

LATIN DANCES

CHA CHA CHA

Bronze (Associate) Figures:

1. Time Step 2. Close Basic Movement 3. Close Basic Movement finish to CPP 4. Open Basic Movement 5. Fan 6. Hockey Stick 7. Check from Open C.P.P. 8. Check from Open P.P. 9. Spot Turn to L. 10. Underarm to R 11. Spot Turn to R 12. Underarm to L. 13. Shoulder to Shoulder 14. Hand to Hand 15. Alemana using finish A 16. Alemana from Op. Position L-R handhold using finish A

Silver Figures (In addition to the associate figures):

17. Hockey Stick turned to Open C.P.P 18. Natural Top using finish A and B 19. Alemana using finish B 20. Alemana turned to Open C.P.P 21. Alemana from Op. Position R-R handhold 22. Open Hip Twist 23. Close Hip Twist 24. Close Hip Twist turned to Open CPP 25. Cross Basic 26. Methods of changing feet 1 & 2.

Gold Figures (In addition to the Associate and Licentiate figures):

27. Guapacha Timming 28. Close Hip Twist Spiral 29. Open Hip Twist Spiral 30. Cuban Breaks in Open Position 31. Cuban Breaks in Open C.P.P. 32. Split Cuban Breaks in Open C.P.P. 33. Split Cuban Break from Open CPP and Open PP 34. Turkish Towel 35. Methods of changing feet 3 36. Curl

SAMBA

Bronze (Associate) Figures:

1. Natural Basic Movement 2. Reverse Basic Movement 3. Samba Side Chasses 4. Samba Whisks to R. and L. 5. Promenade Samba Walks 6. Side Samba Walk 7. Stationary Samba Walks 8. Close Rocks on RF & LF 9. Reverse Turn 10. Travelling Botafogos 11. Volta Spot turn to R for Lady 12. Volta Spot turn to L for Lady 13. Promenade Botafogos

Silver Figures (In addition to the associate figures):

14. Corta Jaca 15. Natural Roll 16. Open Rocks to R and L 17. Backward Rocks on RF & LF 18. Plait 19. Shadow Botafogos 20. Travelling Voltas to R 21. Travelling Voltas to L 22. Continuous Volta Spot Turns to R 23. Continuous Volta Spot Turns to L

Gold Figures (In addition to the Associate and Licentiate figures):

24. Circular Voltas to R 25. Circular Voltas to L 26. Contra Botafogos 27. Samba Locks in Open CPP 28. Promenade to Counter Promenade Runs 29. Dropped Voltas 30. Cruzados Walks in Shadow Position 31. Cruzados Locks in Shadow Position 32. Methods of changing feet 1-4, 33. Carioca Runs

RUMBA**Bronze (Associate) Figures:**

1. Basic Movement 2. Basic Movement finish to CPP 3. Fan 4. Hockey Stick 5. Spot Turn to L 6. Underarm to R 7. Spot Turn to R 8. Underarm to L 9. Check from Open C.P.P. 10. Check from Open P.P. 11. Hand to Hand 12. Natural Top 13. Close Hip Twist 14. Alemana 15. Alemana from Op. Position L-R handhold 16. Open Hip Twist 17. Opening Out to R. and L.

Silver Figures (In addition to the associate figures):

18. Alternative Basic Movement 19. Hockey Stick turned to Open C.P.P 20. Close Hip Twist turned to Open C.P.P 21. Alemana turned to Open C.P.P 22. Alemana from Op. Position R-R handhold 23. Reverse Top 24. Advanced Opening Out 25. Spiral 26. Spiral to Fan position 27. Spiral to Op CPP 28. Curl 29. Cuban Rocks 30. Fallaway

Gold Figures (In addition to the Associate and Licentiate figures):

31. Rope Spinning 32. Sliding Doors 33. Runaway Alemana 34. Habanera Rhythm 35. Three Alemanas 36. Continuous Hip Twist 37. Continuous Circular Hip Twist 38. Syncopated Open Hip twist

PASO DOBLE

Bronze (Associate) Figures:

1. Basic Movement 2. Sur Place 3. Chasses to Right & Left 4. Chasses to Left ended in PP 5. Elevations to R & L 6. Huit 7. Promenade Close 8. Promenade 9. Attack 10. Separation 11. Sixteen 12. Twist Turn

Silver Figures (In addition to the associate figures):

13. Promenade to Counter Promenade 14. Grand Circle 15. La Passe 16. Banderillas 17. Syncopated Separation 18. Fallaway Whisk 19. Fallaway Reverse 20. Spanish Line 21. Methods of changing feet 1-3

Gold Figures (In addition to the Associate and Licentiate figures):

22. Flamenco Taps 23. Twists 24. Chasse Cape 25. Travelling Spins from P.P. 26. Travelling Spins from C.P.P. 27. Methods of changing feet 4-5 28. Alternative entries to PP.

