

# DVIDA American Rhythm Bronze Syllabus Figures

\* - Indicates figure is allowable in NDCA competitions +Forward Spot Turns are not allowed in any Bronze figures

	Rumba	Cha Cha	Bolero	East Coast Swing
Bronze I	<ol style="list-style-type: none"> <li>1. Side Basic*</li> <li>2. Fifth Position*</li> <li>3. Box Step*</li> </ol>	<ol style="list-style-type: none"> <li>1. Basics in Place*</li> <li>2. Side Basic*</li> <li>3. Progressive Basic*</li> </ol>	<ol style="list-style-type: none"> <li>1. Basic Movement*</li> <li>2. Open Break Underarm Turn*</li> </ol>	<ol style="list-style-type: none"> <li>1. Basic*</li> <li>2. Basic Turning Right*</li> <li>3. Basic Turning Left*</li> <li>4. Throw Out*</li> </ol>
Bronze II	<ol style="list-style-type: none"> <li>4. Cross Body Lead *</li> <li>5. Outside Partner *</li> <li>6. Slow Underarm Turn*</li> <li>7. Open Break Underarm Turn*</li> </ol>	<ol style="list-style-type: none"> <li>4. Outside Partner *</li> <li>5. Crossover Break *</li> <li>6. Cross Body Lead *</li> <li>7. Open Break &amp; Underarm Turn*</li> </ol>	<ol style="list-style-type: none"> <li>3. Underarm Pass*</li> <li>4. Left Side Pass*</li> </ol>	<ol style="list-style-type: none"> <li>5. Underarm Turn*</li> <li>6. Underarm Release from Basic*</li> <li>7A). Tuck In – Handshake*</li> <li>7B). Tuck In – Double Handhold with Free Spin*</li> <li>7C). Tuck In – Double Handhold with Underarm Turn*</li> </ol>
Bronze III	<ol style="list-style-type: none"> <li>8. Crossover Break*</li> <li>9. Crossover &amp; Side Rocks *</li> <li>10. Open rumba Walks *</li> <li>11. Shoulder Check*</li> </ol>	<ol style="list-style-type: none"> <li>8. Chase Turn*</li> <li>9. Shoulder Check*</li> <li>10. Shadow Positions*</li> <li>11. Butterfly*</li> </ol>	<ol style="list-style-type: none"> <li>5. Crossover Break*</li> <li>6. Check &amp; Circular Walks*</li> <li>7. Romantic Sways*</li> </ol>	<ol style="list-style-type: none"> <li>8. Alternating Underarm Turns*</li> <li>9. Shoulder Check*</li> <li>10. Cradle*</li> <li>11. Cradle to Hammerlock*</li> </ol>
Full Bronze	<ol style="list-style-type: none"> <li>12. Cradle Circle*</li> <li>13. Quick Underarm Turn &amp; Loop*</li> <li>14. Open Circular Walks*</li> <li>15. Spot Turn Combination*+</li> </ol>	<ol style="list-style-type: none"> <li>12. Alternating Underarm Turns*</li> <li>13. Cross Body Pull Back*</li> <li>14. Three Cha Chas*</li> <li>15. Crossover Flick to Side Break</li> </ol>	<ol style="list-style-type: none"> <li>8. Checked Underarm Pass*</li> <li>9. Spot Turn Combination*+</li> <li>10. Hip Twist &amp; Spin</li> </ol>	<ol style="list-style-type: none"> <li>12. Sugar Push Throw Out*</li> <li>13. Double Face Loop*</li> <li>14. Opposition Break &amp; Roll Out*</li> <li>15. Whirlpool*</li> </ol>
	Mambo	Merengue	Samba	West Coast Swing
Bronze I	<ol style="list-style-type: none"> <li>1. Forward &amp; Back Basic*</li> <li>2. Side Breaks*</li> <li>3. Side Breaks &amp; Cross*</li> </ol>	<ol style="list-style-type: none"> <li>1. Basic to the Side*</li> <li>2. Back Rock*</li> <li>3. Side Breaks*</li> </ol>	<ol style="list-style-type: none"> <li>1A). Basic Bounce*</li> <li>1B). Basic Bounce*</li> <li>2. Forward &amp; Back Basic*</li> <li>3. Side to Side Basic*</li> </ol>	<ol style="list-style-type: none"> <li>1. Underarm Turn*</li> <li>2. Left Side Pass*</li> <li>3. Sugar Push*</li> </ol>
Bronze II	<ol style="list-style-type: none"> <li>4. Cross Body Lead*</li> <li>5. Open Break Underarm Turn*</li> <li>6. Crossover Break &amp; Walk Around*</li> <li>7. Shoulder Check*</li> </ol>	<ol style="list-style-type: none"> <li>4. Arm Slide*</li> <li>5. Back to Back*</li> <li>6A). Swivels – Straight*</li> <li>6B). Swivels – Turning*</li> <li>7A). Conga Breaks – Simple*</li> <li>7B). Conga Breaks – Crossing Action*</li> </ol>	<ol style="list-style-type: none"> <li>4. Fifth Position*</li> <li>5. The Box*</li> <li>6. Extended Box*</li> <li>7. Samba Walks*</li> </ol>	<ol style="list-style-type: none"> <li>4. Right Side Pass (preceded by Underarm Turn)*</li> <li>5. Tuck In from Left Side Pass*</li> <li>6. Tuck In from Right Side Pass*</li> <li>7. Half Whip Throw Out*</li> </ol>
Bronze III	<ol style="list-style-type: none"> <li>8. Promenade Swivel &amp; Close*</li> <li>9. Alternating Underarm Turns*</li> <li>10. Rueda Basic*</li> <li>11. Cross Body Lead with Inside Turn*</li> </ol>	<ol style="list-style-type: none"> <li>8. Merengue Glide*</li> <li>9. Forward Spot Turn*</li> <li>10. Back Spot Turn*</li> <li>11. Roll In &amp; Out*</li> </ol>	<ol style="list-style-type: none"> <li>8. Forward &amp; Back Spiral*</li> <li>9. Reverse Samba Walk*</li> <li>10. Promenade &amp; Counter Promenade Bota Fogos*</li> <li>11. Opening Out Left &amp; Right *</li> </ol>	<ol style="list-style-type: none"> <li>8. Basic Whip*</li> <li>9. Inside Turn From Whip*</li> <li>10. Whip &amp; Outside Turn*</li> <li>11. Whip &amp; Check*</li> </ol>
Full Bronze	<ol style="list-style-type: none"> <li>12. Back Spot Turn*</li> <li>13. Mambo Twist*</li> <li>14. Forward Spot Turn to Surprise*</li> <li>15. Crossover Swivels &amp; Pullback*</li> </ol>	<ol style="list-style-type: none"> <li>12. Man's Circle Wrap*</li> <li>13. Progressive Congo – 4 Directions*</li> <li>14. Face Loops*</li> <li>15. Man's Duck Wrap*</li> </ol>	<ol style="list-style-type: none"> <li>12. Rolling Box*</li> <li>13. Volta to Left &amp; Right*</li> <li>14. Open Break*</li> <li>15. Advanced Left Turn*</li> </ol>	<ol style="list-style-type: none"> <li>12. Underarm Turn, Man's Loop, Right Side Pass*</li> <li>13. Sugar Push Point*</li> <li>14. Lock Whip*</li> <li>15. Continuous Whip*</li> </ol>