

## DVIDA American Rhythm Silver Syllabus Figures

	<b>Rumba</b>	<b>Cha Cha</b>	<b>Bolero</b>	<b>East Coast Swing</b>
<b>Silver I</b>	<ol style="list-style-type: none"> <li>1. Alternating Underarm Turns</li> <li>2. Open Swivel Walks</li> <li>3. Left Side Catch, Cradle, &amp; Roll Out</li> </ol>	<ol style="list-style-type: none"> <li>1. Crossover Flick Combination</li> <li>2. Back Spot Turn with Quick Underarm Turn</li> <li>3. Pullback Grapevine</li> </ol>	<ol style="list-style-type: none"> <li>1. Open Check</li> <li>2. Overturned Crossbody Lead</li> <li>3. Ronde', Pass Behind the Back</li> </ol>	<ol style="list-style-type: none"> <li>1. Wrist Spin &amp; Alternating Turn</li> <li>2. Face Loops &amp; Tuck Spin</li> <li>3. Tuck In, Alternating Hammerlock</li> </ol>
<b>Silver II</b>	<ol style="list-style-type: none"> <li>4. Quick Underarm Turn</li> <li>5. Roll Out Circle Wrap</li> </ol>	<ol style="list-style-type: none"> <li>4. Crossbody, Surprise, Quick Turn</li> <li>5. Pullback Combination</li> </ol>	<ol style="list-style-type: none"> <li>4. Curl, Fan, Lunge</li> <li>5. Spin Wrap</li> </ol>	<ol style="list-style-type: none"> <li>4. Two Hand Catch &amp; Spin</li> <li>5. Rotating Basic</li> </ol>
<b>Silver III</b>	<ol style="list-style-type: none"> <li>6. Spiral Swivel</li> <li>7. Shadow Variations</li> <li>8. Swivel Combination</li> </ol>	<ol style="list-style-type: none"> <li>6. Open Turn, Wrap, &amp; Syncopation</li> <li>7. Crossover Twist &amp; Fan</li> <li>8. Forward &amp; Back Syncopation</li> </ol>	<ol style="list-style-type: none"> <li>6. Shadow Checks</li> <li>7. Walks &amp; Fan</li> <li>8. Checked Pass, Hip Twist, &amp; Spin</li> </ol>	<ol style="list-style-type: none"> <li>6. Side to Side &amp; Running Pass</li> <li>7. Boogie Walks</li> <li>8A). Rhythm Variations – Pull Back</li> <li>8B). Rhythm Variations – Sailor Shuffle</li> </ol>
<b>Full Silver</b>	<ol style="list-style-type: none"> <li>9. Open Rumba Walks &amp; Swivels</li> <li>10. Man's Wrap</li> </ol>	<ol style="list-style-type: none"> <li>9. Across the Back</li> <li>10. Syncopated Crossover Variation</li> </ol>	<ol style="list-style-type: none"> <li>9. Crossover, Quick Sit, &amp; Rumba Rock</li> <li>10. Slow Spiral &amp; Swivel</li> </ol>	<ol style="list-style-type: none"> <li>9. Twist &amp; Face</li> <li>10. Wrap Combination</li> </ol>

## DVIDA American Rhythm Silver Syllabus Figures Continued

	<b>Mambo</b>	<b>Merengue</b>	<b>Samba</b>	<b>West Coast Swing</b>
<b>Silver I</b>	<ol style="list-style-type: none"> <li>1. Cross Body Lead Variations</li> <li>1A). Man Flick</li> <li>1B). Man Check</li> <li>1C). Lady Roll</li> <li>1D). Lady Cross &amp; Twist</li> <li>1E). Lady Knee Lift</li> <li>2. Underarm Turn &amp; Traveling Cross</li> <li>3. Bobby's Break</li> </ol>	<ol style="list-style-type: none"> <li>1. Crossbody Leads</li> <li>2. Crossbody Cradle Wheel</li> <li>3. Alternating Underarm Turn</li> </ol>	<ol style="list-style-type: none"> <li>1. Contra Bota Fogos</li> <li>2. Side Samba Walk &amp; Voltas</li> <li>3. Bota Fogo Combination</li> </ol>	<ol style="list-style-type: none"> <li>1. Checked Whip</li> <li>2. Roll In Pass</li> <li>3. Double Face Loop, Tuck Spin</li> </ol>
<b>Silver II</b>	<ol style="list-style-type: none"> <li>4. Continuous Crossbody Leads</li> <li>5. Back Spot Spin &amp; Check</li> </ol>	<ol style="list-style-type: none"> <li>4. Hip Circle</li> <li>5. Crossbody with Checked Rock</li> </ol>	<ol style="list-style-type: none"> <li>4. Roll In &amp; Out</li> <li>5. Promenade Runs</li> </ol>	<ol style="list-style-type: none"> <li>4. Man's Hammerlock, Tummy Whip</li> <li>5. Lock Whip, Side Break &amp; Spin</li> </ol>
<b>Silver III</b>	<ol style="list-style-type: none"> <li>6. Salsa Wrap</li> <li>7. Double Face Loop</li> <li>8. Shadow Break</li> </ol>	<ol style="list-style-type: none"> <li>6. Man's Wrap &amp; Shoulder Wrap</li> <li>7. Around the Back Roll Out Spins</li> <li>8. Pretzel</li> </ol>	<ol style="list-style-type: none"> <li>6. Rolling Off the Arm</li> <li>7. Advanced Left Turn &amp; Kicks</li> <li>8. Fallaway &amp; Spin</li> </ol>	<ol style="list-style-type: none"> <li>6. Spinning Hammerlock</li> <li>7. Continuous Whip</li> <li>8. Sugar Push</li> </ol>
<b>Full Silver</b>	<ol style="list-style-type: none"> <li>9. Hammerlock &amp; Swivels</li> <li>10A). Solo Break Variations - Hooked Side Closed</li> <li>10B). Solo Break Variations – Side Break Hop</li> </ol>	<ol style="list-style-type: none"> <li>9. Coffee Grinder</li> <li>10. Back Spot Underarm &amp; Check with Twists</li> </ol>	<ol style="list-style-type: none"> <li>9. Fan &amp; Pullback</li> <li>10. Back Rock Combination</li> </ol>	<ol style="list-style-type: none"> <li>9. Underarm Turn Syncopations</li> <li>10. Roll In, Check, &amp; Throwout</li> </ol>