

DVIDA American Rhythm Gold Syllabus Figures

	Cha Cha	Rumba	Bolero	East Coast Swing
Intermediate Gold	<ol style="list-style-type: none"> 1. Cross Body Spins & Open Box 2. Grapevine Combination 3. Quick Crossovers 4. Opposition Lunge Line, Tango Close 5. Hip Roll, Quick Back Breaks 	<ol style="list-style-type: none"> 1. Roll-In, Swivel & Spiral 2. Solo Spins 3. Shadow Rondés & Man's Spiral 4. Lunge Point & Circle Walk 5. Outside Partner Spin 	<ol style="list-style-type: none"> 1. Hip Twist, Spin, Opposition Check 2. Leg Throw 3. Right Lunge & Sway 4. Grand Circle 5. Shadow Loop & Shadow Check 	<ol style="list-style-type: none"> 1. Continuous Tuck In 2. Hip Roll & Pullback 3. Spinning Wrap & Syncopated Points 4. Circular Foot Splits & Barrel Turn 5. Toe-Heel Swivel Combination
Full Gold	<ol style="list-style-type: none"> 6. Lady's Swivels 7. Man's Rondé. Back Spot Turn 8. Syncopated Locks & Body Sway 9. Slash Sit, Cradle & Freeze 10. Pullback, Figure 4, Double Rondé 	<ol style="list-style-type: none"> 6. Circular Hip Twist 7. Cross Body Drag 8. Double Rondé 9. Hip Lean 10. Cross Body Stretch 	<ol style="list-style-type: none"> 6. Quick Sit & Waist Spin 7. Separation, Catch & Spin 8. Ripple Lunge, Man's Turn 9. Quick Hammerlock & Corkscrew 10. Fallaway Rondé & Floor Drop 	<ol style="list-style-type: none"> 6. Kick & Freeze 7. Two Circles 8. Around the Back 9. Alternating Shuffles 10. Rolling Off the Arm & Circular Swivels

DVIDA American Rhythm Gold Syllabus Figures....Continued

	West Coast Swing	Mambo
Intermediate Gold	<ol style="list-style-type: none"> 1. Swivel, Whip & Syncopation Taps 2. Cradle Switches 3. Solo Spin & Hustle Whip 4. Hammer Whip & Roll In 5. Press Whips & Grapevine 	<ol style="list-style-type: none"> 1. Loop Behind & Hammer Spin 2. Alternating Turns, Flick & Ripple 3. Flick & Take Turns 4. Double Loop, Hop & Arm Catch 5. Sombrero Around the Back
Full Gold	<ol style="list-style-type: none"> 6. Kick & Sit 7. Tuck & Kick Swivel Pass 8. Neck Whip & Catch 9. Double Hammerlock 10. Behind the Back Whip & Worm 	<ol style="list-style-type: none"> 6. Shadow Pachanga 7. Mambo Tango 8. Overwrap, Shadow Back Flicks 9. Double Face Loops 10. Behind the Back Hand Change, Knee Checks, Roll Around