

Usage Dates 2026 **Updated 02/17/2026**

Motions Classics	Motions Showcase	Dates
Starter & Honky Tonk: Dance A Newcomer: Pulse Novice, Intermediate, Advanced: Rise & Fall		February 11
Intermediate & Advanced: Pulse	Rise & Fall	March 11
Newcomer: Cuban Novice, Intermediate, Advanced: Smooth		April 1
Novice Cuban		April 22
Starter & Honky Tonk: Dance B Newcomer, Intermediate, Advanced: Cuban Risingstars & Superstars: Dance A Crown: Dance A	Pulse	May 5
All Levels: Street		June 3
All Levels: Stage Risingstars & Superstars: Dance B Crown: Dance B	Smooth	June 24

Motion & Dances 2026

Rise & Fall: Waltz

Pulse: Polka

Smooth: Triple Two

Cuban: Chacha

Street: see 2026 stepsheet

Stage: see 2026 Stepsheet

Novice Update:**Between April 1-22, 2026**

- R&F: Waltz (2026)
- Pulse: East Coast Swing (2025)
- Smooth: Triple Two (2026)
- Street: Hip Hop (2025)
- Stage: Lindyhop (2025)

Between April 23-June 3, 2026

- R&F: Waltz (2026)
- Smooth: Triple Two (2026)
- Cuban: Cha Cha (2026)
- Street: Hip Hop (2025)
- Stage: Lindyhop (2025)