

University of Waterloo Ballroom Dance Club - LATIN

White: Required, Grey: Optional, *:Means you can work up from a lower level

Cha Cha

Level	Class	Step/Skill	L	F	Technique	✓	Notes
Pre-bronze	Beg	Basics			Straight Legs		
		New York			Turnout		
		Spot Turn			Posture		
		Hand to Hand					
		Shoulder to Shoulder					
		Lock Step (Fwd/Back)					
		Three Chachas					
		There and Back					
		Timestep					
		Side Steps					
Instructor Initials:							
Bronze	Int	Fan *			Clean arm & hand lines		
		Alemana *			Hip action		
		Hockey Stick *			Pointed feet		
		Natural Top *			Tone		
		Opening Out			Connection		
		Closed Hip Twist *			Foot and hand speed		
Silver		Open Hip Twist			Use of feet against floor		
		Cuban Breaks			Weight transfer		
		Spirals			Hip action for locks		
		Reverse Top			Check position		
		Opening Out from Rvs Top			Alternative Chasses		
		Instructor Initials:					
Gold	Adv	Cross Basics			Styled arms		
		Aida *			Connection with floor		
		Chase *			Weight placement		
		Advanced Hip Twist					
		Hip Twist Spiral					
		Turkish Towel					
		Sweetheart					
		Twist Chasse *					
		Rounde Chasse *					
		Slip Chasse *					
		Follow My Leader					
		Foot Changes					
Instructor Initials:							

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Paso

Level	Class	Step/Skill	L	F	Technique	✓	Notes	
Pre-bronze	Beg	Sur Place			Elevations			
		Basic Movement			Appropriate footwork			
		Chasse to R & L			Basic Shaping			
		Drag			Posture			
		Deplacement/Attack w/ and w/out turn			Timing			
		Promenade Close						
		Promenade						
		Ecarte						
		Separation & caping walks						
Instructor Initials:								
Bronze	Int	Fallaway ending to separation			Paso posture			
		Huit			Press line			
		Sixteen			More adv shaping			
		Promenade/Counter Promenade*			Strong frame			
		Grand Circle*			Dynamics			
		Open Telemark			Performance			
Silver		Coup de pique			Finishing arm lines			
		L foot variation						
		Flamenco taps						
		Spanish lines						
		Instructor Initials:						
		Adv	Le Passe			Use of levels		
			Banderillas					
			Twist turn					
Fallaway reverse turn								
Syncopated separation								
Traveling spins from PP								
Traveling spins from CPP								
Fregolina/Farol								
Gold		Twists						
		Chasse cape						
		Instructor Initials:						

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Samba

Level	Class	Step/Skill	L	F	Technique	✓	Notes	
Pre-bronze	Beg	Basics			Step on toes/footwork			
		Whisks			Samba bounce			
		Stationnary Samba Walks (Side and Sationnary)				Use of ankles and knees		
		Rhythm Bounce			Accurate timing			
		Traveling Voltas R/L			Controlled lead/following			
		Criss Cross Bota Fogos			Frame			
		Traveling Bota Fogos Fwd						
		Bota Fogos to Prom./Counter Prom.						
Criss Cross Voltas								
Bronze	Instructor Initials:							
	Int	Solo Spot Volta			3 step turns (follows)			
		Foot Changes 3-4			Strong/accurate lead			
		Foot Changes 1-2 & 8			Transitions with ease			
		Shadow Traveling Voltas			Hip action			
		Shadow Bota Fogos			Hip/bounce coordination			
		Reverse Turn			Finishing arms			
		Corta Jaca			Grasp fo different timings			
		Closed Rocks			Appropriate step size			
	Open Rocks			Performance/fun!				
	Back Rocks			Use of feet against floor				
	Rolling Off the Arm							
Silver	Instructor Initials:							
	Adv	Plait*						
		Maypole*						
		Argentine Crosses*						
Shadow Circular Volta*								
Contra Bota Fogos*								
Cruzados Walks*								
Roundabout								
Natural Roll								
Reverse Roll								
Promenade/Counter Prom. Runs								
Three Step Turn								
Samba Locks								

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Rumba

Level	Class	Step/Skill	L	F	Technique	✓	Notes	
Pre-bronze	Beg	Basic			Straight Legs			
		Spot Turn			Turnout			
		Hand to Hand			Posture			
		New York						
		Cucarachas						
		Cuban Rocks						
		Side Steps						
		Shoulder to Shoulder						
Instructor Initials:								
Bronze	Int	Walks Fwd/Back			Torso isolation			
		Fan			Fluidity & Hip action			
		Alemana			Clean arm & hand lines			
		Hockey Stick			Arm/body coordination			
		Natural Top			Pointed feet			
		Closed Hip Twist			Tone & Connection			
		Opening Out			Weight transfer			
Silver		Open Hip Twist			Foot & foot speed			
		Spiral			Hip action for rumba walks			
		Reverse Top			Use of feet against floor			
		Opening Out from Rvs Top						
		Instructor Initials:						
		Gold	Adv	Aida*				
Sliding Doors*								
Kiki Walks*								
Three Threes								
Fencing*								
Three Alemanas								
Advanced Hip Twist								
Continuous Hip Twist								
Circular Hip Twist								
Instructor Initials:								

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Jive

Level	Class	Step/Skill	L	F	Technique	✓	Notes	
Pre-bronze	Beg	Basics			Pointed feet			
		Fallaway Rock			Small step size			
		Fallaway Throwaway			Weight on ball of foot			
		Change of Place (L-R & R-L)			Connection			
		Change of hands behind back			Controlled arms			
		Hip bump			Syncopation			
Bronze		American spin						
		Stop and go						
		Instructor Initials:						
	Int	Walks*			Swing action			
		Mooch*			Use of feet against floor			
		Whip*			Balance on spins/turns			
		Whip Throwaway			Head spotting on turns			
		Flick Ballchange			Hip action			
Reverse Whip				Picking up of feet				
Windmill								
Miami special								
Silver	Spanish arms							
	Rolling off the arm							
	Instructor Initials:							
	Gold	Adv	Simple spin*					
			Curly whip					
			Shoulder spin					
			Toe heel swivels					
			Chugging					
Chicken walks								
Catapults								
Stalking walks, flicks and break								
	Instructor Initials:							