

CANADIAN DANCE TEACHERS ASSOCIATION

L'ASSOCIATION CANADIENNE DES PROFESSEURS DE DANSE

LATIN AMERICAN SYLLABUS STEP LIST- COMPETITIONS & MEDAL TESTS

Effective September 1st. 2010 - 2011



CHA CHA

BEGINNERS - DÉBUTANTS

1. Basic Movements
(Closed, Open and In Place)
2. New York (Left and Right Side)
3. Spot Turns Left and Right
(Incl Switch and Underarm Turns)
4. Shoulder to Shoulder Left Side and Right side
5. Hand to Hand (Right and Left side position)

PRE BRONZE-PRÉ BRONZE

6. Three Cha Cha Chas (Forward and Back)
7. Side Steps (to Left and 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-ARGENT

10. Fan (Development)
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)

GOLD-OR

11. Alemana with R to R hold to Advanced Hip Twist (Development)
24. Advanced Hip Twist
25. Hip Twist Spiral
26. Turkish Towel
27. Sweetheart
28. Follow My Leader
29. Foot Changes

GOLD STAR - ÉTOILE D'OR*

. See note - Voir note

JIVE

BEGINNERS-DÉBUTANTS

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

PRE BRONZE//PRÉ BRONZE

7. Change of Hands Behind Back
8. Hip Bump (Left Shoulder Shove)
5. Change of Places Right to Left With Change of Hands
6. Change of Places Left to Right With Change of Hand

BRONZE

9. American Spin
10. The Walks
11. Stop and Go

RUMBA

BEGINNERS-DÉBUTANTS

1. Basic Movements (Closed- Open- In Place- Alternative)
2. Cucarachas (Left foot and Right foot)
3. New York to Left and Right Side
4. Spot Turns to Left and Right (incl. Switch and Underarm Turns)
5. Shoulder to Shoulder
6. Hand to Hand (Right and Left Side)

PRE BRONZE -PRÉ BRONZE

7. Progressive Walks forward or back
8. Side Steps (to Left and 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-ARGENT

10. Fan (Development)
17. Open Hip twist
18. Reverse Top
19. Opening Out From Reverse Top
20. Aida
21. Spiral Turns (Spiral - Curl and Rope Spinning)

GOLD-OR

7. Progressive Walks fwd in R shadow Position (Kiki Walks).
11. Alemana with R to R hand hold to Advanced Hip Twist (Development)
22. Sliding Doors
23. Fencing
24. Three Threes
25. Three Alemanas
26. Hip Twists (Advanced - Continuous- Circular)

GOLD STAR - ÉTOILE D'OR*

See note: / Voir note:

JIVE cont'd

12. Mooch
13. The Whip
14. Whip Throwaway

SILVER/ARGENT

4. Flick Ball Change (fwd or back) Point Ball Change , Hesitation
15. Reverse Whip
16. Windmill
17. Spanish Arms
18. Rolling Off Arm
19. Simple Spin
20. Miami Special

GOLD-OR

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

GOLD STAR - ÉTOILE D'OR*

See note - Voir note

SAMBA

BEGINNERS-DÉBUTANTS

1. Basic Movements - Natural and Reverse, Side and Progressive
2. Whisks (also with Lady's Underarm Turn)
3. Samba Walks in Prom. Position
4. Rhythm Bounce
5. Travelling Voltas to Right and Left (facing- no turn)

PRE BRONZE-PRÉ BRONZE

6. Travelling Bota Fogos Forward
7. Criss Cross Bota Fogos (Shadow Bota Fogos)
3. Samba Walks (Side and Stationary)

BRONZE

8. Travelling Bota Fogos Back
9. Bota Fogos to PP and CPP
10. Criss Cross Voltas
11. Solo Spot Volta
12. Foot Changes 1 & 2
13. Shadow Travelling Voltas
14. Reverse Turn
15. Corta Jaca
16. Closed Rocks

SILVER-ARGENT

- 12.. Foot Changes 1-2-3-4 - 8
17. Open Rocks
18. Back Rocks
19. Plait
20. Rolling off the Arm
21. Argentine Crosses
22. Maypole
23. Shadow Circular Volta

GOLD-OR

12. Foot Changes 1 to 8
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

GOLD STAR - ÉTOILE D'OR*

GENERAL INFORMATION

* GOLD STAR

All the above figures in each dance; also the figures and amalgamations as written in the book Popular Variations by ISTD. **Complete figures must be danced.**

ARMS: (No restrictions) The use of arms should be rhythmical and suit the figure and the dance.

PLEASE NOTE: In syllabus competitions IDTA styling or foot positions may be used Examinations remain as per ISTD

REFERENCES:

ISTD Manuals
ISTD Popular Variations

PASO DOBLE

BEGINNERS-DÉBUTANTS

1. Sur Place
2. Basic Movement
3. Chasses to Right & Left (Including elevations)
4. Drag
5. Deplacement (also Attack)
6. Promenade Link (Also Promenade Close)

PRE BRONZE-PRÉ BRONZE

7. Promenade
8. Ecart (Fallaway Whisk)
9. Separation
10. Separation with Lady's Caping Walks

BRONZE

11. Fallaway Ending to Separation
12. Huit
13. Sixteen
14. Promenade and Counter Promenade
15. Grand Circle
16. Open Telemark

SILVER-ARGENT

17. La Passe
18. Banderillas
19. Twist turn
20. Fallaway Reverse Turn
21. Coup de Pique
22. Left Foot Variation
23. Spanish Lines
24. Flamenco Taps

GOLD-OR

25. Syncopated Separation
26. Travelling Spins from PP
27. Travelling Spins from CPP (No syncopation)
28. Fregolina (also Farol)
29. Twists
30. Chasse Cape (including Outside Turn)

GOLD STAR -ÉTOILE D'OR*

31. Travelling Spins from CPP with syncopated timing

See note - Voir note

INFORMATIONS GÉNÉRALES

* ÉTOILE D'OR

Toutes les figures mentionnées dans chaque danse, ainsi que les figures et enchaînements tels que décrits dans le livre de "Popular Variations" de L'ISTD. **Les figures complètes doivent être dansées.**

BRAS: Aucune restriction.

L'utilisation des bras devrait être rythmique et convenir à la figure et à la danse..

S.V.P. NOTEZ: dans le syllabus de compétitions, le style et les positions de pieds de l'IDTA peuvent être utilisés. Pour les examens utilisez l'ISTD.

CANADIAN DANCE TEACHERS ASSOCIATION

L'ASSOCIATION CANADIENNE DES PROFESSEURS DE DANSE

LATIN AMERICAN SYLLABUS STEP LIST- COMPETITIONS & MEDAL TESTS

Effective September 1st. 2010 - 2011

