

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!

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. The Villa Urquiza style of tango was danced in very nice clubs, where one was expected to get dressed up and dance very slowly; while the Milonguero and club styles were danced in more crowded venues...some of dubious reputation. Orillero was considered a lower class or street style of tango but, in many cases, the same individual would dance somewhat different styles in different venues or, to different music. Dancers and instructors of Milonguero style often emphasize the intuitive and feeling aspects of the style but, it can be approached in an equally analytical manner to the other styles. Traditional Tango de Salon requires that dancers exercise respect for the line of dance but, 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.

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, the two main styles, used diverse musical instruments to create the basis of a rhythm that would later become known as Salsa and almost 50 years went by before this new rhythm reached Havana. There, Salsa absorbed influences from other local Cuban music and American Jazz and continued to evolve. Salsa music is a mix of different Caribbean rhythms and instruments and that diversity provides its unique sound; 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 such as; Salsa Casino (Cuban style); Salsa Casino (Miami style); Afro-Latino style; Cali style (Colombian Salsa); Rueda de Casino and New York style.

Salsa is danced shifting the weight of the body from foot to foot by stepping in harmony with the music with most of the movement in salsa occurring below the waist however, many styles and fast-paced songs also tend to include steps in which the arms, torso and even the head are moved in rapid succession; especially evident while doing spins in coordination with a dance partner.

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. Bachata music has an accent in rhythm at every fourth count and often this is when dancers will tap-step & 'pop' their hips - this is called dancing bachata to the music (because the first step after the 'pop' falls on the 1st beat of the measure) but, Bachata can be danced to different timings as well. If danced to one particular instrument instead, the tap or 'pop' is done in the opposite direction of the last step, while the next step is taken on the same direction as the tap or 'pop'. It has evolved over many years for social dancing with many "other styles" of Bachata, pioneered and promoted by different teachers around the world such as: Original/Dominican, Traditional, Modern/Moderna, Bachatango, Bachata Sensual and Ballroom Bachata; each with its own distinct flair.

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, powerful and has a 3-count basic with many extended patterns and syncopations. The couple dance form is usually called New York hustle but frequently referred to by other names. It has some resemblance to, and steps in common with swing and salsa dancing and, as in the Latin dances, couples tend to move within a 'spot' on the dance floor as opposed to following a line of dance as in foxtrot or waltz. Due to the syncopation associated with the dance, it is somewhat unusual rhythmically with the New York hustle generally danced to 4/4 music but counted as a six-beat pattern. The most common New York hustle counting pattern is '&1 2 3 &1 2 3', meaning "LR L R LR L R" in the leader's pattern and the natural opposite of the follower's however, the syncopation in three-count hustle can also be danced; 1&23, 12&3, or 123&. Although Hustle has foot-work that is rather easy to master, with its high pattern count per beat structure (3 beats), it is one of the most dynamic dances that exists and to the observer, this makes the dance exciting, while to the dancer, this makes the dance physically demanding!

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. Typically, the follower walks into new patterns traveling forward on counts "1" and "2" of each basic pattern rather than rocking back.

Traditional figures include 6-count and 8-count patterns of one of the four basic varieties: (1) Starter Step, (2) Side Pass, (3) Push Break / Sugar Push, (4) Whip. Virtually all other moves are variations of these basic patterns with the 'Anchor Step' a common ending pattern of many figures. A dance's character is typically defined by a basic philosophy, principles of movement, and traditional steps and figures and while these guidelines can be violated, by committing too many violations one risks departing from the defining features of the dance. 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.

Dances for full Proficiency Level Assessment

Level 1 & 2 - Tango Argentine, Salsa, Bachata, Hustle, West Coast Swing

Level 3 & 4 - Tango Argentine, Salsa, Bachata, Hustle, West Coast Swing

Level 5 - Tango Argentine, Salsa, Bachata, Hustle, West Coast Swing

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.

