

## IDTA Latin Medal Routines – Examination Date: 2018

### BRONZE CHA CHA CHA

Start in Close hold

Start Man RF, Lady LF, Small step to side on First Beat of Bar, then

2 x Fwd & Bwd Basics

2 x Underarm Turns for lady (Clockwise) ending with Double Hand Hold

3 x Hand to Hand Variations ending with Spot Turn (To Left for Man), Spot Turn (To Right for Man), ending with Double Hand Hold

Man dances Back Basic (Lady Fwd Basic) then into 3 x Fwd Cha Cha Locks followed by 3 x Back Cha Cha Locks

Underarm Turn for lady (Clockwise) ending with Double Hand Hold

Shoulder to Shoulder Variation x 3 ending with Underarm Turn for lady (Clockwise), Take Close Hold

Repeat Routine

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### BRONZE SAMBA

Start Man facing wall in Close Hold

2 x Samba Basic (Incl. Fwd & Bwd), Man LF, Lady RF

4 x Whisks (Side & Behind), Man LF, Lady RF

3 x Promenade Walks followed by:

Samba Side Step (Bota fogo) & Promenade walk combination x 3

Travelling Voltas (Crossover), Man to Right, Lady to Left, Note first two Voltas are Slow, then 3&4&5&6. Repeat in other direction, Man to Right, Lady Left.

4 x Stationary Samba Walks

Walk 4 steps around, Man to Left, Lady to Right

Repeat Routine

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### SILVER CHA CHA CHA (Updated 3/5/18)

Fwd Basic, Man dances back Cha Cha Lock (LF across RF), leading Lady to his RH Side into Forward Cha Cha Lock (RF across LF). Man then dances back basic (Turning CCW) allowing lady to cross to his Left to dance a Hip Twist.

Into Fan followed by Alemana Turn (Lady turns underarm Clockwise)

Double hand hold leading Lady into New Yorker, 1<sup>st</sup> New Yorker at normal timing then 2<sup>nd</sup> & 3<sup>rd</sup> are syncopated (1&2, 3&4)

Spot turn to Left for Man, Right for Lady

Fwd Basic into Natural Top Variation followed by Opening out for Lady leading into Closed Hip Twist and CCW Spiral for Lady.

Continue with Bronze Routine

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### SILVER SAMBA (Updated 3/5/18)

Start in shadow position

Dance Cruzados Locks Variation followed by Travelling Voltas (In Shadow) to Right x 4 count 1&2&3&4, then to Left x 4, count 1&2&3&4

Man holds position whilst Lady turns Left to face him dancing a Bota Fogo (1&2)

Taking Double Hand Hold, dance 2 x Whisks (Side & Behind), followed by in and out Samba Walks x 4

Spot Volta Man to Left, Lady to Right (Note: Man dances 1&2&3,4 ending with LF free)

Dance Samba Whisk (To man's Left) '1&2', side on Ball of foot (Man's RF, Lady's LF) for '1', replace weight onto (Man's LF, Lady's RF) for '&' to open into Promenade Pos. for 'Promenade Runs'. Step through (Man's RF, Lady's LF) for '2'

Man steps across Lady's path (L,R,L) to change sides and into Prom Pos. '1&2', then Lady repeats action, stepping (L,R,L) across Man's path '1&2'. Repeat this again, then finish with 2x Samba Whisks into Bronze Samba walks.

Continue with Bronze Routine

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### SILVER RUMBA

Start in open facing position LH to RH hold

Fwd Basic leading Lady into Curl (CCW), Hip Twist, Fan and Hockey Stick Turn (CCW)

Fwd Basic followed by 2 bars of Rumba Walks (Man back, Lady Fwd)

Underarm Turn for Lady (Clockwise) leading into New Yorker and Spot Turn

Taking Double Hand Hold, continuing into Hand to Hand, as you dance to second part of Hand to Hand turn Lady underarm (Spiral to Left) and end in Aida

3 x Syncopated Rocks (1&2), then turn to face each other placing Man's LF and Lady's RF to side without weight for 3,4 then dance Spot turns

Fwd Basic Leading Lady into Hip Twist, Fan and Alemana Turn (Clockwise) into Opening Outs

Turn underarm and Start Routine Again