

Bronze Level 1 Patterns¹

Foxtrot

- 1A. Forward And Back [5]
- 1B. Zig Zag [1]
- 2. Promenade Walk [1, 11]
- 3. Turning Box [5]
- 4A. Left Rock Turn [5]
- 4B. Right Rock Turn [1, 5]
- 4C. Sway [1]
- 5A. Forward Twinkle [5]
- 5B. Forward Twinkle, Optional Turn [5]

Waltz

- 1A. Box [2]
- 1B. Left Turning Box [4, 8]
- 2A. Forward Progressive [2]
- 2B. Back Progressive [2, 14]
- 2C. Forward And Back Hesitations [2]
- 2D. Side Hesitations [8]
- 2E. Promenade Hesitation
- 2F. Left Change [2]
- 2G. Right Change [4]
- 3. Right Turning Box [4]
- 4A. Basic 5th Position Breaks [4]
- 4B. The Manhattan [4]
- 4C. 5th Position Break with Walkaround Turn [8]
- 5A. Forward Twinkle [2, 10]
- 5A. (Optional Turn) [2]
- 5B. Back Twinkle [8, 14]
- 5C. Progressive Twinkles [8]
- 5D. Zig Zag [8]
- 5D. (Open Ending)

Tango

- 1. Basic Forward And Back [3, 9, 13]
- 2A. Promenade Walk
- 2B. Promenade Pivot [3, 9]
- 2C. Closed Promenade [3]
- 2D. Open Promenade [7]
- 3A. Basic Corté [3, 7, 9]
- 3B. Double Corté [3, 7, 16]
- 4. Fans [7]
- 5. Promenade Fan [7]

International Rumba

- 1A. Basic [18]
- 1B. Basic To Outside Breaks [18]
- 1C. Basic To Crossovers [18]
- 2A. Walks Forward And Back [24, 28]
- 2B. Curving Walks [24, 28]
- 3. Basic To Hockey Stick [18]
- 4. Chase Turn [24]
- 5. Por Ti Sere [24]

Samba

- 1A. Basic [20]
- 1B. Turning Basic [20]
- 2. Extended Basic [20]
- 3. 5th Position Breaks With Walkaround Turn [20]
- 4. Progressive 2nd Position Breaks Forward And Back [20]
- 5A. Open Break [20]
- 5B. Spanish Break [20]

Mambo

- 1A. Closed [40]
- 1B. Open [40, 44]
- 1C. Progressive [40]
- 2A. Side Basic [40, 48]
- 2B. Back Breaks [40, 55]
- 2C. 1/4 Turn [40, 44, 48, 51]
- 3A. Crossover [40]
- 3B. Crossover With Walkaround Turn [44]
- 4A. Chase Turn 1/2 [44]
- 4B. Chase Turn Full [48]
- 5. Open Left Box [48, 55]

Cha Cha

- 1A. Side Basic [38]
- 1B. Progressive Basic [38]
- 2A. Crossover To Close [38]
- 2B. Basic To Back Break [43]
- 3A. Double Crossover To Close
- 3B. Weave [38]
- 4A. Basic To Walkaround
- 4B. Double Walkaround [43]
- 4C. Double Crossover To Walkaround [45]
- 5A. Chase Turn 1/2 Right And Left [38, 45]
- 5B. Full Turn Right And Left [45]

¹ Numbers in square brackets are page numbers of amalgamations using the pattern

Rumba

- 1. Basic [17, 29]
- 2A. Turning Basic [17]
- 2B. Change Of Direction [22]
- 3A. 2nd Position Breaks [17]
- 3B. Extended Box [22]
- 4A. Progressive 2nd Position Forward And Back [22]
- 4B. Progressive Rocks Back And Forward [17]
- 5. Rock And Turn [22]

Merengue

- 1A. Left And Right Basic [19]
- 1B. Chassé And Rock [19]
- 2A. Forward And Backward Walks [19]
- 2B. Toe Struts [23]
- 2C. Camel Walks [23]
- 3A. Half Time Chassé Left And Right [19]
- 3B. Sliding Doors [23]
- 4A. Syncopated Chassé Left And Right [23]
- 4B. Hesitation Walks [19]
- 5. Left And Right Grapevine [23]

