

# USA DANCE, INC.



## Syllabus Guidebook

2016-A

A supplement to the DanceSport Rulebook provided by  
*USA Dance Academy* for developing Syllabus Compliant  
Competition Choreography and Groupings for all Medalist  
Levels and Disciplines



RECOGNIZED SPORT  
ORGANIZATION



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# I. USA DANCE SYLLABUS

The following syllabus listings are provided as a guideline to Athletes, Coaches, Organizers, Invigilators and Chairs of Adjudicators to govern the material limitations that can be danced in a given RESTRICTED SYLLABUS EVENT.

## 1. AMERICAN STYLE SMOOTH

- In the American Style disciplines, USA Dance recognizes and accepts the multitude of teaching societies in the USA, such as: USISTD, DVIDA, Terpsichore, Arthur Murray and Fred Astaire all have their own syllabi. The following list of allowable figures, elements, and restrictions was developed to ensure a fair and even playing field for anyone entering closed syllabus competitions.
- Athletes and coaches must check this list against your own syllabi as any pattern or figure may be danced as long as it is not in conflict with the American Style USA Dance Approved Figures, Elements & Restrictions
- No continuity style in Bronze Smooth.
- Spirals are not permitted in the Bronze level.
- One under arm or solo turn at a time is the maximum allowed in the Bronze level
- Elements and figures unique to one dance or style may not be used in another dance, unless specified.
- A single curtsey facing partner in Viennese Waltz is allowed.
- No embellishments of standard figures. No change of levels, foot flicks, syncopations or delayed timings unless specifically approved.
- Start in the appropriate hold and position for the syllabus figure being danced.
- All figures must be danced with the timing(s) given in the syllabus.
- All figures must be danced with the hold and Dance Position given in the syllabus.
- When “no Hold” is allowed, partners must not be further apart than a comfortable arm’s length.

### 1.1 American Style WALTZ

#### 1.1.1 American Style Waltz – Bronze Level

- 1.1.1.1 Left Closed/Box (Reverse) Turn - Right Closed/Box (Natural) Turn
- 1.1.1.2 Forward Progressive/Change Step, right foot or left foot
- 1.1.1.3 Follower’s Under Arm Turn to the Right, two Measures/6 beats or Left (Reverse), 3 count pivot turn.
- 1.1.1.4 Balance Steps/Hesitations, Fifth Position Breaks
- 1.1.1.5 Closed Twinkles: to and from PP and CPP, Progressive Forward and Back
- 1.1.1.6 Cross Body Lead from LF Forward Hesitation or from 1-3 of Left Closed/Box (Reverse] Turn)
- 1.1.1.7 Natural Spin Turn (same as International Style)
- 1.1.1.8 Forward Twist to Left from P.P.
- 1.1.1.9 Syncopated Promenade Chasse (may end in PP or Closed)

1.1.1.10 Simple Grapevine or Zigzag (No Syncopation)

1.1.1.11 In & Out change steps/Butterfly

#### 1.1.2 American Style Waltz – Bronze Level Restrictions

- 1.1.2.1 Partners may not completely separate. Open work is limited to single or double hand holds, and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 25% of any routine.
- 1.1.2.2 No continuity style in Bronze Waltz, feet must be closed on three except on allowed figures
- 1.1.2.3 No foot changes/fakes, shadow, tandem, solo or same foot figures. Partners must always be on opposite feet
- 1.1.2.4 No consecutive pivots left or right, one (1) pivot is allowed
- 1.1.2.5 No open left or right box turns
- 1.1.2.6 No fallaway actions of any kind. Whisks, 5th Position Breaks are allowed.
- 1.1.2.7 No picture lines or figures (i.e. contra check, chair, oversways, lunges, etc.)
- 1.1.2.8 One under arm or solo turn is the maximum allowed in the Bronze level.
- 1.1.2.9 No syncopations other than chasse from Promenade - No syncopated under arm turns
- 1.1.2.10 No dips or drops. No knee drops or sit drops, floor slashes, etc. No Sitting Hens, Horse & Carts, Pot Stirs.
- 1.1.2.11 Both feet must remain close to the floor at all times (no aerial rondes, develop, etc.)

#### 1.1.3 American Style Waltz - Silver Level

- 1.1.3.1 Open Left Box Turn & Open Right Box Turn
- 1.1.3.2 Open Twinkles – Single, Progressive, Passing, Flip-Flops
- 1.1.3.3 Grapevine to Left or Right – single or double hand hold
- 1.1.3.4 Running Steps
- 1.1.3.5 Traveling Crosses
- 1.1.3.6 Syncopated Locks
- 1.1.3.7 Syncopated Under Arm Turns - One syncopation (One split beat) per measure
- 1.1.3.8 Fallaway Reverse Turn Slip Pivot, Fallaway Grapevine
- 1.1.3.9 Weaves, Quick Left Turns
- 1.1.3.10 Chair and Slip Pivot, Wing, Hairpins
- 1.1.3.11 Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Fencing Lines are permissible, but these may not be held longer than two measures of music.
- 1.1.3.12 Kicks, Rondes, Developes – no more than waist high
- 1.1.3.13 Standing Spins – Up to 2 measures with 1 syncopation allowed
- 1.1.3.14 Continuous Partnership Pivots – Up to 2 measures with 1 syncopation allowed
- 1.1.3.15 Swivels: Fans, Gem, Zig Zag, Outside

#### 1.1.4 American Style Waltz Restrictions - Silver Level

- 1.1.4.1 Partners may not completely separate for more than one measure. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 50% of any routine.
- 1.1.4.2 No more than 8 measures of music may be danced in Open, Side by Side, or Shadow Position, before returning to a Promenade or Closed Dance Position for at least 2 measures of music.
- 1.1.4.3 No dips or drops. No knee drops or sit drops, floor slashes, etc. No Sitting Hens, Horse & Carts, Pot Stirs.
- 1.1.4.4 Picture lines not allowed: No Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways.

1.1.4.5 No lifts.

### 1.1.5 **American Style Waltz - Gold Level**

1.1.5.1 Continuous “partnership” pivots are allowed

1.1.5.2 Shadow Position, Tandem, and Side by Side figures without hold

1.1.5.3 Picture Lines.

### 1.1.6 **American Style Waltz Restrictions – Gold Level**

1.1.6.1 Partners may completely separate. Open Work is limited to single or double hand holds, Shadow Positions, or no hold and may not last for more than eight (8) consecutive measures before regaining a hold for a minimum of two consecutive bars.

1.1.6.2 No lifts.

## 1.2 **American Style TANGO**

### 1.2.1 **American Style Tango – Bronze Level**

1.2.1.1 Tango Walks - All Slows

1.2.1.2 Forward Basic, Closed or O.P. (SSQQS timing only)

1.2.1.3 Promenade turning to left or right (SSQQS timing only)

1.2.1.4 Corte

1.2.1.5 Open Fan

1.2.1.6 Open Fan to Same Foot Rocks

1.2.1.7 Right Side Fan/Outside Swivel

1.2.1.8 Rocks - closed or P.P. pos.(may be danced w/ or w/o turn to left or right in any direction)

1.2.1.9 Single Pivot from P.P.

1.2.1.10 Linking action to and from PP (Progressive Link, Promenade Link)

1.2.1.11 Left/Reverse Turn (Open or Closed)

1.2.1.12 Under Arm Turn Left or Right from Open Fan

1.2.1.13 Twist Turn to Left or right from P.P.

1.2.1.14 Running Step/Progressive Side Step or argentine walks (basic w/alternative timing)

### 1.2.2 **American Style Tango – Bronze Restrictions**

1.2.2.1 Partners may not completely separate. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 25% of any routine.

1.2.2.2 No foot changes/fakes, shadow, solo, or same foot figures. Partners must always be on opposite feet, except for #6 above

1.2.2.3 No shadow, solo, or same foot figures except for #6 above

1.2.2.4 No more than six (6) consecutive quicks including the Tango Close

1.2.2.5 No syncopations except brush-point (&S) as in the Open Fan

1.2.2.6 Although the Corte is permitted, other picture lines/figures (i.e. contra check, chairs, oversways, lunges, etc.) are not allowed

1.2.2.7 No fallaway actions

1.2.2.8 No consecutive pivots left or right, one (1) pivot is allowed

1.2.2.9 Both feet must remain close to the floor at all times (no aerial rondes, develop, ganchos, or hooks, etc.)

1.2.2.10 No dips or drops. No knee drops or sit drops, floor slashes, etc.. No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for Leader or Follower are allowed.

1.2.2.11 No lifts.

### 1.2.3 American Style Tango – Silver Level

1.2.3.1 Open Right Turn

1.2.3.2 Syncopated Locks & Chasses

1.2.3.3 Fallaway actions

1.2.3.4 Syncopated Under arm Turns – up to two syncopations allowed

1.2.3.5 Chair and Slip Pivot

1.2.3.6 Fallaway Reverse And Slip Pivot

1.2.3.7 Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Spanish Drags, Fencing Lines are permissible, but these may not be held longer than two measures of music.

1.2.3.8 Swivels: Fans, Zig Zag, Outside, Inside

1.2.3.9 Kicks, Rondes, Developes' no more than waist high

1.2.3.10 Ganchos/Hooks, Leg Crawls

1.2.3.11 Continuous Partnership Pivots – up to 2 measures with 1 syncopation allowed

1.2.3.12 Standing Spin – up to 2 measures with 1 syncopation allowed

1.2.3.13 Back to Back, Traveling Cross

1.2.3.14 Viennese Crosses

### 1.2.4 American Style Tango – Silver Level Restrictions

1.2.4.1 Partners may not completely separate for more than one measure. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 50% of any routine.

1.2.4.2 No Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways

1.2.4.3 No more than 8 measures of music may be danced in Open, Side by Side, or Shadow Position, before returning to hold for at least 2 measures of music.

1.2.4.4 No dips or drops. No knee drops or sit drops, floor slashes, etc.. No Sitting Hens, Horse & Carts, Pot Stirs.

1.2.4.5 No lifts.

### 1.2.5 American Style Tango – Gold Level

1.2.5.1 Continuous “partnership” pivots are allowed

1.2.5.2 Shadow Position, Tandem, and Side by Side figures without hold

1.2.5.3 Picture Lines.

### 1.2.6 American Style Tango – Gold Level Restrictions

1.2.6.1 Partners may completely separate. Open Work is limited to single or double hand holds, Shadow Positions, or no hold and may not last for more than eight (8) consecutive measures before regaining a normal hold for a minimum of two consecutive bars.

