

Smooth Syllabus

Foxtrot 30-34 mpm

Bronze

1. Forward Basic
2. Quarter Turns A&B
3. Left Rock Turn
4. Swing Step
5. Promenade Walk A&B
6. Cross Body Lead
7. Simple Twinkle
8. Twinkle with Promenade Chasse Ending
9. Twinkles Forward
10. Twinkles Back
11. Promenade Turn

Recognized Variations

1. Left and Right Foot Closed Changes
2. Left Turn A, B, and C
3. Right Turn A, B, and C
4. Twist to Left from Promenade Position

Silver

1. Open Simple Twinkle
2. Open Twinkle with Promenade Chasse
3. Open Twinkles Forward
4. Open Twinkles Back
5. Open Left Turn
6. Open Right Turn
7. Grapevine
8. Promenade and Counter Promenade Runs
9. Curved Three Steps
10. Fallaway Reverse Turn, Slip Pivot, Syncopated Curved Three
11. Open Left Cross Turn to Cross Swivels

Waltz 28-32 mpm

Bronze

1. Left and Right Foot Closed Changes
2. Left Turn A, B, and C
3. Right Turn A, B, and C
4. Hesitation A and B
5. Cross Body Lead
6. Simple Twinkle
7. Twinkle with Promenade Chasse Ending
8. Twinkles Forward
9. Twinkles Back
10. Twist to Left from Promenade Position

Recognized Variations

1. Box with Right Underarm Turn
2. Promenade with Right Underarm Turn

Silver

1. Open Simple Twinkle
2. Open Twinkle with Promenade Chasse
3. Open Twinkles Forward
4. Open Twinkles Back
5. Open Left Turn
6. Open Right Turn
7. Single Wrap
8. Shadow Left Turn
9. Single Wrap to Shadow Right Turns
10. Syncopated Right Underarm Turn

Recognized Variations

1. Grapevine
2. Promenade and Counter Promenade Runs
3. Curved Three Steps
4. Fallaway Reverse Turn, Slip Pivot, Syncopated Curved Three
5. Open Left Turn to Cross Swivels

Tango 28-30 mpm

Bronze

1. Basic A and B
2. Promenade Basic
3. Corte
4. Promenade to Fan
5. Corte with Roll Out
6. Turning Corte to Outside Swivel
7. Continuous Basic
8. Basic Left Turn
9. Contra Rock to Circular Fans
10. Oversway

Silver

1. Open Left Turn to Quick Fans
2. Same Foot Fans
3. Double Ronde
4. Shadow Open Left Turn
5. Pivots to Open Same Foot Lunge
6. Corte to Leg Hooks
7. Promenade Flicks and Twist to Trap
8. Rock Turn to Turning Lock
9. Fallaway to Open Check

Smooth Syllabus

Viennese Waltz 50-54 mpm

Pre-Bronze/Student

Teacher

1. Left Turn
2. Right Turn
3. Hesitation Forward and Back
4. Side Hesitation
5. Progressive Forward and Back Hesitation

Bronze/Associate

6. Fifth Position Breaks
7. Progressive Fifth Position Breaks
8. Cross Body Lead to Left Underarm Turn
9. Underarm Turn to the Right
10. Left Underarm Turn to In and Out Hesitation

Silver/Licentiate

1. Progressive Fifth Position with Hand Change
2. Left Turns with Lady's Underarm Turns
3. Canter Turns
4. Back to Back Box
5. Promenade Hesitation Run
6. Turning Hesitation to Back Lock
7. Shadow Turns to Right
8. Fan Kicks
9. Ronde to Throwaway
10. Underarm Spin to Throwaway

Peabody 60-62 mpm

Bronze/Associate

1. Eight Count Right Turn
2. Six Count Right Turn
3. Eight Count Left Turn
4. Six Count Left Turn
5. Running Steps
6. Lock and Run
7. Twinkles Forward
8. Twinkles Back
9. Right Underarm Turn
10. Left Underarm Turn

Silver/Licentiate

1. Double Lock
2. Offset Grapevine
3. Promenade Grapevine
4. Fallaway Grapevine
5. Continuous Forward Locks
6. Left Rock Spin
7. Right Pivots
8. Promenade and Counter Promenade Runs
9. Grapevine to Side By Side

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