**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
- Teleroide
- 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
Telespin
Three Fallaways
Throwaway Oversway
Traveling Contra Check