



## A GUIDE FOR CDF TEACHERS, ADJUDICATORS AND INVIGILATORS

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**Compiled by Pierrette Chartier for the CDF Technical Committee**

You will find below some of the I.S.T.D. amendments brought about in the Technique Books since their revisions and publications in separate books. Also outlined, interesting ways of using some of the basic figures.

As teachers, let's *be creative but <accurate > in every sense of the word.*

**Please read carefully if you are training competitors:**

- *Sits, Ripples, Contractions or Entrances* will not be accepted in the closed categories; i.e. up to and including Gold.
- ***Lifts and Dangerous Figures*** including *Tail Spins* and *High Back Kicks* will not be allowed at the Pre-Amateur and Amateur levels.
- *A Lift*, for the purpose of this rule, is defined as any movement during which a competitor has both feet off the floor at the same time with the assistance or support of the partner.
- *High Back Kicks* are defined as when the kicking leg is raised higher than the knee of the supporting leg.
- **Unless stated otherwise in the Technique Books (or in this Guide), in the closed categories, figures must be danced in their entirety with the proper holds and timing.**

### **RUMBA**

**Closed Basic Movement** - Closed Position with normal hold

**Open Basic Movement / Alternative Basic Movements / Cuban Rocks**

- Closed Position with normal hold
- L. To R. Hand Hold
- Without Hold

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**Alternative Basic Movements** - may be danced in place of a normal Closed Basic Movement

- Danced by both Man and Lady (transferring weight on each foot) - from **Beginner** Level
- Development - danced by both Man & Lady - close with pressure only (also called <hip lift>) - from **Silver** Level
- Danced **by man only** in place of the first 3 steps of any figure commenced in **Fan or Open Position** (for example when the man dances a **LF Alternative Basic Movement** after stepping **RF to side in Open Position** the Lady will dance <close, fwd, fwd>) - from **Silver** level.

**Cucarachas / Side Steps** - from **Beginner** Level

- Closed Position with normal hold
- L. To R. Hand Hold
- Double Hand Hold

**Shoulder to Shoulder**

- Must be danced in Closed Position with normal hold - from **Beginner** Level
- Following a Hockey Stick - L. to R. Hand Hold or Double Hand Hold - from **Bronze** Level

**Progressive Walks Backward and Forward** - from **Pre-Bronze** Level

- Closed Position - Normal Hold - from **Pre-Bronze** level
- Open Position - L. to R. Hand Hold - from **Pre-Bronze** level
- Progressive Walks Forward - following a Hockey Stick - from **Bronze** level
- Progressive Walks Forward - following a Spot or Switch Turn to left (man steps fwd and lady back on 41) - from **Silver** level
- Progressive Walks Back - man may close on 3<sup>rd</sup> or 9<sup>th</sup> step leading lady into a Spiral turn to right to continue with Rope Spinning - from **Silver** level
- **Additional Follow to Progressive Walks back** - steps 4 - 6 of Alemana is allowed from **Bronze** level

**Progressive Walks forward in Right or Left Side Position** - Only two (2) precedes:

- Hand to Hand to R. Side Pos. with R. to L. Hand Hold (no turn between 2 & 3 of Hand to Hand - step 3 = fwd) - Alternative hold may be used.
- Hand to Hand to L. Side Pos. with L. to R. Hand Hold (no turn between 2 & 3 of Hand to Hand - step 3 = fwd) - Alternative hold may be used.
- New York to Left Side Pos. (½ between 2 & 3 of New York into Walks with R. to L. Hand Hold - **only** hold allowed)
- New York to Right Side Pos. (½ between 2 & 3 of New York into Walks with L. to R. Hand Hold - **only** hold allowed).

