

CHA CHA

• **PRE-BRONZE (Social & Debutants Category – only basic chasses to be used)**

1. Basic Movements (Closed, Open, Alternative)
2. New York
3. Switch Turns to Left or Right (including Underarm Turns)
4. Shoulder to Shoulder
5. Hand to Hand
6. Time Steps
7. Crescent Basic

• **BRONZE (Beginner Category)**

8. Side Steps (to Left or Right)
9. Three Cha Cha Chas (Forward and Back)
10. Fan
11. Alemana
12. Hockey Stick
13. There and Back
14. Chase
15. Open Hip Twist

• **SILVER (Novice)**

16. Closed Hip Twist
17. Natural Top
18. Reverse Top
19. Spiral Turns (Curls, Spirals, Rope Spin)
20. Aida
21. Cross Basic
22. Cuban Breaks
23. Natural Opening Out Movement

• **GOLD (Novice)**

24. Advanced Hip Twist
25. Continuous Hip Twist
26. Circular hip Twist
27. Hip Twist Spiral
28. Turkish Towel
29. Sweetheart
30. Follow My Leader
31. Foot Changes
32. Split & Slip Chasse

Shan & Ragz's Indian DanceSport Council LLP.

Mailing Address: 402 Avon Plaza 2, Thakur Complex, Kandivali (East), Mumbai 400 101, Maharashtra, India

Registered Address: Flat No. 1402 'R' Wing, Satellite Road, A K Vaidya Marg, Film City Road, Goregaon (East), Mumbai 400063, Maharashtra, India

RUMBA

• PRE-BRONZE (Social & Debutants Category)

1. Basic Movements (Closed, Open, Alternative)
2. Cucarachas
3. Cuban Rocks
4. New York (to Left or Right Side Position)
5. Switch Turns to Left or Right (including Underarm Turns)
6. Shoulder to Shoulder (Left Side and Right Side)
7. Hand to Hand (to Right and Left Side Position)
8. Crescent Basic

• BRONZE (Beginner Category)

9. Side Steps (to Left or Right)
10. Progressive Walks Forward or Back
11. Fan
12. Alemana
13. Hockey Stick
14. Open Hip Twist

• SILVER (Novice)

15. Closed Hip Twist
16. Natural Top
17. Reverse Top
18. Spiral Turns (Curls, Spirals, Rope Spin)
19. Aida
20. Natural Opening Out Movement

• GOLD (Novice)

21. Advanced Hip Twist
22. Continuous Hip Twist
23. Circular hip Twist
24. Turkish Towel
25. Fencing
26. Three Threes
27. Sliding Doors
28. Three Alemanas
29. Foot Changes





JIVE

- **PRE-BRONZE ((Social & Debutants Category))**

1. Basic
2. Fallaway Rock
3. Fallaway Throwaway
4. Link
5. Change of Places Right to Left
6. Change of Places Left to Right/ Overturn
7. Change of Hands Behind Back
8. American Spin
9. Stop and Go

- **BRONZE ((Beginner Category))**

10. Promenade Walks Forward
11. Whip (Single, Double)
12. Whip into Throwaway
13. Hip Bump
14. Spanish Arms

- **SILVER (Novice)**

15. Promenade Walks Back
16. Double American Spin
17. Windmill
18. Moch
19. Rolling off the Arm
20. Miami special
21. Kicks & Flicks

- **GOLD (Novice)**

22. Curly Whip
23. Shoulder Spin
24. Toe Heel Swivels
25. Chugging
26. Chicken Walks
27. Catapult
28. Stalking Walks

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SAMBA

PRE-BRONZE

1. Rhythm Bounce
2. Basic Movements (Forward and back, Side, Progressive)
3. Whisks
4. Side Walks
5. Stationary Walks
6. Botafogos
7. Criss Cross Bota Fogos (Shadow, Travelling)

• BRONZE (Beginner Category)

8. Spot Volta Turns
9. Straight Line Volta Movements
10. Foot Changes
11. Rolling off the arm
12. Promenade Walks
13. Shadow Travelling Volta

• SILVER (Novice)

14. Rocks (Closed, Open, Back)
15. Reverse Turn
16. Corta Jaca
17. Solo Spot Volta
18. Circular Volta
19. Plait
20. Argentine Crosses
21. Maypole

• GOLD (Novice)

22. Contra Botafogos
23. Roundabout
24. Natural Roll
25. Reverse Roll
26. Promenade and Counter Promenade Runs
27. Three Step Turn
28. Samba Locks
29. Cruzados Walks and Locks

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