

Rumba

- PRE-BRONZE
 1. Basic Movements (Closed, Open, In Place, Alternative)
 2. Cucarachas (LF and RF)
 3. New York (to Left or Right Side Position)
 4. Spot Turns to Left or Right (including Switch and Underarm Turns)
 5. Shoulder to Shoulder (Left Side and Right Side)
 6. Hand to Hand (to Right and Left Side Position)
 7. Progressive Walks Forward or Back
 8. Side Steps (to Left or Right)
 9. Cuban Rocks
- BRONZE
 10. Fan
 11. Alemana
 12. Hockey Stick
 13. Natural Top
 14. Opening Out to Right and Left
 15. Natural Opening Out Movement
 16. Closed Hip Twist
- SILVER
 17. Open Hip Twist
 18. Reverse Top
 19. Opening Out from Reverse Top
 20. Aida
 21. Spiral Turns (Spiral, Curl, Rope Spinning)
- GOLD
 22. Sliding Doors
 23. Fencing
 24. Three Threes
 25. Three Alemanas
 26. Hip Twists (Advanced, Continuous, Circular)

Cha Cha

- PRE-BRONZE
 1. Basic Movements (Closed, Open, In Place)
 2. New York (to Left or Right Side Position)
 3. Spot Turns to Left or Right (including Switch and Underarm Turns)
 4. Shoulder to Shoulder (Left Side and Right Side)
 5. Hand to Hand (to Right and Left Side Position)
 6. Three Cha Cha Chas (Forward and Back)
 7. Side Steps (to Left or Right)
 8. There and Back
 9. Time Steps
- BRONZE
 10. Fan

- 11. Alemana
- 12. Hockey Stick
- 13. Natural Top
- 14. Natural Opening Out Movement
- 15. Closed Hip Twist
- SILVER
 - 16. Open Hip Twist
 - 17. Reverse Top
 - 18. Opening Out from Reverse Top
 - 19. Aida
 - 20. Spiral Turns (Spiral, Curl, Rope Spinning)
 - 21. Cross Basic
 - 22. Cuban Breaks (including Split Cuban Breaks)
 - 23. Chase
- GOLD
 - 24. Advanced Hip Twist
 - 25. Hip Twist Spiral
 - 26. Turkish Towel
 - 27. Sweetheart
 - 28. Follow My Leader
 - 29. Foot Changes

Paso Doble

- PRE-BRONZE
 - 1. Sur Place
 - 2. Basic Movement
 - 3. Chasses to Right or Left (including Elevations)
 - 4. Drag
 - 5. Displacement (also Attack)
 - 6. Promenade Link (also Promenade Close)
 - 7. Promenade
 - 8. Ecart (Fallaway Whisk)
 - 9. Separation
 - 10. Separation with Lady's Caping Walk
- BRONZE
 - 11. Fallaway Ending to Separation
 - 12. Huit
 - 13. Sixteen
 - 14. Promenade and Counter Promenade
 - 15. Grand Circle
 - 16. Open Telemark
- SILVER
 - 17. La Passe
 - 18. Banderillas
 - 19. Twist Turn
 - 20. Fallaway Reverse Turn
 - 21. Coup de Pique
 - 22. Left Foot Variation

- 23. Spanish Lines
- 24. Flamenco Taps
- GOLD
 - 25. Syncopated Separation
 - 26. Travelling Spins from PP
 - 27. Travelling Spins from CPP
 - 28. Fregolina (also Farol)
 - 29. Twists
 - 30. Chasse Cape (including Outside Turn)

Samba

- PRE-BRONZE
 - 1. Basic Movements (Natural, Reverse, Side, Progressive)
 - 2. Whisks (also with Lady's underarm turn)
 - 3. Samba Walks (Promenade, Side, Stationary)
 - 4. Rhythm Bounce
 - 5. Volta Movements
 - 6. Travelling Bota Fogos Forward
 - 7. Criss Cross Bota Fogos (Shadow Bota Fogos)
- BRONZE
 - 8. Travelling Bota Fogos Back
 - 9. Bota Fogos to Promenade and Counter Promenade
 - 10. Criss Cross Voltas
 - 11. Solo Spot Volta
 - 12. Foot Changes
 - 13. Shadow Travelling Volta
 - 14. Reverse Turn
 - 15. Corta Jaca
 - 16. Closed Rocks
- SILVER
 - xx. Circular Volta
 - xvii. Open Rocks
 - xviii. Back Rocks
 - xix. Plait
 - xx. Rolling off the Arm
 - xxi. Argentine Crosses
 - xxii. Maypole
 - xxiii. Shadow Circular Volta
- GOLD
 - 24. Contra Botafogos
 - 25. Roundabout
 - 26. Natural Roll
 - 27. Reverse Roll
 - 28. Promenade and Counter Promenade Runs
 - 29. Three Step Turn
 - 30. Samba Locks
 - 31. Cruzados Walks and Locks

Jive

- PRE-BRONZE
 1. Basic in Place
 2. Fallaway Rock
 3. Fallaway Throwaway
 4. Link
 5. Change of Places Right to Left
 6. Change of Places Left to Right
 7. Change of Hands Behind Back
 8. Hip Bump (Left Shoulder Shove)
- BRONZE
 9. American Spin
 10. Walks
 11. Stop and Go
 12. Mooch
 13. Whip
 14. Whip Throwaway
- SILVER
 15. Reverse Whip
 16. Windmill
 17. Spanish Arms
 18. Rolling off the Arm
 19. Simple Spin
 20. Miami Special
- xx. Overturned Fallaway Throwaway
- GOLD
 21. Curly Whip
 22. Shoulder Spin
 23. Toe Heel Swivels
 24. Chugging
 25. Chicken Walks
 26. Catapult
 27. Stalking Walks, Flicks and Break
- xx. Overturned Change of Places Left to Right