



## Club Dance Medal Program

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Tango Argentine		Pattern	Lead Follow	Foot work	Styling	Level
1.	Progressive Basic					B R O N Z E
2.	Cadencia					
3.	Cadencia/Left Turn					
4.	Ocho Cortado					
5.	Cadencia/Right Turn with Ocho Cortado					
6.	Forward Ochos in Cross System					
7.	Forward Ochos in Parallel System					
8.	Back Ochos					
9.	Molinete Right					S T A R
10.	Molinete Left					
11.	Forward Ochos with Sacadas					
12.	Back Ochos & Walking Left Outside Partner					
13.	Media Vuelta to Walking & Turning					
14.	Parada to Forward Cross Step					
15.	Parada to Back Cross Step					
16.	Molinete Right with Gancho & Sacada					
17.	Molinete Right with Lapis & Parada					S I L V E R
18.	Revolving Forward Ochos					
19.	Back & Forward Boleros					
20.	Cross System Cadencias					
21.	Double Right Turn					
22.	Cadencia/Right Turn with Sacada to Deep Back Cross					
23.	Media Vuelta & Barrida					
24.	Molinete Right with Sacadas & Molinete Left with Ronde					
25.	Molinete Left w' Sacadas & Molinete R't with Ocho Cortado var'					S T A R
26.	Corrida & Back Ocho with Hesitation for Vals					
27.	Tijera, Tomada/Engache & Barrida					
28.	Back Sacada, Barrida & Colgada					
29.	Back & Forward Boleros & Zarandeo Forward Volcada					

Salsa		Pattern	Lead Follow	Foot work	Styling	Level
1.	Underarm Turns Right: Basic with Ladies Right Turn; Basic with Man's Right Turn; Over Head; Hand Change Behind the Back; Off the Shoulder					B R O N Z E
2.	Underarm Turns: Basic with Ladies Broken Left; Basic with Man's Broken Left; Over Head; Hand Change Behind the Back; Off the Shoulder					
3.	Underarm Turns Left: Back Breaks with Ladies Left Turn; Back Breaks with Man's Left Turn					
4.	Cross Body Lead: In Closed Position; Two Hand Hold; In Handshake Hold; Waist Hold					
5.	Cross Body Lead with Ladies Inside Turn: Normal Hold; Shoulder Lead; Waist Hold					
6.	Catch the Back or Two Way Underarm: Normal with Right or Left Turn Ending; With Arm Styling					
7.	Back Spot Turn: 1 Measure; Open & Closed; end with Check & Cross Body Lead					
8.	Cross Body Lead with Open Break to Shoulder Turn					S T A R
9.	She Goes-He Goes-She Goes					
10.	Back Pass					
11.	The Spiral					
12.	Back Roll					
13.	Drop Hand Catch					
14.	Ladies Left to Man's Right Turn					S I L V E R
15.	Social Step					
16.	Overtuned Cross Body Lead					
17.	The Cross Body Lead 'Waltz'					
18.	Cross Body Lead with Options: Man Turning Right; Man Turning Left; Lady Turning Right with Arm Styling					
19.	Copa or the In and Out: Single & Double Turn; Handshake Hold & Two Hand Hold					
20.	Cross Body Lead to Double Right Turn					
21.	Cross Body Lead to Touch and Go					S T A R
22.	Cross Body Lead to Inside Double Turn					
23.	Titanic or Crucifix					
24.	Back to Back Turn					
25.	The Ballerina					
26.	Behind the Back Turn					
27.	Catch the Back Variation					
28.	Special Social Step					
29.	Cross Body Adventure					
30.	Cross Body Great Adventure					

Bachata		Pattern	Lead Follow	Foot work	Styling	Level
1.	Basic Movement (Open Hold)					B R O N Z E
2.	Basic in 3 Parts (The Tap; The Hip lift; The Triplet)					
3.	Basic Movement (Forward; Back; In Place)					
4.	Basic in Closed Hold					
5.	The Rotation					
6.	Lady's Right and Left U/A Turns: *Variation; Solo R't & Left Turns					S T A R
7.	Man's Left and Right U/A Turns: *Variation; Solo Left & R't Turns					
8.	The Followers Turn					
9.	Face Loop					
10.	Continuous Right Turn					
11.	Unwinding Turn & The Gancho					S I L V E R
12.	Catch & Release					
13.	Free Spin Variation					
14.	The Cuddle					
15.	Swivel to Cuddle and Drop					S T A R
16.	Leg Wraps					
17.	Club Styling & The Double Turn					
18.	Cross Body Lead					

