



# GOLD SAMBA- #1

## **Routine - Long Side**

	<u>Timing</u>
Hold	1a2
LF Stationery Walk	2a2
Whisk R L UA (L)	3a2
Spot Turn (L)	4a2
Prom/counter P. Runs	5.2,6.2,7.2(QQS,QQS,QQS)
M LF Stationery – L Three Step Turn	8.2 (QQS)
Samba Locks	1.2, 2.2,3.2,4.2
Criss Cross Boto Fogo	5a2,6a2
Criss Cross Volta	7a2, 8a2
Rolling off the arm	1a2, 2a2
2 walks	3a2, 4a2
Rolling off the arm foot change #8	5a2, 6a2
Cruzado walks	7.2, 8.2
RF Drop Volta	a1a2, a2a2
Criss Cross Boto Fogo	3a2, 4a2
Cruzado walks and Locks	5.2, 6a2, 7.2, 8a2
Foot Change #4 right shadow to PP	1a2,
Side Samba Walk	2a2
Criss Cross Boto Fogo	3a2, 4a2, 5a2
Maypole (R)	6a2, 7a2 8a2
Rhythm Bounce or continue Volta	8a2
Reverse Roll	1a2,2a2,3a2,4a2, 5a2
Plait	6.2, 7a2
4-6 Natural Roll	8a2,
Natural Roll	1a2 ,2a2 3a2 ,4a2
Open Rocks	5.2, 6.2 7.2
Revere turn to Wall	8a2,1a2.
1-3 PP to CPP	2a2
Foot Change #5 (PP to Right Contra Pos)	3a2
Round about R closed Pos	4a2 5a2
LF Contra Boto Fogo/Bounce L to R HH	6a2
Foot Change #7	7.2, 8.2
- M stationery Walks to face DC	
Criss Cross Boto Fogos	1a2, 2a2
Criss Cross Volta Travelling R	3a2, 4a2
Rhythm Bounce	1a2

## **Repeat**



# GOLD SAMBA- #2

## Routine - Long Side

## Timing

Hold	1a2
LF Stationery Walk	2a2
Foot Change #1 Closed to Right Shadow	3a2
Cruzado walks and Locks	4.2, 5a2, 6.2, 7a2
Foot Change 2 Shadow to Closed Facing DW	8.2
Natural Roll	1.2,2.2,3.2,4.2 (SQQ x4)
Prom/counter P. Runs	5.2,6.2,7.2(QQS,QQS,QQS)
M LF Stationery – L Three Step Turn	8.2 (QQS)
Samba Locks	1.2, 2.2,3.2,4.2
Criss Cross Boto Fogo	5a2,6a2
Criss Cross Volta	7a2, 8a2
Rolling off the arm ending #2	1.2, 2.2
1-3 Reverse turn	3.2
Rhythm Bounce	4.2
Plait	5.2, 6.2, 7.2 8.2
Reverse Roll	1.2, 2.2, 3.2
1-3 Boto Fogo to PP	4a2
P.P. position to Right contra position	5a2
Rhythm Bounce	6a2
Right Contra Boto Fogo	7a2
Left Contra Boto Fogo	8a2
Round about to the Right	1a2a2a2
Left Contra Boto Fogo	3a2
Right Contra pos. to Open CPP- Foot Change #7	4a2,5a2
M -2 Stationery Samba walks ending DC	
L – Criss Cross Volta behind man's back	
Criss Cross Boto Fogos	6a2,7a2,8a2
Spot Volta Left	a1a2
Left Foot Stationery Walk	2a2
Closed to Right Shadow #1	3a2

## **Repeat**



# GOLD CHA CHA

<u>Routine</u>	<u>Timing</u>
Open Basic	23, 4&1
1-5 Natural top	23,4&1
Advanced hip twist Spiral (Man's Press line)	23, 4&1. 23, 4&1
LSP & RSP New Yorker Cuban break timing	2&3, 4&1
New Yorker LSP	23, 4&1
Switch turn L	23, 4&1
1-5 Cross Basic (Guapacha timing)	2&3, 4&1
(w/ ladies Spiral on 5, 2 walks) 8-10 closed basic	2&34&1
1-5 Closed Basic Basic - No Hold	23, 4&1
Foot Change #3 Ladies Switch turn to Right	23, 4&1
Chasse Right M & L	23, 4&1
Ronde Chasse	23, 4&1
Twist Chasse	23, 4&1
Switch turn R w/ side chasse	23, 4&1
6 -10 open basic	23, 4&1
LF Cuban Break	2&3&4&1
RF Cuban Break	2&3&4&1
Switch Turn R	23, 4&1
Foot Change #4 - L(1-5) Basic	23, 4&1
6-10 End Open Position (R to R )HH	23, 4&1
Alemana (R to R )HH open facing	23, 4&1, 23, 4&1
Advanced Hip twist with Press (R to R)HH	23, 4&1 (pg108) w/ Runaway chasse
ending lady	23, 4&1
Hockey Stick	23, 4&1, 23, 4&1
Follow my Leader - E (L spins( R)	23, 4&1, 23, 4&2, 23, 4&3, 23, 4&4, 23, 4&5, 23, 4&6
Turkish Towel (R to R) HH w/ Guapacha	23, 4&1, 23, 4&2, 2&3, 4&3, 23, 4&4, 23, 4&5, 23, 4&6
Curl	23, 4&1
Aida w/ side rock compact chasse	23, 4&1, 23, 4&1,
& Ladies UA Turn (R)	23, 4&1
Hand to Hand RSP w /chasse side	23, 4&1
6 -10 closed hip twist to Open Position	23, 4&1
Sweet Heart ( R to R)HH	23, 4&1, 23, 4&2, 2&3, 4&3, 23, 4&4, 23, 4&5, 23, 4&6
Alemana	23, 4&1, 23, 4&1
Rope Spin	23, 4&1, 23, 4&1,
Ladies UA Turn L	23, 4&1
6-10 (F) Fan development (Guapacha timing)	2&3, 4&1, (pg57)