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## Cuban Rocks - from **Pre-Bronze** Level

- Closed Position with Normal Hold
- L. to R. Hand Hold
- Without Hold
- **Please check carefully the <Precedes & Follows>** of the Cuban Rocks as **only** the ones listed in the Technique Book are allowed.
- The Cuban Rock may be danced in Left Side Position as an ending to Aida - from **Silver** level
- Syncopated Cuban Rocks - **Gold** Level

## Fan

- Basic version - from **Bronze** level
- Fan (Development) - from **Silver** Level

## Natural Top

- Danced as chart - one (1) or three (3) bars - from **Bronze** level
- When followed by 4 - 6 of Hockey Stick after two (2) bars - from **Silver** Level
- Development - with lady's Underarm Turn to Left after the first (1<sup>st</sup>) bar - **Gold** Level

## Closed Hip Twist - from **Bronze** Level

**Special note** for the precedes into step 1 of the Closed Hip Twist: Man **must close his feet** on the last step of the preceding figure (beat 41) and **not step forward** with his R.F. towards partner as this is allowed only for the Advanced Hip Twist

- Opening Out to R. and L. - lady must turn **only ¼ right** on step 1 to finish at right angle Natural Top / Alemana - from **Bronze** level
- Rope Spinning - from **Silver** level
- Three Alemanas – **Gold** level

The following precedes may be used into steps 4 - 6 of the Closed Hip Twist - **all ending facing partner:**

- New York to Left Side Position
- Switch Turn to Right (incl. Underarm Turn to left)
- Left Side Shoulder to Shoulder
- Hand to Hand to Right Side Position
- Progressive Walks Forward in Right Side Position

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## Reverse Top - from **Silver** Level

Follows from Step 6:

- Opening Out from Reverse Top (ends in Fan Position)
- Aïda - man will **check** his turn to the left on step 6 to change direction and walk back into the Aïda
- 4-6 of Spiral - having led Lady into a spiral turn on step 6 of Reverse top - continue with all the Finishing Positions of the Spiral including the Developments (a popular Development is to lead a spiral on step 6 and continue with Aïda)

## Aïda

- Ending 1 - Cuban Rock and Spot Turn - from **Silver** Level
- Ending 2 - Double Spot Turn - from **Silver** Level
- Ending 3 - Side Cucaracha - from **Silver** Level
- Ending 4 - Methods 1 & 2 - after Cuban Rock - two (2) different methods that will allow you to continue with **Kiki Walks in Right Shadow Position** - **Gold** level
- **Aïda may follow step 3 of Curl or Spiral** - from **Silver** level

## Spiral - from **Silver** level

- Precedes: - Opening Out to R. and L. (lady must turn  $\frac{1}{4}$  right on step 1), Natural Top, Alemana, Rope Spinning
- Precedes **into Steps 4 to 6**: - Hand to Hand to R. Side Position, Steps 1-6 of Reverse Top - from **Silver** level
- **please note that the Switch Turn to Right is not a <precede> to 4-6 of Spiral**
- Precede at **Gold** level: Three Alemanas
- Precede at **Gold** level **into steps 4 to 6** of Spiral: Progressive Walks fwd in Right Shadow Position (Kiki Walks)
- **Sliding Doors** - **Gold** Level - Should be danced as described in the ISTD Technique Book: i.e. <cuddle hold> from step 4 **or** with the Alternative Hold (Development) which is the Right Shadow Position hold # 1: L. to L. hand hold with man's right hand on lady's right shoulder blade. In both cases the man **must** hold the lady.

The Follows are:

- Progressive Walks Forward in Right Shadow Position (Kiki Walks)
- Spiral (including the Underturned Spiral)
- After a back break (2-3) man dances a L.F. forward walk (41) leading lady to spiral a complete turn to left on R.F. and both continue with the Kiki Walks from step 4

The Precedes into steps 7-12 are: Alemana, Rope Spinning or Three Alemanas overturning the lady on the last step to Right Side Position

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## **Progressive Walks Forward in Right Shadow Position (Kiki Walks) - Gold Level**

The Precedes are:

