

RESTRICTED SYLLABUS

PROAM & TEACHER STUDENT

LATIN

CHA CHA CHA

Alemana
Basic Movements (Closed, Open, In Place)
Closed Hip Twist
Fan
Hand to Hand (to Right and Left Side Position)
Hockey Stick
Natural Opening Out Movement
Natural Top
New York (to Left or Right Side Position)
Open Hip Twist
Shoulder to Shoulder (Left Side and Right Side)
Spot turns to Right and Left
Three Cha Cha Chas (Forward and Back)
Time Steps
Advanced Hip Twist
Aida
Chase
Cuban Breaks (including Split Cuban Breaks)
Follow My Leader
Foot Changes
Hip Twist Spiral
Opening Out from Reverse Top
Reverse Top
Side Steps (to Left or Right)
Spiral Turns (Spiral, Curl, Rope Spinning)
Sweetheart
There and Back
Turkish Towel
Cross Basic

SAMBA

Basic Movements
Boto Fogos to PP and CPP
Closed Rocks
Contra Botafogos
Corta Jaca
Criss Cross Bota Fogos (Shadow Bota Fogos)
Criss Cross Voltas
Reverse Turn
Rhythm Bounce
Samba Walks (Promenade, Side, Stationary)
Shadow Circular Volta
Shadow Travelling Volta
Solo Spot Volta
Travelling Bota Fogos Back
Travelling Bota Fogos Forward
Volta Movements
Whisks (also with Lady's underarm turn)
Argentine Crosses
Back Rocks
Cruzados Walks and Locks
Foot Changes
Maypole
Natural Roll
Open Rocks
Plait
Promenade and Counter
Promenade Runs
Reverse Roll
Rolling off the Arm
Roundabout
Samba Locks
Three Step Turn

RUMBA

Alemana
Basic Movements
Closed Hip Twist
Cuban Rocks
Cucarachas (LF and RF)
Fan
Hand to Hand (to Right and Left Side Position)
Hockey Stick
Natural Opening Out Movement
Natural Top
New York (to Left or Right Side Position)
Open Hip Twist
Opening Out to Right and Left
Progressive Walks Forward or Back
Shoulder to Shoulder (Left Side and Right Side)
Side Steps (to Left or Right)
Spot Turns to Left and Right
Aida
Fencing
Hip Twists (Advanced, Continuous, Circular)
Opening Out from Reverse Top
Reverse Top
Sliding Doors
Spiral Turns (Spiral, Curl, Rope Spinning)
Three Alemanas
Three Threes

PASO DOBLE

Basic Movement
Chasses to Right or Left (including Elevations)
Displacement (also Attack)
Drag
Ecart (Fallaway Whisk)
Fallaway Ending to Separation
Fregolina (also Farol)
Grand Circle
Huit
La Passe
Open Telemark
Promenade
Promenade and Counter Promenade
Promenade Link (also Promenade Close)
Separation
Separation with Lady's Caping Walk
Sixteen
Sur Place
Banderillas
Chasse Cape (including Outside Turn)
Coup de Pique
Fallaway Reverse Turn
Flamenco Taps
Left Foot Variation
Spanish Lines
Syncopated Separation
Travelling Spins from CPP
Travelling Spins from PP
Twist Turn
Twists

JIVE

American Spin
Basic in Place
Change of Hands Behind Back
Change of Places Left to Right
Change of Places Right to Left
Chugging
Fallaway Rock
Fallaway Throwaway
Hip Bump (Left Shoulder Shove)
Link
Mooch
Stop and Go
Walks
Whip
Whip Throwaway
Catapult
Chicken Walks
Curly Whip
Miami Special
Reverse Whip
Rolling off the Arm
Shoulder Spin
Simple Spin
Spanish Arms
Stalking Walks, Flicks and Break
Toe Heel Swivels
Windmill