

IDTA

Cha Cha

BRONZE

Time Step
Close Basic
Open Basic
Fan
Hockey Stick
Check from Open P.P. & C.P.P. (New York)
Spot Turn to L and R
Shoulder to Shoulder
Hand to Hand
Natural Top
Alemana

SILVER

Close Hip Twist
Open Hip Twist
Cross Basic

GOLD

Close Hip Twist Spiral
Open Hip Twist Spiral
Cuban Breaks in Open Position
Split Cuban Breaks in Open C.P.P.
Split Cuban Break from Open CPP and Open PP
Turkish Towel

Samba

BRONZE

Basic Movement (Natural, Reverse & Progressive)
Samba Whisks to R. and L.
Promenade Samba Walks
Side Samba Walk
Stationary Samba Walks
Close Rocks on RF & LF
Reverse Turn
Corta Jaca
Travelling Bota Fogos
Natural Roll

SILVER

Open Rocks to R and L
Promenade Bota Fogos
Backward Rocks on RF & LF
Plait
Shadow Bota Fogos

GOLD

Volta Spot turn to R & L for Lady
Travelling Voltas to R and L
Continuous Volta Spot Turns to R & L
Circular Voltas to R and L
Contra Bota Fogos
Samba Locks
Promenade to Counter Promenade Runs
Cruzados Locks in Shadow Position

Rumba

BRONZE

Basic Movement
Fan
Hockey Stick
Spot Turn to L. & R.
Check from Open C.P.P. & P.P.(New York)
Hand to Hand
Natural Top
Close Hip Twist
Reverse Top
Alemana
Open Hip Twist

SILVER

Opening Out to R. and L.
Spiral
Curl

GOLD

Fallaway
Cuban Breaks
Rope Spinning
Sliding Doors
Three Alemanas
Continuous Hip Twist
Continuous Circular Hip Twist

Paso Doble

BRONZE

Basic Movement

Sur Place

Chasses to Right & Left

Huit

Attack

Speariation

Sixteen

Twist Turn

Promenade

Promenade to Counter Promenade

SILVER

Grand Circle

Promenade Close

La Passe

Banderillas

Synchopated Separation

Fallaway Whisk

Fallaway Reverse

Spanish Line

GOLD

Twists

Chasse Cape

Travelling Spins from P.P.

Travelling Spins from C.P.P.

Flamenco Taps

Jive

BRONZE

Basic in Place

Basic Fallaway

Change of Place R to L

Change of Place L to R

Link

Change of Hands Behind Back

Whip

Promenade Walks

American Spin

SILVER

Double Cross Whip

Curly Whip

Throwaway Whip

Reverse Whip

Fallaway Throwaway

Ball Change

GOLD

Stop and Go

Windmill

Chicken Walks

Rolling off the Arm

Spanish Arms

ISTD

Cha Cha

PRE-BRONZE

Basic Movements (Closed, Open, In Place)
New York (to Left or Right Side Position)
Spot Turns to Left or Right (including Switch and Underarm Turns)
Shoulder to Shoulder (Left Side and Right Side)
Hand to Hand (to Right and Left Side Position)
Three Cha Cha Chas (Forward and Back)
Side Steps (to Left or Right)
There and Back
Time Steps

BRONZE

Fan
Alemana
Hockey Stick
Natural Top
Natural Opening Out Movement
Closed Hip Twist

SILVER

Open Hip Twist
Reverse Top
Opening Out from Reverse Top
Aida
Spiral Turns (Spiral, Curl, Rope Spinning)
Cross Basic
Cuban Breaks (including Split Cuban Breaks)
Chase

GOLD

Advanced Hip Twist
Hip Twist Spiral
Turkish Towel
Sweetheart
Follow My Leader
Foot Changes

Samba

PRE-BRONZE

Basic Movements (Natural, Reverse, Side, Progressive)
Whisks (also with Lady's underarm turn)
Samba Walks (Promenade, Side, Stationary)
Rhythm Bounce
Volta Movements
Travelling Bota Fogos Forward
Criss Cross Bota Fogos (Shadow Bota Fogos)

BRONZE

Travelling Bota Fogos Back
Bota Fogos to Promenade and Counter Promenade
Criss Cross Voltas
Solo Spot Volta
Foot Changes
Shadow Travelling Volta
Reverse Turn
Corta Jaca
Closed Rocks

SILVER

Open Rocks
Back Rocks
Plait
Rolling off the Arm
Argentine Crosses

Maypole
Shadow Circular Volta

GOLD

Contra Botafogos
Roundabout
Natural Roll
Reverse Roll
Promenade and Counter Promenade Runs
Three Step Turn
Samba Locks
Cruzados Walks and Locks

Rumba

PRE-BRONZE

Basic Movements (Closed, Open, In Place, Alternative)
Cucarachas (LF and RF)
New York (to Left or Right Side Position)
Spot Turns to Left or Right (including Switch and Underarm Turns)
Shoulder to Shoulder (Left Side and Right Side)
Hand to Hand (to Right and Left Side Position)
Progressive Walks Forward or Back
Side Steps (to Left or Right)
Cuban Rocks

BRONZE

Fan
Alemana
Hockey Stick
Natural Top
Opening Out to Right and Left
Natural Opening Out Movement
Closed Hip Twist

SILVER

Open Hip Twist
Reverse Top
Opening Out from Reverse Top
Aida
Spiral Turns (Spiral, Curl, Rope Spinning)

GOLD

Sliding Doors
Fencing
Three Threes
Three Alemanas
Hip Twists (Advanced, Continuous, Circular)

Paso Doble

PRE-BRONZE

Sur Place
Basic Movement
Chasses to Right or Left (including Elevations)
Drag
Displacement (also Attack)
Promenade Link (also Promenade Close)
Promenade
Ecart (Fallaway Whisk)
Separation
Separation with Lady's Caping Walk

BRONZE

Fallaway Ending to Separation
Huit
Sixteen
Promenade and Counter Promenade
Grand Circle
Open Telemark

SILVER

La Passe

Banderillas
Twist Turn
Fallaway Reverse Turn
Coup de Pique
Left Foot Variation
Spanish Lines
Flamenco Taps

GOLD

Syncopated Separation
Travelling Spins from PP
Travelling Spins from CPP
Fregolina (also Farol)
Twists
Chasse Cape (including Outside Turn)

Jive

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)

BRONZE

American Spin
Walks
Stop and Go
Mooch
Whip
Whip Throwaway

SILVER

Reverse Whip

Windmill
Spanish Arms
Rolling off the Arm
Simple Spin
Miami Special

GOLD

Curly Whip
Shoulder Spin
Toe Heel Swivels
Chugging
Chicken Walks
Catapult
Stalking Walks, Flicks and Break