

DVIDA American Rhythm Bronze Syllabus Figures

*Indicates figure is allowable in NDCA competitions. Revised August 2011

	Rumba	Cha Cha	Bolero	East Coast Swing
Bronze I	1. Side Basic* 2. Fifth Position* 3. Box Step*	1. Basics in Place* 2. Side Basic* 3. Progressive Basic*	1. Basic Movement* 2. Open Break Underarm Turn*	1. Basic* 2. Basic Turning Right* 3. Basic Turning Left* 4. Throwout*
Bronze II	4. Cross Body Lead * 5. Outside Partner * 6. Slow Underarm Turn* 7. Open Break Underarm Turn*	4. Outside Partner * 5. Crossover Break * 6. Cross Body Lead * 7. Open Break & Underarm Turn*	3. Underarm Pass* 4. Left Side Pass*	5. Underarm Turn* 6. Underarm Release from Basic* 7A). Tuck In – Handshake* 7B). Tuck In – Double Handhold with Free Spin* 7C). Tuck In – Double Handhold with Underarm Turn*
Bronze III	8. Crossover Break* 9. Crossover & Side Rocks * 10. Open Rumba Walks * 11. Shoulder Check*	8. Chase Turn* 9. Shoulder Check* 10. Shadow Positions* 11. Butterfly*	5. Crossover Break* 6. Check & Circular Walks* 7. Romantic Sways*	8. Alternating Underarm Turns* 9. Shoulder Check* 10. Cradle* 11. Cradle to Hammerlock*
Full Bronze	12. Cradle Circle* 13. Quick Underarm Turn & Loop* 14. Open Circular Walks* 15. Spot Turn Combination* (The Forward Spot Turn portion of this figure is not allowed)	12. Alternating Underarm Turns* 13. Cross Body Pull Back* 14. Three Cha Chas* 15. Crossover Flick to Side Break	8. Checked Underarm Pass* 9. Spot Turn Combination* (The Forward Spot Turn portion of this figure is not allowed) 10. Hip Twist & Spin	12. Sugar Push Throw Out* 13. Double Face Loop* 14. Opposition Break & Roll Out* 15. Whirlpool*

NDCA RESTRICTIONS	NDCA RESTRICTIONS	NDCA RESTRICTIONS	NDCA RESTRICTIONS
<ul style="list-style-type: none"> * Partners may not completely separate for more than one measure of music * The timing for Bronze Rumba may be either SQQ or QQS * No other timing is permitted, no foot changes or fakes, partners must always be on opposite feet * Both feet must remain close to the floor at all times. (No aerial Rondé, Developé, etc) 	<ul style="list-style-type: none"> * Partners must use basic Cha Cha timing * No syncopated turns * Partners may not completely separate for more than one measure of music except Chase Turns * No Guapacha or other timing changes allowed (except the *2&3* Chassé in the Three Cha Chas) * No double underarm turns, no foot changes or fakes, partners must always be on opposite feet * Both feet must remain close to the floor at all times. (No aerial Rondé, Developé, etc) 	<ul style="list-style-type: none"> * Partners may not completely separate for more than one measure of music * Timing for Bolero must be SQQ. No other timing is permitted * No foot changes or fakes. Partners must always be on opposite feet * Both feet must remain close to the floor at all times. (No aerial Rondé, Developé, etc) 	<ul style="list-style-type: none"> * Partners may not separate completely for more than one measure of music * No side by side work is allowed in Bronze * No double Underarm Turns * No hopping, skipping actions are allowed * No continuous Chassé * No foot changes or fakes, partners must always be on opposite feet * Both feet must remain close to the floor at all times. (No aerial Rondé, Developé, etc) * Use of hand shake holds, double hand holds are permitted