- Alemana - Rope Spinning - Three Alemanas - Man will lead lady on last step to overturn to Right Shadow Position taking one of the three (3) Right Shadow holds (see page 6 of your Technique Book for the description of those three (3) holds).
- Sliding Doors - a) Follow with Progressive Walks Forward in Right Shadow Position (Kiki Walks) from step 1 **or** b) Man could dance a back break on the L.F. (2-3) and a L.F. forward walk (41) leading lady to dance a spiral turn to left (she makes a complete turn on her R.F.) then both would continue forward with the Kiki Walks from step 4 (a Development of the Spiral).
- Aïda - ending 4 - Methods 1 & 2 - for example: method 1 - dance the Cuban Rock from Aïda - then turn  $\frac{1}{2}$  (man to left & lady to right) the free leg to trail behind without weight and continue the Kiki Walks from step 4.

**Alemana with Right to Right Hand Hold to Advanced Hip Twist - Gold Level** - must be danced as an amalgamation and not separately (the Advanced Hip Twist cannot be danced with R. to R. hand hold if it has not been preceded with the Alemana).

**Alternative timing in Rumba - 41 /hold 2 / continue with & 3)** is allowed at the **Gold** Level only and applies to the following:

- Fan Development (step 3)
- Fencing (step 6) followed by man's solo spin to left (Spin Ending # 3)
- Three Threes with Fan Ending (step 9)

## **Syncopation**

- Syncopated Cuban Rocks **(2 & 3 41)** danced by both partners - **Gold** level
- Syncopated Cuban Rock - danced by lady - during man's Solo Spin to Left (Spin Ending # 3 of Fencing) **Gold** Level

## **CHA CHA**

**Guapacha Timing** - May be used **at all levels** - 2(hold) a 3 4 & 1

- New York - from **Beginner** level
- Time Step - from **Pre-Bronze** level
- 6-10 Fan Development - from **Silver** Level
- Cross Basic - from **Silver Level**
- **Turkish Towel - Gold** level

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## Advanced Foot Patterns

- Small Side Cucaracha with L.F. as an alternative for man to step 3-5 ( Compact Chassé) of Alemana & Hockey Stick - from **Bronze** level
- Steps 1- 3 of R.F. Cuban Break as an alternative for man to the side chassé going to Fan Position - from Bronze level
- Ronde Chassé - from **Silver** level
- Twist Chassé - from **Silver** level
- Runaway Chassé - **Gold** level

## Foot Changes - Gold Level

- Methods 1 & 3 - from Open Position to Right Side, Right Shadow or Tandem Position
- Methods 2 & 4 - from Right Side, Right Shadow or Tandem Position to Open Position
- The simple Foot Change as in the <Chase> may be used

## Syllabus figures which may be danced on the same foot as partner - Gold level

< no Hold - R. to L. Hand Hold or R. Shadow Hold >

- Closed and Open Basic Movements - no turn
- Ronde Chassé
- Twist Chassé
- Spot or Switch Turns
- Three Cha Cha Chas Forward and Backward
- Forward and Backward Runs
- Time Steps (with or without Guapacha Timing)
- Cuban Breaks
- Split Cuban Breaks

Open Basic Movement < 4 and 1 > may be danced as a backward and forward chassé (for lower grades - social dance), backward and forward lock step or backward and forward runs.

- Closed Position, normal hold
- Open Position - L. to R. Hand Hold
- Without Hold

Three Cha Cha Chas - three lock steps that may be danced progressively in one direction

- **Method 1 - Three Cha Cha Chas Back - in Closed or Open Position**
- **Method 2 - Three Cha Cha Chas Forward - in Closed or Open Position**

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The different holds that may be used:

- Closed Position, normal hold
- L. to R. Hand Hold
- Low Double Hand Hold
- Alternating <Contra> Hand Hold (Pat-a-Cake)
- No Hold

## **Three Cha Cha Chas Forward in Right Side Position or Left Side Position – methods 3 & 4**

- Steps 1-2 of Hand to Hand (on either side) is the only precede that will allow you to dance three (3) lock steps forward **from step 1** of Three Cha Cha Chas Forward in Right or Left Side Position.
- **From step 4** - most of the figures in the book can precede the Three Cha Cha Chas in Right or Left side Position. Make sure to **complete** the preceding figure and end either in Open P.P. or Open C.P.P.
- The last three steps (7-9) may be danced as a side chassé - man and lady turning to face each other to end in Closed Position.

