

Date Review Journal Notes



AMERICAN STYLE RHYTHM GOLD PROGRAM

NAME _____

START DATE _____

Gold Level

This is the third complete level of the American 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.

American Style

Cha Cha - (Gold)

		Fig	FP	T	L/F	S
Full Gold	Intermediate Gold	1 Cross Body Spins & Open Box				
		2 Grapevine Combination				
		3 Quick Crossovers				
		4 Opposition Lunge Line, Tango Close				
		5 Hip Roll, Quick Back Breaks				
		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				

American Style

Rumba - (Gold)

		Fig	FP	T	L/F	S
Full Gold	Intermediate Gold	1 Roll-in, Swivel & Spiral				
		2 Solo Spins				
		3 Shadow Rondés & Man's Spiral				
		4 Lunge Point & Circle Walk				
		5 Outside Partner Spin				
		6 Circular Hip Twist				
		7 Cross Body Drag				
		8 Double Rondé				
		9 Hip Lean				
		10 Cross Body Stretch				

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



