

# Αποδεκτά Βηματολόγια American Style Latin & Smooth

## FRED ASTAIRE LATIN BRONZE RUMBA

1. RUMBA BOX STEP
2. UNDERARM TURN
3. OPEN CUBAN WALK
4. FIFTH POSITION BREAKS
5. ROCK STEPS A&B
6. BACK SPOT TURNS
7. FORWARD SPOT TURNS
8. TURN & BREAK COMBINATION
9. OFFSET BREAKS
10. ADVANCED CROSS OVERS

## BRONZE CHA CHA

1. CHA CHA BOX
2. PROGRESSIVE BASIC
3. CROSS OVERS A&B
4. UNDERARM TURN
5. CROSS TRIPLE STEPS
6. THE CHASE
7. CUBAN PROMENADE
8. TWO WAY UNDERARM TURN
9. CHA CHA FLIRT
10. THE BUTTERFLY

## BRONZE SAMBA

1. SAMBA BASIC STEP
2. SIDE CROSS
3. MARCHA
4. PROMENADE CONVERSA
5. REVERSE CONVERSA
6. TRIPLE CHASSES
7. ADVANCED MARCHA
8. RITMO AND PROGRESSO
9. BRAZILIAN FLIRT
10. BAHIA PASSO

## BRONZE MAMBO

1. MAMBO BOX STEPS
2. PROGRESSIVE BASIC
3. BREAK STEPS
4. CROSS BODY LEAD
5. CROSS OVER COMBINATION
6. FULL CHASE TURNS
7. HALF CHASE TURNS
8. REVERSE UNDERARM TURN
9. FORWARD BREAKS
10. UNDERARM SWIVELS

## BRONZE SWING

1. SWING BASIC
2. RELEASE BREAK
3. UNDERARM TURNS A&B
4. SINGLE TUCK-IN
5. DOUBLE TUCK-IN
6. LINDY TURN A/B
7. CONTINUOUS LINDY TURN
8. REVERSE UNDERARM TURN
9. TURN WITH ROLL
10. BREAK ENDINGS A&B

## FRED ASTAIRE BALRM

### BRONZE FOXTROT

1. BASIC ASTAIRE
2. THREE LITTLE WORDS
3. AD LIB LEFT & RIGHT
4. PARK AVENUE A&B
5. CROSS BODY LEAD
6. ASTAIRE SIDE ROCKS
7. SINGLE TWINKLE
8. TRIPLE OPEN TWINKLE
9. ADELE PIVOT
10. RUNNING STEPS

## BRONZE WALTZ

1. PROGRESSIVE BASIC
2. LEFT BOX TURNS
3. BALANCE STEPS A&B
4. CROSS BALANCE STEPS A&B
5. RIGHT BOX TURNS
6. TURN COMBINATION
7. THREE LITTLE WORDS-UNWIND
8. SPOT TWINKLES
9. ASTAIRE TWINKLES FORWARD
10. ASTAIRE TWINKLES BACKWARD

## BRONZE TANGO

1. BASIC STEPS A&B
2. PROMENADES A&B
3. RUNNING STEPS
4. CORTE A&B
5. RIGHT SIDE FAN
6. PROGRESSIVE SIDE ROCKS
7. CONTRA ROCKS
8. THREE FAN COMBINATION
9. ROCK & FAN
10. CROSS VUELTA

## FRED ASTAIRE 1 LATIN

### BRONZE RUMBA

1. BOX STEP, CROSS BODY LEAD
2. UNDERARM TURN
3. FIFTH POSITION BREAKS
4. OPEN CUBAN WALK
5. FWD/LEFT TURNING ROCK STEPS
6. OFFSET BREAKS
7. BACK/ FWD SPOT TURN
8. CROSS OVER BREAKS
9. TURN AND BREAK COMBINATION
10. WRAP AROUND

### BRONZE CHA -CHA

1. BOX & PROGRESSIVE BASIC
2. SINGLE & DOUBLE CROSS OVER
3. NATURAL & TWO WAY UNDERARM
4. CHASE CROSS OVER CHASE TURNS
5. CROSS TRIPLE STEP
6. PARALLEL BREAKS
7. BK SPOT TURN BREAK END/N.ROLL
8. CROSS OVER AND BREAK
9. HEEL-TOE SWIVELS
10. KNEE LIFT

### BRONZE SAMBA

1. BASIC, LEFT BOX TURN
2. IN PLACE/ PROGR 5TH POS BREAKS
3. PROMENADE CONVERSA
4. SING/TRIPL/TRAVELLING CHASSE
5. LEFT CROSS TURN
6. REVERSE/COMBINATION CONVERSA
7. S REV U.TURN,REV U.TURN CONVER
8. OPEN BREAK VARIATION
9. TURNING CONVERSA
10. FALLAWAY VOLTAS

