

*A SER APROVADO NA PRIMEIRA ASSEMBLEIA GERAL A REALIZAR DEPOIS DA CONSTITUIÇÃO DA ASSOCIAÇÃO

FIGURAS

PERMITIDAS

PDA2021



PORTUGAL DANCE ACADEMY -
ASSOCIAÇÃO DE TODOS PARA TODOS
RUA DA ALDEIA, 337, BLOCO2, 1.º DTO.
4410-459 ARCOZELO, VILA NOVA DE GAIA

geral@pda.com.pt
www.pda.com.pt
910 500 720



FIGURAS PERMITIDAS

A Técnica e os princípios explicados nos livros "Technique of Latin Dancing 17th Edition" de Walter Laird (IDTA) são a base a ter em conta para a execução de figuras das Danças Latino-Americanas.

As figuras incluídas no livro "Technique of Latin Dancing - SUPPLEMENT" de Walter Laird só são permitidas na categoria de Juvenil intermédios.

No caso de Ballroom o livro base é "Technique of Ballroom Dancing" – de Guy Howard (IDTA).

No caso da Valsa Vienense aconselha-se a seguinte bibliografia: "Viennese Waltz Technique" de British Dance Council.

Os quadros abaixo ilustram as figuras permitidas em cada categoria, por dança:

| CHA CHACHA | |
|---|---|
| BEGINNER | NOVICE |
| <ul style="list-style-type: none"> • Cha ChaCha Chasses to Left and Right • Cha ChaCha Locks Forward and Backward • Time Step • Close Basic • Open Basic • Fan • Hockey Stick • Check from Open CPP • Check from Open PP • Spot Turn to Left • Underarm Turn to Right • Spot Turn to Right • Underarm Turn to Left • Shoulder to Shoulder • Hand to Hand • Natural Top using Finish A • Alemana using Finish A • Alemana from Open Position with Left to Right Hand Hold • Hockey Stick Turned to Open CPP • Close Hip Twist • Close Hip Twist Turned to Open CPP • Alemana Checked to Open CPP • Open Hip Twist • Open Hip Twist Turned t finish in Op CPP | <ul style="list-style-type: none"> • Ronde Chasse • Hip Twist Chasse • Slip Close Chasse • Natural Top using Finish B • Alemana from Open Position with Right to Right Hand Hold • Alemana using Finish B • Cross Basic • Methods of Changing Feet 1, 2 & 3 • Guapacha Timing • Close Hip Twist Spiral • Open Hip Twist Spiral • Cuban Break in Open Position • Cuban Break in Open CPP • Split Cuban Break in Open CPP • Split Cuban Break from Open CPP and Open PP • Turkish Towel • Sweetheart • Follow My Leader • Curl |
| JUVENIL INTERMÉDIO | |
| <ul style="list-style-type: none"> • Reverse Top • Rope Spinning • Aida • Opening Out from Reverse Top • There and Back • Cha Cha Cha Chasses podem ser alterados por: Ronde Chasse, Hip Twist Chasse, Crossover Chasse, 3 Step turns, Fwd/Bwd Runs sempre que aplicável e em situações não previstas nos Charts anteriores | |

Qualquer movimento considerado nas Amalgamations do Livro e não considerados nos Charts originais.

Figuras adicionais poderão ser dançadas por Juvenis Intermédios em *Shadow Position*, com duração máxima de 6 barras, excluindo os *Foot Changes*:

1. Slip Close Chasse
2. 2 Walks and fwd Lockstep
3. There and back

| SAMBA | |
|---|---|
| BEGINNER | NOVICE |
| <ul style="list-style-type: none"> • Natural Basic Movement • Reverse Basic Movement • Progressive Basic Movement • Samba Side Chasses • Rhythm Bounce • Samba Whisks to Left and Right • Promenade Samba Walks • Side Samba Walk • Stationary Samba Walks • Close Rocks on Right Foot and Left Foot • Reverse Turn • CortaJaca • Travelling Botafogos • Natural Roll • Volta Spot Turn to Right for Lady • Volta Spot Turn to Left for Lady • Open Rocks to Right and Left • Promenade Botafogo • Backward Rocks on Right Foot and Left Foot • Plait • Shadow Botafogos | <ul style="list-style-type: none"> • Travelling Voltas to Right • Travelling Voltas to Left • Continuous Volta Spot Turn to Right • Continuous Volta Spot Turn to Left • Circular Voltas to Right • Circular Voltas to Left • Contra Botafogos • Promenade to Counter Promenade Runs • Cruzado Walks in Shadow Position • Cruzados Locks in Shadow Position • Methods of Changing Feet 1, 2, 3 and 4 • Dropped Volta • Carioca Runs • Samba Locks in Open PP & Open CPP • Rolling of the Arm |
| JUVENIL INTERMÉDIO | |
| <ul style="list-style-type: none"> • Outside Basic • Argentine Crosses • Qualquer movimento considerado nas Amalgamations do Livro e não considerados nos Charts <p>Figuras adicionais poderão ser dançadas por Juvenis Intermédios em <i>Shadow Position</i></p> <ol style="list-style-type: none"> 1. Continuous Spot Voltas to L & R 2. Samba Walks 3. Volta Spot Turn R & L 4. Whisks L & R | |

