



## ***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