



## **OGRANIČENI PLESNI PROGRAM**

**Solo, duo i plesni parovi Školske lige (P razred)**

**Solo, duo i plesni parovi Prve lige (D1, D2 i D3 razred)**

**Solo i duo Super lige (C razred)**

**Plesni parovi Super lige (D i C razred)**

**Školske LA i ST grupe i formacije**

**Sinhronizovane LA i ST grupe i formacije**

**Takmičarske basic LA i ST grupe i formacije**

### **Popis literature:**

- WDSF Syllabus, Samba
- WDSF Syllabus, Cha Cha Cha
- WDSF Syllabus, Rumba
- WDSF Syllabus, Paso Doble
- WDSF Syllabus, Jive
- WDSF Syllabus, Waltz
- WDSF Syllabus, Tango
- WDSF Syllabus, Viennese Waltz
- WDSF Syllabus, Slow Fox
- WDSF Syllabus, Quick Step

## UVOD

Ograničeni program plesnih figura (za kategorije za koje je propisan ograničen program u skladu sa *Takmičarskim pravilnikom za latino-američke i standardne plesove* Plesnog saveza Srbije) je definisan na sledeći način:

| Ograničeni program plesnih figura                       | Kategorija   |
|---|--|
| <b>WDSF Syllabus Bronze<br/>(B)</b>                     | Solo, duo i plesni parovi Školske lige (P razred)<br>Školske LA i ST grupe i formacije<br>Solo, duo i plesni parovi Prve lige (D1 i D2 razred)<br>Sinhronizovane LA i ST grupe i formacije |
| <b>WDSF Syllabus Bronze + Silver<br/>(B+S)</b>          | Solo, duo i plesni parovi Prve lige (D3 razred)<br>Takmičarske basic LA i ST grupe i formacije<br>Plesni parovi Super lige – Napredni nivo (D razred)                                      |
| <b>WDSF Syllabus Bronze + Silver + Gold<br/>(B+S+G)</b> | Solo, duo i plesni parovi Super lige – Napredni nivo (C razred)  |

odnosno:

| Kategorija        | KVALITATIVNI RAZRED |                              |           |     |                               |       |
|-------------------|---------------------|------------------------------|-----------|-----|-------------------------------|-------|
|                   | Početni nivo        |                              |           |     | Napredni nivo<br>(Super liga) |       |
|                   | Školska liga        |                              | Prva liga |     |                               |       |
|                   | P                   | D1                           | D2        | D3  | D                             | C     |
| Solo              | B                   | B                            | B         | B+S | /                             | B+S+G |
| Duo               | B                   | B                            | B         | B+S | /                             | B+S+G |
| Plesni par        | B                   | B                            | B         | B+S | B+S                           | B+S+G |
| Grupe i formacije | Školska LA&ST: B    | Sinhronizovana LA&ST: B      |           |     | /                             |       |
|                   |                     | Takmičarska basic LA&ST: B+S |           |     |                               |       |

Ograničeni program plesnih figura za Bečki valcer za sve kategorije navedene u prethodnim tabelama u okviru kojih se plešu standardni plesovi je ograničen isključivo na *WDSF Syllabus Bronze* nivo.

