

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. 1st
 - a. Feet together in line
 - b. Feet together turned out
2. 2nd
 - a. Feet apart (under hips)
 - b. Feet extended (outside hips)
3. 3rd
 - a. Forward foot heel to back foot
(Turned out) instep
 - b. Feet extended
 - c. Locked
4. 4th
 - a. Feet apart in-line
 - b. Walking forward with brush
 - c. Walking backward with brush
5. 5th
 - 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 – Correct strike and transfer
 - a. Forward actions
 - b. Backward actions
 - c. Side actions
2. Application to Signature Figures in the 8 dances

D. Movement Concepts Definitions:

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



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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. Initiation of Turn

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. Chainé and Pivot
 - b. Straight Line Spotting Technique
3. Arced Turns
 - a. French Cross
 - b. Arced/Circular Spotting Technique

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 transitions positionally which facilitate the desired direction and movement.
2. Alignment of Spine
 - a. Skeletal Considerations
 - i. Cervical
 - ii. Thoracic
 - iii. Lumbar
 - iv. Sacral



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B. Rotation of the Spine

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

C. Musculature/Joint Considerations

1. Muscles/Joints initiate Frame/Posture.
 - a. Activation of back muscles (lats) in a downward manner supports frame.
 - b. Engagement of back muscles allows spine to vertically extends.
 - c. Activation and engagement allow slight upward rotation of arm to facilitate proper shoulder position for frame.
2. Muscles/Joints initiate Movement.
 - a. Release of muscle groups to allow joint movement.
 - b. Muscles provide ability to sustain weight during movement.
3. Framed Positions
 - a. Closed Positions
 - i. Basic Closed Position
 - ii. Left Offset (Inside Partner)
 - iii. Closed Right & Left Parallel (Outside Partner)
 - iv. Closed Promenade & Counter Promenade
 - v. Fan Position
 - b. 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. Position of each partner with relation to each other
2. Center and Common Centers

IV. Partnership Movement Principles

A. Lead/Follow

1. Preparation of desired movement and response to the prep
2. Lead of the desired movement
3. Follow the movement.
4. Follow through of leader in response to follower movement.
5. Finish: phrase ending (novice and above only), continuation of movement, or transition to another movement.

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V. Styling for Newcomer and Novice

A. Arm Styling

1. Arm Positions
2. Basic Arm Styling

B. Basic Shapes and Body Lines (8 Dances)

C. 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

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. Dance Types

- A. Pro/am & Pro/Pro
- B. Couples
- C. Lines
- D. Team

X. Application of Rules & Methodology - Newcomer & Novice

A. Rules

1. Newcomer Rules Specific
 - a. Starting position
 - b. Basic timing
2. Rules for Newcomer and Novice

B. Comment Codes (E, I, O) Newcomer & Novice

1. Etiquette



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

C. Standards of the Dance

D. Methodology Chart

1. Newcomer
2. Novice

