GOLD SAMBA- #1

Routine - Long Side

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

Timing
1a2
2a2
3a2
4a2
5.2, 6.2, 7.2 (QQS, QQS, QQS)
8.2 (QQS)
1.2, 2.2, 3.2, 4.2
5a2, 6a2
7a2, 8a2
1a2, 2a2
3a2, 4a2
5a2, 6a2
7.2, 8.2
a1a2, a2a2
3a2, 4a2
5.2, 6a2, 7.2, 8a2
1a2,
2a2
3a2, 4a2, 5a2
6a2, 7a2 8a2
8a2
1a2, 2a2, 3a2, 4a2, 5a2
6.2, 7a2
8a2,
1a2, 2a2 3a2, 4a2
5.2, 6.2 7.2
8a2, 1a2.
2a2
3a2
4a2 5a2
6a2
7.2, 8.2
1a2, 2a2
3a2, 4a2
1a2

Repeat

*Based on ISTD Syllabus*
GOLD SAMBA- #2

**Routine - Long Side**

- Hold
- LF Stationery Walk
- Foot Change #1 Closed to Right Shadow
- Cruzado walks and Locks
- Foot Change 2 Shadow to Closed Facing DW
- Natural Roll
- Prom/counter P. Runs
- M LF Stationery – L Three Step Turn
- Samba Locks
- Criss Cross Boto Fogo
- Criss Cross Volta
- Rolling off the arm ending #2
- 1-3 Reverse turn
- Rhythm Bounce
- Plait
- Reverse Roll
- 1-3 Boto Fogo to PP
- P.P. position to Right contra position
- Rhythm Bounce
- Right Contra Boto Fogo
- Left Contra Boto Fogo
- Round about to the Right
- Left Contra Boto Fogo
- Right Contra pos. to Open CPP- Foot Change #7

  - M -2 Stationery Samba walks ending DC
  - L – Criss Cross Volta behind man’s back

- Criss Cross Boto Fogos
- Spot Volta Left
- Left Foot Stationery Walk
- Closed to Right Shadow #1

**Timing**

- 1a2
- 2a2
- 3a2
- 4.2, 5a2, 6.2, 7a2
- 8.2
- 1.2, 2.2, 3.2, 4.2 (SQQ x4)
- 5.2, 6.2, 7.2 (QQS, QQS, QQS)
- 8.2 (QQS)
- 1.2, 2.2, 3.2, 4.2
- 5a2, 6a2
- 7a2, 8a2
- 1.2, 2.2
- 3.2
- 4.2
- 5.2, 6.2, 7.2, 8.2
- 1.2, 2.2, 3.2
- 4a2
- 5a2
- 6a2
- 7a2
- 8a2
- 1a2, 2a2
- 3a2
- 4a2, 5a2
- 6a2, 7a2, 8a2
- a1a2
- 2a2
- 3a2

**Repeat**

*Based on ISTD Syllabus*
**Routine**

Open Basic
1-5 Natural top
Advanced hip twist Spiral (Man’s Press line)
LSP & RSP New Yorker Cuban break timing
New Yorker LSP
Switch turn L
1-5 Cross Basic (Guapacha timing)
(w/ ladies Spiral on 5, 2 walks) 8-10 closed basic
1-5 Closed Basic Basic - No Hold
Foot Change #3 Ladies Switch turn to Right
Chasse Right M & L
Ronde Chasse
Twist Chasse
Switch turn R w/ side chasse
6-10 open basic
LF Cuban Break
RF Cuban Break
Switch Turn R
Foot Change #4 - L(1-5) Basic
6-10 End Open Position (R to R) HH
Alemana (R to R) HH open facing
Advanced Hip twist with Press (R to R) HH
ending lady
Hockey Stick
Follow my Leader - E (L spins R)

**Timing**

23, 4&1
23,4&1
23, 4&1, 23, 4&1
2&3, 4&1
23, 4&1
2&3, 4&1
2&34&1
23, 4&1
23, 4&1
23, 4&1
2&3, 4&1
23, 4&1
23, 4&1
23, 4&1
23, 4&1
23, 4&1
23, 4&1
23, 4&1, 23, 4&1
23, 4&1
23, 4&1, 23, 4&1
23, 4&1
23, 4&1, 23, 4&1
23, 4&1
23, 4&1, 23, 4&1
2&3, 4&1
23, 4&1, 23, 4&1
23, 4&1
23, 4&1, 23, 4&1
23, 4&1
2&3, 4&1

Turkish Towel (R to R) HH w/ Guapacha

Curl
Aida w/ side rock compact chasse
& Ladies UA Turn (R)
Hand to Hand RSP w/ chasse side
6-10 closed hip twist to Open Position
Sweet Heart ( R to R) HH