DVIDA American Rhythm Bronze Syllabus Figures Continued

*Indicates figure is allowable in NDCA competitions

	Mambo	Merengue	Samba	West Coast Swing
Bronze I	1. Forward & Back Basic* 2. Side Breaks* 3. Side Breaks & Cross*	1. Basic to the Side* 2. Back Rock* 3. Side Breaks*	1A). Basic Bounce* 1B). Basic Bounce* 2. Forward & Back Basic* 3. Side to Side Basic*	1. Underarm Turn* 2. Left Side Pass* 3. Sugar Push*
Bronze II	4. Cross Body Lead* 5. Open Break Underarm Turn* 6. Crossover Break & Walk Around* 7. Shoulder Check*	4. Arm Slide* 5. Back to Back* 6A). Swivels – Straight* 6B). Swivels – Turning* 7A). Conga Breaks – Simple* 7B). Conga Breaks – Crossing Action*	4. Fifth Position* 5. The Box* 6. Extended Box* 7. Samba Walks*	4. Right Side Pass (preceded by Underarm Turn)* 5. Tuck In from Left Side Pass* 6. Tuck In from Right Side Pass* 7. Half Whip Throw Out*
Bronze III	8. Promenade Swivel & Close* 9. Alternating Underarm Turns* 10. Rueda Basic* 11. Cross Body Lead with Inside Turn*	8. Merengue Glide* 9. Forward Spot Turn* 10. Back Spot Turn* 11. Roll In & Out*	8. Forward & Back Spiral* 9. Reverse Samba Walk* 10. Promenade & Counter Promenade Bota Fogos* 11. Opening Out Left & Right *	8. Basic Whip* 9. Inside Turn From Whip* 10. Whip & Outside Turn* 11. Whip & Check*
Full Bronze	12. Back Spot Turn* 13. Mambo Twist* 14. Forward Spot Turn to Surprise* 15. Crossover Swivels & Pullback*	12. Man's Circle Wrap* 13. Progressive Congo – 4 Directions* 14. Face Loops* 15. Man's Duck Wrap*	12. Rolling Box* 13. Volta to Left & Right* 14. Open Break* 15. Advanced Left Turn*	12. Underarm Turn, Man's Loop, Right Side Pass* 13. Sugar Push Point* 14. Lock Whip* 15. Continuous Whip*

NDCA RESTRICTIONS	NDCA RESTRICTIONS	NDCA RESTRICTIONS	NDCA RESTRICTIONS
<p>* Partners may not completely separate for more than one measure of music</p> <p>* Couples must break on the *two* beat in Mambo. No other timing is permitted</p> <p>* No foot changes or fakes. Partners must always be on opposite feet</p> <p>* Both feet must remain close to the floor at all times. (No aerial Rondé, Developé, etc)</p>	<p>* Partners must use basic Merengue timing except in IBO Walks</p> <p>* Slow & Quick Chassés are permitted</p> <p>* No syncopations allowed except in quick chasses</p> <p>* No double Underarm Turns</p> <p>* No foot changes/fakes, partners must always be on opposite feet. Both feet must remain close to the floor at all times. (No aerial Rondés, Developés, etc.)</p> <p>* Partners may not completely separate for more than one measure of music except in IBO Walks</p>	<p>* Partners may not completely separate for more than one measure of music</p> <p>* No side by side work allowed</p> <p>* No double Underarm Turns</p> <p>* No foot changes/fakes, partners must always be on opposite feet</p> <p>* Both feet must remain close to the floor at all times. (No aerial Rondés, Developés, etc.)</p> <p>* Double-hand holds and hand-shake holds are allowed</p>	<p>* Partners may not separate completely for more than one measure of music (4 beats)</p> <p>* No side by side work allowed</p> <p>* No double Underarm Turns</p> <p>* No more than six consecutive quicks allowed in Whips</p> <p>* No foot changes/fakes, partners must always be on opposite feet</p> <p>* Both feet must remain close to the floor at all times. (No aerial Rondés, Developés, etc.)</p> <p>* Use of hand-shake holds, double hand holds are permitted</p> <p>* Syncopated spins are not allowed</p>

DVIDA American Rhythm Silver Syllabus Figures

As of August 2011 the NDCA has not created an "Allowable Figures" list for the Silver level. However, several restrictions were pointed out that should be taken into consideration when using the DVIDA Silver figures.

