

SELF-ASSESSMENT GUIDE

Qualification:	PERFORMING ARTS (BALLROOM DANCING) NCII		
Project 1 :	PERFORM BASIC MODERN STANDARD DANCE FIGURES AND AMALGAMATIONS		
Unit/s of Competency:	DEMONSTRATE UNDERSTANDING OF BASIC CONCEPTS AND ROUTINES PERFORM BASIC MODERN STANDARD DANCE FIGURES AND AMALGAMATIONS		
Instruction: <ul style="list-style-type: none"> • 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?	YES	NO	
<ul style="list-style-type: none"> • Perform Waltz* <ul style="list-style-type: none"> - 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 : <ul style="list-style-type: none"> - Rhythm* - Technique* - Poise* - Presentation* 			

<ul style="list-style-type: none"> • Perform Tango* <ul style="list-style-type: none"> - 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* <p>And satisfies requirements in terms of:</p> <ul style="list-style-type: none"> - Rhythm* - Technique* - Poise* - Presentation* 		
<ul style="list-style-type: none"> • Perform Foxtrot* <ul style="list-style-type: none"> - 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* <p>And satisfies requirements in terms of:</p> <ul style="list-style-type: none"> - Rhythm* - Technique* - Poise* - Presentation* 		

<ul style="list-style-type: none"> • Perform Quickstep* <ul style="list-style-type: none"> - 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* - Tiple Chasse to Right (At a corner)* - Tiple 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* <p><i>And satisfies requirements in terms of:</i></p> <ul style="list-style-type: none"> - Rhythm* - Technique* - Poise* - Presentation* 		
<ul style="list-style-type: none"> • Perform Viennese Waltz* <ul style="list-style-type: none"> - Left Foot Forward Change Step* - Right Foot Forward Change Step* - Natural Turn* - Reverse Turn* - Left Foot Backward Change Step* - Right Foot Backward Change Step* <p><i>And satisfies requirements in terms of:</i></p> <ul style="list-style-type: none"> - Rhythm* - Technique* - Poise* - Presentation* 		
<p>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.</p>		
<p>Candidate's signature:</p>	<p>Date:</p>	

SELF-ASSESSMENT GUIDE

Qualification:	PERFORMING ARTS (BALLROOM DANCING) NCII	
Project 2:	PERFORM BASIC LATIN-AMERICAN DANCE FIGURES AND AMALGAMATIONS	
Unit/s of Competency:	<ul style="list-style-type: none"> • Demonstrate Understanding of Basic Concepts and Routines • Perform Basic Latin-American Dance Figures and Amalgamations 	
Instruction: <ul style="list-style-type: none"> • 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?	YES	NO
<ul style="list-style-type: none"> • Perform Cha-Cha-Cha* <ul style="list-style-type: none"> - 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: <ul style="list-style-type: none"> - Rhythm* - Technique* - Poise* - Presentation* 		

<ul style="list-style-type: none"> • Perform Jive* <ul style="list-style-type: none"> - 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* <p>And satisfies requirements in terms of:</p> <ul style="list-style-type: none"> - Rhythm* - Technique* - Poise* - Presentation* 		
<ul style="list-style-type: none"> • Perform Rumba* <ul style="list-style-type: none"> - 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* <p>And satisfies requirements in terms of:</p> <ul style="list-style-type: none"> - Rhythm* - Technique* - Poise* - Presentation* 		

<ul style="list-style-type: none"> • Perform Samba* <ul style="list-style-type: none"> - Basic Movements* - Samba Whisk to Left and Right* - Promenade Samba Walks on Left Foot and Right Foot* - Stationary Samba Walks on Left Foot and Right Foot* - Side Samba Walk* - Promenade Botafogos* - Travelling Botafogos Forward)* - Shadow Botafogos* - Solo Volta Spot Turn to Right and Left* - Travelling Voltas to Right* - Travelling Voltas to Left* - Reverse Turn* - Corta Jaca* - Closed Rocks* - Open Rocks* - Back Rocks* - Natural Roll* - Plait* <p>And satisfies requirements in terms of:</p> <ul style="list-style-type: none"> - Rhythm* - Technique* - Poise* - Presentation* 		
<ul style="list-style-type: none"> • Perform Paso Doble* <ul style="list-style-type: none"> - Basic Movement* - Sur Place* - Appel* - Chasses to Right and Chasses to Left* - Elevations to Right and Elevations to Left* - Promenade Close* - Fallaway Whisk* - Deplacement* - Attack* - Separation* - Fallaway Ending to Separation* - Open Telemark* - Sixteen* - Huit* - Promenade and Counter Promenade* - Grand Circle* - La Passe* - Fallaway Reverse Turn* - Syncopated Separation* - Slip Appel* - Spanish Line* - Flamenco Taps* <p>And satisfies requirements in terms of:</p> <ul style="list-style-type: none"> - Rhythm* - Technique* - Poise* - Presentation* 		
<p>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.</p>		
<p>Candidate's signature:</p>	<p>Date:</p>	