

NTA School Figures TWO – C Study Guide (See NTA Manual One for details)

Cha-Cha School Figures Two – C

Patterns (Both Lead and Follow):

6. Progressive Steps (Fwd/Bk: Cha-Cha Triples, Passing Feet and Locks)
7. The Chase (Basic and Chase Turns)
8. Cross Body Lead
9. Peek a Boo
10. Half Moon (w/hand change, left UAT)

West Coast Swing School Figures Two – C

Patterns (Both Lead and Follow):

1. Basic – (Basic, Alternate option)
2. Throw Out
3. Side Passes (Right and Left)
4. Sugar Push
5. Tuck Turn

School Figures Two – C Concepts/Terms to Know:

Cha-Cha:

- 3rd Position Triples
- 4th Position Triples (passing the feet)
- 5th Position Lock Steps
- Parts of the feet used in Cha-Cha patterns

West Coast Swing:

- Anchor Step (the mechanics of)
- West Coast Swing Basic (Break Down of)
- West Coast Swing Style/Type of Motion

Other:

- Hybrid Dance