	Rumba	Cha Cha	Bolero	East Coast Swing
Silver I	<ol style="list-style-type: none"> 1. Alternating Underarm Turns 2. Open Swivel Walks 3. Left Side Catch, Cradle, & Roll Out 	<ol style="list-style-type: none"> 1. Crossover Flick Combination 2. Back Spot Turn with Quick Underarm Turn 3. Pullback Grapevine 	<ol style="list-style-type: none"> 1. Open Check 2. Overturned Crossbody Lead 3. Ronde', Pass Behind the Back 	<ol style="list-style-type: none"> 1. Wrist Spin & Alternating Turn 2. Face Loops & Tuck Spin 3. Tuck In, Alternating Hammerlock
Silver II	<ol style="list-style-type: none"> 4. Quick Underarm Turn 5. Roll Out Circle Wrap 	<ol style="list-style-type: none"> 4. Crossbody, Surprise, Quick Turn 5. Pullback Combination 	<ol style="list-style-type: none"> 4. Curl, Fan, Lunge 5. Spin Wrap 	<ol style="list-style-type: none"> 4. Two Hand Catch & Spin 5. Rotating Basic
Silver III	<ol style="list-style-type: none"> 6. Spiral Swivel 7. Shadow Variations 8. Swivel Combination 	<ol style="list-style-type: none"> 6. Open Turn, Wrap, & Syncopation 7. Crossover Twist & Fan 8. Forward & Back Syncopation 	<ol style="list-style-type: none"> 6. Shadow Checks 7. Walks & Fan 8. Checked Pass, Hip Twist, & Spin 	<ol style="list-style-type: none"> 6. Side to Side & Running Pass 7. Boogie Walks 8A). Rhythm Variations – Pull Back 8B). Rhythm Variations – Sailor Shuffle
Full Silver	<ol style="list-style-type: none"> 9. Open Rumba Walks & Swivels 10. Man's Wrap 	<ol style="list-style-type: none"> 9. Across the Back 10. Syncopated Crossover Variation 	<ol style="list-style-type: none"> 9. Crossover, Quick Sit, & Rumba Rock 10. Slow Spiral & Swivel 	<ol style="list-style-type: none"> 9. Twist & Face 10. Wrap Combination

DVIDA American Rhythm Silver Syllabus Figures Continued

	Mambo	Merengue	Samba	West Coast Swing
Silver I	1. Cross Body Lead Variations 1A). Man Flick 1B). Man Check 1C). Lady Roll 1D). Lady Cross & Twist 1E). Lady Knee Lift 2. Underarm Turn & Traveling Cross 3. Bobby's Break	1. Crossbody Leads 2. Crossbody Cradle Wheel 3. Alternating Underarm Turn	1. Contra Bota Fogos 2. Side Samba Walk & Voltas 3. Bota Fogo Combination	1. Checked Whip 2. Roll In Pass 3. Double Face Loop, Tuck Spin
Silver II	4. Continuous Crossbody Leads 5. Back Spot Spin & Check	4. Hip Circle 5. Crossbody with Checked Rock	4. Roll In & Out 5. Promenade Runs	4. Man's Hammerlock, Tummy Whip 5. Lock Whip, Side Break & Spin
Silver III	6. Salsa Wrap 7. Double Face Loop 8. Shadow Break	6. Man's Wrap & Shoulder Wrap 7. Around the Back Roll Out Spins 8. Pretzel	6. Rolling Off the Arm 7. Advanced Left Turn & Kicks 8. Fallaway & Spin	6. Spinning Hammerlock 7. Continuous Whip 8. Sugar Push
Full Silver	9. Hammerlock & Swivels 10A). Solo Break Variations - Hooked Side Closed 10B). Solo Break Variations – Side Break Hop	9. Coffee Grinder 10. Back Spot Underarm & Check with Twists	9. Fan & Pullback 10. Back Rock Combination	9. Underarm Turn Syncopations 10. Roll In, Check, & Throwout

The following restrictions apply to all Silver American Rhythm dances with the exception of Merengue, Samba and West Coast Swing. At this time the NDCA has not identified any restrictions in the Silver syllabus of these three dances.

1. Continuous partnership Pivots are allowed up to two measures but may include only one syncopation
2. Partners may not completely separate for more than one measure of music with the exception of Chase Turns and Chase Turn variations
3. Single or double hand hold in Shadow Position may not comprise more than 50% of any routine
4. No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc
5. No Sitting Hens, Horse and Carts, Pot Stirrers, or Standing Spins for man or lady are allowed
6. No entrances allowed. Partners must start in a closed or open facing hold

