

## Phase I

### Actions

Bow  
Bump  
Curtsy  
Heel  
Point  
Shake  
Stamp  
Tap  
Toe  
Touch  
Wiggle

### Two Step

Away and Together  
Back (Step)  
Back Two Step  
Balance (Forward And Back)  
Balance (One Step)  
Balance (Side)  
Behind  
Box  
Chug  
Circle Away  
Circle Away and Together  
Close  
Cross  
    Cross Behind  
    Cross In Back  
    Cross In Front  
    Cross Left In Back  
    Cross Left In Front  
    Cross Right In Back  
    Cross Right In Front  
Cross Walk  
Face  
Forward (Step)  
Forward Two Step  
Glide  
Lady Under  
Man Under  
Pickup  
Recover  
Reverse Box  
Rock  
Run  
Side (Step)  
Side Two Step  
Side Two Step Apart and Together  
Slide  
Step  
Stomp  
Stroll  
Strut  
Swagger  
Thru  
Walk

### Waltz

Apart and Together  
Back (Step)  
Balance (Forward and Back)  
Balance (One Step)  
Balance (Side)  
Box  
Circle Away  
Circle Away and Together  
Close  
Cross  
    Cross Behind  
    Cross In Back  
    Cross In Front  
    Cross Left In Back  
    Cross Left In Front  
    Cross Right In Back  
    Cross Right In Front  
Face  
Forward (Step)  
Lady Under  
Man Under  
Pickup  
Recover  
Reverse Box  
Rock  
Side (Step)  
Step  
Thru  
Waltz Away and Together

## *Phase II*

### *Actions*

Brush  
Draw  
Kick  
Knee  
Lift  
Swing  
Swivel  
Twist  
Unwrap  
Wrap

### *Two Step*

Away Step Step  
Back Lock Back  
Back to Back  
Basketball Turn  
Box Left Turning  
Box Right Turning  
Breakaway  
Broken Box  
Change Sides  
Charleston  
Check  
Circle Box  
Circle Chase  
Circle Pickup  
Cut  
Dip  
Door  
Face to Face  
Face to Face and Back to Back  
Forward Lock Forward  
Hitch  
Hitch (Forward and Back)  
Hitch Four  
Hitch Scissors  
Hop  
Lace  
Limp  
Limp (Front)  
Lock  
Lunge  
Maneuver  
Open Box  
Open Reverse Box  
Pivot  
Pivot, Right Face  
Progressive Box  
Progressive Scissors

### *Two Step (cont)*

Quick Two Step  
Reverse Twirl  
Reverse Twirl Vine  
Rock Steps  
Roll  
Sand Step  
Scissors  
Scissors Hitch  
Scoot  
Skate  
Skip  
Sliding Door  
Solo Left Turning Box  
Spot Spin  
Step Swivel  
Thru Scissors  
Together Step Step  
Traveling Box  
Traveling Door  
Twirl  
Twirl Vine  
Twisty Vine  
Two Turning Two Steps  
Unwind  
Vine  
Vine Apart and Together  
Vine Eight  
Vine Four  
Vine Three  
Vine (Open)  
Wheel

### *Waltz*

Back Twinkle  
Back Waltz  
Box (Left Turning)  
Box (Right Turning)  
Canter  
Change Sides  
Check  
Dip  
Forward Waltz  
Lace  
Left Face Turning Waltz  
Maneuver  
Open Box  
Open Reverse Box  
Pivot  
Progressive Box  
Progressive Twinkle  
Reverse Twirl  
Reverse Twirl Vine  
Right Face Turning Waltz  
Roll  
Solo Turning Box  
Solo Waltz Turn  
Spin Maneuver  
Spot Spin  
Standard Waltz  
Thru Side Close  
Thru Twinkle  
Turn Face Close  
Twinkle  
Twirl  
Twirl Vine  
Twisty Vine  
Vine Six  
Vine Three  
Wheel

