

Αποδεκτά Βηματολόγια American Style Latin & Smooth

FRED ASTAIRE LATIN BRONZE RUMBA

1. RUMBA BOX STEP
2. UNDERARM TURN
3. OPEN CUBAN WALK
4. FIFTH POSITION BREAKS
5. ROCK STERS A&B
6. BACK SPOT TURNS
7. FORWARD SPOT TURNS
8. TURN & BREAK COMBINATION
9. OFFSET BREAKS
10. ADVANCED CROSS OVERS

BRONZE CHA CHA

1. CHA CHA BOX
2. PROGRESSIVE BASIC
3. CROSS OVERS A&B
4. UNDERARM TURN
5. CROSS TRIPLE STEPS
6. THE CHASE
7. CUBAN PROMENADE
8. TWO WAY UNDERARM TURN
9. CHA CHA FLIRT
10. THE BUTTERFLY

BRONZE SAMBA

1. SAMBA BASIC STEP
2. SIDE CROSS
3. MARCHA
4. PROMENADE CONVERSA
5. REVERSE CONVERSA
6. TRIPLE CHASSES
7. ADVANCED MARCHA
8. RITMO AND PROGRESSO
9. BRAZILIAN FLIRT
10. BAHIA PASSO

BRONZE MAMBO

1. MAMBO BOX STEPS
2. PROGRESSIVE BASIC
3. BREAK STEPS
4. CROSS BODY LEAD
5. CROSS OVER COMBINATION
6. FULL CHASE TURNS
7. HALF CHASE TURNS
8. REVERSE UNDERARM TURN
9. FORWARD BREAKS
10. UNDERARM SWIVELS

BRONZE SWING

1. SWING BASIC
2. RELEASE BREAK
3. UNDERARM TURNS A&B
4. SINGLE TUCK-IN
5. DOUBLE TUCK-IN
6. LINDY TURN A/B
7. CONTINUOUS LINDY TURN
8. REVERSE UNDERARM TURN
9. TURN WITH ROLL
10. BREAK ENDINGS A&B

FRED ASTAIRE BALRM BRONZE FOXTROT

1. BASIC ASTAIRE
2. THREE LITTLE WORDS
3. AD LIB LEFT & RIGHT
4. PARK AVENUE A&B
5. CROSS BODY LEAD
6. ASTAIRE SIDE ROCKS
7. SINGLE TWINKLE
8. TRIPLE OPEN TWINKLE
9. ADELE PIVOT

10. RUNNING STEPS

BRONZE WALTZ

1. PROGRESSIVE BASIC
2. LEFT BOX TURNS
3. BALANCE STEPS A&B
4. CROSS BALANCE STEPS A&B
5. RIGHT BOX TURNS
6. TURN COMBINATION
7. THREE LITTLE WORDS-UNWIND
8. SPOT TWINKLES
9. ASTAIRE TWINKLES FORWARD
10. ASTAIRE TWINKLES BACKWARD

BRONZE TANGO

1. BASIC STEPS A&B
2. PROMENADES A&B
3. RUNNING STEPS
4. CORTE A&B
5. RIGHT SIDE FAN
6. PROGRESSIVE SIDE ROCKS
7. CONTRA ROCKS
8. THREE FAN COMBINATION
9. ROCK & FAN
10. CROSS VUELTA

FRED ASTAIRE 1 LATIN BRONZE RUMBA

1. BOX STEP, CROSS BODY LEAD
2. UNDERARM TURN
3. FIFTH POSITION BREAKS
4. OPEN CUBAN WALK
5. FWD/LEFT TURNING ROCK STEPS
6. OFFSET BREAKS
7. BACK/ FWD SPOT TURN
8. CROSS OVER BREAKS
9. TURN AND BREAK COMBINATION
10. WRAP AROUND

BRONZE CHA -CHA

1. BOX & PROGRESSIVE BASIC
2. SINGLE & DOUBLE CROSS OVER
3. NATURAL & TWO WAY UNDERARM
4. CHASE CROSS OVER CHASE TURNS
5. CROSS TRIPLE STEP
6. PARALLEL BREAKS
7. BK SPOT TURN BREAK END/N.ROLL
8. CROSS OVER AND BREAK
9. HEEL-TOE SWIVELS
10. KNEE LIFT

BRONZE SAMBA

1. BASIC, LEFT BOX TURN
2. IN PLACE/ PROGR 5TH POS BREAKS
3. PROMENADE CONVERSA
4. SING/TRIPL/TRAVELLING CHASSE
5. LEFT CROSS TURN
6. REVERSE/COMBINATION CONVERSA
7. S REV U.TURN,REV U.TURN CONVER
8. OPEN BREAK VARIATION
9. TURNING CONVERSA
10. FALLAWAY VOLTAS

BRONZE MAMBO

1. BOX / PROGRESSIVE BASIC
2. CROSS BODY LEAD
3. FWD/BK/SD/ SHINE BREAK STEPS
4. NAT/REV UNDERARM TURN
5. HALF/FULL CHASE TURN
6. LEFT PARALLEL TURN
7. BACK SPOT TURN
8. CROSS OVER SWIVELS

