



AIDA 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									



AIDA 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									



AIDA American Style Rhythm Gold Syllabus

Name _____

Teacher _____

Rumba	Figure	Timing	L/F	Technique	Bolero	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									