East Coast Swing

- 1A. Side Basic (Triple Timing) [56, 61]
- 1B. Forward Traveling Basic [56]
- 1C. Back Traveling Basic [64]
- 1D. Crossing Chassés [61]
- 2A. Right Turn [61*]
- 2B. Left Turn [61]
- 3A. José Cuervo [64]
- 3B. Side Rock, Syncopated Vine [56]
- 3C. Touches To Sailor Step [56]
- 3D. Kicks To Coaster Step [69, 56]
- 3E. Kicks To Weave & Sailor [61]
- 3F. Off To See The Wizard [64]
- 4. Sailor Shuffle / Kick Ball Change Combination [64]
- 5A. Triple Forward Kick To Back Lock [61]
- 5B. Forward Pivot Turns [64]
- 5C. Back Pivot Turns [64]

West Coast Swing

- 1A. Sugar Push Basic With Touch Side [62]
- 1B. Sugar Push Basic With Kick [62]
- 1C. With Anchor Step [68, 57]
- 2A. Left Turning Pass [57]
- 2B. Right Turning Pass [57]
- 3. Boomerang [57]
- 4A. Basic Check And Turn [57, 62]
- 4B. Check And Turn, Touch Variation [62]
- 4C. Check And Turn, Touch Turn [57]
- 5A. English Cross Basic With Touch [57]
- 5B. English Cross Basic With Syncopation [68]
- 5C. English Cross Basic With 1 1/2 Spin [62]

Nightclub

- 1A. Basic With Standard Timing [63, 67]
- 1B. Alternate Timing
- 1C. Turning Basic [71, 59]
- 1D. Basic To Chase [59, 63]
- 2A. Open Left Box, Cross Behind [63]
- 2B. Open Left Box, Cross Front [59]
- 3A. Forward And Back [63]
- 3B. Curving Walks [59]
- 4. Scissors [59, 63]
- 5. Weave [59]

Hustle

- 1A. Modern Basic [41]
- 1B. Alternate Timing [47]
- 1C. Double Basic [41]
- 1D. Latin Double Basic [37]
- 1E. New York Hustle Basic [37]
- 1F. Latin Hustle Basic [41*]
- 1G. Tango Hustle Basic
- 2A. Quarter Turn Right [47]
- 2B. Quarter Turn Left [37]
- 3A. Half Turn Right [41]
- 3B. Half Turn Left [41]
- 4A. Full Turn Right [47]
- 4B. Full Turn Left [37]
- 4C. Double Right Turn
- 4D. Double Left Turn [37, 47]
- 4E. Latin Right Turn [41]
- 4F. Latin Left Turn [41]
- 4G. Tango Right Turn [47]
- 4H. Tango Left Turn [47]
- 5A. Hustle Grapevine [41]
- 5B. Traveling Left And Right [41]

Bronze Level 2 Patterns²

Foxtrot

- 6A. Back Twinkle [11]
- 6B. Progressive Twinkles [11]
- 7. Turning Twinkle [11]
- 8A. The Manhattan [11]
- 8B. Repeating Manhattan [11*]
- 8C. Manhattan With Optional Ending [11]
- 9. Twinkle And Twist [11]
- 10. Monterey Combination [11]

Waltz

- 6A. Left Open Turn [10]
- 6B. Right Open Turn [14]
- 7. Viennese Cross [14]
- 8A. Contra Check Forward [10, 14]
- 8B. Contra Check Back [14]
- 8C. Check And Vine [10]
- 9. Sweeps [10]
- 10A. Pivot Turn Forward [14]
- 10B. Pivot Turn Back [14]
- 10C. Pivot Turn Side [14]