9. KICK BREAKS 10. UNDERARM SWIVELS

BRONZE SWING

1. BASIC SIN/DOUB/TRIP RHYTHM
2. RELEASE BREAK
3. U.TURN/U.TURN W MAN TURNING
4. EGG BEATER
5. SIN/DOUB/SHOULDER SPIN TUCK IN
6. LINDY IP/R/L LINDY TURN
7. R/L LINDY TURN W MANS U.TURN
8. R.LINDY TURN W REV/NAT U.TURN
9. SUGAR FOOT, HITCH KICK
10. OPEN/CONTINUOUS TUCK IN TURN

FRED ASTAIRE 1 BALLROOM BRONZE FOX TROT

1. BASIC AND PROMENADE BASIC
2. CLS/OUTS TURNING BASIC
3. L/R/SIDE ROCK AD-LIB TURN
4. CROSS BODY LEAD
5. SINGLE TWINKLE
6. TRIPLE TWINKLE
7. SPOT TWINKLES
8. PROMENADE TWIST TURN
9. PROMENADE PIVOT TURN
10. CLS/OUTS RUNNING STEPS A,B

BRONZE WALTZ

1. LEFT TURN 1/4 AND 3/8 TURN
2. PROGRSSIVE BASIC STEP
3. RIGHT TURN 1/4 AND 3/8 TURN
4. FWD/BK/SIDE/5TH POS BAL STEPS
5. CROSS BODY LEAD
6. PROMENADE CHASSE
7. FWD/BK PROGRESSIVE TWINKLES
8. PROMENADE TWIST TURN
9. ZIG-ZAG TWINKLES
10. FALLAWAY AND ROCK

BRONZE TANGO

1. BASIC/OUTS BASIC STEP
2. PROMENADE BASIC TURNING L/R
3. CORTE ROCK & CORTE
4. R.SIDE FAN, 3FAN COMBINATION
5. RUNNING STEP
6. FWD/LEFT TURNING ROCK STEPS
7. CONTRA ROCKS
8. ROCK & FAN
9. CHECK AND CORTE
10. THE OVER SWAY

Αποδεκτά Βηματολόγια International Style ISTD

LATIN AMERICAN

CHA CHA

Associate

- 1.BASIC MOVEMENT
- 2.FAN
- 3.ALEMANA
- 4.HOCKEY STICK
- 5.THREE CHA CHA CHAS
- 6.NATURAL TOP
- 7.NATURAL OPENING OUT MOVEMENT
- 8.CLOSED HIP TWIST
- 9.HAND TO HAND
- 10.SPOT TURNS
- 11.TIME STEPS
- 12.NEW YORK
- 13.SHOULDER TO SHOULDER
- 14.REVERSE TOP
- 15.OPENING OUT FROM REVERSE TOP
- 16.AIDA
- 17.SPIRAL
- 18.OPEN HIP TWIST

Member-Fellow

- 19.ROPE SPINNING
- 20.ADVANCED HIP TWISTS
- 21.CROSS BASIC
- 22.CUBAN BREAKS
- 23.TURKISH TOWEL
- 24.SWEETHART
- 25.FOLLOW MY HEART

RUMBA

Associate

- 1.BASIC MOVEMENT
- 2.FAN
- 3.ALEMANA
- 4.HOCKEY STICK
- 5.PROGRESSIVE WALKS FWD & BKWD
- 6.NATURAL TOP
- 7.NATURAL OPENING OUT MOVEMENT
- 8.SIDE STEP
- 9.CLOSED HIP TWISTS
- 10.CUCARACHAS
- 11.HAND TO HAND
- 12.SPOT TURNS
- 13.REVERSE TOP
- 14.OPENING OUT FROM REVERSE TOP
- 15.AIDA
- 16.SPIRAL
- 17.OPEN HIP TWISTS

Member-Fellow

- 18.ALTERNATIVE BASIC MOVEMENT
- 19.KIKI WALKS
- 20.SLIDING DOORS
- 21.FENCING
- 22.ROPE SPINNING
- 23.THREE THREES
- 24.ADVANCED HIP TWISTS

SAMBA

Associate

- 1.BASIC MOVEMENTS (NAT,REV,ALTER)
- 2.PROGRESSIVE BASIC MOVEMENT
- 3.OUTSIDE BASIC MOVEMENT
- 4.WISKS TO RIGHT AND LEFT
- 5.SAMBA WALKS IN P.P
- 6.TRAVELLING BOTA FOGOS
- 7.BOTA FOGOS TO P.P AND C.P.P
- 8.REVERSE TURN
- 9.CORTA JACA
- 10.CLOSED ROCKS
- 11.SIDE SAMBA WALK
- 12.VOLTA MOVEMENTS(C,M.POL ,SOL)
- 13.SHADOW BOTA FOGOS
- 14.ARGENTINE CROSSES

Member-Fellow

- 15.STATIONARY SAMBA WALKS
- 16.OPEN ROCKS
- 17.BACK ROCKS
- 18.PLAIT
- 19.FOOT CHANGES
- 20.CONTRA BOTA FOGOS
- 21.ROLLING OFF THE ARM
- 22.NATURAL ROLL
- 23.VOLTA MOVEMENT (CL,TR, CIR,R,SH)

