



# CANADIAN DANCESPORT FEDERATION inc. FEDERATION CANADIENNE en DANSE SPORTIVE inc.

## DVIDA American Style (Social) Step List , Liste des Figures - BRONZE

CHA CHA		SAMBA		MAMBO	
1	BASIC IN PLACE	1A	BASIC BOUNCE	1	FORWARD AND BACK BASIC
2	SIDE BASIC	1B	BASIC BOUNCE	2	SIDE BREAKS
3	PROGRESSIVE BASIC	2	FORWARD AND BACK BASIC	3	SIDE BREAKS AND CROSS
4	OUTSIDE PARTNER	3	SIDE TO SIDE BASIC	4	CROSS BODY LEAD
5	CROSSOVER BREAK	4	FIFTH POSITION	5	OPEN BREAK UNDERARM TURN
6	CROSS BODY LEAD	5	THE BOX	6	CROSSOVER BREAK AND WALK AROUND
7	OPEN BREAK AND UNDERARM TURN	6	EXTENDED BOX	7	SHOULDER CHECK
8	CHASE TURN	7	SAMBA WALKS	8	PROMENADE SWIVEL AND CLOSE
9	SHOULDER CHECK	8	FORWARD AND BACK SPIRAL	9	ALTERNATING UNDERARM TURNS
10	SHADOW POSITIONS	9	REVERSE SAMBA WALK	10	RUEDA BASIC
11	BUTTERFLY	10	PROMENADE AND COUNTER PROMENADE	11	CROSS BODY LEAD W/ INSIDE TURN
12	ALTERNATING UNDERARM TURNS	11	BOTA FOGOS	12	BACK SPOT TURN
13	CROSS BODY PULL BACK	12	OPENING OUT LEFT AND RIGHT	13	MAMBO TWIST
14	THREE CHA CHA CHAS	13	ROLLING BOX	14	FORWARD SPOT TURN TO SURPRISE
15	CROSSOVER FLICK TO SIDE BREAK	14	VOLTA LEFT AND RIGHT	15	CROSSOVER SWIVELS AND PULLBACK
15		15	OPEN BREAK		
			ADVANCED LEFT TURN		
RUMBA		E.C. SWING		MERENGUE	
1	SIDE BASIC	1	BASIC	1	BASIC TO SIDE
2	FIFTH POSITION BREAK	2	BASIC TURNING TO RIGHT	2	BACK ROCK
3	BOX STEP	3	BASIC TURNING TO LEFT	3	SIDE BREAKS
4	CROSS BODY LEAD	4	THROWOUT	4	ARM SLIDE
5	OUTSIDE PARTNER	5	UNDERARM TURN	5	BACK TO BACK
6	SLOW UNDERARM TURN	6	UNDERARM RELEASE FROM BASIC	6A	SWIVELS STRAIGHT
7	OPEN BREAK AND UNDERARM TURN	7A	TUCK IN-HAND SHAKE	6B	SWIVELS TURNING
8	CROSSOVER BREAK	7B	TUCK IN-DOUBLE HANDHOLD W/ FREE SPIN	7A	CONGA BREAKS ( simple action )
9	CROSSOVER AND SIDE ROCKS	7C	TUCK IN-DOUBLE HANDHOLD W/ U.A.T.	7B	CONGA BREAKS ( crossing action )
10	OPEN RUMBA WALKS	8	ALTERNATING UNDERARM TURNS	8	MERENGUE GLIDE
11	SHOULDER CHECK	9	SHOULDER CHECK	9	FORWARD SPOT TURN
12	CRADLE CIRCLE	10	CRADLE	10	BACK SPOT TURN
13	QUICK UNDERARM TURN AND LOOP	11	CRADLE TO HAMMER LOCK	11	ROLL IN AND OUT
14	OPEN CIRCULAR WALKS	12	SUGAR PUSH THROWOUT	12	MAN'S CIRCLE WRAP
15	SPOT TURN COMBINATION	13	DOUBLE FACE LOOP	13	PROGRESSIVE CONGA IN FOUR DIRECTIONS
