

<u>Waltz</u> 1. Below Bronze	<u>Quickstep</u>	<u>Foxtrot</u>	<u>Tango</u>
Closed Changes*	Quarter Turn*	Feather Step	Walks
Natural Turn*	Progressive Chasse*	Three Step	Progressive Side Step
Reverse Turn*	Natural Turn*	Reverse Turn	Progressive Link
Whisk & Chasse from PP*	Natural Turn with Hesitation*	Natural Turn	Open Finish
Hesitation Change*	Chasse Reverse Turn*	Reverse Wave	Closed Finish
Back Whisk	Forward Lock*	Weave	Closed Promenade
Reverse Corte	Natural Spin Turn	Natural Weave	Reverse Turn Open & Closed
Natural Spin Turn	Natural Pivot Turn	Change of Direction	Rock Turn
Weave	Progressive Chasse to Right	Open Telemark	
Prog Chasse to Right	Reverse Pivot		
Back Lock	Running Finish		
Forward Lock	Change of Direction		
Reverse Pivot	Open Telemark		
2. Bronze	Plus Section 1		
Double Reverse Spin	Tipple Chasses to R	Hover Feather	Open Promenade
Closed Telemark	Quick Open Rev Turn	Natural Telemark	Progressive Side Step Reverse Turn
Open Telemark	Cross Swivel	Natural Twist Turn	Back Corte
Cross Hesitation	Fish Tail	Hover Telemark	Rocks LF/RF
Wing	4 Quick Run	Top Spin	Natural Promenade Turn
Closed Impedus	V – 6	Closed Impedus	Natural Twist Turn
Open Impedus	Zig Zag Back Lock Running Finish	Weave from PP	Four Step Four Step Change
Outside Spin	Running Right Turn	Closed Telemark	Back Open Promenade
Turning Lock to L	Double Reverse Spin	Open Telemark O/s swivel Feather ending	Outside Swivel
Weave from PP			Fallaway Promenade
			Brush Tap
3. Silver/Gold	Plus Sections 1&2		
F/away Natural Turn	6 Quick Run	Bounce Fallaway	Fallaway Four Step
Turning Lock to R	Hover Corte	Curved feather/back feather	Oversway
Left Whisk	Rumba Cross	F/away rev /slip pivot	Chase
Contra Check	Tipsy	Hover Cross	Fallaway Rev/Slip Pvt
Closed Wing	Cross Chasse	Nat Hover Telemark	Five Step
F/away Rev Slip Pvt		Double Reverse Spin	Contra Check
Oversway		Nat Zig Zag	
Fallaway Whisk		Q/Open Reverse Turn	
Running Spin Turn		Curved 3 Step	

***5 & UNDER FIGURES**

Cha – Cha 1 Below Bronze	Samba	Rumba	Jive
Chasse L & R*			
Ronde Chasse	Basic Movement	Progressive Walks	Jive Chasses*
Cha Cha Locks Fwd*	Samba Whisks	Basic Movement	Basic in Place*
Cha Cha Locks Back*	Prom Samba Walks	Fan	Basic in Fallaway*
Basic Movement*	Stationary S. Walks	Alemanas	Link*
Open Basic*	Side Samba Walks	Hockey Stick	Change of Places R/L*
Time Step*	Prom. Boto Fogos	New York	Change of Places L/R*
3 Cha Cha's*	Travelling Boto Fogos	Hand to Hand	Simple Spin*
Fan	Shadow Boto Fogos	Side Step	Fallaway Throwaway
Alemanas	Volta Spot Turns	Cucarachas	American Spin*
Hockey Stick	Travelling Volta	Spot Turn	Change of Hands Behind the Back
New York*	Reverse Turn	Underarm Turn	Promenade Walks
Hand to Hand*		Shoulder to Shoulder	Stop and Go
Spot Turn*		Natural Top	Whip
Shoulder / Shoulder			
Natural Top			
2. Bronze	Plus Section 1		
Hip Twist Chasse	Corta Jaca	Alternative Basic	Promenade Walks (Slow)
Foot Slip Chasse	Closed Rocks	Advanced Opening Out	Throwaway Whip
Nat. Opening Out	Open Rocks	Natural Opening Out	Windmill
Closed Hip Twist	Back Rocks	Closed Hip Twist	Spanish Arms
Reverse Top	Natural Roll	Reverse Top	Curly Whip
Opening out from Reverse Top	Plait	Opening Our from Reverse Top	Chicken Walks
Aida		Curl	
Spiral		Aida	
Open Hip Twist		Spiral	
Curl			
Side Step			
3. Silver/Gold	Plus Sections 1&2		
Rope Spin	Foot Changes	Sliding Doors	Mooch
Cuban Breaks	Contra Boto Fogos	Fencing	Toe Heel Swivels
Cross Basic	Rolling off the Arm	Three Threes	Flicks into Break
Turkish Towel	Samba Locks	Rope Spin	Rolling off the Arm
Sweetheart	3 Step Turn		
Follow my Leader	Cruzados Walks and Locks		
Foot Changes	Prom & Counter Prom Runs		

***5 & UNDER FIGURES**