



**Association of International Dance Inc'**

Member of the International Dance Council

**American Rhythm Professional Examination**

<b>CHA CHA</b>		<b>Certificate IV</b>	<b>Diploma</b>	<b>Advanced Diploma</b>	<b>Masters Diploma</b>
1.	Basic in Place				
2.	Side Basic				
3.	Progressive Basic				
4.	Outside Partner				
5.	Crossover Break				
6.	Cross Body Lead				
7.	Open Break Underarm Turn				
8.	Chase Turn				
9.	Shoulder Check				
10.	Shadow Positions				
11.	Butterfly				
12.	Alternating Underarm Turns				
13.	Crossbody Pull Back				
14.	Three Cha Chas				
15.	Crossover Flick to Side Break				
16.	Cross-Over Flick Combination				
17.	Back Spot Turn with Quick Underarm Turn				
18.	Pullback Grapevine				
19.	Cross Body, Surprise, Quick Turn				
20.	Pullback Combination				
21.	Open Turn, Wrap & Syncopation				
22.	Cross Over Twist & Fan				
23.	Forward & Back Syncopation				
24.	Across the Back				
25.	Syncopated Cross-Over Variation				
26.	Cross Body Spins & Open Box				
27.	Grapevine Combination				
28.	Quick Crossovers				
29.	Opposition Lunge Line, Tango Close				
30.	Hip Roll, Quick Back Breaks				
31.	Lady's Swivels				
32.	Man's Rondé, Back Spot Turn				
33.	Syncopated Locks & Body Sway				
34.	Slash Sit, Cradle & Freeze				
35.	Pullback, Figure 4, Double Rondé				

<b>RUMBA</b>		<b>Certificate IV</b>	<b>Diploma</b>	<b>Advanced Diploma</b>	<b>Masters Diploma</b>
1.	Side Basic				
2.	Fifth Position				
3.	Box Step				
4.	Crossbody Lead				
5.	Outside Partner				
6.	Slow Underarm Turn				
7.	Open Break Underarm Turn				
8.	Crossover Break				
9.	Crossover & Side Rocks				
10.	Open Rumba Walks				
11.	Shoulder Check				
12.	Cradle Circle				
13.	Quick Underarm Turn & Loop				
14.	Open Circular Walks				
15.	Spot Turn Combination				
16.	Alternating Underarm Turns				
17.	Open Swivel Walks				
18.	Left Side Catch, Cradle & Roll Out				
19.	Quick Underarm Turn				
20.	Roll Out, Circle Wrap				
21.	Spiral Swivel				
22.	Shadow Variation				
23.	Swivel Combination				
24.	Open Rumba Walks & Swivels				
25.	Man’s Wrap				
26.	Roll-in, Swivel & Spiral				
27.	Solo Spins				
28.	Shadow Rondés & Man’s Spiral				
29.	Lunge Point & Circle Walk				
30.	Outside Partner Spin				
31.	Circular Hip Twist				
32.	Cross Body Drag				
33.	Double Rondé				
34.	Hip Lean				
35.	Cross Body Stretch				