## Phase III

### Actions

Dishrag  
Fan  
Flare  
Flick  
Hook  
Rise

### Movements

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

### Bolero

Basic  
Bolero Walks  
Fence Line  
Forward Break  
Hand to Hand  
Hip Lift  
Lunge Break  
New Yorker  
Open Break  
Opening Out  
Reverse Underarm Turn  
Shoulder to Shoulder  
Spot Turn  
Time Step  
Underarm Turn

### Cha Cha

Back Basic  
Basic  
Break (to Position)  
Chase  
Chase Peek-a-Boo  
Crab Walks  
Cucaracha  
Fence Line  
Forward Basic  
Hand to Hand  
Lariat  
New Yorker  
Open Break  
Reverse Underarm Turn  
Shoulder to Shoulder  
Side Walks  
Sliding Door  
Spot Turn  
Time Step  
Traveling Door  
Underarm Turn  
Walk  
Whip

### Foxtrot

Back Hover  
Box  
Box (Left Turning)  
Box Finish  
Chair  
Chasse  
    Forward Chasse  
    Thru Chasse to Semi-Closed  
    Thru Chasse to Banjo  
    Turn Left & Right Chasse  
Cross Hover  
Forward Hover  
Forward Run Two  
Foxtrot Twisty Vine  
Foxtrot Vine  
Hover  
Hover Fallaway  
Impetus to Semi-Closed  
Left Face Foxtrot Turn  
Maneuver  
Progressive Box  
Right Face Foxtrot Turn  
Slip Pivot  
Spin Turn  
Whisk  
Wing

### Jive

Basic Rock  
Change Hands Behind Back  
Change Places Left to Right  
Change Places Right to Left  
Chasse  
Fallaway, Left Face Turning  
Fallaway, Right Face Turning  
Fallaway Rock  
Fallaway Throwaway  
Jive Walks  
Kick Ball Change  
Link  
Link Rock  
Point Steps  
Progressive Rock  
Rock The Boat  
Shag Step  
Swivel Walks  
Throwaway  
Triple  
Triple, Right Face Turning

## *Phase III (cont)*

### *Mambo*

Back Basic  
Break (to Position)  
Basic  
Chase  
Forward Basic  
New York  
Open Break  
Spot Turn

### *Quickstep*

Back Hover  
Fishtail  
Forward Hover  
Hover  
Hover Fallaway  
Impetus to Semi-Closed  
Spin Turn  
Whaletail  
Whisk  
Wing

### *Rumba*

Back Basic  
Basic  
Break (to Position)  
Chase  
Chase Peek-A-Boo  
Crab Walks  
Cucaracha  
Fence Line  
Forward Basic  
Hand to Hand  
Kiki Walks  
Lariat  
New Yorker  
Open Break  
Progressive Walks  
(Forward or Back)  
Reverse Underarm Turn  
Shoulder to Shoulder  
Side Walks  
Sliding Door  
Spot Turn  
Time Step  
Traveling Door  
Underarm Turn  
Whip

### *Slow Two-Step*

Basic  
Basic Ending  
Lunge Basic  
Open Basic  
Reverse Underarm Turn  
Side Basic  
Traveling Chasses  
Underarm Turn

### *Tango*

Corte  
Criss Cross  
Gaucho Turn  
Serpiente  
Side Corte  
Tango Draw  
Walk  
Whisk

### *Two Step*

Fishtail  
Left Turning Two-Step  
Stair, Forward  
Stair, Side  
Strolling Vine  
Susie Q  
Whaletail

### *Waltz*

Back Hover  
Back Back (Lock Back)  
Box Finish  
Chair  
Chasse  
    Forward Chasse  
    Thru Chasse to Semi-Closed  
    Turn Left & Right Chasse  
Cross Hover  
Cross Pivot  
Forward Forward/Lock Forward  
Forward Hover  
Hover  
Hover Fallaway  
Impetus to Semi-Closed  
Slip Pivot  
Spin Turn  
Whisk  
Wing

