep	<ul style="list-style-type: none"> • Quarter Turn to Right • Progressive Chassé 	<ul style="list-style-type: none"> • Natural Spin Turn • Quick Open Reverse Turn 	<ul style="list-style-type: none"> • V 6 (Schritte 2 bis 12) - Timing: Q Q S S Q Q S Q Q S S 	<ul style="list-style-type: none"> • Forward and Backward Lock(step) • Tipple Chasse to Right - at a corner
Slowfox		<ul style="list-style-type: none"> • Feather Step • Three Step 	<ul style="list-style-type: none"> • Reverse Turn inkl. Feather Finish • Aktion: Heel-Turn 	<ul style="list-style-type: none"> • Curved Featherstep • Open Impetus • Weave from P.P.
Latein-Tänze				
Cha-Cha-Cha	<ul style="list-style-type: none"> • Close Basic • Underarm Turn to Right • Spot Turn to right and left • Hand-to-Hand • Check from Open CPP and Check from Open PP 	<ul style="list-style-type: none"> • Open Hip Twist • Hockey Stick • Aktion: Open Position with Left to Right hand hold • Alemana 	<ul style="list-style-type: none"> • Ggf. Wiederholung von Open Hip Twist • Three Cha Cha Chas to Right and Left • Turkish Towel 	<ul style="list-style-type: none"> • Follow my leader • Im Übrigen freie Wahl
Rumba	<ul style="list-style-type: none"> • Close Basic Movement • Underarm Turn to Right • Spot Turn to right and left • Hand-to-Hand • Check from Open CPP und Check from Open PP 	<ul style="list-style-type: none"> • Open Hip Twist • Hockey Stick • Aktion: Open Position with Left to Right hand hold • Alemana 	<ul style="list-style-type: none"> • Ggf. Wiederholung von Open Hip Twist • Rope Spinning • Aktion: Cucaracha • Sliding Doors 	<ul style="list-style-type: none"> • Natural Top (mit Damensolo) • Im Übrigen freie Wahl
Jive	<ul style="list-style-type: none"> • Basic in Fallaway • Change of Place Right to Left • Change of Place Left to Right • Hip Bump - Timing: Q Q QaQ QaQ 	<ul style="list-style-type: none"> • Stop and Go • American Spin 	<ul style="list-style-type: none"> • Mooch • Change of Place behind the Back 	<ul style="list-style-type: none"> • Change of Place Left to Right with Ronde • Simple Spin • im Übrigen freie Wahl
Samba		<ul style="list-style-type: none"> • Natural Basic Movement • Samba Whisk to Right and Left • Promenade Samba Walks • Aktion: Bounce 	<ul style="list-style-type: none"> • Side Samba Walk • Volta Spot Turn for Lady 	<ul style="list-style-type: none"> • Shadow Botafogos • Im Übrigen freie Wahl
Paso Doble			<ul style="list-style-type: none"> • Fallaway Whisk • Promenade Close • Promenade • Schritte 1-4 Attack • Chasses to Right with Elevations • Aktionen: Apell & Marsch-Schritte 	<ul style="list-style-type: none"> • Separation