

Phase IV

Actions

Bounce
Gancho
Heel Pull
Latin Cross
Ronde
Sway

Movements

Hip Rocks

Bolero

Aida
Cross Body
Hip Rocks
Left Pass
Right Pass
Switch
Switch Rock
Turning Basic

Cha Cha

Aida
Alemana
Alemana from a Fan
Cross Body
Develope
Fan (from half a Basic)
Flirt
Hockey Stick
Parallel Chase
Switch
Switch Rock
Triple Cha Forward or Back
Umbrella Turn

Foxtrot

Back Feather
Back Hover Telemark
Back Whisk
Chair and Slip
Change of Direction
Closed Impetus
Closed Wing
Cross Hesitation
Cross Pivot
Cross Swivel
Develope
Diamond Turn
Drag Hesitation
Feather
Feather Finish
Heel Pull
Hesitation Change
Hover Corte
Hover Telemark
In and Out Runs
Left Whisk
Natural Hover Fallaway
Natural Turn
Natural Turn One Half
Open Natural Turn
Open Reverse Turn
Outside Change to Banjo
Outside Change to Semi-Closed
Outside Check
Outside Swivel
Oversway
Pivot Right Face Double
Progressive Wing
Promenade Sway
Promenade Weave
Reverse Fallaway
Reverse Turn
Reverse Turn One Half
Reverse Wave
Right Lunge
Slow Side Lock
Telemark
Telemark to Banjo
Three Step
Weave to Banjo
Weave to Semi-Closed
Whiplash

Jive

American Spin
Chicken Walks
Lindy Catch
Link
Link Rock
Marchessi
Miami Special
Pretzel Turn
Riverboat Shuffle
Sailor Shuffle
Shoulder Shove
Side Breaks
Spanish Arms
Triple Wheel
Windmill

West Coast Swing

Anchor
Coaster
French Cross
Left Side Pass
Man's Underarm Turn
Right Side Pass
Side Breaks
Sugar Push
Tuck and Spin
Throwout
Underarm Turn

Mambo

Cross Body
Patty Cake Tap
Progressive Basic
Scallop

Paso Doble

Appel
Attack
Basic (Forward or Back))
Chasses to Left
Chasses to Right
Ecart
Elevations
Flamenco Taps
Press Line
Promenade Close
Promenade Link
Separation
Sur Place
The Cape (Huit)

Phase IV (cont)

Quickstep

Back Whisk
Chair and Slip
Change of Direction
Charleston Crosses
Closed Impetus
Cross Chasse
Cross Hesitation
Develope
Drag Hesitation
Flicker
Heel Pull
Hesitation Change
Hover Corte
Hover Telemark
In and Out Runs
Left Whisk
Natural Hover Fallaway
Natural Turn
Natural Turn One Half
Open Natural Turn
Outside Change to Banjo
Outside Change to Semi-Closed
Outside Swivel
Progressive Chasse
Promenade Sway
Quarter Turns
Quarter Turns and
 Progressive Chasse
Reverse Chasse Turn
Reverse Fallaway
Running Back Locks
Running Forward Locks
Telemark [Open]
Telemark to Banjo [Closed]
Viennese Turns

Rumba

Aida
Alemana
Alemana From a Fan
Cross Body
Develope
Fan
Flirt
Hockey Stick
Latin Whisk
Switch
Switch Rock

Samba

Basic Forward and Back
Box
Copas (Copacabanas)
Lazy Samba Turns
Left Turns
Marchessi
Reverse Turn
Samba Runs
Samba Walks
Side Samba Walk
Stationary Walks
Traveling Back Locks
Traveling Locks
Volta
 Circular Volta
 Criss Cross Volta
 Curving Volta
 Maypole
 Spot Volta
 Traveling Volta
 Turning Traveling Volta
Whisks

Slow Two-Step

Inside Roll
Left Turn with Inside Roll
Outside Roll
Right Turn with Outside Roll
Sweetheart Runs
Switch(es)
Traveling Cross Chasses

Tango

Advance Corte
Argentine Basic
Develope
Doble Cruz
Leg Crawl
Ochos
Open Reverse Turn Closed Finish
Outside Swivel
Oversway
Promenade Sway
Reverse Fallaway
Reverse Turn Closed Finish
Reverse Turn Open Finish
Right Lunge
Spanish Drag
Turning Tango Closed
Viennese Turns

Waltz

Back Hover Telemark
Back Passing Change
Back Whisk
Chair and Slip
Change of Direction
Closed Impetus
Closed Wing
Cross Hesitation
Cross Pivot
Cross Swivel
Develope
Diamond Turn
Drag Hesitation
Heel Pull
Hesitation Change
Hover Corte
Hover Telemark
In and Out Runs
Left Whisk
Natural Hover Fallaway
Open Natural Turn
Open Reverse Turn
Outside Change to Banjo
Outside Change to Semi-Closed
Outside Check
Outside Swivel
Oversway
Progressive Wing
Promenade Sway
Reverse Fallaway
Right Lunge
Slow Side Lock
Telemark
Telemark to Banjo
Viennese Turns
Weave to Banjo
Weave to Semi-Closed
Whiplash