



## American (Latin) Rhythm Medal Program

Cha Cha		Pattern	Lead Follow	Foot work	Styling	Level
1.	Cha Cha Basic					B R O N Z E
2.	Forward & Back Basic					
3.	Cross Over Breaks & Switch Turn					
4.	Right Underarm Turn					
5.	Right – Left – Right Underarm Turns					
6.	Three Cha Cha's Forward & Back					
7.	Cross Body Lead					S T A R
8.	Outside Breaks					
9.	Cross Over Side Steps, Back & Forward Runs					
10.	Left Side Pass					S I L V E R
11.	Cross Over Breaks with Apart Turns					
12.	Grapevine to Fencing					
13.	Sync' Cross Over Breaks into Knee Lift with Right U/A					
14.	Underarm Chase to Side Pass					
15.	Opening Out to Side Checks					
16.	Three Cha Cha's with Solo Turns					S T A R
17.	Foot Change from LF Cross Over Breaks ending in Right Side by Side					
17a	Foot Change from Right Side by Side ending in Closed or Open Facing					
18.	Foot Change from RF Cross Over Breaks ending in Left Side by Side					
18a	Foot Change from Left Side by Side ending in Closed or Open Facing					
19.	Left & Right Underarm Turns to Passing Changes					G O L D
20.	Side by Side Variation					
21.	Open Right Turn to Split Weight Breaks					
22.	Backward Cuban Breaks to Cross Triples					
23.	Lady's Pivot Turns to Syncopated Locks					
24.	Teleronde & Body Drop					
25.	Ripple & Ronde Apart Variation					

Rumba		Pattern	Lead Follow	Foot work	Styling	Level
1.	Box					BRONZE
2.	Right Underarm Turn					
3.	Side Breaks					
4.	Progressive Rocks					
5.	Fifth Position Breaks					
6.	Cross Body Lead					STAR
7.	Cross Body Lead to Cuban Walks Back					
8.	Cross Body Lead to Outside Breaks					
9.	Open Break with R't U'arm Turn to Cross Over Breaks					
10.	Forward and Back Spot Turns					SILVER
11.	Open Box					
12.	Snap Cross					
13.	Quick Underarm Turns Right & Left					
14.	Sliding Doors Variation					
15.	Quick Underarm Turn to Wraparound					STAR
16.	Grapevine to Spiral					
17.	Sit Checks to Left & Right					
18.	Grapevine to Left Underarm Turn to Solo Spin					
19.	Rope Spinning to Left Underarm Turn					
20.	Curl to Shadow Foot Swivels to Same Foot Lunge					GOLD
21.	Open Telemark to Passé and Ronde					
22.	Cross Over Break to Ronde's & Swivel					
23.	Shadow Walks & Swivels					
24.	Spiral to Rudolph Ronde					
25.	Outside Swivel to Roll Turns & Body Roll					



Bolero		Pattern	Lead Follow	Foot work	Styling	Level
1.	Bolero Basic					B R O N Z E
2.	Cross Body Lead					
3.	Open Break					
4.	Right Underarm Turn					
5.	Fifth Position Breaks					
6.	Outside Breaks					S T A R
7.	Cross Over Breaks & Switch Turn					
8.	Left Side Pass					
9.	Right Side Pass					
10.	Back Spot Turn					S I L V E R
11.	Passing Changes					
12.	Shadow Wraps					
13.	Left Side Pass with Lady's Underarm Turn to Left					
14.	Outside Break to Aida					
15.	Crossover Break to Aida (option to figure 4)					S T A R
16.	Travelling Cross to Switch Turn					
17.	Lunge to Lady's Free Turn to Right					
18.	Right Side Pass, Back Spot Turn to Rudolph Ronde					
19.	Back Spot Turn, Underarm Turns to Left & Right					G O L D
20.	Eros Line in Shadow Position to Double Contra Check					
21.	Oblique Line to Apart Ronde					
22.	Pivots to Eros Line & Knee Drop					
23.	Ronde to Lady's Develope's					
24.	Open Point Break to Lady's Pivots & Body Roll					
25.	Oversway to Same Foot Lunge & Body Drop					

