



LATIN SYLLABUS



SAMBA

Newcomer

- 1 Basic Movements (Natural, Reverse, Side & Progressive)
- 2 Whisks (& Lady's Underarm Turn)
- 3 Samba Walks (Promenade)
- 4 Rhythm Bounce
- 5 Travelling Voltas to Right & Left (Facing No Turn)

Pre-Bronze

- 6 Travelling Bota Fogos Forward
- 7 Criss Cross Bota Fogos
- 8 Samba Walks (Side & Stationary)

Bronze

- 9 Travelling Bota Fogos Back
- 10 Bota Fogos to PP and CPP
- 11 Criss Cross Voltas
- 12 Solo Spot Volta
- 13 Foot Changes 1, 2 & 3
- 14 Shadow Travelling Voltas
- 15 Reverse Turn
- 16 Corta Jaca
- 17 Closed Rocks
- 18 Outside Basic
- 19 Side Samba Chasse
- 20 Underarm Turn Left Turn

Silver

- 21 Foot Changes 4 to 8
- 22 Open Rocks
- 23 Back Rocks
- 24 Plait

- 25 Rolling off the Arm

- 26 Argentine Crosses

- 27 Maypole
- 28 Shadow Circular Volta
- 29 Samba Locks
- 30 Cruzados Walks & Locks
- 31 Dropped Volta

Gold

- 32 Contra Bota Fogos

- 33 Roundabout

- 34 Natural Roll
- 35 Reverse Roll
- 36 Promenade and Counter Promenade Runs
- 37 Three Step Turn
- 38 Same Position Corta Jaca
- 39 Double Spiral Turn for lady
- 40 Drag
- 41 Carioca Run

CHA-CHA

Newcomer

- 1 Basic Movements (Closed, Open & In Place)
- 2 New York (to Left or Right Side Position)
- 3 Spot Turns to Left or Right (Incl. Switch & Underarm Turns)
- 4 Shoulder to Shoulder (Left & Right Sides)
- 5 Hand to Hand (to Right & Left Side Position)

Pre-Bronze

- 6 Three Cha Cha Chas (Forward & Back)
- 7 Side Steps (to Left & Right)
- 8 There and Back
- 9 Time Steps

Bronze

- 10 Fan
- 11 Alemana
- 12 Hockey Stick
- 13 Natural Top
- 14 Natural Opening Out Movement
- 15 Closed Hip Twist
- 16 Open Hip Twist
- 17 Open Hip Twist to Chasse
- 18 Aida

Silver

- 19 Fan (Development)
- 20 Reverse Top
- 21 Opening Out from Reverse Top
- 22 Spiral Turns (Spiral, Curl & Rope Spinning)

- 23 Cross Basic

- 24 Cuban Breaks (Including Split Cuban Breaks)

- 25 Chase
- 26 Methods of Changing of Feet 1 to 3

Gold

- 27 Alemana R to R Hand to Advanced Hip Twist

- 28 Advanced Hip Twist

- 29 Hip Twist Spiral
- 30 Turkish Towel
- 31 Sweetheart

- 32 Follow My Leader
- 33 Syncopated Open Hip Twist
- 34 Overturned Lock Ending
- 35 Continuous Overturned Lock
- 36 Swivel from Overturned Lock
- 37 Swivel Hip Twist
- 38 Swivels
- 39 Walks & Whisks
- 40 Advanced Methods of Changing Feet 4 & 5

RUMBA

Newcomer

- 1 Basic Movements (Closed, Open, In Place & Alternative)
- 2 Cucarachas (Left Foot & Right Foot)
- 3 New York (to Left or Right Side Position)
- 4 Spot Turns to Left or Right (Incl. Switch & Underarm Turns)
- 5 Shoulder to Shoulder (Left & Right Sides)
- 6 Hand to Hand (to Right & Left Side Position)

Pre-Bronze

- 7 Progressive Walks Forward or Back
- 8 Side Steps (to Left & Right)
- 9 Cuban Rock

Bronze

- 10 Fan
- 11 Alemana
- 12 Hockey Stick
- 13 Natural Top
- 14 Opening Out to Right & Left
- 15 Natural Opening Out Movement
- 16 Closed Hip Twist
- 17 Open Hip Twist
- 18 Open Hip Twist Finished to Side

Silver

- 19 Fan (Development)
- 20 Reverse Top
- 21 Opening Out from Reverse Top
- 22 Aida

- 23 Spiral Turns (Spiral, Curl & Rope Spinning)

- 24 Hip Twists (Advanced & Continuous)

- 25 Fencing
- 26 Fencing to Spin

Gold

- 27 Progressive Walks Forward in Right

- 28 Alemana R to R Hand to Advanced Hip Twist

- 29 Sliding Doors
- 30 Three Threes
- 31 Three Alemanas

- 32 Continuous Circular Hip Twist
- 33 Syncopated Open Hip Twist
- 34 Advanced Sliding Doors
- 35 Swivels
- 36 Overturned Basic

PASO DOBLE

Newcomer

- 1 Sur Place
- 2 Basic Movement
- 3 Chasses to Right & Left
- 4 Drag
- 5 Displacement (Attack)
- 6 Promenade Link (also Promenade Close)

Pre-Bronze

- 7 Promenade
- 8 Ecart (Fallaway Whisk)
- 9 Separation
- 10 Separation with Lady's Caping Walk

Bronze

- 11 Fallaway Ending to Separation
- 12 Huit
- 13 Sixteen
- 14 Promenade and Counter Promenade
- 15 Grand Circle
- 16 Open Telemark
- 17 Twist Turn
- 18 Close Promenade

Silver

- 19 La Passe
- 20 Banderillas
- 21 Fallaway Reverse Turn
- 22 Coup de Pique

- 23 Syncopated Coup De Pique

- 24 Left Foot Variation

- 25 Spanish Lines
- 26 Flamenco Taps
- 27 Syncopated Separation

Gold

- 28 Travelling Spins from PP

- 29 Travelling Spins from CPP

- 30 Fregolina (Also Farol)
- 31 Twists
- 32 Chasse Cape (Including Outside Turn)

- 33 Method of Changing Feet

JIVE

Newcomer

- 1 Basic in Place
- 2 Fallaway Rock
- 3 Fallaway Throwaway
- 4 Link (Flick or Point Ball Change)
- 5 Change of Places Right to Left
- 6 Change of Places Left to Right

Pre-Bronze

- 7 Change of Places Right to Left (with change of hands)
- 8 Change of Places Left to Right (with change of hands)
- 9 Change of Hands Behind Back
- 10 Hip Bump (Left Shoulder Shove)

Bronze

- 11 American Spin
- 12 Walks
- 13 Stop & Go
- 14 Mooch
- 15 Whip
- 16 Whip Throwaway

Silver

- 17 Ball Change (Hesitation)
- 18 Reverse Whip
- 19 Windmill
- 20 Spanish Arms

- 21 Rolling Off the Arm

- 22 Simple Spin

- 23 Miami Special
- 24 Change of Places R to L w/ Double Spin
- 25 Curly Whip

Gold

- 26 Shoulder Spin

- 27 Toe Heel Swivels

- 28 Chugging
- 29 Chicken Walks
- 30 Catapult

- 31 Stalking Walks, Flicks & Break
- 32 Rock to Simple Spin
- 33 Sugar Push