

# Αποδεκτά βηματολόγια International Style Latin “WALTER LAIRD”

## RUMBA

### Associate

BASIC MOVEMENT (A)  
FAN (A)  
CUCARACHAS (A)  
ALEMANA (A)  
ALEMANA FROM OPEN POS WITH L TO R HAND HOLD (A)  
FWD WALKS (A)  
BWD WALKS (A)  
AMALGAMATION OF FWD WALKS (A)  
AMALGAMATION OF BWD WALKS (A)  
HOCKEY STICK (A)  
SPOT TURN TO L (A)  
UNDERARM TURN TO R (A)  
SPOT TURN TO R (A)  
UNDERARM TURN TO L (A)  
CHECK FROM OPEN CPP (NEW YORK) (A)  
CHECK FROM OPEN PP (NEW YORK) (A)  
HAND TO HAND (A)  
NATURAL TOP (A)  
CLOSE HIP TWIST (A)  
REVERSE TOP (A)  
OPEN HIP TWIST (A)

### Member - Fellow

FWD WALKS IN SHADOW POS (M)  
ALTERNATIVE BASIC MOVEMENT (M)  
HOCKEY STICK TURNED TO OPEN CPP (M)  
ALEMANA CHECKED TO OPEN CPP (M)  
CLOSE HIP TWIST TURNED TO OPEN CPP (M)  
OPEN HIP TWIST TURNED TO OPEN CPP (M)  
OPENING OUT TO R AND L (M)  
SPIRAL (M)  
SPIRAL TURNED TO FAN POS (M)  
SPIRAL TURNED TO OPEN CPP (M)  
CURL (M)  
CURL TURNED TO OPEN CPP (M)  
ALEMANA FROM OPEN POS WITH R TO R HAND HOLD (F)  
FALLAWAY (F)  
CUBAN ROCKS (F)  
SYNCOPATED CUBAN ROCKS (F)  
ROPE SPINNING (F)  
SLIDING DOORS (F)  
THREE ALEMANAS (F)  
ADVANCED OPENING OUT MOVEMENT (F)  
CONTINUOUS HIP TWIST (F)  
CONTINUOUS CIRCULAR HIP TWIST (F)

## SAMBA

### Associate

NATURAL BASIC MOVEMENT (A)  
REVERSE BASIC MOVEMENT (A)  
PROG BASIC MOVEMENT (A)  
SAMBA WHISKS TO L AND R (A)  
PROM SAMBA WALKS (A)  
SIDE SAMBA WALK (A)  
STATIONARY SAMBA WALKS (A)  
CLOSE ROCKS ON RF AND LF (A)  
REVERSE TURN (A)  
CORTA JACA (A)  
TRAVELLING BOTAFOGOS (A)  
NATURAL ROLL (A)  
VOLTA SPOT TURN TO R FOR LADY (A)  
VOLTA SPOT TURN TO L FOR LADY (A)

### Member - Fellow

OPEN ROCKS TO R & L (M)  
PROM BOTAFOGOS (M)  
BWD ROCKS ON RF AND LF (M)  
PLAIT (M)  
SHADOW BOTAFOGOS (M)  
TRAVELLING VOLTAS TO R (M)  
TRAVELLING VOLTAS TO L (M)  
CONTINUOUS VOLTA SPOT TURN TO R (M)  
CONTINUOUS VOLTA SPOT TURN TO L (M)  
CIRCULAR VOLTAS TO R (F)  
CIRCULAR VOLTAS TO L (F)  
CONTRA BOTAFOGOS (F)  
SAMBA LOCKS (F)  
PROM TO COUNTER PROM RUNS (F)  
CRUZADOS WALKS (F)  
CRUZADOS LOCKS IN SHADOW POS (F)  
METHODS OF CHANGING FEET (F)

