

Welcome Dancers,

The Staff at A Step to Gold International Ballroom have decided to put together information of the DVIDA Syllabus Figures that are being taught throughout the Nation and here at ASTG!!!! Now all of the figures you learn in your Bronze and Silver semester classes are here for your convenience. We hope that you will find this information useful in your progression of dancing knowledge and you utilize this great reference.

Sincerely,

A Step to Gold International Ballroom

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- 1A. STRAIGHT BASIC
- 1B. CURVING BASIC
- 2A. PROMENADE TURNING LEFT
- 2B. PROMENADE TURNING RIGHT
- 3A. SINGLE CORTE
- 3B.DOUBLE CORTE
4. PROGRESSICE ROCKS
- 5A. OPEN FAN
- 5B. OPEN FAN WITH OUTSIDE TURN
6. RUNNING STEPS
7. CHECKED PROMENADE
- 8A. REVERSE TURN
- 9B. REVERSE TURN WITH OUTSIDE SWIVELS
9. RIGHT SIDE FANS
10. CONTRA ROCKS
11. CONTINUOUS LEFT ROCK TURN
12. TWIST TURN TO THE RIGHT
13. CHECK & CORTE
14. PROMENADE PIVOT
15. OVERSWAY

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1. QUICK RIGHT TURN
2. OVERSWAY & RONDE
3. FALLAWAY FANS
4. COBRA FANS
5. FALLAWAY RONDE
6. SPANISH DRAG
7. CHANGE OF PLACE
8. OUTSIDE UNDERARM TURNTO SHADOW POSITION
9. SHADOW DRAG
10. SWIVEL FANS
11. PIVOTS TO FALLAWAY WHISK
12. SHADOW ROCKS
13. REVERSE OUTSIDE SWIVLES
14. TRAVELING RIGHT LUNGES
15. SAME FOOT LUNGE WITH ROCK ENDING

WALTZ

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- 1A. BOX STEP (STRAIGHT)
- 1B. BOX WITH UNDERARM TURN
2. PROGRESSIVE
- 3A. LEFT TURNING BOX
- 3B. RIGHT TURNING BOX
- 4A. BALANCE STEPS: FORWARD, BACK, SIDE TO SIDE
- 4B. BALANCE & BOX
5. SIMPLE TWINKLE
6. TWO WAY UNDERARM TURN
7. FACE TO FACE, BACK TO BACK
8. REVERSE TURN
9. NATURAL TURN
10. PROGRESSIVE TWINKLES
11. TURNING TWINKLES
12. GRAPEVINE
13. PROMENADE CHASSE
14. FALLAWAY & BOX
15. TWINKLE & WEAVE

WALTZ

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1. OPEN LEFT BOX
2. OPEN RIGHT TURN
3. OPEN RIGHT TURN WITH UNDERARM TURN
4. TWINKLE CONNECTION
5. CHECK & DEVELOP
6. CHAIR & SLIP PIVOT
7. PROGRESSIVE OPEN TWINKLES
- 8A. HAIRPIN- REVERSE
- 8B. HAIRPIN- PROMENADE
9. FALLAWAY & WEAVE
10. OVERSWAY
11. PIVOT FROM PROMENADE
12. SYNCOPATED VIENNESE TURN
13. FLIP FLOPS
14. CHECK TO OPEN FALLAWAY
15. ALTERNATING UNDERARM COMBINATION

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1. BASIC
2. PROMENADE
- 3A. ROCK TURN TO LEFT
- 3B. ROCK TURN TO RIGHT

4. SWAY STEP
- 5A. PROMENADE UNDERARM TURN
- 5B. SWAY WITH UNDERARM TURN
- 6A. ZIG-ZAG IN LINE
- 6B. ZIG-ZAG OUTSIDE PARTNER
7. BOX STEP

8. TWINKLE
9. FALLAWAY TWINKLES
10. PROMENADE TWINKLES
11. TURNING TWINKLE TO OUTSIDE PARTNER

12. GRAPEVINE
13. PROMENADE CHASSE
14. FALLAWAY & BOX
15. TWINKLE & WEAVE

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1. OPEN LEFT BOX
2. OPEN RIGHT TURN
3. GRAPEVINE

