

SYLABUS LAT pro soutěže Czech Pro-Am Dance Union 2022

	Samba		Chacha		Rumba		Paso Doble		Jive	
Newcomer	1	Basic Movements (Nat., Rev., Side & Progressive)	1	Basic Movements (Closed, Open)	1	Basic Movements (Closed, Open, In Place, Alternative)	1	Sur Place	1	Basic In Place
	2	Outside Basic	2	New York to Left or Right	2	Cucarachas	2	Basic Movement	2	Fallaway Rock
	3	Whisks to L and R	3	Spot Turns to Left or Right	3	Spot Turns to Left or Right	3	Chassés to R or L (Elevations)	3	Change of Places R to L
	4	Underarm Turn to L or R (ladies)	4	Hand to Hand to Left or Right	4	Underarm Turn L or R	4	Déplacement (Attack)	4	Change of Places L to R
	5	Samba Walks	5	Shoulder to Shoulder	5	New York to Left or Right	5	Promenade Link (Prom. Close)	5	Change of Hands Behind Back
	6	Side samba	6	Time Steps	6	Hand to Hand to Left or Right	6	Promenade	6	Link
	7	Stationary samba	7	Underarm Turn L or R	7	Shoulder to Shoulder	7	Ecart (Fallaway Whisk)	7	Hip Bump (Left Shoulder Shove)
	8	Travelling Volats to R or L			8	Side Steps to Left or Right				
	9	Criss Cross (Shadow) Bota Fogos Rhythm Bounce								
Pre-Bronze & Bronze	10	Travelling Bota Fogos Fwd and Bwd	8	Three Cha Cha Chas - L and R	9	Cuban Rocks	8	Separation	8	Stop and Go
	11	Reverse Turn	9	Side Steps to L and R	10	Fan	9	Separation with Lady's Caping	9	American Spin
	12	Criss Cross Volta	10	Fan	11	Alemana	10	Walks	10	Whip
	13	Solo Spot Volta	11	Alemana	12	Hockey Stick	11	Fallaway Ending to Separation	11	Whip Throwing
	14	Shadow Travelling Volta	12	Hockey Stick	13	Closed Hip Twist	12	Hult	12	Fallaway Throwing
	15	Corta Jacka	13	Closed Hip Twist	14	Opening Out to R and L	13	Sixteen	13	Promenade Walks S and Q
	16	Closed Rocks			15	Natural Opening Out	14	Promenade and Counter Promenade	14	Mooch
	17	Foot Chages			16	Aida				
Silver	18	Open Rocks	14	Open Hip Twist	17	Open Hip Twist	15	Grand Circle	15	Hesitation (1-2 Link)
	19	Back Rocks	15	Reverse Top	18	Natural Top	16	Twist Turn	16	Windmill
	20	Plait	16	Opening Out from Reverse Top	19	Reverse Top	17	Travelling Spins from PP	17	Spanish Arms
	21	Cruzados Walks	17	Natural Top	20	Opening Out from Reverse Top	18	Travelling Spins from CPP	18	Flick into Break
	22	Cruzados Locks	18	Spiral	21	Spiral	19	Open Telemark	19	Reverse Whip
	23	Roundabout	19	Curl	22	Curl	20	Fallaway Reverse Turn	20	Curly Whip
	24	Dropped Volta	20	Rope spinning	23	Rope Spinning			21	Double cross Whip
	25	Same Foot Botafogos	21	Cross Basic	24	Progressive Walks Fwd in Right			22	Overtured Fallaway Throwing
	26	Same position Corta Jacka	22	Cuban Breaks	25	Continuous Hip Twist			23	Overtured Change of Place from L to R
	28	Samba Locks L and R	23	Split Cuban Breaks	26	Shadow position (Kiki Walks)			24	Simple Spin
	29	Circular Voltas L and R	24	Turkish Towel	27	Rhythm 23&4, 2&34			25	Kick Ball Change
	30	Solo Circular Voltas L and R	25	Syncopated Time Steps						
	31	Natural Roll								
	Gold	31	Reverse Roll	26	Guapacha Rhythm	28	Fencing	21	La Passe	26
32		Reverse Roll in Shadow Positon	27	Foot Changes	29	Three Alemanas	22	Banderillas	27	Chicken Walks
33		Maypole	28	Sweetheart	30	Advanced Sliding Doors	23	Coup de Pique	28	Rolling Of the Arm
34		PP and CPP Runs	29	Follow My Leader	31	Three Threes	24	Syncopated Coup de Pique	29	Toe Heel Swivels
35		Three Step Turn	30	Overtured Lock Ending	32	Swiwels	25	Left Foot Variation	30	Shugar Push
36		Drag	31	Continuous Overtured Lock	33	Overtured Basic	26	Spanish Lines	31	Miami Special
37		Rolling Off the Arm	32	Swiwel Hip Twist	34	Advanced Hip Twists (R to R hold)	27	Flamenco Taps	32	Shoulder Spin
38		Argentine Crossess	33	6 Swiwels	35	Continuous Hip Twists	28	Syncopated Separation	33	Chugging
39		Carioca Runs	34	4 Walks and Whisks	36	Continuous Circular Hip Twist	29	Syncopated Chasses	34	Catapult
							30	Fregolina (Farol)		
							31	Twists		
						32	Chassé Cape (incl. Outside Turn)			