PASO DOBLE

Associate

- 1.SUR PLACE
- 2.BASIC MOVEMENT
- 3.APPEL
- 4.CHASSES TO RIGHT AND LEFT
- 5.PROMENADE LINK
- 6.DEPLACEMENT (TO INCL ATTACK)
- 7.SEPARATION
- 8.FALLAWAY ENDING TO SEPARATION
- 9.THE HUIT (CAPE)
- 10.SIXTEEN
- 11.PROMENADES
- 12.GRAND CIRCLE (ADV. END TO P.P)
- 13.OPEN TELEMARK
- 14.ECART (FALLAWAY WISK)
- 15.LA PASSE

Member-Fellow

- 16.FALLAWAY REVERSE
- 17.SYNCOPATED SEPARATION
- 18.BANDERILLAS
- 19.THE TWISTS
- 20.COUP DE PIQUE
- 21.LEFT FOOT VARIATION
- 22.FREGOLINA (INCPOR. THE FAROL)
- 23.THE CHASSE CAPE
- 24.TRAVELLING SPINS FROM P.P
- 25.TRAVELLING SPINS FROM C.P.P

JIVE

Associate

- 1.FALLAWAY ROCK
- 2.FALLAWAY THROW AWAY
- 3.LINK ROCK
- 4.CHANGE OF PLACES R TO L
- 5.CHANGE OF PLACES L TO R
- 6.CHANGE OF HANDS BEH BACK
- 7.AMERICAN SPIN
- 8.THE WALKS
- 9.THE WHIP
- 10.WHIP THROWAWAY
- 11.STOP AND GO
- 12.WINDMILL
- 13.SPANISH ARMS
- 14.ROLLING OFF THE ARM

Member-Fellow

- 15.SIMPLE SPIN
- 16.CHICKEN WALKS
- 17.CURLY WHIP
- 18.TOE HEEL SWIVELS
- 19.FLICKS INTO BREAK

MODERN STANDARD

WALTZ

Associate

- 1.CLOSED CHANGES
- 2.NATURAL TURN
- 3.REVERSE TURN
- 4.NATURAL SPIN TURN
- 5.WHISK
- 6.CHASSE FROM P.P
- 7.CLOSED IMPETUS

- 8.HESITATION CHANGE
- 9.OUTSIDE CHANGE
- 10.REVERSE CORTE
- 11.BACK WHISK
- 12.BASIC WEAVE
- 13.DOUBLE REVERSE SPIN
- 14.REVERSE PIVOT
- 15.BACK LOCK
- 16.PROGRESSIVE CHASSE' TO R

Member

- 17.WEAVE FROM P.P
- 18.CLOSED TELEMARK
- 19.OPEN TELEMARK & CROSS HESITAT.
- 20.OPEN TELEMARK AND WING
- 21.OPEN IMPETUS & CROSS HESITAT.
- 22.OPEN IMPETUS AND WING
- 23.OUTSIDE SPIN
- 24.TURNING LOCK

Fellow

- 25.LEFT WHISK
- 26.CONTRA CHECK
- 27.CLOSED WING
- 28.TURNING LOCK TO R
- 29.FALLAWAY REVERSE & SLIP PIVOT
- 30.HOVER CORTE

FOXTROT

Associate

- 1.FEATHER
- 2.THREE STEP
- 3.NATURAL TURN
- 4.REVERSE TURN (INC. FEATHER FIN.)
- 5.CLOSED IMPETUS & FEATHER FINISH
- 6.NATURAL WEAVE
- 7.CHANGE OF DIRECTION
- 8.BASIC WEAVE

Member

- 9.CLOSED TELEMARK
- 10.OP. TELEMARK & FEATHER ENDING
- 11.TOP SPIN
- 12.HOVER FEATHER
- 13.HOVER TELEMARK
- 14.NATURAL TELEMARK
- 15.HOVER CROSS
- 16.O.TELEM,N.TRN,OUTS.SW,FEAT.END
- 17.OPEN IMPETUS
- 18.WEAVE FROM P.P
- 19.REVERSE WAVE

Fellow

- 20.NATURAL TWIST TURN
- 21.CURVED FEATHER TO BCK. FEATHER
- 22.NATURAL ZIGZAG FROM P.P
- 23.FALLAWAY REVERSE & SLIP PIVOT
- 24.NATURAL HOVER TELEMARK
- 25.BOUNCE FALLAWAY w. WEAVE END

TANGO

Associate

- 1.WALK
- 2.PROGRESSIVE SIDE STEP
- 3.PROGRESSIVE LINK
- 4.CLOSED PROMENADE
- 5.ROCK TURN
- 6.OPEN REVERSE TURN LADY, OUTSIDE
- 7.BACK CORTE
- 8.OPEN REVERSE TURN, LADY IN LINE
- 9.PROGRESSIVE SIDE STEP REV.TURN
- 10.OPEN PROMENADE
- 11.L.F AND R.F ROCKS
- 12.NATURAL TWIST TURN
- 13.NATURAL PROMENADE TURN

Member

- 14.PROMENADE LINK
- 15.FOUR STEP
- 16.BACK OPEN PROMENADE
- 17.OUTSIDE SWIVELS
- 18.FALLAWAY PROMENADE
- 19.FOUR STEP CHANGE
- 20.BRUSH TAP

Fellow

- 21.FALLAWAY FOUR STEP
- 22.OVERSWAY
- 23.BASIC REVERSE TURN
- 24.THE CHASE
- 25.FALLAWAY REVERSE & SLIP PIVOT
- 26.FIVE STEP
- 27.CONTRA CHECK