### BRONZE MAMBO

1. BOX / PROGRESSIVE BASIC
2. CROSS BODY LEAD
3. FWD/BK/SD/ SHINE BREAK STEPS
4. NAT/REV UNDERARM TURN
5. HALF/FULL CHASE TURN
6. LEFT PARALLEL TURN
7. BACK SPOT TURN
8. CROSS OVER SWIVELS
9. KICK BREAKS
10. UNDERARM SWIVELS

## BRONZE SWING

1. BASIC SIN/DOUB/TRIP RHYTHM
2. RELEASE BREAK
3. U.TURN/U.TURN W MAN TURNING
4. EGG BEATER
5. SIN/DOUB/SHOULDER SPIN TUCK IN
6. LINDY IP/R/L LINDY TURN
7. R/L LINDY TURN W MANS U.TURN
8. R.LINDY TURN W REV/NAT U.TURN
9. SUGAR FOOT, HITCH KICK
10. OPEN/CONTINUOUS TUCK IN TURN

## FRED ASTAIRE 1 BALLROOM

### BRONZE FOX TROT

1. BASIC AND PROMENADE BASIC
2. CLS/OUTS TURNING BASIC
3. L/R/SIDE ROCK AD-LIB TURN
4. CROSS BODY LEAD
5. SINGLE TWINKLE
6. TRIPLE TWINKLE
7. SPOT TWINKLES
8. PROMENADE TWIST TURN
9. PROMENADE PIVOT TURN
10. CLS/OUTS RUNNING STEPS A,B

### BRONZE WALTZ

1. LEFT TURN 1/4 AND 3/8 TURN
2. PROGRSSIVE BASIC STEP
3. RIGHT TURN 1/4 AND 3/8 TURN
4. FWD/BK/SIDE/5TH POS BAL STEPS
5. CROSS BODY LEAD
6. PROMENADE CHASSE
7. FWD/BK PROGRESSIVE TWINKLES
8. PROMENADE TWIST TURN
9. ZIG-ZAG TWINKLES
10. FALLAWAY AND ROCK

### BRONZE TANGO

1. BASIC/OUTS BASIC STEP
2. PROMENADE BASIC TURNING L/R
3. CORTE ROCK & CORTE
4. R.SIDE FAN, 3FAN COMBINATION
5. RUNNING STEP
6. FWD/LEFT TURNING ROCK STEPS
7. CONTRA ROCKS
8. ROCK & FAN
9. CHECK AND CORTE
10. THE OVER SWAY

# Αποδεκτά Βηματολόγια International Style ISTD

## LATIN AMERICAN CHA CHA

### Associate

- 1.BASIC MOVEMENT
- 2.FAN
- 3.ALEMANA
- 4.HOCKEY STICK
- 5.THREE CHA CHA CHAS
- 6.NATURAL TOP
- 7.NATURAL OPENING OUT MOVEMENT
- 8.CLOSED HIP TWIST
- 9.HAND TO HAND
- 10.SPOT TURNS
- 11.TIME STEPS
- 12.NEW YORK
- 13.SHOULDER TO SHOULDER
- 14.REVERSE TOP
- 15.OPENING OUT FROM REVERSE TOP
- 16.AIDA
- 17.SPIRAL
- 18.OPEN HIP TWIST

### Member-Fellow

- 19.ROPE SPINNING
- 20.ADVANCED HIP TWISTS
- 21.CROSS BASIC
- 22.CUBAN BREAKS
- 23.TURKISH TOWEL
- 24.SWEETHART
- 25.FOLLOW MY HEART

## RUMBA

### Associate

- 1.BASIC MOVEMENT
- 2.FAN
- 3.ALEMANA
- 4.HOCKEY STICK
- 5.PROGRESSIVE WALKS FWD & BKWD
- 6.NATURAL TOP
- 7.NATURAL OPENING OUT MOVEMENT
- 8.SIDE STEP
- 9.CLOSED HIP TWISTS
- 10.CUCARACHAS
- 11.HAND TO HAND
- 12.SPOT TURNS
- 13.REVERSE TOP
- 14.OPENING OUT FROM REVERSE TOP
- 15.AIDA
- 16.SPIRAL
- 17.OPEN HIP TWISTS

### Member-Fellow

- 18.ALTERNATIVE BASIC MOVEMENT
- 19.KIKI WALKS
- 20.SLIDING DOORS
- 21.FENCING
- 22.ROPE SPINNING
- 23.THREE THREES
- 24.ADVANCED HIP TWISTS

## SAMBA

### Associate

1. BASIC MOVEMENTS NAT.REV.ALTER)
- 2.PROGRESSIVE BASIC MOVEMENT
- 3.OUTSIDE BASIC MOVEMENT
- 4.WISKS TO RIGHT AND LEFT
- 5.SAMBA WALKS IN P.P
- 6.TRAVELLING BOTA FOGOS
- 7.BOTA FOGOS TO P.P AND C.P.P
- 8.REVERSE TURN
- 9.CORTA JACA
- 10.CLOSED ROCKS
- 11.SIDE SAMBA WALK
- 12.VOLTA MOVEMENTS(C,M.POL ,SOL)
- 13.SHADOW BOTA FOGOS
- 14.ARGENTINE CROSSES

