

VADANCE

BALLROOM DANCING ABBREVIATIONS

AG Against
 AP Apart Position
 ARHP Apply Right Hand Pressure
 B Ball of Foot
 BAG Backing Against
 BC Backing Center
 BCT Body Completes Turn
 BDW Backing Diagonally to Wall
 B-F Ball then Flat
 BFT Back Foot
 B-H Ball then Heel
 BK Backing
 BLOD Backing Line of Dance
 BT Body Turn
 BTL Body Turns Less
 BW Backing Wall
 BWD Backward
 CBM Contra Body Movement
 CBMP Contra Body Movement Position
 CDL Cuddle Position
 CMPL Complete
 CMR Commence to Rise
 CMTL Commence to Turn Left
 CMTR Commence to Turn Right
 CONT Continuous
 CNR Continue To Rise
 CNT Continue To Turn
 CP Closed Position
 CPP Counter Promenade Position
 D Diagonally
 DC Diagonally to Center
 DFWD Diagonally Forward
 DLOD Down Line of Dance
 DR Draw
 DW Diagonally to Wall
 EO End of
 F Facing
 FA Fallaway
 FAG Facing Against
 FC Facing Center
 FFT Front Foot
 FHH Four-Hand Hold
 FLOD Facing Line of Dance
 FLR Floor
 FLT Flat
 FLW Follow
 FP Face Partner
 FT Foot
 FTFL Foot Flat
 FW Facing Wall
 FWD Forward
 H Heel
 H-B Heel then Ball
 HST Hesitation

H-T Heel Then Toe
 IE Inside Edge
 IP In Place
 L Left Turn
 LARS Left Arm Raised
 LAU Left Arm Up (for UAT)
 LAXIF Left Arm Cross in Front
 LD Lead
 LDG Leading
 LF Left Foot
 LFS Left Foot Swivel
 LH Left Hand
 LHLH Left Hand to Left Hand
 LL Look Left
 LOD Lind of Dance
 LOP Left Outside Position
 LP Look at Partner
 LPCP Lead Partner to Closed Position
 LPOB Lead Partner to Open Break
 LPPP Lead Partner to Promenade Position
 LPRH Lead Partner with Right Hand
 LR Look Right
 LSLG Left Shoulder Leading
 LWD Leftward
 LWR Lower
 NFR No Foot Rise
 NP Normal Position
 NRS No Rise
 NT No Turn
 NW No Weight
 OB Open Break
 OP Open Position
 NFR No Foot Raise
 NP Normal Position
 NRS No Rise
 NT No Turn
 NW No Weight
 OB Open Break
 OP Open Position
 OPT Optional
 OS Outside
 OSP Outside Partner
 P Partner
 PA Pivoting Action
 PLPOS Prepare to Lead Outside Partner
 PO Partner Outside
 PP Promenade Position
 PSOP Prepare to Step Outside
 PT Point
 PTG Pointing
 PTGW Pointing to Wall

Q Quick
 R Right Turn
 RARS Right Arm Raised Side-ways
 RAU Right Arm Up (UAT)
 RAXIF Right Arm Cross In Front
 RF Right Foot
 RH Right Habd
 RHRH Right Hand to Right Hand
 RLS Release
 ROP Right Outside Partner
 RS Rise
 RWD Rightward
 S Slow
 SBK Slightly Back
 SBS Side by Side
 SBT Slight Body Turn
 SCBM Slight C B M
 SD Side
 SFWD Slightly Forward
 SH Shoulder
 SIP Step in Place
 SL Slight
 SLTY Slightly
 SOSP Step Outside Partner
 SS Small Step
 SSWD Slightly Sideward
 STG Strong
 SVL Swivel
 SW Sway
 SWD Sideward, Sidewards
 SWL Sway Left
 SWR Sway Right
 T-H Toe then Heel
 TN Turn
 TO Toe Out
 UAT Underarm Turn
 UNX Uncross
 W Width
 WF Whole Foot
 WK Walk
 XIB Cross in Back
 XIF Cross in Front