

FOXTROT

Figures

BRONZE 1

1. Basic Forward
2. Basic Backward
3. Rock Turn Left
 - b. Checked Basic
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4. Promenade
 - b. Quick Underarm Turn
 - c. Slow Underarm Turn
 - d. Promenade Check
5. Chasses
6. Sway Step

BRONZE 2

7. Zig Zag
8. Natural Pivot Turn
9. Left Box
10. Grapevine from Forward Basic
 - b. Grapevine from Back Basic

- Promenade Underarm Turns
- Sway Step Underarm Turn
- Grapevine Inside Turn
- Grapevine Outside Turn
- Left Box Underarm Turn

BRONZE 3

11. Promenade Pivot
12. Promenade Twist
13. Brush Twinkle
14. Passing Twinkles

BRONZE 4

15. Fallaway Twinkle
16. Back Twinkle
17. Parallel Twinkle
18. Open Left Box

WALTZ

Figures

BRONZE 1

1. Closed Changes
2. Left Box
3. Box Underarm Turn

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4. Hesitation Steps
5. Back Change Steps
6. Right Box
7. Back to Back

BRONZE 2

5. Quarter Turns to Left
 - b. Quarter Turns to Right
8. Reverse Turn
9. Natural Turn

BRONZE 3

10. Whisk
11. Chasse
13. Hesitation Change
14. Outside Change

BRONZE 4

12. Spin Turn
13. Back Twinkle (Open Impetus)
14. Wing
15. Basic Weave

TANGO

Figures

BRONZE 1

- 1. Tango Basic
- 2. Corté
 - b. Split Cortés
-
- 3. Promenade Turning Left
- 4. Promenade Turning Right
- 5. Progressive Rocks
- 6. Left Turning Rock
 - b. Checked Basic

BRONZE 2

- 7 Reverse Turn, Lady Outside
- 8. Separation Break
 - b. with Fans
 - c. with Ladies Underarm Turn
 - d. with Man's Underarm Turn
- 9. Shadow Rocks

BRONZE 3

- 7. Reverse Turn Lady In-line
 - a. To Corté
- 11. Walks to Progressive Link
- 12. Closed Promenade
- 13. Back Corte

BRONZE 4

- 14. Progressive Side Steps
- 15. Rock Turn
- 16. Open Reverse with Outside Swivels
- 17. Natural Promenade Turn

VIENNESE WALTZ

Figures

BRONZE 1

BRONZE 2

BRONZE 3

1. Hesitation Steps: Forward, Back, Side to Side
2. Fifth Position Breaks
 - b. with Underarm Turn
3. Forward Change Steps
4. Quarter Turns Left
5. Quarter Turns Right

BRONZE 4

6. Natural Turn
7. Reverse Turn

QUICKSTEP

Figures

BRONZE 1

BRONZE 2

BRONZE 3

1. Quarter Turn to Right
2. Progressive Chasse
3. Natural Pivot Turn
4. Natural Turn with Hesitation
5. Chasse Reverse Turn

BRONZE 4

6. Forward Lock
7. Natural Turn
8. Spin Turn

RUMBA

Figures

BRONZE 1

1. Basic
2. Underarm Turn Right
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3. 5th Position Breaks
4. Cross Over Breaks
5. Underarm Turn Left
6. 2nd Position Breaks
7. Crossbody Lead

1. Box Step
2. Box Underarm Turn
3. Cross-lead Box
 - b. Cross-lead with Inside Turn
4. 5th Position Break
5. Cross Over Breaks

BRONZE 2

8. Alternate Basic
9. Walkaround Turns
10. Shoulder to Shoulder
11. Alternate Cross-Body Lead
12. Open Break and Shoulder Check

BRONZE 3

13. Open Walks
 - b. from Underarm Turn
14. Progressive Cuban Rocks
 - b. Side Cuban Rocks
15. Promenade Swivels

BRONZE 4

15. Fan
16. Alemana
17. Hockey Stick
18. Natural Top

CHA CHA

Figures

BRONZE 1

1. Cha Cha Basic
2. Underarm Turns Right & Left
3. Cross Over Breaks
 - Double Rock
4. Progressive Basic
5. Cross Body Lead