Mambo		Pattern	Lead Follow	Foot work	Styling	Level
1.	Mambo Basic					B R O N Z E
1a	Progressive Basic					
2.	Forward and Backward Breaks					
2a	Side Breaks					
3.	Cross Body Lead					
4.	Right Underarm Turn					S T A R
5.	Fifth Position Breaks					
6.	Cross Body Lead Right Side Pass					
7.	Cross Over Breaks & Switch Turn					
8.	Chase Turns					S I L V E R
9.	Right Underarm Turn to Advanced Hip Twist					
10.	Shadow Breaks to Lady's Spiral					
11.	Turning Side Breaks					
12.	Mambo Wraps					
13.	Opening Out to Side Checks					S T A R
14.	Outside Check & Swivel					
15.	Catapult					
16.	Open Left Turn in Shadow					
17.	Foot Change from Open Facing to Right Shadow					S T A R
17a	Foot Change from Right Shadow to Open Facing					
18.	Advance Sliding Doors					
19.	Back Drop					G O L D
20.	Kick and Swivel					
21.	Reverse Catapult					
22.	Salsa Wraps					
23.	Chase Turns to Sit Drops					
24.	Underarm Turn to Swivel Taps					
25.	Same Foot Ronde to Diagonal Breaks					
26.	Solo Variation Side Points					
26a	Solo Variation Progressive with Taps					
26b	Solo Variation Knee Lifts					
26c	Solo Variation Kick Swivel to Slide					
26d	Solo Variation Full Chase Turn, Ronde to Twist					

Dances for Medal Tests	
Bronze	Cha Cha, Rumba, East Coast Swing, Mambo (Bolero is optional)
Bronze Star	Cha Cha, Rumba, East Coast Swing, Mambo (Bolero is optional)
Silver	Cha Cha, Rumba, East Coast Swing, Mambo (Bolero is optional)
Silver Star	Cha Cha, Rumba, East Coast Swing, Mambo (Bolero is optional)
Gold	Cha Cha, Rumba, East Coast Swing, Mambo (Bolero is optional)
Gold Star	Cha Cha, Rumba, East Coast Swing, Mambo (Bolero is optional)

1 and 2 Dance Certificate Examinations	
Bronze	Single Dance (figures as per Bronze Medal syllabus) All Medallist Dance Styles – Must be dances available to Bronze Medallists
Silver	1 or 2 Dances (figures as per Silver Medal syllabus) All Medallist Dance Styles – Must be dances available to Silver Medallists
Gold	2 dances (unrestricted syllabus) All Medallist Dance Styles

The candidate will be assessed at medal test standards and will receive an examination report form plus the appropriate Bronze, Silver or Gold Certificate signed by the Examiner on the day of examination.

Composite Examinations	
Bronze	3 dances (made up of any dance or dances) Figures as per Bronze Medal syllabus
Silver	4 dances (made up of any dance or dances) Figures as per Silver Medal syllabus
Gold	4 dances (made up of any dance or dances) Unrestricted syllabus

The candidate will be assessed at medal test standards and will receive an examination report form plus the appropriate Bronze, Silver or Gold Certificate signed by the Examiner on the day of examination.

Cabaret Examinations	
Bronze	Any style or combination of recognised dance styles; and is restricted to Bronze/Bronze Star/Bar/Crest requirements
Silver	Any style or combination of recognised dance styles; and is restricted to Silver/Silver Star/Bar/Crest requirements
Open	Any style or combination of recognised dance styles; and is unrestricted

These examinations are designed for candidates who have completed all levels of medal examinations or those who wish to incorporate with their medals an exam that is not as technical and allows both student and teacher an opportunity for creativity.