

COREOGRAFÍAS SINGLE STANDARD

CATEGORÍA C

Centro Administrativo y Dirección Postal
c/ Medes, 4-6 (local)
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Tel. 93 456 5167 Fax. 93 213 4627

Domicilio Social
Centro de Negocios Parque Grande
C. Manuel Lasala s/n, portal 42, planta 1 puerta A C.
50005 Zaragoza

Email: info@febd.es Website: www.febd.es

C Todos Waltz

Linea Larga

1. Natural Spin Turn 6 t (123123)
2. Turning Lock to right 3 t (1&23)
3. Running Weave 3 t (1&23)
4. Side Cross 3 t (123)
5. Fallaway Reverse and Slip Pivot 3 t (1&23)
6. 1-3 Reverse turn 3 t (123)
7. Owersway 6 t (123123)
8. Hover to PP from Owersway shape 3 t (123)
9. Chasse from PP 3 t (12&3)
10. 1-3 Natural Turn 3 t (123)
11. Back whisk 3 t (123)

Linea corta

12. Weave from PP 6 t (123123)
13. Running cross chasse from PP 3 t (1&23)

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C Todos Tango

Linea larga

1. Back corté 6 t (SQQS)
2. 2 walks 4 t (SS)
3. Brush tap 4 t (QQ&S)
4. Fallaway reverse and slip pivot 4 t (QQQQ)
5. Basic reverse turn (QQ&QQ&)
6. Reverse turn lady Outside 8 t (QQSQQS)
7. Contra Check 4 t (SQQ)
8. Natural Promenade Rock Turn 14 t (SQQSQQSQQS)

Linea corta

9. Progressive Link 2 t (QQ)
10. Double chase from Natural promenade turn terminado con chasse, whisk & promenade link 10 t (SQQQQ
QQQQ QQ Q&Q QQS)
11. Syncopated side cross from PP 4 t (SQQ&)
12. Basic reverse turn 8 t (QQSQQS)

C Todos Viennese Waltz

Se pueden usar las figuras estipuladas en el syllabus.

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C Todos Slowfox

Linea larga

1. Feather step 4 t (SQQ)
2. Fallaway reverse & slip pivot 4 t (QQQQ)
3. Bounce fallaway with weave ending 8 t (SaQQQQQQ)
4. Three Step 4 t (SQQ)
5. Natural twist turn, Close Impetus & Feather finish 12 t (SQ&QSQQSQQ)

Linea corta

6. Double reverse spin turn 4 t (SQ&Q)
7. Open telemark 4 t (SQQ)
8. Feather ending 4 t (SQQ)
9. Three step 4 t (SQQ)
10. Continuous hover cross to feather step 8 t (SQQQQQQ)*

* Para volver a comenzar la coreografía enlazar con figura 2

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C Todos Quickstep

Linea larga

1. Natural spin turn 10 t (SQSSS)
2. Progressive chasse 6 t (SQQS)
3. Quick Open reverse 6 t (SSQQ)
4. Six quick runs 6 t (QQQQQQ)
5. Pepperpot 6 t (S&Q&QQQ)
6. 1 -3 Passing natural turn 4 t (SQQ)
7. Running Finish 4 t (SQQ)

Linea corta

8. Rumba cross 6 t (SQQS)
9. Topsy to Left 4 t (SQ&Q)
10. Topsy to Right 2 t (Q&Q)
11. Tipple chasse to L 4 t (QQS)
12. Tipple Chasse to R (ISTD) 8 t (QQSQQS)
13. 1-3 Natural turn 4 t (SQQ)
14. Running finish 4 t (SQQ)

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