BRONZE 2

6. Spot Turns
7. Shoulder to Shoulder
8. Open Break & Shoulder Check
9. There & Back

BRONZE 3

10. Three Cha Cha Chas
11. Check & Pop
12. Chase
13. Sweetheart with Fake
 - Sweetheart Spins

BRONZE 4

14. Fan
15. Alemana
16. Hockey Stick
17. Natural Top

SWING

Figures

BRONZE 1

1. Basic
2. Underarm Turn Right
3. Underarm Turn Left

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4. Basic in Closed
5. Behind the Back
 - b. Waist Roll
6. Link
7. Throwout
8. Hammerlock
9. Cuddle

1. Single Rhythm Basic
 - a. Basic in Closed
2. Underarm Turn Right
3. Underarm Turn Left
4. Behind the Back
5. Cradle
6. Hammerlock
7. Sugar Push
8. Double Overhead

BRONZE 2

10. Armslide
 - b. Double Loop
11. Fallaway Walks
12. Points & Kicks
13. Hip Bump
14. Double Undearm Turn
 - b. Waist Roll ending
 - c. Handshake to Behind the Back

BRONZE 3

14. American Spin
 - b. Handshake
15. Shoulder Check
16. Promenade Walks
 - b. Slow Walks
 - c. Quick Walks

BRONZE 4

17. Continuous American Spin
18. Rolling off the Arm
 - b. Double Turn
19. Whip
 - b. Whip Throwaway

SALSA

Figures

BRONZE 1

1. LA Basic (Closed and Open Hold)
2. Spot Turn to Right (Left and Right hand leads)
3. Colombian Basic
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4. 5th Position (Open Hands)
5. Cross Body Lead (Closed, Open, Handshakes)
6. Hair Brush Basic (Left & Right Hand Cross Position)
7. Alternating Spot Turns
8. Open Break Turn

BRONZE 2

9. Hammerlock
10. Shoulder Check
 - Two Hands Up & Cuddle
 - Shoulder, Elbow, Waist Leads
11. Open Break Turns Variations
 - Sombrero Pickup
 - Double Hairbrush Pickup
12. Cross Body Lead Behind the Back Turn

BRONZE 3

13. Circle Dancing (Natural Top)
 - b. Continuous Circle Dancing
14. Cross Body Lead Turn (Closed, Shoulder Lead, Waist Lead)
15. Opp Cross Body Lead Turn
16. Arm Check
17. Tea Pot Wrap

BRONZE 4

18. Alternating Open Break Turns
 - Ocho Turns
20. Shoulder Check Variations
 - Arm break with Shoulder Check
 - Hammerlock and Tuck Wrap
21. Hammerlock Cross
22. Man's Hook Turn
 - Helicopter
 - Behind the Back
23. Man's Walking Turn Right with Free Spin
24. Man's Walking Turn Left with Free Spin
26. Double Spot Spins
27. Sombrero with Arm Escape

SAMBA

Figures

BRONZE 1

1. Reverse Basic
2. Natural Basic
3. Progressive Basic
4. Whisks
 - Underarm Turns Right & Left
6. Promenade Samba Walks

BRONZE 2

7. Side Samba Walk
8. Counter Promenade Samba Walks
9. Left Box
 - Extended Left Box
 - Back to Back

BRONZE 3

11. Stationary Samba Walk
12. Travelling Voltas
13. Travelling Bota Fogos Forward
14. Travelling Bota Fogos Back

BRONZE 4

15. Bota Fogos to PP and CPP
16. Criss Cross Bota Fogos
17. Criss Cross Voltas
18. Opening Out
 - Underarm Turns Right & Left
 - Extended Left Box
 - Extended Right Box
 - Back to Back
 - Opening Out?

