



National Dance Council of Canada
Conseil National en Danse du Canada

Appendice 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	
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
Silver Argent	15	Closed Hip Twist	15	Natural Opening Out Movement	13	Shadow Travelling Volta	16	Open Telemark
	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	17	Foot Changes 1-2-3-4-8	17	La Passe
	20	Spiral Turns (Spiral, Curl and Rope Spinning)	20	Opening Out from Reverse Top	18	Open Rocks	18	Banderillas
	21	Cross Basic	21	Aida	19	Back Rocks	19	Twist Turn
	22	Cuban Breaks (incl. Split Cuban Breaks)	22	Spiral Turns (Spiral, Curl and Rope Spinning)	20	Plait	20	Fallaway Reverse Turn
	23	Chase	23		21	Rolling Off the Arm	21	Coup de Pique
	24		24		22	Argentine Crosses	22	Left Foot Variation
Gold Or	25	Alemana R to R Hand hold	25	Progressive walks fwd in Right shadow Position (kiki walks)	22	Maypole	23	Spanish Lines
	24	Adv. Hip Twist (Development)	11	Alemana R to R Hand hold Advanced	23	Shadow Circular Volta	24	Flamenco Taps
	25	Hip Twist Spiral	22	Hip Twist (Development)	24	Foot Changes 1 to 8	25	Syncopated Separation
	26	Turkish Towel	23	Sliding Doors	25	Contra Bota Fogos	26	Travelling Spins from PP
	27	Sweetheart	24	Fencing	26	Roundabout	27	Travelling Spins from CPP (No Syncopation)
	28	Follow My Leader	25	Three Threes	27	Natural Roll	28	Fregolina (also Farol)
	29	Foot Changes	26	Three Alemanas	28	Reverse Roll	29	Twists
		26	Hip Twists - Adv. Continuous- Circular	29	Promenade and Counter Prom. Runs	30	Chassé Cape (incl. outside turn)	
				30	Three Step Turn			
				31	Samba Locks			
					Cruzados Walks and Locks			
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	Arms No restrictions. The use of arms should be rhythmical and suit the figure and the dance	Bras 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						