Hustle		Pattern	Lead Follow	Foot work	Styling	Level
1.	Basic Back Break					BRONZE
2.	Basic Side Break					
3.	Basic Forward Break					
4.	Hesitation					
5.	The Wheel					
6.	Underarm Turn Combination (You Go, I Go, You Go)					
7.	Leader's Behind the Back Pass and Follower's Bridge					
8.	Cross-Body Lead					
9.	Cross-Body Lead with Open Break to Return					
10.	Return to Face Loop					
11.	Double Hand Hold Bridges					
12.	The Whip					
13.	Cradle with Continuous Left					
14.	Cradle In and Out					
15.	Back Spot Turn					
16.	Grapevine					
17.	Sliding Doors					
18.	Cross Body Lead with Inside Turn					
19.	Shadow with Comb					
20.	Shadow with Free Spin					
21.	New York Walk					
22.	Shadow to Comb with Left Turn Exit					
23.	Progressive Shadow; Continuous Shadow					
24.	Traveling Shadow					
25.	New York Walk with Styling (Visual and Leader's Left Turn)					
26.	Las Vegas (Basic Timing; Syncopated Timing)					
27.	Wrap Variations: Change of Sides to Wrap; In and Out Wrap; Behind the Back Wrap; Wrap with Leader's Turn					
28.	Left Arm Hammerlock; Right Arm Hammerlock					
29.	Leader's Behind the Back Pass Full Turn					
30.	Double Outside Turn; Lollipop Turn					
31.	Illusion Turns (Touch and Go)					
32.	4 Count Turn (Free Spin); 4 Count Turn (Back Roll)					
33.	T-Turn					
34.	Basic Swivel					
35.	8 Count Diva Walks					
36.	Slide of Hands					

West Coast Swing		Pattern	Lead Follow	Foot work	Styling	Level
1.	Under Arm Turn					B R O N Z E
2.	Left Side Pass					
3.	Sugar Push					
4.	Right Side Pass					
5.	Tuck In From Left Side Pass					
6.	Tuck In From Right Side Pass					
7.	Half Whip Throw Out					
8.	Basic Whip					
9.	Inside Turn from Whip					S T A R
10.	Whip & Outside Turn					
11.	Whip with Check					
12.	Underarm Turn-Man's Loop-Right Side Pass					
13.	Sugar Push Point					
14.	Lock Whip					
15.	Continuous Whip					
16.	Checked Whip					S I L V E R
17.	Roll In Pass					
18.	Double Face Loop, Tuck Spin					
19.	Man's Hammerlock Tummy Whip					
20.	Lock Whip, Side Break and Spin					
21.	Spinning Hammerlock					S T A R
22.	Continuous Whip					
23.	Sugar Push Syncopations					
24.	Underarm Turn Syncopations					
25.	Roll In, Check & Throwout					

<b>Dances for Medal Tests</b>	
Bronze	Tango Argentine, Salsa, Bachata, Hustle, West Coast Swing (select any 3 dances)
Bronze Star	Tango Argentine, Salsa, Bachata, Hustle, West Coast Swing (select any 4 dances)
Silver	Tango Argentine, Salsa, Bachata, Hustle, West Coast Swing
Silver Star	Tango Argentine, Salsa, Bachata, Hustle, West Coast Swing
Gold	Tango Argentine, Salsa, Bachata, Hustle, West Coast Swing
Gold Star	Tango Argentine, Salsa, Bachata, Hustle, West Coast Swing

<b>1, 2, 3 or 4 Dance Certificate Examinations</b>	
Bronze	1 or 2 Dances (figures as per Bronze Medal syllabus) All Medallist Dance Styles – Must be dances available to Bronze Medallists
Silver	1, 2 or 3 Dances (figures as per Silver Medal syllabus) All Medallist Dance Styles – Must be dances available to Silver Medallists
Gold	1, 2, 3 or 4 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.

<b>Composite Examinations</b>	
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.

<b>Cabaret Examinations</b>	
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 syllabus

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.