



President's Cup Day

Additional Guidance

Solo Dancer Set Dances for Junior & Adult



Junior & Adult Solo Dancer – Set Dances: Ballroom

Under 16 – Quickstep: The figures listed below (Bronze syllabus) are the only figures permitted to be used. Teachers may use these figures to create a suitable solo routine for their pupils.

Quarter Turn to R	Chasse Reverse Turn
Progressive Chasse	Tipple Chasse to R
Fwd & Back Lock Step	Progressive Chasse to R
Natural Turn	Reverse Pivot
Natural Turn with Hesitation	Closed Impetus
Natural Pivot Turn	Running Finish
Natural Spin Turn	Double Reverse Spin
Natural Turn & Back Lock	

Adults – Waltz: The figures listed below (Bronze syllabus) are the only figures permitted to be used. Teachers may use these figures to create a suitable solo routine for their pupils.

Closed Change Steps	Hesitation Change
Natural Turn	Basic Weave
Reverse Turn	Reverse Corte
Whisk	Reverse Pivot
Chasse from PP	Back Whisk
Natural Spin Turn	Progressive Chasse to R
Outside Change	Back Lock
Closed Impetus	Double Reverse Spin

Junior & Adult Solo Dancer – Set Dances: Latin American

Under 16 – Jive: The figures listed below (Bronze syllabus) are the only figures permitted to be used. Teachers may use these figures to create a suitable solo routine for their pupils.

Basic in Place	Hip Bump (Left Shoulder Shove)
Fallaway Rock	American Spin
Fallaway Throwaway	Walks
Link	Stop and Go
Change of Places Right to Left	Mooch
Change of Places Left to Right	Whip
Change of Hands Behind Back	Whip Throwaway

Adults – Rumba: The figures listed below (Bronze syllabus) are the only figures permitted to be used. Teachers may use these figures to create a suitable solo routine for their pupils.

Basic Movements (Closed, Open, In Place & alternative)	Cuban Rocks
Cucarachas (LF & RF)	Fan
New Yorks (to LSP & RSP)	Alemana
Spot or Switch Turns to Left or Right	Hockey Stick
Shoulder to Shoulder (to Right & Left Side)	Natural Top
Hand to Hand (to RSP & LSP)	Opening Out to Right and Left
Progressive Walks (Fwd or Back)	Natural Opening Out Movement
Side Steps (to Left or Right)	Closed Hip Twist