QUICK STEP

Associate

- 1.QUARTER TURN TO RIGHT
- 2.NATURAL TURN
- 3.NATURAL TURN WITH HESITATION
- 4.NATURAL PIVOT TURN
- 5.NATURAL SPIN TURN
- 6.PROGRESSIVE CHASSE
- 7.CHASSE REVERSE TURN
- 8.FORWARD LOCK
- 9.CLOSED IMPETUS
- 10.BACK LOCK
- 11.REVERSE PIVOT
- 12.PROGRESSIVE CHASSE TO R
- 13.TIPPLE CHASSE TO R
- 14.RUNNING FINISH
- 15.NATURAL TURN & BACK LOCK
- 16.DOUBLE REVERSE SPIN

Member

- 17.QUICK OPEN REVERSE
- 18.FISHTAIL
- 19.RUNNING RIGHT TURN
- 20.FOUR QUICK RUN
- 21.V6
- 22.CLOSED TELEMARK

Fellow

- 23.CROSS SWIVEL
- 24.SIX QUICK RUN
- 25.RUMBA CROSS
- 26.TIPSY TO R AND L
- 27.HOVER CORTE

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RUMBA

Associate

FORWARD WALK.
BACKWARD WALK.
BASIC MOVEMENT.
FAN.
HOCKEY STICK.
SPOT TURN TO LEFT.
UNDERARM TURN TO RIGHT.
SPOT TURN TO RIGHT.
UNDERARM TURN TO LEFT.
CHECK FROM OPEN CPP (NEW YORK).
CHECK FROM OPEN PP (NEW YORK).
HAND TO HAND.
NATURAL TOP.
CLOSE HIP TWIST.
REVERSE TOP.
ALEMANA.
ALEMANA FROM OPEN POS WITH L TO R HAND.
OPEN HIP TWIST.

Licentiate

ALTERNATIVE BASIC MOVEMENT.
HOCKEY STICK TURNED TO OPEN CPP.
CLOSE HIP TWIST TURNED TO OPEN CPP.
ALEMANA CHECKED TO OPEN CPP.
OPEN HIP TWIST TURNED TO OPEN CPP.
OPENING OUT TO RIGHT AND LEFT,
SPIRAL.
SPIRAL TURNED TO FAN POSITION.
SPIRAL TURNED TO OPEN CPP.
CURL.
CURL TURNED TO OPEN CPP.
ALEMANA FROM OPEN POS WITH R TO R HOLD.
ADVANCED OPENING OUT MOVEMENT.

Fellow

FALL AWAY.
CUBAN ROCKS.
ROPE SPINNING.
SLIDING DOORS.
THREE ALEMANAS.
CONTINUOUS HIP TWIST.
CONTINUOUS CIRCULAR HIP TWIST.

SAMBA

Associate

NATURAL BASIC MOVEMENT.
REVERSE BASIC MOVEMENT.
PROGRESSIVE BASIC MOVEMENT.
SIDE CHASSES.
RHYTHM BOUNCE.
SAMBA WHISKS TO LEFT AND RIGHT.
PROMENADE SAMBA WALKS.
SIDE SAMBA WALK.
STATIONARY SAMBA WALKS.
CLOSE ROCKS ON RIGHT AND LEFT FOOT.
REVERSE TURN (STANDARD VERSION ONLY).
CORTA JACA.
TRAVELLING BOTAFOGOS.
NATURAL ROIL (STANDARD VERSION ONLY).
VOLTA SPOT TURN TO RIGHT FOR LADY.
VOLTA SPOT TURN TO LEFT FOR LADY.

Licentiate

OPEN ROCKS TO RIGHT AND LEFT.
PROMENADE BOTAFOGO.
BACKWARD ROCKS ON RIGHT AND LEFT FOOT.
PLAIT.
SHADOW BOTAFOGOS.
TRAVELLING VOLTAS TO RIGHT.
TRAVELLING VOLTAS TO LEFT.
CONTINUOUS VOLTA SPOT TURN TO RIGHT.
CONTINUOUS VOLTA SPOT TURN TO LEFT.

Fellow

CIRCULAR VOLTAS TO RIGHT.
CIRCULAR VOLTAS TO LEFT.
CONTRA BOTAFOGOS.
SAMBA LOCKS.
PROMENADE TO COUNTER PROM RUNS.
CRUZADOS WALKS.
CRUZADOS LOCKS IN SHADOW POSITION.
METHODS OF CHANGING FEET 1,2,3 AND 4.
DROPPED VOLTA.

PASO DOBLE

Associate

MARCH.
BASIC MOVEMENT.
SUR PLACE.
APPEL (STANDARD VERSION ONLY).
CHASSES TO RIGHT.
CHASSES TO LEFT.
ELEVATIONS TO RIGHT.
ELEVATIONS TO LEFT.
HUIT.
ATTACK.
SEPARATION.
SIXTEEN.
TWIST TURN.
PROMENADE.
PROMENADE CLOSE

Licentiate

GRAND CIRCLE.
LA PASSE.
BANDERILLAS.
SYNCOATED SEPARATION.
FALLAWAY WHISK.
FALLAWAY REVERSE.
SPANISH LINE.
METHODS OF CHANGING FEET 1 - 2 -3 AND 4.
PROMENADE TO COUNTER PROMENADE.

