



SYLLABUS

LATIN

SOLOS & COUPLES

MINORS/JUVENILES/JUNIORS/YOUTH/ADULT/
SENIORS

(DANCING AS LEADER OR FOLLOWER)

SAMBA

E CLASS

1.1 Minor 1:

- 1 – Reverse Basic Movement (No Rotation)

1.2 Minor 2:

- 1 – Reverse Basic Movement (No Rotation)
- 2 – Samba Whisk to Left
- 3 – Samba Whisk to Right

1.3 JUVENILE/JUNIOR/YOUTH/ADULT/SENIOR:

- 1 - Natural Basic Movement (No Rotation)
- 2 - Reverse Basic Movement (No Rotation)
- 3 - Samba Whisk to Left
- 4 - Samba Whisk to Right

D CLASS:

- 1- Time step
- 2- Close Basic Movement
- 3- Rhythm Bounce
- 4- Natural Basic Movement
- 5- Reverse Basic Movement
- 6- Progressive Basic Movement
- 7- Side Basic Movement to Left
- 8- Side Basic Movement to Right
- 9- Outside Basic
- 10- Samba Whisk to Left
- 11- Samba Whisk to Right
- 12- Stationary Samba Walks
- 13- Promenade Samba Walks
- 14- Side Samba Walks
- 15- Reverse Turn
- 16- Promenade to Counter Promenade Botafogos
- 17- Side Samba Chasse
- 18- Travelling Botafogo Forward
- 19- Travelling Botafogo Backward to PP
- 20- Criss Cross Botafogo

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- 21- Criss Cross Volta to Right
- 22- Criss Cross Volta to Left
- 23- Travelling Volta to Right
- 24- Travelling Volta to Left
- 25- Underarm Turning to Right
- 26- Underarm Turning to Left
- 27- Dropped Voltas
- 28- Methods of Changing Feet
- 29- Natural Roll

C CLASS & ABOVE: As D Class plus:

- 30- Maypole Lady Turning Right
- 31- Maypole Lady Turning Left
- 32- Cruzados Walks
- 33- Cruzados Locks
- 34- Circular Volta Turning Right
- 35- Circular Volta Turning Left
- 36- Same foot Botafogo
- 37- Samba Locks Lady (Follower) on Left
- 38- Samba locks Lady (Follower) on Right
- 39- Reverse Roll
- 40- Closed Rocks
- 41- Open Rocks
- 42- Backward Rocks
- 43- Plait
- 44- Corta Jaca
- 45- Same Position Corta Jaca
- 46- Double Spiral Turn for Lady
- 47- Promenade to Counter Promenade Runs
- 48- Drag
- 49- Rolling off the arm
- 50- Carioca runs
- 51- Argentine crosses

CHA CHA CHA

D Class:

- 1- Time step
- 2- Close Basic Movement
- 3- Open Basic Movement
- 4- New York to Right
- 5- New York to Left
- 6- Hand to hand to Right
- 7- Hand to hand to Left
- 8- Spot Turn to Right
- 9- Spot Turn to Left
- 10- Underarm Turn Turning Right
- 11- Underarm Turn Turning Left
- 12- Three Cha Cha Cha to Right
- 13- Three Cha Cha Cha to Left
- 14- Shoulder to shoulder
- 15- Aida
- 16- Fan
- 17- Open Hip Twist
- 18- Open Hip Twist to Chasse
- 19- Close Hip Twist
- 20- Close Hip Twist to Chasse
- 21- Hockey Stick
- 22- Hockey Stick to Chasse
- 23- Alemana
- 24- Alemana From Open Opposing Position
- 25- Natural Top
- 26- Slip Close Chasse
- 27- Cha Cha Chasse to Right
- 28- Cha Cha Chasse to Left
- 29- Cha Cha Lock Forward
- 30- Cha Cha Lock Backward
- 31- Time Step Chasse
- 32- Ronde Chasse
- 33- Hip Twist Chasse
- 34- Compact Chasse
- 35- Methods of Changing Feet: Method 1 – Chasse to Right Side Link, Method 2 – Lock to Right Side Link, Method 3 – Link to Open Opp Pos.

