

	MD1 <i>Apprentissage des pas Présentation des danses</i>	MD1+ <i>Travail du guidage Connexion</i>	MD2 <i>Travail de la musicalité Guidage</i>	MD3 <i>Interprétation de la musique Développement chorégraphique</i>
1er trimestre	Chachacha - Basic step - New York - Spot turn to left or right - shoulder to shoulder - Hand to hand - Time step - Under arm	Idem + - Fan - Alemana - Three cha cha chas - Hockey stick - Natural top - Closed hip twist - Natural opening out - promenade chassé lock	Idem + - Aïda - Spiral turn - Chase - Follow my leader	Idem + - Turkish towel - Hip twist - Hip twist spiral - Sweetheart
	Tango - Walk - Progressive side step - Progressive link - Closed promenade - Rock turn - Open reverse turn, Lady outside - Habannera et Habannera tournant - Brush tap	Idem + - Open reverse turn, Lady in line - Progressive side step Reverse turn - Open promenade - Right and left foot Rocks - Natural Twist turn - Natural promenade turn - Whisk - Five step - Outside swivels - Chase	Idem + - Promenade link - Four step - Back open promenade - Back Corte - Four step change	Idem + - Fallaway four step - Oversway - Basic reverse turn - Contra check - Fallaway reverse and slip pivot
			Samba Idem + - Shadow bota fogos - Criss cross Volta - Solo spot Volta - Shadow travelling Volta - Closed rocks - Foot change	Idem + - Open rocks - Argentine crosses - Corta Jaca - Plait - Maypole
2ème trimestre	Quickstep - 1/4 de tour à droite - 1/4 de tour à gauche (heel pivot) - Natural spin turn - Chassé reverse turn - Forward lock	Idem + - Closed impetus - backward lock - Natural pivot / Reverse pivot - Progressive chassé to the right - Tiple chassé to the right - Running finish - Hesitation - Progressive chassé - Natural turn and back lock - Outside change	Idem + - Quick open reverse - Fishtail - Running right turn - Four quick run - V6 - Change of direction - Six quick run - Double reverse spin	Idem + - Cross swivel - Rumba cross - Tippy to right and left - Hover Corte
	Rumba - Basic - Spot turn to right (switch and underarm) - Spot turn to left (switch and underarm) - New York - Hand to hand - Spot turn - Shoulder to shoulder - Aïda - Cucarachas	Idem + - Fan - Alemana - Hockey stick - Natural top - opening out (to right and to left) - Natural opening out - Curl - Closed hip twist	Idem + - Open hip twist - reverse top - Spiral turns - Opening out from reverse top	Idem + - Sliding doors - Fencing - Three threes - Three alemana
			Slow Foxtrot - Feather - Three step - Natural turn - Reverse turn with feather finish - closed impetus with feather finish - Change of direction	Idem + - Open telemark feather ending - Open impetus - Closed telemark - Natural weave
3ème trimestre	Paso doble - Chassé to right or left (including elevations) - Drag - Appel - Attack - Promenade link - Séparation - Promenade and counter promenade	Idem + - fallaway ending separation - huit - Sixteen - Open telemark - Grand circle - Flamenco taps - Chasse cape	Idem + - syncopated separation - La passe - Banderillas - Spanish lines	Idem + - Travelling spin - Twists - Fregolina (and Farol)
	Valse lente - Natural turn - reverse turn - Closed changes - Natural spin turn - Whisk - Chassé from PP - Hesitation change	Idem + - Closed impetus - Back Lock - Back whisk - Reverse Corte - Basic Weave - Double reverse spin - Reverse pivot - Outside change - Progressive chassé to the right	Idem + - Weave - Closed telemark - Open telemark - Open impetus - Wing - Outside turn - Turning lock - Drag hesitation - Passing natural turn - Running finish	Idem + - Left whisk - Contra check - Closed wing - Turning lock to te right - Fallaway Reverse and slip pivot - Hover Corte - Fallaway whisk
			Jive Idem + - American mooch - Stop and go - Whip - Walks	Idem + - Windmill - Spanish arms - Rolling off the arm - Simple spin - Curly whip
Fil conducteur	Valse viennoise - Tour à droite - Pas de change à droite et à gauche	Idem + - Tour à gauche	/// Tour à D et à G acquis - Variations - Tour interieur - Tour extérieur	- Natural Fleckerl - Reverse Fleckerl - Contra Check
	Rock - basic step - Fallaway rock - Change of places R-L and L-R - Change of hands	Jive - Basic step - Fallaway rock - Change of places R-L and L-R - Change of hands - Fallaway throwaway		