

## Standard Syllabus

### Waltz 28-31 mpm

#### **Bronze**

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
6. Chasse from Promenade Position
7. Closed Impetus
8. Hesitation Change
9. Outside Change
10. Reverse Corte
11. Back Whisk
12. Basic Weave
13. Double Reverse Spin
14. Reverse Pivot
15. Back Lock
16. Progressive Chasse to Right

#### **Silver**

17. Weave from Promenade Position
18. Closed Telemark
19. Open Telemark & Cross Hesitation
20. Open Telemark & Wing
21. Open Impetus & Cross Hesitation
22. Open Impetus & Wing
23. Outside Spin
24. Turning Lock Drag Hesitation\*

#### **Gold**

25. Left Whisk
26. Contra Check
27. Closed Wing
28. Turning Lock to Right
29. Fallaway Reverse & Slip Pivot
30. Hover Corte Fallaway Whisk\*

### Tango 30-32

#### **Bronze**

1. LF or RF Walk
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade
5. Rock Turn
6. Open Reverse Turn, Lady Outside
7. Back Corte
8. Open Reverse Turn, Lady in Line
9. Progressive Side Step Reverse Turn
10. Open Promenade
11. Left Foot and Right Foot Rocks
12. Natural Twist Turn
13. Natural Promenade Turn

#### **Silver/Licentiate**

14. Promenade Link | Reverse Promenade Link
15. Four Step
16. Back Open Promenade
17. Outside Swivel, Methods 1 - 4
18. Fallaway Promenade
19. Four Step Change
20. Brush Tap

#### **Gold/Fellow**

21. Fallaway Four Step
22. Oversway
23. Basic Reverse Turn
24. The Chase
25. Fallaway Reverse & Slip Pivot
26. Five Step
27. Contra Check

### Foxtrot 28-30 mpm

#### **Bronze**

1. Feather
2. Three Step
3. Natural Turn
4. Reverse Turn
5. Closed Impetus & Feather Finish

#### **Bronze/Associate**

6. Natural Weave
7. Change of Direction
8. Basic Weave

#### **Silver/Licentiate**

9. Closed Telemark
10. Open Telemark & Feather Ending
11. Top Spin
12. Hover Feather
13. Hover Telemark
14. Natural Telemark
15. Hover Cross
16. Open Telemark, Natural Turn, Outside Swivel & Feather End
17. Open Impetus
18. Weave from Promenade Position
19. Reverse Wave

#### **Gold/Fellow**

20. Natural Twist Turn
21. Curved Feather to Back Feather
22. Natural Zig-Zag from Promenade Position
23. Fallaway Reverse & Slip Pivot
24. Natural Hover Telemark
25. Bounce Fallaway with Weave Ending

## Standard Syllabus

### Quickstep 48-52 mpm

#### **Bronze**

1. Quarter Turn to R
2. Natural Turn
3. Natural Turn with Hesitation
4. Natural Pivot Turn
5. Natural Spin Turn
6. Progressive Chasse
7. Chasse Reverse Turn
8. Forward Lock
9. Closed Impetus
10. Back Lock
11. Reverse Pivot
12. Progressive Chasse to Right
13. Tipple Chasse to Right
14. Running Finish
15. Natural Turn & Back Lock
16. Double Reverse Spin  
Heel Pivot\*  
Zig-Zag Back  
Lock, Running Finish\*  
Cross Chasse\*  
Change of Direction\*

#### **Silver**

- Checked / Underturned  
Tipple Chasse
17. Quick Open Reverse
  18. Fishtail
  19. Running Right Turn
  20. Four Quick Run
  21. V6
  22. Closed Telemark

#### **Gold**

23. Cross Swivel
24. Six Quick Run
25. Rumba Cross
26. Topsy to Right and Left
27. Hover Corte

### Viennese Waltz 52-58

#### **Bronze**

1. Reverse Turn
2. Natural Turn
3. Forward Change
4. Backward Change

#### **Silver**

5. Reverse Fleckerl

#### **Gold**

6. Natural Fleckerl
7. Contra Check