

**PATTERN DANCES**

Fourteenstep	FO
Foxtrot	FT
Rocker Foxtrot	RF
Tea-Time Foxtrot	TTF
Swing Dance	SD
Dutch Waltz	DW
Willow Waltz	WiW
European Waltz	EW
American Waltz	AW
Westminster Waltz	WW
Viennese Waltz	VW
Austrian Waltz	OW
Starlight Waltz	SW
Ravensburger Waltz	RW
Golden Waltz	GW
Kilian	KI
Yankee Polka	YP
Quickstep	QS
Finnstep	FS
Paso Doble	PD
Rhumba	RH
Cha Cha Congelado	CC
Silver Samba	SS
Tango Fiesta	TF
Tango Canasta	TC
Argentine Tango	AT
Tango Romantica	TR
Rythm Blues	RB
Blues	BL
Midnight Blues	MB

**Things to know:**

For Rithm Dance, if more than one pattern dance are required, just number them ex. 1FO ; 2FO

**TWIZZLES**

Sequential	SqTw
Synchronized	SyTw

**DANCE SPINS**

Dance Spin	DSp
Combo Spin	CoSp

**CHOREOGRAPHIC ELEMENTS**

Dance Lift	ChLi1
Spinning Movement	ChSp1
Assisted Jump	ChAJ1
Twizzling Movements	ChTw1
Sliding Movements	ChSl1
Character Step Sequence	ChSt1
Hydroblading Movement	ChHy1
Rhythm Sequence	ChRS1

**DANCE LIFTS**

Stationary	StaLi
Straight Line	SILi
Curve	CuLi
Rotational	RoLi

**STEP SEQUENCES**

Midline in Hold	MiSt
Diagonal in Hold	DiSt
Circular in Hold	CiSt
Serpentine in Hold	SeSt
Not Touching Circular	NtCiSt
Not Touching Midline	NtMiSt
Not Touching Diagonal	NtDiSt