

# INTERNATIONAL STYLE LATIN GOLD PROGRAM

## International Style

### Cha Cha - (Gold)

**Fig FP T L/F S**

Full Gold	Int. Gold	27. Advanced Hip Twist						
		28. Hip Twist Spiral						
		29. Turkish Towel						
		30. The Sweetheart						
		31. Follow My Leader						

## International Style

### Samba - (Gold)

**Fig FP T L/F S**

Full Gold	Intermediate Gold	26. Contra Bota Fogos						
		27. Roundabout						
		28. Natural Roll						
		29. Reverse Roll						
		30. Promenade and Counter Promenade Runs						
		31. Three Step Turn						
		32. Samba Locks						
		33. Cruzados Walks and Locks						

## International Style

### Rumba - (Gold)

**Fig FP T L/F S**

Full Gold	Int. Gold	26. Sliding Doors						
		27. Fencing						
		28. Three Threes						
		29. Three Alemanas						
		30. Advanced Hip Twist						
		31. Continuous Hip Twist						
		32. Circular Hip Twist						

## DVIDA EXPERT ADVICE

### Gold Level

As the figures become more involved and the Student/s ability improves, there should be an overall sense of achievement. The quality of the movement in terms of technique and rhythm as well as self-expression through a positive, attractive use of body and arm lines should continue to show improvement. It should not be forgotten that the implementation of good basic technique together with rhythm and expression, will produce a higher quality of performance.

**Fig** Figures

**FP** Foot Positions

**T** Timing

**L/F** Lead or follow

**S** Style

International Style

# Paso Doble - (Gold)

**Fig FP T L/F S**

Full Gold	Int. Gold	26. Syncopated Separation						
		27. Traveling Spins from Promenade Position						
		28. Traveling Spins from Counter Promenade Position						
	29. Fregolina							
	30. Twists							
	31. The Chassé Cape							

International Style

# Jive - (Gold)

**Fig FP T L/F S**

Full Gold	Intermediate Gold	22. Point, Ball Change						
		23. Curly Whip						
		24. Shoulder Spin						
		25. Toe Heel Swivels						
		26. Chugging						
		27. Chicken Walks						
		28. Catapult						
		29. Stalking Walks, Flicks and Break						
		30. Overturned Change of Places Left to Right						

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

