

## 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

