



Association of International Dance Inc'

Member of the International Dance Council

Latin American Syllabus

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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 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-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 Polyrythms.

Styles of cha-cha-cha dance may differ in the place of the chasse in the rhythmic 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.

Samba: When asked about Brazilian music and dance, the first thing that comes to everyone's mind is the Samba. This African dance was imported to Rio de Janeiro in the nineteenth century by the slaves located in the state of Bahia, where it mingled with local genres like polca, maxixe and xote, distancing from the original form in the first decades of the twentieth century but it was in Rio where the samba became a recognized cultural expression, quickly escalating and spreading all over Brazilian territory. The word originates from "semba", which is from the African Bantu language and simply means "a man inviting a woman to dance". The modern samba that emerged at the beginning of the 20th century is predominantly in a 2/4-time signature varied with the conscious use of a sung chorus to a batucada rhythm with various stanzas of declaratory verses and to achieve the true character of the Samba, a dancer must give it a happy, flirtatious and exuberant interpretation. The principal characteristics of the Samba are the rapid steps taken on a quarter of a beat and the pronounced rocking motion and sway/pelvic tilt (Samba 'tic') of the dancing couple. These actions are difficult to accomplish but without them, the dance loses much of its effect.

Cuban 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 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.

Paso Doble: Originally a light Spanish dance, the Paso Doble we know was actually invented in Southern France. The steps easily travelled to Spain and beginning in the 18th century, the "Paso Doble" was played during the matador's entrance into the bullring. Steps are usually taken with the heel forward but leaving the back leg in place long enough to create a long, straight leg line. The man emulates the role of the matador in the bullfight and keeps his centre forward, creating an optical illusion as he turns his body in different directions while reflecting a quality of stillness throughout with strategic bursts of movement. In the bullfight, this creates a false space where he places his cape, allowing the bull to think it is attacking him when in fact there is only empty space. The woman in the dance typically represents the cape, moving with graceful curves that emulate the flow of a cape around the man as he and at times both partners take on the personality of flamenco dancers, challenging each other in a dramatic way. Ballroom Paso Doble is danced mostly competitively but that being said, in Spain, France, Vietnam, Colombia, Costa Rica and some parts of Germany, it is danced socially as a led (un-choreographed) dance while in Venezuela, Paso Doble is almost a must-have dance in weddings and big parties.

Jive: 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 the ASTD decided to start teaching their own variant of it that they called The East Coast Swing, making it an official dance in 1942.

Eventually the dance became formalised, thus enabling common teaching syllabuses and effective judging criteria for examination and competitions; which gives a framework for teaching the standard moves that make up the various levels which are recognised worldwide. In 1960 a new category of competition dances was put together called "Latin American", combining four Latin dances with one American - the "Ballroom 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. The Ballroom Jive 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.

Dances for full Proficiency Level Assessment

Level 1 & 2 - Cha Cha, Samba, Cuban Rumba, Paso Doble, Jive

Level 3 & 4 - Cha Cha, Samba, Cuban Rumba, Paso Doble, Jive

Level 5 - Cha Cha, Samba, Cuban Rumba, Paso Doble, Jive

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)		P	L/F	FW	ST
1.	Basic Movement						
2.	New Yorker						
3.	Spot Turns						
4.	Shoulder to Shoulder						
5.	Hand to Hand						
6.	The Three Cha Cha Chas						
7.	Side Steps						
8.	There & Back						
9.	Time Steps						
10.	Fan						
11.	The Alemana						
12.	Hockey Stick						
13.	Hockey Stick Ending in Counter Promenade Position						
14.	Natural Top						
15.	Natural Opening Out						
16.	Closed Hip Twist						
P - Pattern		L/F - Lead / Follow		FW - Footwork		ST - Styling	

Samba							
LEVEL 1 (Bronze I)		LEVEL 2 (Bronze II)		P	L/F	FW	ST
1.	Basic (Natural; Reverse; Side; Progressive)						
2.	Whisks to Left and Right						
3.	Samba Walks (Promenade; Side; Stationary)						
4.	Rhythm Bounce						
5.	Volta Movements to Left & Right						
6.	Traveling Bota Fogos Forward						
7.	Criss Cross Bota Fogos						
8.	Traveling Bota Fogos Back						
9.	Bota Fogos to Promenade & Counter Promenade						
10.	Criss Cross Voltas						
11.	Solo Spot Voltas						
12.	Foot Changes						
13.	Shadow Traveling Voltas						
14.	Reverse Turn						
15.	Corta Jaca						
16.	Closed Rocks						
P - Pattern		L/F - Lead / Follow		FW - Footwork		ST - Styling	

Rumba							
LEVEL 1 (Bronze I)		LEVEL 2 (Bronze II)		P	L/F	FW	ST
1.	Basic Movement						
2.	Alternative Basic						
3.	Cucarachas						
4.	New Yorker						
5.	Spot Turns						
6.	Shoulder to Shoulder						
7.	Hand to Hand						
8.	Progressive Walks Forward & Back						
9.	Side Steps						
10.	Cuban Rocks						
11.	The Fan						
12.	The Alemana						
13.	Hockey Stick						
14.	Hockey Stick Ending in Counter Promenade Position						
15.	Natural Top						
16.	Opening Out to Right & Left						
17.	Natural Opening Out						
18.	Closed Hip Twist						
P - Pattern		L/F - Lead / Follow		FW - Footwork		ST - Styling	

Paso Doble							
LEVEL 1 (Bronze I)		LEVEL 2 (Bronze II)		P	L/F	FW	ST
1.	Surplace						
2.	Basic Movement						
3.	The Appel						
4.	Chassés to Right						
5.	Chassés to Left						
6.	Drag						
7.	Displacement						
8.	Promenade Link						
9.	Promenade						
10.	Ecart						
11.	Separation						
12.	Separation with Lady's Caping Walks						
13.	Cradle with Continuous Left						
14.	Fallaway Ending to Separation						
15.	The Huit						
16.	The Sixteen						
17.	Promenade & Counter Promenade						
18.	Grand Circle						
19.	Open Telemark						
P - Pattern		L/F - Lead / Follow		FW - Footwork		ST - Styling	

Rumba							
LEVEL 3 (Silver I)		LEVEL 4 (Silver II)		P	L/F	FW	ST
1.	Open Hip Twist						
2.	Reverse Top						
3.	Opening Out from Reverse Top						
4.	Aida						
5.	Spiral						
6.	Curl						
7.	Rope Spin						
P - Pattern		L/F - Lead / Follow		FW - Footwork		ST - Styling	

Paso Doble							
LEVEL 3 (Silver I)		LEVEL 4 (Silver II)		P	L/F	FW	ST
1.	La Passe						
2.	Banderillas						
3.	Twist Turn						
4.	Fallaway Reverse Turn						
5.	Coup de Pique						
6.	Left Foot Variation						
7.	Spanish Lines						
8.	Flamenco Taps						
P - Pattern		L/F - Lead / Follow		FW - Footwork		ST - Styling	