Fellow

TWISTS.
CHASSE CAPE.
TRAVELLING SPINS FROM PP.
TRAVELLING SPINS FROM CPP.
FLAMENCO TAPS.
LEFT FOOT VARIATION.
COUP DE PIQUE CHANGING FROM L TO R FOOT.
COUP DE PIQUE CHANGING FROM R TO L FOOT.
SYNCOATED COUP DE PIQUE.
COUP DE PIQUE COUPLET.
ALTERNATIVE ENTRIES TO PP.

CHA CHA CHA

Associate

CHA CHA CHASSES TO LEFT & RIGHT.
CHA CHA CHA LOCKS FWD AND BWD
TIME STEP.
CLOSE BASIC MOVEMENT.
OPEN BASIC MOVEMENT.
FAN (SEE NOTE PAGE 17).
HOCKEY STICK (SEE NOTE PAGE 17).
CHECK FROM OPEN CPP (NEW YORK).
CHECK FROM OPEN PP (NEW YORK).
SPOT TURN TO LEFT.
UNDERARM TURN TO RIGHT.
SPOT TURN TO RIGHT.
UNDERARM TURN TO LEFT.
SHOULDER TO SHOULDER.
HAND TO HAND.
NATURAL TOP USING FINISH A.
ALEMANA USING FINISH A (PAGE 17).
ALEMANA FROM OPEN POS. L TO R HAND.

Licentiate

RONDE CHASSE.
HIP TWIST CHASSE.
SLIP CLOSE CHASSE.
HOCKEY STICK TURNED TO OPEN CPP.
NATURAL TOP USING FINISH B.
CLOSE HIP TWIST.
CLOSE HIP TWIST TURNED TO OPEN CPP.
ALEMANA CHECKED TO OPEN CPP.
ALEMANA FROM OP POSITION WITH R TO R HAND
ALEMANA USING FINISH B.
OPEN HIP TWIST.
OPEN HIP TWIST FINISH IN OPEN CPP.
CROSS BASIC,
METHODS OF CHANGING FEET 1 AND 2.

Fellow

GUAPACHA TIMING.
CLOSE HIP TWIST SPIRAL.
OPEN HIP TWIST SPIRAL.
CUBAN BREAK IN OPEN POSITION.
CUBAN BREAK IN OPEN CPP.
SPLIT CUBAN BREAK IN OPEN CPP.
SPLIT CUBAN BREAK FROM OPEN CPP & OPEN PP.
TURKISH TOWEL.
METHODS OF CHANGING FEET NO 3.

JIVE

Associate

ROCK ACTION.
JIVE CHASSE TO LEFT AND RIGHT.
BASIC IN PLACE.
BASIC IN FALLAWAY.
CHANGE OF PLACE RIGHT TO LEFT.
CHANGE OF PLACE LEFT TO RIGHT.
LINK.
CHANGE OF HANDS BEHIND BACK.
WHIP.
PROMENADE WALKS (SLOW).
PROMENADE WALKS (QUICK).
AMERICAN SPIN.

Licentiate

CHANGE OF PLACE R TO L WITH DOUBLE SPIN.
OVERTURNED CHANGE OF PLACE L TO R.
DOUBLE CROSS WHIP.
CURLY WHIP.
THROWAWAY WHIP.
REVERSE WHIP.
FALLAWAY THROWAWAY.
OVERTURNED FALLAWAY THROWAWAY.
BALL CHANGE.

Fellow

STOP AND GO.
WINDMILL.
CHICKEN WALKS.
ROLLING OFF THE ARM.
SPANISH ARMS.

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WALTZ

Associate

CLOSED CHANGES.
REVERSE TURN.
NATURAL TURN.
WHISK.
CHASSE FROM PROMENADE POSITION.
REVERSE CORTE.
REVERSE PIVOT.
BACK WHISK.
OUTSIDE CHANGE.
NATURAL SPIN TURN.
HESITATION CHANGE.
PROGRESSIVE CHASSE TO RIGHT.
WEAVE IN WALTZ TIME.

Licentiate

DOUBLE REVERSE SPIN.
BACKWARD LOCK STEP.
FORWARD LOCK STEP.
DRAG HESITATION.
OUTSIDE SPIN.
UNDERTURNED OUTSIDE SPIN.
TURNING LOCK TO THE RIGHT.
TURNING LOCK TO THE LEFT.
TELEMARK.
OPEN TELEMARK INTO WING.
OPEN TELEMARK INTO CROSS HESITATION.
OPEN IMPETUS TURN.
OPEN IMPETUS TURN INTO WING.
OPEN IMPETUS TURN INTO CROSS HESITATION.
WEAVE FROM PP PRECED OPEN IMPETUS TURN
WEAVE FROM PP (PRECEDED BY WHISK).

Fellow

LEFT WHISK.
FALLAWAY NATURAL TURN.
RUNNING SPIN TURN.
FALLAWAY WHISK (AFTER 1-3 NATURAL TURN).
CLOSED WING.
CONTRA CHECK.

