



## Association of International Dance Inc'

Member of the International Dance Council

### Activ8Dance Program

Due to the large number of dance styles, candidates are permitted to repeat the levels in order to work through all of the styles if they wish.

Level 1 Choice of 3 - 8 dance styles

Level 2 Choice of 3 - 8 dance styles (to include movements from the previous level)

Level 3 Choice of 3 - 8 dance styles (to include movements from the previous level)

## Program Development and Progress Benchmarks

### Activ8Dance

This social program will develop the dances you plan to use immediately at a foundation level, with emphasis being placed on three important elements of dancing; foot position, rhythm/timing and leading/following, with enough variety from the styles and syllabi to keep the learning experience interesting.

### FusionDance

This program is designed for those individuals who wish to select a number of styles and dances from the available styles and syllabi (3 to 5 dances) within the various levels. The standard of assessment will be in line with the relevant level demonstrated.

### Level 1 & 2

These levels are designed to develop timing and technique and are designed and developed;

- ✓ To teach and understand body alignment and balance.
- ✓ To teach and understand weight movement from foot to foot consistently through the dancing of foundation patterns and the fundamental basic style and movements of each dance.
- ✓ To unify the body and teach core strength while introducing transitions of frame at fundamental levels.

### Level 3 & 4

This dance standard involves a higher degree of styling, more elaborate timing, moves and a continuity of movement with many natural directional changes, styling, technique, balance and control. It has been designed and developed;

- ✓ To introduce complex body position and advance the use of swing and shape and develop the ability to dance complex rhythms and syncopations.
- ✓ To increase the ability to turn and spin, introduce body isolations while in movement without disturbing core strength and introduce transitions of more complex frames.

### Level 5

This standard is for the dancer interested in performance or exhibition with choreography, styling, technique and showmanship being a requirement. It is designed and developed;

- ✓ To learn to change inside and outside of curve with greater frequency and rapidity.
- ✓ To incorporate line figures and more complex rhythms into the dance.
- ✓ To change direction with speed by increasing an understanding of body weight.
- ✓ To use more extreme body positions to create greater risk in the dance.
- ✓ To learn to move the whole body through isolations to create greater speed and strength.
- ✓ To increase understanding of complex frame and body position transitions.

### Star/Showcase Awards

A demonstration/exhibition of 1 dance, or in the case of the Showcase Award; a 'blending' of dances and styles (up to 6½ min duration) and, similar assessment criteria to the Diamond Award.

With a high expectation of performance, this level is designed for students who wish to incorporate an assessment that is not as technical but allows both student and teacher an opportunity for creativity, flexibility in timing, movement and choreography.

### Diamond Awards

With similar requirements to Level 5 and a higher expectation of performance in all the required dances of the demonstrated style, this level is designed for students who have completed all levels of assessment or, those who wish to incorporate an assessment that is not quite as technical and allows both student and teacher an opportunity for creativity while;

- ✓ Encouraging flexibility with timing and patterns.
- ✓ Exploring new movement and shapes.
- ✓ Freely expressing emotion through dance and allowing an opportunity to 'break' the rules!

### WALTZ (STANDARD)

Throughout all of its figures and steps, the Waltz is recognizable for its smooth, gliding grace and its rise-and-fall movements.

Because Waltz is the oldest modern Ballroom Dance, it is arguably also the dance most closely associated with the Ballroom style of dance and despite its origins as the most erotic dance of the Victorian era, Waltz today is mainly thought of in the context of ball gowns, manners, and high society.

The Waltz is regularly featured in popular televised dance 'competitions' such as Dancing with the Stars, Strictly Come Dancing, World of Dance and It Takes Two.

### WALTZ (SMOOTH/SOCIAL)

Throughout all of its figures and steps, the Waltz is recognizable for its smooth, gliding grace and its rise-and-fall movements.

The American Smooth style is punctuated with graceful open movements, underarm turns and solo spins and turns. At 28-30 measures per minute, the tempo is slow at best, but the expressive quality of the music often invites very powerful and dynamic movement from dancers.

The Waltz is regularly featured in popular televised dance 'competitions' such as Dancing with the Stars, Strictly Come Dancing, World of Dance and It Takes Two.

