



## ***International Waltz***

### **Pre-Bronze**

- 1. Closed Changes (Left and Right)
- 2. Natural Turn
- 3. Reverse Turn
- 4. Natural Spin Turn
- 5. Whisk
- 6. Chasse from Promenade Position

### **Bronze**

- 7. Closed Impetus
- 8. Hesitation Change
- 9. Outside Change
- 10. Reverse Corte
- 11. Back Whisk
- 12. Basic Weave
- 13. Double Reverse Spin
- 14. Reverse Pivot
- 15. Back Lock
- 16. Progressive Chasse to Right

### **Silver**

- 17. Weave from Promenade Position
- 18. Closed Telemark
- 19. Open Telemark and Cross Hesitation
- 20. Open Telemark and Wing
- 21. Open Impetus and Cross Hesitation
- 22. Open Impetus and Wing
- 23. Outside Spin
- 24. Turning Lock

### **Gold**

- 25. Left Whisk
- 26. Contra Check
- 27. Closed Wing
- 28. Turning Lock to Right
- 29. Fallaway Reverse and Slip Pivot
- 30. Hover Corte

## ***International Foxtrot***

### **Pre-Bronze**

- 1. Feather
- 2. Three Step
- 3. Natural Turn
- 4. Reverse Turn
- 5. Closed Impetus and Feather Finish

### **Bronze**

- 6. Natural Weave
- 7. Change of Direction
- 8. Basic Weave

### **Silver**

- 9. Closed Telemark
- 10. Open Telemark and Feather Ending
- 11. Top Spin
- 12. Hover Feather
- 13. Hover Telemark
- 14. Natural Telemark
- 15. Hover Cross
- 16. Open Telemark, Natural Turn, Outside Swivel and Feather Ending
- 17. Open Impetus
- 18. Weave from Promenade Position
- 19. Reverse Wave

### **Gold**

- 20. Natural Twist Turn
- 21. Curved Feather to Back Feather
- 22. Natural Zig-Zag from Promenade Position
- 23. Fallaway Reverse and Slip Pivot
- 24. Natural Hover Telemark
- 25. Bounce Fallaway with Weave Ending



## ***International Quickstep***

### **Pre-Bronze**

- 1. Quarter Turn to Right
- 2. Natural Turn
- 3. Natural Turn with Hesitation
- 4. Natural Pivot Turn
- 5. Natural Spin Turn
- 6. Progressive Chasse
- 7. Chasse Reverse Turn
- 8. Forward Lock

### **Bronze**

- 9. Closed Impetus
- 10. Back Lock
- 11. Reverse Pivot
- 12. Progressive Chasse to Right
- 13. Triple Chasse to Right
- 14. Running Finish
- 15. Natural Turn and Back Lock
- 16. Double Reverse Spin

### **Silver**

- 17. Quick Open Reverse
- 18. Fishtail
- 19. Running Right Turn
- 20. Four Quick Run
- 21. V6
- 22. Closed Telemark

### **Gold**

- 23. Cross Swivel
- 24. Six Quick Run
- 25. Rumba Cross
- 26. Tippy to Right and Left
- 27. Hover Corte

## ***International Tango***

### **Pre-Bronze**

- 1. Walk
- 2. Progressive Side Step
- 3. Progressive Link
- 4. Closed Promenade
- 5. Rock Turn
- 6. Open Reverse Turn, Lady Outside
- 7. Back Corte

### **Bronze**

- 8. Open Reverse Turn, Lady in Line
- 9. Progressive Side Step Reverse Turn
- 10. Open Promenade
- 11. Left Foot and Right Foot Rocks
- 12. Natural Twist Turn
- 13. Natural Promenade Turn

### **Silver**

- 14. Promenade Link
- 15. Four Step
- 16. Back Open Promenade
- 17. Outside Swivels
- 18. Fallaway Promenade
- 19. Four Step Change
- 20. Brush Tap

### **Gold**

- 21. Fallaway Four Step
- 22. Oversway
- 23. Basic Reverse Turn
- 24. The Chase
- 25. Fallaway Reverse and Slip Pivot
- 26. Five Step
- 27. Contra Check



## ***International Rumba***

### **Pre-Bronze**

- 1. Basic Movements (Closed, Open, In Place and Alternative)
- 2. Cucarachas (Left Foot and Right Foot)
- 3. New Yorker to Left or Right
- 4. Spot Turns to Left or Right (Including Switch and Underarm Turns)
- 5. Shoulder to Shoulder (Left Side and Right Side)
- 6. Hand to Hand to Left or Right
- 7. Progressive Walks (Forward or Back)
- 8. Side Steps to Left or Right
- 9. Cuban Rocks

