



## JUNIOR HIGH TEAM MATCH - Approved Syllabus - 2022-2023

- **Fall** Sat, Nov 5th L1 - CC/W/Sw/Rumba & L2 – CC/W/Sw/Samba
- **Winter** Feb - TBD L1 – CC/W/Sw/Rumba & L2 – CC/W/Sw/Samba
- **BYU** Wed, Mar 8<sup>th</sup> L2 only – CC/W/Swing/Samba

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

WALTZ		SWING	
<b>LEVEL 1</b>		<b>LEVEL 1</b>	
1	Box Step	1	Basic & Turning Basic
2	Left Box Turn	2	Arch Out & Loop In
3	Progressive Box	3	Double Overhead
4	Streamline	4	Hand Change Behind Back
5	Hesitation Under Arm Turn	5	American Spin
6	Side by Side	6	Stop & Go
7	Lady's Underarm Turn	7	Flip Flops
8	Simple Twinkle	8	Promenade Swivels (2 swivels)
9	Hoovers	9	Tuck w/Man's Arch
<b>LEVEL 2</b>		<b>LEVEL 2</b>	
1	Open Box	1	Underarm Chasse
2	Twinkle	2	Alternating Underarm Turn
3	Open Rolls	3	Toe Heel Swivels
4	Side By Side	4	Hand Slide
5	Crossover Hoovers	5	Side Passes
6	Chasse & Chair	6	Whip (var: from Open Facing Position)
7	Hesitation Cross	7	Hammerlock & Wheel
8	Hesitation Cross Body Lead	8	*Pretzel

RUMBA - Level 1			CHA CHA	
1	Basic Box		<b>LEVEL 1</b>	
2	Side Step		1	Basic
3	Walk Around Turn		2	Cross Over Break
4	Lady Arch		3	Walk Around Turn (Continuous)
5	Parallel Breaks		4	Progressive Basic
6	Cross Over Breaks		5	Chase (var: w/locks)
7	5 <sup>th</sup> Position Breaks		6	Open Break w/Under Arm Turn
8	Shoulder Check		7	Cross Body Lead
9	Open Out		8	5 <sup>th</sup> Position Breaks
10	Alternating Under Arm Turn		9	Butterfly
11	Cross Body Lead		10	*Crossover Break w/Back Locks
12	Grapevine Rhonde			
			<b>LEVEL 2</b>	
<b>SAMBA</b>			Crossover Point	
<b>Counts</b>				
1	Basic	1-4	1	Cross Body Lead w/triple progressive
2	Bota Foga to Promenade	5a6	3	Turkish Towel
3	Side Samba Walk	7a8	4	Half Moon (with Loop - option)
4	Criss Cross Voltas	1-4	5	Cross Body Lead w/Swivels
5	Criss Cross Bota Fogos 2x	5-8	6	Pullback w/Grapevine
6	Criss Cross Voltas	1-4	7	Forward & Back Syncopations
7	Whisk to man's left	5a6		
8	Whisk man's right- lady loop to shadow	7a8		
9	Voltas in Shadow hold face wall	1-4		
10	Shadow Bota Fogos turn ¼ face LOD	5-8		
10	Circular Volta to Left ¾ turn face wall	1-4		
11	Man's Foot Change-RF Kick ball change Lady Bota Foga turn right to center	5a6		
12	Stationary Samba Walk	7a8		
START OVER FROM BEGINNING			8-12-22	