### FOXTROT (STANDARD)

The Foxtrot evolved from the two-step but unlike the two-step, it is done with a broken rather than an even beat (slow-slow, quick-quick) and is seen by many as the first dance to introduce a 'slow' count as other popular dances until then only incorporated a single-rhythm. It is an extremely versatile dance which can be performed to such music as fast country-western; rumba's as well as slow tangos.

The Foxtrot is a 'must have' for a dancer's repertoire and can be relied upon when all else fails...it is both a simple dance to learn, while possibly being the hardest to master.

### FOXTROT (SMOOTH/SOCIAL)

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Since the American Smooth style of Foxtrot is not limited in its syllabus to closed-position dancing and takes on a much more "theatrical" quality than its Standard counterpart. The basic movements are still Foxtrot but the movement and choreography is often reminiscent of the style of Fred Astaire and Ginger Rogers.

### QUICKSTEP

The Quickstep formed around 1925 out of a marching one step, a fast foxtrot, and some of the jazzy hops and skips of the Charleston and it was at the British Professional Championship (1929) that the name 'Quickstep' was used for the first time.

The fast tempo and the ever-changing combinations of quicks and slows make the quickstep an interesting, fun rhythm as not only do figures vary one from another in the number and timing of their steps but, a given figure can vary at the choice of the choreographer making this rich variety, half the fun!

\*This program develops the dances you plan to use immediately at a foundation level

### NEW VOGUE (AUSTRALIAN)

The New Vogue dance style is an Australian form of sequence dancing that originated in the 1930s and since then, has become an important part in the Australian and New Zealand ballroom scene, holding as much importance in social and competition dancing as Latin or Ballroom dances.

All New Vogue dances are based on a sequence of dance steps which are continually repeated, usually until the music ends with the sequences either 16 or 32 bars long, and requiring music that is in turn "sequenced" (composed of verses that are either 16 or 32 bars long).

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### TANGO (ARGENTINE)

All Argentine Tango styles have some degree of authenticity because they draw from the practices, idioms, and historical precedents of Argentine Tango as it is and was danced in Buenos Aires, Montevideo, and other cities in Argentina and Uruguay.

Some styles are more popular in a particular city or in venues within a city and some of the confusion about authenticity may be the result of different styles serving different social purposes as the embraces and characteristic movements can vary considerably across individual styles and, in many cases, the same individual would dance somewhat different styles in different venues or to different music.

### JIVE

In 1960 a new category of competition dances was put together called "Latin American", combining four Latin dances with one American - the "Jive".

The ballroom version of Jive is based on a six-beat pattern of two fast syncopated chassés (side, close, side) followed by a slower break back and replace forward; it prohibits any kind of air step and is usually danced in an enhanced bouncy style, very upright and with lots of kicks. It is a very fast, energy-consuming dance and in competition, after having performed the Samba, Rumba, Paso Doble and Cha Cha, the dancers have their stamina tested by performing the Jive.

### TANGO (STANDARD)

The Tango gained respectability in England in 1914 and although popularity waned during World War I, revived during the 1920's.

In 1929, the Official Board of Ballroom Dancing was founded with the primary aim of standardising and developing official recognition of technique and by 1930 the dance had become firmly established as the basis of the 'English Style' Tango.

International or English Tango is now so changed from its origins that it is considered a Smooth or Standard rhythm, rather than Latin and generally emphasizes the use of quick steps and uses slow counts for contrast.

### EAST COAST SWING

The East Coast Swing frame is typically in Closed Promenade position with the leader's left hand at the waist level and the right hand is on the follower's left shoulder blade.

East Coast uses a six-step pattern and three measures of music are required to complete two sets of steps with the choice to start with triples or with a rock step. It is a happy, fun, upbeat dance, distinguished by its bounce, rock step (back break), swing hip motion and triple steps and is also a non-progressive dance that is danced to Big Band or contemporary music that 'swings'.

### TANGO (SMOOTH/SOCIAL)

Social or American Tango adopted features of both Argentine and International (or English) Tango and is the simplest of the tango styles and, where International Tango is highly structured, American (like Argentine) is looser.

There is a greater use of loose-closed, semi-closed, butterfly, shadow and a variety of open positions. Most can identify American tango steps by the acronym of the word itself, with each letter representing a specific movement within the 5-step basic. The "T" and "A" are the first two slow steps while the remaining "N", "G" and "O" are the steps that when combined are known as the "tango close".

