

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. ENDT O 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 (IN CORP. 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. TIPS 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 OPEN POS WITH 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 AND LEFT, SPIRAL.
SPIRAL TURNED TO FAN POSITION.
SPIRAL TURNED TO OPEN CPP.
CURL.
CURL TURNED TO OPEN CPP.
ALEMANA FROM OPEN POS WITH 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 ROIL (STANDARD VERSION ONLY).
VOLTA SPOT TURN TO RIGHT FOR LADY.
VOLTA SPOT TURN TO LEFT FOR LADY.

Licentiate

OPEN ROCKS TO RIGHT AND LEFT.
PROMENADE BOTAFOGO.
BACKWARD ROCKS ON RIGHT AND LEFT FOOT.
PLAIT.
SHADOW BOTAFOGOS.
TRAVELLING VOLTAS TO RIGHT.
TRAVELLING VOLTAS TO LEFT.
CONTINUOUS VOLTA SPOT TURN TO RIGHT.
CONTINUOUS VOLTA SPOT TURN TO LEFT.

Fellow

CIRCULAR VOLTAS TO RIGHT.
CIRCULAR VOLTAS TO LEFT.
CONTRA BOTAFOGOS.
SAMBA LOCKS.
PROMENADE TO COUNTER PROM RUNS.
CRUZADOS WALKS.
CRUZADOS LOCKS IN SHADOW POSITION.
METHODS OF CHANGING FEET 1,2,3 AND 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 FROM L TO R FOOT.
COUP DE PIQUE CHANGING FROM 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 (SEE NOTE PAGE 17).
HOCKEY STICK (SEE NOTE PAGE 17).
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 POSITION WITH 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 CUBAN BREAK FROM OPEN CPP & OPEN 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 OF 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.

Αποδεκτά Βηματολόγια International Style Standard GUY HOWARD

WALTZ

Associate

CLOSED CHANGES.
REVERSE TURN.
NATURAL TURN.
WHISK.
CHASSE FROM PROMENADE POSITION.
REVERSE CORTE.
REVERSE PIVOT.
BACK WHISK.
OUTSIDE CHANGE.
NATURAL SPIN TURN.
HESITATION CHANGE.
PROGRESSIVE CHASSE TO RIGHT.
WEAVE IN WALTZ TIME.

Licentiate

DOUBLE REVERSE SPIN.
BACKWARD LOCK STEP.
FORWARD LOCK STEP.
DRAG HESITATION.
OUTSIDE SPIN.
UNDERTURNED OUTSIDE SPIN.
TURNING LOCK TO THE RIGHT.
TURNING LOCK TO THE LEFT.
TELEMARK.
OPEN TELEMARK INTO WING.
OPEN TELEMARK INTO CROSS HESITATION.
OPEN IMPETUS TURN.
OPEN IMPETUS TURN INTO WING.
OPEN IMPETUS TURN INTO CROSS HESITATION.
WEAVE FROM PP PRECED OPEN IMPETUS TURN
WEAVE FROM PP (PRECEDED BY WHISK).

Fellow

LEFT WHISK.
FALLAWAY NATURAL TURN.
RUNNING SPIN TURN.
FALLAWAY WHISK (AFTER 1-3 NATURAL TURN).
CLOSED WING.
CONTRA CHECK.

QUICKSTEP

Associate

QUARTER TURN TO RIGHT.
NATURAL TURN AT A CORNER.
NATURAL PIVOT TURN.
NATURAL SPIN TURN.
NATURAL TURN WITH HESITATION.
PROGRESSIVE CHASSE.
FORWARD LOCK STEP.
BACKWARD LOCK STEP.
PROGRESSIVE CHASSE TO RIGHT.
CHASSE REVERSE TURN.
QUICK OPEN REVERSE.
REVERSE PIVOT.
RUNNING FINISH.
QUARTER TURN TO LEFT.
ZIG-ZAG BACK LOCK RUNNING FINISH.
TIPPLE CHASSE TO RIGHT, (AFTER 1 -3 OF
TIPPLE CHASSE TO R (AFTER 4 OF A BK LOCK).
NATURAL TURN AT CORNER).

