

# ABSOLUTE BALLROOM

DANCE CENTER OF PITTSBURGH  
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## Hustle Syllabus I

(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.

## Novice Competition Syllabus

No Free Turns greater than (1/2) one half revolution allowed.

Competitors may select any combination of steps from this syllabus.

- 1) Cross Body Lead
- 2) Throw Out to Open or Release to Open (same step, two acceptable names)
- 3) Return to Closed
- 4) Hesitation (basic; not traveling; holding position)
  - A. In Open Position
  - B. In Closed Position
- 5) Open to Shadow
- 6) Shadow to Open
  - A. Optional Change of Hands
- 7) Change of Sides
  - A. Opening Out
  - B. Sliding Door
- 8) Wheel (basic; double hand hold; trading sides)
  - A. (1/2) One Half-Turn Options
    - a. Leader Bridge
    - b. Follower Bridge
    - c. Leader Inside Turn
    - d. Follower Inside Turn
- 9) Single Left Turn Elements and Variations for Leader or Follower
- 10) 1 and 1/2 Left Turn Elements (one and one half revolutions left)
  - A. Comb
  - B. Wrap
  - C. Inside Reverse
  - D. Inside Single Turn in Closed Position
- 11) Shadow Elements
- 12) A. Sweetheart: a. Option: arms high or low
  - B. Cuddle:
    - a. Arm position variations permitted
- 13) New York Walk with connection maintained
- 14) Basic Grapevine