### Member-Fellow

- 15.STATIONARY SAMBA WALKS
- 16.OPEN ROCKS
- 17.BACK ROCKS
- 18.PLAIT
- 19.FOOT CHANGES
- 20.CONTRA BOTA FOGOS
- 21.ROLLING OFF THE ARM
- 22.NATURAL ROLL
- 23.VOLTA MOVEMENT (CL,TR, IR,R.SH)

## PASO DOBLE

### Associate

- 1.SUR PLACE
- 2.BASIC MOVEMENT
- 3.APPEL
- 4.CHASSES TO RIGHT AND LEFT
- 5.PROMENADE LINK
- 6.DEPLACEMENT (TO INCL ATTACK)
- 7.SEPARATION
- 8.FALLAWAY ENDING TO SEPARATION
- 9.THE HUIT (CAPE)
- 10.SIXTEEN
- 11.PROMENADES
- 12.GRAND CIRCLE (ADV. ENDT0 P.P)
- 13.OPEN TELEMARK
- 14.ECART (FALLAWAY WISK)
- 15.LA PASSE

### Member-Fellow

- 16.FALLAWAY REVERSE
- 17.SYNCOPATED SEPARATION
- 18.BANDERILLAS
- 19.THE TWISTS
- 20.COUP DE PIQUE
- 21.LEFT FOOT VARIATION
- 22.FREGOLINA (INCORP. THE FAROL)
- 23.THE CHASSE CAPE
- 24.TRAVELLING SPINS FROM P.P
- 25.TRAVELLING SPINS FROM C.P.P

## JIVE

### Associate

1. FALLAWAY ROCK
- 2.FALLAWAY THROW AWAY
- 3.LINK ROCK
- 4.CHANGE OF PLACES R TO L
- 5.CHANGE OF PLACES L TO R
- 6.CHANGE OF HANDS BEH BACK
- 7.AMERICAN SPIN
- 8.THE WALKS
- 9.THE WHIP
- 10.WHIP THROWAWAY
- 11.STOP AND GO
- 12.WINDMILL
- 13.SPANISH ARMS
- 14.ROLLING OFF THE ARM

### Member-Fellow

- 15.SIMPLE SPIN
- 16.CHICKEN WALKS
- 17.CURLY WHIP
- 18.TOE HEEL SWIVELS
- 19.FLICKS INTO BREAK

## MODERN STANDARD WALTZ

### Associate

- 1.CLOSED CHANGES
- 2.NATURAL TURN
- 3.REVERSE TURN
- 4.NATURAL SPIN TURN
- 5.WHISK
- 6.CHASSE FROM P.P
- 7.CLOSED IMPETUS

- 8.HESITATION CHANGE
- 9.OUTSIDE CHANGE
- 10.REVERSE CORTE
- 11.BACK WHISK
- 12.BASIC WEAVE
- 13.DOUBLE REVERSE SPIN
- 14.REVERSE PIVOT
- 15.BACK LOCK
- 16.PROGRESSIVE CHASSE' TO R

### Member

- 17.WEAVE FROM P.P
- 18.CLOSED TELEMARK
- 19.OPEN TELEMARK & CROSS HESITAT.
- 20.OPEN TELEMARK AND WING
- 21.OPEN IMPETUS & CROSS HESITAT.
- 22.OPEN IMPETUS AND WING
- 23.OUTSIDE SPIN
- 24.TURNING LOCK

### Fellow

- 25.LEFT WHISK
- 26.CONTRA CHECK
- 27.CLOSED WING
- 28.TURNING LOCK TO R
- 29.FALLAWAY REVERSE & SLIP PIVOT
- 30.HOVER CORTE

## FOXTROT

### Associate

- 1.FEATHER
- 2.THREE STEP
- 3.NATURAL TURN
- 4.REVERSE TURN (INC. FEATHER FIN.)
- 5.CLOSED IMPETUS & FEATHER FINISH
- 6.NATURAL WEAVE
- 7.CHANGE OF DIRECTION
- 8.BASIC WEAVE

### Member

- 9.CLOSED TELEMARK
- 10.OP. TELEMARK & FEATHER ENDING
- 11.TOP SPIN
- 12.HOVER FEATHER
- 13.HOVER TELEMARK
- 14.NATURAL TELEMARK
- 15.HOVER CROSS
- 16.O. TELEM,N.TRN,OUTS.SW,FEAT.END
- 17.OPEN IMPETUS
- 18.WEAVE FROM P.P
- 19.REVERSE WAVE

### Fellow

- 20.NATURAL TWIST TURN
- 21.CURVED FEATHER TO BCK. FEATHER
- 22.NATURAL ZIGZAG FROM P.P
- 23.FALLAWAY REVERSE & SLIP PIVOT
- 24.NATURAL HOVER TELEMARK
- 25.BOUNCE FALLAWAY w. WEAVE END