QUICKSTEP

Associate

QUARTER TURN TO RIGHT.
NATURAL TURN AT A CORNER.
NATURAL PIVOT TURN.
NATURAL SPIN TURN.
NATURAL TURN WITH HESITATION.
PROGRESSIVE CHASSE.
FORWARD LOCK STEP.
BACKWARD LOCK STEP.
PROGRESSIVE CHASSE TO RIGHT.
CHASSE REVERSE TURN.
QUICK OPEN REVERSE.
REVERSE PIVOT.
RUNNING FINISH.
QUARTER TURN TO LEFT.
ZIG-ZAG BACK LOCK RUNNING FINISH.
TIPPLE CHASSE TO RIGHT, (AFTER 1 -3 OF
TIPPLE CHASSE TO R (AFTER 4 OF A BK LOCK).
NATURAL TURN AT CORNER).

Licentiate

TIPPLE CHASSE TO LEFT.
TELEMARK.
DOUBLE REVERSE SPIN.
CROSS SWIVEL.
FISH-TAIL.
FOUR QUICK RUN.
RUNNING RIGHT TURN.
NATURAL TURN BACK LOCK RUNNING FINISH.
V-6.
RUNNING CROSS CHASSE.
PASSING NATURAL TURN.

Fellow

SIX QUICK RUN.
HOVER CORTE.
TIPSY TO RIGHT.
TIPSY TO LEFT.
RUMBA CROSS

FOXTROT

Associate

FEATHER STEP.
REVERSE TURN.
THREE STEP.
NATURAL TURN,
IMPETUS TURN.
REVERSE WAVE.
WEAVE (AFTER 1 -4 OF REVERSE WAVE).
CHANGE OF DIRECTION,

Licentiate

OPEN TELEMARK FEATHER ENDING.
TELEMARK.
OPEN TELEMARK NATURAL TURN OUTSIDE SWIVEL
FEATHER ENDING.
WEAVE FROM PP (PREC BY OPEN IMPETUS).
OPEN IMPETUS TURN.
TOP SPIN (ALL ALIGNMENTS).
HOVER FEATHER.
NATURAL TELEMARK.
HOVER TELEMARK
NATURAL WEAVE.
QUICK NATURAL WEAVE FROM PP (RUNNING WEAVE).
NATURAL TWIST TURN.
QUICK OPEN REVERSE.
REVERSE PIVOT.

Fellow

HOVER CROSS.
CURVED FEATHER.
BACK FEATHER.
NATURAL HOVER TELEMARK.
FALLAWAY REVERSE AND SLIP PIVOT.
NATURAL ZIG-ZAG FROM PP.
EXTENDED REVERSE WAVE.
CURVED THREE STEP.
BOUNCE FALLAWAY WITH WEAVE ENDING.
CURVED FEATHER FROM PP.
OPEN TELEMARK FOLLOWED BY WEAVE FROM PP.

TANGO

Associate

PROGRESSIVE SIDE STEP,
PROGRESSIVE LINK.
CLOSED PROMENADE.
OPEN PROMENADE.
BASIC REVERSE TURN.
OPEN REVERSE TURN LADY-IN-LINE CL FINISH
OPEN REVERSE TURN LADY OUTSIDE OP FINISH
PROGRESSIVE SIDE STEP REVERSE TURN.
NATURAL ROCK TURN.
BACK CORTE.
ROCK ON LEFT FOOT.
ROCK ON RIGHT FOOT.
NATURAL PROMENADE TURN.
NATURAL PROMENADE TURN TO NATURAL ROCK TURN
(CORNER ALIGNMENT ONLY).
NATURAL TWIST TURN.

Licentiate

NATURAL PROMENADE TURN TO NATURAL ROCK TURN AT
CORNER & ALONG THE SIDE OF THE ROOM.
PROMENADE LINK.
FOUR STEP.
FALLAWAY PROMENADE.
BRUSH TAP.
FOUR STEP CHANGE.
OUTSIDE SWIVEL FOLLOWED BY STEPS 2- 3 OF

PROMENADE LINK (PRECD OPEN PROMENADE).
OUTSIDE SWIVEL (TURNING LEFT) FOLLOWED BY
STEPS 2-3 OF PROMENADE LINK (PRECEDED BY
OPEN FINISH ENDING DW).
OUTSIDE SWIVEL (PREC BY 1 & 2 OF REV TURN).
BACK OPEN PROMENADE.

Fellow

FALLAWAY FOUR STEP.
CHASE.
OVERSWAY.
DROP OR TILT OVERSWAY.
FIVE STEP.
MINI FIVE STEP.

V.WALTZ

Licentiate

NATURAL TURN.
REVERSE TURN.
FWD CHANGE FROM NATURAL TO REVERSE.
FWD CHANGE FROM REVERSE TO NATURAL.
BKWARD CHANGE FROM NATURAL TO REVERSE.
BKWARD CHANGE FROM REVERSE TO NATURAL.
NATURAL FLECKEREL.
REVERSE FLECKEREL.
CHECK FROM REVERSE TO NATURAL FLECKEREL.

