

# *Syllabus Steps*

The dance figures you are allowed to dance are restricted in the Beginner and Novice categories at competitions.

Please don't add any of the steps listed below into your routine before speaking to Phil, Nicola or Chris to ensure you are dancing them accurately and technically correct.

The rules at competitions can be very strict and we do not want to risk anyone getting disqualified or marked down.

<b>Waltz</b>	<b>Quickstep</b>
Back Lock	Back Lock
Back Whisk	Chasse Reverse Turn
Basic Weave	Closed Impetus
Chasse from Promenade Position	Closed Telemark
Closed Changes	Cross Swivel
Closed Impetus	Double Reverse Spin
Closed Telemark	Fishtail
Closed Wing	Forward Lock
Double Reverse Spin	Four Quick Run
Fallaway Reverse and Slip Pivot	Hover Corte
Hesitation Change	Natural Pivot Turn
Hover Corte	Natural Spin Turn
Natural Spin Turn	Natural Turn
Natural Turn	Natural Turn & Back Lock
Open Impetus and Wing	Natural Turn with Hesitation
Open Telemark and Cross Hesitation	Progressive Chasse
Open Telemark and Wing	Progressive Chasse to Right
Outside Change	Quarter Turn to Right
Outside Spin	Quick Open Reverse
Progressive Chasse to Right	Reverse Pivot
Reverse Corte	Rumba Cross
Reverse Pivot	Running Finish (which may end in Promenade)
Reverse Turn	Running Right Turn
Turning Lock	Six Quick Run
Turning Lock to Right	Tipple Chasse to Right
Weave from Promenade Position	Tipsy to Right and Left
Whisk	V6

## Cha Cha

Advanced Hip Twist  
Aida  
Alemana  
Basic Movement  
Chase  
Closed Hip Twist  
Cross Basic  
Cuban Breaks  
Fan  
Follow My Leader  
Hand to Hand  
Hip Twist Spiral  
Hockey Stick  
Natural Opening Out Movement  
Natural Top  
New York  
Open Hip Twist  
Opening Out from Reverse Top  
Reverse Top  
Shoulder to Shoulder  
Side Steps (to Left or Right)  
Spot Turns to Left or Right (inc Switch Turns)  
Spiral Turns (Spiral, Curl & Rope Spinning)  
Sweetheart  
There and Back  
Three Cha Cha Chas  
Time Steps  
Turkish Towel

## Jive

American Spin  
Basic in Place  
Catapult  
Change of Hands Behind Back  
Change of Places Left to Right  
Change of Places Right to Left  
Chicken Walks  
Chugging  
Curly Whip  
Fallaway Rock  
Fallaway Throwaway  
Hip Bump (Left Shoulder Shove)  
Link  
Miami Special  
Mooch  
Reverse Whip  
Rolling Off the Arm  
Shoulder Spin  
Simple Spin  
Spanish Arms  
Stalking Walks, Flicks and Break.  
Stop and Go  
Toe Heel Swivels  
Walks  
Whip  
Whip Throwaway  
Windmill