

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 Oversway

Traveling Contra Check