

5 & Under Waltz:

Closed changes, Natural Turn, Reverse Turn, Whisk & Chasse from PP, Hesitation Change.

5 & Under Cha Cha:

Chasse L & R, Cha Cha Locks Fwd, Cha Cha Locks Back, Basic Movement, Open Basic, Time Step, 3 Cha Cha's, New York, Hand to Hand, Spot Turn.

Intros for Ballroom: figures from the current UKAdance Provisional & Associate syllabus.

Intros for Latin: figures from the current UKAdance Associate syllabus.

Bronze for Ballroom: figures from the current UKAdance Provisional, Associate & Licentiate syllabus.

Bronze for Latin: figures from the current UKAdance Associate & Licentiate syllabus.

Silver/Gold for Ballroom: figures from the current UKAdance Provisional, Associate, Licentiate & Fellowship syllabus.

Silver/Gold for Latin: figures from the current UKAdance Associate, Licentiate & Fellowship syllabus.

PLEASE NOTE THE FIGURES ALL APPEAR IN DETAIL IN THE LATEST UKA TECHNIQUE BOOKS.

FURTHER NOTE THAT THE LATEST LATIN TECHNIQUE TAKES FOLDER FORMAT, BOTH ARE OBTAINABLE FROM CENTENARY HOUSE.