1.2.6.2 No lifts.

## **1.3 American Style FOXTROT**

### **1.3.1 American Style Foxtrot – Bronze Level**

- 1.3.1.1 Forward Basic, Closed or O.P. - (with or without quarter turn) – SSQQ
- 1.3.1.2 Back Basic, Closed or O.P. - (with or without quarter turn) - SSQQ
- 1.3.1.3 Promenade - SSQQ
- 1.3.1.4 Rock Turn/Ad Lib to Left or Right - SSQQ
- 1.3.1.5 Follower's Under arm Turn to the Right - two Measures/8 beats - SQQSQQ
- 1.3.1.6 Left Closed Box/Reverse Turn - SQQ
- 1.3.1.7 Cross Body Lead - SQQ
- 1.3.1.8 Closed Twinkles: to and from PP and CPP, Progressive Forward and Back. - SQQ
- 1.3.1.9 Single Promenade Pivot - SSQQ
- 1.3.1.10 Syncopated Promenade Chasse - SQ&Q
- 1.3.1.11 Forward twist to left from promenade - SSQQ
- 1.3.1.12 Sway step/Side Balance - SSQQ
- 1.3.1.13 Promenade Under Arm Turn to Right or Left - SSQQ
- 1.3.1.14 Simple Grapevine or Zigzag (8 quicks max. No Syncopations)

### **1.3.2 American Style Foxtrot – Bronze Level Restrictions**

- 1.3.2.1 Partners may not completely separate. Open Work is limited to single or double hand holds, and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 25% of any routine.
- 1.3.2.2 No continuity style in Bronze Foxtrot except Grapevines and Chasses
- 1.3.2.3 No foot changes/fakes, partners must always be on opposite feet
- 1.3.2.4 Timing is limited to SSQQ or SQQ in Bronze Foxtrot, except for Grapevine actions
- 1.3.2.5 Continuous quicks are NOT permitted except in the Simple Grapevine ( #14) or extra chasses/side steps.
- 1.3.2.6 No consecutive pivots right or left, one (1) pivot is allowed
- 1.3.2.7 No open left or right box turns
- 1.3.2.8 No syncopations other than chasse from Promenade - No syncopated under arm turns
- 1.3.2.9 No picture lines or figures (i.e. oversways, contra check, chair, lunges, etc.)
- 1.3.2.10 No fallaways of any kind or slip pivot from fallaway (Whisk, 5th position breaks are allowed)
- 1.3.2.11 No solo, shadow, or same foot figures
- 1.3.2.12 No more than eight (8) quicks, or 2 measures, of a grapevine/zig zag action and must be followed with a closed figure.
- 1.3.2.13 Both feet must remain close to the floor at all times (no aerial rondes, developes, etc.)
- 1.3.2.14 No dips or drops. No knee drops or sit drops, floor slashes, etc. No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for Leader or Follower are allowed.
- 1.3.2.15 No lifts.

### **1.3.3 American Style Foxtrot – Silver Level**

- 1.3.3.1 Open Left Turn
- 1.3.3.2 Open Right Turn
- 1.3.3.3 Open Twinkles – Single, Progressive, Passing, Flip-Flops
- 1.3.3.4 Running Steps
- 1.3.3.5 Syncopated Locks

- 1.3.3.6 Syncopated Under arm Turns one syncopation per measure
- 1.3.3.7 Chair and Slip Pivot, Wing, Hairpins
- 1.3.3.8 Traveling Cross
- 1.3.3.9 Weaves
- 1.3.3.10 Continuous "partnership" pivots are allowed, up to two measures, but may include only one syncopation.
- 1.3.3.11 Shadow Position, Tandem, and Side by Side figures with hold.
- 1.3.3.12 Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Fencing Lines are permissible, but these may not be held longer than two measures of music.
- 1.3.3.13 Fallaway actions, Fallaway Reverse Turn Slip Pivot
- 1.3.3.14 Kicks, Rondes, Developes' no more than waist high
- 1.3.3.15 Standing Spin - Up to 2 measures with 1 syncopation allowed
- 1.3.3.16 Swivels: Fans, Gem, Zig-Zag, Outside

#### **1.3.4 Foxtrot – Silver Level Restrictions**

- 1.3.4.1 Partners may not completely separate for more than one measure. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 50% of any routine.
- 1.3.4.2 No dips or drops. No knee drops or sit drops, floor slashes, etc.. No Sitting Hens, Horse & Carts, Pot Stirs
- 1.3.4.3 No Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways
- 1.3.4.4 No lifts.

#### **1.3.5 American Style Foxtrot – Gold Level**

- 1.3.5.1 Continuous "partnership" pivots are allowed
- 1.3.5.2 Shadow Position, Tandem, and Side by Side figures without hold
- 1.3.5.3 Picture Lines.

#### **1.3.6 American Style Foxtrot – Gold Level Restrictions**

- 1.3.6.1 Partners may completely separate. Open Work is limited to single or double hand holds, Shadow Positions, or no hold and may not last for more than eight (8) consecutive measures before regaining a hold for a minimum of two consecutive bars.
- 1.3.6.2 No lifts.

## **1.4 American Style VIENNESE WALTZ**

### **1.4.1 American Style Viennese Waltz – Bronze Level**

- 1.4.1.1 Left Turns/Reverse Turns
- 1.4.1.2 Right Turns/Natural Turns
- 1.4.1.3 Progressive/Change Steps
- 1.4.1.4 Balance Steps/Hesitations/Fifth Position Breaks
- 1.4.1.5 Cross Body Lead



- 1.4.1.6 Under arm Turn from Fifth Position Break or Cross Body Lead.
- 1.4.1.7 Closed Twinkles
- 1.4.1.8 In & Out Change steps/ butterfly
- 1.4.1.9 Left box w/Follower's left or right under arm turn

#### 1.4.2 American Style Viennese Waltz – Bronze Level Restrictions

- 1.4.2.1 Partners may not completely separate. Open Work is limited to single or double hand holds, and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 25% of any routine.
- 1.4.2.2 Syncopations are not permitted
- 1.4.2.3 No open left or right box turns
- 1.4.2.4 No continuous pivots right or left, one (1) canter pivot is allowed
- 1.4.2.5 No fallaways of any kind or slip pivot from fallaway
- 1.4.2.6 Partners must remain on opposite feet at all times
- 1.4.2.7 No solo, shadow, or same foot figures
- 1.4.2.8 Both feet must remain close to the floor at all times (no aerial rondes, etc.)
- 1.4.2.9 No dips or drops. No knee drops or sit drops, floor slashes, etc.. No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for Leader or Follower are allowed.
- 1.4.2.10 No lifts.

#### 1.4.3 American Style Viennese Waltz – Silver Level

- 1.4.3.1 Left and Right Turns with Under arm Turns
- 1.4.3.2 Progressive Fifth Positions
- 1.4.3.3 Open Left Turn
- 1.4.3.4 Open Right Turn
- 1.4.3.5 Open Twinkles – Single, Progressive, Passing, Flip-Flop
- 1.4.3.6 Spot Turn Combinations
- 1.4.3.7 Chair and Slip Pivot
- 1.4.3.8 Canter Lilts and Canter Spins
- 1.4.3.9 Continuous "partnership" pivots, including Canter Pivots, up to two measures, but may only include one syncopation.
- 1.4.3.10 Shadow Position, Tandem, and Side by Side figures with hold.
- 1.4.3.11 Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Fencing Lines are permissible, but these may not be held longer than two measures of music.
- 1.4.3.12 Fallaway Position
- 1.4.3.13 Standing Spin – up to 2 measures with 1 syncopation allowed
- 1.4.3.14 Kicks, Rondes, Developés' no more than waist high
- 1.4.3.15 Swivels: Fans, Gem, Outside, Reverse
- 1.4.3.16 Parallel Runs, Traveling Cross
- 1.4.3.17 Figures employing consecutive "Canter Rhythm" **Definition:** "Canter Rhythm" a hesitation on either beat 2 or 3 of a Waltz in 3/4 time.

#### **1.4.4 American Style Viennese Waltz – Silver Level Restrictions**

- 1.4.4.1 Partners may not completely separate for more than one measure. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 50% of any routine.
- 1.4.4.2 No dips or drops. No knee drops or sit drops, floor slashes, etc.. No Sitting Hens, Horse & Carts, Pot Stirs
- 1.4.4.3 No Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways
- 1.4.4.4 No lifts

#### **1.4.5 American Style Viennese Waltz – Gold Level**

- 1.4.5.1 Continuous “partnership” pivots are allowed
- 1.4.5.2 Shadow Position, Tandem, and Side by Side figures without hold
- 1.4.5.3 Picture Lines.

#### **1.4.6 American Style Viennese Waltz – Gold Level Restrictions**

- 1.4.6.1 Partners may completely separate. Open Work is limited to single or double hand holds, Shadow Positions, or no hold and may not last for more than eight (8) consecutive measures before regaining a hold for a minimum of two consecutive bars.
- 1.4.6.2 No lifts.

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## 2. AMERICAN STYLE RHYTHM

- In the American Style disciplines, USA Dance recognizes and accepts the multitude of teaching societies in the USA, such as: USISTD, DVIDA, Terpsichore, Arthur Murray and Fred Astaire all have their own syllabi. The following list of allowable figures, elements, and restrictions was developed to ensure a fair and even playing field for anyone entering closed syllabus competitions.
- Athletes and coaches must check this list against your own syllabi as any pattern or figure may be danced as long as it is not in conflict with the American Style USA Dance Approved Figures, Elements & Restrictions Spirals are not permitted in the Bronze level.
- One under arm or solo turn at a time is the maximum allowed in the Bronze level
- Elements and figures unique to one dance or style may not be used in another dance, unless specified.
- No embellishments of standard figures. No change of levels, foot flicks, syncopations or delayed timings unless specifically approved.
- Start in the appropriate hold and position for the syllabus figure being danced.
- All figures must be danced with the timing(s) given in the syllabus.
- All figures must be danced with the hold and Dance Position given in the syllabus.
- When “no Hold” is allowed, partners must not be further apart than a comfortable arm’s length.

### 2.1 American Style CHA CHA

#### 2.1.1 American Style Cha Cha – Bronze Level

- 2.1.1.1 Basic Step (Closed, Single or Double Handhold)
- 2.1.1.2 Cross Over Breaks - (single only - no timing changes)
- 2.1.1.3 Offset Breaks - O.P. (FORWARD & BACKWARD)
- 2.1.1.4 Open Break
- 2.1.1.5 Follower's Under arm Turn left or right
- 2.1.1.6 Walk Around Turns (May be danced under arm or free turn to Right or Left)
- 2.1.1.7 Chase Turns ½ Turn or Full
- 2.1.1.8 Cross Over Break with Swivel
- 2.1.1.9 Fifth Position Breaks
- 2.1.1.10 Cross Body Lead - May end in Closed, Open or Open Counter Promenade Positions
- 2.1.1.11 Three Cha Chas - chasses may be danced forward or back or side
- 2.1.1.12 Back spot turn / Natural Top
- 2.1.1.13 Parallel Breaks/Sweetheart/Cuddle - Same foot is allowed on this pattern with Leader’s timing of 2341.
- 2.1.1.14 Apart Back and Forward Runs or There and Back

#### 2.1.2 American Style Cha Cha – Bronze Level Restrictions

- 2.1.2.1 Allowable timings as follows: 234&1 or 234&1 2&3 4&1 for the three Cha Cha Cha’s, and 2341 for the leader on figure # 13. No other timings are allowed. No guapacha or other timing changes are allowed at the bronze level.
- 2.1.2.2 No syncopated turns except for the Under arm Turn Left if danced on 4&1

- 2.1.2.3 Partners may not completely separate for more than one measure of music except Chase Turns and Apart Back and Forward Runs. When separated with “no hold” partners should never be further apart than a comfortable arm’s length.
- 2.1.2.4 No double under arm turns, no foot changes or fakes, partners must always be on opposite feet except for #13 above
- 2.1.2.5 Both feet must remain close to the floor at all times. (No aerial rondes', developes', hopping, skipping actions, freezes/holds or picture lines allowed,)
- 2.1.2.6 No Lifts
- 2.1.2.7 No open solo work
- 2.1.2.8 No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed.
- 2.1.2.9 No dips or drops. No knee drops or sit drops, floor slashes, etc.
- 2.1.2.10 No entrances allowed. Partners must start in a closed or open facing hold.