**Spisak plesnih figura po plesovima:  
LATINO-AMERIČKI PLESOVI**

| <b>SAMBA - Bronze</b> |  |
|-----------------------|--|
| 1                     | Natural basic movement                   |
| 2                     | Reverse basic movement                   |
| 3                     | Progressive basic movement               |
| 4                     | Side basic movement to left              |
| 5                     | Side basic movement to right             |
| 6                     | Outside basic                            |
| 7                     | Samba whisk to left                      |
| 8                     | Samba whisk to right                     |
| 9                     | Stationary samba walks                   |
| 10                    | Promenade samba walks                    |
| 11                    | Side samba walk                          |
| 12                    | Reverse turn                             |
| 13                    | Promenade to counter promenade botafogos |
| 14                    | Side samba chasse                        |
| 15                    | Travelling botafogo forward              |
| 16                    | Travelling botafogo backward to pp       |
| 17                    | Criss cross botafogo                     |
| 18                    | Criss cross volta to right               |
| 19                    | Criss cross volta to left                |
| 20                    | Travelling volta to right                |
| 21                    | Travelling volta to left                 |
| 22                    | Underarm turning right                   |
| 23                    | Underarm turning left                    |
| <b>SAMBA - Silver</b> |  |
| 24                    | Maypole lady turning right               |
| 25                    | Maypole lady turning left                |
| 26                    | Cruzados walks                           |
| 27                    | Cruzados locks                           |
| 28                    | Dropped volta                            |
| 29                    | Circular volta turning right             |
| 30                    | Circular volta turning left              |
| 31                    | Same foot botafogo                       |
| 32                    | Samba locks lady on left side            |
| 33                    | Samba locks lady on right side           |
| 34                    | Methods of changing feet                 |
| <b>SAMBA - Gold</b>   |  |
| 35                    | Natural roll                             |
| 36                    | Reverse roll                             |
| 37                    | Close rocks                              |
| 38                    | Open rocks                               |
| 39                    | Backward rocks                           |
| 40                    | Plait                                    |
| 41                    | Corta jaca                               |
| 42                    | Same position corta jaca                 |
| 43                    | Double spiral turn for lady              |
| 44                    | Promenade to counter promenade runs      |
| 45                    | Drag                                     |
| 46                    | Rolling off the arm                      |
| 47                    | Carioca runs                             |
| 48                    | Argentine crosses                        |

| <b>CHA CHA CHA - Bronze</b> |   |
|-----------------------------|---|
| 1                           | Time step   |
| 2                           | Close basic movement  |
| 3                           | Open basic movement   |
| 4                           | New york to right   |
| 5                           | New york to left  |
| 6                           | Hand to hand to right   |
| 7                           | Hand to hand to left  |
| 8                           | Spot turn to right  |
| 9                           | Spot turn to left   |
| 10                          | Underarm turn turning right   |
| 11                          | Underarm turn turning left  |
| 12                          | Three cha cha chas to right   |
| 13                          | Three cha cha chas to left  |
| 14                          | Shoulder to shoulder  |
| 15                          | Aida  |
| 16                          | Fan   |
| 17                          | Open hip twist  |
| 18                          | Open hip twist to chasse  |
| 19                          | Close hip twist   |
| 20                          | Close hip twist to chasse   |
| 21                          | Hockey stick  |
| 22                          | Hockey stick to chasse  |
| <b>CHA CHA CHA - Silver</b> |   |
| 23                          | Alemaná   |
| 24                          | Alemaná from open opposing position   |
| 25                          | Natural top   |
| 26                          | Cross basic   |
| 27                          | Cross basic with turn   |
| 28                          | Cross basic to open opposing position   |
| 29                          | Methods of changing feet - Simple foot change,<br>method 1 – chasse to r side link, method 2 – lock to r side link, method 3 – link to open opp pos |
| 30                          | Split cuban break to right  |
| 31                          | Split cuban break to left   |
| 32                          | Cuban breaks to right   |
| 33                          | Cuban breaks to left  |
| 34                          | Cuban break amalgamations   |
| <b>CHA CHA CHA - Gold</b>   |   |
| 35                          | Close hip twist spiral  |
| 36                          | Open hip twist spiral   |
| 37                          | Turkish towel   |
| 38                          | Sweetheart  |
| 39                          | Follow my leader  |
| 40                          | Syncopated open hip twist   |
| 41                          | Curl  |
| 42                          | Rose spinning   |
| 43                          | Overtured lock ending   |
| 44                          | Continuous overtured lock   |
| 45                          | Swivel from overtured lock  |
| 46                          | Swivel hip twist  |
| 47                          | Swivels   |
| 48                          | Walks and whisks  |
| 49                          | Advanced method s of changing feet - Method 4 – link to fan l angle, method 5 – syncopated r side link  |

