

Supreme Dance - Bronze Routines

Ballroom

Waltz	Quickstep
<ol style="list-style-type: none"> 1. Running spin turn (1 2 ½ 3) 2. Turning lock end PP (1 2 ½ 3 ½) 3. Running Chasse from promenade 4. <u>Run around ending PP</u> 5. Chasse to PP 6. Wing 7. Natural Spin Turn 8. Chasse to right -> Outside change to PP 9. Chasse from promenade 10. Open impetus turn -> Weave from pp 11. Drag hesitation 12. Outside change (not to PP) 13. Left whisk 14. Round around 15. Running chasse 16. Left whisk 17. Double reverse turn 18. Oversway (12 count) 19. PP (1 bar) 20. Chasse from PP 21. Back whisk 22. Wing 23. Chasse to the right 	<ol style="list-style-type: none"> 1. Natural spin turn 2. 3 Basics 3. 1 lock 4. Natural spin turn 5. V6 6. 123 Natural turn 7. Tipple chasse to the right 8. Quick open reverse 9. 4 quick run 10. Running right hand turn 11. Natural spin turn 12. V6

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Tango	English Foxtrot
1. 5 step	1. Prep step
2. Closed Promenade	2. Feather step
3. Open Reverse turn (lady outside)	3. Reverse turn to a feather finish
4. 4 Swivels	4. 3 step
5. oversway (end in PP)	5. 123 Natural turn
6. Natural twist turn	6. Closed Impetus turn to feather finish
7. Promenade link	7. Open Telemark
8. check	8. 123 Natural turn
9. Promenade link	9. Swivel
10. 4 step swivel	10. Reverse wave
11. Owersway	11. Open Telemark
12. Flat whisk	12. Feather ending
13. Natural promenade turn	13. Top spin
14. Closed Promenade	14. Closed Telemark
15. Progressive link	15. Check
16. Promenade run	16. Contra Check (8 beats)
17. Owersway (8 beats, slow)	17. Feather ending
18. Reverse promenade link	18. 3 step
19. Dd	19. Natural twist turn (end in PP)
20. Basic reverse turn	20. Weave from PP
21. Contra check	21. Change of direction
22. Chase (restart with 5 step)	22. Extended reverse wave
	23. 6-4-2

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Latin

Jive	Samba
<ol style="list-style-type: none"> 1. 2 Basics 2. Lady's Change of place 3. Change the hand 4. American spins 5. Behind the back 6. Link (1 to 5) & double cross whip 7. Bring her back 8. 1 basic 9. 4 Prom walks (slow) 10. 8 Prom walks (fast) 	<ol style="list-style-type: none"> 1. 2 basics 2. 4 whisks (Lady turns on 2nd) 3. 1 walks -> side step 4. 4 Shadow Bodafogas 5. Travelling Voltas to the R & L 6. 2 cucarachas (end PP) 7. 3 Promade runs 8. 2 basics -> reverse turn 9. 3 whisks (Lady turns on 2nd) 10. Cont. Volta spot turn to R -> 2 whisks 11. Cont. Volta spot turn to L -> 1 whisk 12. {restart}

Rumba	Cha
<ol style="list-style-type: none"> 1. Cucarachas entrance 2. Continuous hip twist 3. Closed hip twist 4. Fencing 5. Hip roll 6. Pivots (2 bars) 7. Rocks 8. Walks (2 3 ½ 4-1) 9. Spot turn 10. Box step 11. Drop & turn 12. Sync hip twist 13. 3 Alamanas 14. Rope spinning 15. Hockey stick (with turns) 16. 1 New Yorker 17. Spot turn 18. 2 Cucarachas 19. Advanced sliding doors 20. Sliding Doors 21. Exit 22. Drop 2 bars and turns to man's right 	<ol style="list-style-type: none"> 1. Open hip twist 2. New Chase <ul style="list-style-type: none"> 1st part of chase Cuban breaks 2 turning New Yorkers Back lock Method 3, change of foot 3. Sweetheart 4. New fig (close,walk, turn walk) 5. Rope spinning 6. Swivels 7. Natural top 8. Closed hip twist 9. Hockey stick 10.1 New Yorker 11. Under arm to right (lady) 12.1 Hand to hand 13.3 locks (turning) 14. Check 15.2 turning basics 16.1 New Yorker (with turns) 17. spot turn

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Paso Doble	Beats
Count & turn L (R leg – R arm) (4)	4
Spanish Line (4)	8
Come together (4)	12
Bandarillas - 9 to 16 (8)	20
Promenade to CPP (8)	28
Grand circle (8)	36
Syncopated Separation (12)	48
Chasses to L & sync turns (8)	56
Spanish line (4)	60
flamenco taps (4)	64
Spanish line (4)	68
Promenade close (4)	72
Twists (12) & turn to spear line (2)	84
<u>Hold (2)</u>	<u>88</u>
Step close count (4)	4
Fallaway whisk (4)	8
Great circle - solo (10)	18
Syncopated Separation (12)	30
Untwist then oversway (6)	36
Sixteen (16)	52
Fallaway whisk extra 2 steps (6)	58
Spanish line (4)	62
flamenco taps (4)	66
Drop (4)	70