DVIDA American Rhythm Gold Syllabus Figures

	Cha Cha	Rumba	Bolero	East Coast Swing
Intermediate Gold	<ol style="list-style-type: none"> 1. Cross Body Spins & Open Box 2. Grapevine Combination 3. Quick Crossovers 4. Opposition Lunge Line, Tango Close 5. Hip Roll, Quick Back Breaks 	<ol style="list-style-type: none"> 1. Roll-In, Swivel & Spiral 2. Solo Spins 3. Shadow Rondés & Man's Spiral 4. Lunge Point & Circle Walk 5. Outside Partner Spin 	<ol style="list-style-type: none"> 1. Hip Twist, Spin, Opposition Check 2. Leg Throw 3. Right Lunge & Sway 4. Grand Circle 5. Shadow Loop & Shadow Check 	<ol style="list-style-type: none"> 1. Continuous Tuck In 2. Hip Roll & Pullback 3. Spinning Wrap & Syncopated Points 4. Circular Foot Splits & Barrel Turn 5. Toe-Heel Swivel Combination
Full Gold	<ol style="list-style-type: none"> 6. Lady's Swivels 7. Man's Rondé. Back Spot Turn 8. Syncopated Locks & Body Sway 9. Slash Sit, Cradle & Freeze 10. Pullback, Figure 4, Double Rondé 	<ol style="list-style-type: none"> 6. Circular Hip Twist 7. Cross Body Drag 8. Double Rondé 9. Hip Lean 10. Cross Body Stretch 	<ol style="list-style-type: none"> 6. Quick Sit & Waist Spin 7. Separation, Catch & Spin 8. Ripple Lunge, Man's Turn 9. Quick Hammerlock & Corkscrew 10. Fallaway Rondé & Floor Drop 	<ol style="list-style-type: none"> 6. Kick & Freeze 7. Two Circles 8. Around the Back 9. Alternating Shuffles 10. Rolling Off the Arm & Circular Swivels

DVIDA American Rhythm Gold Syllabus Figures....Continued

	West Coast Swing	Mambo
Intermediate Gold	<ol style="list-style-type: none"> 1. Swivel, Whip & Syncopation Taps 2. Cradle Switches 3. Solo Spin & Hustle Whip 4. Hammer Whip & Roll In 5. Press Whips & Grapevine 	<ol style="list-style-type: none"> 1. Loop Behind & Hammer Spin 2. Alternating Turns, Flick & Ripple 3. Flick & Take Turns 4. Double Loop, Hop & Arm Catch 5. Sombrero Around the Back
Full Gold	<ol style="list-style-type: none"> 6. Kick & Sit 7. Tuck & Kick Swivel Pass 8. Neck Whip & Catch 9. Double Hammerlock 10. Behind the Back Whip & Worm 	<ol style="list-style-type: none"> 6. Shadow Pachanga 7. Mambo Tango 8. Overwrap, Shadow Back Flicks 9. Double Face Loops 10. Behind the Back Hand Change, Knee Checks, Roll Around

DVIDA American Smooth Bronze Syllabus Figures

*Indicates figure is allowable in NDCA Competitions. Revised August 2011

	Waltz	Foxtrot	Tango	V. Waltz
Bronze I	1A. Box Step (Straight)* 1B. Box with Underarm Turn* 2. Progressive* 3A. Left Turning Box* 3B. Right Turning Box*	1. Basic* 2. Promenade* 3A. Rock Turn to Left* 3B. Rock Turn to Right*	1A. Straight Basic* 1B. Curving Basic* 2A. Promenade Turning Left* 2B. Promenade Turning Right* 3A. Single Corté* 3B. Double Corté*	1. Balance Steps* 2A. Fifth Position Breaks* 2B. Fifth Position Breaks with Underarm Turn*
Bronze II	4A. Balance Steps* 4B. Balance and Box* 5. Simple Twinkle* 6. Two-Way Underarm Turn* 7. Face to Face – Back to Back*	4. Sway Step* 5A. Promenade Underarm Turn* 5B. Sway Underarm Turn* 6A. Zig Zag In Line* 6B. Zig Zag Outside Partner* 7. Box Step*	4. Progressive Rocks* 5A. Open Fan* 5B. Open Fan with Underarm Turn* 6. Running Steps* 7. Checked Promenade	3. Reverse Turn* 4. Closed Twinkle*
Bronze III	8. Reverse Turn* 9. Natural Turn* 10. Progressive Twinkles* 11. Turning Twinkles*	8. Twinkle* 9. Fallaway Twinkles 10. Promenade Twinkles* 11. Turning Twinkles to Outside Partner*	8A. Reverse Turn* 8B. Reverse Turn with Outside Swivel* 9. Right Side Fans* 10. Contra Rocks* 11. Continuous Left Rock Turn*	5A. Crossbody Lead* 5B. Crossbody Lead with Underarm Turn* 6. Hand to Hand* 7A. Forward Progressive Changes* 7B. Backward Progressive Changes*
Full Bronze	12. Grapevine* 13. Promenade Chasse* 14. Fallaway and Box 15. Twinkle and Weave	12. Grapevine* 13. Promenade Twist* 14. Promenade Pivot* 15A. Running Steps in Basic Rhythm 15B. Running Steps in Box Rhythm	12. Twist Turn to the Right* 13. Check and Corté* 14. Promenade Pivot* 15. Owersway* (We believe this step to be allowed as a Simple Owersway. Subject to challenge by or with Invigilator)	8. Right Turn* 9. Change of Place* (In order for this figure to be allowed the Man will do a Chassé and always have one or other of the Lady's hands. Only the Lady turns) 10. Curtsey & Bow

