## SELF-ASSESSMENT GUIDE

<table>
<thead>
<tr>
<th>Qualification:</th>
<th>PERFORMING ARTS (BALLROOM DANCING) NCII</th>
</tr>
</thead>
<tbody>
<tr>
<td>Project 1</td>
<td>PERFORM BASIC MODERN STANDARD DANCE FIGURES AND AMALGAMATIONS</td>
</tr>
<tr>
<td>Unit/s of Competency:</td>
<td>DEMONSTRATE UNDERSTANDING OF BASIC CONCEPTS AND ROUTINES PERFORM BASIC MODERN STANDARD DANCE FIGURES AND AMALGAMATIONS</td>
</tr>
</tbody>
</table>

**Instruction:**
- Read each of the questions in the left-hand column of the chart.
- Place a check in the appropriate box opposite each question to indicate your answer.

### Can I?

<table>
<thead>
<tr>
<th>Can I?</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
</table>

- **Perform Waltz***
  - LF Closed Change*
  - RF Closed Change
  - Natural Turn*
  - Reverse Turn*
  - Outside Change*
  - Whisk*
  - Back Whisk*
  - Reverse Corte*
  - Natural Spin Turn*
  - Hesitation Change*
  - Chasse' from Promenade Position*
  - Weave in Waltz Time (After 1-3 Reverse Turn)*
  - Progressive Chasse to Right*
  - Backward Lock Step*
  - Forward Lock Step*
  - Reverse Pivot*
  - Double Reverse Spin*
  - Closed Telemark*
  - Open Telemark and Cross Hesitation*
  - Open Telemark to Wing*
  - Closed Impetus*
  - Open Impetus followed by a Cross Hesitation*
  - Open Impetus followed by a Wing*
  - Outside Spin*
  - Turning Lock to Left*
  - Weave from Promenade Position after a Whisk*
  - Weave from Promenade Position after an Open Impetus*

**And satisfies requirements in terms of:**
- Rhythm*
- Technique*
- Poise*
- Presentation*
### Perform Tango*
- Right Foot Walk to PP
- Progressive Side Step*
- Progressive Link*
- Promenade Link*
- Closed Promenade*
- Open Promenade*
- Back Open Promenade*
- Basic Reverse Turn*
- Open Reverse Turn Partner in Line Closed Finish*
- Open Reverse Turn Partner Outside Open Finish*
- Back Corte*
- Rock Back on Right Foot*
- Rock Back on Left Foot*
- Four Step*
- Natural Promenade Turn*
- Progressive Side Step Reverse Turn*
- Natural Rock Turn*
- Natural Twist Turn*
- Outside Swivel (After an Open Promenade)*
- Outside Swivel (Turning to the Left)*
- Outside Swivel (After Steps 1-2 of a Reverse Turn)*
- Fallaway Promenade*

*And satisfies requirements in terms of:*
- Rhythm*
- Technique*
- Poise*
- Presentation*

### Perform Foxtrot*
- Feather Step*
- Three Step*
- Reverse Turn*
- Natural Turn*
- Reverse Wave*
- Weave (After 1-4 Reverse Wave)*
- Natural Weave*
- Change of Direction*
- Open Telemark Feather Ending*
- Hover Feather*
- Natural Telemark*
- Natural Twist Turn*
- Hover Telemark*
- Top Spin*
- Closed Impetus*
- Weave from Promenade Position (After Open Impetus)*
- Closed Telemark*
- Open Telemark Natural Turn Outside Swivel with a Feather Ending*

*And satisfies requirements in terms of:*
- Rhythm*
- Technique*
- Poise*
- Presentation*
- **Perform Quickstep**
  - Quarter Turn to Right*
  - Progressive Chasse*
  - Natural Turn*
  - Natural Spin Turn*
  - Natural Pivot Turn*
  - Natural Turn with a Hesitation*
  - Forward Lock Step*
  - Backward Lock Step*
  - Progressive Chasse to Right*
  - Chasse Reverse Turn*
  - Reverse Pivot*
  - Running Finish*
  - Change of Direction*
  - Tipple Chasse to Right (At a corner)*
  - Tipple Chasse to Right (After step 4 of a Backward Lock Step)*
  - Quick Open Reverse Turn*
  - Cross Swivel*
  - Fish Tail*
  - Four Quick Run*
  - V Six*
  - Zig Zag, Backward Lock Step and Running Finish*
  - Running Right Turn*
  - Double Reverse Spin*
  