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### WEST COAST SWING

The origin of the West Coast Swing has its roots in the Lindy Hop and is characterized by an elastic look that results from its extension-compression technique of partner connection and is danced primarily in a 'slotted' area on the dance floor.

The dance allows for both partners to improvise steps while dancing together, putting West Coast Swing in a short list of dances that emphasize improvisation.

West Coast Swing is an evolving social dance that has gone through many changes throughout its short history however; there are many guidelines that should be followed to maintain the true character of the dance.

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### SALSA

The origins of salsa date back to the 1900s in Eastern Cuba, where musical elements and rhythms from various styles were combined. Cuban Son and Afro-Cuban rumba used diverse musical instruments to create the basis of a rhythm that would later reach Havana. There, Salsa absorbed influences from other local Cuban music and American Jazz and continued to evolve.

Salsa music is an evolution of different Caribbean rhythms and instruments and the Salsa dance has similarly evolved and adapted over the years to better suit the tastes of different localities, leading to the creation of different regional styles of salsa.

### BACHATA

Bachata is a style of dance that originated in the Dominican Republic and is danced widely all over the world but, not identically.

The basics to the dance are a three-step with a Cuban hip motion followed by a tap including a hip movement on the 4th beat, while the knees should be slightly bent to allow an easier hip sway.

In partnering, the lead can decide whether to perform in open or closed position, while dance moves or step variety during performance strongly depends on the music, setting, mood and interpretation.

### CHA CHA

Cha Cha (or Cha Cha Cha) originated in Cuba and evolved from a slow version of Mambo called "Triple Mambo" or Mambo with guiro rhythm.

The Cha-cha may be either danced to authentic Cuba, or Latin Pop or Latin Rock and is made up of two slower steps followed by three quick steps i.e., cha-cha-cha in a 'one-two-cha-cha-cha' dance rhythm.

Even though the modern ballroom version of dancing 'cha-cha' gradually continues to evolve with every dance competition; it remains strongly based on its Cuban roots from the 1950's.

### RUMBA (CUBAN STYLE)

The origin of the word Rumba/Rhumba (Room-Bah) was a generic term used to describe a music style rather than a dance style.

Today it is known as a couple's dance (lead and follow) with the title "Dance of Romance" and both the American and International styled Rumba's can be very beautiful dances when done by a polished couple with many of the movements of the Rumba stemming from the original dancers of Cuba doing the tasks of the day.

The 'Cuban' Rumba is a nice dance for dancers to showcase their technique, ability with a polite sensuousness and romantic flair on a dance floor.

### HUSTLE

The Hustle is an American dance which originated in the 1970's and is traditionally danced to club hits of both the 1970s as well as contemporary times.

The dance is designed to be highly dynamic, flashy, and powerful and has a 3-count basic with many extended patterns and syncopations.

Hustle is a specific type of dance for a specific type of music!

It was designed to be a fast, flashy dance for club and party music and has been referred to as the "sports car" of the dance family. To the observer, this makes the dance exciting, while to the dancer, this makes the dance physically demanding!

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### RUMBA (RHYTHM STYLE)

The origin of the word Rumba/Rhumba (Room-Bah) was a generic term used to describe a music style rather than a dance style.

The "Ballroom" Rumba that is danced today is not really the 'Rhumba of Cuba' but an offshoot of the 'Son' (slower) or 'Danzon' (even slower) done in Cuba, a much slower and polite version of the true, sexually 'frantic' (and fast) Rhumba.

After a period of change and development in the USA, the Son evolved into a popular sensual couple's dance known today as the 'Rumba' and by the 1930's all of America had become knowledgeable of Latin music and the Rumba.

\*This program develops the dances you plan to use immediately at a foundation level

Level 1		Waltz (Standard)	P	L/F	FW	ST
1.	Left Foot Closed Change					
2.	Natural Turn					
3.	Right Foot Closed Change					
4.	Reverse Turn					
5.	Whisk (& Chassé from Promenade Position)					

Level 1		Waltz (Smooth/Social)	P	L/F	FW	ST
1.	Box Step (Straight; with Under Arm Turn)					
2.	Progressive					
3.	Turning Box (Left & Right)					
4.	Balance Steps					
5.	Simple Twinkle					

