



Definitions of Allowable Positions and Holds

This section provides the definitions and vocabulary for Dance Positions and Holds and the partners' relationship to one another and their physical connections.

NOTE: Many Positions lend themselves to a variety of Holds.

See the Charts for Positions and Holds allowed at each level of Bronze, Silver and Gold.

“Hold” - The point or points of contact between the partners

“Position” - The partners' relationship to one another

DEFINITIONS

Holds	Holds are defined as the points of Contact between the Partners. See the Chart for the Holds that are allowed at each level of Bronze, Silver and Gold.	
	Traditional Ballroom Hold in Contact or with Close Proximity	
	Alternatives to Traditional Ballroom Hold: Bronze: Lady may release her Left hand and/or the man may lower his Left with Lady's Right hand hold Silver: Both partners may release Left Hand Hold and the Lady's Right hand is placed on the man	
	Frame Hold -hand to back, shoulder, elbow or wrist. With elbows up as in a dance frame. Lady's hand and arm is placed on top of the man's arm(s). Combinations of Frame and a Hand Hold is allowed.	
	Hand Holds-Partners are holding hands: Single Hand Hold: <i>Right to Left or Left to Right</i> , Double Hand Hold: <i>Right to Left and Left to Right</i> , Handshake Hold: <i>Right to Right or Left to Left</i>	
	Shadow Holds: a. Right Hand on or just below Lady's Right shoulder blade, Left hand holding Lady's Left hand/wrist/lower arm b. Right arm behind Lady's back, Right hand holding her Left hand and Left hand holding her Right hand. Lady's arms across front of her body approximately waist level with her Right arm above her Left arm (Cuddle/Sweetheart Hold) c. Right hand placed on or just below Lady's Right shoulder blade Left hand holding her Right hand in front of the bodies just below chest level. The Lady's Left arm is held across the front on her body, either just below or above the joined hands.	
	Crossed Hand Holds <i>sustained</i> - Right to Right and Left to Left	
	Hammerlock – Double Hand Hold or One Hand Hold with one partner having turned to right or left under joined hand(s) ending with one partners' arm across his/her lower back. <i>In any Shadow or Contra Position</i> .	
	Hand(s) to Body - partners have no other point of contact other than a hand or hands on the partners body	
	No Hold - There is no physical contact with the other partner	
Positions	Positions refers to the partner's relationship to one another. See the chart for the Positions that are allowed at each level of Bronze, Silver and Gold.	
	Closed Position Outside Partner on Right or Left side Open Facing Position (with Single or Double Hand Hold) Promenade and Open Promenade Fallaway movements Counter Promenade, Open Counter Promenade Inverted Promenade and Inverted Counter Promenade Back to Back	Right Side and Left Side Position (partners facing the same way) Tandem Positions Right Shadow Positions and Left Shadow Positions Contra Position (partner on Right or Left side facing the opposite direction) Ninety degree angle position as in Fan Position and includes partner on Left or Right side and Same Foot Lunge Position. NOTE: Tandem, Right Shadow, and Left Shadow Positions include Lady in front or behind.
Proximity	Proximity refers to the distance between the partners. See the chart for the Proximities that are allowed at each level of Bronze, Silver and Gold.	
	Contact - body to body contact	
	Close- Close enough to take a Traditional Hold with no body contact	
	Extended (with Hold) - within arms' length of the partner and with a hand hold or Extended Frame Hold	
	Apart - within arms' length distance apart without Hold	
	Away - Further apart than arms' length- Partners would not be able to touch or take any hold	
Feet	Feet refers to where the body weight of the partners is in relation to the other partner. See the chart for the Feet that are allowed at each level of Bronze, Silver and Gold	
	Opposite feet - The partners are on normal opposite feet.	
	Same Foot - Partners may be on the same foot. <i>Example-</i> both partners are on the Right foot at the same time.	
	Closing Feet for Bronze- Figures end with feet closed. Continuity Style for Silver and above	
Timing	Timing refers to the weight changes in relation to the music. example 1,2,3 = 3 weight changes. Timings in parenthesis indicate that there is no weight change on that count-<i>example</i> OO(S) = 2 weight changes. 1,2, & , 3 = 4 weight changes. Canter timing=delete a count within the bar. The Timing Chart gives allowed timings by level.	