### 2.1.3 American Style Cha Cha – Silver Level

- 2.1.3.1 Open Boxes
- 2.1.3.2 Back to Back, Paseo, Aida, Grapevines
- 2.1.3.3 In addition to the timings allowed at the bronze level, Guapacha and/or Syncopated Figures using no more than 2 bars/measures of music are allowed.
- 2.1.3.4 Half Moon
- 2.1.3.5 Challenge
- 2.1.3.6 Twinkles
- 2.1.3.7 Swivels, Push Away actions, Knee Lift
- 2.1.3.8 Foot Flicks, Rondes, and Developes’ no more than waist high
- 2.1.3.9 Leader’s Foot Changes
- 2.1.3.10 Forward Spot/ Reverse Top

### 2.1.4 American Style Cha Cha – Silver Level Restrictions

- 2.1.4.1 No more than 8 bars/measures of music may be danced in Open, Shadow, Apart (or no hold) or Side by Side Position, before returning to a Closed, or Open Position, for at least 2 bars/measures of music.
- 2.1.4.2 No Picture Lines may be used
- 2.1.4.3 No Lifts
- 2.1.4.4 No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
- 2.1.4.5 No entrances allowed. Partners must start in a closed or open facing hold.
- 2.1.4.6 Continuous partnership pivots are allowed up to two measures.

### 2.1.5 American Style Cha Cha – Gold Level

- 2.1.5.1 Partners may completely separate for eight measures of music.
- 2.1.5.2 Tandem Position figures may be used
- 2.1.5.3 Picture Lines may be used

### 2.1.6 American Style Cha Cha – Gold Level Restrictions

- 2.1.6.1 No more than 8 measures of music may be danced in Open, Side by Side, apart (not hold) or Shadow Position, before returning to a Dance position with hold for at least 2 measures of music.

2.1.6.2 No lifts.

## 2.2 American Style RUMBA

### 2.2.1 American Style Rumba – Bronze Level

- 2.2.1.1 Box Step
- 2.2.1.2 Cuban Walks - Closed and Open (may be danced in side by side position)
- 2.2.1.3 Follower's Under arm Turn to Right or Left
- 2.2.1.4 Rock Steps & Breaks (Forward, side or back)
- 2.2.1.5 Cross Body Lead/Turn
- 2.2.1.6 Fifth Position Breaks
- 2.2.1.7 Open Break - May end in Closed, Open or Open Counter Promenade Positions
- 2.2.1.8 Cross Over Breaks
- 2.2.1.9 Offset Breaks O.P. (FORWARD & BACKWARD)
- 2.2.1.10 Walk Around Turn (May be danced under arm or free turn to Right or Left)
- 2.2.1.11 Back Spot Turns/ Natural Top

### 2.2.2 American Style Rumba – Bronze Level Restrictions

- 2.2.2.1 Partners may not completely separate for more than one measure of music
- 2.2.2.2 The timing for Bronze Rumba may be either SQQ or QQS
- 2.2.2.3 No other timing is permitted, no foot changes or fakes, partners must always be on opposite feet
- 2.2.2.4 Both feet must remain close to the floor at all times. (No rondes', developes', etc.)
- 2.2.2.5 No Picture Lines may be used
- 2.2.2.6 No Lifts
- 2.2.2.7 One Under arm or solo turn is the maximum allowed
- 2.2.2.8 No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
- 2.2.2.9 No entrances allowed. Partners must start in a closed or open facing hold.

### 2.2.3 American Style Rumba – Silver Level

- 2.2.3.1 Open Box Step
- 2.2.3.2 Quick Under arm Turns, Follower's Pivot Turns, and double under arm turns.
- 2.2.3.3 Grapevine
- 2.2.3.4 Fencing Lines
- 2.2.3.5 Back to Back, Paseo, Aida
- 2.2.3.6 Parallel Walks
- 2.2.3.7 Spiral Actions: Rope Spinning, Curl, Spiral
- 2.2.3.8 Swivels
- 2.2.3.9 Solo Spin Exits. (SQQ or QQS timing allowed)
- 2.2.3.10 Fallaway, Shadow, Contact, Side by Side and Left Angle figures, with hold
- 2.2.3.11 Leader's Foot Changes
- 2.2.3.12 Figures incorporating Foot Swivels
- 2.2.3.13 Rondes' and developes' actions are allowed – no more than waist high
- 2.2.3.14 Syncopated Figures using no more than 2 bars/measures of music are allowed
- 2.2.3.15 Forward Spot/ Reverse Top

#### **2.2.4 American Style Rumba – Silver Level Restrictions**

- 2.2.4.1 Partners may not completely separate for more than four measures of music.
- 2.2.4.2 Continuous partnership pivots are allowed up to two measures but may include only one syncopation
- 2.2.4.3 No Picture Lines may be used
- 2.2.4.4 No Lifts or drops.
- 2.2.4.5 No open solo work
- 2.2.4.6 No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc.
- 2.2.4.7 No entrances allowed. Partners must start in a closed or open facing hold.

#### **2.2.5 American Style Rumba – Gold Level**

- 2.2.5.1 Partners may completely separate for a maximum of eight measures of music
- 2.2.5.2 Tandem Position figures may be used
- 2.2.5.3 Picture Lines may be used

#### **2.2.6 American Style Rumba – Gold Level Restrictions**

- 2.2.6.1 No more than 8 measures of music may be danced in Open, Side by Side, apart (no hold) or Shadow Position, before returning to a Dance position with hold for at least 2 measures of music.
- 2.2.6.2 No lifts.

### **2.3 American Style EAST COAST SWING**

#### **2.3.1 American Style Swing – Bronze Level**

- 2.3.1.1 Basic w/ or w/o Turn left or right
- 2.3.1.2 Follower's Under arm Turn to Right
- 2.3.1.3 Follower's and Leader's Under arm Turn to Left
- 2.3.1.4 Throwaway
- 2.3.1.5 Tuck in Turn/American Spin/Follower's Free Spin
- 2.3.1.6 Continuous Tuck in Turn
- 2.3.1.7 Back Pass/change hands behind back
- 2.3.1.8 Sweetheart/Cuddle/Wrap
- 2.3.1.9 Lindy Whip - up to four quicks
- 2.3.1.10 Hitch Kicks
- 2.3.1.11 Lindy Whip with under arm turn L or R - up to 4 quicks
- 2.3.1.12 Stop and Go/Peek-a-Boo
- 2.3.1.13 Back Walks & Points
- 2.3.1.14 Swing Walks/Promenade Walks/Jive Walks
- 2.3.1.15 Sugar Foot Swivels – no more than 4 quicks

#### **2.3.2 American Style East Coast Swing – Bronze Level Restrictions**

- 2.3.2.1 Partners may not separate completely for more than one measure of music
- 2.3.2.2 No side by side work is allowed in Bronze
- 2.3.2.3 One under arm turn or solo turn is the maximum allowed
- 2.3.2.4 No hopping, skipping actions are allowed

- 2.3.2.5 No continuous chasses, for example 1&2&3&4&
- 2.3.2.6 No more than 4 consecutive chasses, 1&2, 3&4, 5&6, 7&8
- 2.3.2.7 No foot changes or fakes, partners must always be on opposite feet
- 2.3.2.8 Both feet must remain close to the floor at all times. (No aerial rondes', developes', etc.)
- 2.3.2.9 Use of hand shake holds, double hand holds are permitted
- 2.3.2.10 No Picture Lines may be used
- 2.3.2.11 No Lifts
- 2.3.2.12 No open solo work
- 2.3.2.13 No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
- 2.3.2.14 No entrances allowed. Partners must start in a closed or open facing hold.
- 2.3.2.15 No swivel action figures such as Swing swivels, Chicken walks, Toe-Heel Swivels, (except for Sugar Foot swivels)

### 2.3.3 **American Style East Coast Swing – Silver Level**

- 2.3.3.1 Lindy Wraps, Whip Turns (incorporating Left and Right Under arm Turns and Hand Changes)
- 2.3.3.2 Fallaway, Apart, Shadow and Side by Side figures
- 2.3.3.3 Figures incorporating Foot Swivels, Chicken Walks, Toe-Heel Swivels, Fallaway, Boogie Woogie
- 2.3.3.4 Solo Spins
- 2.3.3.5 Figures incorporating Kick Steps, hopping, skipping actions, and Freezes/Holds – no more than 4 beats
- 2.3.3.6 Manhattan
- 2.3.3.7 Head Loops, Miami Special
- 2.3.3.8 Sailor Shuffles
- 2.3.3.9 Side Passes
- 2.3.3.10 “Boogie Walks”
- 2.3.3.11 Pushaway actions
- 2.3.3.12 Continuous syncopated figures using no more than 2 bars/measures of music.
- 2.3.3.13 Double under arm Turns
- 2.3.3.14 Leader’s Foot Changes
- 2.3.3.15 Foot Flicks, Rondes’ and developes’ actions –no more than waist high are allowed.
- 2.3.3.16 Progressive & Continuous chasses actions are allowed.

### 2.3.4 **American Style East Coast Swing – Silver Level Restrictions**

- 2.3.4.1 No more than 8 bars/measures of music may be danced in Open, Shadow, Apart or Side by Side Position, before returning to a Closed, or Open Position hold, for at least 2 bars/measures of music
- 2.3.4.2 No Picture Lines may be used
- 2.3.4.3 No Lifts
- 2.3.4.4 No open solo work
- 2.3.4.5 No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc.
- 2.3.4.6 No entrances allowed. Partners must start in a closed or open facing hold.
- 2.3.4.7 Continuous partnership pivots are allowed up to two measures but may include only one syncopation.

