



*National Dance Council of Canada*  
*Conseil National en Danse du Canada*

## **Appendix II**

# **Syllabus Latin**



**NATIONAL DANCE COUNCIL OF CANADA  
CONSEIL NATIONAL EN DANSE DU CANADA**

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

	CHA CHA	RUMBA	SAMBA	PASO DOBLE	
<b>Beginners Débutants</b>	1 Basic Movements, Closed, Open and in Place. 2 New York (Left and Right side) 3 Spot Turns to Left or Right (incl. Switch and Underarm Turns) 4 Shoulder to Shoulder Left side & Right side 5 Hand to Hand (Right and Left side position)	1 Basic Movements (Closed, Open, In Place, Alternative) 2 Cucarachas Left Foot and Right Foot 3 New York to Left and Right side 4 Spot Turns to Left or Right (incl. Switch and Underarm Turns) 5 Shoulder to Shoulder 6 Hand to Hand to Right and Left side	1 Basic Movements: Natural and Reverse, Side and Progressive 2 Whisks (also with Lady's Underarm Turn) 3 Samba Walks in Promenade Position 4 Rhythm Bounce 5 Travelling Voltas to Right and Left (facing no turn)	1 Sur Place 2 Basic Movement 3 Chassés to Right or Left (including elevations) 4 Drag 5 Déplacement (also Attack) 6 Promenade Link (also Promenade Close)	
<b>Pre-Bronze Pré-Bronze</b>	6 Three Cha Cha Chas- Fwd and Back. 7 Side Steps (to Left and Right) 8 There and Back 9 Time steps	7 Progressive Walks forward or back 8 Side Steps (to Left or Right) 9 Cuban Rocks	6 Travelling Bota Fogos Forward 7 Criss Cross Bota Fogos (Shadow Bota Fogos) 3 Samba Walks (Side and Stationary)	7 Promenade 8 Ecart (Fallaway Whisk) 9 Separation 10 Separation with Lady's Caping Walks	
<b>Bronze</b>	10 Fan 11 Alemana 12 Hockey Stick 13 Natural Top 14 Natural Opening Out Movement 15 Closed Hip Twist	10 Fan 11 Alemana 12 Hockey Stick 13 Natural Top 14 Opening Out to Right and Left 15 Natural Opening Out Movement 16 Closed Hip Twist	8 Travelling Bota Fogos Back 9 Bota Fogos to PP and CPP 10 Criss Cross Voltas 11 Solo Spot Volta 12 Foot Changes 1 & 2 13 Shadow Travelling Volta 14 Reverse Turn 15 Corta Jaca 16 Closed Rocks	11 Fallaway Ending to Separation 12 Huit 13 Sixteen 14 Promenade and Counter Promenade 15 Grand Circle 16 Open Telemark	
<b>Silver Argent</b>	10 Fan (Development) 16 Open Hip Twist 17 Reverse Top 18 Opening Out from Reverse Top 19 Aida 20 Spiral Turns (Spiral, Curl and Rope Spinning) 21 Cross Basic 22 Cuban Breaks (incl. Split Cuban Breaks) 23 Chase	10 Fan (Development) 17 Open Hip Twist 18 Reverse Top 19 Opening Out from Reverse Top 20 Aida 21 Spiral Turns (Spiral, Curl and Rope Spinning)	12 Foot Changes 1-2-3-4-8 17 Open Rocks 18 Back Rocks 19 Plait 20 Rolling Off the Arm 21 Argentine Crosses 22 Maypole 23 Shadow Circular Volta	17 La Passe 18 Banderillas 19 Twist Turn 20 Fallaway Reverse Turn 21 Coup de Pique 22 Left Foot Variation 23 Spanish Lines 24 Flamenco Taps	
<b>Gold Or</b>	11 Alemana R to R Hand hold Adv. Hip Twist (Development) 24 Advanced Hip Twist 25 Hip Twist Spiral 26 Turkish Towel 27 Sweetheart 28 Follow My Leader 29 Foot Changes	7 Progressive walks fwd in Right shadow Position (kiki walks) 11 Alemana R to R Hand hold Advanced Hip Twist (Development) 22 Sliding Doors 23 Fencing 24 Three Threes 25 Three Alemanas 26 Hip Twists - Adv. Continuous- Circular	12 Foot Changes 1 to 8 24 Contra Bota Fogos 25 Roundabout 26 Natural Roll 27 Reverse Roll 28 Promenade and Counter Prom. Runs 29 Three Step Turn 30 Samba Locks 31 Cruzados Walks and Locks	25 Syncopated Separation 26 Travelling Spins from PP 27 Travelling Spins from CPP (No Syncopation) 28 Fregolina (also Farol) 29 Twists 30 Chassé Cape (incl. outside turn)	
<b>Gold Star - Etoile d'Or</b>		<b>Gold Star - Etoile d'Or</b>		<b>Gold Star - Etoile d'Or</b>	
<b>Steps 1 - 29 Figures 1 - 29 See note - Voir note</b>		<b>Steps 1 - 26 Figures 1 - 26 See note - Voir note</b>		<b>Steps 1 - 31 Figures 1 - 31 See note - Voir note</b>	
					<b>31- Travelling Spins from CPP with syncopated timing Steps 1 - 31 - Figures 1 - 31 See note - Voir note</b>

JIVE				General Information	Informations Générales
<b>Beginners Débutants</b>	1 Basic in Place 2 Fallaway Rock 3 Fallaway Throwaway 4 Link (kick ball change all levels) 5 Change of Places Right to Left 6 Change of Places Left to Right	<b>Silver Argent</b>	4 Hesitation (1-2 of link) 15 Reverse Whip 16 Windmill Spanish 17 Arms Rolling Off 18 the Arm Simple 19 Spin 20 Miami Special	<b>Gold Star</b> : 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.	<b>Etoile d'Or</b> : 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.
<b>Pre-Bronze Pré-Bronze</b>	7 Change of Hands Behind Back 8 Hip Bump (Left Shoulder Shove) 5 Change of Places Right to Left with Change of Hands 6 Change of Places Left to Right with Change of Hands	<b>Gold Or</b>	21 Curly Whip 22 Shoulder Spin 23 Toe Heel Swivels 24 Chugging 25 Chicken Walks 26 Catapult 27 Stalking Walks, Flicks and Break	<b>Arms</b>  No restrictions. The use of arms should be rhythmical and suit the figure and the dance	<b>Bras</b>  Aucune restriction. L'utilisation des bras devrait être rythmique et convenir à la figure et à la danse.
<b>Bronze</b>	9 American Spin 10 Walks 11 Stop and Go 12 Mooch 13 Whip 14 Whip Throwaway	<b>Gold Star Etoile d'Or</b>	<b>Steps 1 - 27 Figures 1 - 27 See note - Voir note</b>	<b>Please Note:</b> In syllabus competitions IDTA styling or foot positions may be used. Examinations remain as per ISTD  <b>Reference:</b> ISTD Manuals ISTD Popular Variations	<b>S.V.P. Notez:</b> Pour les compétitions, le style et les positions de pieds de l'IDTA peuvent être utilisés. Pour les examens utilisez l'ISTD <b>Références :</b> Manuels ISTD ISTD Popular Variations