



SYLLABUS FOR ASI ASSESSMENT

CHA CHA CHA

Time step
New York
Hand to hand
Solo spot turn Left
Solo spot turn right
Basic movement
Shoulder to shoulder

SAMBA

Reverse basic movement
Natural basic movement
Outside basic movement
Progressive basic movement
Whisk to L
Whisk to R
Samba walks in PP

RUMBA

Basic movement
Rhythm step
Shoulder to shoulder
New York
Hand to hand
Solo spot turn L
Solo spot turn R

PASO DOBLE

Sur place
Basic movement forward
Basic movement backward
Separation
Chasse to L (as Leader)
Chasse to R (as Follower)

JIVE

Fallaway rock
Fallaway throwaway
Change of place from R to L
Change of place from L to R
Change of hands behind the back
Jive walks



WALTZ

Box step
Reverse Turn
Change step from reverse to natural
Natural turn
Change step from natural to reverse
Whisk
Chasse from promenade position

TANGO

T.A.N.G.O
Basic movement, walk and progressive side step
Promenade position
Closed promenade

SLOW FOXTROT

Walk on Left foot
Feather step
Three Step
Reverse turn
Change of direction
Natural Turn

QUICKSTEP

Walk on left foot
Quarter turn to right
Progressive chasse
Forward lockstep

VIENNESE WALTZ

Natural Turn
Reverse Turn
RF forward change. Natural to Reverse
LR forward change. Reverse to Natural