

International Style  
**Jive** - (Bronze)

**Fig FP T L/F S**

<b>Full Bronze</b> <b>Intermediate Bronze</b> <b>Preliminary</b>	1. Basic in Place					
	2. Fallaway Rock					
	3. Fallaway Throwaway					
	4A. Link Rock					
	4B. Link					
	5. Change of Places Right to Left					
	6. Change of Places Left to Right					
	7. Change of Hands Behind the Back					
	8. Hip Bump					
	9. American Spin					
	10. The Walks					
	11. Stop & Go					
	12. The Mooch					
	13. The Whip					
14. The Whip Throwaway						

**Origin**  
 A true "American Dance", the Jive started out in the southwest of the U.S.A. and ran through a variety of names such as "The Cake Walk", "Turkey Trot", "Bunny Hop", "Lindy Hop" and "Jitterbug". It followed the development of "Ragtime" and then "Swing" music, and to this day the American Style version of this dance is known as The Swing. During World War II, the American Forces brought this dance to Britain, together with the popular orchestras of the day such as Benny Goodman, Artie Shaw, Tommy Dorsey and of course Glen Miller. Sometime after war's end, the faster version stayed in Europe and became known as the Jive.

**Music**  
 Danced in 4/4 timing, the music is fast and lively in the Swing style.

**Characteristics:**  
 Basically a stationary dance, the Jive may have some progressive movements. It should be lively, fast and full of fun. Weight should be kept towards the balls of the feet so as to ensure a slight "bounce" effect and stress should be shown on the 2 and 4 beats. There are a variety of movements that can be danced such as spins, kicks, underarm turns and changes of rhythm.



# INTERNATIONAL STYLE LATIN BRONZE PROGRAM

**DVIDA Expert Advice**

**Intermediate Bronze Level**  
 At the conclusion of this level, the Student/s should have a better understanding of the Lead/Follow aspects of the dance through hold, hand connections, posture, and should show a more rhythmical action through stronger use of the feet and legs.

**Full Bronze Level**  
 At the conclusion of this level, the Student/s should have a good understanding of the technique required to show the characteristics of the dance through good balance, foot and leg control, poise, styling and overall presentation.

Date **Review Journal Notes**


\_\_\_\_\_ NAME \_\_\_\_\_

\_\_\_\_\_ ADDRESS \_\_\_\_\_

\_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

\_\_\_\_\_ DAY PHONE \_\_\_\_\_ EVENING PHONE \_\_\_\_\_

\_\_\_\_\_ EMAIL \_\_\_\_\_

\_\_\_\_\_ BIRTHDAY \_\_\_\_\_ START DATE \_\_\_\_\_

International Style  
**Cha Cha - (Bronze)**

**Fig FP T L/F S**

<b>Full Bronze</b>	<b>Intermediate Bronze</b>	<b>Pre</b>	1. Basic Movement					
			2. New York					
			3. Spot Turns					
		4. Shoulder to Shoulder						
		5. Hand to Hand						
		6. The Three Cha Cha Chas						
		7. Side Steps						
		8. There and Back						
		9. Time Steps						
	<b>Full Bronze</b>	10. Fan						
		11. The Alemana						
		12. Hockey Stick						
		13. Hockey Sticking Ending in Counter Promenade Position						
		14. Natural Top						
		15. Natural Opening Out						
		16. Closed Hip Twist						

**Origin**  
The Cha Cha evolved from one of three versions of the Mambo, a dance born in Cuba and introduced to the west in 1947. The "Triple Mambo", one of those versions, became very popular in the early 1950's and was subsequently renamed the Cha Cha. As music always dictates the dance, the triple or split-beat steps were inserted when a slower version of Mambo music was being played. In 1952, visitors from England took this dance back to Europe and it has evolved, quite separately from the American version, into the International Cha Cha of today.

**Music**  
Danced in 4/4 timing, the music has 4 even beats with the accent on the first beat of the bar. Often the music also has an additional half beat between the fourth and first beat.

**Characteristics:**  
The Cha Cha is a non-progressive, lively, fun dance, which uses a "ball flat" foot action and keeps the body over the feet. The legs and hips are used to produce a strong rhythmic movement that compliments the music. This dance has closed position as well as single handhold and double handhold movements. Often at an advanced level, the couple may be in apart or solo position. Because of this dance's easy adaptation to modern music, the Cha Cha is probably the most popular of the Latin dances.

