

Association of International Dance Inc'

Member of the International Dance Council

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!

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

The basic footwork pattern of cha-cha-chá (two, three, cha-cha-cha) is also found in several Afro-Cuban dances from the Santería religion. These Afro-Cuban dances predate the development of cha-cha-chá and were known by many Cubans in the 1950s, especially those of African origin thus, the footwork of the cha-cha-chá was likely inspired by these Afro-Cuban dances. 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' dance rhythm. The music for the ballroom Cha-Cha is energetic and with a steady beat while the Cha-cha-chá (Cuban dance) is more sensual and may involve complex Polyrhythms. Styles of cha-cha-cha dance may differ in the place of the chasse in the rhythmical structure with the original Cuban and the ballroom cha-cha-cha count "two-three-chachacha" or some other styles of dance but, even though the modern ballroom version of dancing 'cha-cha' gradually continues to evolve; it remains strongly based on its Cuban roots from the 1950's.

Rumba: The origin of the word Rumba/Rhumba (Room-Bah) was a generic term used to describe a music style rather than a dance style and 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; which may also be considered Afro-Cuban and 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'. Today it is known as a "Latin-Ballroom" couples dance (lead and follow) with the title "Dance of Romance" and the American and International styled Rumba's can be very beautiful dances when done by a polished couple. Many of the erotic movements of the Ballroom Rumba stemmed from the original dancers of Cuba doing the tasks of the day such as "Shoeing the Mare," "Doin' the Laundry/Dishes," "Climbing a Rope," or the "Courtship of Barnyard Fowls."

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

East Coast Swing: In the 1930s, the American Society of Teachers of Dancing (ASTD) and the Dance Teachers Business Association (DTBA) weren't sure about this new dance however, as its popularity grew, they realised that they could no longer ignore it and in 1942 the American Society of Dance Teachers published a syllabus for the Jitterbug/Lindy/American Swing. In 1951 Laure Haile codified the swing syllabus called Eastern Swing which was renamed to East Coast Swing in the late 1970's. This gives a framework for teaching the standard moves that make up the various levels, recognised worldwide. The 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 and because East Coast uses a six-step pattern with music employing 4 beats per measure, three measures of music are required to complete two sets of steps. There is the choice to start with triples or with a rock step but, as music has phrasing with hits that often happen on 1,2 or 2,4 or 3,6...this means that dancers who choose to start with a rock step will probably find themselves on a rock step on every new phrase while those who start with a triple on each new phrase.

Bolero: Bolero is a slow, beautiful, expressive dance that is somewhat of a hybrid; It combines the dance patterns of Rumba with the rise and fall action of the Waltz and is danced to music in 4/4 time, at a tempo slower than Rumba. Bolero is the slowest of all the American Style Rhythm dances.

Bolero is often called the "Cuban Dance of Love" and is believed to have evolved from Afro-Cuban and Spanish folk dances such as the Danzon, Beguine and Fandango. Originally it was danced in its classical form, to the constant beat of drums. Bolero is a slow dance characterized by smooth, gliding movement, dramatic arm styling and a romantic feel and is a mixture of 3 dances: Tango (contra body movement), Waltz (body rise and fall) and Rumba (Cuban motion and slow Latin music). The Bolero frame is wider than a typical Rhythm frames and is a blend between the Smooth and Rhythm frame with the distance between the partners only a few inches apart or light body contact. There is also the concept of 'drop and drift' used on forward and back breaks, left-turning slip pivots and extended movements such as larger side steps. In Spain, it is danced in a 3/4 time. In Cuba, either 2/4 or 4/4 time, at a tempo slower than Rumba.

Mambo: Mambo is a Latin dance of Cuba which was developed in the 1940s when the music genre of the same name became popular throughout Latin America and evolved from a fusion of Danzon, Son and American Jazz. Prerez Prado is credited with introducing Mambo at a Havana nightclub in 1943 with Tito Rodriguez, Tito Puente and Xavier Cugat also making significant contributions to Mambo's growth and development.

