

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
Tipsy 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