### **Bronze**

- 10. Fan
- 11. Alemana
- 12. Hockey Stick
- 13. Natural Top
- 14. Opening Out to Right and Left
- 15. Natural Opening Out Movement
- 16. Closed Hip Twist

### **Silver**

- 17. Open Hip Twist
- 18. Reverse Top
- 19. Opening Out from Reverse Top
- 20. Aida
- 21. Spiral Turns (Spiral, Curl, and Rope Spinning)

### **Gold**

- 22. Sliding Doors
- 23. Fencing
- 24. Three Threes
- 25. Three Alemanas
- 26. Hip Twists (Advanced, Continuous, Circular)

## ***International Cha Cha Cha***

### **Pre-Bronze**

- 1. Basic Movements (Closed, Open & In Place)
- 2. New Yorker to Left or Right
- 3. Spot Turns to Left or Right (Including Switch and Underarm Turns)
- 4. Shoulder to Shoulder (Left Side and Right Side)
- 5. Hand to Hand to Left or Right
- 6. Three Cha Cha Chas (Forward and Back)
- 7. Side Steps to Left or Right
- 8. There and Back
- 9. Time Steps

### **Bronze**

- 10. Fan
- 11. Alemana
- 12. Hockey Stick
- 13. Natural Top
- 14. Natural Opening Out Movement
- 15. Closed Hip Twist

### **Silver**

- 16. Open Hip Twist
- 17. Reverse Top
- 18. Opening Out from Reverse Top
- 19. Aida
- 20. Spiral Turns (Spiral, Curl, and Rope Spinning)
- 21. Cross Basic
- 22. Cuban Breaks (Including Split Cuban Breaks)
- 23. Chase

### **Gold**

- 24. Advanced Hip Twist
- 25. Hip Twist Spiral
- 26. Turkish Towel
- 27. Sweetheart
- 28. Follow My Leader
- 29. Foot Changes



## ***International Samba***

### **Pre-Bronze**

- 1. Basic Movements (Natural, Reverse, Side and Progressive)
- 2. Whisks (also with Lady's Underarm Turn)
- 3. Samba Walks (Promenade, Side and Stationary)
- 4. Rhythm Bounce
- 5. Volta Movements
- 6. Travelling Bota Fogos Forward
- 7. Criss Cross Bota Fogos (Shadow Bota Fogos)

### **Bronze**

- 8. Travelling Bota Fogos Back
- 9. Bota Fogos to Promenade and Counter Promenade
- 10. Criss Cross Voltas
- 11. Solo Spot Volta
- 12. Foot Changes
- 13. Shadow Travelling Volta
- 14. Reverse Turn
- 15. Corta Jaca
- 16. Closed Rocks

### **Silver**

- 17. Open Rocks
- 18. Back Rocks
- 19. Plait
- 20. Rolling off the Arm
- 21. Argentine Crosses
- 22. Maypole
- 23. Shadow Circular Volta

### **Gold**

- 24. Contra Bota Fogos
- 25. Roundabout
- 26. Natural Roll
- 27. Reverse Roll
- 28. Promenade and Counter Promenade Runs
- 29. Three Step Turn
- 30. Samba Locks
- 31. Cruzados Walks and Locks

## ***International Jive***

### **Pre-Bronze**

- 1. Basic in Place
- 2. Fallaway Rock
- 3. Fallaway Throwaway
- 4. Link
- 5. Change of Places Right to Left
- 6. Change of Places Left to Right
- 7. Change of Hands Behind the Back
- 8. Hip Bump (Left Shoulder Shove)

### **Bronze**

- 9. American Spin
- 10. Walks
- 11. Stop and Go
- 12. Mooch
- 13. Whip
- 14. Whip Throwaway

### **Silver**

- 15. Reverse Whip
- 16. Windmill
- 17. Spanish Arms
- 18. Rolling Off the Arm
- 19. Simple Spin
- 20. Miami Special

### **Gold**

- 21. Curly Whip
- 22. Shoulder Spin
- 23. Toe Heel Swivels
- 24. Chugging
- 25. Chicken Walks
- 26. Catapult
- 27. Stalking Walks, Flicks and Break