MERENGUE

BRONZE 1

1. Merengue Basic
2. Fifth Position Breaks
3. Second Position Breaks
4. Arm Slide
 - b. 16 count Arm Slide
 - c. Armslide with Underarm Turn
 - d. Waist Roll Turn
5. Box Step
6. Open Break
 - b. Back Breaks
7. Hammerlock to Sweetheart

BRONZE 2

8. Crossbody Lead
9. Back to Back
10. Swivels
 - b. Swivels Turning Left
11. Conga Breaks, Simple and Crossing
12. Merengue Glide

BRONZE 3

13. Forward Spot Turn
14. Back Spot Turn
15. Combo Spot Turns
16. Roll In & Out
 - b. Scissor ending
17. Shoulder Check

SILVER 1

23. Alternating Underarm Turns
24. Hip Circle
25. Crossbody with Checked Rock
26. Man's Wrap
27. Lady's Spins left

BRONZE 4

18. Progressive Conga (4 Directions)
19. Face Loops
20. Man's Duck Wrap
21. Man's Circle Wrap
22. Crossbody Cradle Wheel

SILVER 2

28. Texas Tommy with Spins
29. Pretzel
30. Coffee Grinder
31. Back Spot Underarm & Check with Twists

ARGENTINE TANGO

Figures

BRONZE 1

1. Basic (Salida)
2. Linking Steps
 - 2a. Weight Changes in Place
 - 2b. Side Step
 - 2c. Rock Step
3. Sandwich
4. Media Vuelta
5. Walks In-Line

BRONZE 2

6. Cross System Basic
7. Forward Ochos
 - with stop and Ladies Styling
8. Back Ochos
9. Walking Variation

BRONZE 3

10. Molinete to the Right
11. Molinete to the Left
12. Reverse Turn
13. Boleo with Spiral Cross

BRONZE 4

14. Displacement (Sacada) with the Left Foot
15. Displacement (Sacada) with the Right Foot
16. Stop, Sweep, and Pass Over with Hook
17. Stop, Reverse Sandwich, Pass Over with Half Moon

WEST COAST SWING

Figures

BRONZE 1

1. Underarm Turn
2. Left Side Pass
3. Sugar Push
4. Right Side Pass

BRONZE 2

5. Tuck-In from Left Side Pass
6. Tuck-In from Right Side Pass
7. Half Whip Throw Out
8. Basic Whip

BRONZE 3

9. Inside Turn from Whip
10. Whip and Outside Turn
11. Whip with Check
12. Underarm Turn-Man's Loop-Right Side Pass

BRONZE 4

13. Sugar Push Point
14. Lock Whip
15. Continuous Whip

TWO-STEP

Figures

BRONZE 1

1. Basic Forward
2. Basic Backward
3. Promenade Turn
4. Crossbody Lead
5. Lady's Underarm Turn Right
6. Lady's Double Underarm Turn Right.
7. Checked Undearm Turn and Left Turn

**Basic Movements,
Changes of Direction
and Turns.**

BRONZE 2

8. The Cape
9. Promenade to Right Side Wrap
10. Promenade Turn to Right Side Wrap
11. Skater's Position
12. Prep Turns Styling

**Shadow Combos
and Prep Turns**

BRONZE 3

13. Pivot Turn
14. The Revolve
 - Continuous Revolve
15. Parallel Vine Steps (Open Closed)
16. Matching Vine Steps (Open Closed and LH Cross)

**Pivot Turns and
Vine Combos**

BRONZE 4

17. Movements to ROP Position
 - Double Underarm Turn Right
 - RS Wrap
18. Free Spins
 - Inside Turn Variation
19. Checked Vine
20. Lady's Double Turn / Behind the Back ?

**More Spins and
Turns**

NITE CLUB TWO-STEP

Figures

BRONZE 1

1. Basic Rhythm
2. Two Step Basic
 - 2a. Closed Position
 - 2b. Double Hand Hold
3. Outside Underarm Turn
4. Opening Out Right & Left

BRONZE 2

5. Shadow Position
6. Flip-Flop in Place
7. Shoulder Check
8. Cradles

BRONZE 3

9. Traveling Crosses Left & Right
10. Inside Underarm Turn
11. Underarm Turn & Ladies Spin
12. Through the Window

BRONZE 4

13. Opposition & Travel to the Right
14. Push Spin
15. Criss Cross & Underarm Turn