

American Style

# E.C. Swing - (Gold)

**Fig FP T L/F S**

Full Gold	Intermediate Gold	1	Fig	FP	T	L/F	S
		Double Turns to Point Steps					
		Swivels to Progressive Triples					
		Rotating Swivels & Opposition Break					
		Grapevine with Kick Ball Changes					
		He Goes, She Goes, They Go					
		Hip Pull Backs & Continuous Chasses					
		Pivots to Running Triples					
		Rolling Off the Arm Variation					
		Quick Turn to Stop & Go					
10	Simple Spins & Sailor Shuffles						

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# W.C. Swing - (Gold)

**Fig FP T L/F S**

Full Gold	Intermediate Gold	1	Fig	FP	T	L/F	S
		Swivel Whip & Syncopation Taps					
		Cradle Switches					
		Solo Spin & Hustle Whip					
		Hammer Whip & Roll In					
		Press Whips & Grapevine					
		Kick & Sit					
		Tuck & Kick Swivel Pass					
		Neck Whip & Catch					
		9	The Double Hammerlock				
10	Behind The Back Whip & Worm						

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# Bolero - (Gold)

**Fig FP T L/F S**

Full Gold	Intermediate Gold	1	Fig	FP	T	L/F	S
		Ronde Fallaway & Lady's Back Drop					
		Leg Wrap & Drop					
		Slow Spiral & Sway					
		Ronde, Crossover & Spiral					
		Hammerlock & Alternating Spirals					
		Shadow Position & Telemark					
		Swivels Behind Man's Back					
		Lunge to Shadow Position					
		9	Lady's Head Roll with Crossover				
10	Hammerlock to Shoulder Check						

**Fig** Figures

**FP** Foot Positions

**T** Timing

**L/F** Lead or follow

**S** Style

