

NTA School Figure I-A Study Guide (prepared by Debra Cleckler)

Elements/Terms you need to know

Center (High- Middle-Low) How each one works and use of center in lead follow
Connection – Four major contact points
Couple CBM/CBMP
Follow Through
Foot Positions
Frame
Lead / Follow / Resistance
Off set position
Rhythm Posture
Smooth Posture
Top Line (T-Line)

Closed Positions

Closed
Right Parallel
Left Parallel
Promenade
Reverse Promenade
Fan (Swing)

Open Positions

Facing with connection:

One Hand Holds
Double Hand Holds

Open Parallels (right and left)
Open Promenades (right and left as well as open facing right and left w/Patty Cake)
Wraps (right and left)

Shine –Challenge (facing and side by side)