## **Natural Top**

- Danced as chart - one (1) or three (3) bars - from **Bronze** level
- When followed by 6-10 of Hockey Stick after 2 bars - from **Silver** Level
- Development - lady's Underarm Turn to Left after the 1<sup>st</sup> bar - **Gold** level

## **Closed Hip Twist** - from **Bronze** level

**Special note** for the precedes into Step 1 of the Closed Hip Twist - **Man must close his feet on the last step of the preceding figure** (beat 1) and **not step forward** with his R.F. towards partner as this is allowed for the Advanced Hip Twist only.

- Natural Top - Alemana - from **Bronze** level
- Rope Spinning - from **Silver** level

The following precedes may be used into steps 6 -10 of the Closed Hip Twist - all ending facing partner - from **Bronze** level

- New York to Left Side Position
- Switch Turn to Right (incl. Underarm Turn to Left)
- Left Side Shoulder to Shoulder
- Hand to Hand to Right Side Position
- Three Cha Cha Chas Forward in Right Side Position - turning to face partner on the last three steps (dancing a side chassé)

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## Spiral - from **Silver** level

The Precedes into steps 6-10 of the Spiral - having led the lady into a spiral turn on step 5 of the preceding figure - are:

- Hand to Hand to Right Side Position
- Reverse Top - steps 1-10 - leading lady here on step 10
- Cross Basic - steps 1-5
- **The Switch Turn to Right in not a Precede to steps 6-10 of the Spiral**

## Reverse Top - from **Silver** level - Here are the follows from step 10:

- Opening Out from Reverse Top - ending in Fan Position
- Aïda - man will **check** his turn to the left on step 10 to change direction and walk back into the Aïda
- 6-10 of Spiral - having led the lady into a spiral turn on step 10 - continue with any of the finishing positions of the Spiral including the Development (which is to continue with the Aïda after the Spiral)

## Cross Basic - from **Silver** level

- 6-10 of Spiral may follow steps 1-5 of Cross Basic, leading the lady to spiral on 5 - from **Silver** level
- Development - leading the lady to dance a spiral on step 5 of Cross Basic and regaining normal hold to continue with steps 8-10 of Cross Basic (a popular ending is to repeat steps 1-5 of Cross Basic leading lady to spiral on 5 (as above) - **Gold** Level

## Alemana with Right to Right Hand Hold to Advanced Hip Twist - **Gold** level

The above must be danced as an amalgamation and not separately. The Advanced Hip Twist cannot be danced with R. to R. Hand Hold if it has not been preceded with the Alemana.

## Turkish Towel - Commence in Open Position R. to R. hand hold - **Gold** level

Over steps 10 to 24 - you may use the following:

- R. to R. / L. to L. behind man's back - at hip level
- R. to R. / L. to L. behind man's back - raising R. arm on step 10 - Reverse arm positions over 13-15 - Reverse arm positions again over 18-20
- One hand hold (R. to R.) may be used for 1-25 - in which case Man would not take left hand behind back
- **Without hold** over steps 10-24 - man will retake R. to R. hand hold to lead lady's spiral on step 25 to release it immediately.



