National Dance Council of Canada
Conseil National en Danse du Canada

APPENDIX VII – NDCC Latin American Syllabus Step List, Competitions & Medal Test

		CHA CHA		RUMBA		SAMBA		PASO DOBLE
Beginners Débutants	1	Basic Movements, Closed, Open and in Place.	1	Basic Movements (Closed, Open, In Place, Alternative)	1	Basic Movements: 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 Movement
	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 Left or Right (incl. Switch and Underarm Turns)	3	Samba Walks in Promenade Position	4	Drag
	4	Shoulder to Shoulder Left side & Right side	5	Shoulder to Shoulder	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 Movement	14	Opening Out to Right and Left	12	Foot Changes 1& 2	15	Grand Circle
	15	Closed Hip Twist	15	Natural Opening Out Movement	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**
Beginners Débutants	1	Basic in Place	**Silver Argent**	4	Hesitation (1-2 of link)		
	2	Fallaway Rock		15	Reverse Whip		
	3	Fallaway Throwaway		16	Windmill Spanish	**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 (kick ball change all levels)		17	Arms Rolling Off		
	5	Change of Places Right to Left		18	the Arm Simple		
	6	Change of Places Left to Right		19	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	No restrictions. 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.
	5	Change of Places Right to Left with Change of Hands		24	Chugging		
				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:** Pour les 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					