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.

Closed Position #5543
Traditional Ballroom Hold
Contact Proximity



Closed Position O.P. Right Side #5602 Traditional Ballroom Hold - Contact Proximity Also Close Proximity (Not Shown)



Closed Position #5661 Traditional Ballroom Hold Close Proximity



Closed Position O.P Left Side #5612
Traditional Ballroom Hold - Contact Proximity
Also Close Proximity (not Shown)



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

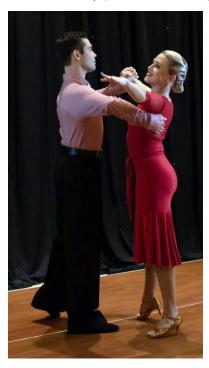
Closed Position #0716 Alternate Traditional Ballroom Hold Contact Proximity (Bronze Smooth)



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



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



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. **PR** 

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



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.

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



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

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



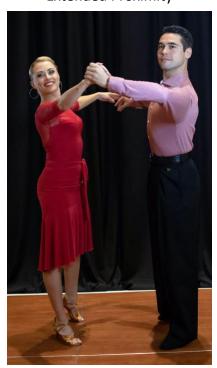
Open Promenade Position #5839 Extended (to wrist) Frame Hold Extended Proximity



Open Promenade Position #5914 Two Hand Hold Extended Proximity



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



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

Open Promenade Position #5932 No Hold Apart Proximity



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

Open Facing Position #5672 No Hold Apart Proximity



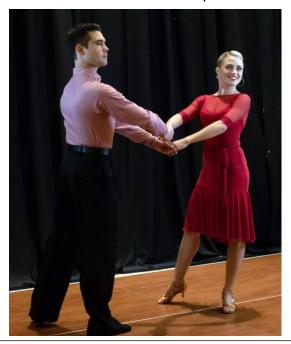
Open Facing Position #0590 Handshake Hold Extended Proximity



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



Open Facing Position #0821 Cross Hand Hold Extended Proximity



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

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



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.

Counter Promenade Position #5644
Traditional Ballroom Hold
Contact Proximity



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



Counter Promenade Position #5952 Traditional Ballroom Hold Close Proximity



Open Counter Promenade Position #6003 No Hold Apart Proximity



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.

Inverted Promenade Position #6054 One Hand Hold Extended Proximity



Inverted Counter Promenade Position #6097 No Hold (one Hand Hold not shown) Apart Proximity



Inverted Promenade Position #6059 No Hold Apart Proximity



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

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



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.

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



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.

Right Shadow Lady Behind Position #0462 Hammerlock Hold Extended Proximity



Left Shadow Lady Behind #0541 No Hold Apart Proximity



Right Shadow Lady Behind #0446 One Hand Hold Close or Extended Proximity



Left Shadow Lady in Front #2-32 Cuddle Hold Close Proximity



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

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



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.

Back to Back Position #0381 No Hold Close/Apart Proximity



Right Side Position #0019
One Hand Hold (opposite feet)
Extended Proximity
No Hold and
One Hand Hold Wrap (Not Shown)



Back to Back Position #0361 One Hand Hold Close Proximity



Right Side Position #0003
"Alternative" Traditional Ballroom Hold
Close Proximity



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

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



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

Left Side Position #0160 Frame Hold One Arm Extended Proximity



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

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 #0296 One Hand Hold - L to L Extended Proximity



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



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



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

HOLDS-The points of contact between the partners.

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 #0349 One Hand Hold - R to R Extended Proximity



Tandem Position Lady in Front #0328 One Hand Hold - L to L Extended Proximity



Tandem Position Lady in Front #0219

No Hold

Apart Proximity



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

HOLDS-The points of contact between the partners.

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



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

Left Side Contra Position #0564 Two Hand Hold Extended Proximity



Right Side Contra Position #0607 Hammerlock Hold Extended Proximity



Right Side Contra Position #0555 Two Hand Hold Extended Proximity



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

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



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



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



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



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

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