### 2.3.5 **American Style East Coast Swing – Gold Level**

- 2.3.5.1 Partners may completely separate for eight measures of music.
- 2.3.5.2 Tandem Position figures may be used
- 2.3.5.3 Picture Lines may be used

### 2.3.6 **American Style East Coast Swing – Gold Level Restrictions**

- 2.3.6.1 No more than 8 measures of music may be danced in Open, Side by Side, apart (no hold) or Shadow Position, before returning to a Dance Position with hold for at least 2 measures of music.
- 2.3.6.2 No lifts or drops.

## 2.4 **American Style BOLERO**

### 2.4.1 **American Style Bolero – Bronze Level**

- 2.4.1.1 Basic
- 2.4.1.2 Open Break ( Leader may use Flex Point)
- 2.4.1.3 Fifth Position Breaks
- 2.4.1.4 Cross Over Breaks
- 2.4.1.5 Cross Body Lead - May end in Closed, Open or Open Counter Promenade Positions
- 2.4.1.6 Follower's Under arm Turns to Left and Right
- 2.4.1.7 Free Walk Around Turn from Cross Over
- 2.4.1.8 Side Passes Left and Right
- 2.4.1.9 Open Cuban Walks, Open and Closed Positions - may be danced in side by side position
- 2.4.1.10 Rock steps (May be danced in any direction)
- 2.4.1.11 Back Spot Turn (Natural Top)

### 2.4.2 **American Style Bolero – Bronze Level Restrictions**

- 2.4.2.1 Partners may not completely separate for more than one measure of music
- 2.4.2.2 Timing for Bolero must be SQQ. No other timing is permitted
- 2.4.2.3 No foot changes or fakes. Partners must always be on opposite feet
- 2.4.2.4 Both feet must remain close to the floor at all times. (No rondes \ developes', etc.)
- 2.4.2.5 No Lifts
- 2.4.2.6 No open solo work
- 2.4.2.7 No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
- 2.4.2.8 No entrances allowed. Partners must start in a closed or open facing hold.
- 2.4.2.9 No hopping, skipping actions, freezes/holds allowed

### 2.4.3 **American Style Bolero – Silver Level**

- 2.4.3.1 Basic Step (including the “Drop, Drift” action)
- 2.4.3.2 Syncopated figures, turns, spins, solo spin exits – no more than one syncopation per measure
- 2.4.3.3 Follower’s Pivot Turns, spiraling actions, Rope Spinning, Curl, Spiral
- 2.4.3.4 Grapevine
- 2.4.3.5 Swivels
- 2.4.3.6 Back to Back, Paseo, Aida
- 2.4.3.7 Continuous and Double under arm turns



- 2.4.3.8 Parallel Walks
- 2.4.3.9 Forward Spot/Reverse Top
- 2.4.3.10 Continuous Forward/Back Spot Turns with or without Follower's Under arm turn
- 2.4.3.11 Fallaway, Apart, Shadow and Side by Side figures
- 2.4.3.12 Sit Checks, Knee Crawls and Rudolph Rondes, rondes', and developes' – no more than waist high
- 2.4.3.13 Body Lines: Owersway, Contra Check, Same Foot Lunge, Right and Left Side Lunges, Explosion
- 2.4.3.14 Leader's Foot Changes

#### **2.4.4 American Style Bolero – Silver Level Restrictions**

- 2.4.4.1 No more than 8 bars/measures of music may be danced in Open, Shadow, or Side by Side Position, before returning to a Dance Position with hold for at least 2 bars/measures of music
- 2.4.4.2 No Lifts
- 2.4.4.3 No open solo work
- 2.4.4.4 No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
- 2.4.4.5 No entrances allowed. Partners must start in a closed or open facing hold.
- 2.4.4.6 Continuous partnership pivots are allowed up to two measures but may include one syncopation

#### **2.4.5 American Style Bolero – Gold Level**

- 2.4.5.1 Partners may completely separate for eight measures of music.
- 2.4.5.2 Tandem Position figures may be used
- 2.4.5.3 Picture Lines may be used

#### **2.4.6 American Style Bolero – Gold Level Restrictions**

- 2.4.6.1 No more than 8 measures of music may be danced in Open, Side by Side, apart (no hold) or Shadow Position, before returning to a dance position with hold for at least 2 measures of music.
- 2.4.6.2 No lifts.

## **2.5 American Style MAMBO**

#### **2.5.1 American Style Mambo – Bronze Level**

- 2.5.1.1 Basic, open, closed, progressive w/ or w/o turn to right or left
- 2.5.1.2 Open Break
- 2.5.1.3 Offset Breaks O.P. (FORWARD & BACKWARD)
- 2.5.1.4 Fifth Position Breaks
- 2.5.1.5 Cross Over Breaks
- 2.5.1.6 Follower's Under arm Turn to Right and Left
- 2.5.1.7 Walk Around Turn turns to left or right
- 2.5.1.8 Cross Body Lead - May end in Closed, Open or Open Counter Promenade Positions
- 2.5.1.9 Chase Turns ½ or full
- 2.5.1.10 Side Breaks
- 2.5.1.11 Promenade Walks
- 2.5.1.12 Cross Over Break
- 2.5.1.13 Progressive Walks
- 2.5.1.14 Parallel Breaks/Sweetheart/Cuddle - same foot is allowed

## 2.5.2 American Style Mambo – Bronze Level Restrictions

- 2.5.2.1 Partners may not completely separate for more than one measure of music
- 2.5.2.2 Couples must break on the \*two\* beat in Mambo. No other timing is permitted
- 2.5.2.3 No foot changes or fakes. Partners must always be on opposite feet except 14 above
- 2.5.2.4 Both feet must remain close to the floor at all times. (No rondes', developes', etc.)
- 2.5.2.5 No Picture Lines may be used
- 2.5.2.6 No Lifts
- 2.5.2.7 One under arm or solo turn is the maximum allowed
- 2.5.2.8 No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed.
- 2.5.2.9 No dips or drops. No knee drops or sit drops, floor slashes, etc.
- 2.5.2.10 No entrances allowed. Partners must start in a closed or open facing hold.
- 2.5.2.11 No hopping, skipping actions, freezes/holds

## 2.5.3 American Style Mambo – Silver Level

- 2.5.3.1 Open Basic
- 2.5.3.2 Passes & Riff Turns
- 2.5.3.3 Double Under arm Turns
- 2.5.3.4 Spiral Actions: Rope Spinning, Curl, Spiral
- 2.5.3.5 Head Loops/Neck Wraps
- 2.5.3.6 Grapevine
- 2.5.3.7 Half Moon
- 2.5.3.8 Swivels
- 2.5.3.9 Back to Back/Paseo/Aida
- 2.5.3.10 Parallel Walks & Turns
- 2.5.3.11 Continuous Forward/Back Spot Turns with or without Follower's under arm turn
- 2.5.3.12 Kick Styling & Knee Lifts
- 2.5.3.13 Skipping and Hopping actions and Freezes/Holds – no more than 4 beats
- 2.5.3.14 Foot Flicks, Rondes, and Developes' actions
- 2.5.3.15 Leader's Foot Changes

## 2.5.4 American Style Mambo – Silver Level Restrictions

- 2.5.4.1 No more than 8 bars/measures of music may be danced in Open, Shadow, Apart or Side by Side Position, before returning to a dance position with hold, for at least 2 bars/measures of music
- 2.5.4.2 No Picture Lines may be used
- 2.5.4.3 No Lifts
- 2.5.4.4 No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower permitted.
- 2.5.4.5 No dips or drops. No knee drops or sit drops, floor slashes, etc.
- 2.5.4.6 No entrances allowed. Partners must start in a closed or open facing hold.
- 2.5.4.7 Continuous partnership pivots are allowed up to two measures but may include only one syncopation

## 2.5.5 American Style Mambo – Gold Level

- 2.5.5.1 Partners may completely separate for eight measures of music.
- 2.5.5.2 Tandem Position figures may be used
- 2.5.5.3 Picture Lines may be used

**2.5.6 American Style Mambo – Gold Level Restrictions**

2.5.6.1 No more than 8 measures of music may be danced in Open, Side by Side, apart (no hold) or Shadow Position, before returning to a Promenade or Closed Dance Position for at least 2 measures of music.

2.5.6.2 No lifts.

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### 3. INTERNATIONAL STYLE STANDARD

For the International Standard and International Latin American dances, USA Dance recognizes and accepts the syllabi of the **World DanceSport Federation's Technical Manuals** (Black Books) and that of the **Imperial Society of Teachers of Dancing's The Ballroom Technique** (Grey Book) and the **Latin American Manuals** (Red Books). These manuals and DVD's may be purchased from the respective organization's website. Further combinations of steps found in the WDSF Syllabus Online (<https://www.worlddancesport.org/Rule/Athlete/Competition/Syllabus>) , in the respective levels are also accepted.

The step lists for both approved Syllabi (WDSF and ISTD) are provided on the following pages. Any material from either list may be danced in a given proficiency medal level. For example – a step that appears in Silver in one list but is part of the Bronze in the other list may be danced in the Bronze level and vice versa.

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### 3.1 International Style WALTZ

| <b>WDSF Waltz</b> |                                 |  |
|-------------------|---------------------------------|--|
| <b>BRONZE</b>     |                                 |  |
| 1                 | CLOSED CHANGE ON RIGHT FOOT     |  |
| 2                 | CLOSED CHANGE ON LEFT FOOT      |  |
| 3                 | NATURAL TURN                    |  |
| 4                 | REVERSE TURN                    |  |
| 5                 | PROGRESSIVE CHASSE TO RIGHT     |  |
| 6                 | WHISK                           |  |
| 7                 | BACK WHISK                      |  |
| 8                 | OUTSIDE CHANGE                  |  |
| 9                 | BASIC WEAVE                     |  |
| 10                | CHASSE FROM PP                  |  |
| 11                | BACKWARD LOCKS                  |  |
| 12                | OPEN NATURAL TURN               |  |
| <b>SILVER</b>     |                                 |  |
| 13                | HESITATION CHANGE               |  |
| 14                | NATURAL SPIN TURN               |  |
| 15                | DOUBLE REVERSE SPIN             |  |
| 16                | TELEMARK                        |  |
| 17                | TELEMARK TO PP                  |  |
| 18                | WEAVE FROM PP                   |  |
| 19                | IMPETUS                         |  |
| 20                | IMPETUS TO PP                   |  |
| 21                | DRAG HESITATION                 |  |
| 22                | OUTSIDE SPIN                    |  |
| 23                | NATURAL TURNING LOCK            |  |
| 24                | REVERSE TURNING LOCK            |  |
| <b>GOLD</b>       |                                 |  |
| 25                | WING                            |  |
| 26                | WING FROM PP                    |  |
| 27                | CROSS HESITATION FROM PP        |  |
| 28                | REVERSE PIVOT                   |  |
| 29                | FALLAWAY NATURAL TURN           |  |
| 30                | RUNNING WEAVE FROM PP           |  |
| 31                | RUNNING SPIN TURN               |  |
| 32                | OVERTURNED RUNNING SPIN TURN    |  |
| 33                | RUNNING CROSS CHASSE            |  |
| 34                | FALLAWAY REVERSE AND SLIP PIVOT |  |
| 35                | LEFT WHISK                      |  |
| 36                | CONTRA CHECK                    |  |
| 37                | HOVER CORTE                     |  |

