

Newcomer

- Smooth
 - Waltz
 - Tango
 - Foxtrot
- Standard
 - Waltz
 - Tango
 - Quickstep
- Rhythm
 - Cha Cha
 - Rumba
 - Swing
- Latin
 - 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]

Smooth

Foxtrot

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]

Standard

Standard

Waltz

Natural Turn [123 456]

Change Step [123]

Reverse Turn [456 123]

Change Step [456]

Standard

Tango

- Walks [SS]
- Reverse Turn [QQS QQS]

Standard

Quickstep

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

Rhythm

Rhythm

Cha Cha

- 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]

Rhythm

Rumba

- 3x Cross Over Break [341 341 341]
- Alemana [341]
- 3x Fifth Position Break [341 341 341]
- Spot Turn [341]

Rhythm

Swing

- Hip Bump [123456]
- Stop and Go [78123456]
- Hip Bump [781234]
- Stop and Go [56781234]
- Change of Places Left to Right [567812]
- Change of Hands Behind the Back [345678]

Latin

Latin

Cha Cha

- 3x New Yorker [234&1 234&1 234&1]
- Alemana [234&1]
- 3x Hand to Hand [234&1 234&1 234&1]
- Spot Turn [234&1]

Latin

Rumba

- 3x New Yorker [234 234 234]
- Alemana [234]
- 3x Hand to Hand [234 234 234]
- Spot Turn [234]

Latin

Jive

- Hip Bump [123456]
- Stop and Go [78123456]
- Hip Bump [781234]
- Stop and Go [56781234]
- Change of Places Left to Right [567812]
- Change of Hands Behind the Back [345678]