**Repeat**

*Based on ISTD Syllabus*
### Gold Paso Doble

#### Routine - Long Side

<table>
<thead>
<tr>
<th>Move</th>
<th>Count</th>
<th>Alignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-5 promenade</td>
<td>1234</td>
<td>F wall</td>
</tr>
<tr>
<td>Chasse Cape</td>
<td>1234, &amp;5678 &amp;1234, &amp;5678</td>
<td>B DW P DC</td>
</tr>
<tr>
<td>Spanish line Inv PP (Press Line)</td>
<td>1234 part of chasse cape</td>
<td>P DC</td>
</tr>
<tr>
<td>Flamenco Tap Method 1</td>
<td>1&amp;2&amp;34</td>
<td>F Lod</td>
</tr>
<tr>
<td>Spanish line Inv CPP</td>
<td>1234</td>
<td>F Ag Lod</td>
</tr>
<tr>
<td>Flamenco Tap Method 2</td>
<td>1&amp;2&amp;34</td>
<td>&quot; &quot;</td>
</tr>
<tr>
<td>Spanish Line Inv PP</td>
<td>1234</td>
<td>F Lod</td>
</tr>
<tr>
<td>Closing Method 3 Ladies Spin</td>
<td>12&amp;34</td>
<td>Facing Center</td>
</tr>
<tr>
<td>Fallaway Reverse Turn</td>
<td>1-8</td>
<td>F Center end Wall</td>
</tr>
<tr>
<td>Traveling Spins from PP L 3 spins end PP</td>
<td>1-8</td>
<td>F Wall</td>
</tr>
<tr>
<td>Grand Circle</td>
<td>1-8</td>
<td>F Wall</td>
</tr>
</tbody>
</table>

#### Into Short side

<table>
<thead>
<tr>
<th>Move</th>
<th>Count</th>
<th>Alignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Twists</td>
<td>1-15</td>
<td>F new Lod</td>
</tr>
<tr>
<td>Left Foot Variation</td>
<td>1234&amp;5&amp;678</td>
<td>P Lod</td>
</tr>
<tr>
<td>Deplacement to include(attack) with Chasse Right curving Left</td>
<td>1234, 5678</td>
<td>F Lod E new Lod</td>
</tr>
</tbody>
</table>

#### Long Side

<table>
<thead>
<tr>
<th>Move</th>
<th>Count</th>
<th>Alignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traveling Spins from PP to CPP</td>
<td>1-12</td>
<td>End DC</td>
</tr>
<tr>
<td>Open Telemark to Promenade Close</td>
<td>1234, 5678</td>
<td>End Wall</td>
</tr>
<tr>
<td>Fregolina</td>
<td>1-28</td>
<td>FW, E FC</td>
</tr>
<tr>
<td>Coup de Pique</td>
<td>123456&amp;78</td>
<td>F C</td>
</tr>
<tr>
<td>Ecart(Whisk) w P Close 1/4 L</td>
<td>1234</td>
<td>F ag Lod</td>
</tr>
<tr>
<td>Syncopated Separation with syncopated close or Drag</td>
<td>1234, 5678, &amp;1&amp;2, 3&amp;4, 5678</td>
<td>B Lod FW</td>
</tr>
</tbody>
</table>

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

#### Restart

*Based on ISTD Syllabus*
<table>
<thead>
<tr>
<th>Routine</th>
<th>Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3 Open Basic</td>
<td>2341</td>
</tr>
<tr>
<td>Three Threes</td>
<td>2341, 2341, 2341</td>
</tr>
<tr>
<td>Continuous Hip Twist</td>
<td>2341, 2341, repeat if desired</td>
</tr>
<tr>
<td>Advanced Hip Twist</td>
<td>2341, 2341</td>
</tr>
<tr>
<td>Fencing M: Spin Ending  L: Sync Cuban Rock</td>
<td>2341, 2341, 2(&amp;)341</td>
</tr>
<tr>
<td>1-3 Open Basic</td>
<td>2341</td>
</tr>
<tr>
<td>Back Walks</td>
<td>2341, 2341</td>
</tr>
<tr>
<td>Three Alemans</td>
<td>2341, 2341, 2341</td>
</tr>
<tr>
<td>Opening out R to L</td>
<td>2341, 234</td>
</tr>
<tr>
<td>SPIRAL end of preceding step</td>
<td>(1)</td>
</tr>
<tr>
<td>Rope Spinning</td>
<td>2341, 2341</td>
</tr>
<tr>
<td>Circular Hip Twist</td>
<td>2341, 2341, 2341, 2341</td>
</tr>
<tr>
<td>4-6 Advanced Hip Twist</td>
<td>2341</td>
</tr>
<tr>
<td>Sliding doors (repeat if desired)</td>
<td>2341, 2341, 234, 2341</td>
</tr>
<tr>
<td>4-6 Open Basic in Shadow Position</td>
<td>2341</td>
</tr>
<tr>
<td>Kiki Walks with Spiral ending on step 6</td>
<td>2341, 234(1)SPIRAL</td>
</tr>
<tr>
<td>4-6 to Fan</td>
<td>2341</td>
</tr>
<tr>
<td>Hockey Stick - (overturned)</td>
<td>2341, 2341</td>
</tr>
<tr>
<td>New Yorker LSP</td>
<td>2341</td>
</tr>
<tr>
<td>Syncopated Cuban Rock</td>
<td>2(&amp;)3, 41</td>
</tr>
<tr>
<td>Hand to Hand LSP</td>
<td>2341</td>
</tr>
<tr>
<td>G: Spot turn Right  L: Spot Turn Left</td>
<td>2341</td>
</tr>
<tr>
<td>G: Cuban Rock Right  L: Left</td>
<td>2341</td>
</tr>
</tbody>
</table>

