



CLASS LEVELS

BEGINNER
BRONZE 1
BRONZE 2
BRONZE 3
BRONZE 4
SILVER
GOLD

STANDARD DANCES

Competiton	Waltz	Quickstep	Tango	Foxtrot	Viennese Waltz
Pre Bronze	Closed Changes	Quarter Turn to Right	Walk	Feather Step	
	Natural Turn	Heel Pivot quarter turn to left	Progressive Side Step	Three Step	
	Reverse Turn	Progressive Chasse	Progressive Link	Natural Turn	
	Natural Spin Turn	Forward Lock	Closed Promenade	Reverse Turn incl. feather finish	
	Whisk	Natural Spin Turn	Rock Turn	Closed Impetus and feather finish	
	Chasse from promenade	Natural Turn	Open Reverse Turn lady Outside		
	Closed Impetus	Natural Pivot Turn	Back Corte		
	Hesitation Change	Natural Turn with hesitation	Open Reverse Turn lady in line		
	Outside Change	Chasse Reverse Turn	Progressive side step reverse turn		
		Closed Impetus			
	Back Lock				
	Reverse Pivot				
	Progressive Chasse to right				
Bronze	Reverse Corte	Tipple Chasse to right	Open Promenade	Natural Weave	Change Steps F Natural and Reverse
	Back Whisk	Running Finish	Left Foot and right foot rocks	Change of Direction	Natural Turn
	Basic Weave	Zig-Zag, Back Lock and running finish	Natural Twist Turn	Basic Weave	Reverse Turn
	Double Reverse Spin	running finish	Natural Promenade Turn		
	Reverse Pivot	Cross Chasse			
	Back Lock	Change of Direction			
	Back Lock to right	Natural Turn and Back Lock			
	Double Reverse Spin				
Silver	Weave from promenade position	Quick Open Reverse	Promenade Link	Closed Telemark	Change Steps Back natural and reverse
	Closed Telemark	Fishtail	Four Step	open Telemark and feather ending	
	Open Telemark and cross hesitation	Running Right Turn	Back Open promenade	Top Spin	
	Open Telemark and wing	Four Quick Run	Outside Swivels	Hover Feather	
	Drag Hesitation	V 6	Fallaway Promenade	Hover Telemark	
	Open Impetus & Cross Hesitation	Closed Telemark	Four Step Change	Natural Telemark	
	Open Impetus and wing		Brush Tap	Hover Cross	
	Outside Spin			Open Telemark outside swivel	
	Turning Lock			Open Impetus	
				Weave from promenade position	
			Reverse Wave		
Gold	Left Whisk	Cross Swivel	Fallaway Four Step	Natural Twist Turn	Reverse Fleckerel
	Contra Check	Six Quick Run	Oversway	Curved Feather to back feather	Natural Fleckerel
	Closed Wing	Rumba Cross	Basic Reverse Turn	Nat Zigzag from PP	Contra Check
	Turning Lock to R	Tipsy to right and left	Fallaway Reverse and slip pivot	Fallaway Reverse and slip pivot	
	Fallaway Reverse and slip pivot	Hover Corte	Five Step	Natural Hover telemark	
	Fallaway Whisk		Contra Check	Bounce Follaway with weave ending	
	Hover Corte				

LATIN

Competitor	Cha cha	Jive	Rumba	Samba	Paso D
Pre Bronze	Basic Movements closed, open, in place	Basic in Place	Basic Movements closed, open, in place	Basic Movements nat, rev, side, prog	Sur Place
	New York L&R	Fallaway Rock	Cucarachas L foot and R foot	Whisks with underarm turn	Basic Movement
	Spot Turns L&R switch and underarm	Fallaway Throwaway	New York L & R	Samba Walks in promenade	Chasse's to R & L incl elevations
	Shoulder to Shoulder left side and right side	Link	Spot Turns L&R switch and underarm	Rhythm Bounce	Drag
	Hand to Hand	Change of Places R to L same hand/change of hands	Shoulder to Shoulder left side and right side	Travelling Voltas left and right	Displacement (also attack)
	Three Cha cha chas forward and back	Change of Places L to R same hand/change of hands	Hand to Hand	Travelling bota fogos forward	Promenade Link also promenade close
	Side Steps left and right	Change of Hands behind back	Progressive Walks forward and back	Criss Cross bota fogos	Promenade
	There and Back	Hip Bump	Side Steps to left and right	Samba Walks side and stationary	Ecart (fallaway whisk)
	Time Steps		Cuban Rocks		Seperation Seperation with lady's caping walk
Bronze	Fan	American Spin	Fan	Travelling Bota Fogos back	Fallaway Ending to seperation
	Alemana	Walks	Alemana	Boto Fogos to PP and CP	Huit
	Hockey Stick	Stop and Go	Hockey Stick	Criss Cross Voltas Solo Spot Voltas	Sixteen
	Natural Top	Mooch	Natural Top	Foot Changes 1 & 2	Promenade and counter promenade
	Natural Opening Out Movement	Whip	Opening Out to L and R	Shadow Travelling Volta	Grand Circle
	Closed Hip Twist	Whip Throwaway	Natural Opening Out Movement	Reverse Turn Corta Jaca	Open Telemark
Silver	Fan (Development)	Flick or Point Ball Change	Fan (Development)	Foot Changes	La Passe
	Open Hip Twist	Reverse Whip	Open Hip Twist	Open Rocks	Banderillas
	Reverse Top	Windmill	Reverse Top	Back Rocks	Twist turn
	Opening Out from reverse top	Spanish Arms	Opening Out from reverse top	Plait	Fallaway Reverse turn
	Aida	Rolling off the Arm	Aida	Rolling off the Arms	Coupe do Pique
	Spiral Turns spiral, curl, rope spin	Simple Spin	Spiral Turns spiral, curl, rope spin	Argentine Crosses Maypole	Left Foot variation
	Cross Basic	Miami Special		Shadow Circular Voltas	Spanish Lines
	Cuban Breaks icld. split cuba breaks				Flamenco Taps
	Chasse				
	Gold	Alemana R to R Hand Hold	Curly Whip Shoulder Spin	Progressive Walks F in right shadow(kiki)	Foot Changes 1 to 8 Conta Bota Fogos
Adv. Hip Twist (development)		Toe Heal Swivels	Alemana R to R hand hold Advanced	Roundabout	Travelling Spins from promenade position
Advanced Hip Twist		Chugging	Hip Twist development	Natural Roll	Travelling Spins from counter promenade (no syncopation)
Hip Twist Spiral		Chicken Walks	Sliding Doors	Reverse Roll	Fregolina (also Farol)
Turkish Towel		Catapult	Fencing	Promenade and Counter-prom Runs	Twists
Sweetheart		Stalking Walks, Flicks and Breaks	Three Threes	Three Step Turn	Chasse Cape (incl. outside turn)
Follow My Leader			Three Alemanas	Samba Locks	
Foot Changes			Hip Twist Advanced continuous & circle	Cruzados walks and locks	

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