



Riverfront Dancesport Festival 2020

American Style Rhythm Compulsory Scholarship Entry Form

Sponsored by Hip Lift Technique, Website: HipLiftTechnique.com

Studio: _____ Phone: _____

E-Mail: _____

Male: _____ NDCA#: _____ Pro or Am (please circle)

Female: _____ NDCA#: _____ Pro or Am (please circle)

ALL AGES, ALL LEVELS

American Style Rhythm Compulsory - Rules

1. 90% of your score based on dance technique and 10% on styling.
2. We are not allowing anyone to dance in two consecutive levels.
3. All dance competitors in a competition perform the same standard steps, technique, and holds to music of a specified tempo.
4. No steps can be used other than the ones listed below in Step List.
5. No rhythm changes are allowed except in the Cha Cha step: Triple Progressive.
6. You may dance any of the steps listed below (not all have to be used) and in any order.
7. No fakes are allowed for the man or lady.
8. You may use steps more than once in your sequence.
9. You will be placed last for not following these rules.

American Style Rhythm Compulsory - Step List

Rumba

1. Box
2. Open Breaks with Alternating Turns
3. Cross Over Breaks
4. 5th Position Breaks
5. 2nd Position Breaks
6. Forward and Back Walks
7. Cross Body Lead

Cha Cha

1. Chase
2. Cross Body Lead
3. Open Breaks with Alternating Turns
4. Sweetheart
5. Cross Over Breaks
6. 5th Position Breaks
7. Triple Progressive

Mambo

1. Basic
2. Cross Body Lead
3. Open Breaks with Alternating Turns
4. 5th Position Breaks
5. 2nd Position Breaks
6. Crossover breaks
7. Crossover and swivels

Please review [Rules/Policies](#) page at the web site prior to submitting your entry forms. Also, please submit Waiver/Release form along with this form. Competition entry deadline is Dec. 31, 2019.