

RESTRICTED SYLLABUS

PROAM & TEACHER STUDENT

AMERICAN RHYTHM

CHA CHA CHA

Basic Step
Cross Over Breaks - single only - no timing changes
Offset breaks
Open break
Underarm turn left or right
Walk around turns
Chase turns 1/2 turn or fall
Cross over breaks with swivel
Fifth position breaks
Cross body leads
Three Cha Cha Cha
Back spot turn
Natural top
Sweetheart
Open Boxes
Back to back
Syncopated breaks
Half moon
Challenge
Twinkles
Swivels
Foot Flicks, Rondes
Forward Spot/Reverse Top
Leaders foot changes
No entrances allowed

RUMBA

Box Step
Cuban Walks
Underarm turn to right or left
Rock steps & Breaks forward
Cross body lead
Fifth position breaks
Open Break
Cross over breaks
Offset breaks OP
Walk around turn
Back spot turn
Natural top
Open Boxes
Snap, Quick and underarm turns
Grapevine
Fencing lines
Forward Spot turn/ reverse Top
Back to back - Aida
Parallel Walks
Spiral Actions
Swivels
Solo Spin Turns
Syncopated Figures
Leaders Foot changes
Rondes and developes
Sliding Doors
No entrances allowed

SWING

Basic
Under arm turns
Throwaway
Tuck in turn
American Spin
Free Spin
Continuous tuck in turn
Back Pass- change hands behind back
Sweetheart/ wrap
Lindy whip
Hitch kicks
Stop and go
Back walks and points
Swing walks
Sugar foot swivels
Swiveling actions
Sailor Shuffles
Double underarm turns
Lindy wraps
Pushway actions
Tunnels
Progressive chasses
Solo Spins
Head loops Miami special
Manhattan
Foot flicks , Rondes and develop.
Leaders foot changes
No entrances allowed

BOLERO

Basic
Open break
Fifth position breaks
Cross over breaks
Cross body lead
Underarm turns
Free Walk
Side passes left and right
Open cuban walks
Rock steps
Back spot turn
Syncopated Figures
Grapevine
Swivels
Back to back - adia
Underarm turns
Parallel walks
Spiral actions
Rope spinning
Curl, Spiral
Reverse top
Ronde and Develop
Leaders foot changes
Sliding doors
No entrances allowed

MAMBO

Basic
Open Break
Offset breaks
Fifth position breaks
Cross over breaks
Under arm turns
Walk around turns
Cross body leads
Chase turns
Side breaks
Promenade Walks
Cross over breaks
Progressive Walks
Parallel Breaks
Sweetheart
Cuddle
Natural top
Open boxes
Passes and riff turns
Double underarm turns
Spiral actions
Head loops
Neck wraps
Grapevine
Half moon
Back to back - adia
Parallel walks
Natural top
Kick styling knee lifts
Skipping and hopping actions
Foot flicks
Ronde and develop
Leaders foot changes
No entrances allowed