



## **28 POINTS TO TEACH**



### **Bronz 1**

#### **1 FIGURES**

The steps of each dance

#### **2 THE SIX MOVEMENTS OF THE DANCE**

Forward, back side diagonals

#### **3 TIME**

Dancing to the rhythm of music

#### **4 GUIDE / ANSWER**

Communication of directional movements and driving sensitivity

#### **5 POSITIONS AND CONTACTS**

Closed, promenade, open, parallel, side by side, mirror

#### **6 POSTURE**

Aware of the alignment of the plug during movement

#### **7 FEET**

Foot positioning in relation to movement

#### **8 AMALGAMATIONS**

**Connect the various figures**

**10 BALANCE**

**Movement control of body weight in relation to posture**

**BRONZ 2**

**11 CUBAN MOVEMENT**

**Leg and foot actions in Latin Americans**

**12 ELEVATION AND DESCENT**

**Functional use for legs and feet. Stretching bending**

**13 MANEUVERABILITY**

**The ability to change direction comfortably smoothly**

**14 CONTROL**

**Move with ease**

**15 TIME**

**Adjustment with any music speed**

**16 RHYTHM**

**Interpretation of the sense of music**

**BRONZ 3**

**17 ALIGNMENT OF MOVEMENTS**

**Knowing how to manage directions in relation to the room**

**18 SPACE**

**Move in relation to space**

**19 CBM**

**Crossed steps**

**20 TOP LINE**

**Distance and volume of the pair**

**22 SWEYS AND TORSIONS**

**Enter these two actions**

**23 CONTINUITY OF MOVEMENT**

**How body weight is transferred**

## **BRONZ 4**

**24 HEAD STYLE**

**Appropriate movements of the head and neck**

**25 ARMS AND HANDS STYLE**

**Twisting, stretching, bending and gestures**

**26 RELATIONSHIP BETWEEN MEN AND WOMEN**

**Guide coordination and responsiveness**

**27 ACCELERATION AND DECELERATION**

**The ability to change movement speeds**

**28 FREE STYLE**

**The ability to adapt to instinctive movements with music**