

U12 U9 拉丁舞指定舞步

U12 U9 CHA CHA CHA

No	Figure	Timing
1	(Start in Close Hold) Close Basic	234&1 234&1
2	1~5 of Closed Basic	234&1
3	Underarm Turn to Right Finished in Open CPP	234&1
4	Underarm Turn to Left	234&1
5	6~10 Closed Basic Finished in Open CPP	234&1
6	Check from Open CPP	234&1
7	Check from Open PP	234&1
8	Check from Open CPP	234&1
9	Spot Turn to Left	234&1

U12 U9 RUMBA

No	Figure	Timing
1	(Start in Close Hold) Basic Movement	2341 2341
2	1~3 Basic Movement	2341
3	Underarm Turn to Right Finished in Open CPP	2341
4	Underarm Turn to Left	2341
5	4~6 Basic Movement Finished in Open CPP	2341
6	Check from Open CPP	2341
7	Check from Open PP	2341
8	Check from Open CPP	2341
9	Spot Turn to Left	2341

U12 U9 SAMBA

No	Figure	Timing
1	(Start in Close Hold facing Wall) Reverse Basic Movement	1a2 1a2
2	Reverse Basic Movement	1a2 1a2
3	Samba Whisk to L	1a2
4	Samba Whisk to R	1a2
5	Samba Whisk to L	1a2
6	Samba Whisk to R ended in PP	1a2
7	4 Promenade Samba Walks	1a2 1a2 1a2 1a2
8	Samba Whisk to L tumuig to face Partner	1a2
9	Samba Whisk to R	1a2
10	Samba Whisk to L	1a2
11	Samba Whisk to R	1a2

U12 U9 JIVE

No	Figure	Timing
1	(Start in Close Hold)Basic in Fallaway	QQ QaQ QaQ
2	Change of Place Right to Left	QQ QaQ QaQ
3	Change of Place Left to Right	QQ QaQ QaQ
4	2 Change of Hands behind Back	QQ QaQ QaQ QQ QaQ QaQ
5	Change of Place Left to Right	QQ QaQ QaQ
6	Link	QQ QaQ QaQ

U12 U9 PASO

No	Figure	Timing
1	(Start in Close Hold facing Wall) Promenade	12 12 12 12
2	Elevations to Right knees Straight	12 12
3	Elevations to Right knees Compressed	12 12
4	Attack	12 12
5	4 Sur Place	12 12
6	Separation	12 12 12 12
7	4 Backward Basic Movement curved to L to face wall	12 12

U12 U9 拉丁舞指定舞步(菁英組)

U12 U9 CHA CHA CHA (菁英組)

No	Figure	Timing
1	(Start in Close Hold) Close Basic	234&1 234&1
2	1~5 of Closed Basic	234&1
3	Underarm Turn to Right Finished in Open CPP	234&1
4	Underarm Turn to Left	234&1
5	6~10 Closed Basic Finished in Open CPP	234&1
6	Check from Open CPP	234&1
7	Check from Open PP	234&1
8	Check from Open CPP	234&1
9	Spot Turn to Left	234&1
10	Close Basic finished in Open CPP	234&1 234&1
11	Check from Open CPP	234&1
12	Spot Turn to Left	234&1
13	1-10 Hand to Hand replacing the Cha Cha Cha Chasses with Three Cha Cha Cha finished in Open CPP	234&1 2&3 4&1 234&1 2&3 4&1
14	Check from Open CPP	234&1
15	Underarm Turn to Right	234&1

U12 U9 RUMBA (菁英組)

No	Figure	Timing
1	(Start in Close Hold) Basic Movement	2341 2341
2	1~3 Basic Movement	2341
3	Underarm Turn to Right Finished in Open CPP	2341
4	Underarm Turn to Left	2341
5	4~6 Basic Movement Finished in Open CPP	2341
6	Check from Open CPP	2341
7	Check from Open PP	2341
8	Check from Open CPP	2341
9	Spot Turn to Left	2341
10	Close Basic finished in Open CPP	2341 2341
11	Check from Open CPP	2341
12	Spot Turn to Left	2341
13	Hand to Hand	2341 2341 2341
14	Underarm Turn to Right finished in Open CPP	2341
15	Underarm Turn to Left	2341
16	7-9 Natural Top	2341

U12 U9 SAMBA(菁英組)