International Style  
**Samba - (Bronze)**

**Fig FP T L/F S**

<b>Full Bronze</b>	<b>Intermediate Bronze</b>	<b>Preliminary</b>	1A. Natural Basic					
			1B. Reverse Basic					
			1C. Side Basic					
			1D. Progressive Basic					
		2. Whisks to Left and Right						
		3A. Promenade Samba Walks						
		3B. Side Samba Walks						
		3C. Stationary Samba Walks						
		4. Rhythm Bounce						
		5. Volta Movements						
	<b>Full Bronze</b>	6. Traveling Bota Fogos Forward						
		7. Criss Cross Bota Fogos						
		8. Traveling Bota Fogos Back						
		9. Bota Fogos to Promenade and Counter Promenade						
		10. Criss Cross Voltas						
		11. Solo Spot Voltas						
12. Foot Changes								
13. Shadow Traveling Voltas								
14. Reverse Turn								
15. Corta Jaca								
16. Closed Rocks								

**Origin**  
Known to have originated in Brazil and to this day exhibited in the street festivals and celebrations there, the Samba, a free spirited, festive dance, was formalized and introduced into Europe in 1956. This version, very unlike the original, has evolved into the internationally accepted Samba of today. This dance has been greatly influenced by the music of the times. From the South American Bands of the 40's and 50's through the Ballroom Orchestras of the 60's, 70's and 80's to the Disco style music of the 90's, the Samba has continued to change and keep pace with the current musical styles.

**Music**  
Danced in 2/4 timing, the music has 2 strong, recurring, even beats.

**Characteristics:**  
This is a progressive dance, traveling around the floor in a counter-clockwise direction. A variety of rhythms are used, some with a slight "bounce" action and others with a flatter hip action or "tic".

International Style  
**Rumba - (Bronze)**

**Fig FP T L/F S**

<b>Full Bronze</b>	<b>Intermediate Bronze</b>	<b>Pre</b>	1. Basic Movement					
			2. Alternative Basic					
			3. Cucarachas					
		4. New Yorker						
		5. Spot Turns						
		6. Shoulder to Shoulder						
		7. Hand to Hand						
		8. Progressive Walks Forward & Back						
		9. Side Steps						
	<b>Full Bronze</b>	10. Cuban Rocks						
		11. The Fan						
		12. The Alemana						
		13. Hockey Stick						
		14. The Hockey Stick Ending in Counter Promenade Position						
		15. Natural Top						
		16. Opening Out to Right and Left						
17. Natural Opening Out								
18. Closed Hip Twist								

**Origin**  
The Rumba mostly evolved in Cuba in the 16th century with great influence from the African slaves. Although this Spanish/African mix is considered to be Cuban, versions of this dance were to be seen on other Caribbean islands and in Latin America generally. In the late 1920's, such Band Leaders as Xavier Cugat introduced the Rumba into the U.S.A. In the 1930's this dance became popular in London and was subsequently formalized into an officially recognized dance in 1955.

**Music**  
Danced in 4/4 timing, the music has 4 even beats with the accent on the first beat of the bar. Slow sensual melodies are used, often with vocals.

**Characteristics:**  
Considered the "Dance of Love" in the international style, this dance should display a sensuous movement of the hips and a sense of flirtation between the man and lady. The various rhythms and body expressions make this a very popular dance to watch and to participate in.

International Style  
**Paso Doble - (Bronze)**

**Fig FP T L/F S**

<b>Full Bronze</b>	<b>Intermediate Bronze</b>	<b>Preliminary</b>	1. Surplace					
			2. Basic Movement					
			3. The Appel					
		4. Chassés to Right or Left						
		5. Drag						
		6. Displacement						
		7. Promenade Link						
		8. Promenade						
		9. Ecart						
		10. Separation						
	<b>Full Bronze</b>	11. Separation with Lady's Caping Walks						
		12. Fallaway Ending to Separation						
		13. Huit						
		14. Sixteen						
		15. Promenade and Counter Promenade						
		16. Grand Circle						
		17. Open Telemark						

**Origin**  
One of many folk dances associated with the Spanish way of life, the Paso Doble (Spanish for "Two Step") is from Spain and is based on the Bullfight. The man portrays the part of the Matador and the Lady the part of his cape. The style of music is a "march" or "two step", played during the procession that precedes the Bullfight. The survival of this dance is due to its popularity in Paris in the 1930's. This would account for many of the figures having French names.

**Music**  
Danced in 2/4 timing, this music has 2 very distinct beats associated with a "march". "The Spanish Gypsy Dance" is the single most popular music used for this dance, and at a competitive level, the choreography is usually designed to fit it.

**Characteristics:**  
The character of this dance is taken from the matador and displays a sense of strength, passion and arrogance. The lady will portray the use of the cape by the Matador with many dramatic movements and poses. This is a strong, powerful dance that progresses in a counter-clockwise direction, as it tells the story of the classical Bullfight.

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



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