

# **NTA School Figures Two – A Study Guide (See NTA Manual One for details)**

## **Waltz School Figures Two – A**

### **Patterns (Both Lead and Follow):**

6. Serpentine (Spiral) - Bronze Style, Continuity Style, Right UAT, Left UAT
7. Twinkle – Basic and Advanced
8. Flip Flop (Toss Across)
9. Open Twinkle (Alternate Twinkle)
10. Triple Twinkle (Roundabout)

## **Two Step School Figures Two – A**

### **Patterns (Both Lead and Follow):**

6. Transitions – Fwd. to Back Basic, Back to Fwd. Basic
7. Promenade Pivot
8. Weave (Laces)
9. Lariat
10. Preps and Turn (The Prance)

## **School Figures Two – A Concepts/Terms to Know:**

- CBM (the Use of for Initiating Turns)
- Contra Side Body Movement and Regular Side Body Movement
- Hand Connection (in Closed Position) for Latin Dances
- Joints of the Body – the Four Primary and the Five Secondary (style)
- Phrased Dances (The Four)
- Rib Cage Movement
- Staccato (Music and Dance)
- Sway
- Timing, Accent and Motion of the Following Dances:  
Cha-Cha, Polka, Swing (ECS and WCS), Two Step and Waltz.