



# RHYTHMS AND COMPULSORY DANCES

2025 to 2027



# GENERAL RHYTHMS

## **SWING MEDLEY**

Foxtrot, Quickstep, Swing, Charleston, Lindy Hop

## **CLASSIC MEDLEY**

Waltz, Polka, March, Galop.

## **ROCK MEDLEY**

Jive, Boogie woogie, Rock & roll, Blues, Jazz, Soul.

## **MODERN MEDLEY** (70's to current)

Disco, Pop, Hip Hop, Techno, House, Reggaeton etc...

## **SPANISH MEDLEY**

Paso Doble, Flamenco, Spanish Waltz, Bolero, Gypsy, Fandango, Tango.

## **LATIN MEDLEY**

Mambo, Salsa, Merengue, Bachata, Cha Cha, Rumba, Samba.

## **FOLK MUSIC**

## **MUSICAL / OPERA MEDLEY**



# SOLO DANCE DANCES / RHYTHMS 2025 to 2027

SOLO	2025	2026	2027
<b>SENIOR</b>	<b>ROCK</b>	<b>SWING</b>	<b>CLASSICAL</b>
	MIDNIGHT BLUES Steps 14-40	QUICKSTEP	STARLIGHT WALTZ
<b>JUNIOR</b>	<b>FOLK</b>	<b>MUSICAL</b>	<b>LATIN</b>
	DENCH BLUES (DOUBLE)	ITALIAN FOXTROT	GOLDEN SAMBA (MAN)
<b>YOUTH</b>	<b>SPANISH</b>	<b>ROCK</b>	<b>SWING</b>
	IMPERIAL TANGO	SWEET TANGO	KEATS FOXTROT
<b>CADET</b>	<b>MUSICAL</b>	<b>CLASSIC</b>	<b>MODERN</b>
	FEDERATION FOXTROT	TERENZI WALTZ	MANHATTAN BLUES

SOLO	2025	2026	2027
<b>ESPOIR</b>	LITTLE WALTZ	SWING FOXTROT	TUDOR WALTZ
	CUMBIA ARGENTINA	ROLLER SAMBA	WERNER TANGO
<b>MINIS</b>	CARLOS TANGO	SKATERS MARCH	SPLIT POLKA
	G-REGGAE	OLYMPIC FOXTROT	CANASTA TANGO
<b>TOTS</b>	AND FOXTROT	CITY BLUES	STRAIGHT WALTZ



# COUPLE DANCE DANCES / RHYTHMS 2025 to 2027

COUPLES	2025	2026	2027
<b>SENIOR</b>	<b>SWING</b>	<b>CLASSICAL</b>	<b>MODERN</b>
	ITALIAN FOXTROT Steps 5-31	WESTMINSTER	MIDNIGHT 2 SECTION
<b>JUNIOR</b>	<b>LATIN</b>	<b>MUSICAL</b>	<b>FOLK</b>
	GOLDEN SAMBA Steps 1-24	QUICKSTEP	CASTEL MARCH
<b>YOUTH</b>	<b>SPANISH</b>	<b>LATIN</b>	<b>ROCK</b>
	IMPERIAL TANGO	BACHATA	HARRIS TANGO
<b>CADET</b>	<b>MODERN</b>	<b>SPANISH</b>	<b>SWING</b>
	14 STEP	EASY PASO	DENCH BLUES

COUPLES	2025	2026	2027
<b>ESPOIR</b>	LITTLE WALTZ	SWING FOXTROT	TUDOR WALTZ
	CUMBIA ARGENTINA	ROLLER SAMBA	WERNER TANGO
<b>MINIS</b>	CARLOS TANGO	SKATERS MARCH	SPLIT POLKA
	G-REGGAE	OLYMPIC FOXTROT	CANASTA TANGO
<b>TOTS</b>	AND FOXTROT	CITY BLUES	STRAIGHT WALTZ



# PROMOTIONAL DANCES / RHYTHMS 2025 to 2027

## BASIC

SOLO & COUPLES	2025	2026	2027
<b>SENIOR</b>	CUMBIA ARGENTINA	ROLLER SAMBA	TUDOR WALTZ
<b>JUNIOR</b>	LITTLE WALTZ	OLYMPIC FOXTROT	SPLIT POLKA
<b>YOUTH</b>	G-REGGAE	SKATERS MARCH	G-REGGAE
<b>CADET</b>	AND FOXTROT	CITY BLUES	AND FOXTROT
<b>ESPOIR</b>	AND FOXTROT	GLIDE WALTZ	MELODY WALTZ



# PROMOTIONAL DANCES / RHYTHMS 2025 to 2027

## INTERMEDIATE

SOLO & COUPLES	2025	2026	2027
SENIOR	<b>FOLK</b>	<b>MUSICAL</b>	<b>LATIN MEDLEY</b>
	DENCH BLUES - DOUBLE	ITALIAN FOXTROT	GOLDEN SAMBA
JUNIOR	<b>SPANISH MEDLEY</b>	<b>ROCK</b>	<b>SWING</b>
	IMPERIAL TANGO	SWEET TANGO	KEATS FOXTROT
YOUTH	<b>MUSICAL</b>	<b>CLASSIC MEDLEY</b>	<b>MODERN</b>
	FFEDERATION FOXTROT <b>COUPLES</b> SIESTA TANGO	TERENZI WALTZ <b>COUPLES</b> TUDOR WALTZ	MANHATTAN BLUES
CADET	CUMBIA ARGENTINA	ROLLER SAMBA	WERNER TANGO
ESPOIR	G-REGGAE	OLYMPIC FOXTROT	SPLIT POLKA
MINIS	AND FOXTROT	CITY BLUES	STRAIGHT WALTZ

# THANK YOU!



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