



# UCWDC® Judge Certification Couples Dance Fundamentals Curriculum

## Section 2: Fundamental: Newcomer & Novice Levels

### Triple Two, Polka, Nightclub, Cha Cha, Waltz, Two Step, East Coast, and West Coast Swing

#### I. Footwork and Movement for Newcomer & Novice

##### A. Parts of the Feet

1. Toe, Inside Toe, Outside Toe
2. Ball, Inside Ball, Outside Ball
3. Heel, Inside Heel, Outside Heel
4. Flat, Inside Edge, Outside Edge

##### B. Positions of Feet

1. 1<sup>st</sup>
  - a. Feet together in line
  - b. Feet together turned out
2. 2<sup>nd</sup>
  - a. Feet apart (under hips)
  - b. Feet extended (outside hips)
3. 3<sup>rd</sup>
  - a. Forward foot heel to back foot (Turned out) instep
  - b. Feet extended
  - c. Locked
4. 4<sup>th</sup>
  - a. Feet apart in-line
  - b. Walking forward with brush
  - c. Walking backward with brush
5. 5<sup>th</sup>
  - a. Both feet turned out, heel to toe
  - b. Feet extended
  - c. Locked
6. Outside & Contra Body Movement Position (OBMP & CBMP)
  - a. OBMP: with left foot forward, left side of the body is also forward or with right foot forward, right side of the body also is forward.
  - b. CBMP: with left foot forward, right side of the body is forward, or with right foot forward, left side of the body is forward.

##### C. Use of Foot/Ankle/Leg

1. Actions (prep of steps), continuity of rolling foot, transition to the next movement
  - a. Forward actions
  - b. Backward actions
  - c. Side actions
2. Application to Signature Figures in the 8 dances
3. Transfer of weight after point of strike



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#### **D. Movement Concepts Definitions:**

1. Movement Definitions
  - a. Balance
  - b. Preparation
  - c. Centers & Columns
  - d. Energy
  - e. Body Flight
  - f. Shaping

#### **E. Alignments**

1. Directional Alignments
  - a. Facing
  - b. Backing
  - c. Against
  - d. Pointing
2. Movement Alignment
  - a. Line of Dance
  - b. Diagonal Wall
  - c. Diagonal Center
  - d. Wall
  - e. Center

## **II. Turn Technique for Newcomer & Novice**

### **A. Preparation**

1. Foot Prep
2. Body Prep

### **B. Torque**

1. Contrary Body Movement (CBM)
2. Open Body Movement (OBM)

### **C. Types of Turns**

1. Stationary Turns
  - a. Walk around (Spot turn)
  - b. Spin (ex. tuck turn)
  - c. Spiral
  - d. Stationary Spotting Technique
2. Progressive Turns
  - a. Chaine and Pivot
  - b. Straight line Spotting Technique
3. Arced Turns
  - a. French Cross
  - b. Arced/Circular Spotting Technique



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4. Initiation of Turns
  - a. Contra-Body Movement: moving opposite of body toward the moving foot.
  - b. Open-Body Movement: moving opposite side of body away from moving foot.

### **III. Posture and Frame for Newcomer & Novice**

#### **A. Posture and Carriage (8 dances)**

1. States of Posture
  - a. Poise is the position of the body when still.
  - b. Carriage is the position of the body when moving across steps.
  - c. During movement, the carriage of the body transition positionally which facilitate the desired direction and movement.
2. Alignment of Spine
  - a. Sections of Spine
    - i. Cervical
    - ii. Thoracic
    - iii. Lumbar
    - iv. Sacral

#### **B. Rotation of the Spine**

1. Torque: Rotation of spine which creates energy to initiate a turning action.
2. Initiates most linear and rotational movement.
3. Essential in connecting movements.

#### **C. Musculature/Joint Considerations**

1. Muscles/Joints initiate Frame/Posture.
  - a. Activation and engagement of back muscles (lats) in downward manner supports frame.
  - b. As back muscles reach down, the spine vertically extends. Shoulders remain down with slight rotation under and forward of arms. Diminishes rising shoulders.
2. Muscles/joints initiate Movement.
  - a. Release of muscle groups allows joint movement.
  - b. Muscles maintain form to provide ability to sustain weight during movement.
  - c. Amount of relax or tensing of muscles dependent on dance.
  - d. Utilization of correct muscles and joints needed will result in good movement.
3. Framed Positions
  - a. Closed Positions
    - i. Basic Closed Position
    - ii. Left Offset (Inside Partner)
    - iii. Closed Right & Left Parallel (Outside Partner)



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- iv. Closed Promenade & Counter Promenade
- v. Fan Position
- b. Open Positions
  - i. Facing
  - ii. Right & Left Parallel
  - iii. Open Promenade/Ctr Prom (Open Left & Right Prom)
  - iv. Fan Position
  - v. Shadow
- c. Shine Positions
  - i. Facing
  - ii. Side by Side
  - iii. Shadow

#### **D. Alignment to Partner:**

1. Positions of each partner with relation to each other
2. Center and Common Centers

#### **IV. Partnership Movement Principles (Lead/Follow) for Newcomer & Novice**

- A. Preparation of desired movement and response to the prep**
- B. Lead of the desired movement**
- C. Follow of the movement.**
- D. Follow through of leader in response to follower movement.**
- E. Finish: phrase ending, continuation of movement, or transition to another movement.**

#### **V. Styling for Newcomer and Novice**

- A. Positions of the Arms**
- B. Basic Arm Styling (8 Dances)**
- C. Basic Shapes and Body Lines (8 Dances)**
- D. Basic Animation and Character of Dance (8 Dances)**

#### **VI. Floor Craft for Newcomer and Novice**

- A. Floor Entry & Exit**
- B. Flow of Dance**
  1. Floor Etiquette
  2. Floor Usage
  3. Movement Management



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#### **VII. Music for Newcomer and Novice**

##### **A. Basic Structure of Music:**

1. Notes, Measures & Phrases
2. Accents in Music/Dance
3. Phrasing (8 Dances)

#### **VIII. Choreography for Newcomer and Novice**

##### **A. Foundational Elements**

1. Appropriateness
  - a. Level appropriate signature figures
  - b. Partnership (Lead/Follow) appropriate
2. Continuity
  - a. Flow and development
  - b. Use of phrasing (Novice only)

#### **IX. Application of Rules for Newcomer and Novice**

##### **A. Newcomer**

1. Newcomer Rules
  - a. Starting position
  - b. Basic timing

##### **B. Newcomer and Novice**

1. Competition Rules per rule book
2. Comment Codes (E, I, O)
  - a. Etiquette
  - b. Illegal move/movements
  - c. Outfits (Costuming)

#### **X. Application of Rules & Methodology - Newcomer & Novice**

##### **A. Rules – Newcomer & Novice**

##### **B. Comment Codes (E, I, O)**

1. Etiquette
2. Illegal Move/Movements
3. Outfits (Costuming)

##### **C. Methodology Chart – Newcomer**



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### **D. Methodology Chart - Novice**