

**DVIDA American Style Step List, Liste des Figures - American Style (Social) – Argent - Silver**

CHA CHA		SAMBA		MAMBO	
1	CROSS OVER FLICK COMBINATION	1	CONTRA BOTA FOGOS	1	CROSS BODY LEAD VARIATIONS (Man flick- Lady hip roll feet together- Lady hip roll feet apart - Lady cross and twist knee lift)
2	BACK SPOT TURN W/ QUICK UAT	2	SIDE SAMBA WALKS AND VOLTAS	2	UNDERARM TURN AND TRAVELLING CROSS
3	PULLBACK GRAPEVINE	3	BOTA FOGOS COMBINATION	3	BOBBY'S BREAK
4	CROSS BODY SURPRISE AND QUICK TURN	4	ROLL IN AND OUT	4A	CONTINUOUS Cross Body Leads in Place
5	PULL BACK COMBINATION	5	PROMENADE RUNS	4B	CONTINUOUS Cross Body Leads Progressive.
6	OPEN TURN WRAP AND SYNCOPATION	6	ROLLING OFF THE ARM	5	BACK SPOT SPIN AND CHECK
7	CROSS OVER TWIST AND FAN	7	ADVANCED LEFT TURN AND KICKS	6	SALSA WRAP
8	FORWARD AND BACK SYNCOPATION	8	FALLAWAY AND SPIN	7	DOUBLE FACE LOOP
9	ACROSS THE BACK	9	FAN AND PULL BACK	8	SHADOW BREAK
10	SYNCOPATED CROSS OVER VARIATIONS	10	BACK ROCK COMBINATION	9	HAMMERLOCK AND SWIVELS
				10	SOLO BREAK VARIATIONS (A-Hook side close – B- Side break hop)
RUMBA		E.C. SWING		MERENGUE	
1	ALTERNATING UNDERARM TURN	1	WRIST SPIN AND ALTERNATING TURN	1	CROSS BODY LEAD
2	OPEN SWIVEL WALKS	2	FACE LOOPS AND TUCK SPIN	2	CROSS BODY CRADLE WHEEL
3	LEFT SIDE CATCH CRADLE AND ROLL	3	TUCK IN ALTERNATING HAMMERLOCK	3	ALTERNATING UNDERARM TURNS
4	QUICK UNDERARM TURN	4	TWO HAND CATCH AND SPIN	4	HIP CIRCLES ( Close body position- Close body position circular motion- Open body position- Nanigo action)
5	ROLL OUT CIRCLE WRAP	5	ROTATING BASIC	5	CROSS BODY WITH CHECKED ROCK
6	SPIRAL SWIVELS	6	SIDE TO SIDE AND RUNNING PASS	6	MAN'S WRAP AND SHOULDER CHECK
7	SHADOW VARIATIONS	7	BOOGIE WALKS	7	AROUND THE BACK ROLL OUT SPINS
8	SWIVEL COMBINATION	8	RHYTHM VARIATIONS. ( Pull back - Sailor shuffles )	8	THE PRETZEL
9	OPEN RUMBA WALKS AND SWIVELS	9	TWIST AND FACE	9	COFFEE GRINDER
10	MAN'S WRAP	10	WRAP COMBINATION	10	BACK SPOT UNDERARM AND CHECK W / TWISTS
W.C. SWING		WALTZ - VALSE		TANGO	
1	CHECKED WHIP AND THROWOUT	1	OPEN LEFT BOX	1	QUICK RIGHT TURN
2	ROLL IN AND PASS	2	OPEN RIGHT TURN	2	OVERSWAY AND RONDE
3	DOUBLE FACE LOOP TUCK SPIN	3	OPEN RIGHT TURN WITH UNDERARM TURN	3	FALLAWAY FAN
4	MAN'S HAMMERLOCK AND TUMMY WHIP	4	TWINKLE CONNECTION	4	COBRA FANS
5	LOCK WHIP SIDE BREAK AND SPIN	5	CHECK AND DEVELOPÉ	5	FALLAWAY RONDE
6	SPINNING HAMMERLOCK	6	CHAIR AND SLIP PIVOT	6	SPANISH DRAG
7	CONTINUOUS WHIP	7	PROGRESSIVE OPEN TWINKLES	7	CHANGE OF PLACE
8	SUGAR PUSH SYNCOPATIONS	8A	HAIRPIN- REVERSE	8	OUTSIDE UNDERARM TURN TO SHADOW POSITION
9	UNDERARM TURN SYNCOPATIONS	8B	HAIRPIN- FROM PROMENADE POSITION	9	SHADOW DRAG
10	ROLL IN CHECK AND THROWOUT	9	FALLAWAY AND WEAVE	10	SWIVEL FANS
		10	OVERSWAY	11	PIVOTS TO FALLAWAY WHISK
		11	PIVOT FROM PROMENADE	12	SHADOW ROCK
		12	SYNCOPATED VIENNESE TURN	13	REVERSE OUTSIDE SWIVEL
		13	FLIP FLOPS	14	TRAVELLING RIGHT LUNGES
		14	CHECK OPEN FALLAWAY	15	SAME FOOT LUNGE WITH ROCK ENDING
		15	ALTERNATING UNDERARM COMBINATION		
BOLERO		FOX TROT		VIEN. WALTZ - VALSE VIEN.	
1	OPEN CHECK	1	OPEN LEFT BOX	1	X LINE
2	OVERTURNED CROSS BODY LEADS	2	OPEN RIGHT TURN	2	FLAIRS FORWARD AND BACK
3	RONDE PASS BEHIND THE BACK	3	GRAPEVINE	3	UNDERARM TURN RIGHT
4	CURL FAN, LUNGE	4	WEAVE FROM PROMENADE	4	UNDERARM TURN LEFT
5	SPIN WRAP	5	CHAIR AND SLIP	5	PROGRESSIVE 5 <sup>TH</sup> POSITION BREAKS
6	SHADOW CHECKS	6	OVERSWAY	6	SPOT TURN COMBINATION
7	WALKS AND FANS	7A	HAIRPIN FROM REVERSE	7	REVERSE UNDERARM TURN
8	CHECKED PASS, HIP TWIST AND SPIN	7B	HAIRPIN FROM PROMENADE POSITION	8	ADVANCED HAND TO HAND COMBINATION
9	CROSSOVER QUICK SIT AND RUMBA ROCK	8	SLIDE AND CHECK	9	STANDING SPIN
10	SLOW SPIRAL AND SWIVELS	9	FALLAWAY AND WEAVE	10	OPEN RIGHT TURN
		10	CURVED RUNNING STEPS		
		11	NATURAL FALLAWAY		
		12	OUTSIDE SWIVEL		
		13	HOVER CORTE		
		14	PROMENADE PIVOT		
		15	THE GEM		