

## DVIDA American Rhythm Bronze Syllabus Figures

	<b>Rumba</b>	<b>Cha Cha</b>	<b>Bolero</b>	<b>East Coast Swing</b>
<b>Bronze I</b>	<ol style="list-style-type: none"> <li>1. Side Basic</li> <li>2. Fifth Position</li> <li>3. Box Step</li> </ol>	<ol style="list-style-type: none"> <li>1. Basics in Place</li> <li>2. Side Basic</li> <li>3. Progressive Basic</li> </ol>	<ol style="list-style-type: none"> <li>1. Basic Movement</li> <li>2. Open Break Underarm Turn</li> </ol>	<ol style="list-style-type: none"> <li>1. Basic</li> <li>2. Basic Turning Right</li> <li>3. Basic Turning Left</li> <li>4. Throwout</li> </ol>
<b>Bronze II</b>	<ol style="list-style-type: none"> <li>4. Cross Body Lead</li> <li>5. Outside Partner</li> <li>6. Slow Underarm Turn</li> <li>7. Open Break Underarm Turn</li> </ol>	<ol style="list-style-type: none"> <li>4. Outside Partner</li> <li>5. Crossover Break</li> <li>6. Cross Body Lead</li> <li>7. Open Break &amp; Underarm Turn</li> </ol>	<ol style="list-style-type: none"> <li>3. Underarm Pass</li> <li>4. Left Side Pass</li> </ol>	<ol style="list-style-type: none"> <li>5. Underarm Turn</li> <li>6. Underarm Release from Basic</li> <li>7A). Tuck In – Handshake</li> <li>7B). Tuck In – Double Handhold with Free Spin</li> <li>7C). Tuck In – Double Handhold with Underarm Turn</li> </ol>
<b>Bronze III</b>	<ol style="list-style-type: none"> <li>8. Crossover Break</li> <li>9. Crossover &amp; Side Rocks</li> <li>10. Open rumba Walks</li> <li>11. Turning Twinkles</li> </ol>	<ol style="list-style-type: none"> <li>8. Chase Turn</li> <li>9. Shoulder Check</li> <li>10. Shadow Positions</li> <li>11. Butterfly</li> </ol>	<ol style="list-style-type: none"> <li>5. Crossover Break</li> <li>6. Check &amp; Circular Walks</li> <li>7. Romantic Sways</li> </ol>	<ol style="list-style-type: none"> <li>8. Alternating Underarm Turns</li> <li>9. Shoulder Check</li> <li>10. Cradle</li> <li>11. Cradle to Hammerlock</li> </ol>
<b>Full Bronze</b>	<ol style="list-style-type: none"> <li>12. Cradle Circle</li> <li>13. Quick Underarm Turn &amp; Loop</li> <li>14. Open Circular Walks</li> <li>15. Spot Turn Combination</li> </ol>	<ol style="list-style-type: none"> <li>12. Alternating Underarm Turns</li> <li>13. Cross Body Pull Back</li> <li>14. Three Cha Chas</li> <li>15. Crossover Flick to Side Break</li> </ol>	<ol style="list-style-type: none"> <li>8. Checked Underarm Pass</li> <li>9. Spot Turn Combination</li> <li>10. Hip Twist &amp; Spin</li> </ol>	<ol style="list-style-type: none"> <li>12. Sugar Push Throw Out</li> <li>13. Double Face Loop</li> <li>14. Opposition Break &amp; Roll Out</li> <li>15. Whirpool</li> </ol>

## DVIDA American Rhythm Bronze Syllabus Figures Continued

	Mambo	Merengue	Samba	West Coast Swing
<b>Bronze I</b>	<ol style="list-style-type: none"> <li>1. Forward &amp; Back Basic</li> <li>2. Side Breaks</li> <li>3. Side Breaks &amp; Cross</li> </ol>	<ol style="list-style-type: none"> <li>1. Basic to the Side</li> <li>2. Back Rock</li> <li>3. Side Breaks</li> </ol>	<ol style="list-style-type: none"> <li>1A). Basic Bounce (to be used as an exercise)</li> <li>1B). Basic Bounce (to be used as an exercise)</li> <li>2. Forward &amp; Back Basic</li> <li>3. Side to Side Basic</li> </ol>	<ol style="list-style-type: none"> <li>1. Underarm Turn</li> <li>2. Left Side Pass</li> <li>3. Sugar Push</li> </ol>
<b>Bronze II</b>	<ol style="list-style-type: none"> <li>4. Cross Body Lead</li> <li>5. Open Break Underarm Turn</li> <li>6. Crossover Break &amp; Walk Around</li> <li>7. Shoulder Check</li> </ol>	<ol style="list-style-type: none"> <li>16. Arm Slide</li> <li>17. Back to Back</li> <li>6A). Swivels – Straight</li> <li>6B). Swivels – Turning</li> <li>7A). Conga Breaks – Simple</li> <li>7B). Conga Breaks – Crossing Action</li> </ol>	<ol style="list-style-type: none"> <li>4. Fifth Position</li> <li>5. The Box</li> <li>6. Extended Box</li> <li>7. Samba Walks</li> </ol>	<ol style="list-style-type: none"> <li>4. Right Side Pass (preceded by Underarm Turn)</li> <li>5. Tuck In from Left Side Pass</li> <li>6. Tuck In from Right Side Pass</li> <li>7. Half Whip Throw Out</li> </ol>
<b>Bronze III</b>	<ol style="list-style-type: none"> <li>8. Promenade Swivel &amp; Close</li> <li>9. Alternating Underarm Turns</li> <li>10. Rueda Basic</li> <li>11. Cross Body Lead with Inside Turn</li> </ol>	<ol style="list-style-type: none"> <li>8. Merengue Glide</li> <li>9. Forward Spot Turn</li> <li>10. Back Spot Turn</li> <li>11. Roll In &amp; Out</li> </ol>	<ol style="list-style-type: none"> <li>8. Forward &amp; Back Spiral</li> <li>9. Reverse Samba Walk</li> <li>10. Promenade &amp; Counter Promenade Bota Fogos</li> <li>11. Opening Out Left &amp; Right</li> </ol>	<ol style="list-style-type: none"> <li>8. Basic Whip</li> <li>9. Inside Turn From Whip</li> <li>10. Whip &amp; Outside Turn</li> <li>11. Whip &amp; Check</li> </ol>
<b>Full Bronze</b>	<ol style="list-style-type: none"> <li>12. Back Spot Turn</li> <li>13. Mambo Twist</li> <li>14. Forward Spot Turn to Surprise</li> <li>15. Crossover Swivels &amp; Pullback</li> </ol>	<ol style="list-style-type: none"> <li>12. Man's Circle Wrap</li> <li>13. Progressive Congo – 4 Directions</li> <li>14. Face Loops</li> <li>15. Man's Duck Wrap</li> </ol>	<ol style="list-style-type: none"> <li>12. Rolling Box</li> <li>13. Volta to Left &amp; Right</li> <li>14. Open Break</li> <li>15. Advanced Left Turn</li> </ol>	<ol style="list-style-type: none"> <li>12. Underarm Turn, Man's Loop, Right Side Pass</li> <li>13. Sugar Push Point</li> <li>14. Lock Whip</li> <li>15. Continuous Whip</li> </ol>