

American Smooth Syllabus List

Foxtrot 30-34 mpm

Pre-Bronze/Student Teacher

1. Forward Basic
2. Quarter Turns A&B
3. Left Rock Turn
4. Swing Step
5. Promenade Walk A&B
6. Cross Body Lead

Bronze/Associate

7. Simple Twinkle
8. Twinkle with Promenade Chasse Ending
9. Twinkles Forward
10. Twinkles Back
11. Promenade Turn

Recognized Variations

1. Left and Right Foot Closed Changes
2. Left Turn A, B, and C
3. Right Turn A, B, and C
4. Twist to Left from Promenade Position

Silver/Licentiate

1. Open Simple Twinkle
2. Open Twinkle with Promenade Chasse
3. Open Twinkles Forward
4. Open Twinkles Back
5. Open Left Turn
6. Open Right Turn
7. Grapevine
8. Promenade and Counter Promenade Runs
9. Curved Three Steps
10. Fallaway Reverse Turn, Slip Pivot, Syncopated Curved Three
11. Open Left Cross Turn to Cross Swivels

Waltz 28-32 mpm

Pre-Bronze/Student Teacher

1. Left and Right Foot Closed Changes
2. Left Turn A, B, and C
3. Right Turn A, B, and C
4. Hesitation A and B
5. Cross Body Lead

Bronze/Associate

6. Simple Twinkle
7. Twinkle with Promenade Chasse Ending
8. Twinkles Forward
9. Twinkles Back
10. Twist to Left from Promenade Position

Recognized Variations

1. Box with Right Underarm Turn
2. Promenade with Right Underarm Turn

Silver/Licentiate

1. Open Simple Twinkle
2. Open Twinkle with Promenade Chasse
3. Open Twinkles Forward
4. Open Twinkles Back
5. Open Left Turn
6. Open Right Turn
7. Single Wrap
8. Shadow Left Turn
9. Single Wrap to Shadow Right Turns
10. Syncopated Right Underarm Turn

Recognized Variations

1. Grapevine
2. Promenade and Counter Promenade Runs
3. Curved Three Steps
4. Fallaway Reverse Turn, Slip Pivot, Syncopated Curved Three
5. Open Left Turn to Cross Swivels

Tango 28-30 mpm**Pre-Bronze/Student Teacher**

1. Basic A and B
2. Promenade Basic
3. Corte
4. Promenade to Fan
5. Corte with Roll Out
6. Turning Corte to Outside Swivel

Bronze/Associate

7. Continuous Basic
8. Basic Left Turn
9. Contra Rock to Circular Fans
10. Oversway

Silver/Licentiate

1. Open Left Turn to Quick Fans
2. Same Foot Fans
3. Double Ronde
4. Shadow Open Left Turn
5. Pivots to Open Same Foot Lunge
6. Corte to Leg Hooks
7. Promenade Flicks and Twist to Trap
8. Rock Turn to Turning Lock
9. Fallaway to Open Check

Viennese Waltz 50-54 mpm

Pre-Bronze/Student Teacher

1. Left Turn
2. Right Turn
3. Hesitation Forward and Back
4. Side Hesitation
5. Progressive Forward and Back Hesitation

Bronze/Associate

6. Fifth Position Breaks
7. Progressive Fifth Position Breaks
8. Cross Body Lead to Left Underarm Turn
9. Underarm Turn to the Right
10. Left Underarm Turn to In and Out Hesitation

Silver/Licentiate

1. Progressive Fifth Position with Hand Change
2. Left Turns with Lady's Underarm Turns
3. Canter Turns
4. Back to Back Box
5. Promenade Hesitation Run
6. Turning Hesitation to Back Lock
7. Shadow Turns to Right
8. Fan Kicks
9. Ronde to Throwaway
10. Underarm Spin to Throwaway

Peabody 60-62 mpm

Bronze/Associate

1. Eight Count Right Turn
2. Six Count Right Turn
3. Eight Count Left Turn
4. Six Count Left Turn
5. Running Steps

6. Lock and Run
7. Twinkles Forward
8. Twinkles Back
9. Right Underarm Turn
10. Left Underarm Turn

Silver/Licentiate

1. Double Lock
2. Offset Grapevine
3. Promenade Grapevine
4. Fallaway Grapevine
5. Continuous Forward Locks
6. Left Rock Spin
7. Right Pivots
8. Promenade and Counter Promenade Runs
9. Grapevine to Side By Side

