

## INTERNATIONAL STYLE LATIN GOLD PROGRAM

International Style

### Cha Cha - (Gold)

		Fig	FP	T	L/F	S
Full Gold	Intermediate Gold	21 Methods of Changing Feet				
		22 Rope Spinning				
		23 Advanced Hip Twists				
		24 Cross Basic				
		25 Turkish Towel				
		26 The Sweetheart				
		27 Follow My Leader				
		28 Closed Hip Twist Spiral				
		29 Open Hip Twist Spiral				
		30 Cuban Break in Open Position				
		31 Split Cuban Breaks in Open C.P.P. and P.P.				

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### Samba - (Gold)

		Fig	FP	T	L/F	S
Full Gold	Intermediate Gold	16 Foot Changes				
		17 The Four Volta Movements				
		18 Open Rocks				
		19 Back Rocks				
		20 Plait				
		21 Contra Bota Fogos				
		22 Rolling Off the Arm				
		23 Natural Roll				
		24 Bota Fogos in Contra, Promenade and Counter Promenade Position				
		25 Samba Locks				
		26 Promenade & Counter Promenade Runs				
		27 Cruzado Locks in Shadow Position				

### 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

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# Rumba - (Gold)

**Fig FP T L/F S**

<b>Full Gold</b>	<b>Intermediate Gold</b>	19 Cuban Rocks					
		20 New York (Also known as Check in Promenade Position and Check in Counter Promenade Position)					
		21 The Alemana - Handsake Hold From Open Position					
		22 Opening Out Right to Left					
		23 The Spiral					
		24 Curl (With High Spiral Cross Action)					
		25 Fencing (With Alternative Ending)					
		26 Rope Spinning					
		27 Kiki Walks					
		28 Sliding Doors					
		29 Three Threes					
		30 Three Alemanas					
		31 Advanced Opening Out					
		32 A) Closed Hip Twist					
		32 B) Open Hip Twist					
		32 C) Advanced Hip Twist					
		32 D) Continuous Hip Twist					
		32 E) Continuous Circular Hip Twist					

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# Paso Doble - (Gold)

**Fig FP T L/F S**

<b>Full Gold</b>	<b>Intermediate Gold</b>	20 Fallaway Reverse					
		21 Syncopated Separation					
		22 Banderillas					
		23 The Twists					
		24 Coup de Pique					
		25 Left Foot Variation					
		26 Fregolina (Incorporating Farol)					
		27 The Chassé Cape					
		28 Traveling Spins from Promenade Position					
		29 Traveling Spins from Counter Promenade Position					

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# Jive - (Gold)

**Fig FP T L/F S**

<b>Full Gold</b>	<b>Intermediate Silver</b>	16 Chicken Walks					
		17 Ball Change					
		18 Simple Spin					
		19 Curly Whip					
		20 Double Cross Whip					
		21 Reverse Whip					
		22 Promenade Walks (Slow)					
		23 Promenade Walks (Quick)					
		24 Toe Heel Swivels					
		25 Flicks into Break					

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