Αποδεκτά Βηματολογία Alternative Rhythms 5 Dances

ARGENTINE TANGO

Bronze

REVERSE BASIC (SALIDA)
SIDE BASIC
TURNING REVERSE BASIC
FORWARD OCHO
SAME FOOT BASIC
BACK OCHO
SANDWICH WITH FORWARD OCHO ENDING
SMALL RIGHT TURN (GIRO)
SMALL LEFT TURN (GIRO)

Silver

GIRO TO RIGHT WITH MAN'S PARALLEL FEET
GIRO TO LEFT WITH MAN'S PARALLEL FEET
GIRO TO RIGHT SAME FOOT
GIRO TO LEFT SAME FOOT
SANDWICH AND FOOT PUSH
RF GANCHO (HOOK)
CONTINUOUS GIRO TO RIGHT
CONTINUOUS GIRO TO LEFT
MIXING PARALLEL AND SAME FOOT GIROS
TURN RIGHT THEN LEFT
TURN LEFT THEN RIGHT
SPECIAL NOTES

Gold

LADY'S EMBELLISHMENTS DURING OCHOS
A. FLICK B. HOOK TWIST C. FRONT FLICK
ENROSQUE (TWIST)
MAN'S LAPIZ (PENCIL)
MAN'S ARRASTRE (DRAG)
WALKING OUTSIDE PARTNER LEFT SIDE
USING GANCHOS
LADY'S ELEVATED ENROSQUE

SALSA

Bronze

SALSA BASIC TO SIDE
CROSS BASIC
DROPPING BACK
OPENING OUT
SEPARADO
CHICAS TURN
CHOCOS TURN
PARA SIGUE
VUELTA PARA DOS

Silver

CAMBIO MANO
CAMBIO SIMPLE
LOS SALSEROS
SOMBRERO
COJEDA CHICA

Gold

CASINO TURN
THE SCARF
TORVIL Y DEAN
SIMPLE PRETZEL TURN
SALSA CIRCLE
DOUBLE TURN
LOOP THE LOOP

MAMBO

Bronze

MAMBO CLOSED BASIC
MAMBO SIDE BASIC
PROGRESSIVE BASIC
TURNING BASIC
BACK BREAK TO OPEN BREAK
DOUBLE BACK BREAK
2ND POSITION BREAKS
CROSS BODY LEAD
CROSS OVER BREAKS

OPEN BREAK WITH UNDERARM TURN
SPOT TURNS

Silver

CROSS BODY LEAD WITH LADIE'S INSIDE TURN
CROSS BODY LEAD OVERTURNED
CROSS BODY LEAD WITH MAN'S UNDERARM TURN
SYNCOATED CROSS OVER BREAKS
CROSS OVER BREAKS WITH HAND CHANGE
FIFTH POSITION BREAK (HAND TO HAND)
FIFTH POSITION BREAK WITH OPEN HOLD
UNDERARM TURNS

Gold

CROSS OVER BREAKS WITH SWIVELS
CROSS OVER BREAKS, SWIVELS & PULL BACK
FIFTH POSITION BREAK TO SLIDE DRAG
BACK SPOT TURN
BACK SPOT TURN WITH UNDERARM TURN
SIDE BY SIDE BREAKS
CLOSED RUNNING BOX
MAMBO CROSSES TO RIGHT
MAMBO CROSSES TO RIGHT AND LEFT
CLOSED TURNING BREAK
FORWARD SPOT TURN

Gold Star

YOU GO, I GO
KICK AND STICK
SHADOW BREAKS
REVOLVING BASIC
VACERRO
EGG-BEATER

DISCO - HUSTLE

Bronze

BASIC STEP
LADY'S REVERSE UNDERARM TURN
LADY'S NATURAL UNDERARM TURN A/B .
CONTINUOUS REVERSE UNDERARM TURNS.
STOP AND GO
LEFT AND RIGHT TURN WITH BOTH ARMS .
SIDE BREAKS AND SPIN
NEW YORK
CHANGE OF HAND BEHIND MAN'S/LADY'S BACK
ROLLING ON/OFF THE ARMS, SPIN ENDING

Silver

LADY'S SPIN TO RIGHT
BREAKS IN RIGHT PARALLEL
LADY'S DOUBLE NATURAL UNDERARM
LADY'S CONTINUOUS SWIVELS IN CIRCLE
ROLLING ON/OFF THE ARM, R.SIDE LINE

Gold

MAN'S AND LADY'S DOUBLE SPIN
PIVOTS TO LADY'S UNDERARM
ROLLING ON/OFF THE ARM, OVER SWAY, UNDERARM
LADY'S DROP
LIFT

MERENGUE

Bronze

FWD/BACK/SIDE CHASSE'
FWD/BACK WALKS
PROMENADE WALK
P.P BREAK/ P.P BREAK, U ARM
ROCK TURN CHASSE/ P.P WALK
6.O.BREAK WALK / L.TURN O.BREAK
LEFT U.ARM TURN A, B
RIGHT OUTSIDE TURN
ADVANCED RIGHT OUTSIDE TURN
KNEE FLEX

Silver

IBO WALKS FROM O.BREAK
IBO WALKS U.ARM TURN
CIRCLE WITH SWIVELS & U.ARM T.
CROSS OVER TAP

PROMENADE SWIVEL
SPIN SWIVELS
SEPERATION
FLIP FLOP
SHAKE DOWN

Gold

SPIRAL
THE WRAP AROUND
COMBINATION WRAPS
THE SWING THING
ROTATING BASIC
ARM TWIST

ORIENTAL IDTA

EXERCISES

Sideways Thrusts - Sideways Shimmy
Hip lifts & Drops
Twists - Shimmy
Figure of Eight (8)
Alternative Hip lifts
Twist lifts on 1 leg - on rise
Shimmy from the Knees
Camel in
Camel out
Hip Semi-Circle
Whole Hip Circle
Reverse figure of Eight
Vertical figure of Eight
Fwd Wheel Circle
Backward Wheel Circle