<b>EAST COAST SWING</b>		<b>Certificate IV</b>	<b>Diploma</b>	<b>Advanced Diploma</b>	<b>Masters Diploma</b>
<b>1.</b>	Basic				
<b>2.</b>	Basic Turning to the Right				
<b>3.</b>	Basic Turning to the Left				
<b>4.</b>	Throwout				
<b>5.</b>	Underarm Turn				
<b>6.</b>	Underarm Release from Basic				
<b>7.</b>	Tuck-Ins (Handshake; Right to Left; Double Hand)				
<b>8.</b>	Alternating Underarm Turns				
<b>9.</b>	Shoulder Check				
<b>10.</b>	Cradle				
<b>11.</b>	Cradle to Hammer Lock				
<b>12.</b>	Sugar Push Throw Out				
<b>13.</b>	Double Face Loop				
<b>14.</b>	Opposition Break & Roll Out				
<b>15.</b>	Whirlpool				
<b>16.</b>	Wrist Spin & Alternating Turn				
<b>17.</b>	Face Loops & Tuck Spin				
<b>18.</b>	Tuck In, Alternating Hammerlock				
<b>19.</b>	Two Hand Catch & Spin				
<b>20.</b>	Rotating Basic				
<b>21.</b>	Side to Side & Running Pass				
<b>22.</b>	Boogie Walks				
<b>23.</b>	Rhythm Variations (Pull Back; Sailor Shuffle)				
<b>24.</b>	Twist & Face				
<b>25.</b>	Wrap Combination				
<b>26.</b>	Continuous Tuck In				
<b>27.</b>	Hip Roll & Pullback				
<b>28.</b>	Spinning Wrap & Syncopated Points				
<b>29.</b>	Circular Foot Splits & Barrel Turn				
<b>30.</b>	Toe-Heel Swivel Combination				
<b>31.</b>	Kick & Freeze				
<b>32.</b>	Two Circles				
<b>33.</b>	Around the Back				
<b>34.</b>	Alternating Shuffles				
<b>35.</b>	Rolling off The Arm & Circular Swivels				

<b>BOLERO</b>		<b>Certificate IV</b>	<b>Diploma</b>	<b>Advanced Diploma</b>	<b>Masters Diploma</b>
1.	Basic Movement				
2.	Open Break Underarm Turn				
3.	Underarm Pass				
4.	Left Side Pass				
5.	Crossover Break				
6.	Check & Circular Walk				
7.	Romantic Sways				
8.	Checked Underarm Pass				
9.	Spot Turn Combination				
10.	Hip Twist & Spin				
11.	Open Check				
12.	Overtuned Cross Body Lead				
13.	Rondé, Pass Behind the Back				
14.	Curl, Fan, Lunge				
15.	Spin Wrap				
16.	Shadow Checks				
17.	Walks & Fan				
18.	Checked Pass, Hip Twist and Spin				
19.	Cross-Over, Quick Sit & Rumba Rock				
20.	Slow Spiral & Swivel				
21.	Hip Twist, Spin, Opposition Check				
22.	Leg Throw				
23.	Right Lunge & Sway				
24.	Grand Circle				
25.	Shadow Loop & Shadow Check				
26.	Quick Sit & Waist Spin				
27.	Separation, Catch & Spin				
28.	Ripple Lunge, Man's Turn				
29.	Quick Hammerlock & Corkscrew				
30.	Fallaway Rondé & Floor Drop				

MAMBO	Certificate IV	Diploma	Advanced Diploma	Masters Diploma
1.	Forward & Back Basic			
2.	Side Breaks			
3.	Side Breaks & Cross			
4.	Cross Body Lead			
5.	Open Break Underarm Turn			
6.	Crossover Break & Walk Around			
7.	Shoulder Check			
8.	Promenade Swivel & Close			
9.	Alternating Underarm Turns			
10.	Rueda Basic			
11.	Cross Body Lead with Inside Turn			
12.	Back Spot Turn			
13.	Mambo Twist			
14.	Forward Spot Turn to Surprise			
15.	Crossover Swivels & Pullback			
16.	Cross Body Lead Var' for Man & Lady (M-Flick; M-Check;) (L-Roll; L-Cross & Twist; L-Knee Lift)			
17.	Underarm Turn & Traveling Cross			
18.	Bobby's Break			
19.	Continuous Cross-Body Leads			
20.	Back Spot Spin & Check			
21.	Salsa Wrap			
22.	Double Face Loop			
23.	Shadow Break			
24.	Hammerlock & Swivels			
25.	Solo Break Variations (Hook Side Closed; Side Break Hop)			
26.	Loop Behind & Hammer Spin			
27.	Alternating Turns, Flick & Ripple			
28.	Flick & Take Turns			
29.	Double Loop, Hop, & Arm Catch			
30.	Sombrero, Around the Back			
31.	Shadow Pachanga			
32.	Mambo Tango			
33.	Overwrap, Shadow Back Flicks			
34.	Double Face Loop			
35.	Behind Back Hand Change, Knee Checks, Roll Around			