

## **UCWDC® Judge Certification Line Dance Curriculum**

### **Section 2: Fundamental: Newcomer & Novice Levels**

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

\*Please note that the examiner will form questions based on your expectations of a newcomer/novice dancer whilst judging\*

#### **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
  - a. Forward actions
  - b. Backward actions
  - c. Side actions
- 2. Application in a smooth dance and a rhythm dance.

**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
- 3. Clock
  - 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
- 4. Position of dancer during each movement
- 5. Position of center during each movement

## **II. Posture and Frame**

### **A. Posture and Carriage**

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 facilitates the desired direction and movement.
2. Alignment of Spine
  - a. Skeletal Considerations
    - i. Cervical (Neck)
    - ii. Thoracic (Upper Back)
    - iii. Lumbar (Lower Back)
    - iv. Sacral (Tail Bone)

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

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

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

### **A. Preparation**

1. Foot Prep
2. Body Prep

### **B. Initiation of Turn**

1. Contra 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. Twist Turn vs Cross/Hook Turn
  - e. Platform
  - f. Fan
2. Progressive Turns
  - a. Chainé
  - b. Pivot (open & closed)
  - c. Heel Turn
  - d. Heel Pivot & Toe Pivot
3. Arced Turns
  - a. French Cross

### **D. Spotting Technique**

1. Stationary spotting technique
2. Straight line spotting technique
3. Circular spotting technique

**E. Execution of Turns**

1. Initiate Rotation
2. Finish Rotation
3. Connecting with movement before and after rotation.

**IV. Styling for Newcomer and Novice**

**A. Arm Styling**

1. Arm positions (based on dance style)
2. Basic arm styling principles (how and where they develop and why)

**B. Basic Shapes and Body Lines**

1. Principles and demonstration (how and where they develop and why)

**C. Basic Animation and Character of Dance**

**V. Floor Craft for Newcomer and Novice**

**A. Floor Entry & Exit**

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

**B. Flow of Dance**

1. Floor Etiquette
2. Floor Usage
3. Movement Management
4. Variations (line only)

**VI. Music for Newcomer and Novice**

**A. Basic Structure of Music:**

1. Notes, Measures & Phrases
2. Baseline rhythm & accents

**VII. Choreography for Newcomer and Novice**

**A. Foundational Elements for Variations**

1. Appropriateness (Level, age and style)
2. Content which reflects the elements of the dance
3. Appropriate continuity, flow and development
4. Use of phrasing (Novice only)
5. Vanilla requirement/rule considerations

**VIII. Teams & Choreography**

**IX. Application of Rules & Methodology - Newcomer & Novice**

**A. Rules**

1. Newcomer Rules



2. Novice Rules

**B. Methodology Chart**

1. Newcomer

2. Novice

**C. Ethics/ Code of Conduct**

**D. Ballot Training**