

# Continuing Accreditation Program (CAP) Study Guide

CAP provides reinforcement and confirmation of the student's continued ability. It also provides the student with any material and training that has been updated in the accreditation program in recent years.

## **Body Alignment-Dance Frame, Feet - Arms**

Body Alignment

Posture, Frame and Carriage

Foot Positions

Balanced Foot Positions

Arms in Proper Dance Frame - Line Dancers Arms

Isolation

CBM & CBMP, Preps, Torque

Center (three centers and how each is used)

## **Movements: (DF I & II)**

Camel Walk (traveling knee pops)

***Heel Grind***

***Line Dance Lindy Pattern***

Rock Step (forward/backward/side, weight distribution, body motion)

Break Steps, Cross Rocks and Cross Over Break

Sailor Step

Skate

Sugar Foot

Sway and Contra Sway (as used in NC)

Swivel (Definition plus demo 2 kinds)

Triple Steps: ECS, Polka (Lilt)

Triple Steps forward, backward and to side

***Wizard Step***

## **Turns and Spins: (DF III)** (perform or explain mechanics)

### **Stationary Turns and Spins:**

Military Turn (1/4 inside)

Step Turn (Military Pivot) (1/2 inside)

Paddle Turn

Push Turn

Inside and Outside Spins

### **Progressive Turns:**

Chaine', (2 ways), Three Step Turn

Pivots (5<sup>th</sup> position) forward and backward

Spiral

### **Music Basics: (DF V)**

Five Parts of a Composition

Tempo and how to determine BPM

Spilt Quarter Note into 2, 3 & 4 equal parts

Phrasing for Choreography, Tags, Restarts, Resolves

Three most common Time Signatures and Dance Styles for each

Phrased and Non-Phrased Dances (definitions and examples)

### **Need to be able to Perform, Call, Count and Explain Basics (DF IV)**

(Plus additional patterns in some)

Charleston - Black Bottom and W/Swivels

Cha Cha

East Coast Swing

Mambo

Nightclub

Polka (Lilt)

**Rumba** Box (AM) and (FA)

Salsa

Samba Basic, Samba Walks, Botofogos

Two Step

Waltz Basic (Rise & Fall w/CBM) Body R&F, Foot/Ankle R & F

Waltz Twinkle CBM R & F and Collection - Bronze & Silver

Delayed Three in Waltz

West Coast Swing Sugar Push Man's and Lady's