

中華民國舞蹈運動總會

標準舞指定舞步

WALTZ 華爾滋（第五小節開步，短邊起步面向斜壁）

1	L.F. Closed Change	123	左腳併換步
2	Underturned Natural Spin Turn	223 323	減弱右旋轉步
3	4—6 Reverse Turn	423	4-6 左轉步
4	Reverse Turn	523 623	左轉步
5	Whisk	723	拂步
6	Chasse From P.P	82+3	側行至追步
7	Running Spin Turn	123 22+3	跑步旋轉
8	Syncopate Side Cross	323+	音切側交叉步
9	Fallaway Reverse Turn And Slip pivot	4+23	並退左轉與滑軸步
10	Double Reverse Spin	52+3	雙左旋轉步
11	Progressive Chasse To Right	62 + 3	直行追步向右
12	Outside Change	723	外側換步
13	Running Cross Chasse	8 + 23	跑式交叉追步
14	1—3 Natural Turn	123	右轉步
15	Open Impetus	223	分式激轉步
16	Weave From P.P	323 423	側行迂迴步
17	Passing Natural Turn	523	開式右轉步
18	Chasse Roll To Right	62 + 3	晃追步向右
19	4-6 Natural Spin Turn	723	右旋轉步
20	Turning Lock To Right	8 + 23	右旋轉鎖步
21	Running Weave	1 + 23	跑式迂迴步
22	4—6 Reverse Turn	223	4-6 左轉步
23	Back Whisk	323	後退拂步
24	Closed Wing	423	併式翼步
25	Open Telemark	523	開式滑形轉步
26	Chasse From P.P	62 + 3	由側行至追步
27	Natural Turn With Hestaion Change	723 823	躊躇換步

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TANGO 探戈（第五小節開步，長邊起步面向斜壁）

1	Two walks	SS	1234	左右前進走步
2	Progressive Link	QQ	22	直行串步
3	Closed Promenade	SQQS	34 3234	併式側行步
4	Back Corte	SQQS	42 34 52	後退截步
5	Progressive Side Step	QQS	34 62	直行側步
6	Walk	S	34	右腳前進走步
7	Open Reverse Turn Lady Outside Closed Finish	QQS QQS	7234 8234	分式左轉步 女士外側併式結束
8	Contra Check To P.P	QQ	12	反向抑制步，結束在側行位置
9	Natural Promenade Turn	SQQS &	34 2234	右側行轉步
10	Fallaway Promenade	SQQ SQQ	3234 4234	並退側行步
11	Open promenade	SQQS	5234 62	分式側行步
12	Outside Swivel To p.p	SQQ	3472	外側迴旋步
13	Closed Promenade	SQQS	34 8234	併式側行步
14	Fallaway Four Step	QQQQ	1234	並退四快步
15	Natural Twist Turn	SQQ SQQ	2234 3234	右扭轉步
16	Promenade Link	SQQ	4234	側行串步
17	Fallaway Reverse Turn And Slip Pivot	QQQQ	5234	並退左轉與滑軸步
18	Basic Reverse Turn	QQS QQS	6234 7234	基本左轉步
19	Spanish Drag To P.P	S S S & S	8234 123 + 4	西班牙拉步,結束在側行位置
20	Chase	SQQ QQS	2234 3234	追逐步
21	Progressive Link	QQ	42	直行串步
22	Natural Promenade Turn To Rock Turn	SQQS QQSQQS	34 5234 6234 7234	右側行轉步至搖擺轉步
23	Bursh Tap	QQ & S	82 + 34	刷踏步

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FOXTROT 狐步（第五小節開步，短邊起步面向斜壁）

1.	1-2 Change Of Direction	SS	1234	換向步
2.	Three Step	SQQ	2234	三步
3.	Feather Step	SQQ	3234	羽步
4.	Reveuse Turn	SQQ SQQ	4234 5234	左轉步
5.	Three Step	SQQ	6234	三步
6.	Hover Cross	SQQ QQQQ	7234 8234	盤旋交叉步
7.	Progressive Chasse To Right	SQ & Q	123 + 4	直行進步向右
8.	Feather Finish	QQQQ	2234	羽步完成
9.	Extended Reverse Wave	SQQ SQQ SQQ	3234 4234 5234	延長左轉波紋步
10.	Feather Finish	SQQ	6234	羽步結束
11.	Three Step	SQQ	7234	三步
12.	1-3 Natural Turn	SQQ	8234	1-3 右轉步
13.	Open impetus	SQQ	1234	開式激轉步
14.	Rinning Weave	SQ & Q SQQ	223 + 4 3234	跑式迂迴步
15.	The Curved Three Step	SQQ	4234	曲轉三步
16.	Curved Feather Step	SQQ	5234	曲轉羽步
17.	Three Step	SQQ	6234	三步
18.	Natural Hover Telemark	SQQ SQQ	7234 8234	右轉盤旋滑形步
19.	Double Reverse Spin	SQ & Q	123 + 4	雙左旋轉步
20.	Bounce Fallaway	S & QQQQQQ	22 + 34 3234	跳躍並退步
21.	Feather Finish	QQQQ	4234	羽步結束
22.	Three Step	SQQ	5234	三步
23.	Curved Feather	SQQ	6234	曲轉羽步
24.	Back Feather	SQQ	7234	後退羽步
25.	Feather Step	SQQ	8234	羽步

