

# 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 STERS 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. 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

# 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 MOV/NT
- 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 REVER 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 & BKD
- 6.NATURAL TOP
- 7.NATURAL OPENING OUT MOVEMNT
- 8.SIDE STEP
- 9.CLOSED HIP TWISTS
- 10.CUCARACHAS
- 11.HAND TO HAND
- 12.SPOT TURNS
- 13.REVERSE TOP
- 14.OPENING OUT FROM REV 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, CIR,R,SH)

## PASO DOBLE

### Associate

- 1.SUR PLACE
- 2.BASIC MOVEMENT
- 3.APPEL
- 4.CHASSES TO RIGHT AND LEFT
- 5.PROMENADE LINK
- 6.DEPLACEMANT (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.BANDERLLAS
- 19.THE TWISTS
- 20.COUP DE PIQUE
- 21.LEFT FOOT VARIATION
- 22.FREGOLINA (INCPOR. 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 BK. 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

# INTERNATIONAL STYLE LATIN WALTER LAIRD 2006

## 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.  
PROMNADE 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.  
SYNCPATED SEPARATION.  
FALLAWAY WHISK.  
FALLAWAY REVERSE.  
SPANISH LINE.  
METHODS OF CHANGING FEET 1 - 2 - 3 AND 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.  
SYNCPATED 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 AND 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 OP 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.

# INTERNATIONAL STYLE STANDARD GUY HOWARD 1998

## 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 (PRECED 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 REV TO NATURAL FLECKEREL.

# 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

## 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

## 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

### 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 IDTA

### EXERCISES

SIDEWAYS THRUSTS - SIDEWAYS SHIMMY  
HIP LIFTS & DROPS  
TWISTS - SHIMMY  
FIGURE OF EIGHT (8)  
ALTERNATIVE HIP LIFTS  
TWIST LIFTS ON 1 LEG - ON RISE  
SHIMMY FROM THE KNEES  
CAMEL IN  
CAMEL OUT  
HIP SEMI-CIRCLE  
WHOLE HIP CIRCLE  
REVERSE FIGURE OF EIGHT  
VERTICAL FIGURE OF EIGHT  
FWD WHEEL CIRCLE  
BACKWARD WHEEL CIRCLE

### TRAVELLING STEPS, WALKS AND TURNS

QUEEN WALK  
CAMEL SIDE WALK  
CAMEL CROSS WALK  
CAMEL TURN  
CAMEL WALK UP AND DOWN  
THREE STEP TURN  
U STEP  
S SHAPE WALK  
SPIN TURN  
SPIN TURN WITH THE USE OF HEAD  
TWIST LIFTS ON ONE LEG  
TRAVELLING SHIMMIES  
CHANGE OF WEIGHT  
ARABESQUE ON A RISE  
KNEE BENDS ON A RISE  
SIDEWAYS THRUSTS ON A RISE

### BEGINNERS ROUTINE (SUITABLE FOR BRONZE LEVEL)

1-4 CHANGE OF WEIGHT WITH SINGLE HIP LIFT, ARMS DIAGONAL R ARM HIGH.  
5-8 CHANGE OF WEIGHT WITH DOUBLE HIP LIFT, ARMS DIAGONAL R ARM HIGH.  
1-4 U STEP TO THE R, ARMS LOW V.  
5-7 3 HIP LIFTS, ARMS DIAGONAL L ARM HIGH, HOLD 8.  
1-2 SEMI CIRCLE TO THE R,  
3-4 SEMI CIRCLE TO THE L, ARMS LOW V PU.  
5-8 A WHOLE CIRCLE TO THE R PD FACE THE RDF AND MAKE 2 HIP LIFTS, ARMS IN GINI ARM POSITION.  
5,6,7 3 FASTER HIP LIFTS, HOLD 8.  
1-8 2 CHANGE OF WEIGHTS TRAVELING SIDEWAYS TO LDF DIAGONAL ARM R HIGH WITH BEND ELBOW.  
1-6 3 TWIST LIFTS ON 1 LEG ON A RISE TRAV/NG SIDEWAYS TO LDF.  
7 STEP FWD WITH L,  
8 CLOSE R TO L, TEMPLE ARMS IN MEDIUM.  
1-8 START WITH THE R LEG AND WITH QUEEN WALK MAKE HALF OF THE FIGURE OF THE 8 ON A RISE CLOSING THE FEET ON 8.  
1-8 START WITH THE L AND WITH QUEEN WALK 8 STEPS TO THE L TO COMPLETE THE FIGURE OF 8 ENDING FACING BACK, WEIGHT ON R LEG, ARMS LOW V PU.  
1-8 MOVE TO THE L MAKE 1 SLOW FIGURE OF 8 (1 -4) AND 1 ½ FASTER FIGURES OF (5-7), SNAKE ARMS, HOLD 8.  
1-4 CROSS R LEG BEHIND, MAKE A HALF TURN TO THE R ON 3, TEMPLE ARMS HIGH.  
5,6,7 3 HEAD ISOLATIONS TO THE SIDE STARTING TO THE R, HOLD 8 4 CAMEL ROLLS IN WITH CLOSE FEET, ARMS SLOWLY COME FROM THE CENTRE OF THE BODY TO LOW V POSITION.  
1-8 SIDEWAYS SHIMMY, ARMS SLOWLY COME UP TO PARALLEL MEDIUM PU.

