

# Αποδεκτά βηματολογία International Style I.S.T.D.

## Latin

### RUMBA

#### Associate

BASIC MOVEMENT  
FAN  
ALEMANA  
HOCKEY STICK  
PROGRESSIVE WALKS FWD & BKWD  
NATURAL TOP  
NATURAL OPENING OUT MOVEMENT  
SIDE STEP  
CLOSED HIP TWISTS  
CUCARACHAS  
HAND TO HAND  
SPOT TURNS  
REVERSE TOP  
OPENING OUT FROM REVERSE TOP  
AIDA  
SPIRAL  
OPEN HIP TWISTS

#### Member-Fellow

ALTERNATIVE BASIC MOVEMENT  
KIKI WALKS  
SLIDING DOORS  
FENCING  
ROPE SPINNING  
THREE THREES  
ADVANCED HIP TWISTS

### SAMBA

#### Associate

BASIC MOVEMENTS (NAT,REV,ALTER)  
PROGRESSIVE BASIC MOVEMENT  
OUTSIDE BASIC MOVEMENT  
WISKS TO RIGHT AND LEFT  
SAMBA WALKS IN P.P  
TRAVELLING BOTA FOGOS  
BOTA FOGOS TO P.P AND C.P.P  
REVERSE TURN  
CORTA JACA  
CLOSED ROCKS  
SIDE SAMBA WALK  
VOLTA MOVEMENTS(CR, M.POL,SOL)  
SHADOW BOTA FOGOS  
ARGENTINE CROSSES

#### Member-Fellow

STATIONARY SAMBA WALKS  
OPEN ROCKS  
BACK ROCKS  
PLAIT  
FOOT CHANGES  
CONTRA BOTA FOGOS  
ROLLING OFF THE ARM  
NATURAL ROLL  
VOLTA MOVEMENT (CL,TR, CIR,R.SH)

### CHA CHA

#### Associate

BASIC MOVEMENT  
FAN  
ALEMANA  
HOCKEY STICK  
THREE CHA CHA CHAS  
NATURAL TOP  
NATURAL OPENING OUT MOVEMENT  
CLOSED HIP TWIST  
HAND TO HAND  
SPOT TURNS  
TIME STEPS  
NEW YORK  
SHOULDER TO SHOULDER  
REVERSE TOP  
OPENING OUT FROM REVERSE TOP  
AIDA  
SPIRAL  
OPEN HIP TWIST

#### Member-Fellow

ROPE SPINNING  
ADVANCED HIP TWISTS  
CROSS BASIC  
CUBAN BREAKS  
TURKISH TOWEL  
SWEETHART  
FOLLOW MY HEART

### PASO DOBLE

#### Associate

SUR PLACE  
BASIC MOVEMENT  
APPEL  
CHASSES TO RIGHT AND LEFT  
PROMENADE LINK  
DEPLACEMENT (TO INCL ATTACK)  
SEPARATION  
FALLAWAY ENDING TO SEPARATION  
THE HUIT (CAPE)  
SIXTEEN  
PROMENADES  
GRAND CIRCLE (ADV. END TO P.P)  
OPEN TELEMAR  
ECART (FALLAWAY WISK)  
LA PASSE

#### Member-Fellow

FALLAWAY REVERSE  
SYNCOPATED SEPARATION  
BANDERLLAS  
THE TWISTS  
COUP DE PIQUE  
LEFT FOOT VARIATION  
FREGOLINA (INCORP. THE FAROL)  
THE CHASSE CAPE  
TRAVELLING SPINS FROM P.P  
TRAVELLING SPINS FROM C.P.P

## **JIVE**

### **Associate**

FALLAWAY ROCK  
FALLAWAY THROW AWAY  
LINK ROCK  
CHANGE OF PLACES R TO L  
CHANGE OF PLACES L TO R  
CHANGE OF HANDS BEH BACK  
AMERICAN SPIN  
THE WALKS  
THE WHIP  
WHIP THROWAWAY  
STOP AND GO  
WINDMILL  
SPANISH ARMS  
ROLLING OFF THE ARM

