

GSS SMOOTH ELEMENTS CHART DEFINITIONS



HOLDS

Holds are defined as the points of contact between the partners (see the Chart for the Holds that are allowed at each level of Bronze, Silver and Gold).

SMOOTH HOLDS



TRADITIONAL BALLROOM HOLD

Follower may release left hand to extend left arm, and/or the Leader may lower left hand holding the Follower's right hand and switch from clasp to link hold



ALTERNATE HOLD BRONZE

Follower may release left hand to extend left arm, and/or the Leader may lower left hand holding the Follower's right hand and switch from clasp to link hold.



ALTERNATE HOLD SILVER

Both partners may release one hand to extend the arm and the other hand is placed to the shoulder or rib/back. In Closed and Outside Partner Right the left hand will be extended with the right hand to the body, in Outside Partner Left the right hand will be extended with the left hand to the body.



FRAME HOLD

With elbows up in a dance frame, hands connect to partner's back, shoulder, elbow or wrist. Follower's hand/arm is placed on top of the Leader's arm(s). Combinations of a Frame Hold and a Single Hand Hold are allowed.



HAND HOLDS

Double Hand Hold (left to right and right to left), Single Hand Hold (left to right or right to left), Crossed Hand Hold (right to right and left to left), Handshake Hold (right to right or left to left).

SHADOW HOLD EXAMPLES:



RIGHT SIDE SHADOW HOLD

Right hand on right side of Follower's body, left hand holding the Follower's left hand/wrist/forearm.



ALTERNATIVE SHADOW HOLD EXAMPLE

Right arm behind Follower's back, right hand holding her left hand and left hand holding her right hand. Follower's arms are crossed in front of her body just below waist level with her right arm above her left arm (Cuddle/Cradle/Sweetheart Hold).

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MORE ADVANCED HOLDS:



NO HOLD

There is no physical contact with the other partner.



HAMMERLOCK

Double Hand Hold or One Hand Hold with one partner having turned to right or left under joined hand(s) ending with one partner's arm across his/her lower back. In any Shadow or Contra Position.



HAND(S) TO BODY

Partners have no other point of contact other than a hand or hands to the partner's body.

POSITIONS

Positions refers to the relationship of the partners' bodies to one another (see the GSS ELEMENTS Chart for the Positions that are allowed at each level of Bronze, Silver and Gold).

● Closed



● Outside Partner Right or Left



● Promenade (Fallaway movements)



● Counter-Promenade



● (Open) Facing



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- Right Angle/ 90 degree



- Right Side and Left Side



- Inverted Left Side and Inverted Right Side



- Back to Back



- Same Foot Lunge



- Right Shadow and Left Shadow



- Contra



- Tandem



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PROXIMITIES

Proximity refers to the distance between the partners. See the GSS ELEMENTS Chart for the Proximities that are allowed at each level of Bronze, Silver and Gold.

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- **Contact** | Body to body contact
- **Close** | Close enough to take a Traditional Ballroom Hold with no body contact
- **Extended (with hold)** | Within arm's length of the partner and with any Hand Hold or Extended Frame Hold
- **Apart** | Within arm's length distance apart without a hold, couple could return to body contact by one partner taking one step towards the other.
- **Away** | Further apart than arm's length, partners would not be able to touch or take any hold. Couple could return to body contact by both taking one step each towards partner. Further away than one step each is not permitted in closed syllabus.

FEET

Feet refers to which foot the body weight is on in relation to the other partner. See the GSS ELEMENTS chart for the Feet that are allowed at each level of Bronze, Silver and Gold

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| <div>1</div> <p>OPPOSITE FOOT
If one partner is on the right foot the other partner must be on the left foot, and vice versa.</p> | <div>2</div> <p>SAME FOOT
Both partners are on the right foot at the same time or both partners are on the left foot at the same time.</p> | <div>3</div> <p>CLOSING FEET FOR BRONZE
Passing Feet (Continuity Style) for Silver and above.</p> |
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TIMING

Timing refers to the weight changes in relation to the music. See the Timing Chart for Timings allowed at each level of Bronze, Silver and Gold.

- Example 1,2,3 = three weight changes.
- Example 1, 2, & 3 = four weight changes. Timings in parentheses indicate that there is no weight change on that count.
- Example QQ(S) = two weight changes