#### Additional Notes Applicable to WDSF Waltz Syllabus:

The following figures that are described in other dances that may also be used in **Waltz**:

#### BRONZE

- Running Finish
- Progressive Chasse

#### SILVER

- Outside Swivel
- Quick Open Reverse

#### GOLD

- Bounce Fallaway Weave Ending
- Curved Feather

| <b>ISTD Waltz</b> |                                    |  |
|-------------------|------------------------------------|--|
| <b>BRONZE</b>     |                                    |  |
| 1                 | Closed Changes                     |  |
| 2                 | Natural Turn                       |  |
| 3                 | Reverse Turn                       |  |
| 4                 | Natural Spin Turn                  |  |
| 5                 | Whisk                              |  |
| 6                 | Chasse from PP                     |  |
| 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 R            |  |
| *                 | Drag Hesitation                    |  |
| <b>SILVER</b>     |                                    |  |
| 17                | Weave from PP                      |  |
| 18                | Closed Telemark                    |  |
| 19                | Open Telemark and Cross Hesitation |  |
| 20                | Open Telemark and Wing             |  |
| 21                | Open Impetus and Cross Hesitation  |  |
| 22                | Open Impetus and Wing              |  |
| 23                | Outside Spin                       |  |
| 24                | Turning Lock                       |  |
| <b>GOLD</b>       |                                    |  |
| 25                | Left Whisk                         |  |
| 26                | Contra Check                       |  |
| 27                | Closed Wing                        |  |
| 28                | Turning Lock to R                  |  |
| 29                | Fallaway Reverse and Slip Pivot    |  |
| 30                | Hover Corte                        |  |
| *                 | Fallaway Whisk                     |  |

**Additional Notes Applicable to ISTD Syllabus:**

**3.1.1 International Style Waltz - Bronze Level**

3.1.1.1 Basic Weave – Note: The Chasse from PP may be followed by the Basic Weave, as described in the Foxtrot, starting with a forward step on step one.

3.1.1.2 Progressive Chasse to Right – Note: The Progressive Chasse to the R making ½ turn followed with an outside change is allowed at the Bronze Level.

**3.1.2 International Style Waltz - Silver Level**

**3.1.3 International Style Waltz – Gold Level**

### 3.2 International Style TANGO

| WDSF Tango |                                                                 |  |
|------------|-----------------------------------------------------------------|--|
| BRONZE     |                                                                 |  |
| 1.         | TAP - ALTERNATIVE ENTRIES TO PP                                 |  |
| 2.         | PROGRESSIVE SIDE STEP                                           |  |
| 3.         | BRUSH TAP                                                       |  |
| 4.         | PROGRESSIVE LINK                                                |  |
| 5.         | CLOSED PROMENADE                                                |  |
| 6.         | OPEN PROMENADE                                                  |  |
| 7.         | BACK CORTE                                                      |  |
| 8.         | BASIC REVERSE TURN                                              |  |
| 9.         | OPEN REVERSE TURN                                               |  |
| 10.        | ROCK ON LEFT FOOT                                               |  |
| 11.        | ROCK ON RIGHT FOOT                                              |  |
| 12.        | NATURAL ROCK TURN                                               |  |
| 13.        | NATURAL TWIST TURN FROM PP                                      |  |
| 14.        | NATURAL TURN FROM PP                                            |  |
| SILVER     |                                                                 |  |
| 15.        | PROMENADE LINK TURNED TO L                                      |  |
| 16.        | PROMENADE LINK TURNED TO R                                      |  |
| 17.        | BACK OPEN PROMENADE                                             |  |
| 18.        | FALLAWAY IN PROMENADE                                           |  |
| 19.        | WHISK                                                           |  |
| 20.        | BACK WHISK                                                      |  |
| 21.        | PROGRESSIVE SIDE STEP REVERSE TURN                              |  |
| 22.        | FOUR STEP                                                       |  |
| 23.        | FALLAWAY FOUR STEP                                              |  |
| 24.        | OUTSIDE SWIVEL METHOD 1<br>(AFTER OPEN FINISH AND TURNING TO R) |  |
| 25.        | OUTSIDE SWIVEL METHOD 2<br>(AFTER OPEN FINISH AND TURNING TO L) |  |
| 26.        | OUTSIDE SWIVEL METHOD 3<br>(REVERSE OUTSIDE SWIVEL)             |  |
| GOLD       |                                                                 |  |
| 27.        | FOUR STEP CHANGE                                                |  |
| 28.        | FIVE STEP                                                       |  |
| 29.        | MINI FIVE STEP                                                  |  |
| 30.        | QUICK REVERSE TURN                                              |  |
| 31.        | FALLAWAY REVERSE AND SLIP PIVOT                                 |  |
| 32.        | TELEMARK TO PP                                                  |  |
| 33.        | OPEN NATURAL TURN                                               |  |
| 34.        | OUTSIDE SPIN                                                    |  |
| 35.        | NATURAL TWIST TURN                                              |  |
| 36.        | CHASE                                                           |  |
| 37.        | CHASE ALTERNATIVE ENDINGS                                       |  |
| 38.        | OVERSWAY                                                        |  |
| 39.        | DROP OVERSWAY                                                   |  |
| 40.        | OVERSWAY ALTERNATIVE ENDINGS                                    |  |
| 41.        | CONTRA CHECK                                                    |  |
| 42.        | REVERSE PIVOT                                                   |  |

#### Additional Notes Applicable to WDSF Tango Syllabus:

There are no figures that are described in other dances that may be used in Tango, however, the **In-Out** (gold level) is an additional Tango figure listed on the WDSF website which is not included explicitly in the WDSF technical manuals, and may be included in the Gold Level

| <b>ISTD Tango</b> |                                       |  |
|-------------------|---------------------------------------|--|
| <b>BRONZE</b>     |                                       |  |
| 1                 | 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<br>Reverse Turn |  |
| 10                | Open Promenade                        |  |
| 11                | L.F. and R.F. Rocks                   |  |
| 12                | Natural Twist Turn                    |  |
| 13                | Natural Promenade Turn                |  |
| <b>SILVER</b>     |                                       |  |
| 14                | Promenade Link                        |  |
| 15                | Four Step                             |  |
| 16                | Back Open Promenade                   |  |
| 17                | Outside Swivels                       |  |
| 18                | Fallaway Promenade                    |  |
| 19                | Four Step Change                      |  |
| 20                | Brush Tap                             |  |
| <b>GOLD</b>       |                                       |  |
| 21                | Fallaway Four Step                    |  |
| 22                | Oversway                              |  |
| 23                | Basic Reverse Turn                    |  |
| 24                | The Chase                             |  |
| 25                | Fallaway Reverse and Slip Pivot       |  |
| 26                | Five Step                             |  |
| 27                | Contra Check                          |  |

Additional Notes Applicable to ISTD Syllabus:

**3.2.1 International Style Tango –Bronze Level**

**3.2.2 International Style Tango – Silver Level**

**3.2.3 International Style Tango – Gold Level**

3.2.3.1 Note: Oversway may be held for up to two extra Slows.

3.2.3.2 Contra Check- Note: Contra Check may be held for one extra bar.



### 3.3 International Style FOXTROT

| <b>WDSF Foxtrot</b> |                                                    |
|---------------------|----------------------------------------------------|
| <b>BRONZE</b>       |                                                    |
| 1.                  | FEATHER STEP                                       |
| 2.                  | THREE STEP                                         |
| 3.                  | FEATHER FINISH                                     |
| 4.                  | FEATHER ENDING                                     |
| 5.                  | HOVER FEATHER                                      |
| 6.                  | NATURAL TURN                                       |
| 7.                  | REVERSE TURN                                       |
| 8.                  | BASIC WEAVE                                        |
| 9.                  | NATURAL WEAVE                                      |
| 10.                 | CHANGE OF DIRECTION                                |
| 11.                 | HEEL PULL FINISH                                   |
| 12.                 | WHISK                                              |
| 13.                 | BACK WHISK                                         |
| 14.                 | OPEN NATURAL TURN                                  |
| <b>SILVER</b>       |                                                    |
| 15.                 | DOUBLE REVERSE SPIN                                |
| 16.                 | TELEMARK                                           |
| 17.                 | TELEMARK TO P.P.                                   |
| 18.                 | HOVER TELEMARK                                     |
| 19.                 | HOVER TELEMARK TO P.P.                             |
| 20.                 | NATURAL TELEMARK                                   |
| 21.                 | NATURAL HOVER TELEMARK                             |
| 22.                 | IMPETUS                                            |
| 23.                 | IMPETUS TO P.P.                                    |
| 24.                 | WEAVE FROM P.P.                                    |
| 25.                 | HOVER CROSS                                        |
| 26.                 | TOP SPIN                                           |
| 27.                 | OUTSIDE SWIVEL                                     |
| 28.                 | OUTSIDE SPIN                                       |
| 29.                 | REVERSE WAVE                                       |
| <b>GOLD</b>         |                                                    |
| 30.                 | NATURAL TWIST TURN                                 |
| 31.                 | NATURAL TWIST TURN WITH NATURAL WEAVE              |
| 32.                 | NATURAL TWIST TURN WITH IMPETUS AND FEATHER FINISH |
| 33.                 | NATURAL TWIST TURN WITH IMPETUS TO P.P.            |
| 34.                 | NATURAL ZIG ZAG FROM P.P.                          |
| 35.                 | CURVED THREE STEP                                  |
| 36.                 | CURVED FEATHER                                     |
| 37.                 | CURVED FEATHER FROM P.P.                           |
| 38.                 | BACK FEATHER                                       |
| 39.                 | FALLAWAY REVERSE AND SLIP PIVOT                    |
| 40.                 | BOUNCE FALLAWAY WITH WEAVE ENDING                  |
| 41.                 | RUNNING WEAVE FROM P.P.                            |
| 42.                 | OPEN REVERSE TURN                                  |
| 43.                 | EXTENDED REVERSE WAVE                              |
| 44.                 | REVERSE PIVOT                                      |

#### Additional Notes Applicable to WDSF Foxtrot Syllabus:

The following figures that are described in other dances that may also be used in **Foxtrot**:

