

DF I (Foot Positions Plus) Study Guide 2017

Look up the definition in your term booklet or make notes from the class

Definitions and things to know.

Back Rock Step (main elements)
Balance Foot Positions and why they are called balance positions
CBM CBMP
Centering and parts of body over the base for good balance
Dance Posture - Smooth and Rhythm
Follow Through
Foot Positions - Twelve Parts of the Foot
Jazz Box -Jazz Triangle
Posture - Dance Frame - Carriage

Must explain, perform w/proper foot positions/body movement.

One count figures (no weight change).

Tap	Touch
Brush (forward & back)	Scuff
Flick	Hitch
Hook	Kick

Heel Grind

Points: Forward, Across in Front, Side 2nd, Back 5th

Other Figures (more than one count):

Struts: Toe Struts (Forward and Backward)	Heel Struts (Forward)
Splits: Toe Spits, Heel Splits, Syncopated Splits	
Fans: Heel Fans, Toe Fans	Swivet
Bump (single & double)	Pelvic Thrust
Rock Steps (Forward, Backward, Side, Cross Rocks)	
Grapevine	
Jazz Box (2 ways)	Jazz Triangle
Hook Combination	Kick Ball Change
Switches (fast slides) (forward and to side)	
Sway	Swivel (definition - show 2 ways)

Routines. (must be able to dance a combination of two or more patterns)

We will cover some examples in class. Eg. Side left, back rock step – side right , back rock step, etc.