C CLASS & ABOVE: As D Class plus:

- 36- Cross Basic
- 37- Cross Basic with Turn
- 38- Cross Basic to Open Opposing Position
- 39- Split Cuban Break to Right
- 40- Split Cuban break to Left
- 41- Cuban breaks to Right
- 42- Cuban breaks to Left
- 43- Cuban break amalgamations (Cuban breaks in open opposing positions)
- 44- Whisk chasse
- 45- Running chasse forward
- 46- Volta cross chasse – Version 1
- 47- Volta cross chasse – Version 2
- 48- Close Hip Twist Spiral
- 49- Open Hip Twist Spiral
- 50- Turkish Towel
- 51- Sweetheart
- 52- Follow My Leader
- 53- Syncopated Open Hip Twist
- 54- Curl
- 55- Rope Spinning
- 56- Overturned Lock Ending
- 57- Continuous Overturned Lock
- 58- Swivel from Overturned Lock
- 59- Swivel Hip Twist
- 60- Swivels
- 61- Walks & Whisks
- 62- Advanced Methods of Changing Feet: Method 4- Link to Fan L Angle, Method 5- Syncopated Right Side Link

JIVE

D Class:

- 1- Basic in Place
- 2- Basic in Fallaway
- 3- Change of Place from Right to Left
- 4- Change of Place from Left to Right
- 5- American Spin
- 6- Change of Place Behind the Back
- 7- Link
- 8- Whip
- 9- Promenade Walks – Slow
- 10- Promenade Walks – Quick
- 11- Kick Ball Change
- 12- Flick Ball Change

C CLASS & ABOVE: As D Class plus

- 13- Fallaway Throwaway
- 14- Change of Place from Right to Left with Double Spin
- 15- Overturn Change of Place from Left to Right
- 16- Double Cross Whip
- 17- Throwaway Whip
- 18- Reverse Whip
- 19- Curly Whip
- 20- Overturned Fallaway Throwaway
- 21- Stop and Go
- 22- Hip Bump
- 23- Windmill
- 24- Mooch
- 25- Spanish Arms
- 26- Chicken Walks
- 27- Rolling Off the Arm
- 28- Simple Spin
- 29- Rock to Simple Spin
- 30- Flicks into Breaks
- 31- Toe Heel Swivels
- 32- Sugar Push
- 33- Miami Special
- 34- Shoulder Spin
- 35- Chugging
- 36- Catapult
- 37- Stalking Walks

RUMBA

C Class & Above:

- 1- Close Basic Movement
- 2- Open Basic Movement
- 3- New York to Right
- 4- New York to Left
- 5- Hand to Hand to Right
- 6- Hand to Hand to Left
- 7- Spot Turn to Right
- 8- Spot Turn to Left
- 9- Underarm Turn Turning to Right
- 10- Underarm Turn Turning to Left
- 11- Side Walks and Cucarachas
- 12- Fan
- 13- Open Hip Twist
- 14- Open Hip Twist Finished to Side
- 15- Hockey Stick
- 16- Hockey Stick Finished to Side
- 17- Opening Out
- 18- Shoulder to Shoulder
- 19- Alternative Basic Movement
- 20- Close Hip Twist
- 21- Close Hip Twist Finished to Side
- 22- Alemana
- 23- Alemana Finished to Side
- 24- Progressive Forward Walks
- 25- Progressive Forward Walks to Fan
- 26- Aida
- 27- Continuous Hip Twist
- 28- Cuban Rocks
- 29- Fencing to Spin
- 30- Continuous Circular Hip Twist
- 31- Syncopated Open Hip Twist
- 32- Natural Top
- 33- Reverse Top
- 34- Curl
- 35- Curl Finished to Side
- 36- Spiral
- 37- Spiral Finished to Side
- 38- Spiral to Fan
- 39- Three Alemanas
- 40- Sliding Doors
- 41- Advanced Sliding Doors
- 42- Three Threes
- 43- Three Threes to Fan

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44- Rope Spinning

45- Swivels

46- Overturned Basic

PASO DOBLE

1- Basic Movement

2- Sur Place

3- Chasses to Right

4- Drag

5- Chasses to Left

6- Attack

7- Huit

8- Separation

9- Natural Twist Turn

10- Promenade

11- Closed Promenade

12- Promenade Link

13- Sixteen

14- Promenade to Counter Promenade

15- Grand Circle

16- Banderillas

17- Fallaway Reverse

18- Fallaway Whisk

19- Spanish Lines

20- La Passe

21- Syncopated Separation

22- Flamenco Taps

23- Twists

24- Chasse Cape

25- Travelling Spins from Promenade Position

26- Travelling Spins from Counter Promenade Position

27- Syncopated Coup De Pique

28- Separation with Ladys' Caping Walks

29- Farol

30- Fregolina

31- Method of Changing Feet