## TANGO

### Associate

- 1.WALK
- 2.PROGRESSIVE SIDE STEP
- 3.PROGRESSIVE LINK
- 4.CLOSED PROMENADE
- 5.ROCK TURN
- 6.OPEN REVERSE TURN LADY, OUTSIDE
- 7.BACK CORTE
- 8.OPEN REVERSE TURN, LADY IN LINE
- 9.PROGRESSIVE SIDE STEP REV.TURN
- 10.OPEN PROMENADE
- 11.L.F AND R.F ROCKS
- 12.NATURAL TWIST TURN
- 13.NATURAL PROMENADE TURN

### Member

- 14.PROMENADE LINK
- 15.FOUR STEP
- 16.BACK OPEN PROMENADE
- 17.OUTSIDE SWIVELS
- 18.FALLAWAY PROMENADE
- 19.FOUR STEP CHANGE
- 20.BRUSH TAP

### Fellow

- 21.FALLAWAY FOUR STEP
- 22.OVERSWAY
- 23.BASIC REVERSE TURN
- 24.THE CHASE
- 25.FALLAWAY REVERSE & SLIP PIVOT
- 26.FIVE STEP
- 27.CONTRA CHECK

## QUICK STEP

### Associate

- 1.QUARTER TURN TO RIGHT
- 2.NATURAL TURN
- 3.NATURAL TURN WITH HESITATION
- 4.NATURAL PIVOT TURN
- 5.NATURAL SPIN TURN
- 6.PROGRESSIVE CHASSE
- 7.CHASSE REVERSE TURN
- 8.FORWARD LOCK
- 9.CLOSED IMPETUS
- 10.BACK LOCK
- 11.REVERSE PIVOT
- 12.PROGRESSIVE CHASSE TO R
- 13.TIPPLE CHASSE TO R
- 14.RUNNING FINISH
- 15.NATURAL TURN & BACK LOCK
- 16.DOUBLE REVERSE SPIN

### Member

- 17.QUICK OPEN REVERSE
- 18.FISHTAIL
- 19.RUNNING RIGHT TURN
- 20.FOUR QUICK RUN
- 21.V6
- 22.CLOSED TELEMARK

### Fellow

- 23.CROSS SWIVEL
- 24.SIX QUICK RUN
- 25.RUMBA CROSS
- 26.TIPSY TO R AND L
- 27.HOVER CORTE

# Αποδεκτά Βηματολόγια International Style Latin WALTER LAIRD

## RUMBA

### Associate

FORWARD WALK.  
BACKWARD WALK.  
BASIC MOVEMENT.  
FAN.  
HOCKEY STICK.  
SPOT TURN TO LEFT.  
UNDERARM TURN TO RIGHT.  
SPOT TURN TO RIGHT.  
UNDERARM TURN TO LEFT.  
CHECK FROM OPEN CPP (NEW YORK).  
CHECK FROM OPEN PP (NEW YORK).  
HAND TO HAND.  
NATURAL TOP.  
CLOSE HIP TWIST.  
REVERSE TOP.  
ALEMANA.  
ALEMANA FROM OP. POS W L TO R HAND.  
OPEN HIP TWIST.

### Licentiate

ALTERNATIVE BASIC MOVEMENT.  
HOCKEY STICK TURNED TO OPEN CPP.  
CLOSE HIP TWIST TURNED TO OPEN CPP.  
ALEMANA CHECKED TO OPEN CPP.  
OPEN HIP TWIST TURNED TO OPEN CPP.  
OPENING OUT TO RIGHT & LEFT,  
SPIRAL  
SPIRAL TURNED TO FAN POSITION.  
SPIRAL TURNED TO OPEN CPP.  
CURL.  
CURL TURNED TO OPEN CPP.  
ALEMANA FROM OP POS W R TO R HOLD.  
ADVANCED OPENING OUT MOVEMENT.

### Fellow

FALL AWAY.  
CUBAN ROCKS.  
ROPE SPINNING.  
SLIDING DOORS.  
THREE ALEMANAS.  
CONTINUOUS HIP TWIST.  
CONTINUOUS CIRCULAR HIP TWIST.

## SAMBA

### Associate

NATURAL BASIC MOVEMENT.  
REVERSE BASIC MOVEMENT.  
PROGRESSIVE BASIC MOVEMENT.  
SIDE CHASSES.  
RHYTHM BOUNCE.  
SAMBA WHISKS TO LEFT AND RIGHT.  
PROMENADE SAMBA WALKS.  
SIDE SAMBA WALK.  
STATIONARY SAMBA WALKS.  
CLOSE ROCKS ON RIGHT AND LEFT FOOT.  
REVERSE TURN (STANDARD VERSION ONLY).  
CORTA JACA.  
TRAVELLING BOTAFOGOS.  
NATURAL ROLL (STANDARD VERSION).  
VOLTA SPOT TURN TO RIGHT FOR LADY.  
VOLTA SPOT TURN TO LEFT FOR LADY.

