

# ABSOLUTE BALLROOM

DANCE CENTER OF PITTSBURGH

WWW.ABSOLUTEBALLROOMPGH.COM

## Hustle Syllabus II

(From the International Hustle Dance Association - <http://www.i-h-d-a.com/>)

The dance syllabus figures are used in two fundamental ways. First, they provide a learning framework for the student. Second, the syllabus is also used to define competition levels. There will be a published IHDA Hustle Technique Book with a break down for all figures. To obtain this publication you must be a Member of IHDA and affiliated with a dance school or as an independent instructor.

The hustle syllabus is currently a guideline for competitors and is not currently enforced as part of the judging criteria at IHDA sanctioned events. IHDA is striving to utilize these figures in the near future. There will be IHDA workshops for IHDA member instructors on how to teach and breakdown the figures. You will be notified when the book and workshops are in effect.

## Intermediate Competition Syllabus

- 1) Chasse to Cross Body Lead
- 2) Swivels and Variations of Such
- 3) Diva Walk
- 4) Progressive Circular Basics (ex. T-Turns, Back to Back Turns)
- 5) Double Outside Turn and All Variations (5 or 6 beats, including Double Illusion Turns, etc.)
- 6) Double Free Spins to the Left (start on 2)
- 7) Double Free Spins to the Right (start on 3)
- 8) Diamonds
- 9) Wrap Turn Variations
- 10) 4 Count Right Turns
- 11) Double Syncopated Elements (ex. Las Vegas)
- 12) Free New York Walk (release of connection)