

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 MOVEMETS 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. ENDTO 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 (INCP. 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