4. WEAVE FROM PROMENADE
5. CHAIR & SLIP
6. OVERSWAY
- 7A. HAIRPIN- REVERSE
- 7B. HAIRPIN- PROMENADE

8. SLIDE & CHECK
9. FALLAWAY & WEAVE
10. CURVED RUNNING STEPS
11. NATURAL FALLAWAY

12. OUTSIDE SWIVEL
13. HOVER CORTE
14. PROMENADE PIVOT
15. THE GEM

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1. BASIC
2. BASIC TURNING RIGHT
3. BASIC TURNING LEFT
4. THROWOUT
5. UNDERARM TURN
6. UNDERARM RELEASE FROM BASIC
- 7A. TUCK IN- HANDSHAKE
- 7B. TUCK IN- DOUBLE HANDHOLD WITH FREE SPIN
- 7C. TUCK IN- DOUBLE HANDHOLD WITH UNDERARM TURN
8. ALTERNATING UNDERARM TURN
9. SHOULDER CHECK
10. CRADLE
11. CRADLE TO HAMMERLOCK
12. SUGAR PUSH
13. DOUBLE FACE LOOP
14. OPPOSITION AND ROLL OUT
15. WHIRLPOOL

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1. WRIST SPIN & ALTERNATING TURN
2. FACE LOOPS & TUCK SPIN
3. TUCK IN, ALTERNATING HAMMERLOCK
4. TWO HAND CATCH & SPIN
5. ROTATING BASIC
6. SIDE TO SIDE & RUNNING PASS
7. BOOGIE WALKS
- 8A. RHYTHM VARIATIONS
- 8B. RHYTHM VARIATIONS- SAILOR SUFFLE
9. TWIST & FACE
10. WRAP COMBINATION

RUMBA

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1. SIDE BASIC
2. FIFTH POSITION BREAKS
3. BOX STEP
4. CROSS BODY LEAD
5. OUTSIDE PARTNER
6. SLOW UNDERARM TURN
7. OPEN BREAK WITH UNDERARM TURN
8. CROSSOVER BREAKS
9. CROSSOVER BREAKS & SIDE ROCKS
10. OPEN RUMBA WALKS
11. TURNING TWINKLES
12. CRADLE CIRCLE
13. QUICK UNDERARM TURN & LOOP
14. OPEN CIRCULAR WALKS
15. SPOT TURN COMBINATION

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1. ALTERNATING UNDERARM TURNS
2. OPEN SWIVEL WALKS
3. LEFT SIDE CATCH, CATCH, CRADLE & ROLL OUT
4. QUICK UNDERARM TURN
5. ROLLOUT CIRCLE WRAP
6. SPIRAL SWIVEL
7. SHADOW VARIATIONS
8. SWIVEL COMBINATION
9. OPEN RUMBA WALKS & SWIVELS
10. MAN'S WRAP

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1. BASICS IN PLACE
2. SIDE BASIC
3. PROGRESSIVE BASIC

4. OUTSIDE PARTNER
5. CROSSOVE BREAKS
6. CROSS BODY LEAD
7. OPEN BREAK & UNDERARM TURN

8. CHASE TURN
9. SHOULDER CHECK
10. SHADOW POSITIONS
11. BUTTERFLY

12. ALTERNATING UNDERARM TURNS
13. CROSS BODY PULLBACK
14. THREE CHA CHAS
15. CROSSOVER FLICK & SIDE BREAKS

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1. CROSSOVER FLICK COMBINATION
2. BACK SPOT TURN WITH QUICK UNDERARM TURN
3. PULLBACK GRAPEVINE

4. CROSSOVER, SURPRISE, QUICK TURN
5. PULLBACK COMBINATION

6. OPEN TURN, WRAP, & SYNCOPATION
7. CROSSOVER TWIST & FAN
8. FORWARD & BACK SYNCOPATION

9. ACROSS THE BACK
10. SYNCOPATED CROSSOVER VARIATION

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1. QUARTER TURN TO RIGHT
2. PROGRESSIVE CHASSE
3. FORWARD LOCK
4. NATURAL TURN WITH HESITATION
5. PROGRESSIVE CHASSE TO RIGHT
6. BACK LOCK
7. RUNNING FINISH
8. NATURAL SPIN TURN
9. NATURAL TURN & BACK LOCK
10. TIPPLE CHASSE TO RIGHT (AT A CORNER)
11. DOUBLE REVERSE SPIN
12. CHASSE REVERSE TURN
13. NATURAL PIVOT TURN
14. CLOSED IMPETUS
15. REVERSE PIVOT

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2. QUICK OPEN REVERSE
3. FOUR QUICK RUN
4. RUNNING RIGHT TURN
5. CROSS SWIVEL
6. FISH TAIL
7. TIPPLE CHASSE
8. CLOSED TELEMARK