## Repeat



# GOLD PASO DOBLE

<u>Routine</u> - Long Side	<u>Count</u>	<u>Alignment</u>
1-5 promenade	1234	F wall
Chasse Cape	1234, &5678 &1234, &5678,	B DW P DC
Spanish line Inv PP (Press Line)	1234 part of chasse cape	P DC
Flamenco Tap      Method 1	1&2&34	F Lod
Spanish line Inv CPP	1234	F Ag Lod
Flamenco Tap      Method 2	1&2&34	“ “
Spanish Line Inv PP	1234	F Lod
Closing Method 3 Ladies Spin	12&34	Facing Center
Falloway Reverse Turn	1-8	F Center end Wall
Traveling Spins from PP L 3 spins end PP	1-8	F Wall
Grand Circle	1-8	F Wall
<b><u>Into Short side</u></b>		
Twists	1-15	F new Lod
Left Foot Variation	1234&5&678	P Lod
Displacement to include(attack) with Chasse Right curving Left	1234, 5678	F Lod E new Lod
<b><u>Long Side</u></b>		
Traveling Spins from PP to CPP	1-12	End DC
Open Telemark to Promenade Close	1234, 5678	End Wall
Fregolina	1-28	FW. E FC
Coup de Pique	123456&78	F C
Ecart(Whisk) w P Close 1/4 L	1234	F ag Lod
Syncopated Separation with syncopated close or Drag	1234, 5678, &1&2, 3&4, 5678 12&34, or 1234	B Lod FW

\* Drag - added if needed to restart and adjust alignment 1234 rise to restart



# GOLD RUMBA

## Routine

1-3 Open Basic

Three Threes

Continuous Hip Twist

Advanced Hip Twist

Fencing M: Spin Ending L: Sync Cuban Rock

1-3 Open Basic

Back Walks

Three Alemans

Opening out R to L

SPIRAL end of preceding step

Rope Spinning

Circular Hip Twist

4-6 Advanced Hip Twist

Sliding doors (repeat if desired)

4-6 Open Basic in Shadow Position

Kiki Walks with Spiral ending on step 6

4-6 to Fan

Hockey Stick - (overtured)

New Yorker LSP

Syncopated Cuban Rock

Hand to Hand LSP

G: Spot turn Right L: Spot Turn Left

G: Cuban Rock Right L: Left

## Timing

2341

2341, 2341, 2341

2341. 2341, repeat if desired

2341, 2341

2341, 2341, 2(&)341

2341

2341, 2341

2341, 2341, 2341

2341, 234

(1)

2341, 2341

2341, 2341, 2341,

2341

2341, 2341, 234, 2341

2341

2341. 234(1)SPIRAL

2341

2341, 2341

2341

2(&)3, 41

2341

2341

2341



# GOLD JIVE

## Routine

## Timing

Fallaway Rock	1.2, 3a4, 5a6
Overtured Fallaway Throwaway	1.2, 3a4, 5a6
Chicken Walks	SSQQQQ
Overtured 3-8 Fallaway Throwaway	1&2, 3&4
Chicken Walks	QQQQ
Overtured 3-8 Fallaway Throwaway	1&2, 3&4
Simple Spin	5.6
1.2 of Rock step	7.8
Overtured Change of place L to R	1.2, 3&4, 5&6
Simple Spin	7.8
Change of Hands behind back	1.2, 3a4, 5a6,
American Spin L to R Hold to R to R Hold	1.2,3a4, 5a6
Chugging	1.2, 3a4 5a6, 7a8
	1a2, 3a4, 5a6
Miami Special	1.2, 3a4, 5a6
Overtured change of places L to R w/Kick ball Change	1.2, 3a4,5a6
1-5 Link	1.2, 3a4
Double Whip	5.6,7.8 1a2
Mooch	1.2,345678
	1a2,345678, 12 3a4
Stalking Walks, Flicks and Break	1.2,345678, 1.2,345678, 123a4
3-8 Fallaway Throwaway	5a6,7a8
Stop and Go No Hold after step 3 Pg 51	1.2 3a4,56,7a8
Change of places L to R	1.2 3a4,5a6
Toe Heel Swivels	QQ,QQS,QQS,QQQQQQ
3-8 change of places R to L overtured	1a2,3a4
Catapult end (R to R)HH	1.2, 3a4, 5a6 1.2, 3a4, 5a6
Rolling off the arm	1.2, 3a4, 56 7a8
American Spin R to R	1.2, 3a4, 5a6
1-5 Link	1.2, 3a4,
Whip	5.6, 7a8
Curly Whip	12, 3a4
Whip	5.6, 7a8

## **Restart**

\*Based on ISTD Syllabus