



JUNIOR HIGH TEAM MATCH - Approved Syllabus - 2021-2022

- **Fall** Sat, Nov 6th L1/L2 – CC/FT/Sw/AA
- **Winter** Fri, Feb 25th L1 – CC/FT/Sw/AA & L2 – CC/F/Sw/T
- **BYU** Wed, Mar 9th L2 only – CC/FT/Sw/T

**Teachers, please teach 3 to 5 steps per style that you believe will best serve your students.*

CHA CHA		FOXTROT	
LEVEL 1 & 2		LEVEL 1 – Magic Rhythm	
1	Basic	1	Basic - ssqq
2	Cross Over Break	2	Curved Walk - ssqq
3	Walk Around Turn (Continuous)	3	Promenade Close - ssqq
4	Progressive Basic	4	Promenade Walk - ssqq
5	Chase (var: w/locks)	5	Promenade Arch - ssqq
6	Open Break w/Under Arm Turn	6	Swing Step – qq qq qq
7	Cross Body Lead	7	Left Rock Turn - ssqq
8	5 th Position Breaks	8	Right Rock Turn – ssqq
9	Butterfly	9	Magic Running Step - ssqq
10	*Crossover Break w/Back Locks	10	Outside Running Step – ssqq ssqq
		11	Magic Side by Side – ssqq ssqq ssqq
		12	Open Twinkle – ssqq sqq sqq
		13	*Magic Grapevine – ssqq sqqqqqq sqq
		14	*Sway Underarm Turn – s&s qq s&s qq
LEVEL 2		LEVEL 2 – Continuity Rhythm	
1	Crossover Point	1	Running Step (forward basic) – sqq, sqq
2	Cross Body Lead w/triple progressive	2	Twinkle – sqq sqq
3	Turkish Towel	3	Open Rolls – sqq sqq sqq sqq
4	Half Moon (with Loop - option)	4	Progressive Hoovers - sqq sqq sqq sqq
5	Cross Body Lead w/Swivels	5	Continuity Side by Side – sqq sqq sqq sqq
6	Pullback w/Grapevine	6	Grapevine - sqq sqq qqqqqqqq sqq
7	Forward & Back Syncopations		

SWING		TANGO	
LEVEL 1 & 2		LEVEL 2 – WINTER & BYU	
1	Basic	1	Basic
2	Arch Out & Loop In	2	Promenade Change
3	Double Overhead	3	Promenade Close
4	Hand Change Behind Back	4	Promenade Right Turns
5	American Spin	5	Promenade Checks
6	Stop & Go	6	Flair Promenade
7	Flip Flops	7	Outside Swivel w/Flick
8	Promenade Swivels (2 swivels)	8	Promenade Corte
9	Tuck w/Man’s Arch		
LEVEL 2		MERENGUE	
1	Underarm Chasse		*NOT DANCING AT TEAM MATCH
2	Alternating Underarm Turn	1	Side Basic
3	Toe Heel Swivels	2	Forward and Back
4	Hand Slide	3	Ladies Underarm Turn
5	Side Passes	4	Second Position Breaks
6	Whip (var: from Open Facing Position)	5	Fallaway
7	Hammerlock & Wheel	6	Pretzel (Add side basic 4 ct, then
8	*Pretzel		Arm slide 4 ct, then begin Pretzel)