## *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

## Phase V

### Actions

Change of Sway  
Spiral

### Movements

Challenge Line  
Pretzel Wrap  
Tumble Turn  
Tunnel

### Bolero

Contra Break  
Cuddle  
Half Moon  
Horseshoe Turn  
Riff Turn  
Sweetheart

### Cha Cha

Challenge Chase  
Closed Hip Twist  
Cross Basic  
Cuddle  
Double Cuban Breaks  
Full Natural Top  
La Suiza  
Natural Opening Out  
Open Hip Twist  
Single Cuban Break  
Sit Line  
Stop and Go Hockey Stick  
Sweetheart

### Foxtrot

Back Curving Three Step  
Back Turning Whisk  
Check and Weave  
Contra Check  
Contra Check and Slip  
Contra Check and Switch  
Curved Feather  
Curving Three Step  
Double Reverse Spin  
Eros Line  
Forward Tipple Chasse  
Hairpin  
Hinge  
Hover Cross Ending  
Jete Point  
Lilt  
Mini-Telespin  
Natural Fallaway Whisk  
Natural Hover Cross  
Natural Telemark  
Natural Weave  
Outside Spin  
Quick Open Reverse  
Reverse Fallaway and Slip  
Reverse Impetus Turn  
Right Lunge Roll and Slip  
Ripple Chasse  
Rising Lock  
Royal Spin  
Running Open Natural  
Syncopated Whisk  
Tipple Chasse  
Top Spin  
Turning Lock  
Zigzag

### Jive

Catapult  
Chasse Roll  
Flicks Into Breaks  
Mooch  
Neck Slide  
She Go, He Go  
Stop and Go  
Whip Throwaway  
Whip Turn

### West Coast Swing

Cheek To Cheek  
Faceloop  
Side Whip  
Sugar Bump  
Surprise Whip  
Triple Travel with Roll  
Tummy Whip  
Whip Turn

### Mambo

Arm Check

### Paso Doble

Banderillas  
Coup De Pique  
Fallaway Reverse  
Grand Circle  
Left Foot Coup De Pique  
Promenade  
Shadow Attack  
Sixteen

### Quickstep

Back Turning Whisk  
Chasse Roll  
Contra Check  
Contra Check and Slip  
Contra Check and Switch  
Double Reverse Spin  
Forward Tipple Chasse  
Hairpin  
Hinge  
Jete Point  
Mini-Telespin  
Outside Spin  
Quick Open Reverse  
Reverse Fallaway Slip  
Running Finish  
Scoop  
Six Quick Twinkle  
Stutter  
Tipple Chasse  
Tippy Point  
Top Spin  
Turning Lock  
Woodpeckers  
Zig Zag

## *Phase V (cont)*

### *Rumba*

Closed Hip Twist  
Cross Basic  
Cuddle  
Full Natural Top  
Natural Opening Out  
Open Hip Twist  
Parallel Breaks  
Sit Line  
Stop and Go Hockey Stick  
Sweetheart  
Tornillo Wheel

### *Samba*

Bota Fogo  
Bota Fogo to SCP and RSCP  
Contra Bota Fogo  
Corta Jaca  
Natural Roll  
Plait  
Reverse Barrel Roll  
Shadow Bota Fogos  
Traveling Bota Fogos

### *Slow Two-Step*

Triple Traveler

### *Tango*

Back Corte  
Back Open Promenade  
Back Twinkle  
Brush Tap  
Closed Promenade  
Contra Check  
Contra Check And Slip  
Contra Check And Switch  
Drop Oversway  
(from Closed Position)  
Five Step  
Four Step  
Jete Point  
Open Promenade  
Outside Swivel and Tap  
Outside Swivel Link  
Progressive Link  
Progressive Side Step  
Promenade  
Promenade Link  
Promenade Quarter Beats  
Promenade Tap  
Quarter Beats  
Reverse Fallaway and Slip  
Right Lunge Roll and Slip  
Rock Turn  
Stalking Walks