Mambo arrived in New York around 1947, quickly becoming the new dance craze and, was taught at dance schools, resorts and nightclubs, reaching its height of popularity by the mid 1950's. The fad waned with the birth of Cha Cha (a dance developed from mambo) but, regained its popularity, due in large part to a New York dancer named Eddie Torres, as well as popular Mambo songs and movies. Mambo is a fast and spicy dance characterized by strong Cuban motion, staccato movement and expression of rhythm through the body; the dancer holds on counts 1 and break on count 2; Mambo also features press lines, many swivels and spins while, the Mambo frame is the same as the Rhythm frame.

Dances for full Proficiency Level Assessment

Level 1 & 2 - Cha Cha, Rumba, East Coast Swing, Bolero, Mambo

Level 3 & 4 - Cha Cha, Rumba, East Coast Swing, Bolero, Mambo

Level 5 - Cha Cha, Rumba, East Coast Swing, Bolero, Mambo

Note: The proficiency assessment must include movements from previous levels.

1, 2, 3 or 4 Dance Certificate Assessment

The candidate will be assessed to the relevant proficiency level standard and will receive a report form signed by the Assessor on the day, plus the appropriate Certificate.

			Cha	Cha								
	LEVEL 1 (Bronze I)		LEVEL	. 2 (Bronze II)	Р	L/F	FW	ST		LEVEL 1 (Bron	ze I)	
1.	Basic in Place								1.	Side Basic		
2.	Side Basic								2.	Fifth Position	1	
3.	Progressive Basic								3.	Box Step		
4.	Outside Partner								4.	Crossbody Le	ad	
5.	Crossover Break								5.	Outside Parti	ner	
6.	Cross Body Lead								6.	Slow Undera	rm Turn	
7.	Open Break Unde	rarm Tu	rn						7.	Open Break l	Jnderarm T	urn
8.	Chase Turn								8.	Crossover Bro	eak	
9.	Shoulder Check								9.	Crossover &	Side Rocks	
10.	Shadow Positions								10.	Open Rumba	Walks	
11.	Butterfly								11.	Shoulder Che	eck	
12.	Alternating Unde	rarm Tui	ns						12.	Cradle Circle	•	
13.	Crossbody Pull Ba	ick							13.	Quick Under	arm Turn &	Loc
14.	Three Cha Chas								14.	Open Circula	r Walks	
15.	Crossover Flick to	Side Br	eak						15.	Spot Turn Co	mbination	
P - Pa	attern L/	/F - Lead	I / Follow	FW - Footwork	S	T - Sty	ling		P - P	attern	L/F - Lea	ad /

		Run	nba				
	LEVEL 1 (Bronze I)	LEVEL	2 (Bronze II)	Р	L/F	FW	ST
1.	Side Basic						
2.	Fifth Position						
3.	Box Step						
4.	Crossbody Lead						
5.	Outside Partner						
6.	Slow Underarm Turn						
7.	Open Break Underarm 1	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						
P - P	attern L/F - Le	ad / Follow	FW - Footwork	S	T - Styl	ing	

		East Coast Swing							Bolero				
	LEVEL 1 (Bronze I)	LEVEL 2 (Bronze II)	Р	L/F	FW	ST		LEVEL 1 (Bronze I)	LEVEL 2 (Bronze II)	Р	L/F	FW	ST
1.	Basic						1.	Basic Movement					
2.	Basic Turning to the Ri	ght					2.	Open Break Underarm T	urn				
3.	Basic Turning to the Le	ft					3.	Underarm Pass					
4.	Throwout						4.	Left Side Pass					
5.	Underarm Turn						5.	Crossover Break					
6.	Underarm Release from	n Basic					6.	Check & Circular Walk					
7.	Tuck-Ins (Handshake; F	Right to Left; Double Hand)					7.	Romantic Sways					
8.	Alternating Underarm	Turns					8.	Checked Underarm Pass					
9.	Shoulder Check						9.	Spot Turn Combination					
10.	Cradle						10.	Hip Twist & Spin					
11.	Cradle to Hammer Loci	Κ											
12.	Sugar Push Throw Out												
13.	Double Face Loop												
14.	Opposition Break & Rol	l Out											
15.	Whirlpool												
P - P	attern L/F - Le	ead / Follow FW - Footwork	S	T - Styl	ing		P - Pa	attern L/F - Lea	d / Follow FW - Footwork	S	T - Styl	ing	

