

Vocabulary of Dance Positions, Holds and Proximities

Reference THE APPROVED FIGURES, ELEMENTS & RESTRICTIONS lists to see which of these Positions, Holds and Proximities are allowed for Bronze, Silver and Gold.

DANCE POSITIONS - The relationship of the partner's bodies to one another.

HOLDS -The points of contact between the partners.

PROXIMITY - Nearness in space, time, or relationship

Closed Position #5543

Traditional Ballroom Hold

Contact Proximity



Closed Position #5661

Traditional Ballroom Hold

Close Proximity



Closed Position O.P. Right Side #5602

Traditional Ballroom Hold - Contact Proximity

Also Close Proximity (Not Shown)



Closed Position O.P Left Side #5612

Traditional Ballroom Hold - Contact Proximity

Also Close Proximity (not Shown)



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Closed Position #0716
Alternate Traditional Ballroom Hold
Contact Proximity (Bronze Smooth)



Closed Position #0735
Alternate Traditional Ballroom Hold
Close Proximity (Bronze Smooth)



Closed Position #0747
Alternate Traditional Ballroom Hold
Close Proximity (Bronze Smooth)



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Closed Position #0758
Alternate Traditional Ballroom Hold
Close Proximity (Silver Smooth)



Closed Position #0767
Alternate Traditional Ballroom Hold
Close Proximity (Silver Smooth)



Closed Position #5784
Frame Hold – 2 Arms
Close Proximity



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Promenade Position #5578
Traditional Ballroom Hold
Contact Proximity



Promenade Position #5868
Traditional Ballroom Hold
Close Proximity



Open Promenade Position #5746
Example of Combination Frame and Hand Hold
Extended Proximity



Open Promenade Position #5804
One arm Frame Hold
Close Proximity



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Open Promenade Position #5818
Extended (to elbow) Frame Hold
Extended Proximity



Open Promenade Position #5839
Extended (to wrist) Frame Hold
Extended Proximity



Open Promenade Position #5914
Two Hand Hold
Extended Proximity



Open Promenade Position #5887
One Hand Hold – L to R
Extended Proximity



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Open Promenade Position #5932

No Hold

Apart Proximity



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Open Facing Position #5672
No Hold
Apart Proximity



Open Facing Position #0840
One Hand Hold (L to R)
Extended Proximity



Open Facing Position #0590
Handshake Hold
Extended Proximity



Open Facing Position #0821
Cross Hand Hold
Extended Proximity



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Open Facing Position #5726
Two Hand Hold
Extended Proximity



Open Facing Position #0690
One Hand Hold (R to L)
Extended Proximity



Open Facing Position #5790
Frame Hold – 2 Arms
Extended to Elbow Proximity



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Counter Promenade Position #5644
Traditional Ballroom Hold
Contact Proximity



Counter Promenade Position #5952
Traditional Ballroom Hold
Close Proximity



Open Counter Promenade Position #5973
One Hand Hold
Close or Extended Proximity



Open Counter Promenade Position #6003
No Hold
Apart Proximity



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Inverted Promenade Position #6054

One Hand Hold

Extended Proximity



Inverted Promenade Position #6059

No Hold

Apart Proximity



Inverted Counter Promenade Position #6097

No Hold (one Hand Hold not shown)

Apart Proximity



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Right Shadow Lady in Front #0393

Front View - Shadow Hold a.

Close Proximity



Right Shadow Lady in Front #0416

Back View - Shadow Hold a.

Close Proximity



Right Shadow Lady in Front #0405

Shadow Hold b. - Cuddle/Sweetheart

Close Proximity



Right Shadow Lady in Front #0704

Shadow Hold c. - One Hand Hold

Close Proximity



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Right Shadow Lady in Front #0433

No Hold

Apart Proximity



Right Shadow Lady in Front #0429

No Hold

Apart Proximity



Right Shadow Lady in Front #2-39

Two Hand Hold

Close Proximity



Right Shadow Lady Behind #0476

Hammerlock Hold

Extended Proximity



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Right Shadow Lady Behind Position #0462

Hammerlock Hold

Extended Proximity



Right Shadow Lady Behind #0446

One Hand Hold

Close or Extended Proximity



Left Shadow Lady Behind #0541

No Hold

Apart Proximity



Left Shadow Lady in Front #2-32

Cuddle Hold

Close Proximity



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Left Shadow Lady in Front #0494

Close or Extended Shadow Hold

Close Proximity



Left Shadow Lady in Front #0505

Close or Extended One Hand Hold

Extended Proximity



Left Shadow Lady in Front #0522

No Hold

Apart Proximity



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Back to Back Position #0381

No Hold

Close/Apart Proximity



Back to Back Position #0361

One Hand Hold

Close Proximity



Right Side Position #0019

One Hand Hold (opposite feet)

Extended Proximity

No Hold and

One Hand Hold Wrap (Not Shown)



Right Side Position #0003

"Alternative" Traditional Ballroom Hold

Close Proximity



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Right Side Position #0047
One Hand Hold (same foot)
Extended Proximity



Left Side Position #0144
One Hand Hold
Extended Proximity



Left Side Position #0188
No Hold
Apart Proximity



Left Side Position #0126
Extended Frame Hold
Extended Proximity



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Left Side Position #0160

Frame Hold One Arm

Extended Proximity



Vocabulary of Dance Positions, Holds and Proximities

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HOLDS-The points of contact between the partners.

PROXIMITY-The distance the partners.

Tandem Position Lady Behind #0256
No Hold
Apart Proximity



Tandem Position Lady Behind #0309
One Hand Hold - R to R
Extended Proximity



Tandem Position Lady Behind #0296
One Hand Hold - L to L
Extended Proximity



Tandem Position Lady Behind #0268
Hand to Body
Extended Proximity with no Hand or Frame Hold



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PROXIMITY-The distance the partners.

Tandem Position Lady Behind #0282

Hand to Body

Extended Proximity with no Hand or Frame Hold



Tandem Position Lady in Front #0328

One Hand Hold - L to L

Extended Proximity



Tandem Position Lady in Front #0349

One Hand Hold - R to R

Extended Proximity



Tandem Position Lady in Front #0219

No Hold

Apart Proximity



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PROXIMITY-The distance the partners.

Tandem Position Lady in Front #0226

Hand to Body

Extended Proximity with no Hand or Frame Hold



Tandem Position Lady in Front #0237

Hand to Body

Extended Proximity with no Hand or Frame Hold



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Left Side Contra Position #0564

Two Hand Hold

Extended Proximity



Right Side Contra Position #0555

Two Hand Hold

Extended Proximity



Right Side Contra Position #0607

Hammerlock Hold

Extended Proximity



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Ninety Degree Angle. #0620
Same Foot Lunge Position
Traditional Ballroom Hold
Contact Proximity



Ninety Degree Angle. #0663
Same Foot Lunge Position
One Hand Hold
Extended Proximity



Ninety Degree Angle - Fan Position #0678
One Hand Hold
Extended Proximity



Away Position (shown Open Facing)
No Hold Possible # 2-52
Away Proximity



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Following are a few examples of Hand to Body when partners have no other point of contact and at least one of the other listed allowable Holds.

Hand to Body Example 1 #2-24



Hand to Body Example 2 #0772



Hand to Body Example 3 #2-28



Hand to Body Example 4 2-31