#### BRONZE

- Progressive Chasse to Right

#### SILVER

#### GOLD

- Hover Corte

| <b>ISTD Foxtrot</b> |                                                                |  |
|---------------------|----------------------------------------------------------------|--|
| <b>BRONZE</b>       |                                                                |  |
| 1                   | Feather                                                        |  |
| 2                   | Three Step                                                     |  |
| 3                   | Natural Turn                                                   |  |
| 4                   | Reverse Turn<br>(incorporating Feather Finish)                 |  |
| 5                   | Closed Impetus and Feather Finish                              |  |
| 6                   | Natural Weave                                                  |  |
| 7                   | Change of Direction                                            |  |
| 8                   | Basic Weave                                                    |  |
| <b>SILVER</b>       |                                                                |  |
| 9                   | Closed Telemark                                                |  |
| 10                  | Open Telemark and Feather Ending                               |  |
| 11                  | Top Spin                                                       |  |
| 12                  | Hover Feather                                                  |  |
| 13                  | Hover Telemark                                                 |  |
| 14                  | Natural Telemark                                               |  |
| 15                  | Hover Cross                                                    |  |
| 16                  | Open Telemark, Natural Turn, Outside Swivel and Feather Ending |  |
| 17                  | Open Impetus                                                   |  |
| 18                  | Weave from PP                                                  |  |
| 19                  | Reverse Wave                                                   |  |
| <b>GOLD</b>         |                                                                |  |
| 20                  | Natural Twist Turn                                             |  |
| 21                  | Curved Feather to Back Feather                                 |  |
| 22                  | Natural Zig-Zag from PP                                        |  |
| 23                  | Fallaway Reverse and Slip Pivot                                |  |
| 24                  | Natural Hover Telemark                                         |  |
| 25                  | Bounce Fallaway with Weave Ending                              |  |

### 3.3.1 International Style Foxtrot – Bronze Level

3.3.1.1 Change of Direction – Note:  
May be danced with an extra Slow

### 3.3.2 International Style Foxtrot –Silver Level

3.3.2.1 Open Telemark, Natural Turn, Outside Swivel & Feather End – Note: A Closed or Open Impetus, may replace the Outside Swivel. The Outside Swivel may be danced with an extra slow.

### 3.3.3 International Style Foxtrot –Gold Level

3.3.3.1 Curved Feather to Back Feather- Note: Three steps of a Curved Feather may be followed with a Closed or Open Impetus. Six steps of the Curved Feather and Back Feather is allowed, followed with a figure that commences moving forward.

#### Additional Notes Applicable to ISTD Syllabus:

- Two additional timings may be used for the Foxtrot Heel Pulls: SQQ or SS(S)S.
  - Parentheses around the timing indicate no weight change on that step
- It is understood and noted that the last step of each feather is also the first step of any following figure.
- No extended Weave actions in Bronze or Silver International Foxtrot. Weaves may be extended 2 counts in Gold.

### 3.4 International Style QUICKSTEP

| WDSF Quickstep |                                                      |  |
|----------------|------------------------------------------------------|--|
| BRONZE         |                                                      |  |
| 1              | BASIC MOVEMENT - QUARTER TURN AND PROGRESSIVE CHASSE |  |
| 2              | NATURAL TURN                                         |  |
| 3              | REVERSE TURN                                         |  |
| 4              | PROGRESSIVE CHASSE TO RIGHT                          |  |
| 5              | PROGRESSIVE CHASSE TO LEFT                           |  |
| 6              | CROSS CHASSE                                         |  |
| 7              | QUARTER TURN TO RIGHT                                |  |
| 8              | QUARTER TURN TO LEFT                                 |  |
| 9              | OUTSIDE CHANGE                                       |  |
| 10             | NATURAL PIVOT                                        |  |
| 11             | RUNNING FINISH                                       |  |
| 12             | BACKWARD LOCK                                        |  |
| 13             | FORWARD LOCK                                         |  |
| 14             | OPEN NATURAL TURN                                    |  |
| SILVER         |                                                      |  |
| 15             | NATURAL SPIN TURN                                    |  |
| 16             | HESITATION CHANGE                                    |  |
| 17             | DOUBLE REVERSE SPIN                                  |  |
| 18             | IMPETUS                                              |  |
| 19             | IMPETUS TO PP                                        |  |
| 20             | TELEMARK                                             |  |
| 21             | TELEMARK TO PP                                       |  |
| 22             | WHISK                                                |  |
| 23             | BACK WHISK                                           |  |
| 24             | OPEN REVERSE TURN                                    |  |
| 25             | TIPPLE CHASSE TO RIGHT - AT THE CORNER               |  |
| 26             | TIPPLE CHASSE TO RIGHT - ALONG LOD                   |  |
| 27             | TIPPLE CHASSE TO LEFT                                |  |
| 28             | FOUR QUICK RUN                                       |  |
| 29             | ZIG ZAG                                              |  |
| 30             | V-6                                                  |  |
| 31             | OUTSIDE SPIN                                         |  |
| GOLD           |                                                      |  |
| 32             | REVERSE PIVOT                                        |  |
| 33             | NATURAL TURNING LOCK                                 |  |
| 34             | DRAG HESITATION                                      |  |
| 35             | CROSS SWIVEL                                         |  |
| 36             | FISHTAIL                                             |  |
| 37             | RUNNING NATURAL TURN                                 |  |
| 38             | RUNNING CROSS CHASSE                                 |  |
| 39             | SIX QUICK RUN                                        |  |
| 40             | TIPSY TO RIGHT                                       |  |
| 41             | TIPSY TO LEFT                                        |  |
| 42             | RUMBA CROSS                                          |  |
| 43             | HOVER CORTE'                                         |  |

#### Additional Notes Applicable to WDSF Quickstep Syllabus:

The following figures that are described in other dances that may also be used in **Quickstep**:

#### BRONZE

#### SILVER

- Weave from PP
- Wing
- Wing from PP

#### GOLD

Natural Fallaway Turn

| <b>ISTD Quickstep</b> |                                   |  |
|-----------------------|-----------------------------------|--|
| <b>BRONZE</b>         |                                   |  |
| 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 R           |  |
| 13                    | Tipple Chasse to R                |  |
| 14                    | Running Finish                    |  |
| 15                    | Natural Turn and Back Lock        |  |
| 16                    | Double Reverse Spin               |  |
| *                     | Heel Pivot                        |  |
| *                     | Zig-Zag Back Lock, Running Finish |  |
| *                     | Cross Chasse                      |  |
| *                     | Change of Direction               |  |
| <b>SILVER</b>         |                                   |  |
| *                     | Checked/Underturned Tipple Chasse |  |
| 17                    | Quick Open Reverse                |  |
| 18                    | Fishtail                          |  |
| 19                    | Running Right Turn                |  |
| 20                    | Four Quick Run                    |  |
| 21                    | V6                                |  |
| 22                    | Closed Telemark                   |  |
| <b>GOLD</b>           |                                   |  |
| 25                    | Cross Swivel                      |  |
| 26                    | Six Quick Run                     |  |
| 27                    | Rumba Cross                       |  |
| 28                    | Tipsy to R and L                  |  |
| 29                    | Hover Corte                       |  |

**Additional Notes Applicable to ISTD Syllabus:**

**3.4.1 International Style Quickstep – Bronze Level**

**3.4.2 International Style Quickstep – Silver Level**

3.4.2.1 Running Right Turn – Note: The Running Right Turn is a composite figure. Steps 1-8 may be followed with a Tipple Chasse to the Right in place of the Running Finish or a Tipsy to R in Gold.

**3.4.3 International Style Quickstep – Gold Level**

3.4.3.1 Hover Corte – Note: Hover Corte may be held for one extra bar.

### 3.5 International VIENNESE WALTZ

| <b>WDSF Viennese Waltz</b> |                                                       |
|----------------------------|-------------------------------------------------------|
| <b>BRONZE</b>              |                                                       |
| 1.                         | NATURAL TURN                                          |
| 2.                         | REVERSE TURN                                          |
| 3.                         | RF FORWARD CHANGE STEP<br>Natural to Reverse          |
| 4.                         | LF FORWARD CHANGE STEP<br>Reverse to Natural          |
| 5.                         | LF BACKWARD CHANGE STEP<br>Natural to Reverse         |
| 6.                         | RF BACKWARD CHANGE STEP<br>Reverse to Natural         |
| 7.                         | CHASSE CHANGE STEP                                    |
| <b>SILVER</b>              |                                                       |
| 8.                         | CONTINUOUS SPIN                                       |
| 9.                         | REVERSE PIVOTS                                        |
| 10.                        | HESITATION CHANGE                                     |
| 11.                        | DRAG HESITATION                                       |
| 12.                        | NATURAL SPIN TURN                                     |
| 13.                        | TELEMARK                                              |
| 14.                        | NATURAL SPIN TURN REVERSE PIVOT                       |
| 15.                        | CHECKED NATURAL TURN                                  |
| 16.                        | NATURAL BACK CHECK                                    |
| 17.                        | CHECKED REVERSE TURN                                  |
| 18.                        | REVERSE BACK CHECK                                    |
| <b>GOLD</b>                |                                                       |
| 19.                        | CONTRA CHECK                                          |
| 20.                        | LEFT WHISK                                            |
| 21.                        | RUNNING WEAVE                                         |
| 22.                        | NATURAL FLECKERL                                      |
| 23.                        | REVERSE FLECKERL                                      |
| 24.                        | CHECK FROM REVERSE TO<br>NATURAL FLECKERL             |
| 25.                        | OVERTURNED NATURAL SPIN TURN                          |
| 26.                        | THROWAWAY OVERSWAY                                    |
| 27.                        | THROWAWAY OVERSWAY<br>taken after 1-3 of Reverse Turn |
| 28.                        | HOVER REVERSE TURN                                    |
| 29.                        | RUNNING FEATHER                                       |
| 30.                        | RUNNING FEATHER<br>opening to Promenade Position      |
| 31.                        | DOUBLE REVERSE SPIN OVERSPIN                          |
| 32.                        | REVERSE IMPETUS INTO RIGHT LUNGE                      |
| 33.                        | RUDOLPH FALLAWAY                                      |
| 34.                        | RONDE TWIST TURN                                      |
| 35.                        | DOUBLE LEG RONDE                                      |
| 36.                        | SWIVEL TO PROMENADE PIVOT                             |
| 37.                        | SWIVEL TO PROMENADE LINK                              |

| <b>ISTD Viennese Waltz</b> |                  |  |
|----------------------------|------------------|--|
| <b>BRONZE</b>              |                  |  |
| 1.                         | REVERSE TURN     |  |
| 2.                         | NATURAL TURN     |  |
| 3.                         | FORWARD CHANGE   |  |
| 6.                         | BACKWARD CHANGE  |  |
| <b>SILVER</b>              |                  |  |
| 7.                         | REVERSE FLECKERL |  |
| <b>GOLD</b>                |                  |  |
| 8.                         | NATURAL FLECKERL |  |
| 9.                         | CONTRA CHECK     |  |

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#### 4. INTERNATIONAL STYLE LATIN

For the International Standard and International Latin American dances, USA Dance recognizes and accepts the syllabi of the *World DanceSport Federation's Technical Manuals* (Black Books) and that of the *Imperial Society of Teachers of Dancing's The Ballroom Technique* (Grey Book) and the *Latin American Manuals* (Red Books). These manuals and DVD's may be purchased from the respective organization's website. Further combinations of steps found in the WDSF Syllabus Online (<https://www.worlddancesport.org/Rule/Athlete/Competition/Syllabus>), in the respective levels are also accepted.

