

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	Samba Walks in Promenade Position	3	Chassés to Right or Left (including elevations)			
	4	Shoulder to Shoulder Left side & Right side	4	Spot Turns to Left or Right (incl. Switch and Underarm Turns)	4	Rhythm Bounce	4	Drag			
	5	Hand to Hand (Right and Left side position)	5	Shoulder to Shoulder	5	Travelling Voltas to Right and Left (facing no turn)	5	Déplacement (also Attack)			
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	3	Samba Walks (Side and Stationary)	9	Separation			
	9	Time steps					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			
Silver Argent	16	Open Hip Twist	16	Closed Hip Twist	14	Reverse Turn					
	17	Reverse Top	17	Fan (Development)	15	Corta Jaca					
	18	Opening Out from Reverse Top	18	Open Hip Twist	16	Closed Rocks					
	19	Aida	19	Reverse Top	12	Foot Changes 1-2-3-4-8	17	La Passe			
	20	Spiral Turns (Spiral, Curl and Rope Spinning)	20	Opening Out from Reverse Top	17	Open Rocks	18	Banderillas			
	21	Cross Basic	21	Aida	18	Back Rocks	19	Twist Turn			
	22	Cuban Breaks (incl. Split Cuban Breaks)	22	Spiral Turns (Spiral, Curl and Rope Spinning)	19	Plait	20	Fallaway Reverse Turn			
	23	Chase	23	Fencing	20	Rolling Off the Arm	21	Coup de Pique			
			24	Three Threes	21	Argentine Crosses	22	Left Foot Variation			
			25	Three Alemanas	22	Maypole	23	Spanish Lines			
Gold Or	24	Advanced Hip Twist	26	Hip Twists - Adv. Continuous- Circular	23	Shadow Circular Volta	24	Flamenco Taps			
	25	Hip Twist Spiral			12	Foot Changes 1 to 8	25	Syncopated Separation			
	26	Turkish Towel	7	Progressive walks fwd in Right shadow Position (kiki walks)	24	Contra Bota Fogos	26	Travelling Spins from PP			
	27	Sweetheart	11	Alemana R to R Hand hold Advanced	25	Roundabout	27	Travelling Spins from CPP (No Syncopation)			
	28	Follow My Leader	22	Hip Twist (Development)	26	Natural Roll	28	Fregolina (also Farol)			
	29	Foot Changes	23	Sliding Doors	27	Reverse Roll	29	Twists			
			24	Fencing	28	Promenade and Counter Prom. Runs	30	Chassé Cape (incl. outside turn)			
Gold Star - Etoile d'Or		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)	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.				
	2	Fallaway Rock		15	Reverse Whip						
	3	Fallaway Throwaway		16	Windmill Spanish						
	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						
Pre-Bronze Pré-Bronze	7	Change of Hands Behind Back	Gold Or	21	Curly Whip	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.				
	8	Hip Bump (Left Shoulder Shove)		22	Shoulder Spin						
	5	Change of Places Right to Left with Change of Hands		23	Toe Heel Swivels						
	6	Change of Places Left to Right with Change of Hands		24	Chugging						
				25	Chicken Walks						
				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 Reference: ISTD Manuals ISTD Popular Variations	S.V.P. Notez: Pour les compétitions, le style et les positions de pieds de l'IDTA peuvent être utilisés. Pour les examens utilisez l'ISTD Références : Manuels ISTD ISTD Popular Variations				
	10	Walks									
	11	Stop and Go									
	12	Mooch									
	13	Whip									
14	Whip Throwaway										