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**Sweetheart** - Commence in Open Position - R. to R. hand hold - **Gold** level

The two (2) following holds may be used:

- Regular hold - Gradually raise R. arm to right side. On step 5 take L. to L. hand hold, both arms raised - hands at eye level
- Alternative hold - **Right Shadow hold** may be achieved on step 5 (L. to L. hand hold & man's R. hand on lady's back) retain hold for 6-7 - Change to Left Shadow hold over 8 -10 (R. to R. hand hold & man's left hand on lady's back) retain hold for 11-12. Gradually change to Right Shadow hold again over 13-15. Retain Right Shadow hold for the fwd and bwd runs or locks, changing to L. to R. hand hold on 28 - **must end in Fan position.**

## **SAMBA**

### **Foot changes**

- 1) Closed Position to Right Shadow Position - from **Bronze** level
  - 2) Right Shadow Position to Closed Position - from **Bronze** level
  - 3) Promenade Position (or Open P.P.) to Right Shadow Position - from **Silver** level
  - 4) Right Shadow Position to Promenade Position - from **Silver** level
  - 5) Promenade Position to Right Contra Position - **Gold** level
  - 6) Right Contra Position to Promenade Position - **Gold** level
  - 7) Right Contra Position to Open Counter Promenade Position - **Gold** level
  - 8) Right Side Position to Right Shadow Position (ending to Rolling Off the Arm) from **Silver** level - please note the difference in the count : man = 1(a) 2 / lady = 1 2 3
- **Same Foot Bota Fogo to Contra Position** (*not a foot change* as dancers are already on the same foot) - very useful to get to Right or Left Contra Position

### **Figures that may be danced on the same foot in Right Shadow Position**

- Samba Walks (incl. Stationary Samba Walks) - from **Bronze** level
- Travelling Bota Fogos Forward - from **Bronze** level
- Shadow Travelling Voltas - from **Bronze** level
- Rhythm Bounce - from **Bronze** level
- Shadow Circular Voltas - from **Silver** level
- Cruzados Walks and Locks - **Gold** level

Man and Lady dance the man's steps with normal technique - alignments are flexible

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## **Holds allowed in Right Shadow Position** - (lady on man's right side, slightly in advance)

- L. to L. hand hold (man may hold lady's wrist or lower arm) with man's right hand on lady's right shoulder blade - **all levels**
- L. to L. hand hold (one hand only) - **all levels**
- Man's right hand on lady's shoulder blade (one hand only) - **all levels**
- Without Hold - (considered a Right Side Position) - **Only allowed** for <Cruzado Walks and Locks> - **Gold** level

## **Travelling Volta**

- Any travelling Volta may be continued for one (1) or two (2) additional bars of music
- The last two steps of a Travelling Volta may be replaced with steps 2 & 3 of a Bota Fogo (amount of turn remains unchanged)
- After 2 bars of Travelling Volta continue with 2 bars of Circular Volta or vice versa - from **Silver** level

The Travelling Volta is part of the following figures:

- Travelling Volta to left or right (facing partner) - no turn
- Criss Cross Voltas
- Shadow Travelling Volta

## **Advanced Timing on Volta movements** - **Gold** Level

When Travelling Volta is danced **without turn** in Closed Position, or Right Shadow Position, a more advanced timing may be used:

- take the first step on count <1 and>, then hold position for <2 and> (2 beats on the 1<sup>st</sup> step) **do not repeat** but **continue** with steps 2-5 <a 3 a 4>

## **Corta Jaca**

- **Bronze** level - as chart - i.e. Man: forward only
- **Silver** level - after step 7 man may dance steps 1-7 of lady's Corta Jaca
- **Gold** level - same as Silver above but may turn up to < $\frac{3}{4}$  right> - follow with any figure commenced with R.F.

## **Plait** - **Only <follows> allowed** (depending on which foot is free)

- Steps 4-6 of Reverse Basic Movement or Reverse Turn - from **Silver** level
- Steps 4-6 of Reverse Roll or Natural Roll - **Gold** Level

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**Rolling Off the Arm** - both man and lady use count < 1 2 3 > without bounce - from **Silver** level

**Two (2) precedes only:**

- Criss Cross Bota Fogos with Right Side Position ending - man dances a L.F. stationary Samba Walk ( $\frac{1}{8}$  L.) with lady's Underarm Turn to Right ( $\frac{1}{8}$  R.) ending with Double Hand Hold in Right Side Position - continue with 1 or 3 Samba Walks into Rolling the Arm
- Criss Cross Voltas ending in Right Side Position (both partners facing LOD) - Double Hand Hold

Follows:

Two (2) Samba walks in Right Side Position - then repeat Rolling Off the Arm and continue with one of the three (3) endings - **all** from **Silver** Level.

