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:

- 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.

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*

	Parform Quiakatan*					
•	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 Bight*					
	- Progressive Chasse to Right*					
	- Chasse Reverse Turn*					
	- Reverse Pivot*					
	- Running Finish*					
	- Change of Direction*					
	- Tipple Chasse to Right (At a corner)*	ton*				
	- Tipple Chasse to Right (After step 4 of a Backward Lock S	tep)				
	- Quick Open Reverse Turn*					
	- Cross Swivel*					
	- Fish Tail*					
	- Four Quick Run*					
	- V Six* Zig Zog Bookword Look Stop and Burning Finish*					
	- 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*					
ı	agree to undertake assessment in the knowledge that inf	ormation dath	ered will o	nly he		
used for professional development purposes and can only be accessed by concerned						
	assessment personnel and my manager/supervisor.					
assessment personner and my manager/supervisor.						
C	andidate's signature:	Date:				

SELF-ASSESSMENT GUIDE

Qualification:	PERFORMING ARTS (BALLROOM DANCING) NCII		
Project 2:	PERFORM BASIC LATIN-AMERICAN DANCE FIGURES AND AMALGAMATIONS		
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.

Can I?		NO
Perform 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* 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* Open Hip Twist* Open Hip Twist* Curl* Side Step* And satisfies requirements in terms of: Rhythm* Technique* Poise*	YES	

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*

Perform Samba*		
- 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*		
Snadow Botarogos" 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*		
And satisfies requirements in terms of:		
- Rhythm*		
- Technique*		
- Poise*		
- Presentation*		
Perform Paso Doble*		
- 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*		
And satisfies requirements in terms of:		
- Rhythm*		
- Technique*		
- Poise*		
- Presentation*		
I agree to undertake assessment in the knowledge that info used for professional development purposes and can only assessment personnel and my manager/supervisor.		
Candidate's signature:	Date:	