

American Style
Bolero - (Silver)

Fig FP T L/F S

Full Silver	Silver III	Silver II	Silver I	1					
				Open Check					
				Overtured, Crossbody Lead					
				Ronde, Pass Behind the Back					
				Curl, Fan, Lunge					
				Spin Wrap					
				Shadow Checks					
				Walks and Fan					
				Checked Pass, Hip Twist and Spin					
				Crossover, Quick Sit & Rumba Rock					
10	Slow Spiral & Swivel								

DVIDA EXPERT ADVICE

Silver Level

As more involved figures are introduced requiring increased changes in direction and speed, the balance required both individually and together becomes even more important. There should be a continuation of improvement in the quality of control, poise and styling as well as a stronger use of foot and leg action. As part of the process, the Student/s will start to feel more comfortable in demonstrating their progress to others.

American Style
Merengue - (Silver)

Fig FP T L/F S

Full Silver	Silver III	Silver II	Silver I	1					
				Crossbody Leads					
				Crossbody Cradle Wheel					
				Alternating Underarm Turns					
				Hip Circle					
				Crossbody with Checked Rock					
				Man's Wrap and Shoulder Wrap					
				Around the Back Roll Out Spins					
				Pretzel					
				Coffee Grinder					
10	Back Spot Underarm and Check with Twists								

DVIDA EXPERT ADVICE

Silver Level

As more involved figures are introduced requiring increased changes in direction and speed, the balance required both individually and together becomes even more important. There should be a continuation of improvement in the quality of control, poise and styling as well as Cuban motion. As part of the process, the Student/s will start to feel more comfortable in demonstrating these trickier figures to others.

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



NAME _____

START DATE _____

**AMERICAN STYLE RHYTHM
SILVER PROGRAM**

Silver Level

This is the second complete level of the American Style Medalist System. In the Silver program, you will be introduced to advanced figures and technique. Your dancing will acquire a greater level of grace, fluidity, and strength. You will work specifically on improving your leg and body actions, your connections and on your musicality. Your dancing will exhibit a sophisticated understanding of timing and rhythm. At the end of the Silver program, you will experience a greater sense of self-confidence, poise, and flexibility. You will feel comfortable dancing with partners of all levels.

American Style

Cha Cha - (Silver)

Fig FP T L/F S

Full Silver	Silver III	Silver II	Silver I	1					
				Crossover Flick Combination					
				Back Spot Turn with Quick Underarm Turn					
				Pullback Grapevine					
				Crossbody, Surprise, Quick Turn					
				Pullback Combination					
				Open Turn, Wrap & Syncopation					
				Crossover Twist & Fan					
				Forward and Back Syncopation					
				9	Across the Back				
10	Syncopated Crossover Variation								

American Style

Rumba - (Silver)

Fig FP T L/F S

Full Silver	Silver III	Silver II	Silver I	1					
				Alternating Underarm Turns					
				Open Swivel Walks					
				Left Side Catch, Cradle & Roll Out					
				Quick Underarm Turn					
				Roll Out, Circle Wrap					
				Spiral Swivel					
				Shadow Variations					
				Swivel Combination					
				9	Open Rumba Walks & Swivels				
10	Man's Wrap								

DVIDA EXPERT ADVICE FOR CHA CHA & RUMBA

Silver Level

As more involved figures are introduced requiring increased changes in direction and speed, the balance required both individually and together becomes even more important. There should be a continuation of improvement in the quality of control, poise and styling as well as Cuban motion. As part of the process, the Student/s will start to feel more comfortable in demonstrating their progress to others.

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



E.C. Swing - (Silver)

Fig FP T L/F S

Full Silver	Silver III	Silver II	Silver I	1					
				Wrist Spin & Alternating Turn					
				2					
				Face Loops & Tuck Spin					
				3					
				Tuck In, Alternating Hammerlock					
				4					
				Two Hand Catch & Spin					
				5					
				Rotating Basic					
6									
Side to Side & Running Pass									
7									
Boogie Walks									
8									
Rhythm Variations: A) Pull Back									
8									
B) Sailor Shuffle									
9									
Twist & Face									
10									
Wrap Combination									

DVIDA EXPERT ADVICE

Silver Level

As more involved figures are introduced requiring increased changes in direction and turns with more speed, the balance required both individually and together becomes even more important. There should be a continuation of improvement in the quality of control, poise and styling as well as leg action. As part of the process, the Student/s will start to feel more comfortable in demonstrating their progress to others.

W.C. Swing - (Silver)

Fig FP T L/F S

Full Silver	Silver III	Silver II	Silver I	1					
				Checked Whip					
				2					
				Roll in Pass					
				3					
				Double Face Loop, Tuck Spin					
				4					
				Man's Hammerlock, Tummy Whip					
				5					
				Lock Whip, Side Break and Spin					
6									
Spinning Hammerlock									
7									
Continuous Whip									
8									
Sugar Push Syncopations									
9									
Underarm Turn Syncopations									
10									
Roll In, Check & Throwout									

DVIDA EXPERT ADVICE

Silver Level

As more advance figures are introduced, the student/s should improve their techniques by becoming stronger and more precise with their leg and body actions. The student/s needs to be more aware of the changing timings & rhythms. At the conclusion of this level, the student/s should be very confident with their dancing.

Samba - (Silver)

Fig FP T L/F S

Full Silver	Silver III	Silver II	Silver I	1					
				Contra Bota Fogos					
				2					
				Side Samba Walk & Voltas					
				3					
				Bota Fogo Combination					
				4					
				Roll In & Out					
				5					
				Promenade Runs					
6									
Rolling Off the Arm									
7									
Advanced Left Turn & Kicks									
8									
Fallaway & Spin									
9									
Fan & Pullback									
10									
Back Rock Combination									

DVIDA EXPERT ADVICE

Silver Level

As more involved figures are introduced requiring increased changes in direction and speed, the balance required both individually and together becomes even more important. There should be a continuation of improvement in the quality of control, poise and styling as well as the Samba Rhythm. As part of the process, the Student/s will start to feel more comfortable in demonstrating their progress to others.

Mambo - (Silver)

Fig FP T L/F S

Full Silver	Silver III	Silver II	Silver I	1					
				Crossbody Lead Variations for Man & Lady:					
				1					
				A) Man Flick					
				1					
				B) Man Check					
				1					
				C) Lady Roll					
				1					
				D) Lady Cross & Twist					
1									
E) Lady Knee Lift									
2									
Underarm Turn & Traveling Cross									
3									
Bobby's Break									
4									
Continuous Crossbody Leads									
5									
Back Spot Spin & Check									
6									
Salsa Wrap									
7									
Double Face Loop									
8									
Shadow Break									
9									
Hammerlock & Swivels									
10									
A) Hook Side Closed (Solo Break Variations)									
10									
B) Side Break Hop (Solo Break Variations)									

DVIDA EXPERT ADVICE

Silver Level

As more involved figures are introduced requiring increased changes in direction and speed, the balance required both individually and together becomes even more important. There should be a continuation of improvement in the quality of control, poise and styling as well as Cuban motion. As confidence increases, the Student/s will start to feel more comfortable in demonstrating their progress to others.