No	Figure	Timing
1	(Start in Close Hold facing Wall) Reverse Basic Movement	1a2 1a2
2	Reverse Basic Movement	1a2 1a2
3	Samba Whisk to L	1a2
4	Samba Whisk to R	1a2
5	Samba Whisk to L	1a2
6	Samba Whisk to R ended in PP	1a2
7	4 Promenade Samba Walks	1a2 1a2 1a2 1a2
8	Samba Whisk to L tumuig to face Partner	1a2
9	Samba Whisk to R	1a2
10	Samba Whisk to L	1a2
11	Samba Whisk to R	1a2
12	Samba Side Chasses	QQQQSS
13	Samba Whisk to L	1a2
14	Samba Whisk to R ended in PP	1a2
15	Promenade Samba Walks	1a2
16	Side Samba Walk turning to face Partner	1a2
17	2 Stationary Samba Walks	1a2 1a2

U12 U9 JIVE(菁英組)

No	Figure	Timing
1	(Start in Close Hold)Basic in Fallaway	QQ QaQ QaQ
2	Change of Place Right to Left	QQ QaQ QaQ
3	Change of Place Left to Right	QQ QaQ QaQ
4	2 Change of Hands behind Back	QQ QaQ QaQ QQ QaQ QaQ
5	Change of Place Left to Right	QQ QaQ QaQ
6	Link	QQ QaQ
7	Whip	QQ QaQ
8	Change of Place Right to Left	QQ QaQ QaQ
9	Stop And Go	QQ QaQ QaQ
10	Overtuned Change of Place Left to Right	QQ QaQ QaQ
11	2 Ball Change with flick action	QaQ QaQ
12	3-8 Change of Place Left to Right	QaQ QaQ

U12 U9 PASO(菁英組)

No	Figure	Timing
1	(Start in Close Hold facing Wall) Promenade	12 12 12 12
2	Elevations to Right knees Straight	12 12
3	Elevations to Right knees Compressed	12 12
4	Attack	12 12
5	4 Sur Place	12 12
6	Separation	12 12 12 12
7	4 Backward Basic Movement curved to L to face wall	12 12
8	Chasse to Left ending in PP	12 12
9	Huit	12 12 12 12
10	Sixteen	12 12 12 12 12 12 12 12
11	Attack	12 12
12	4 Sur Place (quarter turn to L to face wall)	12 12

U18 U15 拉丁舞指定舞步**U18 U15 CHA CHA CHA**

No	Figure	Timing
1	(Start in Close Hold) Close Basic	234&1 234&1
2	1~5 of Closed Basic	234&1
3	Underarm Turn to Right Finished in Open CPP	234&1
4	Underarm Turn to Left	234&1
5	6~10 Closed Basic Finished in Open CPP	234&1
6	Check from Open CPP	234&1
7	Check from Open PP	234&1
8	Check from Open CPP	234&1
9	Spot Turn to Left	234&1
10	Close Basic finished in Open CPP	234&1 234&1
11	Check from Open CPP	234&1
12	Spot Turn to Left	234&1
13	1-10 Hand to Hand replacing the Cha Cha Cha Chasses with Three Cha Cha Cha finished in Open CPP	234&1 2&3 4&1 234&1 2&3 4&1
14	Check from Open CPP	234&1
15	Underarm Turn to Right	234&1

U18 U15 RUMBA

No	Figure	Timing
1	(Start in Close Hold) Basic Movement	2341 2341
2	1~3 Basic Movement	2341
3	Underarm Turn to Right Finished in Open CPP	2341
4	Underarm Turn to Left	2341
5	4~6 Basic Movement Finished in Open CPP	2341
6	Check from Open CPP	2341
7	Check from Open PP	2341
8	Check from Open CPP	2341
9	Spot Turn to Left	2341
10	Close Basic finished in Open CPP	2341 2341
11	Check from Open CPP	2341
12	Spot Turn to Left	2341
13	Hand to Hand	2341 2341 2341
14	Underarm Turn to Right finished in Open CPP	2341
15	Underarm Turn to Left	2341
16	7-9 Natural Top	2341