NDCA Restrictions

Waltz	Foxtrot	Tango	V. Waltz
<ul style="list-style-type: none"> * Partners may not completely separate. Open work is limited to single or double hand holds, and may not last for more than eight (8) consecutive measures (24 beats) * Open work may not comprise more than 25% of any routine * No continuity style in Bronze Waltz, feet must be closed on three except on allowed figures * No foot changes/fakes, partners must always be on opposite feet * No consecutive Pivots Left or Right, one (1) Pivot is allowed * No Open Left or Right Box Turns * No Fallaway actions of any kind * No picture lines or figures (i.e. Contra Check, Chair, Oversways, Lunges, etc.) * No solo, shadow, or same foot figures * No syncopations other than Chassé from Promenade - No syncopated Underarm Turns * Progressive Twinkles must finish by the sixth (6th) measure of music (18 beats) with the feet closed. (counting from when they are started) * Both feet must remain close to the floor at all times (no aerial Rondé, etc.) 	<ul style="list-style-type: none"> * Partners may not completely separate. Open work is limited to single or double hand holds, and may not last for more than eight (8) consecutive measures (32 beats) * Open work may not comprise of more than 25% of any routine * No continuity style in Bronze Foxtrot * No foot changes/fakes, partners must always be on opposite feet * Timing is limited to SSQQ or SQQ in Bronze Foxtrot. Except for Grapevine actions * Continuous quicks are NOT permitted except in the Simple Grapevine or extra Chassés/Side Steps. * No consecutive Pivots Left or Right, one (1) Pivot is allowed * No Open Left or Right Box Turns * No syncopations other than Chassé from Promenade - No syncopated Underarm Turns * No picture lines or figures (i.e. Contra Check, Chair, Oversways, Lunges, etc.) * No Fallaways of any kind or Slip Pivot from Fallaway * No solo, shadow, or same foot figures * No more than eight (8) quicks, or 2 measures, of a Grapevine/Zig Zag action and it must finish with the feet closed * Progressive Twinkles must finish by the end of the sixth (6th) measure of music (24 beats) with the feet closed * Both feet must remain close to the floor at all times (no aerial Rondé, etc.) 	<ul style="list-style-type: none"> * No foot changes/ fakes, partners must always be on opposite feet * No shadow, solo, or same foot figures * No more than four (4) quicks consecutively * No syncopations except brush-point (&S) in the Open Fan * Although the Corté/Simple Oversway is permitted, other picture lines / figures (i.e. Contra Check, Chairs, Oversways, Lunges, etc.) are not allowed * No Fallaway actions of any kind. * No consecutive Pivots Left or Right, one (1) Pivot is allowed * Partners may not completely separate. Open work is limited to single or double hand holds, and may not last for more than 32 consecutive beats, (16 measures counted in 2/4 time) * Both feet must remain close to the floor at all times (no aerial Rondé, etc.) 	<ul style="list-style-type: none"> * Partners may not completely separate * Open work may not comprise of more than 25% of any routine * Syncopations are not permitted * No Open Left or Right Box Turns * No consecutive Pivots Right or Left, one (1) Canter Pivot is allowed * No Fallaways of any kind or Slip Pivot from Fallaway * Partners must remain on opposite feet at all times * No solo, shadow, or same foot figures * Partners may not completely separate. Open Work is limited to single or double hand holds, and must finish by the eighth (8th) measure of music (24 beats) from where the action is commenced. * Both feet must remain close to the floor at all times (no aerial ronde, etc.)

DVIDA American Smooth Silver Syllabus Figures

As of August 2011 the NDCA has not created an "Allowable Figures" list for the Silver level. However, several restrictions were pointed out that should be taken into consideration when using the DVIDA Silver figures.