## PASO DOBLE

### Associate

APPEL (A)  
BASIC MOVEMENT (A)  
SUR PLACE (A)  
CHASSES TO R (A)  
CHASSES TO L (A)  
ELEVATIONS TO L AND R (A)  
HUIT (A)  
ATTACK (A)  
SEPARATION (A)  
SIXTEEN (A)  
TWIST TURN (A)  
PROMENADE (A)  
PROM TO COUNTER PROM (A)  
PROM CLOSE (A)

### Member - Fellow

GRAND CIRCLE (M)  
LA PASSE (M)  
BANDERILLAS (M)  
SYNCOPATED SEPARATION (M)  
FALLAWAY WHISK (M)  
FALLAWAY REV (M)  
SPANISH LINE (M)  
TWISTS (F)  
CHASSE CAPE (F)  
TRAVELLING SPINS FROM PP (F)  
TRAVELLING SPINS FROM CPP (F)  
FLAMENCO TAPS (F)  
METHODS OF CHANGING FEET (M & F)  
LEFT FOOT VARIATION (F)  
COUP DE PIQUE (F)  
ALTERNATIVE ENTRIES TO PP (F)

## CHA CHA CHA

### Associate

CLOSE BASIC (A)  
OPEN BASIC (A)  
LOCK FWD (LRL) , (RLR) (A)  
LOCK BWD (LRL) , (RLR) (A)  
TIME STEP (A)  
FAN (A)  
ALEMANA (A & M)  
ALEMANA FROM OPEN POS L TO R HAND (A)  
HOCKEY STICK (A)  
CHECK FROM OPEN PP (NEW YORK) (A)  
CHECK FROM OPEN CPP (NEW YORK) (A)  
SPOT TURN TO L (A)  
UNDERARM TURN TO R (A)  
SPOT TURN TO R (A)  
UNDERARM TURN TO L (A)  
SHOULDER TO SHOULDER (A)  
HAND TO HAND (A)  
NATURAL TOP (A & M)

### Member - Fellow

CHANGING THE SHAPE OF THE CHASSE (M)  
CROSS BASIC (M)  
GUAPACHA TIMING (F)  
RONDE CHASSE (M)  
HIP TWIST CHASSE (M)  
CLOSE HIP TWIST (M)  
CLOSE HIP TWIST TURNED TO OPEN CPP (M)  
OPEN HIP TWIST (M)  
OPEN HIP TWIST TURNED TO OPEN CPP (M)  
ALEMANA FROM OPEN POS R TO R HAND (M)  
ALEMANA CHECKED TO OPEN CPP (M)  
HOCKEY STICK TURNED TO OPEN CPP (M)  
METHODS OF CHANGING FEET (M & F)  
CLOSE HIP TWIST SPIRAL (F)  
OPEN HIP TWIST SPIRAL (F)  
CUBAN BREAK IN OPEN CPP (F)  
CUBAN BREAK IN OPEN POS (F)  
SPLIT CUBAN BREAK FROM OPEN CPP AND OPEN PP (F)  
SPLIT CUBAN BREAK IN OPEN CPP (F)  
TURKISH TOWEL (F)

## JIVE

### Associate

BASIC IN PLACE (A)  
BASIC IN FALLAWAY (A)  
CHANGE OF PLACE R TO L (A)  
CHANGE OF PLACE L TO R (A)  
LINK (A)  
CHANGE OF HANDS BEHIND BACK (A)  
WHIP (A)  
PROM WALKS (SLOW) (A)  
PROM WALKS (QUICK) (A)  
AMERICAN SPIN (A)

### Member - Fellow

OVERTURNED CHANGE OF PLACE L TO R (M)  
OVERTURNED FALLAWAY THROWAWAY (M)  
CHANGE OF PLACE R TO L WITH DOUBLE SPIN (M)  
DOUBLE CROSS WHIP (M)  
CURLY WHIP (M)  
THROWAWAY WHIP (M)  
REVERSE WHIP (M)  
FALLAWAY THROWAWAY (M)  
BALL CHANGE (M)  
STOP AND GO (F)  
WINDMILL (F)  
CHICKEN WALKS (F)  
ROLLING OFF THE ARM (F)  
SPANISH ARMS (F)