**Bài tập huấn Vũ điệu chachacha**

|  |  |  |
| --- | --- | --- |
| **STT** | **Vũ hình (theo chuẩn syllabus)** | **Chia nhịp** |
|  | Back basic with Hip Twist Chasse | 234&1 |
|  | Forward basic with Ronde Chasse | 234&1 |
|  | Open Basic turning R | 234&1 |
|  | Food change | 234&1 |
|  | Open Hip Twist | 234&1, 234&1 |
|  | Hockey stick | 234&1, 234&1 |
|  | Continuos overturner Locks | 23&4&1 |
|  | Swivel | 234&1 |
|  | Turkist Towel | 234&1, 234&1, 234&1 |
|  | Open basic | 234&1 |
|  | Natural Top | 234&1 |
|  | Close hip twist | 234&1, 234&1 |
|  | Rope Spining | 234&1, 234&1 |
|  | New York to R into 3 cha cha chas to L | 234&1, 2&34&1 |
|  | Underarm Turn to R | 234&1 |
|  | Cross Basic turning L | &34&1, &34&1 |
|  | New York to R and L | 234&1, 234&1 |
|  | Underarm Turn to L | 234&1 |
|  | Hand to Hand to R and L | 234&1, 234&1 |
|  | Spot Turn to L, end in L side by side possition | 234&1 |
|  | Synconpated Cuban Break  | 2&3&4&1 |
|  | Split Cuban Break | 2&34&1 |
|  | Foot Change | 234&1 |
|  | Time Step (x2) | &34&1, &34&1 |
|  | Syncopated Time Step | 2&34&1 |

\*.\*.\*

**Bài tập huấn Vũ điệu Rumba**

|  |  |  |
| --- | --- | --- |
| **STT** | **Vũ hình (theo chuẩn syllabus)** | **Chia nhịp** |
|  | Open Hip Twist | 2341, 2341 |
|  | Alemana | 2341, 2341 |
|  | Opening Out to R & L | 2341, 2341 |
|  | Spiral Turn to Fan Possition | 2341, 2341 |
|  | Hockey Stick | 2341, 2341 |
|  | Curl | 2341 |
|  | Aida | 2341, 2&341, 2341 |
|  | Closed Basic | 2341 |
|  | Natural Top | 2341, 2341, 2341 |
|  | Close Hip Twist to Fan | 2341, 2341 |
|  | Alemana | 2341, 2341 |
|  | Rope Spining | 2341, 2341 |
|  | New York | 2341 |
|  | Hand to Hand | 2341 |
|  | Spot Turn | 2341 |
|  | Shoulder to Shoulder | 2341 |
|  | Underarm Turn to Left | 2341 |
|  | Spot Turn | 2341 |
|  | Open Basic to Fan | 2341, 2341 |
|  | Three Alemana | 2341, 2341, 2341, 2341 |
|  | Sliding Door (advanced) | 2341, 2341, 2341, 2341 |
|  | Spiral | 2341 |

\*.\*.\*

**Bài tập huấn Vũ điệu Slow waltz**

|  |  |  |  |
| --- | --- | --- | --- |
| **STT** | **Vũ hình (theo chuẩn syllabus)** | **Hướng** | **Chia nhịp** |
|  | Natural | Facing DW | 123, 123 |
|  | Closed change on right foot | Moving DC | 123 |
|  | Reverse turn | Facing DC | 123, 123 |
|  | Whisk | Facing DW | 123 |
|  | Chasse from PP | Pointing DW, Moving along LOD | 12&3 |
|  | Natural turn | Facing DW | 123 |
|  | Hesitation change | Backing LOD | 123 |
|  | Progressive chasse to R | Facing DC | 12&3 |
|  | Outside change | Backing DC | 123 |
|  | Running cross chasse  | Facing DW | 1&23 |
|  | Natural spin turn | Facing DW | 123 |
|  | Basic weave to PP | Backing DW | 123 |
|  | Chasse from PP | Pointing DW Moving along LOD  | 12&3 |
|  | Natural turn | Facing DW | 123 |
|  | Impetus to PP | Backing LOD | 123 |
|  | Cross hesitation from PP | Pointing LOD, Moving DC | 123 |
|  | Telemark to PP | Facing DC  | 123 |
|  | Open natural turn | Pointing W, Moving DW | 123 |
|  | Outside spin | Backing DW | 123 |
|  | Natural spin turn | Facing DW of New LOD | 123, 123 |
|  | Reverse turning lock | Backing DC  | 1&23 |
|  | Open natural turn | Facing DW | 123 |
|  | Back whisk | Backing DC against LOD | 123 |
|  | Waeve from PP | Pointing DC, Moving DC | 123, 123 |
|  | Natural turn | Facing DW | 123 |

\*.\*.\*

**Bài tập huấn Vũ điệu Tango**

|  |  |  |  |
| --- | --- | --- | --- |
| **STT** | **Vũ hình (theo chuẩn syllabus)** | **Hướng** | **Chia nhịp** |
|  | Progressive link | Facing W | QQ |
|  | Natural twist turn from PP | Pointing W, Moving DW | S QQ S QQ |
|  | Closed promenade | Pointing LOD Moving DC | S QQ S |
|  | Basic reverse turn (2 times) | Facing LOD Ending FDW | QQS QQS |
|  | Progressive link | Facing DW | QQ |
|  | Chasse altemative ending progressive link | Pointing W, Moving LOD | S QQQQ Q&Q QQ |
|  | Fallaway in promenade | Pointing DW, Moving LOD | S QQ S QQ  |
|  | Closed promenade | Pointing DW, Moving LOD | S QQ S |
|  | Rock on left foot | Backing DC, Moving sideways down LOD | QQ S |
|  | Rock on right foot | Backing DC, Moving down LOD | QQ S |
|  | Back corte | Backing DC, Ending facing W new LOD | S QQ S |
|  | Mini five step | Facing W | QQQQ S |
|  | Open promenade | Pointing LOD Moving DC | S QQ S |
|  | Outside swivel methond 1 | Facing LOD | S QQ  |
|  | Progressive side step reverse turn | Facing DC | QQ SS QQ S QQ S |
|  | Progressive link  | Facing DW | QQ |
|  | Back open promenade | Pointing DW, Moving LOD | S QQ S |
|  | Outside swilve method 3 | DW against LOD | QQ S QQ  |
|  | Promenade link turned to 1 | Pointing LOD Moving DC | S QQ |
|  | Open reverse turn | Facing DC, Ending Facing LOD | QQ S QQ S |
|  | Open reverse turn with open finish | Facing LOD, Ending FDW | QQ S QQ S |
|  | Outside swivel method 1 ending PP | Facing DW | S QQ |
|  | Natural turn from PP | Pointing DW, Moving LOD | S QQ S |
|  | Naturl rock turn | Facing DW, End facing LOD | QQ S QQS |
|  | Quick reverse turn | Facing DC | QQ&QQ S |
|  | Progressive link | Facing DW | QQ |
|  | Natural turn from PP | Pointing DW, Moving LOD | S QQ S |
|  | Closed promenade  | Pointing DW, Moving LOD | S QQ S |

\*.\*.\*