| <b>RUMBA - Bronze</b> |                                  |
|-----------------------|----------------------------------|
| 1                     | Close basic movement             |
| 2                     | Open basic movement              |
| 3                     | New york to right                |
| 4                     | New york to left                 |
| 5                     | Hand to hand to right            |
| 6                     | Hand to hand to left             |
| 7                     | Spot turn to right               |
| 8                     | Spot turn to left                |
| 9                     | Underarm turn turning right      |
| 10                    | Underarm turn turning left       |
| 11                    | Side walks and cucarachas        |
| 12                    | Fan                              |
| 13                    | Open hip twist                   |
| 14                    | Open hip twist finished to side  |
| 15                    | Hockey stick                     |
| 16                    | Hockey stick finished to side    |
| 17                    | Opening out                      |
| 18                    | Shoulder to shoulder             |
| <b>RUMBA - Silver</b> |                                  |
| 19                    | Alternative basic movement       |
| 20                    | Close hip twist                  |
| 21                    | Close hip twist finished to side |
| 22                    | Alemana                          |
| 23                    | Alemana finished to side         |
| 24                    | Progressive forward walks        |
| 25                    | Progressive forward walks to fan |
| 26                    | Aida                             |
| 27                    | Continuous hip twist             |
| 28                    | Cuban rocks                      |
| 29                    | Fencing to spin                  |
| <b>RUMBA - Gold</b>   |                                  |
| 30                    | Continuous circular hip twist    |
| 31                    | Syncopated open hip twist        |
| 32                    | Natural top                      |
| 33                    | Reverse top                      |
| 34                    | Curl                             |
| 35                    | Curl finished to side            |
| 36                    | Spiral                           |
| 37                    | Spiral finished to side          |
| 38                    | Spiral to fan                    |
| 39                    | Three alemanas                   |
| 40                    | Sliding doors                    |
| 41                    | Advanced sliding doors           |
| 42                    | Three threes                     |
| 43                    | Three threes to fan              |
| 44                    | Rope spinning                    |
| 45                    | Swivels                          |
| 46                    | Overtured basic                  |

| <b>PASO DOBLE - Bronze</b> |  |
|----------------------------|--|
| 1                          | Basic movement                                   |
| 2                          | Sur place  |
| 3                          | Chasses to right                                 |
| 4                          | Drag   |
| 5                          | Chasses to left                                  |
| 6                          | Attack   |
| 7                          | Huit   |
| 8                          | Separation                                       |
| 9                          | Natural twist turn                               |
| 10                         | Promenade  |
| 11                         | Closed promenade                                 |
| 12                         | Promenade link                                   |
| 13                         | Sixteen  |
| <b>PASO DOBLE - Silver</b> |  |
| 14                         | Promenade to counter promenade                   |
| 15                         | Grand circle                                     |
| 16                         | Banderillas                                      |
| 17                         | Fallaway reverse                                 |
| 18                         | Fallaway whisk                                   |
| 19                         | Spanish lines                                    |
| 20                         | Le passe   |
| 21                         | Synchopated separation                           |
| 22                         | Flamenco taps                                    |
| <b>PASO DOBLE - Gold</b>   |  |
| 23                         | Twists   |
| 24                         | Chasse cape                                      |
| 25                         | Travelling spins from promenade position         |
| 26                         | Travelling spins from counter promenade position |
| 27                         | Synchopated coup de pique                        |
| 28                         | Separation with ladys caping walks               |
| 29                         | Farol  |
| 30                         | Fregolina  |
| 31                         | Methods of changing feet                         |

| <b>JIVE - Bronze</b> |   |
|----------------------|---|
| 1                    | Basic in place                                      |
| 2                    | Basic in fallaway                                   |
| 3                    | Change of place from right to left                  |
| 4                    | Change of place from left to right                  |
| 5                    | American spin                                       |
| 6                    | Change of place behind the back                     |
| 7                    | Link  |
| 8                    | Whip  |
| 9                    | Promenade walks – slow                              |
| 10                   | Promenade walks – quick                             |
| <b>JIVE - Silver</b> |   |
| 11                   | Fallaway throwaway                                  |
| 12                   | Change of place from right to left with double spin |
| 13                   | Overtured change of place from left to right        |
| 14                   | Double cross whip                                   |
| 15                   | Throwaway whip                                      |
| 16                   | Reverse whip  |
| 17                   | Curcly whip   |
| 18                   | Overtured fallaway throwaway                        |
| 19                   | Stop and go   |
| 20                   | Hip bump  |
| 21                   | Windmill  |
| 22                   | Mooch   |
| <b>JIVE - Gold</b>   |   |
| 23                   | Spanish arms  |
| 24                   | Chicken walks                                       |
| 25                   | Rolling off the arm                                 |
| 26                   | Simple spin   |
| 27                   | Rock to simple spin                                 |
| 28                   | Flicks into break                                   |
| 29                   | Toe heel swivels                                    |
| 30                   | Sugar push  |
| 31                   | Miami special                                       |
| 32                   | Shoulder spin                                       |
| 33                   | Chugging  |
| 34                   | Catapult  |

