

VADANCE

FULL BRONZE AMERICAN STYLE DANCE SYLABUS

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FOXTROT

1. Basic
A) Forward B) Back
2. Quarter Turns
A) Closed B) Outside
3. Rock Turns
A) Left B) Right
4. Promenade A) Basic B) Underarm
5. Swing Step
6. Left Turning Box
7. Promenade Variations
A) Chasse B) Pivot C) Grapevine
8. Simple Twinkle
9. Progressive Twinkle A) Forward B) Back
10. Triple Twinkle

WALTZ

1. Left Turning Box
2. Forward Change Steps
A) Left B) Right
3. Right Turning Box
4. Underarm Turns
A) Left B) Right
5. Hesitations Combinations
6. Open Break with
Underarm Turn
7. Cross Body Lead
8. Simple Twinkle
9. Twinkle with A) Twist B) & Chasse
10. Triple Twinkle

TANGO

1. Forward Basic
A) Closed B) Outside
2. Promenade Basic
A) Left B) Right
3. Cortes A) Simple B) Double
4. Open Promenade to Fan
5. Open Left Box A) Closed B) Open
6. Open Left & Outside Fans
7. Tango Rocks
A) Forward Rocks B) Turning Rocks
8. Argentine Walks
9. Promenade Pivots
10. Rock Turn

SWING

1. Swing Basic
A) Single B) Double C) Triple
2. Releases A) Release & Link B) Throwaway
3. Lady's Underarm Turn
A) Outside B) Inside
4. Double Hand Basic
5. Wrap In Sweetheart
6. Man's Turns A) Backpass B) Inside
7. Tuck - In A) Underarm B) Spins
8. Lindy Variations
A) Single B) Continuous C) Turns
9. Fallaway & Four Kicks
10. Double Hand Variations
A) Pretzels B) Double Hand Underarms

RUMBA

1. Box Step
2. Basic Breaks
A) Fifth Position B) Parallel
3. Cross Over with
A) Underarm Turn B) Spot Turn
4. Underarm Turns A) Right B) Left
5. Progressive Cuban Walks
A) Forward B) Back
6. Open Break
A) Underarm B) Back Spot Turn
7. Scallop
8. Cucarachas
9. Cross Body Lead
10. Cross Body to Open Walks

BOLERO

1. Basic Step
2. Cross Over with Underarm Turn
3. Cross Over with Spot Turn
4. 5th Pos. Breaks
5. Open Break with Underarm
6. Open Break with Back Spot Turn or Pivots
7. Cross Body Lead
8. Side Pass Left
9. Side Pass Right with Inside Turn
10. Progressive Cuban Walks
A) Forward or Back B) Side-by-side

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CHA CHA

1. Cha Cha Basic
 - A) Side B) Turning C) Progressive
2. Cross Over with
 - A) Underarm Turn B) Spot Turn
3. Fifth Position Breaks
 - A) Basic B) Underarm Turn C) Freeze
4. Solo Shine Steps A) Basic B) Chase C) Turn
5. Outside Break
6. Open Break
 - A) Underarm B) Stop & Go C) Sliding Door
7. Cross Body Lead
 - A) Basic B) Inside Underarm C) Side Passes
8. Back Spot Turn w/ Opening Out
9. Three Cha Chas
10. Cross Over with Swivels

MAMBO

1. Basic Movements
 - A) Basic B) Turning C) Progressive
2. Fifth Position Breaks
 - A) Basic B) Underarm Turn C) Freeze
3. Cross Over with
 - A) Underarm Turn B) Spot Turn
4. Solo Progressive Basic
 - A) Basic B) Chase C) Turn
5. Open Break
 - A) Underarm B) Back Spot Turn
6. Stop & Go
7. 5th Pos. w/ Scallop Ending
8. Cucarachas
9. Cross Body Lead
10. Cross Over Swivels

SAMBA

1. Basic Movements A) Time Step B) Basic
2. Whisks A) Basic B) Underarm Turn
3. Box A) Left B) Right
4. Samba Walks
 - A) Promenade B) Reverse C) Double
5. Cross Body Lead
6. Progressive Whisks
7. Open Break
 - A) Underarm B) Back Spot Turn
8. Chasses Right & Left
9. Boto Fogo
10. Traveling Boto Fogo (Serpentine)

MERENGUE

1. Merengue Basic
 - A) In Place B) Forward C) Back
2. Chasse A) Left B) Curving C) Right
7. Lady's Underarm Turn A) Outside B) Inside
3. Promenade A) Basic B) Swivels
4. Stair Step
5. Left Rock Turn
6. Separation
8. Back Spot Turn
9. Promenade w/ Underarm
10. Left Turning Rocks

4 COUNT HUSTLE

1. Hustle Basic
 - A) In Place B) Side to Side Basic
2. Wrap In Sweetheart
3. Turning Basic
 - A) Clockwise B) Counter Clockwise
4. Lady's Underarm Turn A) Inside B) Outside
5. Man's Turns
 - A) Backpass B) Inside
6. Pretzel
7. Closed Position Basics
 - A) Clockwise B) Counter Clockwise
8. Throwaway & Advanced Side to Side Basic
9. Overhead Wrap
10. Half Nelson
 - A) Behind Back Basic B) Triple Underarms

3 COUNT HUSTLE

1. Hustle Basic
 - A) In Place B) Side to Side Basic
2. Wrap In Sweetheart
3. Turning Basic
 - A) Clockwise B) Counter Clockwise
4. Lady's Underarm Turn A) Inside B) Outside
5. Man's Turns
 - A) Backpass B) Inside
6. Pretzel
7. Closed Position Basics
 - A) Clockwise B) Counter Clockwise
8. Throwaway & Advanced Side to Side Basic
9. Overhead Wrap
10. Half Nelson
 - A) Behind Back Basic B) Triple Underarms