

Pro/Am Hustle One Dance Figures Guideline

| Bronze | Silver | Gold |
|---|---|---|
| 1. 3 Count Basic | 1. Free Spin (Parallel) | 1. Full Turning Closed Position |
| 2. Mans Reverse (Left Turn) | 2. Behind The Back | 2. Release And Catch |
| 3. Lady's Underarm Turn (Man Cross Behind) | 3. Hand Change Cradle | 3. (Slot Change) |
| 4. Switch | 4. The Hook | 4. Left Hand Pass Exit |
| 5. Side By Side | 5. Arm Spin | 5. In Place |
| 6. Overhand To Cradle | 6. Parallel And Spin | 6. Traveling Forward |
| 7. Reverse With Man's Turn | 7. Hand Change Turns | 7. Traveling Back |
| 8. Free Spin | 8. Parallel Turn With Head Wrap | 8. Traveling Butterfly |
| 9. Man's Spin | 9. Head Wrap And Man's Spin | 9. Traveling Waist Turns |
| 10. Close To Close | 10. The Runaround | 10. Count Hand Change Turn |
| 11. Open To Close | 11. Rollout To Hammerlock | 11. Man's Duck Through |
| 12. Closed Basic | 12. Head Roll | 12. Lady's Hammerlock |
| 13. Closed Turn | 13. Two Hand Closed Position | 13. Left Pass |
| 14. Waist Turn | 14. Back To Back | 14. The Choke |
| 15. Closed Catch | 15. Cradle To Check | 15. Man's Right Turn And Check |
| 16. Throwout To Hand Change | 16. 4 Count Inside Turn | 16. The Arm Slide |
| 17. Right Hand Parallel | 17. Inside Turn, Man's Spin | 17. Parallel Catch |
| 18. Switch To Cross Hands | 18. 4 Count Closed To Hammerlock | 18. Man's Left Rollout |
| 19. Pretzel | 19. Parallel Turns Around The Back | 19. Around The Back (Hand Change Turn) |
| 20. Head Wrap | 20. Hand Change Parallel Turns Around The Back | 20. Right Turn To Hammerlock |
| 21. Reverse Turn With Check | 21. 4 Count Outside Turn | 21. Continuous Spin |
| 22. Left Hand Parallel | 22. 4 Count Free Turn | 22. The Dip |
| 23. Hand Change Spin | 23. Hand Change Parallel Turn | 23. Rollout To Left Hand Catch |
| 24. Left Hand Parallel Left to Left Exit | 24. 4 Count To Hand Change | 24. Extended Exit |
| 25. The Snake | 25. 5 Count Turn To Check | 25. The Layout |
| | | 26. The Passoff (Changing Partners) |

The figures above may be found on the Dance Vision Hustle Collection with Ken & Teresa Shiry: Hustle I (SKS03), Hustle II (SKS04), and Hustle III (SKS05).

Because there is no recognized Hustle Syllabus, these figures are to be used as a guideline only. Use your professional judgment when incorporating other figures at the appropriate level.

Pro/Am Salsa One Dance Figures Guideline

| Bronze | Silver | Gold |
|--------------------|--------------------|--------------------|
| Coming Soon | Coming Soon | Coming Soon |

The figures above are currently not available on video/DVD.

Because there is no recognized Salsa Syllabus, these figures are to be used as a guideline only. Use your professional judgment when incorporating other figures at the appropriate level.

Pro/Am Lindy Hop One Dance Figures Guideline

| Bronze | Silver | Gold |
|------------------------------------|--|---|
| 26. Swing Out | 26. Swing Out with Inside Turn | 1. Stop and Go Tuck Turn |
| 27. Circle | 27. Face To Face Crossover Charleston | 2. Extended Skip Up |
| 28. Charleston | 28. Jigwalks | 3. Sailor Step |
| 29. Swing Out From Closed Position | 29. Pecking | 4. The Chase |
| 30. Skip Out | 30. Yump | 5. Charleston Bump |
| 31. Tuck Turn From Closed Position | 31. Boogie Back And Boogie Forward, Shorty | 6. The Skate |
| 32. Swing Out With Outside Turn | 32. Swing Out With Leader's Outside Turn | 7. Tuck Turn With London Bridge |
| 33. Hand To Hand Kicks | 33. Swing Out With Inside Turn To Closed Position | 8. Walkin My Baby Back Home |
| 34. Heels | 34. 8 Count Wheel With Tuck Turn Exit | 9. Stop And Go Wrap With Leaders Kick Turn |
| 35. Glide To The Side | 35. Crossover Charleston | 10. Side By Side Flyin' Charleston With Kick |
| 36. Texas Tommy | | |
| 37. Tuck Turn From Open Position | | |
| 38. Reverse Groucho | | |
| 39. Traveling Jig Walks | | |
| 40. Facing Charleston | | |
| 41. Kick Through Charleston | | |
| 42. Reverse Skip Up | | |
| 43. Stop And Go Side Pass | | |
| 44. Rock And Reverse | | |
| 45. Swing Out with Pull Through | | |

The figures above may be found on the Dance Vision Lindy Hop Collection with Paul Overton and Sharon Ashe: Beginning Lindy Hop (PO01), Intermediate I Lindy Hop (PO02), Intermediate II Lindy Hop (PO03), and Advanced I Lindy Hop (PO04).