  And satisfies requirements in terms of:
  - Rhythm*
  - Technique*
  - Poise*
  - Presentation*

- **Perform Viennese Waltz**
  - Left Foot Forward Change Step*
  - Right Foot Forward Change Step*
  - Natural Turn*
  - Reverse Turn*
  - Left Foot Backward Change Step*
  - Right Foot Backward Change Step*
  
  And satisfies requirements in terms of:
  - Rhythm*
  - Technique*
  - Poise*
  - Presentation*

I agree to undertake assessment in the knowledge that information gathered will only be used for professional development purposes and can only be accessed by concerned assessment personnel and my manager/supervisor.

Candidate's signature:  
Date:
# SELF-ASSESSMENT GUIDE

<table>
<thead>
<tr>
<th>Qualification:</th>
<th>PERFORMING ARTS (BALLROOM DANCING) NCII</th>
</tr>
</thead>
<tbody>
<tr>
<td>Project 2:</td>
<td>PERFORM BASIC LATIN-AMERICAN DANCE FIGURES AND AMALGAMATIONS</td>
</tr>
</tbody>
</table>
| Unit/s of Competency:              | • Demonstrate Understanding of Basic Concepts and Routines  
                                  | • Perform Basic Latin-American Dance Figures and Amalgamations |
| Instruction:                       | Read each of the questions in the left-hand column of the chart.  
                                  | Place a check in the appropriate box opposite each question to indicate your answer. |

<table>
<thead>
<tr>
<th>Can I?</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
</table>
| **Perform Cha-Cha-Cha**  
  - Cha Cha Cha Chasse to Right*  
  - Cha Cha Cha Chasse to Left*  
  - Ronde Chasse*  
  - Cha Cha Cha Lock Forward (RLR LRL)*  
  - Cha Cha Cha Lock Backward (LRL RLR)*  
  - Basic Movement*  
  - Open Basic*  
  - Time Step*  
  - Three Cha Cha Chas*  
  - Fan*  
  - Alemana*  
  - Hockey Stick*  
  - New York*  
  - Hand to Hand*  
  - Spot Turn to Left and Right; Underarm Turns to Left and Right)*  
  - Shoulder to Shoulder*  
  - Natural Top*  
  - Hip Twist Chasse*  
  - Foot Slip Chasse*  
  - Natural Opening Out*  
  - Closed Hip Twist*  
  - Reverse Top*  
  - Opening Out from Reverse Top  
  - Aida*  
  - Spiral*  
  - Open Hip Twist*  
  - Curl*  
  - Side Step*  
**And satisfies requirements in terms of:**  
  - Rhythm*  
  - Technique*  
  - Poise*  
  - Presentation* |
### Perform Jive*
- Jive Chasses to Left and Right*
- Basic In Place*
- Basic in Fallaway*
- Link*
- Change of Place Right to Left*
- Simple Spin*
- Change of Place Left to Right*
- Fallaway Throwaway*
- American Spin*
- Change of Hands Behind the Back*
- Promenade Walks* (Quick)
- Stop and Go*
- Whip*
- Promenade Walks (Slow)*
- Throwaway Whip*
- The Windmill*
- Spanish Arms*
- Curly Whip*
- Chicken Walks*

And satisfies requirements in terms of:
- Rhythm*
- Technique*
- Poise*
- Presentation*

### Perform Rumba*
- Progressive Walks Forward and Backward*
- Basic Movement*
- Fan*
- Alemana*
- Hockey Stick*
- New York*
- Hand to Hand*
- Side Step*
- Cucarachas*
- Spot Turns (Underarm Turns)*
- Shoulder to Shoulder*
- Natural Top*
- Alternative Basic Movement (In Closed Position)*
- Alternative Basic Movement (In Open Position)*
- Advanced Opening Out*
- Natural Opening Out*
- Closed Hip Twist*
- Opening Out to Right and Left*
- Cuban Rocks*
- Open Hip Twist*
- Reverse Top*
- Opening Out from Reverse Top*
- Curl*
- Aida*
- Spiral*

