

# Bronze

- Smooth
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  - Viennese Waltz
- Standard
  - Waltz
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  - Quickstep
- Rhythm
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  - Samba
  - Cha Cha
  - Rumba
  - Jive

Smooth

Smooth

# Waltz

Long Wall

- Natural Turn [123]
- Spin Turn [456]
- Reverse Turn [123]
- Underarm Turn [123 456 123]
- Butterfly [456 \*\*\* 123]

Short Wall

- Progressive Twinkles [456 \*\*\* 123]

Smooth

# Tango

- Basic [SSQQS]
- Fan into Reverse Turn [SSQQS SSQQS QQSQQS]
- American Corte [SSQQS]
- Swivels [QQSSQQ SSQQS]

Smooth

# Foxtrot

## Opening (Short Wall)

- Grapevine [SSQQQQQQQ]
- Sway Step [SSQQ]
- Rock Turn to Left

## Long Wall

- Natural Turn [SQQ]
- Closed Impetus [SQQ]
- Reverse Turn [SQQ]
- Underarm Turn [SQQ SQQ SQQ]
- Butterfly [SQQ \*\*\* SQQ]

## Short Wall

- Progressive Twinkles [SQQ \*\*\* SQQ]

Smooth

# Viennese Waltz

- Natural Turn [123 \*\*\* 123]
- Change Step [456]
- Reverse Turn [123 \*\*\* 123]
- Change Step [456]

# Standard

Standard

# Waltz

- Natural Turn [123]
- Spin Turn [456]
- Reverse Turn [123 456 123]
- Whisk [456]
- Chasse [12&3]

Standard

# Tango

- Walks [SS]
- Reverse Turn [QQS QQS]
- Progressive Link [QQ]
- Promenade Close [SQQS]

Standard

# Foxtrot

- Feather Step [SQQ]
- Reverse Turn [SQQ]
- Outside Finish [SQQ]
- Change of Direction [SSS]

Standard

# Quickstep

- Quarter Turn to Right [SQQS]
- Progressive Chasse [SQQS]
- Lock Step [SQQS]

To turn a corner:

- Natural Turn [SQQ]
- Spin Turn [SSS]

# Rhythm

Rhythm

# Cha Cha

- Back Step [23]
- 3x Lock Steps [4&1 2&34&1]
- Cross Body Lead [234&1 234&1]
- 3x Cross Over Break [234&1 234&1 234&1]
- Alemana [234&1]
- 3x Fifth Position Break [234&1 234&1 234&1]
- Spot Turn [234&1]
- Cross Body Lead [234&1 234&1, jump to the second of three lock steps from the beginning]

Rhythm

# Rumba

- Walk Around Turn (with turn) [341 341 341 341]
- Basic Box (end w/ side step) [341 341]
- 3x Cross Over Break [341 341 341]
- Alemana [341]
- 3x Fifth Position Break [341 341 341]
- Spot Turn [341]
- Cross Body Lead [341 341]
- Open Break [341]
- Underarm Turn [341, into Walk Around Turn]

Rhythm

# Swing

- Hip Bump [123456]
- Stop and Go [78123456]
- Hip Bump [781234]
- Stop and Go [56781234]
- American Spin [5678]
- 2x Mooch Kicks [12345678123456781234]
- 2x Whip [56781234]
- Change of Places Left to Right [567812]
- Change of Hands Behind the Back [345678]

Rhythm

# Mambo

- Basic [234 678]
- 3x Cross Over Break [234 678 234]
- Follow Turn [678]
- Cross Body Lead [234 678]
- Open Break [234]
- Alemana [678]
- 2x Fifth Position Breaks [234 678]
- Cross Over Break with Swivels [234 678]
- Cross Body Lead [234 678]

Latin

Latin

# Samba

- Whisk [1a2 3a4 5a6 7a8]
- Samba Walks [1a2 3a4 5a6 7a8]
- Botafogos [1a2 3a4 5a6 7a8]
- Voltas [1a2a3a4 5a6a7a8]

Latin

# Cha Cha

- Back Step [23]
- 3x Lock Steps [4&1 2&34&1 234&1]
- Natural Top [234&1]
- Opening Out to Closed Hip Twist [234&1]
- Fan [234&1 234&1]
- Alemana [234&1]
- 3x New Yorker [234&1 234&1 234&1]
- Alemana [234&1]
- 2x Hand to Hand [234&1 234&1]
- Spot Turn [234&1]
- Alemana [234&1]
- Opening Out to Closed Hip Twist [234&1]
- Fan [234&1 234&1]
- Hockey Stick [23, replaces Back Step at beginning of routine]

Latin

# Rumba

- Back Step [23]
- Open Basic [423]
- Open Hip Twist [4]
- Fan [234 234]
- Alemana [234]
- 3x New Yorker [234 234 234]
- Alemana [234]
- 2x Hand to Hand [234 234 234]
- Spot Turn [234]
- Alemana [234]
- Opening Out to Closed Hip Twist [234]
- Fan [234 234]
- Hockey Stick [23, replaces Back Step at beginning of routine]

Latin

# Jive

- Hip Bump [123456]
- Stop and Go [78123456]
- Hip Bump [781234]
- Stop and Go [56781234]
- American Spin [5678]
- 2x Mooch Kicks [12345678123456781234]
- 2x Whip [56781234]
- Change of Places Left to Right [567812]
- Change of Hands Behind the Back [345678]