JIVE

Bronze (Associate) Figures:

1. Basic in Place 2. Basic Fallaway 3. Change of Place R to L 4. Change of Place L to R 5. Change of Hands Behind Back 6. Promenade Walks Slow 7. Promenade Walks Quick 8. American Spin 9. Link 10. Whip 11. Stop and Go

Silver Figures (In addition to the associate figures):

12. Change of Place R to L with Double Spin 13. Overturned Change of Place L to R 14. Double Cross Whip 15. Curly Whip 16. Throwaway Whip 17. Reverse Whip 18. Fallaway Throwaway 19. Overturned Fallaway Throwaway 20. Flick Ball Change

Gold Figures (In addition to the Associate and Licentiate figures):

21. Drunken Sailor 22. Methods of changing feet 1-2 23. Windmill 24. Chicken Walks 25. Rolling off the Arm 26. Spanish Arms 27. Jive Breaks 28. Simple Spin 29. Toe Heel Swivels Slow

BALLROOM DANCES

WALTZ

Bronze (Associate) Figures:

1. LF Closed Change (Reverse to Natural) 2. RF Closed Change (Natural to Reverse) 3. Natural Turn 4. Reverse Turn 5. Whisk 6. Chasse from Promenade Position 7. Natural Spin Turn 8. Underturned Natural Spin Turn 9. Natural Turn with Hesitation 10. Reverse Corté 11. Back Whisk 12. Outside Change 13. Weave in Waltz Time

Silver Figures (In addition to the associate figures):

14. Closed Telemark 15. Open Telemark 16. Open Telemark followed by Wing 17. Open Telemark followed by Cross Hesitation 18. Open Impetus Turn 19. Open Impetus Turn followed by Wing 20. Open Impetus Turn followed by Cross Hesitation 21. Open Impetus Turn followed by Weave 22. Whisk followed by Weave 23. Underturned Outside Spin 24. Turning Lock to Left 25. Reverse Pivot 26. Progressive Chasse to Right 27. Backward Lock Step (Man & Lady) 28. Forward Lock Step (Man & Lady)

Gold Figures (In addition to the Associate and Licentiate figures):

29. Double Reverse Spin 30. Outside Spin 31. Turning Lock to Right 32. Left Whisk 33. Fallaway Natural Turn 34. Running Spin Turn 35. Closed Wing 36. Contra Check

TANGO

Bronze (Associate) Figures:

1. Progressive Side Step 2. Progressive Link 3. Closed Promenade 4. Open Promenade 5. Basic Reverse Turn 6. Open Reverse Turn Lady in Line 7. Open Reverse Turn Lady Outside 8. Progressive Side Step

Reverse Turn 9. Natural Rock Turn 10. Back Corte 11. Rock on Left Foot 12. Rock on Right Foot 13. Natural Promenade Turn

Silver Figures (In addition to the Associate figures):

14. Natural Promenade Turn to Natural Rock Turn 15. Natural Twist Turn 16. Promenade Link 17. Four Step 18. Brush Tap 19. Outside Swivel to Right 20. Outside Swivel to Left 21. Reverse Outside Swivel

Gold Figures (In addition to the Associate and Licentiate figures):

22. Fallaway Promenade 23. Four Step Change 24. Back Open Promenade 25. Chase 26. Owersway 27. Five Step 28. Reverse Five Step

VIENNESE WALTZ

1. Natural Turn 2. Reverse Turn 3. Forward Change from Natural to Reverse 4. Forward Change from Reverse to Natural 5. Backward Change from Natural to Reverse 6. Backward Change from Reverse to Natural 7. Natural Fleckerl 8. Reverse Fleckerl 9. Check from Reverse Fleckerl to Natural Fleckerl

FOX TROT

Bronze (Associate) Figures:

1. Feather Step 2. Reverse Turn 3. Three Step 4. Natural Turn 5. Closed Impetus Turn 6. Feather Finish 7. Reverse Wave 8. 1-4 Reverse Wave followed by Weave 9. Change of Direction 10. Natural Weave

Silver Figures (In addition to the Associate figures):

11. Closed Telemark 12. Open Telemark 13. Open Telemark Feather Ending 14. Feather Ending 15. Open Telemark Passing Natural Turn Outside Swivel Feather Ending 16. Open Impetus Turn 17. Open Impetus Turn followed by Weave from PP 18. Top Spin 19. Natural Telemark 20. Hover Telemark 21. Quick Natural Weave from PP 22. Natural Twist Turn 23. Quick Open Reverse Turn

Gold Figures (In addition to the Associate and Licentiate figures):

24. Reverse Pivot 25. Open Telemark followed by Weave from PP 26. Hover Cross 27. Curved Feather 28. Back Feather 29. Curved Feather from PP 30. Fallaway Reverse Turn and Slip Pivot 31. Lifting Fallaway with Weave Ending 32. Natural Zig Zag from PP 33. Extended Reverse Wave 34. Curved Three Step

QUICKSTEP

Bronze (Associate) Figures:

1. Quarter Turn to Right 2. Natural Turn at a corner 3. Natural Pivot Turn 4. Natural Spin Turn 5. Underturned Natural Spin Turn 6. Natural Turn with Hesitation 7. Progressive Chasse 8. Forward Lock Step 9. Backward Lock Step 10. Progressive Chasse to Right. 11. Reverse Turn 12. Quick Open Reverse Turn. 13. Tipple Chasse to Right at a corner 14. Tipple Chasse to Right alongside of room

Silver Figures (In addition to the associate figures):

15. Running Finish 16. Tipple Chasse to Left 17. Reverse Pivot 18. Closed Telemark 19. Open Impetus Turn. 20. Open Telemark 21. Passing Natural Turn 22. Four Quick Run 23. Running Right Turn 24. Natural Turn Backward Lock Step Running Finish 25. V6

Gold Figures (In addition to the Associate and Licentiate figures):

26. Double Reverse Spin 27. Cross Swivel 28. Fishtail 29. Six Quick Run 30. Hover Corté 31 Tippy to Right 32. Tippy to Left 33. Rumba Cross 34. Running Cross Chasse