| RUMBA | |
|--|--|
| BEGINNER | NOVICE |
| <ul style="list-style-type: none"> • Forward Walk • Backward Walk • Basic Movement • Fan • Hockey Stick • Spot Turn to Left • Underarm Turn to Right • Spot Turn to Right • Underarm turn to Left • Check from Open CPP • Check from Open PP • Hand to Hand • Natural Top • Close Hip Twist • Alemana • Alemana from Open Position with Left to Right Hand Hold • Open Hip Twist • Alternative Basic Movement • Hockey Stick Turned to Open CPP • Close Hip Twist Turned to Open CPP • Alemana checked to Open CPP • Open Hip Twist Turned to Open CPP • Opening out to Right and Left • Advanced Opening Out Movement | <ul style="list-style-type: none"> • Spiral • Reverse Top • Spiral Turned to Fan Position • Spiral Turned to Open CPP • Curl • Curl Turned to Open CPP • Alemana from Open Position with Right to Right Hand Hold • Fallaway • Cuban Rocks • Rope Spinning • Sliding Doors • Three Alemanas • Continuous Hip Twist • Continuous Circular Hip Twist • Fencing with Spot Turn or Spin Ending • Three Threes • Side Steps and Cucarachas |
| JUVENIL INTERMÉDIO | |
| <ul style="list-style-type: none"> • Opening Out from Reverse Top • Shoulder to Shoulder - Open • Sliding Doors – Open w/ladies fwd walk turning entry • Man's <i>Lunge</i> at Step 7 of Three Alemanas • Qualquer movimento considerado nas Amalgamations do Livro e não considerados nos Charts | |

| PASO DOBLE | |
|--|--|
| BEGINNER | NOVICE |
| <ul style="list-style-type: none"> • Basic Movement • Sur Place • March • Appel • Chasses to Right • Chasses to Left • Chasses to Left ended in PP • Elevations to Right • Elevations to Left • Huit • Attack • Separation • Sixteen • Twist Turn • Promenade • Promenade Close • Grand Circle • La Passe • Banderillas | <ul style="list-style-type: none"> • Syncopated Separation • Fallaway Whisk • Fallaway Reverse • Spanish Line • Methods of Changing Feet 1, 2 & 3 • Promenade to Counter Promenade • Twists • Chasse Cape • Travelling Spins from PP • Travelling Spins from CPP • Flamenco Taps • Left Foot Variation • Coup de Pique Changing from Left Foot to Right Foot • Coup de Pique Changing from Right Foot to Left Foot • Syncopated Coup de Pique • Coup de Pique Couplet • Alternative Entries to PP • Separation to Fallaway Whisk • Separation with Lady's Caping Walk • Farol • Farol including the Fregolina |
| JUVENIL INTERMÉDIO | |
| Qualquer movimento considerado nas Amalgamations do Livro e não considerados nos Charts | |

| JIVE | |
|---|---|
| BEGINNER | NOVICE |
| <ul style="list-style-type: none"> • Jive Rock Action • Jive Chasses to Left and Right • Basic in Place • Basic in Fallaway • Change of Place Right to Left • Change of Place Left to Right • Link • Change of Hands Behind Back • Whip • Promenade Walks (Slow) • Promenade Walks (Quick) • American Spin • Double Cross Whip • Throwaway Whip • Fallaway Throwaway | <ul style="list-style-type: none"> • Change of Place Right to Left with Double Spin • Overturned Change of Place Left to Right • Curly Whip • Reverse Whip • Overturned Fallaway Throwaway • Flick Ball Change • Stop and Go • Windmill • Chicken Walks • Rolling of the Arm • Spanish Arms • Jive Breaks • Simple Spin • Toe Heel Swivels • Flicks into Break • Hip Bump |
| JUVENIL INTERMÉDIO | |
| <ul style="list-style-type: none"> • Catapult • Miami Special • Mooch • Shoulder Spin • Qualquer movimento considerado nas Amalgamations do Livro e não considerados nos Charts | |

| VALSA | |
|---|---|
| BEGINNER | NOVICE |
| <ul style="list-style-type: none"> • LF ClosedChange(Reverse to Natural) • RF Closed Change(Natural to Reverse) • Natural Turn • Reverse Turn • Whisk • Chasse from Promenade Position • Natural Spin Turn • Underturned Natural Spin Turn • Natural Turn with Hesitation • Reverse Corte • Back Whisk • Outside Change • Weave in Waltz Time • Whisk followed by Weave • Progressive Chasse to Right • Backward Lock Step (Man & Lady) • Forward Lock Step (Man & Lady) • Underturned Outside Spin • Turning Lock to Left | <ul style="list-style-type: none"> • Closed Telemark • Open Telemark • Open Telemark followed by Wing • Open Telemark followed by Cross Hesitation • Open Impetus Turn • Open Impetus Turn followed by Wing • Open Impetus Turn followed by Cross Hesitation • Open Impetus Turn followed by Weave • Reverse Pivot • Double Reverse Spin • Outside Spin • Turning Lock to Right • Left Whisk • Fallaway Natural Turn • Running Spin Turn • Fallaway Whisk • Closed Wing • Contra Check • Drag Hesitation • Quick Natural Spin Turn • Fallaway Whisk • Closed Impetus Turn |
| JUVENIL INTERMÉDIO | |
| <ul style="list-style-type: none"> • Fallaway Reverse & Slip Pivot • Hover Corte • Passing (Open)Natural Turn • Oversway | |

