

UCWDC® Judge Certification Line Dance Fundamentals Curriculum

Section 2: Fundamental: Newcomer & Novice Levels

Waltz, Polka, Samba, East Coast Swing, Nightclub, West Coast Swing, Cha Cha, Street, and Stage

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 (for all dances except Street)

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. Street Feet Positions
 - a. 1st
 - b. 2nd
 - c. 4th
7. Outside & Contra Body Movement Position (OBMP & CBMP) (all dances)
 - d. 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.
 - e. 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 9 dances

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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
1. Movement Alignment
 - a. Line of Dance
 - b. Diagonal Wall
 - c. Diagonal Center
 - d. Wall
 - e. Center
2. Line Dance Clock Alignment
 - a. Down Line of Dance 12:00
 - b. Diagonal Wall 1:30
 - c. Wall 3:00
 - d. Diagonal Wall Against Line of Dance 4:30
 - e. Against Line of Dance 6:00
 - f. Diagonal Center Against Line of Dance 7:30
 - g. Center 9:00
 - h. Diagonal Center 10:30

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. Non-progressive turns
 - a. Twist Turn vs Cross/Hook Turn
 - b. Platform
 - c. Spiral Turns
 - d. Chase Turns
 - e. Monterey
 - g. Volta
 - h. Fan

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2. Progressive Turns
 - a. Pivot Turn (open & closed)
 - c. Heel Turn
 - d. Heel Pivot
 - e. Slip Pivot
 - f. Toe Pivot
 - g. Syncopated Chasse
3. Spotting Technique
 - a. Non-progressive Turns
 - b. Progressive Turns
3. Execution of Turns
 - a. Initiate Rotation
 - b. Finish Rotation
 - c. Connecting with movement before and after rotation.

III. Posture and Frame for Line

A. Posture and Carriage (All 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.
 - a. 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

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.
2. Muscles/Joints initiate Movement.
 - a. Release of muscle groups to allow joint movement.
 - b. Muscles provide ability to sustain weight during movement.

D. Alignment of Self

1. Position of dancer during each movement
2. Position of center during each movement

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IV. Individual Movement Principles for Newcomer & Novice

A. Connecting Movements

1. Preparation of desired movement.
2. Execution of desired movement.
3. Follow through of one movement to the next
4. Finish, continuation of movement, or transition to another movement.

V. Styling for Newcomer and Novice

A. Arm Styling

1. Arm Positions (single or both arms)
 - 1st (6 o'clock position) low 1st
 - 2nd (3 or 9 o'clock position)
 - 3rd (center of the clock) real 1st position
 - 4th (1:30 or 10:30 position) looks like W
 - 5th (12 o'clock position)
 - 6th (4:30 or 7:30 position) low 2nd
2. Basic Arm Styling

B. Basic Shapes and Body Lines

1. Purpose, Creation, Transition, Aesthetics
 - a. To create swing and sway
 - b. To create picture lines

C. Basic Animation and Character of Dance

VI. Floor Craft for Newcomer and Novice

A. Relationship with other on the floor.

1. Contestants must be courteous at all times.
2. Noninterference with other competitors.
3. Variations.

B. Walking On and Off Floor

1. Taking Place on the floor in order of announcement.
2. Honoring space of others when choosing placement.
3. Exiting in performance mode.

VII. Music for Newcomer and Novice

A. Basic Structure of Music:

1. Notes, Measures & Phrases
2. Accents in Music/Dance

VII. Choreography for Newcomer and Novice

D. Foundational Elements for Variations

1. Level, Age and Style Appropriate
2. Content which reflect the elements of the dance
3. Vanilla requirement/rule considerations

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VIII. Street Considerations

1. Fundamentals
 - a. Upbeat songs use upper core.
 - b. Downbeat songs use lower core.
 - c. Commonly used foot positions 1st, 2nd, and 4th.
2. Commonly Used Types of Street
 - a. Pop
 - b. Lock
 - c. Hip Hop
 - d. Waacking
 - f. Voguing
 - g. Illusion
 - h. Commercial
 - i. House/Funk Dancehall
3. Categories of Street
 - a. Smooth: Illusion and Dancehall
 - b. Rhythm: Pop, Lock, Hip Hop
 - c. Lyrical: Lyrical Hip Hop
4. Styling
 - a. Appropriate to Dance
 - b. Appropriate to Song

G. Stage Considerations

1. Styles of Stage
 - a. Charleston
 - b. Disco
 - c. Broadway
2. Common movements of Stage
 - a. Jumps
 - b. Turns
 - c. Kicks
3. Common Styles of Stage
 - a. Era: (20's through 70's)
 - b. Cinema: Bollywood
 - c. Fad: disco, twist, mashed potato
 - d. Other dance types: jazz, ballet, lyrical, contemporary etc.

IX. Application of Rules & Methodology - Newcomer & Novice

A. Rules

1. Newcomer Rules
2. Novice Rules

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

3. Etiquette
4. Illegal Move/Movements
5. Outfits (Costuming)

C. Standards of the Dance

D. Methodology Chart

1. Newcomer
2. Novice