	Waltz	Foxtrot	Tango	V. Waltz
Silver I	1. Open Left Box 2. Open Right Turn 3. Open Right Turn with Underarm Turn	1. Open Left Box 2. Open Right Turn 3. Grapevine	1. Quick Right Turn 2. Oversway & Rondé 3. Fallaway Fan	1. X Line 2. Flairs Forward & Back 3. Underarm Turn Right
Silver II	4. Twinkle Connection 5. Check & Developé 6. Chair & Slip 7. Progressive Open Twinkles	4. Weave from Promenade 5. Chair & Slip 6. Oversway 7A. Hairpin from Reverse 7B. Hairpin from PP	4. Cobra Fans 5. Fallaway Rondé 6. Spanish Drag 7. Change of Place	4. Underarm Turn Left 5. Progressive Fifth Position Breaks 6. Spot Turn Combination
Silver III	8A. Hairpin – Reverse 8B. Hairpin – from PP 9. Fallaway & Weave 10. Oversway 11. Pivot from Promenade	8. Slide & Check 9. Fallaway & Weave 10. Curved Running Steps 11. Natural Fallaway	8. Outside Underarm Turn to Shadow Position 9. Shadow Drag 10. Swivel Fans 11. Pivots to Fallaway Whisk	7. Reverse Underarm Turn 8. Advanced Hand to Hand Combination
Full Silver	12. Syncopated Viennese Turn 13. Flip Flops 14. Check to Open Fallaway 15. Alternating Underarm Combination	12. Outside Swivel 13. Hover Corté 14. Promenade Pivot 15. The Gem	12. Shadow Rocks 13. Reverse Outside Swivel 14. Traveling Right Lunges 15. Same Foot Lunge with Rock Ending	9. Standing Spin 10. Open Right Turn

NDCA RESTRICTIONS	NDCA RESTRICTIONS	NDCA RESTRICTIONS	NDCA RESTRICTIONS
1. Continuity styling (open footwork) is now allowed but not required 2. Continuous "partnership" Pivots are allowed, up to two measures, but may only include 1 syncopation 3. Picture lines are permissible, but may not be held longer than two measures of music	1. Continuity styling (open footwork) is now allowed but not required 2. Continuous "partnership" Pivots are allowed, up to two measures, but may only include 1 syncopation 3. Picture lines are permissible, but may not be held longer than two measures of music	1. Continuous "partnership" Pivots are allowed, up to two measures, but may only include 1 syncopation 2. Picture lines are permissible, but may not be held longer than two measures of music	1. Continuous "partnership" Pivots are allowed, up to two measures, but may only include 1 syncopation 2. Picture lines are permissible, but may not be held longer than two measures of music

The following restrictions apply to all Silver American Smooth dances.

- * Partners may not completely separate for more than 1 measure
- * Single or double hand hold in facing and shadow positions may not comprise more than 50% of any routine
- * No dips or drops below the waist level. No knee drops, or sit drops
- * No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins for man or lady are allowed
- * No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc

DVIDA American Smooth Gold Syllabus Figures

	Waltz	Foxtrot	Tango	V. Waltz
Intermediate Gold	1. Open Left Whisk 2. Chassé to Shadow 3. Shadow Telespin 4. Shadow Curve & Back Lock 5. Double Leg Rondé	1. Open Grapevines 2. Continuous Hairpins 3. Passing Changes 4. Oversway to Shadow 5. Half Turns in Shadow	1. Rondé to Shadow 2. Shadow Back Lock 3. Viennese Turn in Shadow Position 4. Pivot & Spiral 5. Skater's Walk	1. Open Right Turn to Shadow 2. Open Right Turn in Shadow Position 3. Left Turn Connection 4. Barrel Roll 5. Shadow Skips
Full Gold	6. Flip & Spin 7. Syncopated Pivots 8. Syncopated Open Natural Turn In Shadow Position 9. Free Turn to Fallaway 10. Contra Check Combination	6. Advanced Gem 7. Curve & Roll 8. Hairpins in Shadow 9. Check & Sway 10. Hinge to Shadow	6. Advanced Drag 7. Back Checks 8. Roll to Oblique Line 9. Open Check 10. Telerondé to Throwaway Oversway	6. Arabesque Combination 7. Double Leg Rondé 8. Roll In & Out 9. Tandem Turns to Brush Hops 10. Progressive Forward Checks