Level 1		Foxtrot (Standard)	P	L/F	FW	ST
1.	Feather Step					
2.	Reverse Turn with Feather Finish					
3.	Three Step					
4.	Natural Turn					
5.	Basic Weave					

Level 1		Foxtrot (Smooth/Social)	P	L/F	FW	ST
1.	Basic					
2.	Promenade					
3.	Rock Turn (Left & Right)					
4.	Sway Step					
5.	Promenade Underarm Turn & Sway Underarm Turn					

Level 1		Quickstep	P	L/F	FW	ST
1.	Quarter Turns (Right; Left)					
2.	Progressive Chassé					
3.	Forward Lock Step					
4.	Natural Turn with Hesitation					
5.	Progressive Chassé to Right					

Level 1		New Vogue (Australian)	P	L/F	FW	ST
1.	Parma Waltz					
2.	Tangoette					
3.	Merrilyn					

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

Level 1		Tango (Argentine)	P	L/F	FW	ST
1.	Progressive Basic					
2.	Cadencia					
3.	Cadencia/Left Turn					
4.	Ocho Cortado					
5.	Cadenzia/Right Turn with Ocho Cortado					

Level 1		Jive	P	L/F	FW	ST
1.	Basic in Place					
2.	Fallaway Rock					
3.	Fallaway Throwaway					
4.	Link Rock; Link					
5.	Change of Places (Right to Left & Left to Right)					

Level 1		Tango (Standard)	P	L/F	FW	ST
1.	Progressive Link (incl' Walk)					
2.	Closed Promenade					
3.	Progressive Side Step					
4.	Progressive Side Step Reverse Turn					
5.	Natural Twist Turn					

Level 1		East Coast Swing	P	L/F	FW	ST
1.	Basic					
2.	Basic Turning (to the Right; to the Left)					
3.	Throwout					
4.	Underarm Turn					
5.	Underarm Release from Basic					

Level 1		Tango (Smooth/Social)	P	L/F	FW	ST
1.	Basic Walk (Straight & Curving)					
2.	Promenade Turn (Left & Right)					
3.	Corte (Single & Double)					
4.	Progressive Rocks					
5.	Open Fan & Open Fan with Under Arm Turn					

Level 1		West Coast Swing	P	L/F	FW	ST
1.	Under Arm Turn					
2.	Left Side Pass					
3.	Sugar Push					
4.	Right Side Pass					
5.	Tuck in from (Left Side Pass; Right Side Pass)					

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

Level 1		Salsa	P	L/F	FW	ST
1.	Basic with (Ladies Right Turn; Mans Right Turn)					
2.	Basic with (Ladies Broken Left; Mans Broken Left)					
3.	Back Breaks with (Ladies Left Turn; Mans Left Turn)					
4.	Cross Body Lead					
5.	Cross Body Lead with Ladies Inside Turn					

Level 1		Bachata	P	L/F	FW	ST
1.	Basic Movement (Open Hold)					
2.	Basic in 3 Parts (Tap; Hip Lift; Triplet)					
3.	Basic Movement (Forward; Back; In Place)					
4.	Basic in Closed Hold					
5.	The Rotation					

Level 1		Cha Cha	P	L/F	FW	ST
1.	Basic Movement					
2.	New Yorker					
3.	Spot Turns					
4.	Shoulder to Shoulder					
5.	Hand to Hand					

Level 1		Rumba (Cuban Style)	P	L/F	FW	ST
1.	Basic Movement					
2.	Cucarachas					
3.	New Yorker					
4.	Spot Turns					
5.	Shoulder to Shoulder					

Level 1		Hustle	P	L/F	FW	ST
1.	Basic (Back; Side; Forward)					
2.	Hesitation					
3.	Wheel					
4.	Underarm Turn Combination					
5.	Leader's Behind the Back Pass and Follower's Bridge					

Level 1		Rumba (Rhythm Style)	P	L/F	FW	ST
1.	Side Basic					
2.	Fifth Position					
3.	Box Step					
4.	Cross Body Lead					
5.	Outside Partner					

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling



Level 2	Waltz (Standard)	P	L/F	FW	ST
1.	Natural Hesitation Change				
2.	Progressive Chassé to Right				
3.	Back Lock				
4.	Closed Impetus				
5.	Reverse Corté				