## STANDARDNI PLESOVI

| <b>ENGLESKI VALCER (Waltz) - Bronze</b> |                                 |
|---|---------------------------------|
| 1                                       | Closed change on right foot     |
| 2                                       | Closed change on left foot      |
| 3                                       | Natural turn                    |
| 4                                       | Reverse turn                    |
| 5                                       | Progressive chasse to right     |
| 6                                       | Whisk                           |
| 7                                       | Back whisk                      |
| 8                                       | Outside change                  |
| 9                                       | Basic weave                     |
| 10                                      | Chasse from pp                  |
| 11                                      | Backward locks                  |
| 12                                      | Open natural turn               |
| <b>ENGLESKI VALCER (Waltz) - Silver</b> |                                 |
| 13                                      | Hesitation change               |
| 14                                      | Natural spin turn               |
| 15                                      | Double reverse spin             |
| 16                                      | Telemark                        |
| 17                                      | Telemark to pp                  |
| 18                                      | Weave from pp                   |
| 19                                      | Impetus                         |
| 20                                      | Impetus to pp                   |
| 21                                      | Drag hesitation                 |
| 22                                      | Outside spin                    |
| 23                                      | Natural turning lock            |
| 24                                      | Reverse turning lock            |
| <b>ENGLESKI VALCER (Waltz) - Gold</b>   |                                 |
| 25                                      | Wing                            |
| 26                                      | Wing from pp                    |
| 27                                      | Cross hesitation from pp        |
| 28                                      | Reverse pivot                   |
| 29                                      | Fallaway natural turn           |
| 30                                      | Running weave from pp           |
| 21                                      | Running spin turn               |
| 32                                      | Overtuned running spin turn     |
| 33                                      | Running cross chasse            |
| 34                                      | Fallaway reverse and slip pivot |
| 35                                      | Left whisk                      |
| 36                                      | Contra check                    |
| 37                                      | Hover corte                     |



| <b>TANGO - Bronze</b> |  |
|-----------------------|--|
| 1                     | Tap – alternative entries to pp                              |
| 2                     | Progressive side step  |
| 3                     | Brush tap  |
| 4                     | Progressive link   |
| 5                     | Closed promenade   |
| 6                     | Open promenade   |
| 7                     | Back corte   |
| 8                     | Basic reverse turn   |
| 9                     | Open reverse turn  |
| 10                    | Rock on left foot  |
| 11                    | Rock on right foot   |
| 12                    | Natural rock turn  |
| 13                    | Natural twist turn from pp                                   |
| 14                    | Natural turn from pp   |
| <b>TANGO - Silver</b> |  |
| 15                    | Promenade link turned to R                                   |
| 16                    | Promenade link turned to L                                   |
| 17                    | Back open promenade  |
| 18                    | Fallaway in promenade  |
| 19                    | Whisk  |
| 20                    | Back whisk   |
| 21                    | Progressive side step reverse turn                           |
| 22                    | Four step  |
| 23                    | Fallaway four step   |
| 24                    | Outside swivel method 1 (after open finish and turning to R) |
| 25                    | Outside swivel method 2 (after open finish and turning to L) |
| 26                    | Outside swivel method 3 (reverse outside swivel)             |
| <b>TANGO - Gold</b>   |  |
| 27                    | Four step change   |
| 28                    | Five step  |
| 29                    | Mini five step   |
| 30                    | Quick reverse turn   |
| 31                    | Fallaway reverse and slip pivot                              |
| 32                    | Telemark to pp   |
| 33                    | Open natural turn  |
| 34                    | Outside spin   |
| 35                    | Natural twist turn   |
| 36                    | Chase  |
| 37                    | Chase alternative endings                                    |
| 38                    | Oversway   |
| 39                    | Drop oversway  |
| 40                    | Oversway alternative endings                                 |
| 41                    | Contra check   |
| 42                    | Reverse pivot  |