			Tango A	rgentine				
	LEVEL 1 (Bronze	e I)	LEVEL	. 2 (Bronze II)	Р	L/F	FW	ST
1.	Progressive Bas	sic						
2.	Cadencia							
3.	Cadencia/Left	Turn						
4.	Ocho Cortado							
5.	Cadenzia/Right	t Turn wi	th Ocho Cort	ado				
6.	Forward Ochos	in Cross	System					
7.	Forward Ochos	in Parall	el System					
8.	Back Ochos							
9.	Molinete Right							
10.	Molinete Left							
11.	Forward Ochos	with Sac	adas					
12.	Back Ochos & \	Walking L	eft Outside I	Partner				
13.	Media Vuelta t	o Walking	g & Turning					
14.	Parada to Forw	ard Cross	Step					
15.	Parada to Back	Cross Ste	ер					
16.	Molinete Right	with Gan	cho & Sacad	la				
P - Pa	attern	L/F - Lea	ad / Follow	FW - Footwork	S	T - Styl	ing	

			Sa	lsa					
	LEVEL 1 (Bronze	e I)	LEVEL	2 (Bronze II)		Р	L/F	FW	ST
1.				Turn; Man's Rig nd the Back; O					
2.				; Man's Broken nd the Back; Of					
3.	Underarm Turn Turn; Back Bre			rith Ladies Left urn)					
4.	Cross Body Lea In Handshake I			Two Hand Holo	d;				
5.	Cross Body Lea Hold; Shoulder			urn (Normal					
6.		ch the Back or Two Way Underarm (Normal with ht or Left Turn Ending; With Arm Styling)							
7.	Back Spot Turr with Check and			Closed; Ending					
8.	Cross Body Lea	ıd with O	oen Break to	Shoulder Turn					
9.	She Goes-He G	oes-She (Goes						
10.	Back Pass								
11.	The Spiral								
12.	Back Roll								
13.	Drop Hand Cat	ch							
14.	Ladies Left to	Man's Rig	ht Turn						
15.	Social Step								
P - Pa	attern	L/F - Lea	ad / Follow	FW - Footwor	·k	ST	Γ - Styl	ing	

			Bacl	nata				
	LEVEL 1 (Bronze	1)	LEVEL	2 (Bronze II)	Р	L/F	FW	ST
1.	Basic Movemen	t (Open l	Hold)					
2.	Basic in 3 Parts	(The Ta	p; The Hip li	ft; The Triplet)				
3.	Basic Movemen	t (Forwa	rd; Back; In I	Place)				
4.	Basic in Closed	Hold						
5.	The Rotation							
6.	Lady's Right an *Variation: Solo			i				
7.	Man's Left and *Variation: Solo			;				
8.	The Followers	Гurn						
9.	Face Loop							
10.	Continuous Righ	nt Turn						
P - Pa	attern	L/F - Lea	ad / Follow	FW - Footwork	S	T - Styl	ing	

			Hus	stle					
	LEVEL 1 (Bronze	: I)	LEVEL	2 (Bronze II)	F	•	L/F	FW	ST
1.	Basic Back Brea	ak							
2.	Basic Side Brea	k							
3.	Basic Forward I	Break							
4.	Hesitation								
5.	The Wheel								
6.	Underarm Turn	Combina	ation (You Go	o, I Go, You Go)					
7.	Leader's Behin	d the Bac	k Pass and F	ollower's Bridge					
8.	Cross-Body Lea	d							
9.	Cross-Body Lea	d with O	oen Break to	Return					
10.	Return to Face	Loop							
11.	Double Hand H	old Bridg	es						
12.	The Whip								
13.	Cradle with Co	ntinuous	Left						
14.	Cradle In and C)ut							
15.	Back Spot Turn								
16.	Grapevine								
17.	Sliding Doors								
18.	Cross Body Lea	d with In:	side Turn						
19.	Shadow with Co	omb							
20.	Shadow with Fr	ee Spin							
21.	New York Walk								
P - Pa	attern	L/F - Lea	ad / Follow	FW - Footwork		ST	Γ - Styl	ing	

		West Coast Swing				
	LEVEL 1 (Bronze I)	LEVEL 2 (Bronze II)	Р	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				
6.	Tuck in from Right Side	e Pass				
7.	Half Whip Throw Out					
8.	Basic Whip					
9.	Inside Turn from Whip					
10.	Whip & Outside Turn					
11.	Whip with Check					
12.	Underarm Turn-Man's	Loop-Right Side Pass				
13.	Sugar Push Point					
14.	Lock Whip					
15.	Continuous Whip					
P - Pa	attern L/F - L	ead / Follow FW - Footwork	S	T - Styl	ling	