### **Member-Fellow**

SIMPLE SPIN  
CHICKEN WALKS  
CURLY WHIP  
TOE HEEL SWIVELS  
FLICKS INTO BREAK

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## Standard

### QUICKSTEP

#### Associate

QUARTER TURN TO RIGHT  
NATURAL TURN  
NATURAL TURN WITH HESITATION  
NATURAL PIVOT TURN  
NATURAL SPIN TURN  
PROGRESSIVE CHASSE  
CHASSE REVERSE TURN  
FORWARD LOCK  
CLOSED IMPETUS  
BACK LOCK  
REVERSE PIVOT  
PROGRESSIVE CHASSE TO R  
TIPPLE CHASSE TO R  
RUNNING FINISH  
NATURAL TURN & BACK LOCK  
DOUBLE REVERSE SPIN

#### Member

QUICK OPEN REVERSE  
FISHTAIL  
RUNNING RIGHT TURN  
FOUR QUICK RUN  
V6  
CLOSED TELEMARK

#### Fellow

CROSS SWIVEL  
SIX QUICK RUN  
RUMBA CROSS  
TIPSY TO R AND L  
HOVER CORTE

### WALTZ

#### Associate

CLOSED CHANGES  
NATURAL TURN  
REVERSE TURN  
NATURAL SPIN TURN  
WHISK  
CHASSE FROM P.P  
CLOSED IMPETUS  
HESITATION CHANGE  
OUTSIDE CHANGE  
REVERSE CORTE  
BACK WHISK  
BASIC WEAVE  
DOUBLE REVERSE SPIN  
REVERSE PIVOT  
BACK LOCK  
PROGRESSIVE CHASSE TO R

#### Member

WEAVE FROM P.P  
CLOSED TELEMARK  
OPEN TELEMARK & CROSS HESITAT.  
OPEN TELEMARK AND WING  
OPEN IMPETUS & CROSS HESITAT.  
OPEN IMPETUS AND WING  
OUTSIDE SPIN  
TURNING LOCK

#### Fellow

LEFT WHISK  
CONTRA CHECK  
CLOSED WING  
TURNING LOCK TO R  
FALLAWAY REVERSE & SLIP PIVOT  
HOVER CORTE

### TANGO

#### Associate

WALK  
PROGRESSIVE SIDE STEP  
PROGRESSIVE LINK  
CLOSED PROMENADE  
ROCK TURN  
OPEN REVERSE TURN LADY, OUTSIDE  
BACK CORTE  
OPEN REVERSE TURN, LADY IN LINE  
PROGRESSIVE SIDE STEP REV.TURN  
OPEN PROMENADE  
L.F AND R.F ROCKS  
NATURAL TWIST TURN  
NATURAL PROMENADE TURN

#### Member

PROMENADE LINK  
FOUR STEP  
BACK OPEN PROMENADE  
OUTSIDE SWIVELS  
FALLAWAY PROMENADE  
FOUR STEP CHANGE  
BRUSH TAP

#### Fellow

FALLAWAY FOUR STEP  
OVERSWAY  
BASIC REVERSE TURN  
THE CHASE  
FALLAWAY REVERSE & SLIP PIVOT  
FIVE STEP  
CONTRA CHECK

### FOXTROT

#### Associate

FEATHER  
THREE STEP  
NATURAL TURN  
REVERSE TURN (INC. FEATHER FIN.)  
CLOSED IMPETUS & FEATHER FINISH  
NATURAL WEAVE  
CHANGE OF DIRECTION  
BASIC WEAVE

#### Member

CLOSED TELEMARK  
OP. TELEMARK & FEATHER ENDING  
TOP SPIN  
HOVER FEATHER  
HOVER TELEMARK  
NATURAL TELEMARK  
HOVER CROSS  
O.TELEM,N.TRN,OUTS.SW,FEAT.END  
OPEN IMPETUS  
WEAVE FROM P.P  
REVERSE WAVE

#### Fellow

NATURAL TWIST TURN  
CURVED FEATHER TO BCK. FEATHER  
NATURAL ZIGZAG FROM P.P  
FALLAWAY REVERSE & SLIP PIVOT  
NATURAL HOVER TELEMARK  
BOUNCE FALLAWAY w. WEAVE END