

**GOLD Latin**  
CHA CHA

**Group 1**

Three Cha Chas  
Open Hip Twist  
Same Foot Merengue Crosses  
Foot Change to Open Facing Position

**Group 2**

Fan Development  
Alemana  
Travelling Merengue Crosses  
Swivels and Break  
Spot Turn

**Group 3**

Natural Top  
Cuban Break Opening Out  
Fan & Hockey Stick

**Group 4**

Same Foot Circling Merengue Crosses  
Pat-a-Cake  
New York

**Group 5**

Hip Twist Runaway

**Group 6**

Open Hip Twist to Zig Zag

**Group 7**

Follow My Leader

**Group 8**

Cuban Break with Hip Rock Action

**GOLD Latin**  
JIVE

**Group 1**

Shadow Stalking Walks

**Group 2**

Change of Places L to R  
and R to L with Simple Spin Turns

**Group 3**

Coca Rola

**Group 4**

New York with Springs

**Group 5**

Arm Circles with Hip Bumps

**Group 6**

Foot Shuffle Frenzy

**Group 7**

Flip & Twist

**Group 8**

Circular Toe Heel Swivels

**GOLD Latin**  
RUMBA

**Group 1**

Advanced Sliding Door  
Opening Out Movement in RH  
to RH hold  
Semi-circular Walk  
Back Check  
Overturned Spot Turn

**Group 2**

Forward and Back

**Group 3**

Advanced Hip Twist  
Continuous Hip Twist

**Group 4**

Advanced Hip Twist  
Circular Hip Twist

**Group 5**

Curl  
Lady's Shadow Foot Swivels  
Fan

CHA CHA

JIVE

**GOLD Latin**  
**SAMBA**

**Group 6**

Advanced Hip Twist  
Zig Zag Hip Twist  
Fan

**Group 7**

Three Alemanas  
Opening Out to Right and Left

**Group 8**

Ronde to Outside Swivel

**Group 9**

Advanced Leg Turns

**Group 1**

Rhythm bounce  
Stationary Samba Walks  
Whisk  
Promenade &  
Counter Promenade Runs  
Samba Walks

**Group 2**

Shadow Bota Fogos  
Foot Change  
Cruzado Walks & Locks  
Travelling Voltas in Shadow Position  
Shadow Volta Roll

**Group 3**

Contra Bota Fogos  
Roundabout  
Foot Change to Criss Cross Voltas

**Group 4**

Solo Spot Volta Turns to Left & Right  
Natural Rolls  
Promenade &  
Counter Promenade Runs

**Group 5**

Slow Voltas  
Travelling Voltas  
Stationary Samba Walks  
Corta Jaca

**Group 6**

Natural Rolls  
Open Rock  
Reverse Turn  
Back Rocks with Pivot  
Plaits

**Group 7**

Reverse Turn  
Reverse Rolls  
Travelling Bota Fogos  
Travelling Voltas

**Group 8**

Barrell Rolls

RUMBA

SAMBA