# THE CANADIAN DANCESPORT

# FEDERATION inc.

**LATIN AMERICAN SYLLABUS STEP LIST - LISTE DES FIGURES, COMPETITIONS & MEDAL TESTS**

| | | CHA CHA | | RUMBA | | SAMBA | | PASO DOBLE |
|---|---|---|---|---|---|---|---|---|
| **Beguinners Débutants** | 1 | Basic Mouvements, Closed, Open and in Place. | 1 | Basic Mouvements ( Closed, Open, In Place, Alternative ) | 1 | Basic Mouvements: Natural and Reverse, Side and Progressive | 1 | Sur Place |
| | 2 | New York ( Left and Right side ) | 2 | Cucarachas Left Foot and Right Foot | 2 | Whisks ( also with Lady's Underarm Turn ) | 2 | Basic Mouvement |
| | 3 | Spot Turns to Left or Right ( incl. Switch and Underarm Turns ) | 3 | New York to Left and Right side | | | 3 | Chassés to Right or Left ( including elevations ) |
| | | | 4 | Spot Turns to Lef t or Right ( incl. Switch and Underarm Turns ) | 3 | Samba Walks in Promenade Position | 4 | Drag |
| | 4 | Shoulder to Shoulder Left side & Right side | 5 | Shoudler to Shoudler | 4 | Rhythm Bounce | 5 | Déplacement ( also Attack ) |
| | 5 | Hand to Hand ( Right and Left side position ) | 6 | Hand to Hand to Rjght and Left side | 5 | Travelling Voltas to Right and Left ( facing no turn ) | 6 | Promenade Link ( also Promenade Close ) |
| **Pre-Bronze Pré-Bronze** | 6 | Three Cha Cha Chas- Fwd and Back. | 7 | Progressive Walks forward or back | 6 | Travelling Bota Fogos Forward | 7 | Promenade |
| | 7 | Side Steps ( to Left and Right ) | 8 | Side Steps ( to Left or Right ) | 7 | Criss Cross Bota Fogos ( Shadow Bota Fogos ) | 8 | Ecart ( Fallaway Whisk) |
| | 8 | There and Back | 9 | Cuban Rocks | | | 9 | Separation |
| | 9 | Time steps | | | 3 | Samba Walks (Side and Stationary) | 10 | Separation with Lady's Caping Walks |
| **Bronze** | 10 | Fan | 10 | Fan | 8 | Travelling Bota Fogos Back | 11 | Fallaway Ending to Separation |
| | 11 | Alemana | 11 | Alemana | 9 | Bota Fogos to PP and CPP | 12 | Huit |
| | 12 | Hockey Stick | 12 | Hockey Stick | 10 | Criss Cross Voltas | 13 | Sixteen |
| | 13 | Natural Top | 13 | Natural Top | 11 | Solo Spot Volta | 14 | Promenade and Counter Promenade |
| | 14 | Natural Opening Out Mouvement | 14 | Opening Out to Right and Left | 12 | Foot Changes 1& 2 | 15 | Grand Circle |
| | 15 | Closed Hip Twist | 15 | Natural Opening Out Mouvement | 13 | Shadow Travelling Volta | 16 | Open Telemark |
| | | | 16 | Closed Hip Twist | 14 | Reverse Turn | | |
| | | | | | 15 | Corta Jaca | | |
| | | | | | 16 | Closed Rocks | | |
| **Silver Argent** | 10 | Fan ( Development ) | 10 | Fan ( Development ) | 12 | Foot Changes 1-2-3-4-8 | 17 | La Passe |
| | 16 | Open Hip Twist | 17 | Open Hip Twist | 17 | Open Rocks | 18 | Banderillas |
| | 17 | Reverse Top | 18 | Reverse Top | 18 | Back Rocks | 19 | Twist Turn |
| | 18 | Opening Out from Reverse Top | 19 | Opening Out from Reverse Top | 19 | Plait | 20 | Fallaway Reverse Turn |
| | 19 | Aida | 20 | Aida | 20 | Rolling Off the Arm | 21 | Coup de Pique |
| | 20 | Spiral Turns ( Spiral, Curl and Rope Spinning ) | 21 | Spiral Turns ( Spiral, Curl and Rope Spinning ) | 21 | Argentine Crosses | 22 | Left Foot Variation |
| | | | | | 22 | Maypole | 23 | Spanish LInes |
| | 21 | Cross Basic | | | 23 | Shadow Circular Volta | 24 | Flamenco Taps |
| | 22 | Cuban Breaks ( incl. Split Cuban Breaks ) | | | | | | |
| | 23 | Chase | | | | | | |
| **Gold Or** | 11 | Alemana R to R Hand hold Adv. Hip Twist (Development) | 7 | Progressive walks fwd in Right shadow Position ( kiki walks ) | 12 | Foot Changes 1 to 8 | 25 | Syncopated Separation |
| | 24 | Advanced Hip Twist | 11 | Alemana R to R Hand hold Advanced Hip Twist (Development ) | 24 | Contra Bota Fogos | 26 | Travelling Spins from PP |
| | 25 | Hip Twist Spiral | | | 25 | Roundabout | 27 | Travelling Spins from CPP ( No Syncopation ) |
| | 26 | Turkish Towel | 22 | Sliding Doors | 26 | Natural Roll | | |
| | 27 | Sweetheart | 23 | Fencing | 27 | Reverse Roll | 28 | Fregolina ( also Farol ) |
| | 28 | Follow My Leader | 24 | Three Threes | 28 | Promenade and Counter Prom. Runs | 29 | Twists |
| | 29 | Foot Changes | 25 | Three Alemanas | 29 | Three Step Turn | 30 | Chassé Cape ( incl. outside turn ) |
| | | | 26 | Hip Twists - Adv. Continuous- Circular | 30 | Samba Locks | | |
| | | | | | 31 | Cruzados Walks and Locks | | |
| **Gold Star - Etoile dOr** | | **Gold Star - Etoile d'Or** | | **Gold Star - Etoile d'Or** | | **Gold Star - Etoile d'Or** | | |
| **Steps 1 - 29 Figures 1 - 29 See note – Voir note** | | **Steps 1 – 26 Figures 1 - 26 See note - Voir note** | | **Steps 1 – 31 Figures 1 – 31 See note – Voir note** | | **31-** Travelling Spins from CPP with syncopated timing **Steps 1 – 31 - Figures 1 - 31 See note - Voir note** | | |