* Based on ISTD Syllabus
<table>
<thead>
<tr>
<th><strong>Routine</strong></th>
<th><strong>Timing</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fallaway Rock</td>
<td>1.2, 3a4, 5a6</td>
</tr>
<tr>
<td>Overturned Fallaway Throwaway</td>
<td>1.2, 3a4, 5a6</td>
</tr>
<tr>
<td>Chicken Walks</td>
<td>SSQQQQQQQ</td>
</tr>
<tr>
<td>Overturned 3–8 Fallaway Throwaway</td>
<td>1&amp;2, 3&amp;4</td>
</tr>
<tr>
<td>Chicken Walks</td>
<td>QQQQQ</td>
</tr>
<tr>
<td>Overturned 3–8 Fallaway Throwaway</td>
<td>1&amp;2, 3&amp;4</td>
</tr>
<tr>
<td>Simple Spin</td>
<td>5.6</td>
</tr>
<tr>
<td>1.2 of Rock step</td>
<td>7.8</td>
</tr>
<tr>
<td>Overturned Change of place L to R</td>
<td>1.2, 3&amp;4, 5&amp;6</td>
</tr>
<tr>
<td>Simple Spin</td>
<td>7.8</td>
</tr>
<tr>
<td>Change of Hands behind back</td>
<td>1.2, 3a4, 5a6</td>
</tr>
<tr>
<td>American Spin L to R Hold to R Hold</td>
<td>1.2,3a4, 5a6</td>
</tr>
<tr>
<td>Chugging</td>
<td>1.2, 3a4  5a6, 7a8</td>
</tr>
<tr>
<td>Miami Special</td>
<td>1a2, 3a4, 5a6</td>
</tr>
<tr>
<td>Overturned change of places L to R w/Kick ball Change</td>
<td>1.2, 3a4,5a6</td>
</tr>
<tr>
<td>1-5 Link</td>
<td>1.2, 3a4</td>
</tr>
<tr>
<td>Double Whip</td>
<td>5.6,7.8 1a2</td>
</tr>
<tr>
<td>Mooch</td>
<td>1.2,345678</td>
</tr>
<tr>
<td></td>
<td>1a2,345678, 12 3a4</td>
</tr>
<tr>
<td>Stalking Walks, Flicks and Break</td>
<td>1.2,345678, 1.2,345678, 123a4</td>
</tr>
<tr>
<td>3-8 Fallaway Throwaway</td>
<td>5a6,7a8</td>
</tr>
<tr>
<td>Stop and Go No Hold after step 3   Pg 51</td>
<td>1.2 3a4,56,7a8</td>
</tr>
<tr>
<td>Change of places L to R</td>
<td>1.2 3a4,5a6</td>
</tr>
<tr>
<td>Toe Heel Swivels</td>
<td>QQ,QQS,QQS,QQQQQQ</td>
</tr>
<tr>
<td>3-8 change of places R to L overturned</td>
<td>1a2,3a4</td>
</tr>
<tr>
<td>Catapult end (R to R)HH</td>
<td>1.2, 3a4, 5a6  1.2, 3a4, 5a6</td>
</tr>
<tr>
<td>Rolling off the arm</td>
<td>1.2, 3a4, 56 7a8</td>
</tr>
<tr>
<td>American Spin R to R</td>
<td>1.2, 3a4, 5a6</td>
</tr>
<tr>
<td>1-5 Link</td>
<td>1.2, 3a4,</td>
</tr>
<tr>
<td>Whip</td>
<td>5.6, 7a8</td>
</tr>
<tr>
<td>Curly Whip</td>
<td>12, 3a4</td>
</tr>
<tr>
<td>Whip</td>
<td>5.6, 7a8</td>
</tr>
</tbody>
</table>

**Restart**

*Based on ISTD Syllabus*