VIENNESE WALTZ

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1. BALANCE STEPS
2A. FIFTH POSITION BREAKS
2B. FIFTH POSITION BREAKS WITH UNDERARM TURN

3. REVERSE TURN
4. CLOSED TWINKLE

5A. CROSSBODY LEAD
5B. CROSSBODY LEAD WITH UNDERARM TURN
6. HAND TO HAND
7A. FORWARD PROGRESSIVE CHANGES
7B. BACKWARD PROGRESSIVE CHANGES

8. RIGHT TURN
9. CHANGE OF PLACE
10. CURTSEY & BOW

VIENNESE WALTZ

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1. X LINE
2. FLAIRS FORWARD & BACK
3. UNDERARM TURN RIGHT

4. UNDERARM TURN LEFT
5. PROGRESSIVE FIFTH POSITION
6. SPOT TURN COMBINATION

7. REVERSE UNDERARM TURN
8. ADVANCED HAND TO HAND COMBINATION

9. STANDING SPIN
10. OPEN RIGHT TURN

SAMBA

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- 1A. BASIC BOUNCE
- 1B. BASIC BOUNCE
2. FORWARD & BACK BASIC
3. SIDE TO SIDE BAIC

4. FIFTH POSITION
5. THE BOX
6. EXTENDED BOX
7. SAMBA WALKS

8. FORWARD & BACK SPIRALS
9. REVERSE SAMBA WALKS
10. PROMENADE & COUNTER PROMENADE BOTA FOGOS
11. OPENING OUT LEFT & RIGHT

12. ROLLING BOX
13. VOLTA TO LEFT & RIGHT
14. OPEN BREAK
15. ADVANCED LEFT TURN

SAMBA

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1. CONTRA BOTA FOGOS
2. SIDE SAMBA WALK & VOLTAS
3. BOTA FOGO COMBINATION

4. ROLL IN & OUT
5. PROMENADE RUNS

6. ROLLING OFF THE ARM
7. ADVANCED LEFT TURN & KICKS
8. FALLAWAY & SPIN

9. FAN & PULLBACK
10. BACK ROCK COMBINATION

MERENGUE

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1. BASIC TO THE SIDE
2. BACK ROCK
3. SIDE BREAKS
4. ARM SLIDE
5. BACK TO BACK
- 6A. SWIVELS– STRAIGHT
- 6B. SWIVELS– TURNING
- 7A. CONGA BREAKS– SIMPLE
- 7B. CONGA BREAKS– CROSSING ACTION
8. MERENGUE GLIDE
9. FORWARD SPOT TURN
10. BACK SPOT TURN
11. ROLL IN & OUT
12. MAN'S CIRCLE WRAP
13. PROGRESSIVE CONGO– 4 DIRECTIONS
14. FACE LOOPS
15. MAN'S DUCK WRAP

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1. CROSSBODY LEADS
2. CROSSBODY CRADLE WHEEL
3. ALTERNATING UNDERARM TURNS
4. HIP CIRCLE
5. CROSSBODY WITH CHECKED ROCK
6. MAN'S WRAP & SHOULDER WRAP
7. AROUND THE BACK ROLL OUT SPINS
8. PRETZEL
9. COFFEE GRINDER
10. BACK SPOT UNDERARM & CHECK WITH TWISTS

BOLERO

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1. BASIC MOVEMENT
2. OPEN BREAK & UNDERARM TURN
3. UNDERARM PASS
4. LEFT SIDE PASS
5. CROSSOVER BREAK
6. CHECK & CIRCULAR WALKS
7. ROMANTIC SWAYS
8. CHECKED UNDERARM PASS
9. SPOT TURN COMBINATION
10. HIP TWIST & SPIN

BOLERO

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1. OPEN CHECK
2. OVERTURNED CROSSBODY LEAD
3. RONDE, PASS BEHIND THE BACK
4. CURL, FAN, LUNGE
5. SPIN WRAP
6. SHADOW CHECKS
7. WALKS & FAN
8. CHECKED PASS, HIP TWIST, & SPIN
9. CROSSOVER, QUICK SIT, & RUMBA WALK
10. SLOW SPIRAL & SWIVEL

WEST COAST SWING

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1. UNDERARM PASS
2. LEFT SIDE PASS
3. SUGAR PUSH
4. RIGHT SIDE PASS (PRECEDED BY UNDERARM PASS)
5. TUCK IN FROM LEFT SIDE PASS
6. TUCK IN FROM RIGHT SIDE PASS
7. HALF WHIP & THROWOUT
8. BASIC WHIP
9. INSIDE TURN FROM WHIP
10. WHIP & OUTSIDE TURN
11. WHIP & CHECK
12. UNDERARM TURN, MAN'S LOOP, RIGHT SIDE PASS
13. SUGAR PUSH POINT
14. LOCK WHIP
15. CONTINUOUS WHIP