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QUICKSTEP 快四步（第五小節開步，長邊起步面向斜壁）

1	Quarter Turn To Right	SQQS	1234 22	直角右轉步
2	Progressive Chasse To D.C	SQQS	34 3234	直行追步
3	Walk into Quick Open Reverse	SSQQ	4234 52	快分式左轉步
4	Four Quick Run	SQQQQS	34 6234 72	四快跑步
5	Forward Lock Step	SQQS	34 8234	前進鎖步
6	Natural Turn With Hesitaion	SQQSSS	34 2234 32	躊躇右轉步
7	Progressive Chasse To Right	SQQS	34 42 34	直行追步向右
8	Back Lock Step	SQQS	5234 62	後退鎖步
9	Tipple Chasse To Right	SQQSQQS	34 7234 8234	晃追步向右銜接前進鎖步
10	Natural Spin Turn	SQQSSS	1234 2234 32	右旋轉步
11	Back Lock Step	QQS	34 42	後退鎖步
12	The Running Finish	SQQ	34 52	跑步結束
13	Fish Tail	SQQ QQS	34 6234 72	魚尾步
14	Forward Lock Step	SQQS	34 8234	前進鎖步
15	Natural Turn With Hesitaion	SQQSSS	1234 2234 32	躊躇右轉步
16	Rumba Cross	QQS	34 42	倫巴交叉步
17	2-4 Back Lock	QQS	34 52	2-4 後退鎖步
18	Tipple Chasse To Right	SQQS	34 6234	晃追步向右
19	6-10 Running Right turn	SSQQS	7234 8234	跑步右轉

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Viennese Waltz （第五小節開步，長邊起步面向斜中央）

1	Natural Turn	123--823
2	RF Change Step	123
3	Reverse Turn	223 323
4	Reverse Fleckerl	423--723
5	Contra Check	823
6	Natural Fleckerl	123--423
7	Natural Turn	523--823
8	RF Change Step	123
9	Reverse Turn	223-723
10	LF Change Step	823

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全民運動會指定舞步 CHA CHA CHA

Commence In Open Position

1. Open Hip Twist into Open C.P.P. (234&1, 234&1)
2. Split Cuban Break From Open C.P.P. and Open PP(2&3, 4&1)
3. Split Cuban Break in Open C.P.P. (2&34&1)
4. Ronde Chasse ending facing partner (234&1)
5. Syncopated Time Step without hold (2&3, 4&1)
6. Spot Turn (234&1)
7. Check From Open C.P.P. Into Three Step Turn (Right Man Left Lady) (234&1)
8. Alemana From Open Position (234&1)
9. Close Hip Twist (Ending In Close Hold) (234&1, 234&1)
10. Cross Basic (Spiral Cross On Step 5) (2&34&1, 2&34&1, 2&34&1, 234&1)
11. Hand To Hand X3 (234&1, 234&1, 234&1)
12. Spot Turn (234&1)
13. Shoulder To Shoulder (234&1, 234&1)
14. Foot Change methods 2 (234&1)
15. Cuban Break in side by side position (2&3 4&1)
16. Ronde Chasse (234&1)
17. 6 - 10 Open Basic (In shadow position) (234&1)
18. Foot Change methods 3 (234&1)
19. 1 - 5 Open Basic (Ending in Close Position) (234&1)
20. Natural Top (Finish A) (234&1, 234&1, 234&1)
21. Fan (234&1, 234&1)
22. Hockey Stick (234&1, 234&1)

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全民運動會指定舞步 JIVE

Commence in Open Position with L to R Hand Hold

1. 1 - 5 Link
2. Whip
3. Change Of Place Right to Left with Double Spin
4. Overturned Change of Place Left to Right
5. Chicken Walk SS QQ QQ
6. Overturned Change of Place Left to Right
7. Ball Change
8. 3 - 8 Change of Place Left to Right achieving double hand hold
9. Spanish Arm X3 (Double spin ending)
10. Change of Place Left to Right with Double Spin (replacing step 3 -5 with spin)
11. American Spin X2
12. Change of Place to Left to Right
13. Curly whip from Open Position
14. Reverse Whip
15. Promenade Walk SS SS QQ QQ QQ
16. 3 - 8 Change of Place Right to Left
17. Stop and Go X2
18. Change of Place Right to Left