U18 U15 SAMBA

No	Figure	Timing
1	(Start in Close Hold facing Wall) Reverse Basic Movement	1a2 1a2
2	Reverse Basic Movement	1a2 1a2
3	Samba Whisk to L	1a2
4	Samba Whisk to R	1a2
5	Samba Whisk to L	1a2
6	Samba Whisk to R ended in PP	1a2
7	4 Promenade Samba Walks	1a2 1a2 1a2 1a2
8	Samba Whisk to L tumuig to face Partner	1a2
9	Samba Whisk to R	1a2
10	Samba Whisk to L	1a2
11	Samba Whisk to R	1a2
12	Samba Side Chasses	QQQQSS
13	Samba Whisk to L	1a2
14	Samba Whisk to R ended in PP	1a2
15	Promenade Samba Walks	1a2
16	Side Samba Walk turning to face Partner	1a2
17	2 Stationary Samba Walks	1a2 1a2

U18 U15 JIVE

No	Figure	Timing
1	(Start in Close Hold)Basic in Fallaway	QQ QaQ QaQ
2	Change of Place Right to Left	QQ QaQ QaQ
3	Change of Place Left to Right	QQ QaQ QaQ
4	2 Change of Hands behind Back	QQ QaQ QaQ QQ QaQ QaQ
5	Change of Place Left to Right	QQ QaQ QaQ
6	Link	QQ QaQ
7	Whip	QQ QaQ
8	Change of Place Right to Left	QQ QaQ QaQ
9	Stop And Go	QQ QaQ QaQ
10	Overtuned Change of Place Left to Right	QQ QaQ QaQ
11	2 Ball Change with flick action	QaQ QaQ
12	3-8 Change of Place Left to Right	QaQ QaQ

U18 U15 PASO

No	Figure	Timing
1	(Start in Close Hold facing Wall) Promenade	12 12 12 12
2	Elevations to Right knees Straight	12 12
3	Elevations to Right knees Compressed	12 12
4	Attack	12 12
5	4 Sur Place	12 12
6	Separation	12 12 12 12
7	4 Backward Basic Movement curved to L to face wall	12 12
8	Chasse to Left ending in PP	12 12
9	Huit	12 12 12 12
10	Sixteen	12 12 12 12 12 12 12 12
11	Attack	12 12
12	4 Sur Place (quarter turn to L to face wall)	12 12

U18 U15 拉丁舞指定舞步(菁英組)

U18 U15 CHA CHA CHA (菁英組)

No	Figure	Timing
1	(Start in Close Hold) Close Basic finished in Open CPP	234&1 234&1
2	Check from Open CPP	234&1
3	Spot Turn to Left	234&1
4	1-10 Hand to Hand replacing the Cha Cha Cha Chasses with Three Cha Cha Cha finished in Open CPP	234&1 2&3 4&1 234&1 2&3 4&1
5	Check from Open CPP	234&1
6	Underarm Turn to Right (finished in Open Position with L to R hand hold)	234&1
7	Open Hip Twist	234&1 234&1
8	Hockey Stict	234&1 234&1
9	Open Basic	234&1
10	Cha Cha Cha Lock Backward RLR	2&3
11	3-30 Turkish Toewl	4&1 234&1 234&1 234&1 234&1
12	Cha Cha Cha Lock Forward LRL	2&3
13	Cha Cha Cha Lock Forward RLR	4&1
14	1-7 Cuban Break in Open Position	2&3&4&1
15	7-11 Time Step	234&1
16	2-6 Time Step	234&1
14 15	Spot Turn to Left Note: (Lady steps 63-74) 1-12 Cuban Break in open position	234&1 2&3&4&1

U18 U15 RUMBA (菁英組)

No	Figure	Timing
1	(Start in Close Hold) Close Basic finished in Open CPP	2341 2341
2	Check from Open CPP	2341
3	Spot Turn to Left	2341
4	Hand to Hand	2341 2341 2341
5	Underarm Turn to Right finished in Open CPP	2341
6	Underarm Turn to Left	2341
7	7-9 Natural Top (finished in Open Position with L to R hand hold)	2341
8	Open hip twist	2341 2341
9	Hockey Stict	2341 2341
10	Basic Movement 2341	2341
11	Six backward walks in Open position with L to R hand hold	2341 2341
12	7-9 Natural Top	2341
13	Opening Out to Right and Left	2341 2341
14	Spiral	2341 2341

U18 U15 SAMBA (菁英組)

