

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> , Hand Shake Hold: <i>Right to Right or Left to Left</i>	
	Shadow Holds: <ul style="list-style-type: none"> 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-example QQ(S) = 2 weight changes. 1,2, & 3 = 4 weight changes. Canter timing=delete a count within the bar. <i>The Timing Chart gives allowed timings by level.</i>	