

RUMBA

Side Basic

Side Breaks *with Arm Styling

Crossover Breaks with Side Basic

EAST COAST SWING

*Promenade Walks

*Four Kicks

*Four Kicks with Grapevine

CHA CHA

Progressive Basic * w/ Hand-
shake & Head Loop

5th Position Breaks

* Double Cross-over

* indicates off syllabus variations

* Note *

The information in this brochure is provided to identify the steps and patterns required to take the DVIDA student exams plus off syllabus variations.

The DVIDA student exams are offered to social dancers of all ages and backgrounds in order to assess and critique the dancer's skill level and ability.

DVIDA stands for Dance Vision International Dance Association, and is headquartered in Las Vegas, NV. It is an American institution dedicated to ballroom dancing in North America, and also offers certifications for dance instructors.

The North Carolina Ballroom Teachers College uses DVIDA

DVIDA BRONZE I SYLLABUS



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FOXTROT

Wall One

2 Basics (end in PP on 2nd basic)

Promenade

Promenade w/ UAT

2 Rock Turns to right (1/4 turn right, then 3/8 to right)

REPEAT ROUTINE

Start End

FDW

FDW

FDW

FDW

FDW

FW

FW

FDWNLOD



WALTZ

Wall One

Progressives

Box with UAT

Wall Two

Progressives

Right Turning Box

Wall Three

Progressives

Right Turning Box

Wall Four

Back Progressives

Right Turning Box

Progressives

REPEAT ROUTINE

Start End

FLOD FLOD

FLOD FLOD-NLOD

FLOD FLOD

FLOD FLOD-NLOD

FLOD FLOD

FLOD BLOD-NLOD

BLOD BLOD

BLOD FLOD

FLOD FLOD-NLOD

TANGO

Wall One

Curving Basic

Double Corte with Turn

Progressive Rocks (ending in PP)

Promenade Turning Right

Wall Two

Double Corte with Turn

Progressive Rocks (ending in PP)

Promenade Turning Right

REPEAT ROUTINE

Start End

FDW FDC

FDC FDW

FDW FDW

FDW FDCNLOD

FDC FDW

FDW FDW

FDW FDWNLOD