Because there is no recognized Lindy Hop Syllabus, these figures are to be used as a guideline only. Use your professional judgment when incorporating other figures at the appropriate level.

Pro/Am West Coast Swing One Dance Figures Guideline

| Bronze | Silver | Gold |
|--|------------------------------------|--|
| 46. Under Arm Turn | 36. Checked Whip | 11. Whip Syncopation Man And Lady |
| 47. Left Side Pass | 37. Roll In Pass | 12. Advance Opposition Throwout |
| 48. Sugar Push | 38. Double Face Loop, Tuck Spin | 13. Man's Wrap Whip |
| 49. Right Side Pass | 39. Man's Hammerlock Tummy Whip | 14. Underarm Turn Syncopations For Man And Lady |
| 50. Tuck In From Left Side Pass | 40. Lock Whip, Side Break and Spin | 15. Flatback |
| 51. Tuck In From Right Side Pass | 41. Spinning Hammerlock | 16. Left Side Pass With Man's Spin In, Arm Check And Spin |
| 52. Half Whip Throw Out | 42. Continuous Whip | 17. Underarm With Man's Hammerlock And Duck |
| 53. Basic Whip | 43. Sugar Push Syncopations | 18. Underarm Whip And Body Inspector |
| 54. Inside Turn from Whip | 44. Underarm Turn Syncopations | 19. Man's Tunnel, Wheel Release |
| 55. Whip And Outside Turn | 45. Roll In, Check & Throwout | 20. Sugarpush Off The Back |
| 56. Whip With Check | | |
| 57. Underarm Turn-Man's Loop- Right Side Pass | | |
| 58. Sugar Push Point | | |
| 59. Lock Whip | | |
| 60. Continuous Whip | | |

The figures above may be found on the Dance Vision West Coast Swing Collection with Ron Montez: Beginning/Intermediate WC Swing (ASRM23), Advanced I WC Swing (ASRM34), and Advanced II WC Swing (ASRM21).

This is an NDCA recognized West Coast Swing Syllabus.

Pro/Am Argentine Tango One Dance Figures Guideline

| Bronze | Silver | Gold |
|---|---|--|
| 1. Basico - Basic 2A. Cambio De Peso En El Lugar – Weight Changes In Place 2B. Paso Al Costado – Side Step 2C. Cadencia – Rock Step 3. Caminada – Walking 4. Ochos Para Adelante – Figure 8’s Forward 5. Ochos Para Atras – Figure 8’s Backward 6. Molinete A La Derecha – Windmill To The Right 7. Molinete A La Izquierda – Windmill To The Left 8. Basico En El Sistema Cruzado – Cross System Basic 9. Caminada-Varacion – Walking Variation 10. Caminada Con Giro – Walking With Turn 11. Sacada Con El Pie Izquierdo – Displacement With The Left Foot 12. Sacada Con El Pie Derecho – Displacement With The Right Foot 13. Boleo Con Cruzada En Espiral – Boleo With Spiral Cross 14. Parada, Barrida & Pasada Con Gancho – Stop, Sweep, And Pass Over With Hook 15. Parada, Sandwich Al Reves & Pasada Con Media Luna – Stop, Reverse Sandwich, Pass Over With Half Moon | 16A. Molinete Right With Block 16B. Molinete Left With Block 17A. Back Ocho With Right Foot Barrida 17B. Back Ocho With Left Foot Barrida 18. Back Boleo And Forward Boleo 19A. Parada At Position 19B. Spiral Cross 19C. From The Cross To Position 20. Media Vuelta 21. Scissors Outside Partner Left 22. Molinete With Sacadas 23. Ocho Cortado 24. Back Sacada 25. Gancho Left And Right 26. Molinete With Ocho Cortado 27. Left Turn Combination 28. Barrida From Parada At Position 2 29. Boleo From Molinete 30. Calecita | 31. Revolving Forward Ochos 32. Revolving Back Ochos 33. Sacada De La Pierna 34. Sacada Left, Sacada Right, Sacada De La Pierna 35. Promenade With Leg Wrap 36. Overturned Forward Ochos 37A. From The Cross To Position 2 With Carpa 37B. Carpa From Outside Partner Left 38A. Enrosque, Lapiz And Block 38B. Enrosque Variation And Back Sacada 38C. Man’s Planeo And Barrida 39. Grapevine And Media Vuelta 40. Walking In A Circle With Sacadas 41. Enganche Sacada From Cadencia 42. Man’s Back Sacada, Lady’s Back Sacada, Sacada De La Pierna 43. Progressive Left Turn 44. Cadena 45. Colgada |

The figures above are not currently available on video but detailed instruction may be found in DVIDA’s Argentine Tango Manual (MAT13), available at Dance Vision.

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