Country Western

Triple Two Step — (Gold)

Full Gold / Intermediate Gold

	Fig	FP	T	L/F	S
1) Two Barrel Rolls					
2) Man's Spin to Run Around					
3) Man's Duck to Pretzel					
4) Lariat					
5) Advanced Shoulder Roll to Rhondé					
6) Pivot Combination					
7) Thread The Needle					
8) Continuous Lace					
9) Behind the Back & Dip					
10) Elbow Catch Passé					
11) Advanced Hand Change to Check & Passé					
12) Left Hammerlock & Reverse					
13) Neckwrap Combination					
14) Rhondé & Telespin					
15) Shadow Weave to Side Lunge					

Country Western

Waltz — (Gold)

Full Gold / Intermediate Gold

	Fig	FP	T	L/F	S
1) Fallaway Check & Tunnel					
2) Wrap In & Duck Out					
3) Syncopated Hairpin to Standing Spin					
4) Leg Sweeps & Layout					
5) Weave & Tumble					
6) Right Chassé, Outside Spin to Double Rhondé					
7) Carousel to Layout					
8) Hairbrush, Left Rhondé & Pass-By					
9) Left Whisk & Same Foot Lunge					
10) Grapevine, Fencing Check & Freespin					
11) Shadow Telemark & Tic-Toc					
12) Outside Spin, Right Turning Lock & Throwaway Oversway					
13) DNA					
14) Fallaway Reverse Slip Pivot & Double Reverse Spin					
15) Contra Check Rhondé & Side by Side Run					

Country Western

Polka — (Gold)

Full Gold / Intermediate Gold

	Fig	FP	T	L/F	S
1) Back Skips					
2) Thread the Needle					
3) Illusion Turns					
4) Quick Reverse					
5) Behind the Back to Struts					
6) Tuck & Roll					
7) Partnership Pivots					
8) Double Chicken Wing					
9) Wrap & Rhondé					
10) Toll Gates					
11) He/She Turns					
12) Bowtie Combination					
13) Sailors & Windmills					
14) Alternating Straight Jackets					
15) Boot Scootin'					

DANCE VISION DVIDA®

NAME _____

START DATE _____

Country Western Gold Program

Gold Level

This is the third complete level of the Country Western Style Medalist System. In the Gold program, you will be introduced to more advanced figures and technique. Your dancing will acquire a greater level of grace, fluidity, and strength. You will continue to work specifically on improving your leg and body actions, your connections and on your musicality. Your dancing will exhibit a more sophisticated understanding of timing and rhythm. At the end of the Gold program, you will accomplish a greater sense of self-confidence, poise, and flexibility.

Country Western

Two-Step — (Gold)

Full Gold / Intermediate Gold

	Fig	FP	T	L/F	S
1) Thread the Needle					
2) "S" Turn					
3) Quick Reverse					
4) Partnership Pivot a) Timing A – S, S, S, S					
4) Partnership Pivot b) Timing B – Q, Q, S, S					
5) Tornado Turn					
6) The Rolo					
7) Continuous Shoulder Roll & Pop Out					
8) Egg Beater					
9) Tuck & Roll					
10) Windmill					
11) He/She Turns					
12) Toll Gate Turns					
13) Tic-Toc Turns					
14) Lariat Duck Combination					
15) Telespin, Passé & Rhondé					

Review Journal Notes

Date			

Fig Figures **FP** Foot Positions **T** Timing **L/F** Lead or follow **S** Style

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Country Western

West Coast Swing — (Gold)

Full Gold / Intermediate Gold

	Fig	FP	T	L/F	S
1) Gold Sugar Push a) Apple Jack					
1) Gold Sugar Push b) Hitch & Swivel					
2) Tummy Tuck Whip					
3) Hustle Check Whip & Tunnel					
4) Tandem Whip & Right to Right Headloop					
5) Pickoff Tuck & Guillotine					
6) Egyptian Whip					
7) Sling Shot to Neckwrap & Rhondé					
8) Shoulder Catch Whip & Slide					
9) Left to Left Man's Whip					
10) Whip It					
11) Pop Out & Rolling Duck					
12) Behind the Back & Around the World					
13) Double Elbow Catch					
14) Slide Whip					
15) Low Kick Whip					

Country Western

Night Club Two-Step — (Gold)

Full Gold / Intermediate Gold

	Fig	FP	T	L/F	S
1) Carousel & Barrel Roll					
2) Curved Windmill					
3) Shadow Box					
4) Right to Right Headloop, Elbow Catch & Spiral					
5) Sit Dip Combination					
6) D.N.A.					
7) Wrap Combination					
8) Continuous Drape					
9) Tummy Wrap					
10) Side Lean					
11) Side Lunge & Duck					
12) Telespin to Fallaway with Left Rock Turn					
13) Shaping Line					
14) Right to Right Shoulder Drape Combination					
15) Advanced Man Spin & Knee Catch					

Country Western

East Coast Swing — (Gold)

Full Gold / Intermediate Gold

	Fig	FP	T	L/F	S
1) Roll In / Roll Out					
2) Shadow Headloops					
3) Alternating Running Pass					
4) Simple Spin Combination					
5) Toll Gates					
6) Wrap & Rhondé					
7) Boogie Walks					
8) Continuous Egg Beater					
9) Shorty Georges					
10) Tuck & Roll					
11) Advanced Pretzel					
12) Reverse Whip It					
13) Waist Rollout & Reverse					
14) Advanced Stop & Go					
15) Barrel Roll & Back to Back Sliding Door Combination					

Country Western

Cha Cha — (Gold)

Full Gold / Intermediate Gold

	Fig	FP	T	L/F	S
1) Behind The Back Pass and Points					
2) Wrap In / Wrap Out to Rhondé					
3) Syncopated Back Spot Turn and Opening Out Spiral					
4) Continuous Lock					
5) Chicken Roll (Swivel/Pop Combo)					
6) Overturned Three Cha Cha's to Hip Bump					
7) Syncopated Crossovers to Grapevine					
8) Rhondé Chassé Combination					
9) Shoulder Check Combination					
10) Telemark Combination					
11) Shine Combination					
12) Outside Lock to Continuous Right Underarm Turn					
13) Twisty Leg Rhondé					
14) Rag Doll Combination					
15) Open Hip Twist Combination					

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