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

<table>
<thead>
<tr>
<th>Closed Position</th>
<th>#5543</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traditional Ballroom Hold</td>
<td></td>
</tr>
<tr>
<td>Contact Proximity</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Closed Position</th>
<th>#5661</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traditional Ballroom Hold</td>
<td></td>
</tr>
<tr>
<td>Close Proximity</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Closed Position O.P. Right Side</th>
<th>#5602</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traditional Ballroom Hold - Contact Proximity</td>
<td></td>
</tr>
<tr>
<td>Also Close Proximity (Not Shown)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Closed Position O.P Left Side</th>
<th>#5612</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traditional Ballroom Hold - Contact Proximity</td>
<td></td>
</tr>
<tr>
<td>Also Close Proximity (not Shown)</td>
<td></td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>Position</th>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Closed Position</td>
<td>#0716</td>
<td>Alternate Traditional Ballroom Hold Contact Proximity (Bronze Smooth)</td>
</tr>
<tr>
<td>Closed Position</td>
<td>#0735</td>
<td>Alternate Traditional Ballroom Hold Close Proximity (Bronze Smooth)</td>
</tr>
<tr>
<td>Closed Position</td>
<td>#0747</td>
<td>Alternate Traditional Ballroom Hold Close Proximity (Bronze Smooth)</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>Closed Position</th>
<th>#0758</th>
<th>Alternate Traditional Ballroom Hold</th>
<th>Close Proximity (Silver Smooth)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Closed Position</td>
<td>#0767</td>
<td>Alternate Traditional Ballroom Hold</td>
<td>Close Proximity (Silver Smooth)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Closed Position</th>
<th>#5784</th>
<th>Frame Hold – 2 Arms</th>
<th>Close Proximity</th>
</tr>
</thead>
</table>
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<table>
<thead>
<tr>
<th>Promenade Position #5578</th>
<th>Promenade Position #5868</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traditional Ballroom Hold</td>
<td>Traditional Ballroom Hold</td>
</tr>
<tr>
<td>Contact Proximity</td>
<td>Close Proximity</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Open Promenade Position #5746</th>
<th>Open Promenade Position #5804</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example of Combination Frame and Hand Hold</td>
<td>One arm Frame Hold</td>
</tr>
<tr>
<td>Extended Proximity</td>
<td>Close Proximity</td>
</tr>
</tbody>
</table>
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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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<table>
<thead>
<tr>
<th>Counter Promenade Position #5644</th>
<th>Counter Promenade Position #5952</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traditional Ballroom Hold</td>
<td>Traditional Ballroom Hold</td>
</tr>
<tr>
<td>Contact Proximity</td>
<td>Close Proximity</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Open Counter Promenade Position #5973</th>
<th>Open Counter Promenade Position #6003</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Hand Hold</td>
<td>No Hold</td>
</tr>
<tr>
<td>Close or Extended Proximity</td>
<td>Apart Proximity</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>Image</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><img src="image1" alt="Inverted Promenade Position #6054" /></td>
<td>Inverted Promenade Position #6054 One Hand Hold Extended Proximity</td>
</tr>
<tr>
<td><img src="image2" alt="Inverted Promenade Position #6059" /></td>
<td>Inverted Promenade Position #6059 No Hold Apart Proximity</td>
</tr>
<tr>
<td><img src="image3" alt="Inverted Counter Promenade Position #6097" /></td>
<td>Inverted Counter Promenade Position #6097 No Hold (one Hand Hold not shown) Apart Proximity</td>
</tr>
</tbody>
</table>
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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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<table>
<thead>
<tr>
<th>Right Shadow Lady Behind Position #0462</th>
<th>Right Shadow Lady Behind #0446</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hammerlock Hold</td>
<td>One Hand Hold</td>
</tr>
<tr>
<td>Extended Proximity</td>
<td>Close or Extended Proximity</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Left Shadow Lady Behind #0541</th>
<th>Left Shadow Lady in Front #2-32</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Hold</td>
<td>Cuddle Hold</td>
</tr>
<tr>
<td>Apart Proximity</td>
<td>Close Proximity</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>Left Shadow Lady in Front  #0494</th>
<th>Left Shadow Lady in Front  #0505</th>
</tr>
</thead>
<tbody>
<tr>
<td>Close or Extended Shadow Hold</td>
<td>Close or Extended One Hand Hold</td>
</tr>
<tr>
<td>Close Proximity</td>
<td>Extended Proximity</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Left Shadow Lady in Front  #0522</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>No Hold</td>
<td></td>
</tr>
<tr>
<td>Apart Proximity</td>
<td></td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>Back to Back Position</th>
<th>#0381</th>
<th>No Hold</th>
<th>Close/Apart Proximity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back to Back Position</td>
<td>#0361</td>
<td>One Hand Hold</td>
<td>Close Proximity</td>
</tr>
<tr>
<td>Right Side Position</td>
<td>#0019</td>
<td>One Hand Hold (opposite feet)</td>
<td>Extended Proximity</td>
</tr>
<tr>
<td>Right Side Position</td>
<td>#0003</td>
<td>“Alternative” Traditional Ballroom Hold</td>
<td>Close Proximity</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No Hold and</td>
<td>One Hand Hold Wrap (Not Shown)</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>Left Side Position</th>
<th>#0188</th>
<th>No Hold</th>
<th>Apart Proximity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Right Side Position</td>
<td>#0047</td>
<td>One Hand Hold (same foot)</td>
<td>Extended Proximity</td>
</tr>
<tr>
<td>Left Side Position</td>
<td>#0144</td>
<td>One Hand Hold</td>
<td>Extended Proximity</td>
</tr>
<tr>
<td>Left Side Position</td>
<td>#0126</td>
<td>Extended Frame Hold</td>
<td>Extended Proximity</td>
</tr>
</tbody>
</table>
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Left Side Position #0160
Frame Hold One Arm
Extended Proximity
Vocabulary of Dance Positions, Holds and Proximities

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  #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
Vocabulary of Dance Positions, Holds and Proximities

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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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**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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<table>
<thead>
<tr>
<th>Left Side Contra Position</th>
<th>#0564</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two Hand Hold</td>
<td></td>
</tr>
<tr>
<td>Extended Proximity</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Right Side Contra Position</th>
<th>#0555</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two Hand Hold</td>
<td></td>
</tr>
<tr>
<td>Extended Proximity</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Right Side Contra Position</th>
<th>#0607</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hammerlock Hold</td>
<td></td>
</tr>
<tr>
<td>Extended Proximity</td>
<td></td>
</tr>
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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