

SILVER Latin CHA CHA

Group 1

Basic
Fan Development with Chasse alternatives
for man

Group 2

Overturned Hockey Stick
Split Cuban Breaks
Full Cuban Breaks

Group 3

New York
Swivels in Promenade
& Counter promenade
New York

Group 4

Lady's underarm turn
Cross Basic with Guapacha timing
and Spiral for Lady
repeat Cross Basic & Spiral
exit to fan position

Group 5

Hockey Stick
Turkish Towel
Spiral exit to open facing position

Group 6a

Natural Top
Advanced Hip Twist
Exit to fan
Alemana
Rope Spinning

Group 6b

Alemana from fan position
Advanced hip twist

Group 7

Alemana from fan position
Rope Spinning
Swivels and Breaks
Spot turn

Group 8

Basic to Fan
Hockey Stick
Open Basic
Foot Change
Ronde & Hip Twist Chasses
LF full Cuban Break
Spot turn
Three Cha Chas forward
Foot Change

SILVER Latin JIVE

Group 1

Basic into The Walks
Backward Walks
Point Swivels
Change of Places R to L

Group 2

Basic
Change of Places R to L
L to R
Toe Heel Swivels
Stalking Walks
Flicks and Break
Change of Places R to L

Group 3

Overturned Change of Places L to R
Chicken Walks
Overturned Fallaway Throwaway
Chicken Walks
American Spin

Group 4

Catapult

Group 5

Simple Spin ending to
the Stop and Go

Group 6

Simple Spin Ending to
the Change of Places

Group 7

The Simple Spin

Group 8

Flicks
Taps
and Triple Chasse

Group 9

Mooch Kicks with Flick Crosses

Group 10

The Whip Spin

CHA CHA

JIVE

SILVER Latin
MAMBO

Group 1
Basic Movements

Group 2
Crossover and Walk Around Turn

Group 3
Open Break and Underarm Turn

Group 4
Shoulder Check

Group 5
Alternating Underarm Turns

Group 6
Crossbody Lead

Group 7
Shadow Position Crossovers

Group 8
Open Break into Scallop

Group 9
Crossover Swivels and Pullback

Group 10
Forward Spot Turn and Surprise

Group 11
Open Break
Back Spot Turn
Bobby's Break

Group 12
Crossbody Lead
Double Underarm Turn
Check and Spin

SILVER Latin
WEST COAST SWING

Group 1
Swivels with Sugar Push ending

Group 2
Whip and Inside Turn

Group 3
Whip and Outside Turn

Group 4
Whip Return

Group 5
Lock Whip

Group 6
Chicken Walk

Group 7
Opposition Break and Roll In

Group 8
Syncopation

Group 9
Tuck
Hammerlock
Underarm Turn
Right Side Pass

Group 10
Checked Whip

Group 11
Man's Underarm Turn to
Hammerlock to
Right Side Pass

Group 12
Face Loop
Tuck and Spin

Group 13
Underarm Turn with
Man's Hammerlock to
Shoulder Check and Spin

MAMBO

WEST
COAST SWING

SILVER Latin RUMBA

Group 1

Basic - Fan Development - Hockey Stick -
Natural Top with inside turn

Group 2a

Natural Top - Advanced Hip Twist

Group 2b

Alemana from fan position -
Advanced Hip Twist

Group 3

From Fan position - Sliding Door - Spiral exit
to open facing position

Group 4a

Hand to Hand - Aida -
Double Spot Turns

Group 4b

Aida - Rock in place - Kiki Walks - Cuban Rock

Group 5a

Alemana from fan position -
Kiki Walks - exit to fan position

Group 5b

Alemana from fan position -
Kiki Walks -
Lady spiral exit to open facing position

Group 6

Hand to Hand - Solo Spirals - Aida - Switch -
Counter promenade Walks -
Spot Turns for lady and alternatives basics
for man

Group 7

RH to RH hold Alemana - Advanced Hip
Twist - Semicircular Walks - Back check -
Overtuned Spot Turn

Group 8a

Basic to fan - Alemana - Rope Spinning -
Hand to Hand

Group 8b

Basic to fan - Alemana - Rope Spinning -
Advanced Hip Twist - Fan

Group 9

Basic to Fan - Hockey Stick - Three Threes

Group 10a

Alemana from fan position -
Kiki Walks - exit to fan position

Group 10b

Opening Out and Closed Hip Twist - Reverse
Top - Exit to Aida

SILVER Latin SAMBA

Group 1

Rhythm Bounce
Bota Fogo to p.p.
Side Samba Walk
Criss Cross Voltas
Samba Locks
Criss Cross Voltas

Group 2

Shadow Bota Fogos
Rhythm Bounce
Rolling off the Arm

Group 3

Foot Change
Bota Fogos in shadow position
Rhythm Bounce
Travelling Voltas in Shadow Position
Bota Fogos to end in Contra position

Group 4

Roundabout
(Circular voltas & Contra Bota Fogos)
Foot Change
(Stationary Samba Walks for man, travelling
voltas for lady)
Stationary Samba Walks
Maypole

Group 5

Back Rocks
Plaits
Travelling Voltas
Samba Walk & Side Samba Walk

Group 6

Argentine Crosses with
Bota Fogo for lady

Group 7

Volta turn for lady & Whisk for man
Shadow Bota Fogos
Zig Zag & Spins

Group 8

Merengue Chasses
Whisks

RUMBA

SAMBA