



Bronze EC Swing Figures

American Rhythm Figures

EAST COAST SWING - Bronze

Bronze I	Figures	Posture	Partnership	Expression
1. Basic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Basic Turning to Right	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Basic Turning to Left	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Throw Out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bronze II				
5. (Inside) Underarm Turn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Underarm Release from Basic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7A. Free Spin Tuck-In (from Handshake)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7B. Free Spin Tuck-In (from Double Handhold)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7C. Underarm Tuck-In (from Double Handhold)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bronze III				
8. Alternating Underarm Turns	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Shoulder Check	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Cradle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Cradle to Hammerlock	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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Bronze IV	Figures	Posture	Partnership	Expression
12. Sugar Push Throw Out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Double Face Loop	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Opposition Break & Roll Out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Whirlpool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



American Rhythm Figures

EAST COAST SWING - Silver

Silver I	Figures	Posture	Partnership	Expression
1. Wrist Spin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Face Loop and Pivot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Alternating Hammerlock	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Silver II				
4. Man's Wrap and Swivels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Pivots	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Silver III				
6. Side to Side and Running Step	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Boogie Walks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Syncopated In and Out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Silver IV				
9. Side by Side Turns	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Cradle and Kicks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



American Rhythm Figures

EAST COAST SWING - Gold

Gold I	Figures	Posture	Partnership	Expression
1. Double Turns to Point Steps	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Swivels to Progressive Triples	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Rotating Swivels and Opposition Break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Grapevine with Kick Ball Changes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. He Goes, She Goes, They Go	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gold II				
6. Hip Pull Backs and Continuous Chasses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Pivots to Running Triples	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Rolling Off the Arm Variation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Quick Turn to Stop & Go with Crossover	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Simple Spins & Sailor Shuffles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>