

Restricted syllabus International Latin

Samba

Newcomer

Basic Movement (Nat., Rev., Progressive)
Outside Basic
Samba Whisk to L & R (and Lady's Underarm Turn)
Samba Walks (Promenade)
Samba Walk (Side & Stationary)
Travelling Volta to R & L
Criss Cross Botafogos

Pre-Bronze

Travelling Botafogo
Reverse Turn
Side Samba Chasse
Travelling Botafogo Backward to Promenade Position
Criss Cross Volta to R & L
Underarm Turn Turning R & L
Solo Spot Volta Turning L & L
Continuous Solo Spot Volta Turning L & R

Bronze

Maypole - Lady turning R & L
Cruzados Walks
Cruzados Locks
Continuous Cruzados Lock
Dropped Volta
Circular Voltas Turning R & L
Solo Circular Voltas Turning R & L
Same Foot Botafogos
Samba Locks Lady on L Side
Samba Locks Lady on R Side

Silver

Natural Roll
Reverse Roll
Close Rocks
Open Rocks
Backward Rocks
Plait

Corta Jaca
Same Position Corta Jaca
Double Spiral Turn (Three Step Turn)
Promenade to Counter Promenade Runs
Drag
Rolling off the Arm
Carioca Runs
Argentine Crosses

Chacha

Newcomer

Basic Movements (Closed, Open)
New York to P & L
Spot Turn to R & L
Hand to Hand to R & L
Shoulder to Shoulder

Pre-Bronze

Three Cha Cha Chas to R & L
Time Step
Side Steps (to L or R)
Underarm Turn Turning R & L
Fan
Open/ Closed Hip Twist
Hockey Stick

Bronze

Aida
Open/ Closed Hip Twist to Chasse
Alemana
Natural Top
Cross Basic
Cuban Breaks to R & L
Turkish Towel

Silver

Sweetheart
Follow my Leader
Syncopated Open Hip Twist
Curl
Rope Spinning
Overturned Lock Ending

Continuous Overtuned Lock
Swivel Hip twist
6 Swivels
4 Walks and Whisks

Rumba

Newcomer

Basic Movement (Closed, Open, in Place, After.)
New York to R & L
Hand to Hand to R & L
Spot Turn to R & L
Underarm Turn Turning R & L
Side Walks and Cucarachas

Pre-Bronze

Alemana
Fan
Closed & Open Hip Twis
Hockey Stick
Opening Out
Shoulder to Shoulder

Bronze

Progressive Forward Walks
Aida
Continuous Hip Twist
Cuban Rocks
Fencing to Spin
Continuous Circular Hip Twist

Silver

Natural & Reverse Top
Curl
Spiral
Three Alemanas
Advanced Sliding Doors
Three Threes
Rope Spinning
Swivels
Overtuned Basic
Forward and backward Walks Amalgamations

Paso Doble

Newcomer

Basic Movement
Sur Place
Chasses to R & L
Drag
Attack
Promenade Link

Pre-Bronze

Promenade to Counter Promenade
Huit
Grand Circle
Separation
Natural Twist Turn
Promenade
Closed promenade
Sixteen

Bronze

Banderillas
Fallaway Reverse
Fallaway Whisk
Spanish Lines
La Passe
Syncopated Separation
Flamenco Taps

Silver

Twists
Chasse Cape
Traveling Spins from PP & CPP
Syncopated Coup de Pique
Separation with Lady's Caping Walks
Farol
Fregolina
Syncopated Chasse
Left Foot Variation
Coup de Pique (changing from LF to RF)
Coup de Pique (changing from RF to LF)

Jive

Newcomer

Basic in Place

Basic in Fallaway

Change of Place from R to L

Change of Place from L to R

Change of Place behind the Back

Link

Stop and Go

Pre-Bronze

Whip

Walks

Fallaway Throwaway

American spin

Hip Bump

Bronze

Change of Place from R to L with Double Spin

Overtured Change of Place from L to R

Double Cross Whip

Throwaway Whip

Reverse Whip

Curly Whip

Overtured Fallaway Throwaway

Windmill

Mooch

Silver

Spanish Arms

Chicken Walks

Rolling off the Arm

Simple Spin

Rock to Simple Spin

Flicks into Break

9 Toe Heel Swivels

Sugar Push

Miami Special

Shoulder Spin

Chugging

Catapult