

DVIDA American Rhythm Silver Syllabus Figures

	Rumba	Cha Cha	Bolero	East Coast Swing
Silver I	<ol style="list-style-type: none"> 1. Alternating Turns 2. Open Walks with Spot Turn 3. Cucaracha with In & Out Turns 	<ol style="list-style-type: none"> 1. Cross Over Flick Combination 2. Back Spot Turn Inside Turn 3. Pullback and Grapevine 	<ol style="list-style-type: none"> 1. Open Check 2. Open Cross Body Lead with Syncopated Turns 3. Ronde and Shadow Swivels 	<ol style="list-style-type: none"> 1. Wrist Spin 2. Face Loop and Pivot 3. Alternating Hammerlock
Silver II	<ol style="list-style-type: none"> 4. Quick Underarm Turn & Rocks 5. Skater's Position to Face Loop 	<ol style="list-style-type: none"> 4. Cross Body Lead and Syncopated Chassé 5. Cuban Breaks and Swivels 	<ol style="list-style-type: none"> 4. Curl and Double Leg Ronde 5. Right Side Swivels and Ronde 	<ol style="list-style-type: none"> 4. Man's Wrap and Swivels 5. Pivots 6. Side to Side and Running Step
Silver III	<ol style="list-style-type: none"> 6. Spiral Swivel 7. Shadow Variations 8. Back Swivel and Cradle 	<ol style="list-style-type: none"> 6. Open Turn and Wrap 7. Cross Over, Twist and Kick Syncopations Left & Right 8. Syncopations Left & Right 	<ol style="list-style-type: none"> 6. Shadow Checks 7. Walks & Fan 8. Checked Pass, Hip Twist, & Spin 	<ol style="list-style-type: none"> 7. Boogie Walks 8. Syncopated In and Out
Full Silver	<ol style="list-style-type: none"> 9. Open Rumba Walk with Syncopated Turn 10. Traveling Swivels 	<ol style="list-style-type: none"> 9. Across the Back with Walk Around Turn 10. Syncopated Cross Overs 	<ol style="list-style-type: none"> 9. Crossover, Quick Sit, & Rumba Rock 10. Slow Spiral & Swivel 	<ol style="list-style-type: none"> 9. Side by Side Turns 10. Cradle and Kicks

	Mambo	Merengue	Samba	West Coast Swing
Silver I	<ol style="list-style-type: none"> 1. Cross Body Lead Variations 2. Solo Variation 3. Underarm Turn and Swivels 	<ol style="list-style-type: none"> 1. Cross Body Leads 2. Cross Body Lead with Rocks 3. Cross Body Lead with Cradle 	<ol style="list-style-type: none"> 1. Contra Bota Fogos 2. Volta Variation 3. Bota Fogo Combination 	<ol style="list-style-type: none"> 1. Checked Whip and Throwout 2. Roll In & Pass 3. Double Face Loop, Tuck Spin
Silver II	<ol style="list-style-type: none"> 4. Bobby's Break 5. Continuous Cross Body Lead with Breaks 	<ol style="list-style-type: none"> 4. Alternating Underarm Turn 5. Hip Circle 	<ol style="list-style-type: none"> 4. Rolling In & Out 5. Promenade Runs 	<ol style="list-style-type: none"> 4. Hammerlock and Tummy Whip 5. Lock Whip, Side Break & Spin
Silver III	<ol style="list-style-type: none"> 6. Behind the Back Pass with Bobby's Ending 7. Mambo Wrap 8. Double Face Loop 	<ol style="list-style-type: none"> 6. Man's Wrap 7. Pass Behind the Back and Face Loop 8. Left and Right Turn Combination 	<ol style="list-style-type: none"> 6. Rolling Off the Arm 7. Advanced Left Turn and Points 8. Fallaway & Spin 	<ol style="list-style-type: none"> 6. Spinning Hammerlock 7. Continuous Whip 8. Sugar Push Syncopations
Full Silver	<ol style="list-style-type: none"> 9. Flick and Kick 10. Hammerlock & Swivels 	<ol style="list-style-type: none"> 9. Pivots and Dip 10. Back Spot Turn Combination 	<ol style="list-style-type: none"> 9. Bota Fogo & Pull Back 10. Back Rock Combination 	<ol style="list-style-type: none"> 9. Underarm Turn Syncopations 10. Roll In, Check, & Throwout