

Rhythm Syllabus

Rumba 28-32 mpm

Bronze

1. Box
2. Right Underarm Turn
3. Side Breaks
4. Progressive Rocks
5. Fifth Position Breaks
6. Cross Body Lead
7. Cross Body Lead to Cuban Walks Back
8. Cross Body Lead to Outside Breaks
9. Open Break with Underarm Turn Right to Cross Over Breaks
10. Forward and Back Spot Turns

Silver

1. Back to Back
2. Side Pass
3. Forward Spot Turn
4. Side by Side Progressive Walks
5. Side by Side to Rocks
6. Back Spot with Underarm Turn Right
7. Back Spot with Underarm Turn Left
8. Wrap Around
9. Back Spot to Spiral Turn
10. Free Turns with Breaks

Cha Cha Cha 28-32 mpm

Bronze

1. Cha Cha Basic
2. Forward and Back Basic
3. Cross Over Breaks and Switch Turn
4. Right Underarm Turn
5. Right Left Right underarm Turns
6. Three Cha Chas Forward and Back
7. Cross Body Lead
8. Outside Breaks
9. Cross Over Side Steps, Back and Forward Runs
10. Left Side Pass

Silver

1. Underarm Turn with Spin
2. Back Spot Turn
3. Forward Spot Turn
4. Three Cha Chas
5. Side by Side Triples
6. Stop and Go
7. Sweetheart
8. Fallaway Swivel
9. Promenade Swivels
10. Back Spot with Underarm Turns

Mambo 48-51 mpm

Bronze

- 1a. Mambo Basic
- 1b. Progressive Basic
- 2a. Forward and Backward Breaks
- 2b. Side Breaks
3. Cross Body Lead
4. Right Underarm Turn
5. Fifth Position Breaks
6. Cross Body Lead Right Side Pass
7. Cross Over Breaks and Switch Turn
8. Chase Turns
9. Right Underarm Turn to Advanced Hip Twist
10. Shadow Breaks to Lady's Spiral

Silver

1. Forward Spot Turn
2. Back Spot with Underarm Turn Right
3. Back Spot with Underarm Turn Left
4. Side by Side
5. Open Hip Twist
6. Spin Whip
7. Advanced Hip Twist
8. Spins
9. Time Steps
10. Chase Turn to Cross Turn

Rhythm Syllabus

East Coast Swing 34-36 mpm

Bronze

1. Swing Basic
2. Throwaway
3. Underarm Turns Right and Left
4. Sweetheart
5. American Spin
6. Four Kicks
7. Peek-a-Boo
8. Lindy Whip
- 9a. Lindy Whip with Right Underarm Turn
- 9b. Lindy Whip with Left Underarm Turn
- 9c. Lindy Whip with Hand Change Turn
10. Back Pass

Silver

1. Kick Ball Change
2. Underarm Turns with Hand Change
3. Hesitation
4. Back Shuffle
5. Whip and Underarm Turn to Left
6. Whip and Underarm Turn to Right
7. American Spin
8. Rolling Off the Arm
9. Spin Whip
10. Toe Heel Swivels

Bolero 24-26 mpm

Bronze

1. Bolero Basic
2. Cross Body Lead
3. Open Break
4. Right Underarm Turn
5. Fifth Position Breaks
6. Outside Breaks
7. Cross Over Break and Switch Turn
8. Left Side Pass
9. Right Side Pass
10. Back Spot Turn

Silver

1. Passing Changes
2. Shadow Wraps
3. Left Side Pass
4. Outside Break to Overturned Aida
5. Crossover Break to Overturned Aida
6. Traveling Cross to Switch Turn
7. Lunge to Lady's Free Turn to Right
8. Right Side Pass, Back Spot Turn to Rudolph Ronde
9. Back Spot Turn, Underarm Turns to Left and Right
10. Eros Line in Shadow to Double Check