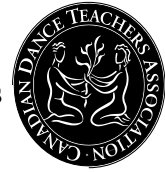


# CANADIAN DANCE TEACHERS ASSOCIATION

## L ASSOCIATION CANADIENNE DES PROFESSEURS DE DANSE

### LATIN AMERICAN SYLLABUS STEP LIST- COMPETITIONS & MEDAL TESTS

Effective September 1<sup>st</sup>, 2006



#### 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)
23. Chase

##### 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. 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
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.