### *Waltz*

Back Turning Whisk  
Contra Check  
Contra Check and Slip  
Contra Check and Switch  
Curved Feather  
Double Reverse Spin  
Eros Line  
Forward Tipple Chasse  
Hairpin  
Hinge  
Hover Cross Ending  
Jete Point  
Mini-Telespin  
Natural Hover Cross  
Natural Telemark  
Natural Weave  
Outside Spin  
Quick Lock Slow Lock  
Quick Open Reverse  
Reverse Fallaway and Slip  
Reverse Impetus  
Right Lunge Roll and Slip  
Right Turning Lock  
Ripple Chasse  
Rising Lock  
Royalspin  
Running Open Natural  
Swivel Whisk  
Syncopated Whisk  
Tipple Chasse  
Top Spin  
Turning Lock



## Phase VI

### Actions

Body Ripple  
Opposition Points

### Cha Cha

Advanced Alemana  
Advanced Hip Twist  
Advanced Sliding Door  
Ballerina Wheel  
Continuous Natural Top  
Curl  
Follow My Leader  
Full Reverse Top  
Rope Spin  
Turkish Towel

### Foxtrot

Big Top  
Checked Natural Slip  
Checked Reverse Slip  
Continuous Hover Cross  
Double Natural Spin  
Double Telemark  
Left Feather  
Link to Promenade  
Natural Twist Turn  
Pivot to Hairpin  
Reverse Corte  
Reverse Pivot  
Ronde And Slip  
Rudolph Ronde  
Rudolph Ronde And Slip  
Rumba Cross  
Running Hover  
Running Spin  
Same Foot Lunge  
Spin and Double Twist  
Spin and Twist  
Telefeather  
Teleronde  
Telespin  
Teleswivel  
Three Fallaways  
Throwaway Oversway  
Traveling Contra Check  
Traveling Hover Cross  
Traveling Swivel

### Jive

Chopper  
Coca Rola  
Curly Whip  
Flea Hops  
Rolling Off the Arm  
Shoulder Roll  
Simple Spin  
Turnstile  
Whip Spin

### West Coast Swing

Alternating Underarm Turn  
Cheerleader  
Sugar Push Hook Turn  
Traveling Side Pass  
Whip Inside Turn  
Whip Outside Turn

### Paso Doble

Chasse Cape  
Farol  
Fregolina  
La Passe  
Syncopated Separation  
Traveling Spins from  
Counter Promenade  
Traveling Spins from  
Promenade

### Quickstep

Big Top  
Four Quick Run  
Pivot to Hairpin  
Reverse Corte  
Reverse Pivot  
Rudolph Ronde  
Rudolph Ronde and Slip  
Rumba Cross  
Spin and Double Twist  
Spin and Twist  
Telespin  
Throwaway Oversway  
Traveling Contra Check  
V6

### Rumba

Advanced Alemana  
Advanced Hip Twist  
Advanced Sliding Door  
Ballerina Wheel  
Circular Hip Twist  
Continuous Natural Top  
Curl  
Full Reverse Top  
Horse and Cart  
Rope Spin  
Same Foot Lunge  
Three Alemanas  
Three Threes  
Turkish Towel  
Samba  
Cruzado Rolling Off the Arm

### Tango

Chase  
Double Closed Promenade  
Double Open Promenade  
Double Telemark  
Natural Pivot Turn  
Natural Promenade Turn  
Natural Twist Turn  
Reverse Pivot  
Ronde and Slip  
Rudolph Ronde  
Rudolph Ronde and Slip  
Rumba Cross  
Same Foot Lunge  
Telespin  
Throwaway Oversway  
Traveling Swivel

## *Phase VI (cont)*

### *Waltz*

Big Top

Checked Natural Slip

Checked Reverse Slip

Continuous Hover Cross

Continuous Wing

Double Natural Spin

Double Telemark

Link to Promenade

Pivot to Hairpin

Reverse Corte

Reverse Pivot

Ronde and Slip

Rudolph Ronde

Rudolph Ronde and Slip

Rumba Cross

Running Hover

Running Spin

Same Foot Lunge

Spin and Double Twist

Spin and Twist

Split Ronde

Teleronde

Telespin

Three Fallaways

Throwaway Owersway

Traveling Contra Check