

**ELENCO FIGURE AMMESSE IN VIGORE DAL 1 SETTEMBRE 2010**  
**TESTO UFFICIALE ANMB : DANZE LATINO AMERICANE**  
**AUTORI : GIOVANNI NICOLI - LUCIANO PANCIROLI**



Classe F1 = 1 Ballo: Cha Cha Cha  
 Classe F = 2 Balli: Cha Cha Cha - Samba  
 Classe E = 3 Balli: Cha Cha Cha - Samba - Rumba  
 Classe D = 5 Balli: Cha Cha Cha - Samba - Rumba - Paso Doble - Jive  
 Classe C = 5 Balli: Cha Cha Cha - Samba - Rumba - Paso Doble - Jive  
 Classe C = 5 Balli: Cha Cha Cha - Samba - Rumba - Paso Doble - Jive

**CHA CHA CHA**

Classi: F1 - F - E - D	Classe: C	Classe: B
BRONZO ARGENTE	BRONZO ARGENTO ORO	BRONZO ARGENTO ORO AGGIUNTE
<i>Alemana</i>	<i>Alemana</i>	<i>Alemana</i>
<i>Cha Cha Cha Chasse di PD</i>	<i>Cha Cha Cha Chasse di PD</i>	<i>Cha Cha Cha Chasse di PD</i>
<i>Cha Cha Cha Chasse di PS</i>	<i>Cha Cha Cha Chasse di PS</i>	<i>Cha Cha Cha Chasse di PS</i>
<i>Cha Cha Cha Lock avanti di PD</i>	<i>Cha Cha Cha Lock avanti di PD</i>	<i>Cha Cha Cha Lock avanti di PD</i>
<i>Cha Cha Cha Lock avanti di PS</i>	<i>Cha Cha Cha Lock avanti di PS</i>	<i>Cha Cha Cha Lock avanti di PS</i>
<i>Cha Cha Cha Lock indietro di PD</i>	<i>Cha Cha Cha Lock indietro di PD</i>	<i>Cha Cha Cha Lock indietro di PD</i>
<i>Cha Cha Cha Lock indietro di PS</i>	<i>Cha Cha Cha Lock indietro di PS</i>	<i>Cha Cha Cha Lock indietro di PS</i>
<i>Close Basic</i>	<i>Close Basic</i>	<i>Close Basic</i>
<i>Fan</i>	<i>Fan</i>	<i>Fan</i>
<i>Hand to Hand</i>	<i>Hand to Hand</i>	<i>Hand to Hand</i>
<i>Hockey Stick girato in CPP (Argento)</i>	<i>Hockey Stick girato in CPP (Argento)</i>	<i>Hockey Stick girato in CPP (Argento)</i>
<i>Hockey Stick</i>	<i>Hockey Stick</i>	<i>Hockey Stick</i>
<i>Natural Top</i>	<i>Natural Top</i>	<i>Natural Top</i>
<i>New York da Open CPP</i>	<i>New York da Open CPP</i>	<i>New York da Open CPP</i>
<i>New York da Open PP</i>	<i>New York da Open PP</i>	<i>New York da Open PP</i>
<i>Open Basic</i>	<i>Open Basic</i>	<i>Open Basic</i>
<i>Shoulder to Shoulder</i>	<i>Shoulder to Shoulder</i>	<i>Shoulder to Shoulder</i>
