Latin Introduction

Approved Syllabus · Latin American Style

Abbreviations Used

Abbreviation	Meaning
B	Ball (of foot)
BF	Ball (of foot) Flat
Basic (A)	Basic with alternative bounce
Basic (B)	Basic with basic bounce
C	Centre
CBP	Contra Body Position (CBMP)
CP	Closed Position
CPP	Counter Promenade Position
DC	Diagonal Centre
DW	Diagonal Wall
FP	Fan Position
HF	Heel Flat
I/E	Inside Edge
L	Left
LF	Left Foot

Note: this list is incomplete — entries from LF onward are still to be added.

Definitions

Alignment

Alignment is the position of the feet in relation to the room. Given as **Facing** and **Backing** when feet and body are in line, and **Pointing** when the foot has a different alignment to the body.

Alignment is of importance in progressive dances such as Samba and Paso Doble. Cha Cha Cha, Rumba and Jive are non-progressive dances.

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=syllabus:latin_intro:start&rev=1786418833

Amount of Turn

Amount of turn is measured between the feet and expressed as a fraction of a circle.

The direction of the turn should be included in answering questions on amounts of turn (for example, ¼ R, ½ L, etc). Many figures in Latin are flexible in the amount of turn that can be applied, so it is quite normal to see amounts of turn such as ¾ to R over steps 5-8.

Contra Body Movement

Contra Body Movement is the turning of the opposite side of the body towards the moving foot, which is moving forward or back. It is usually used to initiate turn.

CBM is seldom used in Latin, but the term CBMP (below) is used, and it is extremely important for all students to have a clear understanding of the difference between the two. **CBM is a body action, while CBMP is a foot position.**

Contra Body Movement Position (or Contra Body Position)

Contra Body Movement Position is a foot position where the foot is placed on or across the line of the supporting foot, either in front of or behind the supporting foot.

The term Contra Body Position has been used in the charts to provide a clearer distinction between this foot position and Contra Body Movement.

Footwork

Footwork describes the part of the foot that is in contact with the floor.

Usually given as 'T' (toe) or 'BF' (Ball Flat), but there are times when it is desirable to be more descriptive, such as 'IE' (Inside Edge).

Foot Position

Foot Position is the position of one foot in relation to the other.

This is generally described in terms such as Right Foot Forward, Left Foot to the Side, etc. Other foot positions include PP (Promenade Position), OP (Outside Partner) and Contra Body Position.

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=syllabus:latin_intro:start&rev=1786418833

Line of Dance (LOD)

Line of Dance is an imaginary line drawn around the outside of the dance floor in an anti-clockwise direction.

Rhythm

The regular occurrence of accentuated beats.

Tempo

The speed at which music is played, measured in bars per minute.

This measurement of music in bars per minute is unique to dancing, as musicians measure music in beats per minute. For example, a Rumba played at 27 bars per minute would equate to 108 beats per minute for a musician.

Time Signature

Time Signature is a musical notation which defines the number of beats in a bar of music (top number), and the type of note that makes up the bar (bottom number).

Summary of Recommended Tempi and Time Signatures

For DanceSport Australia competitive events.

Dance	Tempo	Time Signature
Cha Cha Cha	30 bars per minute	4/4
Samba	50 bars per minute	2/4
Rumba	27 bars per minute	4/4
Paso Doble	62 bars per minute	2/4
Jive	44 bars per minute	4/4

It should be noted that while DanceSport Australia lists these speeds as recommended, many dancers and coaches prefer much slower speeds for practice.

The tempi above are single recommended values. Rule 22.2 of the Rules of DanceSport expresses the recommended Latin tempi as ranges; each value above falls within the corresponding range in that rule, which remains the authority for competition.

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=syllabus:latin_intro:start&rev=1786418833

From:
https://dancesport.org.au/dswiki/ - **DSA Rules**

Permanent link:
https://dancesport.org.au/dswiki/doku.php?id=syllabus:latin_intro:start&rev=1786418833

Last update: **2026/08/11 13:27**

This printed or downloaded copy is not a controlled document. Always check the link above for the current version of this rule.