



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

Name _____

Teacher _____

Rumba					Bolero				
	Figure	Timing	L/F	Technique		Figure	Timing	L/F	Technique
1. Open Telemark to Passé and Rondé					1. Oblique Line to Apart Rondé				
2. Cross Over Break to Rondés and Swivel					2. Pivots to Eros Line and Knee Drop				
3. Shadow Walks and Swivels					3. Rondé to Lady's Developpés				
4. Spiral to Rudolph Rondé					4. Open Point Break to Lady's Pivots and Body Roll				
5. Outside Swivel to Roll Turns and Body Roll					5. Oversway to Same Foot Lunge and Body Drop				
Swing					Cha-Cha-Cha				
1. The Double Tunnel					1. Open Right Turn to Split Weight Breaks				
2. Charleston Points in Right Shadow					2. Backward Cuban Breaks to Cross Triples				
3. Circular Tunnel					3. Lady's Pivot Turns to Syncopated Locks				
4. The Pinwheel					4. Telerondé and Body Drop				
5. Apart Variation					5. Ripple and Rondé Apart Variation				
Mambo					Teachers Comments				
1. Reverse Catapult									
2. Salsa Wraps									
3. Chase Turns to Sit Drops									
4. Underarm Turn to Swivel Taps									
5. Same Foot Rondé to Diagonal Breaks									
6A. Solo Variation Side Points									
6B. Solo Variation Progressive with Taps									
6C. Solo Variation Knee Lifts									
6D. Solo Variation Kick Swivel to Slide									
6E. Solo Variation Full Chase Turn, Rondé to Twist									