

| NIVEAUX                     | JAUNE               | ORANGE                       | VERT                           | VIOLET                           | BLEU                             | ROUGE                               | NOIR                                |
|-----------------------------|---------------------|------------------------------|--------------------------------|----------------------------------|----------------------------------|-------------------------------------|-------------------------------------|
| NOTIONS                     | Pas basiques        | Base                         | Bend                           | Accent (music/dance)             | Tours (simples)                  | Tours (double)                      | Tours avancés                       |
| TECHNIQUES                  |                     | Enchainements                | Body flight                    | Body movements                   | Liaisons                         | Amplitude                           | Equilibre complexe                  |
| STYLES & ARTISTIQUES        |                     | Follow through               | CBM                            | Equilibre                        | Collection/compression extension | Dynamique                           | Expression artistique               |
|                             |                     | Parties du pied              | Cadre                          | Motions                          | Sauts                            | Interprétation                      | Mobilité dos                        |
|                             |                     | Position de pieds            | Center                         | Syncopations                     |                                  | Contraste                           | Passages au sol                     |
|                             |                     | Tempo                        | Coordination                   | Torque                           |                                  |                                     | Creativité chorégraphique           |
|                             |                     | Tenue du corps               | Isolations                     | Tour stationnaire                |                                  |                                     |                                     |
|                             |                     | Transfert de poids           | Posture                        | Tour progressif                  |                                  |                                     |                                     |
|                             |                     |                              | Spotting                       |                                  |                                  |                                     |                                     |
|                             |                     |                              | Sway                           |                                  |                                  |                                     |                                     |
|                             |                     |                              |                                |                                  |                                  |                                     |                                     |
|                             |                     |                              |                                |                                  |                                  |                                     |                                     |
| LEXIQUE des Pas à connaître | Line Dance          | Line Dance                   | Line Dance                     | Line Dance                       | Line Dance                       | Line Dance                          | Line Dance                          |
|                             | Ball                | Balance                      | Boogie move                    | Anchor step                      | Break step                       |                                     |                                     |
|                             | Bounce              | Balance step                 | Charleston (w/ swivel)         | Boogie walk                      | Développé                        |                                     |                                     |
|                             | Bump (hip bump)     | Behind                       | Check                          | Chainé                           | Hinge                            |                                     |                                     |
|                             | Brush               | Behind side cross            | Coaster step                   | Diamond                          | Inside spin                      |                                     |                                     |
|                             | Close               | Charleston (black bottom)    | Elvis knees                    | Figure 8                         | Piqué                            |                                     |                                     |
|                             | Cross               | Cross triple                 | Flex                           | Hip lift                         | Platorm spin                     | 2 chorégraphies imposées            | Tirage au sort                      |
|                             | Dig                 | Fan (toe/heel)               | Gallop                         | Lock (cha)                       | Push turn                        | (Valse & Chacha)                    | 1 Danse du Championnat              |
|                             | Drag                | Heel grind                   | Heel jack                      | Lock back (cha)                  | Single spin (pirouette)          | Championnat Série A avec variations | Série A                             |
|                             | Flick               | Hip (lift/grind)             | Hip roll                       | Lunge                            | Swing sway turn                  |                                     | avec variations                     |
|                             | Heel                | Jazz box (square)            | Knee roll                      | Mashed potatoes                  |                                  |                                     | Valse imposée (de l'année en cours) |
|                             | Hitch               | Jazz triangle                | Monterey turn                  | Monterey spin                    |                                  |                                     |                                     |
|                             | Hold                | Kick ball change             | Rumba box                      | Paddle turn                      |                                  |                                     |                                     |
|                             | Hook                | Kick ball cross              | Scoot                          | Pigeon toes                      |                                  |                                     |                                     |
|                             | Hop                 | Kick ball step               | Skate                          | Pigeon toes movement             |                                  |                                     | 1 Création chorégraphique           |
|                             | Jump                | Knee pop (single/double)     | Spiral position                | Rondé (rond de jambe)            |                                  |                                     |                                     |
|                             | Kick (kick back)    | Lock step                    | Spiral turn                    | Spot                             |                                  |                                     |                                     |
|                             | Leap                | Mambo (step/cross)           | Sugar foot                     | Toe heel cross swivels           |                                  |                                     |                                     |
|                             | Point               | Pivot turn                   | Sway                           | Vaudeville hop                   |                                  |                                     |                                     |
|                             | Recover             | Rocking chair                | Sweep                          | Vaudeville step (sailor shuffle) |                                  |                                     |                                     |
|                             | Rock                | Run                          | Swivet                         |                                  |                                  |                                     |                                     |
|                             | Scuff               | Sailor step                  | Switches (toe/heel)            |                                  |                                  |                                     |                                     |
|                             | Side step           | Scissors step                | Three step turn (Rolling Vine) |                                  |                                  |                                     |                                     |
|                             | Slap                | Shimmy                       | Travelling pivot               |                                  |                                  |                                     |                                     |
|                             | Snap                | Slide                        | Turning sailor step            |                                  |                                  |                                     |                                     |
|                             | Step (back/forward) | Splits (toe/heel/syncopated) | Twinkle                        |                                  |                                  |                                     |                                     |
|                             | Step (diagonales)   | Step turn                    | Twist turn (cross unwind)      |                                  |                                  |                                     |                                     |
|                             | Stomp (stomp up)    | Swivel                       | Twist turn (full)              |                                  |                                  |                                     |                                     |
|                             | Strut (toe/heel)    | Triple step                  | Wizzard step                   |                                  |                                  |                                     |                                     |
|                             | Tap/touch           | Vine (grapevine)             |                                |                                  |                                  |                                     |                                     |
|                             | Together            | Weave                        |                                |                                  |                                  |                                     |                                     |