### Licentiate

OPEN ROCKS TO RIGHT AND LEFT.  
PROMENADE BOTAFOGO.  
BACK ROCKS ON RIGHT AND LEFT FOOT.  
PLAIT.  
SHADOW BOTAFOGOS.  
TRAVELLING VOLTAS TO RIGHT.

TRAVELLING VOLTAS TO LEFT.  
CONTINUOUS VOLTA SPOT TURN TO R.  
CONTINUOUS VOLTA SPOT TURN TO L.

### Fellow

CIRCULAR VOLTAS TO RIGHT.  
CIRCULAR VOLTAS TO LEFT.  
CONTRA BOTAFOGOS.  
SAMBA LOCKS.  
PROMNADE TO COUNTER PROM RUNS.  
CRUZADOS WALKS.  
CRUZADOS LOCKS IN SHADOW POSIT.  
METHODS OF CHANGING FEET 1,2,3 & 4.  
DROPPED VOLTA.

## PASO DOBLE

### Associate

MARCH.  
BASIC MOVEMENT.  
SUR PLACE.  
APPEL (STANDARD VERSION ONLY).  
CHASSES TO RIGHT.  
CHASSES TO LEFT.  
ELEVATIONS TO RIGHT.  
ELEVATIONS TO LEFT.  
HUIT.  
ATTACK.  
SEPARATION.  
SIXTEEN.  
TWIST TURN.  
PROMENADE.  
PROMENADE CLOSE

### Licentiate

GRAND CIRCLE.  
LA PASSE.  
BANDERILLAS.  
SYNCOPATED SEPARATION.  
FALLAWAY WHISK.  
FALLAWAY REVERSE.  
SPANISH LINE.  
METHODS OF CHANGING FEET 1,2,3 & 4.  
PROMENADE TO COUNTER PROMENADE.

### Fellow

TWISTS.  
CHASSE CAPE.  
TRAVELLING SPINS FROM PP.  
TRAVELLING SPINS FROM CPP.  
FLAMENCO TAPS.  
LEFT FOOT VARIATION.  
COUP DE PIQUE CHANGING L TO R FOOT.  
COUP DE PIQUE CHANGING R TO L FOOT.  
SYNCOPATED COUP DE PIQUE.  
COUP DE PIQUE COUPLET.  
ALTERNATIVE ENTRIES TO PP.

## CHA CHA CHA

### Associate

CHA CHA CHASSES TO LEFT & RIGHT.  
CHA CHA CHA LOCKS FWD AND BWD  
TIME STEP.  
CLOSE BASIC MOVEMENT.  
OPEN BASIC MOVEMENT.  
FAN  
HOCKEY STICK  
CHECK FROM OPEN CPP (NEW YORK).  
CHECK FROM OPEN PP (NEW YORK).  
SPOT TURN TO LEFT.  
UNDERARM TURN TO RIGHT.  
SPOT TURN TO RIGHT.

UNDERARM TURN TO LEFT.  
SHOULDER TO SHOULDER.  
HAND TO HAND.  
NATURAL TOP USING FINISH A.  
ALEMANA USING FINISH A (PAGE 17).  
ALEMANA FROM OPEN POS. L TO R HAND.

### Licentiate

RONDE CHASSE.  
HIP TWIST CHASSE.  
SLIP CLOSE CHASSE.  
HOCKEY STICK TURNED TO OPEN CPP.  
NATURAL TOP USING FINISH B.  
CLOSE HIP TWIST.  
CLOSE HIP TWIST TURNED TO OPEN CPP.  
ALEMANA CHECKED TO OPEN CPP.  
ALEMANA FROM OP POSIT W R TO R HAND  
ALEMANA USING FINISH B.  
OPEN HIP TWIST.  
OPEN HIP TWIST FINISH IN OPEN CPP.  
CROSS BASIC,  
METHODS OF CHANGING FEET 1 & 2.

### Fellow

GUAPACHA TIMING.  
CLOSE HIP TWIST SPIRAL.  
OPEN HIP TWIST SPIRAL.  
CUBAN BREAK IN OPEN POSITION.  
CUBAN BREAK IN OPEN CPP.  
SPLIT CUBAN BREAK IN OPEN CPP.  
SPLIT CUB BREAK FR OPEN CPP & PP.  
TURKISH TOWEL.  
METHODS OF CHANGING FEET NO 3.

## JIVE

### Associate

ROCK ACTION.  
JIVE CHASSE TO LEFT AND RIGHT.  
BASIC IN PLACE.  
BASIC IN FALLAWAY.  
CHANGE OF PLACE RIGHT TO LEFT.  
CHANGE OF PLACE LEFT TO RIGHT.  
LINK.  
CHANGE OF HANDS BEHIND BACK.  
WHIP.  
PROMENADE WALKS (SLOW).  
PROMENADE WALKS (QUICK).  
AMERICAN SPIN.

