



**AIDA International Style Latin
BRONZE Syllabus**

Name _____ Teacher _____

Rumba					Cha-Cha-Cha				
Figure	Timing	L/F	Technique	Figure	Timing	L/F	Technique		
1. Basic Movements (Closed, Open, In place & Alternative)				1. Basic Movements (Closed, Open, & In place)					
2. Cucarachas (LF & RF)				2. New York (To Left or Right Side Position)					
3. New York (To L or R Side Position)				3. Spot Turns to L or R (including Switch Turns & Underarm Turns)					
4. Spot Turns L & R (including Switch & Underarm Turns)				4. Shoulder to Shoulder (Left and Right Side)					
5. Shoulder to Shoulder (L Side & R Side)				5. Hand to Hand (To Right & Left Side Position)					
6. Hand to Hand (To R & L Side Position)				6. Three Cha Cha Chas (Forward and Back)					
7. Progressive Walks Forward or Back				7. Side Steps (To Left or Right)					
8. Side Steps (To L or R)				8. There and Back					
9. Cuban Rocks				9. Time Steps					
10. Fan				10. Fan					
11. Alemana				11. Alemana					
12. Hockey Stick				12. Hockey Stick					
13. Natural Top				13. Natural Top					
14. Opening Out to R and L				14. Natural Opening Out Movement					
15. Natural Opening Out Movement				15. Closed Hip Twist					
16. Closed Hip Twist									
Samba					Paso Doble				
1. Basic Movements (Nat, Rev, Side, & Prog)				1. Sur Place					
2. Whisks (also w/ Lady's Underarm Turn)				2. Basic Movement					
3. Samba Walks (Promenade, Side, & Stationary)				3. Chasse to R & L (including Elevations)					
4. Rhythm Bounce				4. Drag					
5. Volta Movements				5. Displacement (also Attack)					
6. Traveling Bota Fogos Forward				6. Promenade Link (also Promenade Closed)					
7. Criss Cross Bota Fogos (Shadow)				7. Promenade					
8. Traveling Bota Fogos Back				8. Ecart (Fallaway Whisk)					
9. Bota Fogos to PP & CPP				9. Separation					
10. Criss Cross Voltas				10. Separation with Lady's Caping Walks					
11. Solo Spot Volta				11. Fallaway ending to Separation					
12. Foot Changes				12. Huit					
13. Shadow Traveling Volta				13. Sixteen					
14. Reverse Turn				14. Promenade and Counter Promenade					
15. Corta Jaca				15. Grand Circle					
16. Closed Rocks				16. Open Telemark					
Jive					Teachers Comments				
1. Basic in Place									
2. Fallaway Rock									
3. Fallaway Throwaway									
4. Link									
5. Change of Places R to L									
6. Change of Places L to R									
7. Change of Hands Behind the Back									
8. Hip Bump (L Shoulder Shove)									
9. American Spin									
10. Walks									
11. Stop and Go									
12. Moch									
13. Whip									
14. Whip Throwaway									



AIDA International Style Latin Silver Syllabus

Name _____

Teacher _____

Rumba	Figure	Timing	L/F	Technique	Cha-Cha-Cha	Figure	Timing	L/F	Technique
17. Open Hip Twist					16. Open Hip Twist				
18. Reverse Top					17. Reverse Top				
19. Opening Out from Reverse Top					18. Opening Out from Reverse Top				
20. Aida					19. Aida				
21. Spiral Turns (Spiral)					20. Spiral Turns (Spiral)				
21. Spiral Turns (Curl)					20. Spiral Turns (Curl)				
21. Spiral Turns (Rope spinning)					20. Spiral Turns (Rope Spinning)				
Samba					21. Cross Basic				
17. Open Rocks					22. Cuban Breaks (Including Cuban Split Breaks)				
18. Back Rocks					23. Chase				
19. Plait					Ronde Chasse				
20. Rolling Off the Arm					Twist Chasse				
21. Argentine Crosses					Slip Chasse				
22. Maypole									
23. Shadow Circular Volta									
Foot Changes									
Jive					Paso Doble				
15. Reverse Whip					17. La Passe				
16. Windmill					18. Banderillas				
17. Spanish Arms					19. Twist Turn				
18. Rolling Off the Arm					20. Fallaway Reverse Turn				
19. Simple Spin					21. Coup de Pique				
20. Miami Special					22. Left Foot Variation				
					23. Spanish Lines				
					24. Flamenco Taps				

Teachers Comments



AIDA International Style Latin Gold Syllabus

Name _____

Teacher _____

Rumba	Figure	Timing	L/F	Technique	Cha-Cha-Cha	Figure	Timing	L/F	Technique
22. Sliding Doors					24. Advanced Hip Twist				
23. Fencing					25. Hip Twist Spiral				
24. Three Threes					26. Turkish Towel				
25. Three Alemanas					27. Sweetheart				
26. Hip Twist (Advanced)					28. Follow My Leader				
26. Hip Twist (Continuous)					29. Foot Changes				
26. Hip Twist (Circular)					Runaway Chasse				
Paso Doble					The following figures may be used in a short amalgamation when using same foot as partner. Closed Basic Movement (no turn, Ronde Chasse and Twist Chasse) Open Basic Movement, Spot turns or Switch Turns, Three Cha Chas Forward and Back Forward and Backward Runs Time Step (with or without Guapacha Timing) Cuban Breaks and Split Cuban Breaks				
25. Syncopated Separation									
26. Traveling Spins From Promenade Position									
27. Traveling Spins From Counter Promenade Position									
28. Fregolina (Also Farol)									
29. Twists									
30. Chasse Cape (including Outside Turn)									
Samba					Jive				
24. Contra Bota Fogos					21. Curly Whip				
25. Roundabout					22. Shoulder Spin				
26. Natural Roll					23. Toe Heel Swivels				
27. Reverse Roll					24. Chugging				
28. PP and CPP Runs					25. Chicken Walks				
29. Three Step Turn					26. Catapult				
30. Samba Locks					27. Stalking Walks, Flicks and Break				
31. Cruzados Walks & Locks									
Foot changes									

Teachers Comments