The step lists for both approved Syllabi (WDSF and ISTD) are provided on the following pages. Any material from either list may be danced in a given proficiency medal level. For example – a step that appears in Silver in one list but is part of the Bronze in the other list may be danced in the Bronze level and vice versa.

General Statement:

- Any follow may be used provided it doesn't change the timing or dance position of the figure or the preceding figure. Figures must be completed (exception the Mooch in Jive).

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## 4.1 International Style SAMBA

| <b>WDSF Samba</b> |                                             |  |
|-------------------|---------------------------------------------|--|
| <b>BRONZE</b>     |                                             |  |
| 1                 | NATURAL BASIC MOVEMENT                      |  |
| 2                 | REVERSE BASIC MOVEMENT                      |  |
| 3                 | PROGRESSIVE BASIC MOVEMENT                  |  |
| 4                 | SIDE BASIC MOVEMENT TO LEFT                 |  |
| 5                 | SIDE BASIC MOVEMENT TO RIGHT                |  |
| 6                 | OUTSIDE BASIC                               |  |
| 7                 | SAMBA WHISK TO LEFT                         |  |
| 8                 | SAMBA WHISK TO RIGHT                        |  |
| 9                 | STATIONARY SAMBA WALKS                      |  |
| 10                | PROMENADE SAMBA WALKS                       |  |
| 11                | SIDE SAMBA WALK                             |  |
| 12                | REVERSE TURN                                |  |
| 13                | PROMENADE TO COUNTER<br>PROMENADE BOTAFOGOS |  |
| 14                | SIDE SAMBA CHASSE                           |  |
| 15                | TRAVELLING BOTAFOGO<br>FORWARD              |  |
| 16                | TRAVELLING BOTAFOGO<br>BACKWARD TO PP       |  |
| 17                | CRISS CROSS BOTAFOGO                        |  |
| 18                | CRISS CROSS VOLTA TO RIGHT                  |  |
| 19                | CRISS CROSS VOLTA TO LEFT                   |  |
| 20                | TRAVELLING VOLTA TO RIGHT                   |  |
| 21                | TRAVELLING VOLTA TO LEFT                    |  |
| 22                | UNDERARM TURNING RIGHT                      |  |
| 23                | UNDERARM TURNING LEFT                       |  |

| <b>SILVER</b> |                                        |  |
|---------------|----------------------------------------|--|
| 24            | MAYPOLE LADY TURNING RIGHT             |  |
| 25            | MAYPOLE LADY TURNING LEFT              |  |
| 26            | CRUZADOS WALKS                         |  |
| 27            | CRUZADOS LOCKS                         |  |
| 28            | DROPPED VOLTA                          |  |
| 29            | CIRCULAR VOLTA TURNING RIGHT           |  |
| 30            | CIRCULAR VOLTA TURNING LEFT            |  |
| 31            | SAME FOOT BOTAFOGO                     |  |
| 32            | SAMBA LOCKS LADY ON LEFT SIDE          |  |
| 33            | SAMBA LOCKS LADY ON RIGHT<br>SIDE      |  |
| 34            | METHODS OF CHANGING FEET               |  |
| <b>GOLD</b>   |                                        |  |
| 35            | NATURAL ROLL                           |  |
| 36            | REVERSE ROLL                           |  |
| 37            | CLOSE ROCKS                            |  |
| 38            | OPEN ROCKS                             |  |
| 39            | BACKWARD ROCKS                         |  |
| 40            | PLAIT                                  |  |
| 41            | CORTAJACA                              |  |
| 42            | SAME POSITION CORTAJACA                |  |
| 43            | DOUBLE SPIRAL TURN FOR LADY            |  |
| 44            | PROMENADE TO COUNTER<br>PROMENADE RUNS |  |
| 45            | DRAG                                   |  |
| 46            | ROLLING OFF THE ARM                    |  |
| 47            | CARIOCA RUNS                           |  |
| 48            | ARGENTINE CROSSES                      |  |

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| <b>ISTD Samba</b> |                                                                                                                    |  |
|-------------------|--------------------------------------------------------------------------------------------------------------------|--|
| <b>BRONZE</b>     |                                                                                                                    |  |
| 1                 | Basic Movements: Natural; Reverse; Side; Progressive                                                               |  |
| 2                 | Whisks to Left and Right                                                                                           |  |
| *                 | Lady's Spot Volta Underarm Turn during Man's Whisk to L or R                                                       |  |
| 3                 | Samba Walks: Promenade; Side; Stationary                                                                           |  |
| *                 | Lady's Spot Volta Underarm Turn during Man's LF or RF Stationary Samba Walk                                        |  |
| 4                 | Rhythm Bounce on Left Foot or Right Foot                                                                           |  |
| 5                 | Volta Movements: Traveling; Spot                                                                                   |  |
| 6                 | Traveling Bota Fogos Forward                                                                                       |  |
| 7                 | Criss Cross Bota Fogos (Shadow Bota Fogos)                                                                         |  |
| 8                 | Traveling Bota Fogos Back                                                                                          |  |
| 9                 | Bota Fogos to Promenade and Counter Promenade                                                                      |  |
| 10                | Criss Cross Voltas                                                                                                 |  |
| 11                | Solo Spot Voltas                                                                                                   |  |
| 12                | Foot Changes; 1, Closed to Right Shadow; 2, Right Shadow to Closed; 3, Promenade or Open Promenade to Right Shadow |  |
| *                 | Same Foot figures: Samba Walks; Rhythm Bounce; Travelling Voltas; Traveling Bota Fogos Forward                     |  |
| 13                | Shadow Travelling Volta                                                                                            |  |
| 14                | Reverse Turn                                                                                                       |  |
| 15                | Corta Jaca                                                                                                         |  |
| 16                | Closed Rocks                                                                                                       |  |
|                   |                                                                                                                    |  |
| <b>SILVER</b>     |                                                                                                                    |  |

| *           | Circular Voltas to Left or Right                                                                                                   |  |
|-------------|------------------------------------------------------------------------------------------------------------------------------------|--|
| *           | Shadow Traveling Volta Development                                                                                                 |  |
| *           | Foot Change: 4, Right Shadow to Promenade; 8 Right Side to Right Shadow                                                            |  |
| *           | Corta Jaca as per Note 3 (pg 85)                                                                                                   |  |
| 17          | Open Rocks                                                                                                                         |  |
| 18          | Back Rocks                                                                                                                         |  |
| 19          | Plait                                                                                                                              |  |
| 20          | Rolling off the Arm & Endings 1, 2 & 3                                                                                             |  |
| 21          | Argentine Crosses                                                                                                                  |  |
| 22          | Maypole to Left or Right                                                                                                           |  |
| 23          | Shadow Circular Volta                                                                                                              |  |
| <b>GOLD</b> |                                                                                                                                    |  |
| *           | Foot Changes: 5, a, b, c or d - Promenade to Right Contra; 6, Right Contra to Promenade; 7, Right Contra to Open Counter Promenade |  |
| *           | Traveling Volta Timing Development                                                                                                 |  |
| *           | Corta Jaca as per Note 4 (pg 85)                                                                                                   |  |
| *           | Lady's Underarm Turn during Argentine Crosses Development                                                                          |  |
| 24          | Contra Bota Fogos                                                                                                                  |  |
| *           | Contra Bota Fogo Hand Change Development                                                                                           |  |
| 25          | Roundabout                                                                                                                         |  |
| 26          | Natural Roll                                                                                                                       |  |
| 27          | Reverse Roll                                                                                                                       |  |
| 28          | Promenade and Counter Promenade Runs                                                                                               |  |
| 29          | Three Step Turn                                                                                                                    |  |
| 30          | Samba Locks                                                                                                                        |  |
| 31          | Cruzados Walks and Locks                                                                                                           |  |

### Additional Notes Applicable to ISTD Syllabus:

- Hesitation Voltas are allowed at the Bronze and Silver Level
- Foot Changes using methods not listed in the manual are accepted.
- Figures allowed in right shadow position at the bronze and silver level are: voltas bota fogos, samba walks (not cruzado walks). At the gold level cruzado walks and corta jaca are allowed.

#### 4.1.1 International Style Samba – Bronze Level

4.1.1.1 Corta Jaca – Silver variation and the ability to turn is allowed at the Bronze level.

#### 4.1.2 International Style Samba – Silver Level

4.1.2.1 Rolling off the Arm – Note: Alternative methods of preceding and ending not listed in the manual are acceptable.

4.1.2.2 Argentine Crosses – Note: Followers Under Arm Turn to Left is allowed at the Silver level.

## 4.2 International Style CHA CHA CHA

| <b>WDSF ChaCha</b> |                                     |  |
|--------------------|-------------------------------------|--|
| <b>BRONZE</b>      |                                     |  |
| 1                  | TIME STEP                           |  |
| 2                  | CLOSE BASIC MOVEMENT                |  |
| 3                  | OPEN BASIC MOVEMENT                 |  |
| 4                  | NEW YORK TO RIGHT                   |  |
| 5                  | NEW YORK TO LEFT                    |  |
| 6                  | HAND TO HAND TO RIGHT               |  |
| 7                  | HAND TO HAND TO LEFT                |  |
| 8                  | SPOT TURN TO RIGHT                  |  |
| 9                  | SPOT TURN TO LEFT                   |  |
| 10                 | UNDERARM TURN TURNING RIGHT         |  |
| 11                 | UNDERARM TURN TURNING LEFT          |  |
| 12                 | THREE CHA CHA CHAS TO RIGHT         |  |
| 13                 | THREE CHA CHA CHAS TO LEFT          |  |
| 14                 | SHOULDER TO SHOULDER                |  |
| 15                 | AIDA                                |  |
| 16                 | FAN                                 |  |
| 17                 | OPEN HIP TWIST                      |  |
| 18                 | OPEN HIP TWIST TO CHASSE            |  |
| 19                 | CLOSE HIP TWIST                     |  |
| 20                 | CLOSE HIP TWIST TO CHASSE           |  |
| 21                 | HOCKEY STICK                        |  |
| 22                 | HOCKEY STICK TO CHASSE              |  |
| <b>SILVER</b>      |                                     |  |
| 23                 | ALEMANA                             |  |
| 24                 | ALEMANA FROM OPEN OPPOSING POSITION |  |
| 25                 | NATURAL TOP                         |  |
| 26                 | CROSS BASIC                         |  |
| 27                 | CROSS BASIC WITH TURN               |  |

