

UCWDC Judge Certification “Standards” for Couples Dance

“Standards” are a list of key items that define a particular dance. UCWDC judges use “Standards” when judging. Each dancer should be sure they are striving to incorporate these crucial factors into their performance. Judges will take into consideration skill level when judging.

Waltz 3/4 Time

- A progressive dance where stationary posing is reserved for phrase endings.
- Rise & Fall is a primary characteristic.
- Swing & Sway creates movement that displays the inclination of the body which is essential.
- Fluid changes of speed, no harsh movements.
- Shaped turns, with collection, hover, and use of diagonals.
- Connection: Dependent on figure or choreography danced.
- Signature Figures: Diagonals (Zigzags), Streamlines, Pairs Rotations.
- Look is elegant, formal, and regal with a sophisticated feeling.

Night Club 4/4 Time

- A stationary dance that travels parallel across the audience edge of the floor.
- Uses geometric patterns with volume & depth.
- Inclination & Counter Inclination is the motion of the dance.
- Separation of the slows and quicks essential in creating dance
- Continuity of collection through a closing of the feet
- Shaped turns, with pivot turns as primary.
- Connection: Dependent on figure or choreography danced.
- Signature Figures: Promenade Passes, Diamonds, Carousels
- Look is soft, fluid, and romantic.

Triple Two 4/4 Time

- A progressive dance that curves through connected feathers.
- Inclination that results in curved or banked movement in every triple, with opposite inclination in successive triples.
- Shaped turns, with curving pivot (feather) turns.
- Connection: Dependent on figure or choreography danced.
- Signature Figures: Loops, Laces, Slaloms.
- Look of continuous soft fluid movement throughout the dance.

West Coast Swing 4/4 Time

- A stationary dance that dances in a slotted structure parallel to the audience edge of the floor.
- Backbeat rhythm pulsed in syncopated accent.
- Smooth gliding action on the travel pieces, with rhythmic check steps on stationary parts, settling on the anchor.
- Connection uses extension and compression.
- Signature Figures: Pushes, Passes, Whips
- Look is flirtatious, coy, and inviting.

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Two-Step 4/4 Time

- A progressive dance where stationary patterns are reserved for phrase endings, no successive stationary patterns.
- Consistently travels Line of Dance utilizing track and rails in a weaving fashion.
- Downbeat rhythm pulsed in accented ‘slows,’ with a propensity of turns.
- Chainé turns on ‘quicks,’ pivot turns on the ‘slows.’
- Connection uses extension and elasticity
- Signature Figures: Weaves, Streamlines, Sling Shots
- Look is Fun, Sassy, Bold.

Cha-Cha 4/4 Time

- A stationary dance that has limited travel.
- Travel can only occur if it does not impact other dancers.
- Cuban or Latin Motion used in transference of weight.
- Forward Poise and same side lead are present.
- Connection: dependent on figures or choreography danced.
- Signature Figures: Cross Body Basics, Crossover Basics, (Sliding/Rotational Patterns)
- Look is strong, energetic, sexy, and flirtatious.

Polka 2/4 Time

- A progressive dance where stationary patterns are reserved for phrase endings.
- Travels aggressively down the floor, even with partner rotations.
- Motion is full pulse.
- Down on the numbered beats, up on the ‘&’ counts, including ‘&’ counts between triples.
- Forward poise (pitch) is present.
- Connection: dependent on figures or choreography danced.
- Signature Figures: Runs, Slip Weaves, Partner Rotations
- Look is energetic and exciting.

East Coast Swing 4/4 Time

- A stationary dance that refrains from traveling too much.
- Pulsed rhythm.
- Motion is semi-cuban.
- Connection: Use of compression and extension
- Signature Figures: Passes, Lindy Patterns (8-count), Partner Rotations.
- Look is energetic and fun.