<i>Spot Turn a Dx</i>	<i>Spot Turn a Dx</i>	<i>Spot Turn a Dx</i>
<i>Spot Turn a Sx</i>	<i>Spot Turn a Sx</i>	<i>Spot Turn a Sx</i>
<i>Sviluppo del Cha Cha Cha Chasse (Argento)</i>	<i>Sviluppo del Cha Cha Cha Chasse (Argento)</i>	<i>Sviluppo del Cha Cha Cha Chasse (Argento)</i>
<i>Time Step</i>	<i>Time Step</i>	<i>Time Step</i>
<i>Under Arm Turn a Dx</i>	<i>Under Arm Turn a Dx</i>	<i>Under Arm Turn a Dx</i>
<i>Under Arm Turn a Sx</i>	<i>Under Arm Turn a Sx</i>	<i>Under Arm Turn a Sx</i>
<i>Close Hip Twist</i>	<i>Close Hip Twist</i>	<i>Close Hip Twist</i>
<i>Cross Basic</i>	<i>Cross Basic</i>	<i>Cross Basic</i>
<i>Open Hip Twist</i>	<i>Open Hip Twist</i>	<i>Open Hip Twist</i>
<i>Opening Out from Reverse Top</i>	<i>Opening Out from Reverse Top</i>	<i>Opening Out from Reverse Top</i>
<i>Reverse Top</i>	<i>Reverse Top</i>	<i>Reverse Top</i>
<i>Cambio di piede <b>METODO 1-2</b></i>	<i>Cambio di piede <b>METODO 1-2-3</b></i>	<i>Cambio di piede <b>METODO 1-2-3</b></i>
	<i>Close Hip Twist Spiral</i>	<i>Close Hip Twist Spiral</i>
	<i>Cuban Break in Open CPP</i>	<i>Cuban Break in Open CPP</i>
	<i>Cuban Break in Open Position</i>	<i>Cuban Break in Open Position</i>
	<i>Curl</i>	<i>Curl</i>
	<i>Fallaway</i>	<i>Fallaway</i>
	<i>Follow my Leader</i>	<i>Follow my Leader</i>
	<i>Open Hip Twist Spiral</i>	<i>Open Hip Twist Spiral</i>
	<i>Split Cuban Break da Open CPP e Open PP</i>	<i>Split Cuban Break da Open CPP e Open PP</i>
	<i>Split Cuban Break in Open Position</i>	<i>Split Cuban Break in Open Position</i>
	<i>Sweetheart</i>	<i>Sweetheart</i>
	<i>Syncopated Open Hip Twist</i>	<i>Syncopated Open Hip Twist</i>
	<i>Turkish Towel</i>	<i>Turkish Towel</i>
		<b>Figura Aggiunte Testo di Polo Massimo</b>
		<i>Overturned forward locks</i>
		<i>Syncopated time step</i>
		<i>Close hip twist in split position</i>
		<i>Travelling from open c.p.p. a open p.p.</i>
		<i>Turkish towel whit seat line ending</i>
		<i>Cyrlly whip in natural top</i>
		<i>Box in doppia presa</i>
		<i>Box in shadow position</i>
		<i>Runaway three cha cha cha</i>

