

Appendix 2

INTERNATIONAL LATIN SYLLABUS

CHA CHA

BEGINNERS – DÉBUTANTS

- 1 Basic Movements (Closed, Open and In Place)
- 2 New York (Left and Right Side)
- 3 Spot Turns to Left or Right (Including Switch and Underarm Turns)
- 4 Shoulder to Shoulder Left Side & 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)
- 23 Chase

GOLD – OR

- 11 Alemana Right to Right Hand to Advanced Hip Twist
- 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

RUMBA

BEGINNERS – DÉBUTANTS

- 1 Basic Movements (Closed – Open – In Place – Alternative)
- 3 New York to Left and Right Side
- 4 Spot Turns to Left or Right (including Switch and Underarm Turns)
- 5 Shoulder to Shoulder
- 6 Hand to Hand (To Right and Left Side)

PRE BRONZE – PRÉ BRONZE

- 7 Progressive Walks forward or back
- 8 Side Steps (to Left or Right)
- 9 Cuban Rocks
- 2 Cucarachas (Left and Right foot)

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 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

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*

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

PASO DOBLE

BEGINNERS–DÉBUTANTS

- 1 Sur Place
- 2 Basic Movement
- 3 Chasses to Right & Left (Including elevations)
- 4 Drag
- 5 Displacement (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
- 31 Chasse Cape (including Outside Turn

GOLD STAR –ÉTOILE D'OR

- 31 Travelling Spins from CPP with syncopated timing

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 Right
- 6 Change of Places Left to Right

PRE BRONZE–PRÉ BRONZE

- 7 Change of Hands Behind Back 8.
- 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
- 12 Mooch
- 13 The Whip
- 14 Whip Throwaway

SILVER–ARGENT

- 4 Flick (or 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

GENERAL INFO

* **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: Up to and including Bronze the arms must be below shoulder level, there are no restrictions for Silver and Gold.

PLEASE NOTE: In syllabus competitions idta styling or foot positions may be used. Examinations remain as per istd.

REFERENCES: ISTD Manuals, ISTD Popular Variations.