

RUMBA

Crossover Breaks

Crossover Breaks & Side Rocks

Open Rumba Walks

Shoulder Check

EAST COAST SWING

Alternating UAT

Shoulder Check

Cradle

Cradle to Hammerlock

**Cradle from Right to Left*

CHA CHA

Chase Turn

Shoulder Check

Butterfly

**Push Break*

** 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.

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 III
SYLLABUS**



***A Step to Gold
International Ballroom***

*The Triangle's
Finest Ballroom
Dance Experience*



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FOXTROT

<u>Wall One</u>	<u>Start</u>	<u>End</u>
Zig Zag Outside Partner	FDW	FDW
Twinkle	FDW	FW
Promenade Twinkles	FW	FDW
Fallaway Twinkles	FDW	FDW
Rock Turn to Left	FDW FDWNL OD	

Wall Two

Zig Zag Outside Partner	FDW	FDW
Twinkle (1/4 turn to left)	FDW FDWNL OD	

REPEAT ROUTINE



WALTZ

<u>Wall One</u>	<u>Start</u>	<u>End</u>
Natural Turn	FDW	FDC
Reverse Turn	FDC	FDW
Balance & Box (1/4 turn to Left)	FDW FDWNL OD	

Wall Two

Progressive Twinkles	FDW	FDWNL OD
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REPEAT ROUTINE

TANGO

<u>Wall One</u>	<u>Start</u>	<u>End</u>
Progressive Rocks	FDW	FDC
Reverse Turn	FDC	FDW
Continuous Left Rock Turn (end in PP)	FDW	FDC FDWNL OD
Promenade Turning Right		

Wall Two

Reverse Turn with Outside Swivels	FDC	FDW
Curving Basic (1/4 turn Left)	FDW	FDWNL OD

REPEAT ROUTINE

