

1. Samba

Rhythm Bounce
Side Basic Movement
Whisks to R and T
Stationary Samba Walk
Samba Locks in Open CPP
Promenade Botafogos
Contra Botafogos
Shadow Travelling Volta
Solo Volta Spot Turn to R or L
Reverse Turn
Open Rocks
Natural Roll
Promenade to Counter Promenade Runs
Volta Spot Turn to R or L for Lady (Underarm Volta Spot Turn)

Natural Basic Movement
Progressive Basic Movement
Promenade Samba Walk
Cruzados Locks in Shadow Position
Travelling Botafogos Fwd
Shadow Botafogos (Criss Cross Botafogos)
Simple Volta to R and L
Shadow Circular Volta
Circular Voltas to R and L (Roundabout)
Rolling off the Arm
Back Rocks
Reverse Roll
Three Step Turn

Reverse Basic Movement
Outside Basic Movement
Side Samba Walk
Samba Locks in Open PP
Travelling Botafogos Bwd
Same Foot Botafogos
Travelling Voltas to R and L (Criss Cross)
Continuous Volta Spot Turn to R or L (Maypole)
Argentine Crosses
Close Rocks
Corta Jaca
Plait
Foot Changes

2. Cha Cha Cha

Close Basic
Side Steps
Hand to Hand
Aida
Underarm Turn to L and R
Split Cuban Break in Open CPP
Hockey Stick.
Sweetheart
Closed Hip Twist
Opening Out to R
Open Hip Twist Spiral
Rope Spinning
Reverse Top
Check from open CPP and Open PP (New York)

Open Basic
Time Step
Shoulder to Shoulder
Spot turn to L and R
Cuban Break in Open Position
Fan
Alemana
Follow My Leader
Natural Opening Out
Closed Hip Twist Spiral
Spiral
Cross Basic
Opening Out from Reverse Top
Split Cuban Break from Open CPP and Open PP

Basic in Place
There and Back
Three Cha Chas
Switch Turn to L and R
Cuban Break
Fan Development
Turkish Towel
Chase
Closed Hip Twist (Advanced Hip Twist)
Open Hip Twist
Curl
Natural Top
Methods of changing feet

3. Rumba

Basic Movement
Progressive Walks Fwd and Bwd
Side Step and Cucarachas
Shoulder to Shoulder
Underarm turn to Rand L
Fencing
Fan
Alemana
Advanced Opening Out Movement
Advanced Hip Twist
Continuous Circular Hip Twist
Rope Spinning
Opening Out from Reverse Top

Open Basic Movement
Side Steps
Hand to Hand
Spot Turn to R and L
Fallaway (Aida)
Sliding Doors
Fan Development
Three Alemanas
Opening Out to Rand L
Open Hip Twist
Spiral
Natural Top

Alternative Basic Movement
Cucarachas
Check from Open CPP and Open PP (New York)
Switch Turn to R and L
Cuban Rocks
Three Threes
Hockey Stick
Natural Opening Out Movement
Close flip Twist
Continuous Hip Twist
Curl
Reverse Top

4. Paso Doble

Sur Place
Chasse to L
Drag
Promenade
La Passe
Flamenco Taps
Separation with Lady's Caping Walks
Fallaway Reverse
Grand Circle
Twist Turn
Endings to Chasse Cape
Left Foot Variation
Syncopated Coup De Pique

Basic Movement
Displacement
Promenade Close
Huit
Banderillas
Separation
Syncopated Separation
Open Telemark
Travelling Spins from PP
Twists
Farol
Coup De Pique
Alternative Entries to PP

Chasse to R
Attack
Promenade Link
Sixteen
Spanish Line
Separation with Fallaway Ending
Fallaway Whisk (Ecart)
Promenade to Counter Promenade
Travelling Spins from CPP
Chasse Cape
Pregolina
Coup De Pique Couplet
Foot Changes

5. Jive

Basic in Place
Advanced Link (Break)
Change of Place R to L with Change of Hands
Change of Hands behind Back
Stop and Go
Shoulder Spin
Whip
Curly Whip
Promenade Walks Slow and Quick
Spanish Arms
Mooch

Basic in Fallaway
Ball Change
Change of Place L to R
Miami Special
American Spin
Chugging
Double Cross Whip
Reverse Whip
Chicken Walks
Rolling off the Arm
Flicks into Break

Link
Change of Place R to L
Change of Place L to R with Change of Hands
Left Shoulder Shove (Hip Bump)
Simple Spin
Catapult
Throwaway Whip
Fallaway Throwaway
Windmill
Toe Heel Swivels
Stalking Walks, Flicks and Break