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1. CHECKED WHIP
2. ROLL IN PASS
3. DOUBLE FACE LOOP, TUCK SPIN
4. MAN'S HAMMERLOCK. TUMMY WHIP
5. LOCK WHIP, SIDE BREAK, & SPIN
6. SPINNING HAMMERLOCK
7. CONTINUOUS WHIP
8. SUGAR PUSH
9. UNDERARM TURN SYNCOPATIONS
10. ROLL IN, CHECK, & THROWOUT

MAMBO

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1. FORWARD & BACK BASIC
2. SIDE BREAKS
3. SIDE BREAKS & CROSS
4. CROSS BODY LEAD
5. OPEN BREAK UNDERARM TURN
6. CROSSOVER BREAK & WALK AROUND
7. SHOULDER CHECK
8. PROMENADE SWIVEL & CLOSE
9. ALTERNATING UNDERARM TURNS
10. RUEDA BASIC
11. CROSS BODY LEAD WITH INSIDE TURN
12. BACK SPOT TURN
13. MAMBO TWIST
14. FORWARD SPOT TURN TO SURPRISE
15. CROSSOVER SWIVELS WITH INSIDE TURN

MAMBO

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1. CROSS BODY LEAD VARIATIONS
 - 1A) MAN FLICK
 - 1B) MAN CHECK
 - 1C) LADY ROLL
 - 1D) LADY CROSS & TWIST
 - 1E) LADY KNEE LIFT
2. UNDERARM TURN & TRAVELING CROSS
3. BOBBY'S BREAK
4. CONTINUOUS CROSSBODY LEADS
5. BACK SPOT SPIN & CHECK
6. SALSA WRAP
7. DOUBLE FACE LOOP
8. SHADOW BREAK
9. HAMMERLOCK & SWIVELS
 - 10A. SOLO BREAK VARIATIONS– HOOKED SIDE CLOSED
 - 10B. SOLO BREAK VARIATIONS– SIDE BREAK HOP

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- 1A. BASIC WITH FOLLOWER'S UNDERARM TURN
- 1B. BASIC WITH LEADER'S RIGHT TURN (I- OVER HEAD)
(II- HAND CHANGE BEHIND BACK)
(III- OFF THE SHOULDER)
- 2A. BASIC WITH FOLLOWER'S BROKEN LEFT
- 2B. BASIC WITH LEADER'S BROKEN LEFT (I- OVER HEAD)
(II- HAND CHANGE BEHIND BACK)
(III- OFF THE SHOULDER)
(IV- WITH STYLING {FREE SPIN WITH SNAKE})
- 3A. BACK BREAKS WITH FOLLOWER'S LEFT TURN
- 3B. BACK BREAKS WITH LEADER'S LEFT TURN
4. CROSS BODY LEAD (I- IN CLOSED POSITION)
(II- TWO HAND HOLD)
(III- IN HANDSHAKE HOLD)
(IV- WAIST HOLD)
5. CROSS BODY LEAD WITH FOLLOWER'S INSIDE TURN
(I- CLOSED POSITION)
(II- SHOULDER LEAD)
(III- WAIST HOLD)
6. CATCH THE BACK OR TWO WAY UNDERARM TURN
(I- WITH RIGHT TURN ENDING)
(II- WITH LEFT TURN ENDING)
7. BACK SPOT TURN
(I- ONE MEASURE)
(II- OPEN & CLOSED)
(III- ENDING WITH CHECK & 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 TURN TO LEADER'S LEFT TURN
15. SOCIAL STEP

NIGHTCLUB TWO STEP

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1. BASIC RHYTHM
2A. TWO STEP BASIC- CLOSED POSITION
2B. TWO STEP BASIC- DOUBLE HAND HOLD
3. OUTSIDE UNDERARM TURN

4. OPENING IN & OUT
5. SHADOW POSITIONS
6. FLIP-FLOP IN PLACE
7. SHOULDER CHECK

8. CRADLES
9. TRAVELING CROSSES LEFT & RIGHT
10. INSIDE TURN
11. UNDERARM TURN & LADIES SPIN

12. THROUGH THE WINDOW
13. OPPOSITION & TRAVEL TO THE RIGHT
14. PUSH SPIN
15. CRISS CROSS & UNDERARM TURN