

Syllabus A

Two Step

1. Forward Basic/Forward Basic with Prep
2. Transition from Forward to Back Line
3. Transition from back Line to Forward Line
4. Outside Ladies Turn to Promenade
5. Inside Turn to Wrap/Throwout to Close

Waltz

1. Box
2. Progressive Waltz Step
3. Quarter turns
 - a. Right with Transition
 - b. Left with Transition
4. Turning Box
 - a. Left with Change Step
 - b. Right with Change Step

East Coast Swing

1. Basic
2. Throwout and Return to Closed
3. Tuck Turn
4. Open Basic
5. Side Pass & Return to Closed

West Coast Swing

1. Starter Step
2. Throwout
3. Sugarpush
4. Side Passes
 - a. Right
 - b. Left
5. Push Tuck

NightClub

1. Side Basic
2. Promenade Passes
 - a. Left
 - b. Right
3. Turns
 - a. Left
 - b. Right
4. Walkaround

Cha Cha

1. Closed Basic
2. Crossover Breaks
3. Ladies' Walkaround Turn
4. Promenade Back Breaks
5. Parallel Breaks

Triple Two

1. Standard Closed
2. Flair to Promenade
3. Ladies' Flair
4. Turning Loops
 - a. Right
 - b. Left
5. Double Balance with Outside Turn

Polka

1. Basic
2. Open to Promenade
3. Chasses
 - a. Open Back
 - b. Open Forward
4. Patty Cake
5. Chasse with Underarm Turn

Syllabus B

Two Step

1. Turn and a half to Back Line of Dance
2. Chasses
 - a. To Forward Line of Dance
 - b. To Back Line of Dance
3. Patty Cake vine
4. Forward Line turn to Back line of Dance
5. Weaves
 - a. Check Weave
 - b. Cross Weave
 - c. Cut Weave

Waltz

- 1.
2. Left Turning Box with Ladies underarm turn
3. Pattycakes to Single Twinkle
4. Triple Twinkle
5. Closed Serpentine

East Coast Swing

Belt Loop with Hand Change
Push Tuck
Parallels
Underarm Turn and She/He Turns
Wrap

West Coast Swing

1. Whips
 - a. Closed
 - b. Locked
2. Whips with turn
 - a. Closed
 - b. Locked
3. Inside Turn
4. Reverse to Closed

NightClub

1. Sliding Doors
2. Diamond Toss Across
3. Paired Walk around
4. Marche with man's underarm turn

Cha Cha

1. Open Break
2. Walk around turn
3. Cross Body Lead
4. Back Spot turn
5. Simple Paseo

Triple Two

1. Walk Walk turns
 - a. Left
 - b. Right
2. Turns To Back Promenade
 - a. Inside
 - b. Outside
3. Check weave
4. Cross weave

Polka

1. Rotating Basic
2. Half turn to back line of dance
3. Check weave
4. Cross Weave