

WALTZ

STUDENT CERTIFICATE AND PRE-BRONZE

Closed Change

Natural Turn

Reverse Turn

Natural Spin Turn

Whisk

Chasse From P.P.

ASSOCIATE AND BRONZE

Closed Impetus

Hesitation Change

Outside Change

Reverse Corte

Back Whisk

Basic Weave

Double Reverse Spin

Reverse Pivot

Backward Lock

Progressive Chasse to R

LICENTIATE AND SILVER

Weave from PP

Closed Telemark

Open Telemark and Cross Hesitation

Open Telemark & Wing

Open Impetus and Cross Hesitation

Open Impetus and Wing

Outside Spin

Turning Lock

SLOW FOXTROT

STUDENT CERTIFICATE AND PRE-BRONZE

Feather Step

Three Step

Natural Turn

Reverse Turn

ASSOCIATE AND BRONZE

Impetus Turn & Feather Finish

Natural Weave

Change of Direction

Basic Weave

Top spin

LICENTIATE AND SILVER

Hover Telemark & hover Telemark from PP

Closed Telemark

Open Telemark Feather ending

Hover Feather

Natural Telemark

Hover Cross

Open Telemark, Natural Turn, Outside Swivel, Feather Ending

Open Impetus

Weave from PP

Reverse Wave

TANGO

STUDENT CERTIFICATE AND PRE-BRONZE

Walk
Progressive Side Step
Progressive Link
Closed Promenade
Rock Turn
Back Corte
Open Reverse Turn lady outside

ASSOCIATE AND BRONZE

Open Reverse Turn. Partner in Line
Progressive Side Step Reverse Turn
Open Promenade
RF & LF Rocks
Natural Twist Turn
Natural Promenade Turn

LICENTIATE AND SILVER

Promenade Link
Four Step
Back Open Promenade
Outside Swivel (All 4 methods)
Fallaway Promenade
Four Step Change
Brush Tap

QUICKSTEP

STUDENT CERTIFICATE & PRE-BRONZE

Quarter Turn to Right

Progressive Chasse

Forward Lock

Natural Turn

Natural Pivot Turn

Natural Spin Turn

ASSOCIATE AND BRONZE

Natural Turn with hesitation

Reverse Turn (chasse)

Closed impetus

Backward Lock

Reverse Pivot

Progressive Chasse to R

Tipple Chasse to R

Running Finish

Natural Turn and Backward Lock

Double Reverse Spin

LICENTIATE AND SILVER

Quick Open Reverse

Fishtail

Running Right Turn

Four Quick Run

V6

Closed Telemark

RUMBA

STUDENT CERTIFICATE AND PRE BRONZE

Basic Movement (Closed, Open In Place and Alternative

New York (To Left or Right Side Position)

Spot Turns to Left or Right (Including Switch and Underarm Turns

Hand to Hand (To Right & Left side position)

Shoulder to Shoulder (Left Side and Right Side)

Cucaracha's

Progressive Walks Forward or Back

Side Steps (To Left or Right)

Cuban Rocks

ASSOCIATE AND BRONZE

Fan

Alemana

Hockey Stick

Natural Top

Opening Out to Right and Left

Natural Opening Out Movement

Closed Hip Twist

LICENTIATE AND SILVER

Open Hip Twist

Reverse Top

Opening Out from Reverse Top

Aida

Spiral Turns (Spiral, Curl and Rope Spinning

SAMBA

STUDENT CERTIFICATE AND PRE-BRONZE

Basic Movement (Natural, Reverse, side and Progressive)

Whisks (also with Lady's underarm turn)

Samba Walks (Promenade, Side and Stationary)

Rhythm Bounce

Volta Movements

Travelling Bota Fogos Forward

Criss Cross Bota Fogos (Shadow Bota Fogos)

ASSOCIATE AND BRONZE

Travelling Bota Fogos Back

Bota Fogos to Promenade Position and Counter Promenade

Criss Cross

Solo Spot Volta

Foot Changes

Shadow Travelling Volta

Reverse Turn

Corta Jaca

Closed Rocks

LICENTIATE & SILVER

Open Rocks

Back Rocks

Plait

Rolling Off the Arm

Argentine Crosses

Maypole

Shadow Circular Volta

PASO DOBLE

STUDENT CERTIFICATE & PRE-BRONZE

Sur Place

Basic Movement

Chasse to Left and Right, (including Elevation)

Drag

Deplacement (also Attack)

Promenade Link (also Promenade Close)

Promenade

Ecart (Fallaway Whisk)

Separation

Separation with Lady's Caping Walks

ASSOCIATE AND BRONZE

Fallaway Ending to Separation

Huit

Sixteen

Promenade and Counter Promenade

Grand Circle

Open Telemark

LICENTIATE AND SILVER

La Passe

Banderillas

Twist Turn

Fallaway Reverse Turn

Coup de Pique

left Foot Variation

Spanish Line

Flamenco Taps

JIVE

STUDENT CERTIFICATE & PRE-BRONZE

Basic in Place

Fallaway Rock

Fallaway Throwaway

Link

Change of Places Right to Left

Change of Places Left to Right

Change of Hands Behind Back

Hip Bump (Left Shoulder Shove)

ASSOCIATE AND BRONZE

American Spin

Walks

stop & Go

Mooch

Whip

Whip Throwaway

LICENTIATE AND SILVER

Reverse Whip

Windmill

Spanish Arms

Rolling off the Arm

Simple Spin

Miami Special

CHA CHA CHA

STUDENT CERTIFICATE AND PRE-BRONZE

Basic Movement (Closed, Open and In Place)

New York (To Left or Right Side Position)

Spot Turns to Left or Right (Including Switch Turns and Underarm Turns)

Hand to Hand (To Right and Left side position)

Shoulder to Shoulder (Left and Right Side)

Three Cha Cha Chas (Forward and Back)

Side Steps (To Left and Right)

There and Back

Time Steps

ASSOCIATE AND BRONZE

Fan

Alemana

Hockey Stick

Natural Top

Natural Opening Out Movement

Closed Hip Twist

LICENTIATE AND SILVER

Open Hip Twist

Reverse Top

Opening Out from Reverse Top

Aida

Spiral Turns (Spiral, Curl and Rope Spinning)

Cross Basic

Cuban Breaks (Including Split Cuban Breaks)

Chase