

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					
			2 Back Spot Turn with Quick Underarm Turn						
			3 Pullback Grapevine						
			4 Crossbody, Surprise, Quick Turn						
			5 Pullback Combination						
			6 Open Turn, Wrap & Syncopation						
			7 Crossover Twist & Fan						
			8 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					
			2 Open Swivel Walks						
			3 Left Side Catch, Cradle & Roll Out						
			4 Quick Underarm Turn						
			5 Roll Out, Circle Wrap						
			6 Spiral Swivel						
			7 Shadow Variations						
			8 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	Fig	FP	T	L/F	S	
				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	Fig	FP	T	L/F	S	
				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.

Fig Figures

FP Foot Positions

T Timing

L/F Lead or follow

S Style



American Style
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.

American Style
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.

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



American Style
Bolero - (Silver)

Fig FP T L/F S

Full Silver	Silver III	Silver II	Silver I	1					
				Open Check					
				2					
				Overtured, Crossbody Lead					
				3					
				Ronde, Pass Behind the Back					
				4					
				Curl, Fan, Lunge					
				5					
				Spin Wrap					
6									
Shadow Checks									
7									
Walks and Fan									
8									
Checked Pass, Hip Twist and Spin									
9									
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					
				2					
				Crossbody Cradle Wheel					
				3					
				Alternating Underarm Turns					
				4					
				Hip Circle					
				5					
				Crossbody with Checked Rock					
6									
Man's Wrap and Shoulder Wrap									
7									
Around the Back Roll Out Spins									
8									
Pretzel									
9									
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

