

International Standard

Waltz 28-31 mpm

Pre-Bronze/Student Teacher

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
6. Chasse from Promenade Position

Bronze/Associate

7. Closed Impetus
8. Hesitation Change
9. Outside Change
10. Reverse Corte
11. Back Whisk
12. Basic Weave
13. Double Reverse Spin
14. Reverse Pivot
15. Back Lock
16. Progressive Chasse to Right

Silver/Licentiate

17. Weave from Promenade Position
 18. Closed Telemark
 19. Open Telemark & Cross Hesitation
 20. Open Telemark & Wing
 21. Open Impetus & Cross Hesitation
 22. Open Impetus & Wing
 23. Outside Spin
 24. Turning Lock
- Drag Hesitation*

Gold/Fellow

25. Left Whisk
 26. Contra Check
 27. Closed Wing
 28. Turning Lock to Right
 29. Fallaway Reverse & Slip Pivot
 30. Hover Corte
- Fallaway Whisk*

Tango 30-32

Pre-Bronze/Student Teacher

1. LF or RF Walk
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade
5. Rock Turn
6. Open Reverse Turn, Lady Outside
7. Back Corte

Bronze/Associate

8. Open Reverse Turn, Lady in Line
9. Progressive Side Step Reverse Turn
10. Open Promenade
11. Left Foot and Right Foot Rocks
12. Natural Twist Turn
13. Natural Promenade Turn

Silver/Licentiate

14. Promenade Link | Reverse Promenade Link
15. Four Step
16. Back Open Promenade
17. Outside Swivel, Methods 1 - 4
18. Fallaway Promenade
19. Four Step Change
20. Brush Tap

Gold/Fellow

21. Fallaway Four Step
22. Oversway
23. Basic Reverse Turn
24. The Chase
25. Fallaway Reverse & Slip Pivot
26. Five Step
27. Contra Check

Foxtrot 28-30 mpm

Pre-Bronze/Student Teacher

1. Feather
2. Three Step
3. Natural Turn
4. Reverse Turn
5. Closed Impetus & Feather Finish

Bronze/Associate

6. Natural Weave
7. Change of Direction
8. Basic Weave

Silver/Licentiate

9. Closed Telemark
10. Open Telemark & Feather Ending
11. Top Spin
12. Hover Feather
13. Hover Telemark
14. Natural Telemark
15. Hover Cross
16. Open Telemark, Natural Turn, Outside Swivel & Feather End
17. Open Impetus
18. Weave from Promenade Position
19. Reverse Wave

Gold/Fellow

20. Natural Twist Turn
21. Curved Feather to Back Feather
22. Natural Zig-Zag from Promenade Position
23. Fallaway Reverse & Slip Pivot
24. Natural Hover Telemark
25. Bounce Fallaway with Weave Ending

Quickstep 48-52 mpm**Pre-Bronze/Student Teacher**

1. Quarter Turn to R
 2. Natural Turn
 3. Natural Turn with Hesitation
 4. Natural Pivot Turn
 5. Natural Spin Turn
 6. Progressive Chasse
 7. Chasse Reverse Turn
 8. Forward Lock
- Heel Pivot*

Bronze/Associate

9. Closed Impetus
10. Back Lock
11. Reverse Pivot
12. Progressive Chasse to Right
13. Tipple Chasse to Right
14. Running Finish
15. Natural Turn & Back Lock
16. Double Reverse Spin
- Zig-Zag Back Lock, Running Finish*
- Cross Chasse*
- Change of Direction*

Silver/Licentiate

- Checked / Underturned Tipple Chasse
17. Quick Open Reverse
 18. Fishtail
 19. Running Right Turn
 20. Four Quick Run
 21. V6
 22. Closed Telemark

Gold/Fellow

23. Cross Swivel
24. Six Quick Run
25. Rumba Cross
26. Topsy to Right and Left
27. Hover Corte

Viennese Waltz 52-58**Bronze**

1. Reverse Turn
2. Natural Turn
3. Forward Change
4. Backward Change

Silver

5. Reverse Fleckerl

Gold

6. Natural Fleckerl
7. Contra Check

International Latin Syllabus List.

