

2026 Dancehall Championship Rules

FORMAT

1. This contest is a 3 Dance Overall Championship – Two-Step, West Coast Swing and Polka are the dances.
2. Couples consist of a leader and a follower, and competitors must maintain their chosen role throughout each dance, but may switch roles from one dance to another within the 3 dance format.
3. Dances will be done in order: Two-Step, West Coast Swing and Polka, with couples remaining on the floor between dances.
4. Each song will be 1:30 with 30 seconds between songs.
5. Music for all dances shall be current Country music, from the current Country Top 100 charts.
6. No Lifts allowed.
7. At the contest director's discretion, contest may have preliminary and semi-final rounds. The preliminary and semifinal rounds may be danced in multiple heats of each dance before switching to the next dance. In the final round, the 3 dances will be danced in succession, with the couples remaining on the floor, with 30 seconds between songs.

ELIGIBILITY

1. UCWDC Masters, Crown or Division I competitors are not eligible.

SCORING AND AWARDS

1. Each couple must dance all 3 dances, and will be awarded a placement in each dance.
2. The overall winner will be determined by combining the placements in each dance.
3. There will be a minimum of 5 judges.
4. 1st, 2nd and 3rd place overall will be awarded.

References

Dance Definitions:

Two-Step: Two-Step is a smooth, progressive dance with weaved patterns and rhythm accents that separate the quicks and slows, emphasizing slows. Basic Two-Step timings are QQS S, QQS QQS, and QQQQS S. BPM range 168-192.

West Coast Swing: West Coast Swing is an un-phrased, smooth, stationary dance with slotted patterns and rhythm accents, emphasizing back-beat. Basic West Coast Swing timings are 1 2 3&4 5&6 and 1 2 3&4 5 6 7&8. BPM range 92-100.

Polka: Polka is a progressive dance with 2-rail (streamlined) patterns performed with Lilt motion, emphasizing downward action on the numbered counts. Basic Polka timing is 1&2 3&4 5&6 7&8. BPM range: 106-120.

Video Links:

For suggested patterns in each dance, visit the following links. Note these are not required patterns, nor are the patterns limited to those in the videos. These are just suggestions, and references for each dance. You may choose whatever moves you like as long as they conform to the definitions of the dances.

<https://ucwdc.org/dance-pros/syllabi/>

<https://countrydancepros.com/syllabus/>