| JIVE | | | | | | General Information | Informations Générales |
|---|---|---|---|---|---|---|---|
| **Beguinners Débutants** | 1 | Basic in Place | **Silver Argent** | 4 | Flick (or Point) Ball Change-Hesitation | | |
| | 2 | Fallaway Rock | | 15 | Reverse Whip | | |
| | 3 | Fallaway Throwaway | | 16 | Windmill | **Gold Star :** All above figures in each dance also the figures and amalgamations as written in the book Popular Variations by ISTD. Complete figures must be danced. | **Etoile d'Or :** Toutes les figures mentionnées dans chaque danse ainsi que les enchaînements tels que décrits dans le livre de Popular Variations de l' ISTD. Les figures complètes doivent être dansées. |
| | 4 | Link | | 17 | Spanish Arms | | |
| | 5 | Change of Places Right to Left | | 18 | Rolling Off the Arm | | |
| | 6 | Change of Places Left to Right | | 19 | Simple Spin | | |
| | | | | 20 | Miami Special | | |
| **Pre-Bronze Pré-Bronze** | 7 | Change of Hands Behind Back | **Gold Or** | 21 | Curly Whip | **Arms** | **Bras** |
| | 8 | Hip Bump (Left Shoulder Shove) | | 22 | Shoulder Spin | | |
| | | | | 23 | Toe Heel Swivels | | |
| | 5 | Change of Places Right to Left with Change of Hands | | 24 | Chugging | No restriction. The use of arms should be rhythmical and suit the figure and the dance | Aucune restriction. L'utilisation des bras devrait être rythmique et convenir à la figure et à la danse. |
| | | | | 25 | Chicken Walks | | |
| | 6 | Change of Places Left to Right with Change of Hands | | 26 | Catapult | | |
| | | | | 27 | Stalking Walks, Flicks and Break | | |
| **Bronze** | 9 | American Spin | **Gold Star Etoile d'Or** | | **Steps 1 – 27 Figures 1 - 27 See note – Voir note** | **Please Note:** In syllabus competitions IDTA styling or foot positions may be used. Examinations remain as per ISTD | **S.V.P. Notez:** Dans le syllabus de competitions, le style et les positions de pieds de l'IDTA peuvent être utilisés. Pour les examens utilisez l'ISTD |
| | 10 | Walks | | | | | |
| | 11 | Stop and Go | | | | **Reference:** ISTD Manuals ISTD Popular Variations | **Références :** Manuels ISTD ISTD Popular Variations |
| | 12 | Mooch | | | | | |
| | 13 | Whip | | | | | |
| | 14 | Whip Throwaway | | | | | |

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