



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