Level 2	Waltz (Smooth/Social)	P	L/F	FW	ST
1.	Two-Way Underarm Turn				
2.	Face to Face - Back to Back				
3.	Reverse Turn				
4.	Natural Turn				
5.	Progressive Twinkles				

Level 2	Foxtrot (Standard)	P	L/F	FW	ST
1.	Reverse Wave				
2.	Change of Direction				
3.	Natural Weave				
4.	Closed Impetus with Feather Finish				
5.	Quick Open Reverse				

Level 2	Foxtrot (Smooth/Social)	P	L/F	FW	ST
1.	Zig Zag (In Line & Outside Partner)				
2.	Box Step				
3.	Twinkle				
4.	Promenade Twinkles				
5.	Fallaway Twinkles				

Level 2	Quickstep	P	L/F	FW	ST
1.	Back Lock				
2.	Running Finish				
3.	Natural Spin Turn				
4.	Natural Turn & Back Lock				
5.	Tipple Chassé to Right at a Corner				

Level 2	New Vogue (Australian)	P	L/F	FW	ST
1.	Lucille				
2.	La Bomba				
3.	Charmaine				
4.	Evening Three Step				

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

Level 2	Tango (Argentine)	P	L/F	FW	ST
1.	Forward Ochos in Cross System				
2.	Forward Ochos in Parallel System				
3.	Back Ochos				
4.	Molinete Right				
5.	Molinete Left				

Level 2	Jive	P	L/F	FW	ST
1.	Change of Hands Behind the Back				
2.	Hip Bump				
3.	American Spin				
4.	The Walks				
5.	Stop & Go				

Level 2	Tango (Standard)	P	L/F	FW	ST
1.	Natural Rock Turn				
2.	Natural Promenade Turn				
3.	Open Promenade				
4.	Open Reverse Turn Partner Outside				
5.	Back Corté				

Level 2	East Coast Swing	P	L/F	FW	ST
1.	Tuck-Ins (Handshake; Right to Left; Double Hand)				
2.	Alternating Underarm Turns				
3.	Shoulder Check				
4.	Cradle				
5.	Cradle to Hammer Lock				

Level 2	Tango (Smooth/Social)	P	L/F	FW	ST
1.	Running Steps				
2.	Checked Promenade				
3.	Reverse Turn & Reverse Turn with Outside Swivel				
4.	Right Side Fans				
5.	Contra Rocks				

Level 2	West Coast Swing	P	L/F	FW	ST
1.	Half Whip Throw Out				
2.	Basic Whip				
3.	Inside Turn from Whip				
4.	Whip & Outside Turn				
5.	Whip with Check				

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

Level 2		Salsa	P	L/F	FW	ST
1.	Catch the Back or Two Way Underarm					
2.	Back Spot Turn - 1 Measure (Open & Closed)					
3.	Cross Body Lead with Open Break to Shoulder Turn					
4.	She Goes-He Goes-She Goes					
5.	Back Pass					

Level 2		Bachata	P	L/F	FW	ST
1.	Lady's Right and Left U/A Turns					
2.	Lady's Solo Right and Left Turns					
3.	Man's Left and Right U/A Turns					
4.	Man's Solo Left and Right Turns					
5.	The Followers Turn					

Level 2		Cha Cha	P	L/F	FW	ST
1.	The Three Cha Cha Cha's					
2.	Side Steps					
3.	There & Back					
4.	Time Steps					
5.	Fan (& Alemana)					

Level 2		Rumba (Cuban Style)	P	L/F	FW	ST
1.	Hand to Hand					
2.	Progressive Walks Forward & Back					
3.	Side Steps					
4.	Cuban Rocks					
5.	Fan (& Alemana)					

Level 2		Hustle	P	L/F	FW	ST
1.	Cross-Body Lead					
2.	Cross-Body Lead with Open Break to Return					
3.	Return to Face Loop					
4.	Double Hand Hold Bridges					
5.	The Whip					

Level 2		Rumba (Rhythm Style)	P	L/F	FW	ST
1.	Slow Underarm Turn					
2.	Open Break Underarm Turn					
3.	Crossover Break					
4.	Crossover & Side Rocks					
5.	Open Rumba Walks					

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

Level 3		Waltz (Standard)	P	L/F	FW	ST
1.	Reverse Corté					
2.	Back Whisk					
3.	Natural Spin Turn					
4.	Reverse Pivot					
5.	Double Reverse Spin					