American Rhythm Syllabus List

Rumba 28-32 mpm

Pre-Bronze/Student Teacher

1. Box
2. Right Underarm Turn
3. Side Breaks
4. Progressive Rocks
5. Fifth Position Breaks

Bronze/Associate

6. Cross Body Lead
7. Cross Body Lead to Cuban Walks Back
8. Cross Body Lead to Outside Breaks
9. Open Break with Underarm Turn Right to Cross Over Breaks
10. Forward and Back Spot Turns

Silver/Licentiate

1. Open Box
2. Snap Cross
3. Quick Underarm Turns Right and Left
4. Sliding Doors Variation
5. Quick Underarm Turn to Wraparound
6. Grapevine to Spiral
7. Sit Checks to Left and Right
8. Grapevine to Left Underarm Turn to Solo Spin

9. Rope Spinning to Left Underarm Turn
10. Curl to Shadow Foot Swivels to Same Foot Lunge

Cha Cha Cha 28-32 mpm

Pre-Bronze/Student Teacher

1. Cha Cha Basic
2. Forward and Back Basic
3. Cross Over Breaks and Switch Turn
4. Right Underarm Turn
5. Right Left Right underarm Turns
6. Three Cha Chas Forward and Back

Bronze/Associate

7. Cross Body Lead
8. Outside Breaks
9. Cross Over Side Steps, Back and Forward Runs
10. Left Side Pass

Silver/Licentiate

1. Cross Over Breaks with Apart Turns
2. Grapevine to Fencing
3. Syncopated Cross Over Breaks into Knee Lift with Right U/A
4. Underarm Chase to Side Pass
5. Opening Out to Side Checks
6. Three Chas with Solo Turns
7. Foot Change from LF Cross Over Breaks ending in Right Side by Side
- 7A. Foot Change from Right Side by Side ending in Closed or Open Facing
8. Foot Change from RF Cross Over Breaks ending in Left Side by Side
- 8A. Foot Change from Left Side by Side ending in Closed or Open Facing
9. Left and Right Underarm Turns to Passing Changes
10. Side by Side Variation

Mambo 48-51 mpm

Pre-Bronze/Student Teacher

- 1a. Mambo Basic
- 1b. Progressive Basic
- 2a. Forward and Backward Breaks
- 2b. Side Breaks
3. Cross Body Lead
4. Right Underarm Turn
5. Fifth Position Breaks

Bronze/Associate

6. Cross Body Lead Right Side Pass
7. Cross Over Breaks and Switch Turn
8. Chase Turns
9. Right Underarm Turn to Advanced Hip Twist
10. Shadow Breaks to Lady's Spiral

Silver/Licentiate

1. Turning Side Breaks
2. Mambo Wraps
3. Opening Out to Side Checks
4. Outside Check and Swivel
5. Catapult
6. Open Left Turn in Shadow
7. Foot Change from Open Facing to Right Shadow
- 7A. Foot Change from Right Shadow to Open Facing
8. Advance Sliding Doors
9. Back Drop
10. Kick and Swivel

East Coast Swing 34-36 mpm

Pre-Bronze/Student Teacher

1. Swing Basic
2. Throwaway
3. Underarm Turns Right and Left
4. Sweetheart
5. American Spin

Bronze/Associate

6. Four Kicks
7. Peek-a-Boo
8. Lindy Whip
- 9a. Lindy Whip with Right Underarm Turn
- 9b. Lindy Whip with Left Underarm Turn
- 9c. Lindy Whip with Hand Change Turn
10. Back Pass

Silver/Licentiate

1. Sailor Shuffles
2. Chicken Walks
3. Crossover Back to Back
4. Catapult
5. Promenade Walks
6. Double Underarm Turn to Open Tuck-in
7. Toe Heel Swivels
8. Sweetheart with Double Underarm Turn

9. Passing Triples
10. Boogie Walks in Right Shadow

Bolero 24-26 mpm

Pre-Bronze/Student Teacher

1. Bolero Basic
2. Cross Body Lead
3. Open Break
4. Right Underarm Turn
5. Fifth Position Breaks
6. Outside Breaks

Bronze/Associate

7. Cross Over Break and Switch Turn
8. Left Side Pass
9. Right Side Pass
10. Back Spot Turn

Silver/Licentiate

1. Passing Changes
2. Shadow Wraps
3. Left Side Pass with Lady's Underarm Turn to Left
4. Outside Break to Aida
5. Crossover Break to Aida (option to figure 4)
6. Traveling Cross to Switch Turn
7. Lunge to Lady's Free Turn to Right
8. Right Side Pass, Back Spot Turn to Rudolph Ronde
9. Back Spot Turn, Underarm Turns to Left and Right
10. Eros Line in Shadow Position to Double Contra Check