Traditional Ballroom Hold - Partners in Contact or in Close Proximity. Man holding Lady's Right hand in his Left hand (approximately eye level). Man's Right hand on Lady's back. Lady's Left hand on the Man's Right upper-arm or shoulder. This Hold may be danced in any allowable Position (Closed, Promenades and Counter Promenades, Right and Left Outside Partner Positions and 90 Degree Angle). This Hold may vary slightly depending on the dance and Style being performed as well as differences in the partners' height.

Detailed Descriptions of “Positions”

1. **Closed Position** - Facing partner with body contact or slightly apart (close proximity).
2. **Outside Partner** - Facing Partner with body contact or slightly apart (close Proximity) includes Outside Partner on Right and Left side.
3. **Open Facing Position** - Facing partner, approximately at arms' length (able to take a Single or Double Hand Hold).
4. **Promenade Position** - The couple forms a V shape with the Lady's Left and the Man's Right side close to each other or in contact. The other side is more Open. This is what forms the V shape. Both partners are facing in the same direction and will travel forward. If the couple increases the distance (no more than arms' length) between them they will achieve **Open Promenade Position**. **Fallaway Movements** are the same position as Promenade Position(s) but both partners will be moving backwards.
5. **Counter Promenade Position** - The couple forms a V shape with the Lady's Right and the Man's Left side, close to\each other or in contact. The other side is more Open. This is what forms the V shape. Both partners are facing in the same direction. If the couple increases the distance (no more than arms' length) between them they will achieve **Open Counter Promenade Position**.
6. **Inverted Promenade Position** - To achieve this position the couple will start in Promenade Position. The Man will bring his Right side forward and Left side back. The Lady will bring her Left side forward and her Right side back, ending almost back to back and slightly apart, thereby inverting the Promenade Position. Lady will be on the Man's Right side. Man's Left side and Lady's Right side will be farther apart to form a V shape with their body's.
7. **Inverted Counter Promenade Position** - To achieve this position the couple will start in Counter Promenade Position. The Man will bring his Left side forward and Right side back. The Lady will bring her Right side forward and her Left side back, ending almost back to back and slightly apart, thereby inverting the Counter Promenade Position. Lady will be on the Man's Left side. Man's Right side and Lady's Left side will be farther apart to form a V shape with their body's.
8. **Back to Back Position** - The couple is back to back.
9. **Right Side Position** - Lady on Man's Right side, both **facing the same way**. The distance between the partners can vary from close with body contact (hip to hip) to no greater than arms' length.
10. **Left Side Position** - Lady on Man's Left side, both **facing the same way**. The distance between the partners can vary from close with body contact (hip to hip) to no greater than arms' length.

DEFINITIONS

11. **Tandem Position** - **Lady directly in front** of Man, both facing the same way, or **Man directly in front Lady** of both facing the same way.
12. **Right Shadow Position** **Lady in front** on Man's Right side, slightly in advance, both facing the same way.
 - **Right Shadow Behind:** Lady on the Man's Right side, slightly behind both facing the same way.
13. **Left Shadow Position** - **Lady in front** on the Man's Left side, slightly in advance, both facing the same way.
 - **Left Shadow Behind:** Lady on the Man's Left side, slightly behind, both facing the same way
14. **Contra Position** - Lady on the Man's Right or Left side, partners **Facing the Opposite way**. The distance between the partners can vary from close, with body contact (hip to hip), to no greater than arm's length.
15. **Ninety Degree Angle** - Lady at a 90-degree angle to Man on his Left or Right side on an imaginary line several inches in front of him. Couples can be close as in the Same Foot Lunge and Hinge or up to arm's length in distance (commonly called **Fan Position** when the Lady is to the Man's Left side with a Left to Right Hand Hold).