SAMBA		
Classi: F - E - D	Classe: C	Classe: B
BRONZO ARGENTE	BRONZO ARGENTO ORO	BRONZO ARGENTO ORO AGGIUNTE
<i>Close Rocks</i>	<i>Close Rocks</i>	<i>Close Rocks</i>
<i>Corta Jaca</i>	<i>Corta Jaca</i>	<i>Corta Jaca</i>
<i>Natural Basic Movement</i>	<i>Natural Basic Movement</i>	<i>Natural Basic Movement</i>
<i>Natural Roll</i>	<i>Natural Roll</i>	<i>Natural Roll</i>
<i>Outside Basic Movement</i>	<i>Outside Basic Movement</i>	<i>Outside Basic Movement</i>
<i>Progressive Basic Movement</i>	<i>Progressive Basic Movement</i>	<i>Progressive Basic Movement</i>
<i>Promenade Samba Walk di PD</i>	<i>Promenade Samba Walk di PD</i>	<i>Promenade Samba Walk di PD</i>
<i>Promenade Samba Walk di PS</i>	<i>Promenade Samba Walk di PS</i>	<i>Promenade Samba Walk di PS</i>
<i>Reverse Basic Movement</i>	<i>Reverse Basic Movement</i>	<i>Reverse Basic Movement</i>
<i>Reverse Turn</i>	<i>Reverse Turn</i>	<i>Reverse Turn</i>
<i>Samba Chasse</i>	<i>Samba Chasse</i>	<i>Samba Chasse</i>
<i>Samba Whisk a Dx</i>	<i>Samba Whisk a Dx</i>	<i>Samba Whisk a Dx</i>
<i>Samba Whisk a Sx</i>	<i>Samba Whisk a Sx</i>	<i>Samba Whisk a Sx</i>
<i>Side Samba Walk</i>	<i>Side Samba Walk</i>	<i>Side Samba Walk</i>
<i>Stationary Samba Walk di PD</i>	<i>Stationary Samba Walk di PD</i>	<i>Stationary Samba Walk di PD</i>
<i>Stationary Samba Walk di PS</i>	<i>Stationary Samba Walk di PS</i>	<i>Stationary Samba Walk di PS</i>
<i>Travelling Botafogos</i>	<i>Travelling Botafogos</i>	<i>Travelling Botafogos</i>
<i>Argentine Crosses</i>	<i>Argentine Crosses</i>	<i>Argentine Crosses</i>
<i>Backward Rocks</i>	<i>Backward Rocks</i>	<i>Backward Rocks</i>
<i>Continuous Voltas Sport Turn a Sx</i>	<i>Continuous Voltas Sport Turn a Sx</i>	<i>Continuous Voltas Sport Turn a Sx</i>
<i>Continuous Voltas Spot Turn a Dx</i>	<i>Continuous Voltas Spot Turn a Dx</i>	<i>Continuous Voltas Spot Turn a Dx</i>
<i>Open Rocks</i>	<i>Open Rocks</i>	<i>Open Rocks</i>
<i>Plait</i>	<i>Plait</i>	<i>Plait</i>
<i>Promenade Botafogos</i>	<i>Promenade Botafogos</i>	<i>Promenade Botafogos</i>
<i>Shadow Botafogos</i>	<i>Shadow Botafogos</i>	<i>Shadow Botafogos</i>
<i>Travelling Voltas a Dx</i>	<i>Travelling Voltas a Dx</i>	<i>Travelling Voltas a Dx</i>
<i>Travelling Voltas a Sx</i>	<i>Travelling Voltas a Sx</i>	<i>Travelling Voltas a Sx</i>
<i>Volta Action</i>	<i>Volta Action</i>	<i>Volta Action</i>
<i>Volta Spot Turn a Dx</i>	<i>Volta Spot Turn a Dx</i>	<i>Volta Spot Turn a Dx</i>
<i>Volta Spot Turn a Sx</i>	<i>Volta Spot Turn a Sx</i>	<i>Volta Spot Turn a Sx</i>
	<i>Cambi di piede</i>	<i>Cambi di piede</i>
	<i>Carioca Runs</i>	<i>Carioca Runs</i>
	<i>Circular Voltas a Dx</i>	<i>Circular Voltas a Dx</i>
	<i>Circular Voltas a Sx</i>	<i>Circular Voltas a Sx</i>
	<i>Contra Botafogos</i>	<i>Contra Botafogos</i>
	<i>Corta Jaca in Shadow Position</i>	<i>Corta Jaca in Shadow Position</i>
	<i>Cruzados Locks in Shadow Position</i>	<i>Cruzados Locks in Shadow Position</i>
	<i>Cruzados Walks</i>	<i>Cruzados Walks</i>
	<i>Promenade e Counter Promenade</i>	<i>Promenade e Counter Promenade</i>
	<i>Runs</i>	<i>Runs</i>
	<i>Rolling off the Arm</i>	<i>Rolling off the Arm</i>
	<i>Rythum Bounce</i>	<i>Rythum Bounce</i>
	<i>Samba Locks in Open PP</i>	<i>Samba Locks in Open PP</i>
	<i>Samba Locks</i>	<i>Samba Locks</i>
	<i>Three Step Turn</i>	<i>Three Step Turn</i>
	<i>Volta Break</i>	<i>Volta Break</i>
		<b>Figura Aggiunte Testo di Polo Massimo</b>
		<i>Running walks in handshhake</i>
		<i>Foot changes da shadow pos a open pos</i>
		<i>Open shadow hands rocks</i>
		<i>Travelling samba</i>
		<i>Reverse turn in shadow position</i>
		<i>Amalgamazione rool</i>
		<i>Doble rolling of the arm</i>
		<i>Rotary backdrop from rolling of the arm</i>