No	Figure	Timing
1	(Start in Close Hold facing Wall) Samba Side Chasses	QQQQSS
2	Samba Whisk to L	1a2
3	Samba Whisk to R ended in PP	1a2
4	Promenade Samba Walks	1a2
5	Side Samba Walk turning to face Partner	1a2
6	2 Stationary Samba Walks	1a2 1a2
7	Samba Whisk to L	1a2
8	Samba Whisk to R ended in PP	1a2
9	Shadow Botafogos	1a21a2
10	Travelling Voltas to R	1a2a1a2
11	Continuous Volta spot turn to L	1a2a1a2
12	Whisk to L	1a2
13	1-7 Corta Jaca turning 3/8 R	SQQQQQQ
14	1-7 Corta Jaca (man commencing LF back) turning 3/8 R	SQQQQQQ
15	1-3 Open Rock to R and L	SQQ
16	Reverse Turn	1a2 1a2
17	Promenade Botafogo	1a2
18	Side Samba Walk	1a2
19	Samba Whisk to L	1a2
20	Samba Whisk to R	1a2

U18 U15 JIVE (菁英組)

No	Figure	Timing
1	Stop And Go (Commence in Open Position with L to R hand hold)	QQ QaQ QaQ
2	Overtured Change of Place Left to Right	QQ QaQ QaQ
3	2 Ball Change with flick action	QaQ QaQ
4	Change of Place Left to Right	QaQ QaQ
5	American Spin	QQ QaQ QaQ
6	1-5 Link	QQ QaQ
7	Double Corss Whip	QQQQ QaQ
8	Reverse Whip	QQ QaQ QQ QaQ
9	Promenade Walks Quick	QQQQQQ
10	3-8 Change of Place Right to Left	QaQ QaQ

U18 U15 PASO (菁英組)

No	Figure	Timing
1	4 Sur Place (Commence in Close Hold facing Wall)	12 12
2	Sixteen	12 12 12 12 12 12 12 12
3	Fallaway Reverse	12 12 12 12
4	1-4 Spanish Line	12 12
5	Flamenco Taps	12& 12
6	5-8 Spanish Line	12 12
7	Flamenco Taps	12& 12
8	Promenade Close	12 12
9	Attack commenced facing Wall	12 12

U18 U15 U12 U9 標準舞指定舞步

WALTZ

No	Figure	Timing
1	LF Closed Change	123
2	Natural Turn	123 123
3	RF Close Change	123
4	Reverse Turn	123 123
5	Whisk	123
6	Chasse from PP (Repeat from Natural Turn RF fwd in CBMP OP)	12&3

TANGO

No	Figure	Timing
1	Walk on LF	S
2	Natural Rock Turn	SQQS QQS
3	Walk in LF and RF curving to ending DC	SS
4	Basic Reverse Turn	QQS QQS
5	Walk on LF	S
6	Walk on Rf to PP	S&
7	Closed Promenade	SQQS

U18 U15 U12 U9 標準舞指定舞步

FOXTROT

No	Figure	Timing
1	Feather Step	SQQ
2	Reverse Turn	SQQ SQQ
3	Three Step	SQQ
4	Ntaural Turn	SQQ SSS
5	Feather Step	SQQ
6	Three Step	SQQ
7	Ntaural Turn	SQQ SSS

QUICK STEP

No	Figure	Timing
1	Walk on LF	S
2	Quarter Turn to Right	SQQS
3	Progressive Chasse	SQQS
4	Forward Lock Step	SQQS
5	Underturned Natural Spin Turn	SQQ SSS
6	Progressive Chasse	SQQS
7	Natural Turn at Corner (Repeat from Quarter Turn to Right)	SQQ SSS

舞序起始音樂規範:

Rumba: 音樂 4/4, 一小節有 4 拍, 4 小節(2 個 8 拍) 之後起跳。

Chachacha: 音樂 4/4, 一小節有 4 拍, 4 小節 (2 個 8 拍) 之後起跳。

Jive: 音樂 4/4, 一小節有 4 拍, 4 小節 (2 個 8 拍) 之後起跳。

Sumba: 音樂 2/4, 一小節有 2 拍, 8 小節 (2 個 8 拍) 之後起跳。

Paso: 音樂 2/4, 一小節有 2 拍, 4 小節 (1 個 8 拍) 之後起跳。

Waltz: 音樂 3/4, 一小節有 3 拍, 4 小節 (2 個 6 拍) 之後起跳。

Tango: 音樂 2/4, 一小節有 2 拍, 8 小節 (2 個 8 拍) 之後起跳。

Foxtrot: 音樂 4/4, 一小節有 4 拍, 4 小節 (2 個 8 拍) 之後起跳。

Quickstep: 音樂 4/4, 一小節有 4 拍, 4 小節 (2 個 8 拍) 之後起跳。