### Licentiate

CHANGE OF PLACE R TO L WITH DOUBLE  
SPIN.  
OVERTURNED CHANGE PLACE L TO R.  
DOUBLE CROSS WHIP.  
CURLY WHIP.  
THROWAWAY WHIP.  
REVERSE WHIP.  
FALLAWAY THROWAWAY.  
OVERTURNED FALLAWAY THROWAWAY.  
BALL CHANGE.

### Fellow

STOP AND GO.  
WINDMILL.  
CHICKEN WALKS.  
ROLLING OFF THE ARM.  
SPANISH ARMS.

# CHARTS GUY HOWARD ASTERS 1998 2011 2019

## WALTZ 36

### Associate 13

LF CLOSED CHANGE (REVERSE TO NATURAL)  
RF CLOSED CHANGE (NATURAL TO REVERSE)  
NATURAL TURN.  
REVERSE TURN.  
WHISK.  
CHASSE FROM PROMENADE POSITION.  
NATURAL SPIN TURN.  
UNDERTURNED NATURAL SPIN TURN  
NAT.TURN WITH HESITATION.  
REVERSE CORTE.  
BACK WHISK.  
OUTSIDE CHANGE.  
WEAVE IN WALTZ TIME.

### Licenciata 15

CLOSED TELEMARK.  
OPEN TELEMARK  
OPEN TELEMARK INTO WING.  
OPEN TELEMARK INTO CROSS HESITATION.  
OPEN IMPETUS TURN.  
OPEN IMPETUS TURN INTO WING.  
OPEN IMPETUS TURN INTO CROSS HESITATION.  
OPEN IMPETUS TURN FOLLOWED BY WEAVE FROM PP  
WHISK FOLLOWED BY WEAVE FROM PP.  
UNDERTURNED OUTSIDE SPIN.  
TURNING LOCK TO THE LEFT.  
REVERSE PIVOT.  
PROGRESSIVE CHASSE TO RIGHT.  
BACKWARD LOCK STEP.  
FORWARD LOCK STEP.

### Fellow 08

DOUBLE REVERSE SPIN.  
OUTSIDE SPIN.  
TURNING LOCK TO THE RIGHT.  
LEFT WHISK.  
FALLAWAY NATURAL TURN.  
RUNNING SPIN TURN.  
CLOSED WING.  
CONTRA CHECK.

## QUICK STEP 34

### Associate 14

QUARTER TURN TO RIGHT.  
NATURAL TURN AT A CORNER.  
NATURAL PIVOT TURN.  
NATURAL SPIN TURN.  
UNDERTURNED NATURAL SPIN TURN.  
NATURAL TURN WITH HESITATION.  
PROGRESSIVE CHASSE.  
FORWARD LOCK STEP.  
BACKWARD LOCK STEP.  
PROGRESSIVE CHASSE TO RIGHT.  
REVERSE TURN.  
QUICK OPEN REVERSE.  
TIPPLE CHASSE TO R, AFT 1 -3 NAT TURN AT CORN.  
TIPPLE CHASSE TO RIGHT ALONG SIDE OF ROOM

### Licenciata 11

RUNNING FINISH.  
TIPPLE CHASSE TO LEFT.  
REVERSE PIVOT.  
CLOSED TELEMARK.  
OPEN IMPETUS TURN

OPEN TELEMARK  
PASSING NATURAL TURN  
FOUR QUICK RUN.  
RUNNING RIGHT TURN.  
NATURAL TURN BACK LOCK RUNNING FINISH.  
V-6.

### Fellow 09

DOUBLE REVERSE SPIN.  
CROSS SWIVEL  
FISH-TAIL.  
SIX QUICK RUN.  
HOVER CORTE.  
TIPSY TO RIGHT.  
TIPSY TO LEFT.  
RUMBA CROSS.  
RUNNING CROSS CHASSE.

## FOXTROT 34

### Associate 11

FEATHER STEP.  
REVERSE TURN.  
THREE STEP.  
NATURAL TURN.  
CLOSED IMPETUS TURN.  
FEATHER FINISH  
FEATHER ENDING  
REVERSE WAVE.  
1 -4 OF REVERSE WAVE FOLLOWED BY WEAVE  
CHANGE OF DIRECTION.  
NATURAL WEAVE.

### Licenciata 12

CLOSED TELEMARK.  
**OPEN TELEMARK**  
OPEN TELEMARK FEATHER ENDING.  
OP TELEM PASS NAT TURN OUTS SWVL FEATH END  
OPEN IMPETUS TURN.  
OPEN IMPETUS FOLLOED BY WEAVE FROM PP  
TOP SPIN (ALL ALIGNMENTS).  
NATURAL TELEMARK.  
HOVER TELEMARK.  
QUICK NAT WEAVE FROM PP (RUNNING WEAVE).  
NATURAL TWIST TURN.  
QUICK OPEN REVERSE TURN.