		Mambo				
	LEVEL 1 (Bronze I)	LEVEL 2 (Bronze II)	Р	L/F	FW	ST
1.	Forward & Back Basic					
2.	Side Breaks					
3.	Side Breaks & Cross					
4.	Cross Body Lead					
5.	Open Break Underarm T	-urn				
6.	Crossover Break & Walk	Around				
7.	Shoulder Check					
8.	Promenade Swivel & Clo	ose				
9.	Alternating Underarm T	urns				
10.	Rueda Basic					
11.	Cross Body Lead with In	side Turn				
12.	Back Spot Turn					
13.	Mambo Twist					
14.	Forward Spot Turn to Su	urprise				
16.	Crossover Swivels & Pul	lback				
P - Pa	attern L/F - Lea	ad / Follow FW - Footwork	S	T - Styl	ing	

		Cha Cha							Rumba				
	LEVEL 3 (Silver I)	LEVEL 4 (Silver II)	Р	L/F	FW	ST		LEVEL 3 (Silver I)	LEVEL 4 (Silver II)	Р	L/F	FW	ST
1.	Cross-Over Flick Combi	nation					1.	Alternating Underarm Tu	ırns				
2.	Back Spot Turn with Qu	uick Underarm Turn					2.	Open Swivel Walks					
3.	Pullback Grapevine						3.	Left Side Catch, Cradle 8	t Roll Out				
4.	Cross Body, Surprise, Q	uick Turn					4.	Quick Underarm Turn					
5.	Pullback Combination						5.	Roll Out, Circle Wrap					
6.	Open Turn, Wrap & Syr	ncopation					6.	Spiral Swivel					
7.	Cross Over Twist & Fan						7.	Shadow Variation					
8.	Forward & Back Syncop	pation					8.	Swivel Combination					
9.	Across the Back						9.	Open Rumba Walks & Sw	rivels				
10.	Syncopated Cross-Over	Variation					10.	Man's Wrap					
P - Pa	attern L/F - Le	ead / Follow FW - Footwork	S	T - Styl	ling		P - P	attern L/F - Lea	d / Follow FW - Footwor	k S	T - Styl	ing	

		East Coast Swing							Bolero				
	LEVEL 3 (Silver I)	LEVEL 4 (Silver II)	Р	L/F	FW	ST		LEVEL 3 (Silver I)	LEVEL 4 (Silver II)	Р	L/F	FW	ST
1.	Wrist Spin & Alternating	g Turn					1.	Open Check					
2.	Face Loops & Tuck Spin						2.	Overturned Cross Body	Lead				
3.	Tuck In, Alternating Ha	mmerlock					3.	Rondé, Pass Behind the	e Back				
4.	Two Hand Catch & Spin						4.	Curl, Fan, Lunge					
5.	Rotating Basic						5.	Spin Wrap					
6.	Side to Side & Running	Pass					6.	Shadow Checks					
7.	Boogie Walks						7.	Walks & Fan					
8.	Rhythm Variations (Pull	. Back; Sailor Shuffle)					8.	Checked Pass, Hip Twi	st and Spin				
9.	Twist & Face						9.	Cross-Over, Quick Sit 8	t Rumba Rock				
10.	Wrap Combination						10.	Slow Spiral & Swivel					
P - P	attern L/F - Le	ad / Follow FW - Footwork	S	T - Styl	ing		P - P	attern L/F - Le	ead / Follow FW - Footwork	S	T - Styl	ing	