| TANGO | |
|---|---|
| BEGINNER | NOVICE |
| <ul style="list-style-type: none"> • Progressive Side Step • Progressive Link • Closed Promenade • Open Promenade • Basic Reverse Turn • Open Reverse Turn Lady in Line • Open Reverse Turn Lady Outside • Progressive Side Step Reverse Turn • Natural Rock turn • Back Corte • Rock on Left Foot • Rock on Right Foot • Natural Promenade Turn • Natural Promenade Turn to Natural Rock Turn • Natural Twist Turn • Promenade Link • Four Step | <ul style="list-style-type: none"> • Brush Tap • Outside Swivel to Right • Outside Swivel to Left • Reverse Outside Swivel • Fallaway Promenade • Four Step Change • Back Open Promenade • Chase • Oversway • Five Step • Reverse Five Step • Fallaway Four Step • Fallaway Reverse Turn and Slip Pivot • Reverse Pivot • Contra Check |
| JUVENIL INTERMÉDIO | |
| <ul style="list-style-type: none"> • Mini Five Step • Drop or Tilt Oversway • Rock Turn with Syncopated Finish and Quick Reverse Turn • Whisk • Open Telemark | |

| VALSA VIENENSE | |
|--|--|
| BEGINNER | NOVICE |
| | <ul style="list-style-type: none"> • Natural Turn • Reverse Turn • RF Forward Change Step(Natural to Reverse) • LF Forward Change Step(Reverse to Natural) • LF Backward Change Step(Natural to Reverse) • RF Backward Change Step(Reverse to Natural) |
| JUVENIL INTERMÉDIO | |
| <ul style="list-style-type: none"> • Natural Fleckerl • Reverse Fleckerl • Check from Reverse Fleckerl to Natural Fleckerl • Reverse Pivot | |

| FOXTROT | |
|---|---|
| BEGINNER | NOVICE |
| <ul style="list-style-type: none"> • Feather Step • Reverse Turn • Three Step • Natural Turn • Closed Impetus Turn • Feather Finish • Feather Ending • Reverse Wave • 1-4 Reverse Wave followed by Weave • Change of Direction • Natural Weave • Quick Natural Weave • Natural Twist Turn • Quick Open Reverse Turn | <ul style="list-style-type: none"> • Closed Telemark • Open Telemark • Open Telemark Feather Ending • Open Telemark Passing Natural Turn Outside Swivel Feather Ending • Open Impetus Turn • Open Impetus Turn followed by Weave from PP • Top Spin • Natural Telemark • Hover Telemark • Reverse Pivot • Open Telemark followed by Weave from PP • Hover Cross • Curved Feather • Back Feather • Curved Feather from PP • Fallaway Reverse Turn and Slip Pivot • Bounce Fallaway with Weave Ending • Natural Zig-Zag from PP • Extended Reverse Wave • Curved Three Step • Double Reverse Spin • Hover Feather • Natural Hover Telemark |
| JUVENIL INTERMÉDIO | |
| <ul style="list-style-type: none"> • Outside Spin • Outside Swivel • Whisk | |

| QUICKSTEP | |
|--|---|
| BEGINNER | NOVICE |
| <ul style="list-style-type: none"> • Quarter Turn to Right • Quarter Turn to Left • Cross Chasse • Change of Direction • Natural Turn at a corner • Natural Pivot Turn • Natural Spin Turn • Underturned Natural Spin Turn • Natural Turn with hesitation • Progressive Chasse • Forward Lock Step • Backward Lock Step • Progressive Chasse to Right • Chasse Reverse Turn • Quick Open Reverse Turn • Tipple Chasse to Right at a corner • Tipple Chasse to Right along side of room • Running Finish • Tipple Chasse to Left • Passing Natural Turn • Natural Turn Backward Lock Step Running Finish | <ul style="list-style-type: none"> • Reverse Pivot • Closed Telemark • Open Impetus Turn • Open Telemark • Four Quick Run • Running Right Turn • V6 • Double Reverse Spin • Cross Swivel • Fishtail • Six Quick Run • Hover Corte • Topsy to Right • Topsy to Left • Rumba Cross • Rumba Cross Chasse • Outside Change • Closed Impetus Turn • Zig Zag Backward Lock Step Running Finish • Running Cross Chasse |
| JUVENIL INTERMÉDIO | |
| <ul style="list-style-type: none"> • Running Spin Turn • Running Finish & Open Running Finish to PP • Outside Spin • Whisk | |