

NEW LINE-DANCE LEVELS: GUIDELINES

NOVICE - LEVEL 1

The total number of counts within the dance not to exceed 24

The dance should only be of one wall

All steps within this level should be of a single count. (i.e. No syncopated step combinations)

Steps or Step Combinations within this level could include:-

- a. Grapevine
Note: The Grapevine should (at this stage) have as the fourth step a stomp, touch or a scuff.
- b. Walk Forward.
- c. Walk Backward
- d. Heel Dig
- e. Step Together/In Place.
- f. Toe Touch (next to.... only)
- g. Jazz Box (3 count).
- h. Toe fan
- i. Heel Swing

A dance at this level will not contain Turns, Tags, Bridges or Restarts.



NOVICE - LEVEL 2

The total number of counts within the dance not to exceed 32

The dance can be up to 4 walls (though it is recommended that a two wall is better to learn at first) with a restriction to only two 1/4 turns.

Steps or Step Combinations within this level could include:-

- a. Knee Hitch (at latter stage).
- b. Hook (at latter stage)
- c. Heel Splits
- d. Rock Forward.
- e. Rock Backward.
- f. A simple Weave pattern (three counts) - which is slightly different to the grapevine (already covered)
- g. A NON Pivot 1/4 Turn (example: Grapevine with a 1/4 Turn, Jazz Box with a 1/4 Turn)
- h. Forward Toe Strut.
- i. Side Toe Touch
- j. On the spot Triple Step (cha-cha's) - To teach very simple syncopation and where they remain in an upright position.
- k. Another form of simple introductory syncopation is the side 'Hip Bump'.

A dance at this level will not contain Tags, Bridges or Restarts.



BEGINNER LEVEL

The total number of counts within the dance not to exceed 36 - and at the latter stages 48

Steps or Step Combinations within this level could include:-

- a. Pivot 1/4 Turn
- b. Pivot 1/2 Turn
- c. Introduction of Pivot Turns opposite to 'Line Of Dance' - at latter stages (example: Dance is clockwise- Pivot Turn is ANTI clockwise)
- d. 1/4 Turn Monterey (2 count: side-turn/together)
- e. 1/2 turn Monterey Turn (2 count: side-turn/together) - at latter stages

- f. Single count 1/2 Turn.
- g. On the spot 1/2 Turn Triple Step (Cha Cha's)
- h. Side Rock.
- i. Backward Toe Strut
- j. Side/Crossing Toe Strut
- k. Coaster Step, Chasse, Sailor Step - as a three count combination. Then later as a syncopation.
- l. Forward Shuffle.
- m. Backward Shuffle.
- n. Crossing Shuffle
- o. Grapevine - Extended
- p. Weave - Extended
- q. Cross and Unwind 1/2 turn step combination.
- r. Kick Ballchange.
- s. Heel Switch (single and double)
- t. Side Foot Switch
- u. Forward Step Lockstep
- v. Reverse Step Lockstep
- w. A forward shuffle that incorporates a 1/4 or 1/2 turn inclusive and prior to the first movement.

Within this level there is no limitation on the number of turns but caution is requested not to exceed what the dancer is capable of achieving both comfortably and safely.

NOTE: A very simple and easily recognisable Tag not exceeding more than 8 counts may be introduced at latter stages of level.

A dance at this level will not contain Bridges or Restarts or multiples of Tags.



ADVANCED BEGINNER LEVEL

A dance at this level should not exceed 48 counts.

Steps or Step Combinations within this level could include:-

- a. Vaudevilles (1/2 and full)
- b. Forward Diagonal Shuffle
- c. Backward Diagonal Shuffle.
- d. Turning Shuffle - where the turn is incorporated into steps 1 and 2 (in reality a turning Chasse) at latter stages
- e. Reverse Cross Shuffle
- f. Rolling Grapevine
- g. Grapevine - with Syncopation
- h. Weave - with Syncopation
- i. On the spot 3/4 and Full Turn Triple Steps (Cha Cha's)
- j. Travelling Sailor Step
- k. Turning Sailor Step
- l. Turning Coaster Step
- m. Combination Turns i.e. 1/2 Pivot followed immediately by a 1/4 Pivot
- n. Staggered full turn (i.e. a full turn over 3 or possibly 2 counts).
- o. Cross and Unwind 3/4 turn step combination.

The introduction of a very simple and musically well-defined phrased dance of the A-B variety (which may or may not exceed the cut off point for counts within the level).

Within this level there is no limitation on the number of turns but caution is requested not to exceed what the dancer is capable of achieving both comfortably and safely.

A single Tag not exceeding 8 counts could be included within the dance, this being relatively simple and musically well-defined

Also a Restart may be introduced within this level, no further than the first section of the dance - and at a later stage, the second or third section.

Introduction of the Bridge - though this should not be introduced into a dance where there is already a Tag or Restart or both.

The introduction of secondary upper limb or head movement to create a visual expression within certain dances (i.e. Shimmies).



INTERMEDIATE LEVEL

A dance at this level should not exceed 64 counts.

Steps or Step Combinations within this level could include:-

- a. Apple-Jacks
- b. Full Turn over a single count
- c. Cross and Unwind full turn step combination
- d. Mule Kick with slaps (see note below)

Mule Kick with slaps - &1&2 (jumping into the air) Slap left foot with left hand, slap right foot with right hand, step down onto left foot, step down onto right foot. The move could start with the right. Modified versions of this are for count 2 cross step or step forward

It is expected, though not a requirement that at this stage the step combinations become less repetitive and 'more variety' would become more in evidence.

Within this level there is no limitation on the number of turns but caution is requested not to exceed what the dancer is capable of achieving both comfortably and safely.

Dances within this level will also allow for the introduction of more secondary upper limb and head movements to enhance a particular movement. These same movements may also be an integral part of the dance which affords its own count much in the way that a 'hand clap' is sometimes used as a count on its own even within the Novice Levels. These movements will, of course be more contrived than a simple handclap.

The introduction of slightly more elaborately phrased dances - though not exceeding an A-B-C status (which may or may not exceed the cut off point for counts within the level).

Up to two Tags not exceeding 8 counts each and a single Restart.

- Or 3 Tags and no Restart

- Or 1 Tag and 2 Restarts

A Restart would be permitted anywhere within the dance

A Bridge not exceeding 16 counts could be included within the dance only if there are no Tags - a single restart is permitted.



ADVANCED LEVEL

It could be assumed that there should be no cut off point as to the number counts within a dance at this level, but this could give rise for anything up to the total number of counts/beats within a particular song. For example a piece of music lasting four minutes and at a steady 120 beat per minute could, in theory produce a dance of anything up to 240 counts. This being the case then the dance would only be achieved by a select few dancers - even within the Advanced dancer ranks. Therefore some sort of cut off must be provided so that the vast majority of dances within this level can be enjoyed by the vast majority of dancers.

The may be a need for a special category or level for dances that are over a possible proposed cut off point.

A dance at this level should not exceed 108 counts.

It is envisaged that dance within this level could have the following -

Multiple Restarts and or Tags

Phrased dances exceeding A-B-C (which may or may not exceed the cut off point for counts within the level).



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