Appendix 5 - Solo Latin Syllabus

The restricted syllabus figures referred to in this appendix will be used by competitors in Solo Championships and competitions organised under British Dance Council rules that are subject to rules listed below

(a) Juveniles (see Rule 7)

(b) Juniors, Beginner and Novice Grades (see Rule 11)

(c) Youth and Adult Beginners and Novices (see Rule 11)

(d) Junior, Youth, Adult, Amateur and Professional Championships that are subject to rule 97 (see rule (97)

A. TECHNIQUE

The latest editions, including any future revisions, of the following technique books form the basis of the restricted syllabus:

a) The Laird Technique of Latin Dancing - Walter Laird
b) The Revised Technique of Latin American Dancing (ISTD)
c) The UKA Latin Book
d) ABD Latin Technique Book
e) NATD Latin Technique Book

B. FIGURES AND ROLES

Any figures listed in the mentioned technique books are allowed including notes and special notes except those listed in section E

Competitors may elect to dance the permitted figures as either Leader or Follower, but once selected, the role must be maintained throughout the dance.

C. ALIGNMENTS, POSITIONS, AMOUNTS OF TURN

Alignments, commencing and ending positions and amounts of turn have to be danced as described in the charts/notes. It is not allowed to dance parts of the figure unless otherwise stated in the above technique books.

D. PRECEDES AND FOLLOWS

All precedes and follows are allowed, as long as they follow the above rules, alignment, amount of turn, commencing and finishing positions).

All dancers will be allowed a grace of four bars for an introduction before syllabus work is required. However, this should be restricted to age-appropriate Latin dance figures only.

E. SPECIAL NOTES

JIVE

1) Only the Triple Step, Double Step or Single Step interpretation of the Jive Chasse shall be used.

2) The Rock/Link action using the time of “Q.Q.” must be used when dancing all basic figures that commences from OPEN POSITION

GUAPACHA TIMING IN CHA CHA CHA

Syllabus figures that lend themselves to the use of Guapacha timing are:

a) Close and Closed Basic
b) Cross Basic
c) Time Step
d) Check from Open CPP and Open PP (New York)
e) Turkish Towel
f) Fan

Appendix 5 - Solo Latin Syllabus

Rumba

1. Basic Movements – Closed - Open - In Place – Alternative
2. Forward Walk & Backward Walk
3. Fan
4. Hockey Stick
5. New York to Left & Right Side Positions– Check from Open CPP and /or Open PP
6. Spot Turns to Left or Right (including Switch & Underarm Turns.
7. Natural Top (ending A or B)
8. Hand to Hand (to Right & Left Side Positions (Open PP & Open CPP))
9. Cucarachas
10. Shoulder to Shoulder
11. Side Steps to Left or Right
12. Cuban Rocks
13. Alemana from Fan Position
14. Alemana from Open Position with L to R Hand Hold
15. Alemana from Open Position with R To R Hand Hold
16.. Opening Out to Right & Left
17. Natural Opening Out Movement
18. Closed Hip Twist (Close Hip Twist)
19. Reverse Top
20. Open Hip Twist
21. Opening Out from Reverse Top
22. Aida (Fallaway)
23. Spiral Turns
24. The Spiral
25. Spiral to Open Position - Fan Position – to Open CPP – to Reverse Top
26. The Curl
27. Rope Spinning
28. Figures that may be turned into Open CPP include : Hockey Stick - Closed (Close) Hip Twist – Open Hip Twist - Spiral – Curl
29. Alemana may be Checked to Open CPP
30. Advanced Opening Out Movement
31. Sliding Doors
32. Fencing
33. Three Threes
34. Three Alemanas
35. Hip Twists - . Advanced - Continuous - &. Continuous Circular

Samba

1. Basic Movements – Natural - Reverse - Side - Progressive
2. Samba Whisks to L & R (also with Follower's Underarm turn)
3. Samba Walks – Promenade – Side - Stationary
4. Volta Movements
5. Rhythm Bounce
6. Botafogos - Travelling Forward and Back
7. Promenade Botafogo (also to PP & CPP)
8. Reverse Turn - Basic and Advanced
9. Travelling Voltas to Right & Left - Criss Cross Voltas
10. Solo Spot Voltas
11. Volta Spot Turns to Right & Left for Followers
12. Continuous Volta Spot turn to Right & Left
13. Foot Changes (Methods of changing feet 1 & 2)
14. Side Chasses
15. Shadow Travelling Voltas
16. Corta Jaca
17. Close(d) Rocks on RF & LF
18. Natural Roll
19. Open Rocks to Right & Left
20. Backward Rocks on RF & LF (Back Rocks)
21. Plait
22. Rolling off the Arm
23. Argentine Crosses
24. Maypole
25. Shadow Circular Volta – Circular Voltas to Left & Right in Shadow Position
26. Contra Botafogos
27. Roundabout – Circular Voltas to Right & Left
28. Reverse Roll
29. Promenade & Counter Promenade Runs
30. Methods of Changing Feet 3&4
31. Three Step Turn
32. Samba Locks
33. Cruzados Walks & Locks
34. Cruzados Locks in Shadow Position
35. Drop Volta