			Tango A	rgentine				
	LEVEL 3 (Silver	1)	LEVE	L 4 (Silver II)	Р	L/F	FW	ST
1.	Molinete Right	with Lap	iz & Parada					
2.	Revolving Forw	ard Ocho	S					
3.	Back & Forwar	d Boleros						
4.	Cross System C	adencias						
5.	Double Right T	urn						
6.	Cadencia/Righ	t Turn wi	th Sacada to	Deep Back Cross				
7.	Media Vuelta 8	t Barrida						
8.	Molinete R't w	ith Sacad	as & Molinet	e Left with Ronde				
9.	Molinete Left v Cortado variat		das & Moline	ete R't with Ocho				
10.	Balanceo & Le	ft Turn Co	mbination f	or Vals				
11.	Molinete Left v	with Rond	e & Molinete	e R't with Corrida				
12.	Corrida & Back	Ocho wi	th Hesitation	n for Vals				
13.	Tijera, Tomada	a/Engach	e & Barrida					
14.	Back Sacada, E	Barrida &	Colgada					
15.	Back & Forwar	d Boleros	& Zarandeo	Forward Volcada				
P - Pa	attern	L/F - Lea	ad / Follow	FW - Footwork	S	T - Styl	ing	

			Sa	lsa				
	LEVEL 3 (Silver	l)	LEVE	L 4 (Silver II)	Р	L/F	FW	ST
1.	Overturned Cro	ss Body l	_ead					
2.	The Cross Body	Lead 'W	altz'					
3.	Cross Body Lead (Man Turning Ri Right with Arm	ight; Mar		t; Lady Turning				
4.	Copa or the In a (Single & Doubl Hold)		Handshake H	old & Two Hand				
5.	Cross Body Lead	d to Doul	ole Right Tur	'n				
6.	Cross Body Lead	d to Touc	th and Go					
7.	Cross Body Lead	d to Insid	e Double Tu	rn				
8.	Titanic or Cruci	ifix						
9.	Back to Back Tu	urn						
10.	The Ballerina							
11.	Behind the Back	k Turn						
12.	Catch the Back	Variatio	า					
13.	Special Social S	tep						
14.	Cross Body Adv	enture						
15.	Cross Body Grea	at Adven	ture					
P - Pa	attern	L/F - Lea	ad / Follow	FW - Footwork	S	Γ - Styl	ing	

			Bac	hata				
	LEVEL 3 (Silver	1)	LEVE	_ 4 (Silver II)	Р	L/F	FW	ST
1.	Unwinding Turn	& The G	ancho					
2.	Catch & Release	e						
3.	Free Spin Varia	tion						
4.	The Cuddle							
5.	Swivel to Cuddl	e and Dr	ор					
6.	Leg Wraps							
7.	Club Styling & T	he Doub	le Turn					
8.	Cross Body Lead	d						
P - P:	attern	l /F - l ea	id / Follow	FW - Footwork	C.	T - Styl	ing	

		Hus	stle				
	LEVEL 3 (Silver I)	LEVEI	_ 4 (Silver II)	Р	L/F	FW	ST
1.	Shadow to Comb with L	eft Turn Exit					
2.	Progressive Shadow; Co	ntinuous Sha	dow				
3.	Traveling Shadow						
4.	NY Walk with Styling (V	isual and Lea	der's Left Turn)				
5.	Las Vegas (Basic Timing	; Syncopated	Timing)				
6.	Wrap Variations (Change of Sides to Wra the Back Wrap; Wrap w						
7.	Left Arm Hammerlock;	Right Arm Ha	mmerlock				
8.	Leader's Behind the Bac	ck Pass Full T	ūrn				
9.	Double Outside Turn; Lo	ollipop Turn					
10.	Illusion Turns (Touch an	d Go)					
11.	4 Count Turn (Free Spin); 4 Count Tu	ırn (Back Roll)				
12.	T-Turn						
13.	Basic Swivel						
14.	8 Count Diva Walks						
15.	Slide of Hands						
P - Pa	attern L/F - Lea	ad / Follow	FW - Footwork	S	T - Styl	ing	

		West Coa	st Swing				
	LEVEL 3 (Silver I)	LEVEL	. 4 (Silver II)	Р	L/F	FW	ST
1.	Checked Whip						
2.	Roll In Pass						
3.	Double Face Loop,	Tuck Spin					
4.	Man's Hammerlock	Tummy Whip					
5.	Lock Whip, Side Bre	eak and Spin					
6.	Spinning Hammerlo	ck					
7.	Continuous Whip						
8.	Sugar Push Syncopa	itions					
9.	Underarm Turn Syn	copations					
10.	Roll In, Check & Th	rowout					
P - P	attern L/F	- Lead / Follow	FW - Footwork	S	Γ - Styl	ing	