Level 3		Waltz (Smooth/Social)	P	L/F	FW	ST
1.	Turning Twinkles					
2.	Grapevine					
3.	Promenade Chassé					
4.	Fallaway & Box					
5.	Twinkle & Weave					

Level 3		Foxtrot (Standard)	P	L/F	FW	ST
1.	Quick Natural Weave					
2.	Top Spin (After Feather Finish)					
3.	Hover Telemark					
4.	Natural Twist Turn, Hover Feather Ending					
5.	Natural Twist Turn, Closed Impetus & Feather Finish					

Level 3		Foxtrot (Smooth/Social)	P	L/F	FW	ST
1.	Turning Twinkles to Outside Partner					
2.	Grapevine					
3.	Promenade Twist					
4.	Promenade Pivot					
5.	Running Steps (in Basic Rhythm & in Box Rhythm)					

Level 3		Quickstep	P	L/F	FW	ST
1.	Double Reverse Spin					
2.	Chassé Reverse Turn					
3.	Natural Pivot Turn					
4.	Closed Impetus					
5.	Reverse Pivot					

Level 3		New Vogue (Australian)	P	L/F	FW	ST
1.	Tracie Leigh					
2.	Tango Terrific					
3.	Carousel					
4.	Gypsy Tap					

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

Level 3		Tango (Argentine)	P	L/F	FW	ST
1.	Forward Ochos with Sacadas					
2.	Back Ochos & Walking Left Outside Partner					
3.	Media Vuelta to Walking & Turning					
4.	Parada to Forward Cross Step					
5.	Parada to Back Cross Step					

Level 3		Jive	P	L/F	FW	ST
1.	The Mooch					
2.	The Whip					
3.	The Whip Throwaway					
4.	Reverse Whip					
5.	Windmill					

Level 3		Tango (Standard)	P	L/F	FW	ST
1.	Left Foot Rock					
2.	Right Foot Rock					
3.	Basic Reverse Turn					
4.	Open Reverse Turn in Line					
5.	Four Step					

Level 3		East Coast Swing	P	L/F	FW	ST
1.	Sugar Push Throw Out					
2.	Double Face Loop					
3.	Opposition Break & Roll Out					
4.	Whirlpool					
5.	Wrist Spin & Alternating Turn					

Level 3		Tango (Smooth/Social)	P	L/F	FW	ST
1.	Continuous Left Rock Turn					
2.	Twist Turn to the Right					
3.	Check and Corté					
4.	Promenade Pivot					
5.	Oversway					

Level 3		West Coast Swing	P	L/F	FW	ST
1.	Underarm Turn-Man's Loop-Right Side Pass					
2.	Sugar Push Point					
3.	Lock Whip					
4.	Continuous Whip					
5.	Checked Whip					

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

Level 3		Salsa	P	L/F	FW	ST
1.	The Spiral					
2.	Back Roll					
3.	Drop Hand Catch					
4.	Ladies Left to Man's Right Turn					
5.	Social Step					

Level 3		Bachata	P	L/F	FW	ST
1.	Face Loop					
2.	Continuous Right Turn					
3.	Unwinding Turn & The Gancho					
4.	Catch & Release					
5.	Free Spin Variation					

Level 3		Cha Cha	P	L/F	FW	ST
1.	Hockey Stick					
2.	Hockey Stick Ending in Counter Promenade Position					
3.	Natural Top					
4.	Natural Opening Out					
5.	Closed Hip Twist					

Level 3		Rumba (Cuban Style)	P	L/F	FW	ST
1.	Hockey Stick					
2.	Hockey Stick Ending in Counter Promenade Position					
3.	Natural Top (incl' Closed Hip Twist)					
4.	Opening Out to Right & Left					
5.	Natural Opening Out					

Level 3		Hustle	P	L/F	FW	ST
1.	Cradle with Continuous Left					
2.	Cradle In and Out					
3.	Back Spot Turn					
4.	Grapevine					
5.	Sliding Doors					

Level 3		Rumba (Rhythm Style)	P	L/F	FW	ST
1.	Shoulder Check					
2.	Cradle Circle					
3.	Quick Underarm Turn & Loop					
4.	Open Circular Walks					
5.	Spot Turn Combination					

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling

P - Pattern      L/F - Lead / Follow      FW - Footwork      ST - Styling