

IHDA Hustle Syllabus

Novice Competition Syllabus

No Free Turns greater than 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
- 3—Return to Closed
- 4—Hesitation (basic; not traveling; holding position)
(in open position; in closed position)
- 5—Open to Shadow
- 6—Shadow to Open (optional change of hands)
- 7—Change of Sides (opening out; sliding door)
- 8—Wheel (basic; double hand hold; trading sides)
One half-turn options: leader bridge; follower bridge;
leader inside turn; follower inside turn
- 9—Single Left Turn Elements and variations for leader or follower
- 10—1 1/2 Left Turn Elements (one and one half revolutions left)
(comb; wrap; inside reverse; inside single turn in closed
position)
- 11—Shadow Elements
Sweetheart option (arms high or low); Cuddle (arm position
variations permitted)
- 12—New York Walk with connection maintained
- 13—Basic Grapevine

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)

Advanced Competition Syllabus

- 1—Full Cross Body or Telemark (same step, two acceptable names)
In-place; Traveling
- 2—Billy's Waltz
- 3—Phillip's Fred and Ginger
- 4—Castle Walks
- 5—Butchie Pretzels (tight turns, change of hands and direction)
- 6—Traveling Moves
- 7—Blind Leads (ex. Blind Wrap)
- 8—Carousel (with connection; without connection)
- 9—Multiple Illusion Turns (more than two; right or left;
linear or circular)
- 10—Vega's Crazy Turns
- 11—Free Spin Variations (syncopated; rib chasers; hip catches)
- 12—Pivot Combinations
- 13—Capes
- 14—Samba Turns (timing 1 and 2, 3 and 4, etc.)
- 15—Free New York Walk with rotation for leader or follower
- 16—Pop
- 17—Snap
- 18—Horse and Cart Variations
- 19—Ronde and Battement Elements (lead and follow only)
- 20—One Leg or Pirouette Variations (rotations left or right)
(wrap or full turn; double outside; inside turns; leader options)
- 21—Unassisted Leaps and Jumps (within Hustle timing)
- 22—Syncopated Timing Variations
- 23—Lead/Follow Side by Side Combinations