

Actions

Phase I

Bow
Bump
Curtsy
Heel
Point
Shake
Stamp
Tap
Toe
Touch
Wiggle

Phase II

Brush
Draw
Kick
Knee
Lift
Swing
Swivel
Twist
Unwrap
Wrap

Phase III

Dishrag
Fan
Flare
Flick
Hook
Rise

Phase IV

Bounce
Gancho
Heel Pull
Latin Cross
Ronde
Sway

Phase V

Change of Sway
Spiral

Phase VI

Body Ripple
Opposition Points

Movements

Phase III

Buzz
Change Point
Figure 8
Heel Pivot
Heel Turn
Slip
Swivel Walk

Phase IV

Hip Rocks

Phase V

Challenge Line
Pretzel Wrap
Tumble Turn
Tunnel