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全民運動會指定舞步 PASO DOBLE

Commence In Close Hold Facing Centre

1. Alternative entry To P.P. Method three Using 1 - 2 (7,8) Chasse to Right (1 - 4)
2. 3 - 8 Travelling Spin From P.P. (5 - 8, 1 - 4)
3. Grand Circle (5 - 8, 1 - 4)
4. Elevations Chasse To Right Knee Straight (5 - 8)
5. Coup De Pique (Change From RF to LF Then LF to RL) (1 - 8, 1 - 4)
6. Attack (5 - 8)
7. Sur Place (1 - 4)
8. Syncopated Separation (5 - 8, 1 - 4, a5a6, 7&8, 1 - 4)
9. Syncopated Chasse Commence OP on L side (5&6&7&8)
10. Fallaway Reverse into Syncopated Chasse (1 - 8&1 hold 2)
11. 3 - 8 Promenade to Counter Promenade (3 - 8)
12. Promenade close (1 - 4)
13. Chasse to R (5 - 8)
14. Fallaway Whisk (1 - 4)
15. Spanish Line (5 - 8, 1 - 4)
16. Promenade Close (5 - 8)
17. La Passe (1 - 8, 1 - 8)

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全民運動會指定舞步 RUMBA

Commence in Open Position Left to Right Hand hold

1. Open Hip Twist (2341, 2341)
2. Three Alemana (2341, 2341, 2314 2341)
3. Advance Opening Out (2341)
4. 4 - 6 Continuous Hip Twist (2341)
5. Advance Opening Out (23, 41)
6. 4 - 12 Continuous Circula Hip Twist (2341, 2341)
7. Hockey stick ending in open C.P.P. (2341, 2341)
8. Check From Open C.P.P. And Open P.P. (2341, 2331)
9. Under Arm Turn To Left (2341)
- 10.Syncopated Cuban Rock (23&4, 2341)
- 11.Fallaway (Lady Left foot forward with partner outside on Left side) (2341)
- 12.Syncopated Cuban Rock (23&41)
- 13.Spot Turn (2341)
- 14.1 - 3 Open Basic (Ending in Close Position) (2341)
- 15.7 - 9 Natural Top (2341)
- 16.Rope Spinning (2341, 2341)
- 17.Open Out To Right and Left (2341, 2341)
- 18.Spiral (Spiral Cross using one bar of music to complete retain Hold) (2341, 2341, 2341)
- 19.Reverse Top (2341, 2341)
- 20.Under Arm To Left (2341)
- 21.Spot Turn (2341)

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全民運動會指定舞步 SAMBA

Commence in Open position with double hand hold facing centre

1. Stationary Samba Walk (1a2a3a4)
2. Shadow Botafogos (5a6, 7a8, 1a2)
3. Samba Walk achieve double hand hold by turning lady full turn to Right (3a4, 5a6)
4. Shadow Botafogos (7a8)
5. Continuous Volta Spot Turn to Left (a1a2a3a4)
6. 1 - 3 Reverse Turn (5a6)
7. 4 - 6 Reverse Turn Lady Turn to Left (7a8)
8. 1 - 3 Reverse Turn (1a2)
9. (Man)Two walks (Lady) Turning Three Step Turn to Left ending in Shadow Position
(3a4 Lady / 3a4 Man)
10. Cruzados Walk & Cruzados lock in Shadow Position (5a6, 7a8, 1a2, 3a4)
11. Merengue Run in Shadow Position (5&6, 7&8)
12. Dropped Volta (a1a2, a3a4)
13. Traveling Volta to Left (a5a6a7a8)
14. Samba Whisk in Shadow Position (1a2, 3a4)
15. (Man) Foot Change (Lady) Volta Spot Turn To Left (5a6)
16. Volta Spot Turn To Right (7a8)
17. Back Rock (1a2, 3a4&5&6&, 7&8)
18. Plat into Natural Basic Movement (1a2&3, 5a6, 7a8)
19. Corta Jaca (1a2&3&4, 5a6&7&8&)
20. Natural Roll (1a2, 3a4)
21. Open Rock into Promenade to Counter Promenade Run (5a6&, 7&8&, 1a2, 3&4)
22. Traveling Volta to Left (5a6a7a8)