TRAVELLING STEPS, WALKS AND TURNS

Queen Walk
Camel Side Walk
Camel Cross Walk
Camel Turn
Camel Walk up and down
Three Step Turn
U Step
S Shape Walk
Spin Turn
Spin Turn with the use of head
Twist Lifts on one leg
Travelling Shimmies
Change of weight
Arabesque on a rise
Knee Bends on a rise
Sideways Thrusts on a rise

BEGINNERS ROUTINE (suitable for bronze level)

1-4 Change of weight with single Hip Lift, arms diagonal R arm high.
5-8 Change of weight with double Hip Lift, arms diagonal R arm high.
1-4 U Step to the R, arms low V.
5-7 3 Hip Lifts, arms diagonal L arm high, hold 8.
1-2 Semi Circle to the R ,
3-4 Semi Circle to the L, arms low V PU.
5-8 A whole circle to the R PD face the RDF and make 2 hip lifts, arms in Gini arm position.
5,6,7 3 Faster hip lifts, hold 8.
1-8 2 Change of weights traveling sideways to LDF diagonal arm R high with bend elbow.
1-6 3 Twist lifts on 1 leg on a rise Traveling Sideways to LDF.
7 Step fwd with L,
8 Close R to L, Temple arms in medium.
1-8 Start with the R leg and with queen walk make half of the figure of the 8 on a rise closing the feet on 8.
1-8 Start with the L and with queen walk 8 steps to the L to complete the figure of 8 ending facing back, weight on R leg , arms low V PU.
1-8 Move to the L make 1 slow figure of 8 (1 -4) and 1 ½ faster figures of (5-7), snake arms, hold 8.
1-4 Cross R leg behind, make a half turn to the R on 3, temple arms high.
5,6,7 3 Head isolations to the side starting to the R, hold 8 4 camel rolls in with close Feet, arms slowly come from the centre of the body to low V position.
1-8 Sideways Shimmy, arms slowly come up to parallel medium PU.

INTERMEDIATE ROUTINE (suitable for Silver)

1-8 4 Twist Lifts on L leg on a rise, turning on the spot to the L making 1 turn, Temple arms medium.
1-8 Repeat the same to the R.
1-8,1-8 Repeat the same with the arms diagonal.
1-4 3 Step turn to the L.
5-8 1 Whole Circle to the L
1-4 2 Faster Whole Circles to the L .
5-8,1-8, 1-3 Step fwd on 5 to LDF with R leg and make a Camel in moving backwards on the counts 7,3,7,3, on 4 lift R hip.
5-8,1-4 5 R hip drop & R hip lift, 6 R hip drop with flick kick & R hip lift, 7 & 8 &,1 & 2 &. Repeat turning to the L on the spot to face to the R side and 3 step fwd with R leg, on 4 to lift L hip.
5-8,1-4 Repeat to the other side using L hip end facing to the front.
5-8,1-4 Changes of weight fwd & bwd using the Sideways Shimmy.
5-8,1-4 2 Changes of weight fwd & bwd traveling to the L.

5-8,1-8 1 Cross Camel and 2 faster Camels on the Spot to the L. Repeat R,L
1 Small jump in both feet, wait on 2.
3-8,1-8 1/2 Whole Circles to the L with bouncing, rise on both feet on 8.
1-4 2 Twist Lifts on L leg,
5-8 4 Faster Twist Lifts on L leg.
1-4 2 Twist Lifts on L leg making 1 turn to the L,
5-8 3 Step Turn to the L, R fwd on step 8
1-4 Turn on the Spot to complete 1 turn to the L.
5-8 Spin Turn to the L end kneeling on the floor.

ADVANCED ROUTINE (suitable for Gold level)

1-4,1 Sideways Thrusts starting to the R on a rise 1&2, 3&4 moving bwds, arms low V. 4 sideways Thrusts.
1-8 REPEAT with Gini arms
1-4 3 Step Turn to the R finish facing RDF, lifting L hip on 4 Heel off the floor, Bent knee.
5,6 2 Thrusts L, R.
7 Shimmy.
8 Thrust to the L Sifting R knee off the floor.
1-4 2 Whole Circles to the L, turning to the L end facing LDF.
5,6,7 3 Faster circles facing LDF bending the knees.
1-4 Cross camel to the L (start with the R).
5-6 2 Cross Camel Walks to the R (start with the L).
7&8 3 Faster Camels on a rise on the spot (bent knees) walk bwds on a rise Shimmying the shoulders.
3-4, 1 Cross L leg behind R leg, step to the side with R, step fwd with L, on & Arabesque.
5-6 Smooth Running fwd to LDF, on & make a P. knee bend on a rise with bent knee and a slight contraction on the belly area, arms parallel medium sideways Shimmy, arms like taking off t-shirt.
1,2,3,4 1 Reverse figure of Eight in LDF
5, 6 1 Faster Reverse figure of Eight facing front
8 ½ Slow Reverse figure of Eight.
1&2&3 Sideways Shimmy Travelling, hold 4.
5&6&7 Sideways Shimmy Traveling, hold 8
1-8 Repeat 1-8 all Travelling to the shape of a circle.
1-8 Spin Turn to the L finishing kneeling on the floor arms in medium Temple.