Samba

Approved Syllabus · Latin American Style

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1. Basic Movement - Natural, Reverse, Side, Alternative
2. Whisks to Left, to Right
3. Samba Walks - Promenade, Side, Stationary
4. BotaFogos –Travelling Forward, Back, Criss Cross (Shadow), Promenade Position to Counter Promenade Position, Contra
5. Volta Movements - Travelling Volta's to Right, Left, Solo Spot, Criss Cross, Shadow Travelling, Maypole, Shadow Circular, Roundabout to R, to L.
6. Rocks - Closed, Open, Back
7. Progressive Basic Movement
8. Reverse Turn
9. Natural Roll
10. Corta Jaca
11. Foot Changes
12. Plait
13. Argentine Crosses
14. Samba Locks
15. Promenade to Counter Promenade Runs
16. Cruzado Walks and Locks
17. Rolling Off The Arm
18. Three Step Turn
19. Rhythm Bounce on LF, on RF
20. Reverse Roll
21. Side Samba Chasse *(WDSF only)*
22. Continuous Cruzados Locks *(WDSF only)*
23. Same Position Corta Jaca *(WDSF only)*
24. Carioca Runs *(WDSF only)*

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Last update: **2026/06/22 15:20**

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