

DVIDA American Rhythm Bronze Syllabus Figures

	Rumba	Cha Cha	Bolero	East Coast Swing
Bronze I	1. Side Basic 2. Fifth Position 3. Box Step	1. Basics in Place 2. Side Basic 3. Progressive Basic	1. Basic Movement 2. Open Break Underarm Turn	1. Basic 2. Basic Turning Right 3. Basic Turning Left 4. Throwout
Bronze II	4. Cross Body Lead 5. Outside Partner 6. Slow Underarm Turn 7. Open Break Underarm Turn	4. Outside Partner 5. Crossover Break 6. Cross Body Lead 7. Open Break & Underarm Turn	3. Underarm Pass 4. Left Side Pass	5. Underarm Turn 6. Underarm Release from Basic 7A). Tuck In – Handshake 7B). Tuck In – Double Handhold with Free Spin 7C). Tuck In – Double Handhold with Underarm Turn
Bronze III	8. Crossover Break 9. Crossover & Side Rocks 10. Open rumba Walks 11. Turning Twinkles	8. Chase Turn 9. Shoulder Check 10. Shadow Positions 11. Butterfly	5. Crossover Break 6. Check & Circular Walks 7. Romantic Sways	8. Alternating Underarm Turns 9. Shoulder Check 10. Cradle 11. Cradle to Hammerlock
Full Bronze	12. Cradle Circle 13. Quick Underarm Turn & Loop 14. Open Circular Walks 15. Spot Turn Combination	12. Alternating Underarm Turns 13. Cross Body Pull Back 14. Three Cha Chas 15. Crossover Flick to Side Brea	8. Checked Underarm Pass 9. Spot Turn Combination 10. Hip Twist & Spin	12. Sugar Push Throw Out 13. Double Face Loop 14. Opposition Break & Roll Out 15. Whirlpool
	Mambo	Merengue	Samba	West Coast Swing
Bronze I	1. Forward & Back Basic 2. Side Breaks 3. Side Breaks & Cross	1. Basic to the Side 2. Back Rock 3. Side Breaks	1A). Basic Bounce 1B). Basic Bounce 2. Forward & Back Basic 3. Side to Side Basic	1. Underarm Turn 2. Left Side Pass 3. Sugar Push
Bronze II	4. Cross Body Lead 5. Open Break Underarm Turn 6. Crossover Break & Walk Around 7. Shoulder Check	4. Arm Slide 5. Back to Back 6A). Swivels – Straight 6B). Swivels – Turning 7A). Conga Breaks – Simple 7B). Conga Breaks – Crossing Action	4. Fifth Position 5. The Box 6. Extended Box 7. Samba Walks	4. Right Side Pass (preceded by Underarm Turn) 5. Tuck In from Left Side Pass 6. Tuck In from Right Side Pass 7. Half Whip Throw Out
Bronze III	8. Promenade Swivel & Close 9. Alternating Underarm Turns 10. Rueda Basic 11. Cross Body Lead with Inside Turn	8. Merengue Glide 9. Forward Spot Turn 10. Back Spot Turn 11. Roll In & Out	8. Forward & Back Spiral 9. Reverse Samba Walk 10. Promenade & Counter Promenade Bota Fogos 11. Opening Out Left & Right	8. Basic Whip 9. Inside Turn From Whip 10. Whip & Outside Turn 11. Whip & Check
Full Bronze	12. Back Spot Turn 13. Mambo Twist 14. Forward Spot Turn to Surprise 15. Crossover Swivels & Pullback	12. Man's Circle Wrap 13. Progressive Congo – 4 Directions 14. Face Loops 15. Man's Duck Wrap	12. Rolling Box 13. Volta to Left & Right 14. Open Break 15. Advanced Left Turn	12. Underarm Turn, Man's Loop, Right Side Pass 13. Sugar Push Point 14. Lock Whip 15. Continuous Whip