Tango

- 6A. Progressive Rocks Forward [13]
- 6B. Progressive Rocks Back
- 7A. Syncopated Points [16]
- 7B. Syncopated Chassé [16]
- 8. Tango Bolero [13]
- 9A. Fan Kick Combination [16]
- 9B. Alternate Fan Kick Combination [13]
- 10. Turning Box To Quick Count Combination [16]

International Rumba

- 6. Fans [28]
- 7. Combination Breaks [32]
- 8. Pencil Turns [28]
- 9. Paseo [32]
- 10. Walks And Spirals [32]

Samba

- 6. Paddle Turns [30]
- 7. Left Samba Roll [30]
- 8. Right Samba Roll [30]
- 9A. Progressive Volta [30]
- 9B. Turning Volta [30]
- 10A. Promenade Conversa [30]
- 10B. Reverse Conversa [30]

Mambo

- 6A. Cuban Walk Right [51]
- 6B. Cuban Walk Left [55]
- 7. Charleston Taps [51]
- 8. Back Spot Turn [55]
- 9. Crossover Swivels [51]
- 10. Mambo Paseo [55]

Cha Cha

- 6. Triple Cha Forward And Back [49]
- 7. Kick Turn Combination [54]
- 8A. Crossover Swivels [49*]
- 8B. Crossover Swivels With Jazz Jumps And Knee Pops [49]
- 9. Progressive Twinkles [54]
- 10A. Forward Spot Turn [54]
- 10B. Back Spot Turn [49]

Rumba

- 6A. 2nd Position Breaks with Alternate Timing [29]
- 6B. 5th Position Breaks [34]
- 7A. Right Weave [29*]
- 7B. Left Weave [29]
- 7C. Por Ti Sere [34]
- 8A. Right Forward Spot Turn [36]
- 8B. Left Forward Spot Turn [34]
- 8C. Back Spot Turn [29]
- 8D. Figure Eight [29]
- 9. Cuban Walks [36]
- 10. Rumba Sweeps [36]

Merengue

- 6A. Left And Right Weave [26]
- 6B. Turn Combination [34]
- 6C. Tap Turn To Jazz Box [26]
- 7A. Walks And Touches [34]
- 7B. Walks And Turns [34]
- 7C. Left And Right Full Turns [26]
- 7D. Side Walk Turn [26]
- 8A. Promenade Swivel Closed [34]
- 8B. Promenade Swivel Open [34]
- 8C. Promenade Swivel And Touch [26*]
- 8D. Promenade Touch And Flick [26]
- 9. Fallaway And Twist [26]
- 10. Slip N Slide [34]

² Numbers in square brackets are page numbers of amalgamations using the pattern

East Coast Swing

- 6A. Closed Jazz Box [66]
- 6B. Open Jazz Box [66]
- 7A. Boogie Walks [66]
- 7B. Shorty George
- 7C. Suzy Q [66]
- 8A. Alternating Turn [69]
- 8B. Hook Turn [66]
- 9A. Basic Toe-Heel Swivels [69*]
- 9B. Basic Toe-Heel Swivel Timing Variation [69]
- 9C. Toe-Heel Crossing Chassé [69]
- 9D. Toe-Heel Twisting Swivels [69]
- 10A. Vaudevilles [69]
- 10B. Jukebox [69]

West Coast Swing

- 6A. Right Boomerang Turn [65]
- 6B. Left Boomerang Turn [65]
- 6C. Extended Right Turn [68]
- 7A. Knee Pops [65]
- 7B. Jazz Jumps [65]
- 7C. Jazz Touches [68]
- 8. Skaters Swivels [65]
- 9. Chugs [65]
- 10. Thompson's Turn [68]

Nightclub

- 6. Nightclub Twinkles [71]
- 7. Fans [67]
- 8. Open Basic [67]
- 9. Press Turns To Rondé [71]
- 10. Brush Kick [67]

Hustle

- 6. Side Rock Turns [52]
- 7. Catwalks To Rondé Turn [52]
- 8. Press To Weave Combination [52]
- 9. Spanish Flicks [52]
- 10. Fans To Ronde Jambe [52]