		Tango A	rgentine				
		LEVEL 5 (Gold)		Р	L/F	FW	ST
1.	Cadencia to E	nganche & Planeo to B	arrida				
2.	Planeo, Cader	as & Tomada					
3.	Molinete with Enganche	Enrosque/Lapiz/Parac	la & Americana to				
4.	Rhythmic Cros	s Steps & Boleos					
5.	Back Ochos wi	th Leader's Play & Bao	ck Boleo				
6.	Linear & Circu	lar Corridas					
7.	Molinete Right	with Sacadas/Enganc	he & Calesita				
8.	Forward Volca	da & Colgada					
9.	Walking Boleo	s & Molinete Left with	Double Lapiz				
10.	Molinete & Bo	leo Combination for V	als				
11.	Progressive Le	ft Turn & Back Boleo/	Enganche for Vals				
12.	Molinetes, Eng Cadencia for \	ganche, Rebate & Cros /als	s System				
13.	Back Sacada 8 Progressive le	: Molinete with Ronde. ft Turn	/Sacada to				
14.	Colgada & Bar	rida					
15.	Follower's Bac with Needle	ck Sacada, Gancho/Sac	cada & Molinete				
P - Pa	attern	L/F - Lead / Follow	FW - Footwork	S	T - Styl	ing	

			Sa	lsa						
		LEVEL 5	(Gold)				Р	L/F	FW	ST
1.	Copa with Mar	ns Hammerl	ock							
2.	Copa Back to E	Back								
3.	Copa to Belly	Wrap								
4.	The Wrap with	n Zig Zag								
5.	Copa to Double	e Hammerlo	ock							
6.	Triple Turn									
7.	The Quad Turr	1								
8.	Back Spot with	Back Roll								
9.	Cross Body Lea (With Reverse Triple Turn Ha	to Lady's H	lammerlock	k; To L	ady's					
10.	Hand Flick									
P - P:	attern	L/F - Lead	l / Follow	FW -	Footwor	·k	S	Γ - Styl	ing	

		Bach	nata				
		LEVEL 5 (Gold)		Р	L/F	FW	ST
1.	Lady's Double	Turn with Reverse Har	mmerlock				
2.	The Leaders H	lammerlock					
3.	Leaders Turns	- Followers Swivels					
4.	Spanish Arms						
5.	Consecutive T	urns with Spotting					
6.	The Enclosed	Embrace					
7.	Leg Hooks						
P - Pa	attern	L/F - Lead / Follow	FW - Footwork	S	T - Styl	ing	

		Hus	stle				
		LEVEL 5 (Gold)		Р	L/F	FW	ST
1.		xchange of Sides to Harm Pass, Exchange of					
2.		hadow, Wrap Turn, Op Turn, end in Closed P					
3.		hadow, Double Free Sp sic, Visual New York V					
4.		xchange of Sides, Inside pated Double Inside T o Turn					
5.	Position, Excha Double Inside	xchange of Sides to Ha ange of Sides to Doubl Turn to Double Hand E o Male Half Turn, Rota	e Hand Shake, Body Wrap,				
6.	Arm to Openin	mond with Leader Tur g Out, Wrap with Lead Position to Open Break	der's Half Turn				
7.	Pivots to Follo	wer's Free Spin, end i	n Closed Position				
8.	Carousel, Behi end in Closed	nd the Back, Follower Position	's Double Spin,				
9.	Open Break, C Open Break	hange of Sides, Multip	le Rib Checks,				
10.		Double Hand Pass, Le Back to Back Shadow,					
P - Pa	attern	L/F - Lead / Follow	FW - Footwork	S	T - Styl	ing	

	West Coast	Swing				
	LEVEL 5 (Gold)		Р	L/F	FW	ST
1.	Swivel Whip & Syncopation Taps					
2.	Cradle Switches					
3.	Solo Spin & Hustle Whip					
4.	Hammer Whip & Roll In					
5.	Press Whips & Grapevine					
6.	Kick & Sit					
7.	Tuck & Kick Swivel Pass					
8.	Neck Whip & Catch					
9.	The Double Hammerlock					
10.	Behind The Back Whip & Worm					
P - P	attern L/F - Lead / Follow F	W - Footwork	ST	- Styl	ing	