



NADTA Bronze American Style Rhythm Syllabus

Name _____

Teacher _____

Rumba	Figure	Timing	L/F	Technique	Bolero	Figure	Timing	L/F	Technique
1. Box					1. Bolero Basic				
2. Right Underarm Turn					2. Cross Body Lead				
3. Side Breaks					3. Open Break				
4. Progressive Rocks					4. Right Underarm Turn				
5. Fifth Position Breaks					5. Fifth Position Breaks				
6. Cross Body Lead					6. Outside Breaks				
7. Cross Body Lead into Cuban Walks Back					7. Cross Over Break and Switch Turn				
8. Cross Body Lead into Outside Breaks					8. Left Side Pass				
9. Open Break R Underarm Turn into Cross Over Breaks					9. Right Side Pass				
10. Forward and Back Spot Turns					10. Back Spot Turn				
Recognized Variations					Recognized Variations				
1. Cross Over Breaks and Switch Turn					1. Side Breaks				
2. Right Left Right Underarm Turns					2. Open Break R Underarm Turn into Cross Over Breaks				
3. Right Underarm Turn to Advanced Hip Twist					3. Forward and Back Spot Turns				
4. Shadow Breaks to Lady Spiral Turn					4. Right Left Right Underarm Turns				
5. Back Spot Turns					5. Shadow Breaks to Lady Spiral				
6. Right Side Pass									
Mambo					Cha-Cha-Cha				
1a. Mambo Basic					1. Cha-Cha-Cha Basic				
1b. Side Breaks					2. Forward and Back Basic				
2. Cross Body Lead					3. Cross Over Breaks and Switch Turn				
3-Right Underarm Turn					4. Right Underarm Turn				
4 Fifth Position Breaks					5. Right Left Right Underarm Turns				
5Cross Body to Right Side Pass					6. Three Cha Chas Forward and Back				
6Cross Over Breaks and Switch Turn					7. Cross Body Lead				
7Chase Turns					8. Outside Breaks				
8Right Underarm Turn to Advanced Hip Twist					9. Cross Over into Side Steps Back and Forward Runs				
9Shadow Breaks to Lady Spiral Turn					10. Left Side Pass				
					Recognized Variations				
Recognized Variations					1. Fifth Positions Breaks				
1. Forward and Back Spot Turns					2. Chase Turns				
2. Back Spot Turns					3. Right Underarm Turn to Advanced Hip Twist				
3. Outside Breaks					4. Shadow Breaks to Lady Spiral Turn				
4. Right Left Right Underarm Turns					5. Right Side Pass				
5. Open Break R Underarm Turn into Cross Over Breaks					6. Back Spot Turns				
					7. Peek -a- Boo				
Swing					Teacher's Comments				
1. Swing Basic									
2. Throwaway									
3. Underarms Turns Right and Left									
4. Sweetheart									
5. American Spin									
6. Four Kicks									
7. Peek -a- Boo									
8. Lindy Whip Turn									
9A. Lindy Whip with Right Underarm Turn									
9B. Lindy Whip with Left Underarm Turn									
9C. Lindy Whip with Hand Change Turn									
10. Back Pass									
11. Hitch kick									



NADTA Silver American Style Rhythm Syllabus

Name _____

Teacher _____

Rumba	Figure	Timing	L/F	Technique	Bolero	Figure	Timing	L/F	Technique
1. Open Box					1. Passing Changes				
2. Snap Cross					2. Shadow Wraps				
3. Quick Underarm Turns Right and Left					3. Left Side Pass with Lady's Underarm Turn to Left				
4. Sliding Doors Variation					4. Outside Breaks to Aida				
5. Quick Underarm Turn to Wraparound					5. Cross Over Break to Aida (option to figure 4)				
6. Grapevine to Spiral					6. Traveling Cross to Switch Turn				
7. Sit Checks to Left and Right					7. Lunge to Lady's Free Turn Right				
8. Grapevine to Left Underarm Turn to Solo Spin					8. Back Spot Turn to Rudolph Ronde				
9. Rope Spinning to Left Underarm Turn					9. Back Spot Turn with Underarm Turns Left and Right				
10. Curl to Shadow Foot Swivels to Same Foot Lunge					10. Eros Line in Shadow Position to Double Contra Check				
Mambo					Cha-Cha-Cha				
1. Turning Side Breaks					1. Cross Over Breaks with Apart Turns				
2. Mambo Wraps					2. Grapevine to Fencing				
3. Opening Out to Side Checks					3. Syncopated Cross Over Breaks into Knee Lift with Right U/A				
4. Outside Check and Swivel					4. Underarm Chase to Side Pass				
5. Catapult					5. Opening Out to Side Checks				
6. Open Left Turn In Shadow					6. Three Chas with Solo Turns				
7. Foot Change from Open Facing to Right Shadow					7. Foot Change from LF Cross Over Breaks ending in Right Side by Side				
7A. Foot Change from Right Shadow to Open Facing					7A. Foot Change from Right Side by Side ending in Closed or Open Facing				
8. Advanced Sliding Doors					8. Foot Change from RF Cross Over Breaks ending in Left Side by Side				
9. Back Drop					8A. Foot Change from Left Side by Side ending in Closed or Open Facing				
10. Kick and Swivel					9. Left and Right Underarm Turns to Passing Changes				
					10. Side by Side Variation				
Swing					Teachers Comments				
1. Sailor Shuffles									
2. Chicken Walks									
3. Crossover Back to Back									
4. Catapult									
5. Promenade Walks									
6. Double Underarm Turn to Open Tuck -In									
7. Toe Heel Swivels									
8. Sweetheart with Double Underarm Turn									
9. Passing Triples									
10. Boogie Walks in Right Shadow									



NADTA Gold American Style Rhythm Syllabus

Name _____

Teacher _____

Rumba	Figure	Timing	L/F	Technique	Bolero	Figure	Timing	L/F	Technique
Open Telemark to Passé and Rondé					Oblique Line to Apart Rondé				
Cross Over Break to Rondés and Swivel					Pivots to Eros Line and Knee Drop				
Shadow Walks and Swivels					Rondé to Lady's Developpé				
Spiral to Rudolph Rondé					Open Point Break to Lady's Pivots and Body Roll				
Outside Swivel to Roll Turns and Body Roll					Oversway to Same Foot Lunge and Body Drop				
Swing					Cha-Cha-Cha				
The Double Tunnel					Open Right Turn to Split Weight Breaks				
Charleston Points in Right Shadow					Backward Cuban Breaks to Cross Triples				
Circular Tunnel					Lady's Pivot Turns to Syncopated Locks				
The Pinwheel					Telerondé and Body Drop				
Apart Variation					Ripple and Rondé Apart Variation				
Mambo					Teachers Comments				
Reverse Catapult									
Salsa Wraps									
Chase Turns to Sit Drops									
Underarm Turn to Swivel Taps									
Same Foot Rondé to Diagonal Breaks									
Solo Variation Side Points									
Solo Variation Progressive with Taps									
Solo Variation Knee Lifts									
Solo Variation Kick Swivel to Slide									
Solo Variation Full Chase Turn, Rondé to Twist									