



Canada DanceSport

DanseSport Canada

LATIN AMERICAN SYLLABUS STEP LIST - LISTE DES FIGURES, COMPETITIONS & MEDAL TESTS

		CHA CHA		SAMBA		RUMBA		PASO DOBLE		JIVE
Newcomer Nouveau	1	Basic Movements (Closed, Open & In Place)	1	Basic Movements (Natural, Reverse, Side and Progressive)	1	Basic Movements (Closed, Open, In Place, Alternative)	1	Sur Place	1	Basic In Place
	2	New York (To Left or Right Side Position)	2	Whisks (and Lady's Underarm Turn)	2	Cucarachas (Left Foot and Right Foot)	2	Basic Movement	2	Fallaway Rock
	3	Spot Turns to Left or Right (incl. Switch & Underarm Turns)	3	Samba Walks (Promenade)	3	New York (To Left and Right Side Position)	3	Chassés to Right or Left (incl. elevations)	3	Fallaway Throwaway
	4	Shoulder to Shoulder (Left & Right Sides)	4	Rhythm Bounce	4	Spot Turns to Left or Right (incl. Switch & Underarm Turns)	4	Drag	4	Link (Kick Ball Change)
	5	Hand to Hand (To Right & Left Side Position)	5	Travelling Voltas to Right and Left (Facing No Turn)	5	Shoulder to Shoulder	5	Déplacement (Attack)	5	Change of Places Right to Left
Pre-Bronze Pré-Bronze	6	Three Cha Cha Chas-Forward and Back	6	Travelling Bota Fogos Forward	7	Progressive Walks Forward or Back	7	Promenade	5	Change of Places Right to Left with Change of Hands
	7	Side Steps (To Left or Right)	7	Criss Cross Bota Fogos (Shadow Bota Fogos)	8	Side Steps (To Left or Right)	8	Ecart (Fallaway Whisk)	6	Change of Places Left to Right with Change of Hands
	8	There and Back	3	Samba Walks (Side & Stationary)	9	Cuban Rocks	9	Separation	7	Change of Hands Behind Back
	9	Time Steps					10	Separation with Lady's Caping Walks	8	Hip Bump (Left Shoulder Shove)
Bronze	10	Fan	8	Travelling Bota Fogos Back	10	Fan	11	Fallaway Ending to Separation	9	American Spin
	11	Alemana	9	Bota Fogos to PP & CPP	11	Alemana	12	Huit	10	Walks
	12	Hockey Stick	10	Criss Cross Voltas	12	Hockey Stick	13	Sixteen	11	Stop and Go
	13	Natural Top	11	Solo Spot Volta	13	Natural Top	14	Promenade and Counter	12	Mooch
	14	Natural Opening Out Movement	12	Foot Changes 1, 2 & 3	14	Opening Out to Right and Left	15	Promenade	13	Whip
	15	Closed Hip Twist	13	Shadow Travelling Volta	15	Natural Opening Out Movement	16	Grand Circle	14	Whip Throwaway
Silver Argent	10	Fan (Development)	12	Foot Changes 1-2-3-4-8	10	Fan (Development)	17	La Passe	4	Hesitation (1-2 Link)
	16	Open Hip Twist	17	Open Rocks	17	Open Hip Twist	18	Banderillas	15	Reverse Whip
	17	Reverse Top	18	Back Rocks	18	Reverse Top	19	Twist Turn	16	Windmill
	18	Opening Out from Reverse Top	19	Plait	19	Opening Out from Reverse Top	20	Fallaway Reverse Turn	17	Spanish Arms
	19	Aida	20	Rolling Off the Arm	20	Aida	21	Coup de Pique	18	Rolling Off the Arm
	20	Spiral Turns (Spiral, Curl & Rope Spinning)	21	Argentine Crosses	21	Spiral Turns (Spiral, Curl & Rope Spinning)	22	Left Foot Variation	19	Simple Spin
	21	Cuban Breaks (incl. Split Cuban Breaks)	22	Maypole	22		23	Spanish Lines	20	Miami Special
	22	Chase	23	Shadow Circular Volta	23		24	Flamenco Taps		
	23									
Gold Or	11	Alemana R to R Hand Hold - Adv. Hip Twist (Dev.)	12	Foot Changes 1 to 8	7	Progressive Walks Forward in Right Shadow Position (Kiki Walks)	25	Syncopated Separation	21	Curly Whip
	24	Advanced Hip Twist	24	Contra Bota Fogos	11	Alemana R to R Hand Hold - Advanced Hip Twist (Dev.)	26	Travelling Spins from PP	22	Shoulder Spin
	25	Hip Twist Spiral	25	Roundabout	22	Fencing	27	Travelling Spins from CPP (No Syncopation)	23	Toe Heel Swivels
	26	Turkish Towel	26	Natural Roll	23	Three Threes	28	Fregolina (Farol)	24	Chugging
	27	Sweetheart	27	Reverse Roll	24	Three Alemanas	29	Twists	25	Chicken Walks
	28	Follow My Leader	28	Promenade and Counter	25	Hip Twists (Advanced, Continuous & Circular)	30	Chassé Cape (incl. Outside Turn)	26	Catapult
	29	Foot Changes	29	Promenade Runs					27	Stalking Walks, Flicks and Break
			30	Three Step Turn						
			31	Samba Locks						
				Cruzados Walks and Locks						

General Information - Informations Générales

Arms No restriction. The use of arms should be rhythmical and suit the figure and the dance.
Bras Aucune restriction. L'utilisation des bras devrait être rythmique et convenir à la figure et à la danse

Please Note: In syllabus competitions, IDTA styling or foot positions may be used. Examinations however remain as per ISTD.

Reference: ISTD Manuals and ISTD Popular Variations

S.V.P. Notez: Dans le syllabus de compétitions, le style et les positions de pieds de l'IDTA peuvent être utilisés. Pour les examens utilisez l'ISTD.

Références : Manuels ISTD ISTD Popular Variation