- **or alternatively** - dance Rolling Off the Arm **once only** and continue with one of the three (3) endings - **all from Silver** level

**Argentine Crosses** - timing <QQS> Commence in Closed Pos. - no bounce

- May commence with L.F. - dancing steps 1-12 or 1-9 - from **Silver** level
- May commence with R.F. - dancing steps 4-12 or 4-9 - from **Silver** level
- Development - Man may lead lady into a Bota Fogo turning  $\frac{1}{2}$  left underarm over steps 4-6, regaining normal hold and continue with steps 7-12 (may repeat lady's underarm turn again over steps 10-12) - **Gold** level

Only follows to steps 9 or 12

- Whisk with, or without, lady's underarm turn
- Stationary Samba Walk with lady's underarm spot volta

**Maypole** - from **Silver** level - the Follows are:

- **Any** syllabus figure commenced with R.F., when facing partner, depending on alignment (The Plait is a popular follow)

**Shadow Circular Volta** - danced in Right or Left Shadow Position

- May be continued for one (1) or two(2) additional bars of music
- The last two (2) steps may be replaced with step 2 & 3 of a Bota Fogo. Amount of turn remains unchanged
- After 2 bars of Circular Volta continue with 2 bars of Travelling Volta - **Silver** level

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## Contra Bota Fogos - Gold level

- May be danced in normal Contra position (Closed)
- May be danced with Hand Change as follows: Commence with R. to R. hand hold - change to L. to L. hand hold on step 3 - change to R. to R. hand hold on step 6. You may repeat, regaining normal hold on last step

## Promenade and Counter Promenade Runs - Count < 1 – 2 – 3 > - no bounce - Gold level

- Normally starts to side (man R.F. / lady L.F.) - in Closed Position
- Man may start forward (lady back) on first step, taking second step to side in P.P.
- May follow Open Rocks starting with steps 7-9 and continuing with steps 4-9

## Three Step Turn - Gold level

Please note the difference in timing for man and lady -

- Man dances a L.F. Stationary Samba Walk - **count < 1 a 2 >** - end in Open CPP
- Lady dances a turn to left under the man's raised left arm & ends in Open CPP  
**count < 1 2 3 >**

The Precedes are:

- Steps 1-3 of Closed or Open Rocks
- Promenade and Counter Promenade Runs

The Follows are:

- Samba Locks
- Criss Cross Bota Fogos - from step 4
- Criss Cross Voltas - from step 8
- Maypole (man turning right)

## Samba Locks - Commence in Open C.P.P. - Count <Q.Q.S.> **no bounce** - Gold level

- The first step of every lock is taken forward with part weight – toe turned out

## Cruzado Walks and Locks - Gold level

- May be danced in Right Shadow Position with any of the different holds listed previously **or**
- **Hold may be released** adjusting to Right Side Position

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## PASO DOBLE

### Promenade and Counter Promenade

- As chart - from **Bronze** level
- **Overtured** to end facing LOD moving DC - from **Silver** level

### Open Telemark - from **Bronze** level

- Steps 1-4 may be used to precede all promenade figures commencing on step 3 - please pay attention to the music as you may have to start the Open Telemark on count <7> (7-8-1-2) to continue your next promenade figure on the normal step 3

### Fallaway Reverse Turn with Open Telemark ending

- Steps 1-5 of Fallaway Reverse Turn into 2-4 of Open Telemark - **Gold** Level

### Flamenco Taps

- Method 1 (1 2& 3 4) - From **Silver** level
- Method 2 (1& 2& 3 4) - **Gold** level

### Travelling Spins from Counter Promenade Position - **Gold** level

- **The Development (syncopated spins)** - will be allowed at **Gold** level

### Chassé Cape - **Gold** level

Lady dances a <spiral> on step 3 and a lock step over steps 4-6 (4 & 5) instead of the original <closing and Chassé to side>

Please check your Technique Book for all the different endings including the Outside Turn ending after step 10

### Outside Turn (a Development of the Chassé Cape) - **Gold** level

- A useful way of turning from facing Center to facing DW - from Closed Position to P.P.

