

DVIDA American Rhythm Gold Syllabus Figures

	Cha Cha	Rumba	Bolero	East Coast Swing
Intermediate Gold	<ol style="list-style-type: none"> 1. Open Box and Inside Turn 2. Cuban Break with Alternating Turns 3. Syncopated Crossovers and Swivels 4. Lady's Walk Around to Shadow Position 5. Crossover Grapevine and Promenade Run 	<ol style="list-style-type: none"> 1. Telemark and Overturned Back Break 2. Outside Turn to Rocks 3. Spiral and Shadow Positions 4. Snap Underarm Turn with Reverse Pivot 5. Men's Walk Around 	<ol style="list-style-type: none"> 1. Ronde Fallaway and Lady's Back Drop 2. Leg Wrap and Drop 3. Slow Spiral and Sway 4. Ronde, Crossover and Spiral 5. Hammerlock and Alternating Spirals 	<ol style="list-style-type: none"> 1. Double Turns to Point Steps 2. Swivels to Progressive Triples 3. Rotating Swivels and Opposition Break 4. Grapevine with Kick Ball Changes 5. He Goes, She Goes, They Go
Full Gold	<ol style="list-style-type: none"> 6. Forward Run, Kick and Check 7. Crossover Spiral and Swivels 8. Change of Directions 9. Open Turn and Three Chas 10. Fifth Position Left and Right 	<ol style="list-style-type: none"> 6. Cuddle and Syncopated Outside Turn 7. Pivots and Swivels 8. Shadow Cucarachas and Alternating Slip Pivots 9. Overturned Fifth Positions 10. Overturned Back Break and Slow Turn 	<ol style="list-style-type: none"> 6. Shadow Position and Telemark 7. Swivels Behind Man's Back 8. Lunge to Shadow Position 9. Lady's Head Roll with Crossover 10. Hammerlock to Shoulder Check 	<ol style="list-style-type: none"> 6. Hip Pull Backs and Continuous Chassés 7. Pivots to Running Triples 8. Rolling Off the Arm Variation 9. Quick Turn to Stop and Go 10. Simple Spins and Sailor Shuffles

	West Coast Swing	Mambo
Intermediate Gold	<ol style="list-style-type: none"> 1. Swivel Whip and Syncopation Taps 2. Cradle Switches 3. Solo Spin and Hustle Whip 4. Hammer Whip and Roll In 5. Press Whips and Grapevine 	<ol style="list-style-type: none"> 1. Double Hand Hold Turns 2. Alternating Turns with Pullback 3. Reverse Shadow Position 4. Ronde with Lady's Back Bend 5. Swivels to Bobby's Break
Full Gold	<ol style="list-style-type: none"> 6. Kick and Sit 7. Tuck and Kick Swivel Pass 8. Neck Whip and Catch 9. The Double Hammerlock 10. Behind the Back Whip and Worm 	<ol style="list-style-type: none"> 6. Open Box with Turns 7. Tuck and Kick Swivel Pass 8. Around the Back to Crossover 9. Right to Right Hand Hold with Turns 10. Side Breaks with Outside Turn