Licentiate

TIPPLE CHASSE TO LEFT.
TELEMARK.
DOUBLE REVERSE SPIN.
CROSS SWIVEL.
FISH-TAIL.
FOUR QUICK RUN.
RUNNING RIGHT TURN.
NATURAL TURN BACK LOCK RUNNING FINISH.
V-6.
RUNNING CROSS CHASSE.
PASSING NATURAL TURN.

Fellow

SIX QUICK RUN.
HOVER CORTE.
TIPSY TO RIGHT.
TIPSY TO LEFT.
RUMBA CROSS

FOXTROT

Associate

FEATHER STEP.
REVERSE TURN.
THREE STEP.
NATURAL TURN,
IMPETUS TURN.
REVERSE WAVE.
WEAVE (AFTER 1 -4 OF REVERSE WAVE).
CHANGE OF DIRECTION,

Licentiate

OPEN TELEMARK FEATHER ENDING.
TELEMARK.
OPEN TELEMARK NATURAL TURN OUTSIDE SWIVEL
FEATHER ENDING.
WEAVE FROM PP (PREC BY OPEN IMPETUS).
OPEN IMPETUS TURN.
TOP SPIN (ALL ALIGNMENTS).
HOVER FEATHER.
NATURAL TELEMARK.
HOVER TELEMARK
NATURAL WEAVE.
QUICK NATURAL WEAVE FROM PP (RUNNING WEAVE).
NATURAL TWIST TURN.
QUICK OPEN REVERSE.
REVERSE PIVOT.

Fellow

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

TANGO

Associate

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.
NATURAL PROMENADE TURN TO NATURAL ROCK TURN
(CORNER ALIGNMENT ONLY).
NATURAL TWIST TURN.

Licentiate

NATURAL PROMENADE TURN TO NATURAL ROCK TURN AT
CORNER & ALONG THE SIDE OF THE ROOM.
PROMENADE LINK.
FOUR STEP.
FALLAWAY PROMENADE.
BRUSH TAP.
FOUR STEP CHANGE.
OUTSIDE SWIVEL FOLLOWED BY STEPS 2- 3 OF

PROMENADE LINK (PRECD OPEN PROMENADE).
OUTSIDE SWIVEL (TURNING LEFT) FOLLOWED BY
STEPS 2-3 OF PROMENADE LINK (PRECEDED BY
OPEN FINISH ENDING DW).
OUTSIDE SWIVEL (PREC BY 1 & 2 OF REV TURN).
BACK OPEN PROMENADE.

Fellow

FALLAWAY FOUR STEP.
CHASE.
OVERSWAY.
DROP OR TILT OVERSWAY.
FIVE STEP.
MINI FIVE STEP.

V.WALTZ

Licentiate

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

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

OPEN BREAK WITH UNDERARM TURN
SPOT TURNS

Silver

CROSS BODY LEAD WITH LADY'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

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

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

DISCO - HUSTLE

Bronze

BASIC STEP
LADY'S REVERSE UNDERARM TURN
LADY'S NATURAL UNDERARM TURN A/B .
CONTINUOUS REVERSE UNDERARM TURNS.
STOP AND GO
LEFT AND RIGHT TURN WITH BOTH ARMS .
SIDE BREAKS AND SPIN
NEW YORK
CHANGE OF HAND BEHIND MAN'S/LADY'S BACK
ROLLING ON/OFF THE ARMS, SPIN ENDING

Silver

LADY'S SPIN TO RIGHT
BREAKS IN RIGHT PARALLEL
LADY'S DOUBLE NATURAL UNDERARM
LADY'S CONTINUOUS SWIVELS IN CIRCLE
ROLLING ON/OFF THE ARM, R.SIDE LINE

Gold

MAN'S AND LADY'S DOUBLE SPIN
PIVOTS TO LADY'S UNDERARM
ROLLING ON/OFF THE ARM, OVER SWAY, UNDERARM
LADY'S DROP
LIFT

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

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