### Fellow 11

REVERSE PIVOT.  
OPEN TELEMARK FOLLOWED BY WEAVE FROM PP  
HOVER CROSS.  
CURVED FEATHER.  
BACK FEATHER.  
CURVED FEATHER FROM PP.  
FALLAWAY REVERSE AND SLIP PIVOT  
(LILLTING) FALLAWAY WITH WEAVE ENDING.  
NATURAL ZIG-ZAG FROM PP.  
EXTENDED REVERSE WAVE.  
CURVED THREE STEP.

## TANGO 33

### Associate 13

PROGRESSIVE SIDE STEP.  
PROGRESSIVE LINK.  
CLOSED PROMENADE.  
OPEN PROMENADE.  
BASIC REVERSE TURN.

OPEN REVERSE TURN LADY IN-LINE CL FINISH.  
OPEN REVERSE TURN LADY OUTSIDE OP FINISH.  
PROGRESSIVE SIDE STEP REVERSE TURN.  
NATURAL ROCK TURN.  
BACK CORTE.  
ROCK ON LEFT FOOT.  
ROCK ON RIGHT FOOT.  
NATURAL PROMENADE TURN.

### Licenciata 08

NAT PROMENADE TURN TO NAT ROCK TURN  
NATURAL TWIST TURN  
PROMENADE LINK.  
FOUR STEP.  
BRUSH TAP.  
OUTS SWIVEL RIGHT FOLLOWED BY 2- 3 PROM LINK  
OUTS SWIVEL LEFT FOLLOWED BY 2-3 PROM LINK  
REVERSE OUTSIDE SWIVEL (PREC BY 1 - 2 REV TURN

### Fellow 08

**FALLAWAY PROMENADE.**  
FOUR STEP CHANGE  
BACK OPEN PROMENADE.  
CHASE.  
OVERSWAY.  
**FALLAWAY FOUR STEP.**  
FIVE STEP.  
REVERSE MINI FIVE STEP.

## V.WALTZ

### Licenciata 09

NATURAL TURN.  
REVERSE TURN.  
FWD CHANGE FROM NATURAL TO REVERSE.  
FWD CHANGE FROM REVERSE TO NATURAL.  
BKWARD CHANGE FROM NATURAL TO REVERSE.  
BKWARD CHANGE FROM REVERSE TO NATURAL.  
NATURAL FLECKEREL.  
REVERSE FLECKEREL.  
CHECK FROM REVERSE TO NATURAL FLECKEREL

# Αποδεκτά Βηματολόγια Alternative Rhythms 5 Dances + Oriental

## ARGENTINE TANGO

### Bronze

REVERSE BASIC (SALIDA)  
SIDE BASIC  
TURNING REVERSE BASIC  
FORWARD OCHO  
SAME FOOT BASIC  
BACK OCHO  
SANDWICH WITH FORWARD OCHO ENDING  
SMALL RIGHT TURN (GIRO)  
SMALL LEFT TURN (GIRO)

### Silver

GIRO TO RIGHT WITH MAN'S PARALLEL FEET  
GIRO TO LEFT WITH MAN'S PARALLEL FEET  
GIRO TO RIGHT SAME FOOT  
GIRO TO LEFT SAME FOOT  
SANDWICH AND FOOT PUSH  
RF GANCHO (HOOK)  
CONTINUOUS GIRO TO RIGHT  
CONTINUOUS GIRO TO LEFT  
MIXING PARALLEL AND SAME FOOT GIROS  
TURN RIGHT THEN LEFT  
TURN LEFT THEN RIGHT  
SPECIAL NOTES

### Gold

LADY'S EMBELLISHMENTS DURING OCHOS  
A. FLICK B. HOOK TWIST C. FRONT FLICK  
ENROSQUE (TWIST)  
MAN'S LAPIZ (PENCIL)  
MAN'S ARRASTRE (DRAG)  
WALKING OUTSIDE PARTNER LEFT SIDE  
USING GANCHOS  
LADY'S ELEVATED ENROSQUE

## SALSA

### Bronze

SALSA BASIC TO SIDE  
CROSS BASIC  
DROPPING BACK  
OPENING OUT  
SEPARADO  
CHICAS TURN  
CHOCOS TURN  
PARA SIGUE  
VUELTA PARA DOS

### Silver

CAMBIO MANO  
CAMBIO SIMPLE  
LOS SALSEROS  
SOMBRERO  
COJEDA CHICA

### Gold

CASINO TURN  
THE SCARF  
TORVIL Y DEAN  
SIMPLE PRETZEL TURN  
SALSA CIRCLE  
DOUBLE TURN  
LOOP THE LOOP

## MAMBO

### Bronze

MAMBO CLOSED BASIC  
MAMBO SIDE BASIC  
PROGRESSIVE BASIC  
TURNING BASIC  
BACK BREAK TO OPEN BREAK  
DOUBLE BACK BREAK  
2ND POSITION BREAKS  
CROSS BODY LEAD