**BEČKI VALCER (Viennese waltz) - Bronze**

|   |  |
|---|--|
| 1 | Natural turn                               |
| 2 | Reverse turn                               |
| 3 | Rf forward change step natural to reverse  |
| 4 | Lf forward change step reverse to natural  |
| 5 | Lf backward change step natural to reverse |
| 6 | Rf backward change step reverse to natural |
| 7 | Chasse change step                         |

| <b>SLOW FOX - Bronze</b> |  |
|--------------------------|--|
| 1                        | Feather step                                       |
| 2                        | Three step   |
| 3                        | Feather finish                                     |
| 4                        | Feather ending                                     |
| 5                        | Hover feather                                      |
| 6                        | Natural turn                                       |
| 7                        | Reverse turn                                       |
| 8                        | Basic weave  |
| 9                        | Natural weave                                      |
| 10                       | Change of direction                                |
| 11                       | Heel pull finish                                   |
| 12                       | Whisk  |
| 13                       | Back whisk   |
| 14                       | Open natural turn                                  |
| <b>SLOW FOX - Silver</b> |  |
| 15                       | Double reverse spin                                |
| 16                       | Telemark   |
| 17                       | Telemark to p.p.                                   |
| 18                       | Hover telemark                                     |
| 19                       | Hover telemark to p.p.                             |
| 20                       | Natural telemark                                   |
| 21                       | Natural hover telemark                             |
| 22                       | Impetus  |
| 23                       | Impetus to p.p.                                    |
| 24                       | Weave from p.p.                                    |
| 25                       | Hover cross  |
| 26                       | Top spin   |
| 27                       | Outside swivel                                     |
| 28                       | Outside spin                                       |
| 29                       | Reverse wave                                       |
| <b>SLOW FOX - Gold</b>   |  |
| 30                       | Natural twist turn                                 |
| 31                       | Natural twist turn with natural weave              |
| 32                       | Natural twist turn with impetus and feather finish |
| 33                       | Natural twist turn with impetus to p.p.            |
| 34                       | Natural zig zag from p.p.                          |
| 35                       | Curved three step                                  |
| 36                       | Curved feather                                     |
| 37                       | Curved feather from p.p.                           |
| 38                       | Back feather                                       |
| 39                       | Fallaway reverse and slip pivot                    |
| 40                       | Bounce fallaway with weave ending                  |
| 41                       | Running weave from p.p.                            |
| 42                       | Open reverse turn                                  |
| 43                       | Extended reverse wave                              |
| 44                       | Reverse pivot                                      |

| <b>QUICK STEP - Bronze</b> |  |
|----------------------------|--|
| 1                          | Basic movement – quarter turn and progressive chasse |
| 2                          | Natural turn   |
| 3                          | Reverse turn   |
| 4                          | Progressive chasse to right                          |
| 5                          | Progressive chasse to left                           |
| 6                          | Cross chasse   |
| 7                          | Quarter turn to right                                |
| 8                          | Quarter turn to left                                 |
| 9                          | Outside change                                       |
| 10                         | Natural pivot  |
| 11                         | Running finish                                       |
| 12                         | Backward lock  |
| 13                         | Forward lock   |
| 14                         | Open natural turn                                    |
| <b>QUICK STEP - Silver</b> |  |
| 15                         | Natural spin turn                                    |
| 16                         | Hesitation change                                    |
| 17                         | Double reverse spin                                  |
| 18                         | Impetus  |
| 19                         | Impetus to pp  |
| 20                         | Telemark   |
| 21                         | Telemark to pp                                       |
| 22                         | Whisk  |
| 23                         | Back whisk   |
| 24                         | Open reverse turn                                    |
| 25                         | Tipple chasse to right – at the corner               |
| 26                         | Tipple chasse to right – along line of dance         |
| 27                         | Tipple chasse to left                                |
| 28                         | Four quick run                                       |
| 29                         | Zig zag  |
| 30                         | V-6  |
| 31                         | Outside spin   |
| <b>QUICK STEP - Gold</b>   |  |
| 32                         | Reverse pivot  |
| 33                         | Natural turning lock                                 |
| 34                         | Drag hesitation                                      |
| 35                         | Cross swivel   |
| 36                         | Fishtail   |
| 37                         | Running natural turn                                 |
| 38                         | Running cross chasse                                 |
| 39                         | Six quick run  |
| 40                         | Tipsy to right                                       |
| 41                         | Tipsy to left  |
| 42                         | Rumba cross  |
| 43                         | Hover corte  |