



## U.S.I.S.T.D. American Style Rhythm Silver Syllabus

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Rumba					Bolero				
	Figure	Timing	L/F	Technique		Figure	Timing	L/F	Technique
1. Open Box					1. Passing Changes				
2. Snap Cross					2. Shadow Wraps				
3. Quick Underarm Turns Right and Left					3. Left Side Pass with Lady's Underarm Turn to Left				
4. Sliding Doors Variation					4. Outside Breaks to Aida				
5. Quick Underarm Turn to Wraparound					5. Cross Over Break to Aida (option to figure 4)				
6. Grapevine to Spiral					6. Traveling Cross to Switch Turn				
1. Sit Checks to Left and Right					7. Lunge to Lady's Free Turn Right				
8. Grapevine to Left Underarm Turn to Solo Spin					8. Right Side Pass, Back spot Turn to Rudolph Ronde				
9. Rope Spinning to Left Underarm Turn					9. Back Spot Turn with Underarm Turns Left and Right				
10. Curl to Shadow Foot Swivels to Same Foot Lunge					10. Eros Line in Shadow Position to Double Contra Check				
Mambo					Cha-Cha-Cha				
1. Turning Side Breaks					1. Cross Over Breaks with Apart Turns				
2. Mambo Wraps					2. Grapevine to Fencing				
3. Opening Out to Side Checks					3. Syncopated Cross Over Breaks into Knee Lift with Right U/A				
4. Outside Check and Swivel					4. Underarm Chase to Side Pass				
5. Catapult					5. Opening Out to Side Checks				
6. Open Left Turn In Shadow					6. Three Chas with Solo Turns				
7. Foot Change from Open Facing to Right Shadow					7. Foot Change from LF Cross Over Breaks ending in Right Side by Side				
7A. Foot Change from Right Shadow to Open Facing					7A. Foot Change from Right Side by Side ending in Closed or Open Facing				
8. Advance Sliding Doors					8. Foot Change from RF Cross Over Breaks ending in Left Side by Side				
9. Back Drop					8A. Foot Change from Left Side by Side ending in Closed or Open Facing				
10. Kick and Swivel					9. Left and Right Underarm Turns to Passing Changes				
					10. Side by Side Variation				
Swing					Teachers Comments				
1. Sailor Shuffles									
2. Chicken Walks									
3. Crossover Back to Back									
4. Catapult									
5. Promenade Walks									
6. Double Underarm Turn to Open Tuck -In									
7. Toe Heel Swivels									
8. Sweetheart with Double Underarm Turn									
9. Passing Triples									
10. Boogie Walks in Right Shadow									