

CANADIAN DANCESPORT FEDERATION

GOLD STAR STEP LIST – LATIN-AMERICAN FIGURES

Amateur & Professional Medal Tests

CDF Technical Committee

You can find a detailed description of the figures listed below in the book published by Geoffrey Hearn entitled < A Technique of ADVANCED LATIN-AMERICAN FIGURES >

Important note: A minimum of five (5) of the figures listed below must be used, in each dance, for a Gold Star Medal Test.

RUMBA

1. Backward Swivel Basic to end in Fan Position
2. Overturned Slow Curl from Fan Position to Runaway with < alternative ending to normal open position >
3. Lady's High (or Low) Rondé to Right from a Syncopated Alemana to Lady's Circular Walks
4. Checked Alemana to Lady's Syncopated Three Step Turn
5. Check from Open CPP (New York) with Man's Lunge
6. Sliding Doors Development
7. Continuous Alemana Turns
8. Natural Top to Syncopated under Arm Turn to Quick Opening Out to Right to Open Pos.
9. Standing Spin to Developed Opening Out to Right and Left

SAMBA

1. Batucada - suggested Popular Variation **only**: in Open Position L. to R. hand hold
2. Advanced Promenade to Counter Promenade Run (commence in Open Position L. to R. or R. to R. hand hold)
3. Travelling Volta with Split Rhythm Action
4. Fallaway Runs
5. Shadow Rocks
6. Advanced Corta Jaca Action
7. Continuous Quick Zigzags
8. High Back Check to Three Step Turn and Whisk
9. " Box " Movements from Open CPP

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CHA CHA

1. Backward Swivel Basic to end in Fan Position
2. Runaway Zigzag to Fan Position
3. " Box " zigzags
4. Hip Throw Turns
5. Linear Turns to Quick Open Hip Twist
6. Telespin to Lady's Spiral Turn to Left to Fan Position
7. Check from Open CPP (New York) with Man's Lunge Line and Lady's Three Step Turn
8. Check from Open CPP – Three Step Turn – mark time – check from Open CPP
9. Cuban Break In Solo RSP – Three Step Turn – Hesitation Ball Change to Tandem & Open Position - (you can use this option: Lady: step 13: < RF closes to LF w/w – left leg straight in contact Tandem Position > Step 14: < Hold position without circling hips to left > Step 15 / 16-18: continue as described)

PASO DOBLE

1. Slip Appel – Reverse Swivel – Basic Movement – Check – Chassé Cape Action
2. Huit (Botafogo) Actions – Contra Walks & Volta Action – Double Appel – Zigzag – Forward Lunge
3. Appel to Solo Circular Walks – Syncopated Appel – Twists Action
4. Continuous Locks – Check – Contra Low Spanish Line (could follow " step 10 " of figure # 3 above and also a good precede to " Huit Actions ")
5. Open Telemark – Promenade and Counter Promenade Runs
6. Stalking Walks in Open PP – Twists Action to Low Spanish Lines – Circular Walks – Huit (Botafogo) Action
7. Grand Circle Action – Zigzag to Swivel – Run in PP – Check in PP – Fallaway to Slip Pivot
8. Appel to PP – Quick Lock in PP – Forward Lunge in PP to Contact Hold
9. Twists Action opening to PP to end in Close RSP

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JIVE

1. Turning Double Ball Change Rhythms – Three Step Turn
2. Hand-To-Hand Checked Turns
3. Sugar Push Variation
4. Travelling Flick Ball Changes in PP – Turning Chassés – Natural Spin – Throwaway Chassé
5. Chicken Walks with Man's Crossover Walks – Reverse Throwaway Action
6. Double Hold Arm Turns for Lady and Man – Catapult Ending
7. Single Beat Shoulder Spin
8. Chugging, Turning to Right
9. Miami Special Entry – Circular Flick Ball Changes – Lady's Three Step Turn to Right

**N.B.: You may include as Precedes and Follows any of the figures listed in the
ISTD Latin-American Technique Books**

< A Technique of ADVANCED LATIN-AMERICAN FIGURES > may be ordered from:

- www.dsi-london.com
- Peter & Vicki VanHogezand, Edmonton, AB / e-mail: VanHogezand@Shaw.ca