**RUMBA**

Classi: E - D

Classe: C

Classe: B

**BRONZO ARGENTE**

**BRONZO ARGENTO ORO**

**BRONZO ARGENTO ORO AGGIUNTE**

<i>Alemana</i>	<i>Alemana</i>	<i>Alemana</i>
<i>Basic Movement</i>	<i>Basic Movement</i>	<i>Basic Movement</i>
<i>Close Hip Twist</i>	<i>Close Hip Twist</i>	<i>Close Hip Twist</i>
<i>Fan</i>	<i>Fan</i>	<i>Fan</i>
<i>Hand to Hand</i>	<i>Hand to Hand</i>	<i>Hand to Hand</i>
<i>Hockey Stick</i>	<i>Hockey Stick</i>	<i>Hockey Stick</i>
<i>Natural Top</i>	<i>Natural Top</i>	<i>Natural Top</i>
<i>New York da Open CPP</i>	<i>New York da Open CPP</i>	<i>New York da Open CPP</i>
<i>New York da Open PP</i>	<i>New York da Open PP</i>	<i>New York da Open PP</i>
<i>Open Hip Twist</i>	<i>Open Hip Twist</i>	<i>Open Hip Twist</i>
<i>Shoulder to Shoulder</i>	<i>Shoulder to Shoulder</i>	<i>Shoulder to Shoulder</i>
<i>Side Steps</i>	<i>Side Steps</i>	<i>Side Steps</i>
<i>Spot Turn a Dx</i>	<i>Spot Turn a Dx</i>	<i>Spot Turn a Dx</i>
<i>Spot Turn a Sx</i>	<i>Spot Turn a Sx</i>	<i>Spot Turn a Sx</i>
<i>Under Arm Turn a Sx</i>	<i>Under Arm Turn a Sx</i>	<i>Under Arm Turn a Sx</i>
<i>Under Arm Turn a Dx</i>	<i>Under Arm Turn a Dx</i>	<i>Under Arm Turn a Dx</i>
<i>Curl</i>	<i>Curl</i>	<i>Curl</i>
<i>Opening Out a Dx e Sx</i>	<i>Opening Out a Dx e Sx</i>	<i>Opening Out a Dx e Sx</i>
<i>Opening Out from Reverse Top</i>	<i>Opening Out from Reverse Top</i>	<i>Opening Out from Reverse Top</i>
<i>Reverse Top</i>	<i>Reverse Top</i>	<i>Reverse Top</i>
<i>Spiral</i>	<i>Spiral</i>	<i>Spiral</i>
	<i>Abanera Rhythm</i>	<i>Abanera Rhythm</i>
	<i>Continuous Circular Hip TWsit</i>	<i>Continuous Circular Hip TWsit</i>
	<i>Continuous Hip Twist</i>	<i>Continuous Hip Twist</i>
	<i>Cuban Rocks</i>	<i>Cuban Rocks</i>
	<i>Fallaway</i>	<i>Fallaway</i>
	<i>Fencing</i>	<i>Fencing</i>
	<i>Hip Twist Action</i>	<i>Hip Twist Action</i>
	<i>Rope Spinning</i>	<i>Rope Spinning</i>
	<i>Runaway Alemana</i>	<i>Runaway Alemana</i>
	<i>Sliding Doors</i>	<i>Sliding Doors</i>
	<i>Syncopated Hip Twist</i>	<i>Syncopated Hip Twist</i>
	<i>Three Alemanas</i>	<i>Three Alemanas</i>
	<i>Three Threes</i>	<i>Three Threes</i>
		<b>Figura Aggiunte Testo di Polo Massimo</b>
		<i>Camminata indietro con giro della dama</i>
		<i>Open promenade e couter prom walks</i>
		<i>Telespin wiyh ending</i>
		<i>Rope spinning con doppia presa</i>
		<i>Overturnd swivel</i>
		<i>Advanced sliding doors</i>
		<i>Extended line</i>
		<i>Three spiral</i>