### INTERMEDIATE ROUTINE (SUITABLE FOR SILVER)

1-8 4 TWIST LIFTS ON L LEG ON A RISE, TURNING ON THE SPOT TO THE L MAKING 1 TURN, TEMPLE ARMS MEDIUM.  
1-8 REPEAT THE SAME TO THE R.  
1-8,1-8 REPEAT THE SAME WITH THE ARMS DIAGONAL.  
1-4 3 STEP TURN TO THE L.  
5-8 1 WHOLE CIRCLE TO THE L

1-4 2 FASTER WHOLE CIRCLES TO THE L.  
5-8,1-8, STEP FWD ON 5 TO LDF WITH R LEG AND MAKE A CAMEL IN MOVING BACKWARDS ON THE COUNTS 7,3,7,3, ON 4 LIFT R HIP.  
1-3  
5-8,1-4 5 R HIP DROP & R HIP LIFT, 6 R HIP DROP WITH FLICK KICK & R HIP LIFT, REPEAT TURNING TO THE L ON THE SPOT TO FACE TO THE R SIDE AND 1 & 2 &.  
3 STEP FWD WITH R LEG, ON 4 TO LIFT L HIP.  
5-8,1-4 REPEAT TO THE OTHER SIDE USING L HIP END FACING TO THE FRONT.  
5-8,1-4 CHANGES OF WEIGHT FWD & BWD USING THE SIDEWAYS SHIMMY.  
5-8,1-4 2 CHANGES OF WEIGHT FWD & BWD TRAVELING TO THE L.  
5-8,1-8 1 CROSS CAMEL & 2 FASTER CAMELS ON THE SPOT TO L. REPEAT R,L SMALL JUMP IN BOTH FEET, WAIT ON 2.  
3-8,1-8 1/2 WHOLE CIRCLES TO L WITH BOUNCING, RISE ON BOTH FEET ON 8.  
1-4 2 TWIST LIFTS ON L LEG,  
5-8 4 FASTER TWIST LIFTS ON L LEG.  
1-4 2 TWIST LIFTS ON L LEG MAKING 1 TURN TO THE L,  
5-8 3 STEP TURN TO THE L, R FWD ON STEP 8  
1-4 TURN ON THE SPOT TO COMPLETE 1 TURN TO THE L.  
5-8 SPIN TURNS TO THE L END KNEELING ON THE FLOOR.

### ADVANCED ROUTINE (SUITABLE FOR GOLD LEVEL)

1-4,1 SIDEWAYS THRUSTS STARTING TO THE R ON A RISE 1&2, 3&4 MOVING BWDS, ARMS LOW  
V. 4 SIDEWAYS THRUSTS.  
1-8 REPEAT WITH GINI ARMS  
1-4 3 STEP TURN TO THE R FINISH FACING RDF, LIFTING L HIP ON 4 HEEL OFF THE FLOOR, BENT KNEE.  
5,6 2 THRUSTS L, R.  
7 SHIMMY.  
8 THRUST TO THE L SIFTING R KNEE OFF THE FLOOR.  
1-4 2 WHOLE CIRCLES TO THE L, TURNING TO THE L END FACING LDF.  
5,6,7 3 FASTER CIRCLES FACING LDF BENDING THE KNEES.  
1-4 CROSS CAMEL TO THE L (START WITH THE R).  
5-6 2 CROSS CAMEL WALKS TO THE R (START WITH THE L).  
7&8 3 FASTER CAMELS ON A RISE ON THE SPOT (BENT KNEES) WALK BWDS ON A RISE SHIMMYING THE SHOULDERS.  
3-4, 1 CROSS L LEG BEHIND R LEG, STEP TO THE SIDE WITH R, STEP FWD WITH L, ON & ARABESQUE.  
5-6 SMOOTH RUNNING FWD TO LDF, ON & MAKE A P. KNEE BEND ON A RISE WITH BENT KNEE AND A SLIGHT CONTRACTION ON THE BELLY AREA, ARMS PARALLEL MEDIUM SIDEWAYS SHIMMY, ARMS LIKE TAKING OFF T-SHIRT.  
1,2,3,4 1 REVERSE FIGURE OF EIGHT IN LDF  
5, 6 1 FASTER REVERSE FIGURE OF EIGHT FACING FRONT  
8 ½ SLOW REVERSE FIGURE OF EIGHT.  
1&2&3 SIDEWAYS SHIMMY TRAVELLING, HOLD 4.  
5&6&7 SIDEWAYS SHIMMY TRAVELING, HOLD 8  
1-8 REPEAT 1-8 ALL TRAVELLING TO THE SHAPE OF A CIRCLE.  
1-8 SPIN TURN TO THE L FINISHING KNEELING ON THE FLOOR ARMS IN MEDIUM TEMPLE.