



U.S.I.S.T.D. American Style Rhythm BRONZE Syllabus

Name _____

Teacher _____

Rumba					Bolero				
	Figure	Timing	L/F	Technique		Figure	Timing	L/F	Technique
1. Box					1. Bolero Basic				
2. Right Underarm Turn					2. Cross Body Lead				
3. Side Breaks					3. Open Break				
4. Progressive Rocks					4. Right Underarm Turn				
5. Fifth Position Breaks					5. Fifth Position Breaks				
6. Cross Body Lead					6. Outside Breaks				
7. Cross Body Lead into Cuban Walks Back					7. Cross Over Break and Switch Turn				
8. Cross Body Lead into Outside Breaks					8. Left Side Pass				
9. Open Break R Underarm Turn into Cross Over Breaks					9. Right Side Pass				
10. Forward and Back Spot Turns					10. Back Spot Turn				
Recognized Variations					Recognized Variations				
1. Cross Over Breaks and Switch Turn					1. Side Breaks				
2. Right Left Right Underarm Turns					2. Open Break R Underarm Turn into Cross Over Breaks				
3. Right Underarm Turn to Advanced Hip Twist					3. Forward and Back Spot Turns				
4. Shadow Breaks to Lady Spiral Turn					4. Right Left Right Underarm Turns				
5. Back Spot Turns					5. Shadow Breaks to Lady Spiral				
6. Right Side Pass									
Mambo					Cha-Cha-Cha				
1a. Mambo Basic					1. Cha-Cha-Cha Basic				
1b. Progressive Basic					2. Forward and Back Basic				
2a. Forward and Backward Breaks					3. Cross Over Breaks and Switch Turn				
2b. Side Breaks					4. Right Underarm Turn				
3. Cross Body Lead					5. Right Left Right Underarm Turns				
4. Right Underarm Turn					6. Three Cha Chas Forward and Back				
5. Fifth Position Breaks					7. Cross Body Lead				
6. Cross Body to Right Side Pass					8. Outside Breaks				
7. Cross Over Breaks and Switch Turn					9. Cross Over into Side Step Back and Forward Runs				
8. Chase Turns					10. Left Side Pass				
9. Right Underarm Turn to Advanced Hip Twist					Recognized Variations				
10. Shadow Breaks to Lady Spiral Turn					1. Fifth Positions Breaks				
Recognized Variations					Recognized Variations				
1. Forward and Back Spot Turns					2. Chase Turns				
2. Back Spot Turns					3. Right Underarm Turn to Advanced Hip Twist				
3. Outside Breaks					4. Shadow Breaks to Lady Spiral Turn				
4. Right Left Right Underarm Turns					5. Right Side Pass				
5. Open Break R Underarm Turn into Cross Over Breaks					6. Back Spot Turns				
					7. Peek -a- Boo				
Swing					Teachers Comments				
1. Swing Basic									
2. Throwaway									
3. Underarms Turns Right and Left									
4. Sweetheart									
5. American Spin									
6. Four Kicks									
7. Peek -a- Boo									
8. Lindy Whip Turn									
9A. Lindy Whip with Right Underarm Turn									
9B. Lindy Whip with Left Underarm Turn									
9C. Lindy Whip with Hand Change Turn									
10. Back Pass									
11. Hitch kick									