Cha Cha Cha

Pre-Bronze/Student Teacher

1. Basic Movements
 2. New York
 3. Spot Turns Left and Right
 4. Shoulder to Shoulder
 5. Hand to Hand
 6. Three Cha Chas Forward and Backward
 7. Side Steps
 8. There and Back
 9. Time Steps
- Compact Chasse
Alternative Compact Chasse
Cuban Cross Chasse

Bronze/Associate

10. Fan
11. Alemana
12. Hockey Stick
13. Natural Top
14. Natural Opening Out Movement
15. Closed Hip Twist

Silver/Licentiate

16. Open Hip Twist
 17. Reverse Top
 18. Opening Out from Reverse Top
 19. Aida
 20. Spiral Turns
 21. Cross Basic
 22. Cuban Breaks
 23. Chase
- Ronde Chasse
Twist Chasse
Slip Chasse

Gold/Fellow

24. Advanced Hip Twist
25. Hip Twist Spiral
26. Turkish Towel
27. Sweetheart
28. Follow My Leader

29. Foot Changes

Lady's Runaway Chasse

The following figures may be used in a short amalgamation when using same foot as partner:

Closed Basic Movement (no turn); Ronde Chasse; Twist Chasse; Open Basic Movement; Spot or Switch Turns; Three Cha Chas Forward and Backward; Forward & Backward Runs; Time Steps (with or without Guapacha Timing); Cuban Breaks; Split Cuban Breaks

Rumba

Pre-Bronze/Student Teacher

1. Basic Movements
2. Cucarachas
3. New York
4. Spot Turns Left and Right
5. Shoulder to Shoulder
6. Hand to Hand
7. Progressive Walks Forward & Backward
8. Side Steps
9. Cuban Rocks

Bronze/Associate

10. Fan
11. Alemana
12. Hockey Stick
13. Natural Top
14. Opening Out Right and Left
15. Natural Opening Out Movement
16. Closed Hip Twist

Silver/Licentiate

17. Open Hip Twist
18. Reverse Top
19. Opening Out From Reverse Top
20. Aida
21. Spiral Turns: Spiral; Curl; Rope Spinning

Gold/Fellow

22. Sliding Doors
23. Fencing
24. Three Threes
25. Three Alemanas
26. Hip Twists

Paso Doble

Bronze/Student Teacher

1. Sur Place
2. Basic Movement
3. Chasse to Right and Left
4. Drag
5. Deplacement
6. Promenade Link
7. Promenade
8. Ecart
9. Separation
10. Separation with Lady's Caping Walks

Bronze/Associate

11. Fallaway Ending to Separation
12. Huit
13. Sixteen
14. Promenade and Counter Promenade
15. Grand Circle
16. Open Telemark

Silver/Licentiate

17. La Passe
18. Banderillas
19. Twist Turn
20. Fallaway Reverse Turn
21. Coup de Pique
22. Left Foot Variation
23. Spanish Lines
24. Flamenco Taps

Gold/Fellow

25. Syncopated Separation
26. Traveling Spins from Promenade Position
27. Traveling Spins from Counter Promenade Position
28. Fregolina (Farol)
29. the Twists
30. Chasse Cape, all endings

Samba

Pre-Bronze/Student Teacher

1. Basic Movement
2. Whisks
3. Samba Walks
4. Rhythm Bounce
5. Volta Movements (Traveling & Spot)
6. Traveling Bota Fogos Forward
7. Criss Cross Bota Fogos (Shadow Bota Fogos)

Bronze/Associate

8. Traveling Bota Fogos Back
9. Bota Fogos to Promenade and Counter Promenade
10. Criss Cross Voltas
11. Solo Spot Volta
12. Foot Changes
13. Shadow Traveling Volta
14. Reverse Turn
15. Corta Jaca
16. Closed Rocks

Silver/Licentiate

Circular Volta

17. Open Rocks
18. Back Rocks
19. Plait
20. Rolling off the Arm
21. Argentine Crosses
22. Maypole
23. Shadow Circular Volta

Gold/Fellow

24. Contra Bota Fogos
25. Roundabout
26. Natural Roll
27. Reverse Roll
28. Promenade and Counter Promenade Runs
29. Three Step Turn
30. Samba Locks
31. Cruzados Walks and Locks

Jive

Pre-Bronze/Student Teacher

1. Basic in Place
2. Fallaway Rock
3. Fallaway Throwaway
4. The Link: Flick, Ball Change or Hesitation Ball Change
5. Change of Places Right to Left
6. Change of Places Left to Right
7. Change of Hands Behind the Back
8. Hip Bump (Left Shoulder Shove)

Bronze/Associate

9. American Spin
10. The Walks
11. Stop and Go
12. Mooch
13. Whip
14. Whip Throwaway

Silver/Licentiate

15. Reverse Whip
 16. Windmill
 17. Spanish Arms
 18. Rolling Off the Arm
 19. Simple Spin
 20. Miami Special
- Overtured Fallaway Throwaway

Gold/Fellow

21. Curly Whip
 22. Shoulder Spin
 23. Toe Heel Swivels
 24. Chugging
 25. Chicken Walks
 26. Catapult
 27. Stalking Walks, Flicks into Break
- Overtured Change of Places Left to Right