		14	OPPOSITION BREAK AND ROLL OUT	14	FACE LOOPS
		15	WHIRLPOOL	15	MAN'S DUCK WRAP
W.C. SWING		WALTZ - VALSE		TANGO	
1	UNDERARM TURN	1A	BOX STEP ( STRAIGHT )	1A	STRAIGHT BASIC
2	LEFT SIDE PASS	1B	BOX WITH UNDERARM TURN	1B	CURVING BASIC
3	SUGAR PUSH	2	PROGRESSIVE	2A	PROMENADE TURNING LEFT
4	RIGHT SIDE PASS ( PRECEDED W/ U.A.T. )	3A	LEFT TURNING BOX	2B	PROMENADE TURNING RIGHT
5	TUCK IN FROM LEFT SIDE PASS	3B	RIGHT TURNING BOX	3A	SINGLE CORTE
6	TUCK IN FROM RIGHT SIDE PASS	4A	BALANCE STEPS	3B	DOUBLE CORTE
7	HALF WHIP AND THROWOUT	4B	BALANCE AND BOX	4	PROGRESSIVE ROCKS
8	BASIC WHIP	5	SIMPLE TWINKLE	5A	OPEN FAN
9	INSIDE TURN FROM WHIP	6	TWO WAY UNDERARM TURN	5B	OPEN FAN W/ UNDERARM TURN
10	WHIP AND OUTSIDE TURN	7	FACE TO FACE, BACK TO BACK	6	RUNNING STEPS
11	WHIP AND CHECK	8	REVERSE TURN	7	CHECKED PROMENADE
12	UNDERARM TURN, MAN'S LOOP, RIGHT SIDE PASS	9	NATURAL TURN	8A	REVERSE TURN
13	SUGAR PUSH POINT	10	PROGRESSIVE TWINKLES	8B	REVERSE TURN W/ OUTSIDE SWIVEL
14	LOCK WHIP	11	TURNING TWINKLES	9	RIGHT SIDE FANS
15	CONTINUOUS WHIP	12	GRAPEVINE	10	CONTRA ROCKS
		13	PROMENADE CHASSÉ	11	CONTINUOUS LEFT ROCKS TURN
		14	FALLAWAY AND BOX	12	TWIST TURN TO RIGHT
		15	TWINKLE AND WEAVE	13	CHECK AND CORTE
				14	PROMENADE PIVOT
				15	OVERSWAY
BOLERO		FOX TROT		VIEN. WALTZ - VALSE VIEN.	
1	BASIC MOUVEMENT	1	BASIC	1	BALANCES STEPS
2	OPEN BREAK AND UNDERARM TURN	2	PROMENADE	2A	FIFTH POSITION BREAKS
3	UNDERARM PASS	3A	ROCK TURN TO LEFT	2B	FIFTH POSITION BREAKS W/ U.A.T.
4	LEFT SIDE PASS	3B	ROCK TURN TO RIGHT	3	REVERSE TURN
5	CROSSOVER BREAK	4	SWAY STEP	4	CLOSED TWINKLE
6	CHECK AND CIRCULAR WALK	5A	PROMENADE UNDERARM TURN	5A	CROSS BODY LEAD
7	ROMANTIC SWAYS	5B	SWAY UNDERARM TURN	5B	CROSS BODY LEAD W/ U.A.T.
8	CHECKED UNDERARM PASS	6A	ZIG ZAG IN LINE	6	HAND TO HAND
9	SPOT TURN COMBINATION	6B	ZIG ZAG OUTSIDE PARTNER	7A	FORWARD PROGRESSIVE CHANGES
10	HIP TWIST AND SPIN	7	BOX STEP	7B	BACKWARD PROGRESSIVE CHANGES
		8	TWINKLE	8	RIGHT TURN
		9	FALLAWAY TWINKLES	9	CHANGE OF PLACE
		10	PROMENADE TWINKLES	10	CURTSEY & BOW
		11	TURNING TWINKLES		
		12	GRAPEVINE		
		13	PROMENADE TWIST		
		14	PROMENADE PIVOT		
		15A	RUNNING STEPS ( IN BASIC RHYTHM )		
		15B	RUNNING STEPS ( IN BOX RHYTHM )		