**PASO DOBLE**

Classi: D	Classe: C	Classe: B
<b>BRONZO ARGENTE</b>	<b>BRONZO ARGENTO ORO</b>	<b>BRONZO ARGENTO ORO AGGIUNTE</b>
<i>Attack</i>	<i>Attack</i>	<i>Attack</i>
<i>Basic Movement</i>	<i>Basic Movement</i>	<i>Basic Movement</i>
<i>Chasse a Dx</i>	<i>Chasse a Dx</i>	<i>Chasse a Dx</i>
<i>Chasse a Sx</i>	<i>Chasse a Sx</i>	<i>Chasse a Sx</i>
<i>Huit</i>	<i>Huit</i>	<i>Huit</i>
<i>Promenade Close</i>	<i>Promenade Close</i>	<i>Promenade Close</i>
<i>Promenade e Counter Promenade</i>	<i>Promenade e Counter Promenade</i>	<i>Promenade e Counter Promenade</i>
<i>Promenade</i>	<i>Promenade</i>	<i>Promenade</i>
<i>Separation with Fallaway Ending</i>	<i>Separation with Fallaway Ending</i>	<i>Separation with Fallaway Ending</i>
<i>Separation</i>	<i>Separation</i>	<i>Separation</i>
<i>Sixteen</i>	<i>Sixteen</i>	<i>Sixteen</i>
<i>Sur Place</i>	<i>Sur Place</i>	<i>Sur Place</i>
<i>Twist Turn</i>	<i>Twist Turn</i>	<i>Twist Turn</i>
<i>Banderillas</i>	<i>Banderillas</i>	<i>Banderillas</i>
<i>Fallaway Reverse</i>	<i>Fallaway Reverse</i>	<i>Fallaway Reverse</i>
<i>Fallaway Whisk</i>	<i>Fallaway Whisk</i>	<i>Fallaway Whisk</i>
<i>Grand Circle</i>	<i>Grand Circle</i>	<i>Grand Circle</i>
<i>La Passe</i>	<i>La Passe</i>	<i>La Passe</i>
<i>Spanish Line</i>	<i>Spanish Line</i>	<i>Spanish Line</i>
<i>Syncopated Separation</i>	<i>Syncopated Separation</i>	<i>Syncopated Separation</i>
	<i>Cambi di Piede</i>	<i>Cambi di Piede</i>
	<i>Chasse Cape</i>	<i>Chasse Cape</i>
	<i>Coup de Pique da PD a PS</i>	<i>Coup de Pique da PD a PS</i>
	<i>Coup de Pique da PS a PD</i>	<i>Coup de Pique da PS a PD</i>
	<i>Enrtate alternative in PP</i>	<i>Enrtate alternative in PP</i>
	<i>Farrol</i>	<i>Farrol</i>
	<i>Flamenco Taps</i>	<i>Flamenco Taps</i>
	<i>Fregolina</i>	<i>Fregolina</i>
	<i>Separation whit Lady's Caping Walks</i>	<i>Separation whit Lady's Caping Walks</i>
	<i>Syncopated Coup de Pique</i>	<i>Syncopated Coup de Pique</i>
	<i>Travelling Spins da CPP</i>	<i>Travelling Spins da CPP</i>
	<i>Travelling Spins da PP</i>	<i>Travelling Spins da PP</i>
	<i>Twists</i>	<i>Twists</i>
		<b>Figura Aggiunte Testo di Polo Massimo</b>
		<i>Locks in twists</i>
		<i>Variazione di piede destro</i>
		<i>Uscita fronte parete dai twists</i>
		<i>Amalgamazione spagnola</i>
		<i>Sevillanas</i>
		<i>Spanish promenades</i>
		<i>Walking matadoer</i>
		<i>Chassè sincopato a sx</i>
		<i>Flamenco arms</i>
		<i>Chassè con doppia presa</i>