		Mam	bo				
	LEVEL 3 (Silver I)	LEVEL	4 (Silver II)	Р	L/F	FW	ST
1.	Cross Body Lead V (M-Flick; M-Check;	'ariations for Man (M ; L-Roll; L-Cross & T	N) & Lady (L) wist; L-Knee Lift				
2.	Underarm Turn &	Traveling Cross					
3.	Bobby's Break						
4.	Continuous Cross-I	Body Leads					
5.	Back Spot Spin & O	Check					
6.	Salsa Wrap						
7.	Double Face Loop						
8.	Shadow Break						
9.	Hammerlock & Sw	rivels					
10.	Solo Break Variation (Hook Side Closed)						
P - Pa	attern L/F	F - Lead / Follow	FW - Footwork	S	Γ - Styl	ing	

	Cha Cha						Rumba				
	LEVEL 5 (Gold)	Р	L/F	FW	ST		LEVEL 5 (Gold)	Р	L/F	FW	ST
1.	Cross Body Spins & Open Box					1.	Roll-in, Swivel & Spiral				
2.	Grapevine Combination					2.	Solo Spins				
3.	Quick Crossovers					3.	Shadow Rondés & Man's Spiral				
4.	Opposition Lunge Line, Tango Close					4.	Lunge Point & Circle Walk				
5.	Hip Roll, Quick Back Breaks					5.	Outside Partner Spin				
6.	Lady's Swivels					6.	Circular Hip Twist				
7.	Man's Rondé, Back Spot Turn					7.	Cross Body Drag				
8.	Syncopated Locks & Body Sway					8.	Double Rondé				
9.	Slash Sit, Cradle & Freeze					9.	Hip Lean				
10.	Pullback, Figure 4, Double Rondé					10.	Cross Body Stretch				
P - P	attern L/F - Lead / Follow FW - Foo	twork	T - Styl	ing		P - Pa	attern L/F - Lead / Follow FW - Foot	twork	T - Sty	ling	

	East Coast Swing						Bolero				
	LEVEL 5 (Gold)	Р	L/F	FW	ST		LEVEL 5 (Gold)	P	L/F	FW	ST
1.	Continuous Tuck In					1.	Hip Twist, Spin, Opposition Check				
2.	Hip Roll & Pullback					2.	Leg Throw				
3.	Spinning Wrap & Syncopated Points					3.	Right Lunge & Sway				
4.	Circular Foot Splits & Barrel Turn					4.	Grand Circle				
5.	Toe-Heel Swivel Combination					5.	Shadow Loop & Shadow Check				
6.	Kick & Freeze					6.	Quick Sit & Waist Spin				
7.	Two Circles					7.	Separation, Catch & Spin				
8.	Around the Back					8.	Ripple Lunge, Man's Turn				
9.	Alternating Shuffles					9.	Quick Hammerlock & Corkscrew				
10.	Rolling off The Arm & Circular Swivels					10.	Fallaway Rondé & Floor Drop				
P - P	attern L/F - Lead / Follow FW - Foo	otwork S	Γ - Styl	ing		P - Pa	attern L/F - Lead / Follow FW - Foo	otwork S	T - Styl	ling	

	Mambo				
	LEVEL 5 (Gold)	Р	L/F	FW	ST
1.	Loop Behind & Hammer Spin				
2.	Alternating Turns, Flick & Ripple				
3.	Flick & Take Turns				
4.	Double Loop, Hop, & Arm Catch				
5.	Sombrero, Around the Back				
6.	Shadow Pachanga				
7.	Mambo Tango				
8.	Overwrap, Shadow Back Flicks				
9.	Double Face Loop				
10.	Behind Back Hand Change, Knee Checks, Roll Around				
P - Pa	attern L/F - Lead / Follow FW - Footwork	S	Γ - Styl	ing	