CROSS OVER BREAKS  
OPEN BREAK WITH UNDERARM TURN  
SPOT TURNS

### Silver

CROSS BODY LEAD WITH LADIE'S INSIDE TURN  
CROSS BODY LEAD OVERTURNED  
CROSS BODY LEAD WITH MAN'S UNDERARM TURN  
SYNCOATED CROSS OVER BREAKS  
CROSS OVER BREAKS WITH HAND CHANGE  
FIFTH POSITION BREAK (HAND TO HAND)  
FIFTH POSITION BREAK WITH OPEN HOLD  
UNDERARM TURNS

### Gold

CROSS OVER BREAKS WITH SWIVELS  
CROSS OVER BREAKS, SWIVELS & PULL BACK  
FIFTH POSITION BREAK TO SLIDE DRAG  
BACK SPOT TURN  
BACK SPOT TURN WITH UNDERARM TURN  
SIDE BY SIDE BREAKS  
CLOSED RUNNING BOX  
MAMBO CROSSES TO RIGHT  
MAMBO CROSSES TO RIGHT AND LEFT  
CLOSED TURNING BREAK  
FORWARD SPOT TURN

### GOLD STAR

YOU GO, I GO  
KICK AND STICK  
SHADOW BREAKS  
REVOLVING BASIC  
VACERRO  
EGG-BEATER

## BACHATA

### Bronze

THE BASIC STEP  
SIDEWARDS BASIC  
FORWARDS & BACKWARDS BASIC  
FULL BROKEN RIGHT TURN  
BASIC SIDE TURNS  
FUNKY SIDE STEP  
SINGLE DOUBLE STEP  
SYNCOATED STEP  
THE LADDER  
DEEP AND TURN LADY

### Silver

ADVANCED BASIC STEP (SWAYING LIKE TREES)  
SIDE BASIC WITH HEARTBEAT  
SWIVELS (ZIG ZAG)  
EMBRACE HER  
FEEL HER UP  
FISHING WITH HOOK  
LET'S FEEL DIZZY  
MERRY GO AROUND  
REEL HER IN  
ROUND AND ABOUT

### Gold

REVERSE TURN  
DOUBLE TURN  
EAST TO WEST  
AROUND THE WORLD  
THE GUITAR  
THE RATTLESNAKE  
THE BUTTERFLY  
ITALIAN WAVE  
OPEN STAR  
RUTTLESNAKE HUNTER  
TURNS DELIGHT

## MERENGUE

### BRONZE

FWD/BACK/SIDE CHASSE'  
FWD/BACK WALKS  
PROMENADE WALK  
P.P BREAK/ P.P BREAK, U ARM  
ROCK TURN CHASSE/ P.P WALK  
6.O.BREAK WALK / L.TURN O.BREAK  
LEFT U.ARM TURN A, B  
RIGHT OUTSIDE TURN  
ADVANCED RIGHT OUTSIDE TURN  
KNEE FLEX

### SILVER

IBO WALKS FROM O.BREAK  
IBO WALKS U.ARM TURN  
CIRCLE WITH SWIVELS & U.ARM T.  
CROSS OVER TAP  
PROMENADE SWIVEL  
SPIN SWIVELS  
SEPERATION  
FLIP FLOP  
SHAKE DOWN

### GOLD

SPIRAL  
THE WRAP AROUND  
COMBINATION WRAPS  
THE SWING THING  
ROTATING BASIC  
ARM TWIST

## ORIENTAL ΑΡΧΙΚΟ ΣΤΑΔΙΟ BRONZE CHEST.

CHEST DROPS  
CHEST LIFTS  
CHEST SLIDE  
CHEST CIRCLE

### SHOULDER

CHEST AND SHOULDER SERPENTINE  
SHOULDER ROLLS SINGLE  
SHOULDER ROLLS ALTERNATING  
SHOULDER ACCENT ONE SIDE  
SHOULDER ROLLS ALTERNATING  
SHOULDER SHIMMY

### HEAD

HEAD SLIDE  
HEAD CIRCLE

### ARMS

SNAKE ARMS  
SNAKE HANDS  
WRIST ROLL

### HIPS

HIP BASIC CIRCLE  
HIP FIGURE 8 (INWARD)  
HIP FIGURE 8 (OUTWARD)  
HIP TWIST.  
HIP DROPS (FORWARD)  
HIP DROPS (SIDEWAYS)  
HIP LIFTS (FORWARD)  
HIP LIFTS (SIDEWAY)

### TRAVELLING STEPS:

THREE STEP TURN  
THREE STEP TURN WITH ACCENTS  
FRONT & BACK STEP  
3 STEP TURN WITH BUTTERFLY ARMS  
TRIPLE STEP  
STEP HOP  
CROSS STEP

## ORIENTAL ΠΡΟΧΩΡΗΜ ΣΤΑΔΙΟ ΕΛΕΥΘΕΡΕΣ ΧΟΡΟΓΡΑΦΙΕ