Appendix 5 - Solo Latin Syllabus

Paso Doble

1. Basic Movement – March - Sur Place
2. Chasses to Right & Left - including Elevations
3. Drag
4. Deplacement – (Attack)
5. Promenade Link - including Promenade Close
6. Ecart
7. Fallaway Whisk
8. Appel
9. Huit
10. Promenade
11. Separation
12. Fallaway Ending to Separation
13. Sixteen
14. Promenade & Counter Promenade
15. Grand Circle
16. Alternative Entries to PP
17. Open Telemark
18. Twist Turn
19. La Passe
20. Banderillas
21. Fallaway Reverse
22. Coup de Pique
23. Coup de Pique - changing from LF to RF - from RF to LF - Syncopated, Couplet
24. LF Variation
25. Spanish Line
26. Flamenco Taps
27. Syncopated Separation
28. Methods of Changing Feet
29. Travelling Spins from PP
30. Travelling Spins from CPP
31. Fregolina - incorporating Farol
32. Twists
33. Chasse Cape - including Outside Turn
34. Chasse Cape

Jive

1. Chasses to Right and Left
2. Basic in Place
3. Fallaway Rock Action
4. Basic in Fallaway
5. Fallaway Throwaway
6. Link
7. Change of Place(s) Right to Left
8. Change of Place(s) Left to Right
9. Change of Hands Behind the Back
10. Promenade Walks (Slow and Quick)
11. Hip Bump/ L Shoulder Shove
12. Whip
13. American Spin
14. Stop & Go
15. Mooch
16. Whip Throwaway (Throwaway Whip)
17. Reverse Whip
18. Windmill
19. Spanish Arms
20. Rolling off the Arm
21. Simple Spin
22. Miami Special
23. Change of Place Right to L with Double Spin
24. Overturned Change of Place L to R
25. Double Cross Whip
26. Curly Whip
27. Overturned Fallaway Throwaway
28. Ball Change
29. Shoulder Spin
30. Toe Heel Swivels
31. Chugging
32. Chicken Walks
33. Catapult
34. Stalking Walks, Flicks & Break

Appendix 5 - Solo Latin Syllabus

Cha Cha Cha

1. Basic Movement - Closed - Open - In Place
2. Cha Cha Cha Chasses to Left & Right and Cha Cha Cha Locks Forward and Backwards
3. Time Steps
4. New York to Left or Right Side Position (Check from OCPP & Check from OPP)
5. Spot Turns to Left or Right, including Switch and Underarm Turns
6. Shoulder to Shoulder to Left & Right Side
7. Hand to Hand to Right & Left Side Position (Open PP & Open CPP or PP & CPP)
8. Three Cha Cha Chas Fwd & Back and in OPP & OCPP
9. Side Steps to Left & Right
10. There and Back
11. Fan
12. Hockey Stick
13. Alemana
14. Alemana from Open Position Left to Right Hand Hold
15. Alemana from Open Position Right to Right Hand Hold
16. Alemana finish A and Finish B
17. Natural Top and Natural top with finish A & B
18. Natural Opening Out Movement
19. Close(d) Hip Twist
20. Open Hip Twist
21. Reverse Top and Opening out from Reverse Top
22. Aida
23. Spiral
24. Curl
25. Rope Spinning
26. Cross Basic
27. Cuban Breaks - including Split Cuban Breaks
28. Cuban Break - In Open Position, In Open CPP, Split in Open CPP, Split from Open CPP & Open PP
29. Chase
31. Changes of shape of C.C.C. Chasse (Ronde Chasse - Hip Twist Chasse – Slip Close Chasse)
32. Figures that may be turned to Open CPP include -- Hockey Stick – Close(d) Hip Twist – Open Hip Twist –
33. Alemana checked to Open CPP
34 Methods of Changing Feet 1 – 2 –3. Foot Changes
35. Advanced Hip Twist
36. Turkish Towel
37. Sweetheart
38. Follow my Leader
39. Guapacha Timing
40. Close(d) Hip Twist Spiral
41. Open Twist Hip Spiral