

International Latin

Cha Cha Cha 30-32 mpm

Pre-Bronze/Student Teacher

1. Basic Movements
 2. New York
 3. Spot Turns Left and Right
 4. Shoulder to Shoulder
 5. Hand to Hand
 6. Three Cha Chas Forward
 7. Side Steps
 8. There and Back
 9. Time Steps
- Compact Chasse
Alternate Compact Chasse

Bronze/Associate

10. Fan
11. Alemana
12. Hockey Stick
13. Natural Top
14. Natural Opening Out Movement
15. Closed Hip Twist

Silver/Licentiate

16. Open Hip Twist
 17. Reverse Top
 18. Opening Out from Reverse Top
 19. Aida
 20. Spiral Turns
 21. Cross Basic
 22. Cuban Breaks
 23. Chase
- Ronde Chasse
Twist Chasse
Slip Chasse

Gold/Fellow

24. Advanced Hip Twist
 25. Hip Twist Spiral
 26. Turkish Towel
 27. Sweetheart
 28. Follow My Leader
 29. Foot Changes
- Runaway Chasse

Rumba 26-28 bpm

Pre-Bronze/Student Teacher

1. Basic Movements
2. Cucarachas
3. New York
4. Spot Turns Left and Run
5. Shoulder to Shoulder
6. Hand to Hand
7. Progressive Walks Forward & Back
8. Side Steps
9. Cuban Rocks

Bronze/Associate

10. Fan
11. Alemana
12. Hockey Stick
13. Natural Top
14. Opening Out Right and Left
15. Natural Opening Out Movement
16. Closed Hip Twist

Silver/Licentiate

17. Open Hip Twist
18. Reverse Top
19. Opening Out From Reverse Top
20. Aida
21. Spiral Turns: Spiral; Curl; Rope Spinning

Gold/Fellow

22. Sliding Doors
23. Fencing
24. Three Threes
25. Three Alemanas
26. Hip Twists

Samba 48-50 mpm

Pre-Bronze/Student Teacher

1. Basic Movement
2. Whisks
3. Samba Walks
4. Rhythm Bounce
5. Volta Movements
6. Traveling Bota Fogos
7. Criss Cross Bota Fogos (Shadow Bota Fogos)

Bronze/Associate

8. Traveling Bota Fogos
9. Bota Fogos to Promenade Position and Counter Promenade Position
10. Criss Cross Voltas
11. Solo Spot Volta
12. Foot Changes
13. Shadow Traveling Volta
14. Reverse Turn
15. Corta Jaca
16. Closed Rocks

Silver/Licentiate

17. Open Rocks
18. Back Rocks
19. Plait
20. Rolling off the Arm
21. Argentine Crosses
22. Maypole
23. Shadow Circular Volta

Gold/Fellow

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