And satisfies requirements in terms of:
- Rhythm*
- Technique*
- Poise*
- Presentation*
<table>
<thead>
<tr>
<th>Perform Samba*</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- Basic Movements*</td>
</tr>
<tr>
<td></td>
<td>- Samba Whisk to Left and Right*</td>
</tr>
<tr>
<td></td>
<td>- Promenade Samba Walks on Left Foot and Right Foot*</td>
</tr>
<tr>
<td></td>
<td>- Stationary Samba Walks on Left Foot and Right Foot*</td>
</tr>
<tr>
<td></td>
<td>- Side Samba Walk*</td>
</tr>
<tr>
<td></td>
<td>- Promenade Botafogos*</td>
</tr>
<tr>
<td></td>
<td>- Travelling Botafogos Forward)*</td>
</tr>
<tr>
<td></td>
<td>- Shadow Botafogos*</td>
</tr>
<tr>
<td></td>
<td>- Solo Volta Spot Turn to Right and Left*</td>
</tr>
<tr>
<td></td>
<td>- Travelling Voltas to Right*</td>
</tr>
<tr>
<td></td>
<td>- Travelling Voltas to Left*</td>
</tr>
<tr>
<td></td>
<td>- Reverse Turn*</td>
</tr>
<tr>
<td></td>
<td>- Corta Jaca*</td>
</tr>
<tr>
<td></td>
<td>- Closed Rocks*</td>
</tr>
<tr>
<td></td>
<td>- Open Rocks*</td>
</tr>
<tr>
<td></td>
<td>- Back Rocks*</td>
</tr>
<tr>
<td></td>
<td>- Natural Roll*</td>
</tr>
<tr>
<td></td>
<td>- Plait*</td>
</tr>
<tr>
<td>And satisfies requirements in terms of:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Rhythm*</td>
</tr>
<tr>
<td></td>
<td>- Technique*</td>
</tr>
<tr>
<td></td>
<td>- Poise*</td>
</tr>
<tr>
<td></td>
<td>- Presentation*</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Perform Paso Doble*</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- Basic Movement*</td>
</tr>
<tr>
<td></td>
<td>- Sur Place*</td>
</tr>
<tr>
<td></td>
<td>- Appel*</td>
</tr>
<tr>
<td></td>
<td>- Chasses to Right and Chasses to Left*</td>
</tr>
<tr>
<td></td>
<td>- Elevations to Right and Elevations to Left*</td>
</tr>
<tr>
<td></td>
<td>- Promenade Close*</td>
</tr>
<tr>
<td></td>
<td>- Fallaway Whisk*</td>
</tr>
<tr>
<td></td>
<td>- Deplacement*</td>
</tr>
<tr>
<td></td>
<td>- Attack*</td>
</tr>
<tr>
<td></td>
<td>- Separation*</td>
</tr>
<tr>
<td></td>
<td>- Fallaway Ending to Separation*</td>
</tr>
<tr>
<td></td>
<td>- Open Telemark*</td>
</tr>
<tr>
<td></td>
<td>- Sixteen*</td>
</tr>
<tr>
<td></td>
<td>- Huit*</td>
</tr>
<tr>
<td></td>
<td>- Promenade and Counter Promenade*</td>
</tr>
<tr>
<td></td>
<td>- Grand Circle*</td>
</tr>
<tr>
<td></td>
<td>- La Passe*</td>
</tr>
<tr>
<td></td>
<td>- Fallaway Reverse Turn*</td>
</tr>
<tr>
<td></td>
<td>- Syncopated Separation*</td>
</tr>
<tr>
<td></td>
<td>- Slip Appel*</td>
</tr>
<tr>
<td></td>
<td>- Spanish Line*</td>
</tr>
<tr>
<td></td>
<td>- Flamenco Taps*</td>
</tr>
<tr>
<td>And satisfies requirements in terms of:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Rhythm*</td>
</tr>
<tr>
<td></td>
<td>- Technique*</td>
</tr>
<tr>
<td></td>
<td>- Poise*</td>
</tr>
<tr>
<td></td>
<td>- Presentation*</td>
</tr>
</tbody>
</table>

I agree to undertake assessment in the knowledge that information gathered will only be used for professional development purposes and can only be accessed by concerned assessment personnel and my manager/supervisor.

| Candidate’s signature: | Date: |