## JIVE

### Fallaway Throwaway

- As chart - from **Beginner** level
- Overtured Fallaway Throwaway - from **Silver** level
- Development of Overtured Fallaway Throwaway - **Gold** level

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## Alternatives to 1 and 2 of Link

- Double Link steps (1-2 of link being repeated) - from **Bronze** level
- Flick (or point) Ball Change -The <flick> may be danced forward or back - **all levels**
- Hesitation - lady and man - from **Silver** level

## Change of Places Right to Left

- As chart - from **Beginner** level
- **With Change of Hands** - (Take R. to R. Hand Hold at the end of 5) methods 1 & 2 - from **Pre-Bronze** level
- Development - with lady adding an extra underarm Spin to Right - from **Silver** level

## Change of Places Left to Right

- As chart - from **Beginner** level
- Can start with R. to R. Hand Hold - from **Pre-Bronze** level
- **With Change of Hands** -Taking R. to R. Hand Hold at the end of lady's turn - from **Pre-Bronze** level
- **Development** - Overturned Change of Places from Left to Right - **Gold** level

## Hip Bump

- When the complete figure is danced twice the Triple Chassé **must** be used the first time and the **Single Timing** < may > be used on the repeat.

## Walks

- As chart (including the Alternative Method) - from **Bronze** level
- The **Development** - from **Silver** level (man using chassés in P.P. with Merengue action and lady closing R.F. to L.F. + L.F. fwd and across in P.P.) - When using this method the Walks may be curved slightly to left

## Stop and Go

- As chart **and including the <Development>** (danced without hold during the lady's turns) - from **Bronze** level

## Mooch

- As chart - from **Bronze** level
- Method 1 <Boppy Hops> + Method 2 <Flick Cross action> - **Gold** level

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## Spanish Arms

- As chart and **including** <Spin Ending to Spanish Arms> - from **Silver** level

## Rolling Off the Arm

- R. to L. hand hold - Double Hand hold - Right to Right hand hold - from **Silver** level
- **Spin ending to Rolling Off the Arm when danced with R. to R. hand hold** (please note that there is **no spin to Left** over steps 3 to 5) - **Gold** level

## Simple Spin

- As chart - from **Silver** level
- Including the Development (from an Overturned Fallaway Throwaway or Overturned Change of Places Left to Right) - lady starting the Simple Spin facing partner - **Gold** level

## Toe Heel Swivels

- Regular timing over steps 3-8 QQQQQQ
- Alternative Timing - steps 3-8 QQS QQS
- Popular Combination Steps 1-8 QQ QQS QQS - then repeat 3-8 counting QQQQQQ
- Break ending may follow: Hold position on 8 (Q) replace back (a) replace fwd (Q) - follow this with steps 3-8 of Fallaway Throwaway or Change of Places R. to L.
- Stalking Walks, Flicks and Break - steps 3-20 can follow step 8 of Toe Heel Swivels

## Chicken Walks - Please note the difference in the technique as lady - **Gold** level

- Any suitable combination of <Slows> and <Quicks> could be used
- May start **facing partner** after the basic Fallaway Throwaway
- Also includes <The Development > starting from an Overturned Fallaway Throwaway or Overturned Change of Places Left to Right - lady now backing man will turn ½ right at the end of the last step to face man and start the Chicken Walks.

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## Prepared by CDF Technical Committee

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