Classi: D	Classe: C	Classe: B
<b>BRONZO ARGENTE</b>	<b>BRONZO ARGENTO ORO</b>	<b>BRONZO ARGENTO ORO AGGIUNTE</b>
<i>Amerincan Spin</i>	<i>Amerincan Spin</i>	<i>Amerincan Spin</i>
<i>Basic in Fallaway</i>	<i>Basic in Fallaway</i>	<i>Basic in Fallaway</i>
<i>Basic in Place</i>	<i>Basic in Place</i>	<i>Basic in Place</i>
<i>Change of Hands Behind Back</i>	<i>Change of Hands Behind Back</i>	<i>Change of Hands Behind Back</i>
<i>Change of Place da Dx a Sx</i>	<i>Change of Place da Dx a Sx</i>	<i>Change of Place da Dx a Sx</i>
<i>Change of Place da Sx a Dx</i>	<i>Change of Place da Sx a Dx</i>	<i>Change of Place da Sx a Dx</i>
<i>Jive Chasse a Dx</i>	<i>Jive Chasse a Dx</i>	<i>Jive Chasse a Dx</i>
<i>Jive Chasse a Sx</i>	<i>Jive Chasse a Sx</i>	<i>Jive Chasse a Sx</i>
<i>Link</i>	<i>Link</i>	<i>Link</i>
<i>Promande Walks (Quick)</i>	<i>Promande Walks (Quick)</i>	<i>Promande Walks (Quick)</i>
<i>Promenade Walks (Slow)</i>	<i>Promenade Walks (Slow)</i>	<i>Promenade Walks (Slow)</i>
<i>Whip</i>	<i>Whip</i>	<i>Whip</i>
<i>Ball Change</i>	<i>Ball Change</i>	<i>Ball Change</i>
<i>Curly Whip</i>	<i>Curly Whip</i>	<i>Curly Whip</i>
<i>Double Cross Whip</i>	<i>Double Cross Whip</i>	<i>Double Cross Whip</i>
<i>Fallaway Throwaway</i>	<i>Fallaway Throwaway</i>	<i>Fallaway Throwaway</i>
<i>Reverse Whip</i>	<i>Reverse Whip</i>	<i>Reverse Whip</i>
<i>Stop and Go</i>	<i>Stop and Go</i>	<i>Stop and Go</i>
<i>Throwaway Whip</i>	<i>Throwaway Whip</i>	<i>Throwaway Whip</i>
	<i>Chicken Walks</i>	<i>Chicken Walks</i>
	<i>Flick into Break</i>	<i>Flick into Break</i>
	<i>Hip Bump</i>	<i>Hip Bump</i>
	<i>Rolling off the Arm</i>	<i>Rolling off the Arm</i>
	<i>Simple Spin</i>	<i>Simple Spin</i>
	<i>Spanish Arm</i>	<i>Spanish Arm</i>
	<i>Toe Heel Swivel</i>	<i>Toe Heel Swivel</i>
	<i>Windmill</i>	<i>Windmill</i>
		<b>Figura Aggiunte Testo di Polo Massimo</b>
		<i>Advanced stop and go</i>
		<i>Advanced simple spin</i>
		<i>kick in chicken walks</i>
		<i>Turned fallaway throwaway</i>
		<i>Fliks in open position</i>
		<i>Thuck and go in handshake</i>
		<i>Hip bump whit flicks ball change</i>
		<i>Cdombinazione flicks in shadow position</i>
		<i>Cambio di piede da open a shadow pos</i>
		<i>Cambio di piede da shadow a open pos</i>