

DVIDA Salsa Syllabus Figures

Bronze	Silver	Gold
Progressive Basic Closed Basic Box Basic Side Breaks Back Rock Basic 1A. Basic w/ Follower's Right Turn 1B. Basic w/ Leader's Right Turn 2A. Basic w/ Follower's Broken Left 2B. Basic w/ Leader's Broken Left 3A. Back Breaks w/ Follower's Left Turn 3B. Back Breaks w/ Leader's Left Turn 4. Cross Body Lead 5. Cross Body Lead w/ Follower's Inside Turn 6A. Catch the Back/Two Way Underarm 6B. Catch the Back/Two Way Underarm (Arm Styling) 7A. Back Spot Turn ("1 measure") 7B. Back Spot Turn (Open & Closed) 7C. Back Spot Turn (w/ Check and Cross Body Lead) 8. Cross Body Lead/Open Break to Shoulder Turn 9. She Goes-He Goes-She Goes 10. Back Pass 11. The Spiral 12. Back Roll 13. Drop Hand Catch 14. Follower's Left to Leader's Right Turn 15. Social Step	1. Overturned Cross Body Lead 2. Cross Body Lead Waltz 3A. Cross Body Lead- Man Turning Right 3B. Cross Body Lead-Man Turning Left 3C. Cross Body Lead-Lady Turning Right (Arm Styling) 4A. Copa (In & Out)-Single & Double Turn 4B. Copa (In & Out)-Handshake Hold & Two Hand Hold 5. Cross Body Lead to Double Right Turn 6. Cross Body Lead to Touch & Go 7. Cross Body Lead to Inside Double Turn 8. Titanic (Crucifix) 9. Back to Back Turn 10. The Ballerina 11. Behind the Back Turn 12. Catch the Back Variation 13. Special Social Step 14. Cross Body Adventure 15. Cross Body Great Adventure	1. Copa with Man's Hammerlock 2. Copa Back to Back 3. Copa to Belly Wrap 4. The Wrap with Zig Zag 5. Copa to Double Hammerlock 6. Triple Turn 7. The Quad Turn 8. Back Spot with Roll 9A. Cross Body Lead with Reverse to Lady's Hammerlock 9B. Cross Body Lead to Lady's Triple Turn Hammerlock 10) Hand Flick