



(RESTRICTED) SYLLABUS FOR MEDALLISTS & COMPETITORS
LATIN AMERICAN DANCES

SAMBA

1. Basic movements (natural, reverse, alternative)
2. Progressive basic movement
3. Outside basic movement
4. Whisks to R & L
5. Samba walks in P.P
6. Travelling Bota Fogos (fwd & bckwd)
7. Bota Fogos to P.P & C.P.P
8. Reverse turn
9. Corta Jaca
10. Closed rocks
11. Side samba walks
12. Volta movements (criss cross, maypole, solo, spot)
13. Shadow Bota Fogos
14. Argentine crosses
15. Stationary samba walks
16. Open rocks
17. Back rocks
18. Plait
19. Foot change
20. Contra Bota Fogos
21. Rolling off the arm
22. Natural roll
23. Volta movements (closed, travelling & circular Voltas in R shadow psn roundabout.)
24. Samba locks
25. Promenade to counter promenade runs
26. Cruzado locks in shadow position

PASO DOBLE

1. Sur Place
2. Basic movement
3. Appel
4. Chassés to R & L (with or without elevation)
5. Promenade link
6. Déplacement (to include the Attack)
7. Séparation
8. Fallaway ending to Séparation
9. The Huit (Cape)
10. The Sixteen
11. Promenade (I.S.T.D)
- 11a. The Promenade (Laird)
12. Grand Circle (advanced ending to P.P)
13. Open Telemark
14. Ecart (Fallaway Whisk)
15. La Passe
16. Twist Turn
17. Syncopated Séparation
18. Fallaway
19. L.F Variation
20. Banderillas
21. The Twist
22. Coup de Pique
23. Fregolina (Incorp ; the Farol)
24. Chasse cape
25. Travelling spins from P.P
26. Travelling spins from C.P.P
27. Spanish Line
28. Flamenco Taps
29. Methods of changing feet
30. Alternative entries to P.P

RHUMBA (BOLERO)

1. Basic movement
2. Fan
3. Alemana
4. Hockey stick
5. Progressive walks (fwd & bckwd)
6. Natural top
7. Natural opening out movements
8. check from open C.P.P & open P.P (NY)
9. Side step
10. Closed hip twist
11. Cucarachas
12. Hand to hand
13. Spot turns
14. Reverse top
15. Opening out from reverse top
16. Aida
17. Spiral
18. Open hip twist
19. Opening out to R & L
20. Curl
21. Alternative basic movement
22. Kiki walks
23. Sliding doors
24. Fencing variation
25. Rope spinning
26. 3 3's
27. Advanced hip twists
28. Three alemanas
29. Continious hip twists
30. Coutinious circular hip twist

CHA CHA CHA

1. Basic movement
2. Fan
3. Alemana
4. Hockey stick
5. Hand to hand (Fallaway breaks)
6. Spot turns
7. New York (Crossover breaks)
8. Three Cha Cha Chas
9. Natural top
10. Natural opening out movement
11. Closed hip twist
12. Time steps
13. Shoulder to shoulder
14. Reverse top
15. Opening out from revesre top
16. Aida
17. Spiral
18. Open hip twist
19. Rope spinning
20. Advanced hip twist
21. Cross basic
22. Cuban breaks
23. Turkish towel
24. Sweetheart
25. Follow my leader
26. Changes of feet

JIVE

1. Fallaway rock, fallaway basic
2. Fallaway throwaway
3. Link & link rock
4. Change of places R to L
5. Change of places L to R
6. Change of hands behind the back
7. American spin
8. The Jive walks
9. The Whip
10. Whip Throwaway
11. Stop & Go
12. Windmill
13. Spanish Arms
14. Rollin off the Arm
15. Double cross whip
16. Reverse Whip
17. Alternatives to steps 1&2 of link
18. Simple Spin
19. Chicken Walks
20. Curly Whip
21. Toe heel Swivels
22. Flick into breaks

DANCES FOR MEDALS

BRONZE:	Rumba, Cha Cha Cha, Jive
BRONZE STAR:	Samba, Rumba, Cha Cha Cha, Jive
SILVER:	Samba, Rumba, Paso Doble, Cha Cha Cha, Jive
SILVER STAR & ABOVE:	Samba, Rumba, Paso Doble, Cha Cha Cha, Jive

	Rumba	Samba	Paso Doble	ChaCha	Jive
BRONZE	1-8			1-7	1-9
BRONZE STAR	1-13	1-9		1-12	1-9
SILVER	1-20	1-14	1-19	1-18	1-17
SILVER STAR & ABOVE	1-30	1-26	1-30	1-26	1-22

Note: Not all figures need to be used in the above medals.