

**SYLABUS LAT pro soutěže Czech Pro-Am Dance Union 2023**

	<b>Samba</b>	<b>Chacha</b>	<b>Rumba</b>	<b>Paso Doble</b>	<b>Jive</b>
<b>Newcomer</b>	1 Basic Movements (Nat., Rev., Side & Progressive)	1 Basic Movements (Closed, Open)	1 Basic Movements (Closed, Open, In Place, Alternative)		1 Basic In Place
	2 Outside Basic	2 New York to Left or Right	2 Cucarachas		2 Fallaway Rock
	3 Whisks to L and R	3 Spot Turns to Left or Right	3 Spot Turns to Left or Right		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 Change of Places L to R
	5 Samba Walks	5 Shoulder to Shoulder	5 New York to Left or Right		5 Change of Hands Behind Back
	6 Side samba	6 Time Steps	6 Hand to Hand to Left or Right		6 Link
	7 Stationary samba	7 Underarm Turn L or R	7 Shoulder to Shoulder		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				
	10 Rhythm Bounce				
<b>Pre-Bronze &amp; Bronze</b>	11 Travelling Bota Fogos Fwd and Bwd	8 Three Cha Cha Chas - L and R	9 Cuban Rocks	1 Sur Place	8 Stop and Go
	12 Reverse Turn	9 Side Steps to L and R	10 Fan	2 Basic Movement	9 American Spin
	13 Criss Cross Volta	10 Fan	11 Alemana	3 Chassés to R or L (Elevations)	10 Whip
	14 Solo Spot Volta	11 Alemana	12 Hockey Stick	4 Déplacement (Attack)	11 Whip Throwaway
	15 Shadow Travelling Volta	12 Hockey Stick	13 Opening Out to R and L	5 Promenade Link (Prom. Close)	12 Fallaway Throwaway
	16 Corta Jacka	13 Closed Hip Twist	14 Natural Opening Out	6 Promenade	13 Promenade Walks S and Q
	17 Closed Rocks	14 Open Hip Twist	15 Aida	7 Ecart (Fallaway Whisk)	14 Mooch
	18 Foot Chages		16 Closed Hip Twist	8 Separation	
		17 Open Hip Twist	9 Separation with Lady's Caping		
<b>Silver</b>	19 Open Rocks			10 Walks	15 Hesitation (1-2 Link)
	20 Back Rocks	15 Reverse Top	18 Natural Top	11 Fallaway Ending to Separation	16 Windmill
	21 Plait	16 Opening Out from Reverse Top	19 Reverse Top	12 Hult	17 Spanish Arms
	22 Cruzados Walks	17 Natural Top	20 Opening Out from Reverse Top	13 Sixteen	18 Flick into Break
	23 Cruzados Locks	18 Spiral	21 Spiral	14 Promenade and Counter Promenade	19 Reverse Whip
	24 Roundabout	19 Curl	22 Curl	15 Grand Circle	20 Curly Whip
	25 Dropped Volta	20 Rope spinnig	23 Rope Spinning	16 Twist Turn	21 Double cross Whip
	26 Same Foot Botafogos	21 Cross Basic	24 Progressive Walks Fwd in Right	17 Travelling Spins from PP	22 Overtured Fallaway Throwaway
	27 Same position Corta Jacka	22 Cuban Breaks	25 Continuous Hip Twist	18 Travelling Spins from CPP	23 Overtured Change of Place from L to R
	28 Samba Locks L and R	23 Split Cuban Breaks	26 Shadow position (Kiki Walks)	19 Open Telemark	24 Simple Spin
	29 Circular Voltas L and R	24 Turkish Towel	27 Rhythm 23&4, 2&34	20 Fallaway Reverse Turn	25 Kick Ball Change
	30 Solo Circular Voltas L and R	25 Syncopated Time Steps			
	31 Natural Roll				
<b>Gold</b>	32 Reverse Roll	26 Guapacha Rhythm	28 Fencing	21 La Passe	26 Change of Places R to L with Double Spin
	33 Reverse Roll in Shadow Positon	27 Foot Changes	29 Three Alemanas	22 Banderillas	27 Chicken Walks
	34 Maypole	28 Sweetheart	30 Advanced Sliding Doors	23 Coup de Pique	28 Rolling Of the Arm
	35 PP and CPP Runs	29 Follow My Leader	31 Three Threes	24 Syncopated Coup de Pique	29 Toe Heel Swivels
	36 Three Step Turn	30 Overtured Lock Ending	32 Swiwels	25 Left Foot Variation	30 Sugar Push
	37 Drag	31 Continuous Overtured Lock	33 Overtured Basic	26 Spanish Lines	31 Miami Special
	38 Rolling Off the Arm	32 Swivel Hip Twist	34 Advanced Hip Twists (R to R hold)	27 Flamenco Taps	32 Shoulder Spin
	39 Argentine Crossess	33 6 Swiwels	35 Continuous Hip Twists	28 Syncopated Separation	33 Chugging
	40 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)	