| 28          | CROSS BASIC TO OPEN OPPOSING POSITION                                                                                                                                     |  |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| 29          | METHODS OF CHANGING FEET<br>SIMPLE FOOT CHANGE (142), METHOD 1 - CHASSE TO R SIDE LINK (144), METHOD 2 - LOCK TO R SIDE LINK (148), METHOD 3 - LINK TO OPEN OPP POS (152) |  |
| 30          | SPLIT CUBAN BREAK TO RIGHT                                                                                                                                                |  |
| 31          | SPLIT CUBAN BREAK TO LEFT                                                                                                                                                 |  |
| 32          | CUBAN BREAKS TO RIGHT                                                                                                                                                     |  |
| 33          | CUBAN BREAKS TO LEFT                                                                                                                                                      |  |
| 34          | CUBAN BREAK AMALGAMATIONS                                                                                                                                                 |  |
| <b>GOLD</b> |                                                                                                                                                                           |  |
| 35          | CLOSE HIP TWIST SPIRAL                                                                                                                                                    |  |
| 36          | OPEN HIP TWIST SPIRAL                                                                                                                                                     |  |
| 37          | TURKISH TOWEL                                                                                                                                                             |  |
| 38          | SWEETHEART                                                                                                                                                                |  |
| 39          | FOLLOW MY LEADER                                                                                                                                                          |  |
| 40          | SYNCOATED OPEN HIP TWIST                                                                                                                                                  |  |
| 41          | CURL                                                                                                                                                                      |  |
| 42          | ROPE SPINNING                                                                                                                                                             |  |
| 43          | OVERTURNED LOCK ENDING                                                                                                                                                    |  |
| 44          | CONTINUOUS OVERTURNED LOCK                                                                                                                                                |  |
| 45          | SWIVEL FROM OVERTURNED LOCK                                                                                                                                               |  |
| 46          | SWIVEL HIP TWIST                                                                                                                                                          |  |
| 47          | SWIVELS                                                                                                                                                                   |  |
| 48          | WALKS AND WHISKS                                                                                                                                                          |  |
| 49          | ADVANCED METHODS OF CHANGING FEET<br>METHOD 4 - LINK TO FAN L ANGLE (216), METHOD 5 - SYNCOATED R SIDE LINK (220)                                                         |  |

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| <b>ISTD ChaCha</b> |                                                                                    |  |
|--------------------|------------------------------------------------------------------------------------|--|
| <b>BRONZE</b>      |                                                                                    |  |
| *                  | Right Foot & Left Foot Side Chasse                                                 |  |
| *                  | Compact Chasse                                                                     |  |
| *                  | Simple Chasse Forward & Backward                                                   |  |
| *                  | Forward & Backward Locks                                                           |  |
| *                  | Split Cuban Break Chasse                                                           |  |
| *                  | Forward & Backward Runs                                                            |  |
| 1                  | Basic Movements (Closed, Open, In Place)                                           |  |
| 2                  | New York to Left Side or Right Side Position                                       |  |
| 3                  | Spot, Switch & Underarm Turns to Left and Right                                    |  |
| 4                  | Left Side & Right Side Shoulder to Shoulder                                        |  |
| 5                  | Hand to Hand to Led\ft Side & Right Side Position (including Alternative Hold)     |  |
| 6                  | Three Cha Cha Chas Forward, Backward & Forward in Left Side or Right Side Position |  |
| 7                  | Side Steps to Left or Right                                                        |  |
| 8                  | There and Back                                                                     |  |
| 9                  | Left Foot & Right Foot Time Steps                                                  |  |
| *                  | Alternative for Compact Chasse                                                     |  |
| *                  | Shoulder to Shoulder Developments                                                  |  |
| 10                 | Fan                                                                                |  |
| 11                 | Alemana                                                                            |  |
| 12                 | Hockey Stick                                                                       |  |
| 13                 | Natural Top                                                                        |  |
| 14                 | Natural Opening Out Movement                                                       |  |
| 15                 | Closed Hip Twist                                                                   |  |
| <b>SILVER</b>      |                                                                                    |  |
| *                  | Chasses: Rondé; Twist; Slip                                                        |  |
| *                  | Guapacha Timing                                                                    |  |
| *                  | Spot/Switch Turn to Left (Lady to Right) Development                               |  |
| *                  | Fan Development                                                                    |  |
| *                  | 6-10 of Hockey Stick from 10 of Natural Top                                        |  |
| 16                 | Open Hip Twist                                                                     |  |
| 17                 | Reverse Top                                                                        |  |
| 18                 | Opening Out from Reverse Top                                                       |  |
| 19                 | Aida with Ending 1 or 2                                                            |  |
| *                  | Aida from 5 of Curl or Spiral                                                      |  |
| 20                 | Spiral Turns: Spiral; Curl; Rope Spinning                                          |  |
| *                  | Underturned Spiral                                                                 |  |
| 21                 | Cross Basic                                                                        |  |

| 22                                                                                                                                                                                                                                                                                                                                                                                                   | Left Foot & Right Foot Cuban Breaks & Split Cuban Breaks |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|--|
| 23                                                                                                                                                                                                                                                                                                                                                                                                   | Chase                                                    |  |
| <b>GOLD</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                          |  |
| *                                                                                                                                                                                                                                                                                                                                                                                                    | (Lady's) Runaway Chasse                                  |  |
| *                                                                                                                                                                                                                                                                                                                                                                                                    | Fan Development with Guapacha Timing                     |  |
| *                                                                                                                                                                                                                                                                                                                                                                                                    | Alemana from Open Position in Right to Right handhold    |  |
| *                                                                                                                                                                                                                                                                                                                                                                                                    | Lady's Underarm Turn to Left during 6-6 of Natural Top   |  |
| *                                                                                                                                                                                                                                                                                                                                                                                                    | Cross Basic with Lady's Spiral Turn on 5                 |  |
| 24                                                                                                                                                                                                                                                                                                                                                                                                   | Advanced Hip Twist                                       |  |
| *                                                                                                                                                                                                                                                                                                                                                                                                    | Advanced Hip Twist with Man's "Press Line"               |  |
| 25                                                                                                                                                                                                                                                                                                                                                                                                   | Hip Twist Spiral                                         |  |
| *                                                                                                                                                                                                                                                                                                                                                                                                    | 7-10 of Hip Twist Spiral after 6 of Open Hip Twist       |  |
| 26                                                                                                                                                                                                                                                                                                                                                                                                   | Turkish Towel                                            |  |
| 27                                                                                                                                                                                                                                                                                                                                                                                                   | Sweetheart                                               |  |
| 28                                                                                                                                                                                                                                                                                                                                                                                                   | Follow My Leader                                         |  |
| 29                                                                                                                                                                                                                                                                                                                                                                                                   | Foot Changes, Methods 1 thru 4                           |  |
| <p>Note: The following figures may be used in a short amalgamation when using the same foot as partner: Closed Basic Movement (no turn); Open Basic Movement; Rondé Chasse; Twist Chasse; Spot or Switch Turns; Three Cha Cha Chas Forward &amp; Backward; Forward &amp; Backward Runs; Time Steps (with or without Guapacha Timing); Cuban Breaks; Split Cuban Breaks; Split Cuban Break Chasse</p> |                                                          |  |

## Additional Notes Applicable to ISTD Syllabus:

- Slip, Ronde, Twist and Split Cuban Break Chasses (4&1) for Leader or Follower may be substituted for compact, forward, back, and side chasses at the Bronze level, provided it doesn't change the timing or dance position of the figure.
- Guapacha timing is allowed in Silver and above on any figure. It is allowed also in the Bronze Time Step.

### 4.2.1 International Style Cha Cha Cha – Bronze Level

- 4.2.1.1 Alternative Basic – with the timing of 2 3 4&1, 2&3, 4&1 may be used.
- 4.2.1.2 New York – Note: Silver and Gold Level: Both partners may dance a Ronde on count 3 with a sailor shuffle type chasse.
- 4.2.1.3 Fan –The Fan Development is allowed at the Bronze Level
- 4.2.1.4 Closed Hip Twist - Note: The Advanced Hip Twist is allowed at the Bronze and Silver Levels.

### 4.2.2 International Style Cha Cha Cha –Silver Level

- 4.2.2.1 Fan Development – Note: Fan Development is allowed at the Bronze Level.

### 4.2.3 International Style Cha Cha Cha –Gold Level

- 4.2.3.1 Follower's Runaway Chasse

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### 4.3 International Style RUMBA

| <b>WDSF Rumba</b> |                                  |  |
|-------------------|----------------------------------|--|
| <b>BRONZE</b>     |                                  |  |
| 1                 | CLOSE BASIC MOVEMENT             |  |
| 2                 | OPEN BASIC MOVEMENT              |  |
| 3                 | NEW YORK TO RIGHT                |  |
| 4                 | NEW YORK TO LEFT                 |  |
| 5                 | HAND TO HAND TO RIGHT            |  |
| 6                 | HAND TO HAND TO LEFT             |  |
| 7                 | SPOT TURN TO RIGHT               |  |
| 8                 | SPOT TURN TO LEFT                |  |
| 9                 | UNDERARM TURN TURNING RIGHT      |  |
| 10                | UNDERARM TURN TURNING LEFT       |  |
| 11                | SIDE WALKS AND CUCARACHAS        |  |
| 12                | FAN                              |  |
| 13                | OPEN HIP TWIST                   |  |
| 14                | OPEN HIP TWIST FINISHED TO SIDE  |  |
| 15                | HOCKEY STICK                     |  |
| 16                | HOCKEY STICK FINISHED TO SIDE    |  |
| 17                | OPENING OUT                      |  |
| 18                | SHOULDER TO SHOULDER             |  |
| <b>SILVER</b>     |                                  |  |
| 19                | ALTERNATIVE BASIC MOVEMENT       |  |
| 20                | CLOSE HIP TWIST                  |  |
| 21                | CLOSE HIP TWIST FINISHED TO SIDE |  |
| 22                | ALEMANA                          |  |
| 23                | ALEMANA FINISHED TO SIDE         |  |
| 24                | PROGRESSIVE FORWARD WALKS        |  |
| 25                | PROGRESSIVE FORWARD WALKS TO FAN |  |
| 26                | AIDA                             |  |
| 27                | CONTINUOUS HIP TWIST             |  |
| 28                | CUBAN ROCKS                      |  |
| 29                | FENCING TO SPIN                  |  |
| <b>GOLD</b>       |                                  |  |
| 30                | CONTINUOUS CIRCULAR HIP TWIST    |  |
| 31                | SYNCOATED OPEN HIP TWIST         |  |
| 32                | NATURAL TOP                      |  |
| 33                | REVERSE TOP                      |  |
| 34                | CURL                             |  |
| 35                | CURL FINISHED TO SIDE            |  |
| 36                | SPIRAL                           |  |
| 37                | SPIRAL FINISHED TO SIDE          |  |
| 38                | SPIRAL TO FAN                    |  |
| 39                | THREE ALEMANAS                   |  |
| 40                | SLIDING DOORS                    |  |
| 41                | ADVANCED SLIDING DOORS           |  |
| 42                | THREE THREES                     |  |
| 43                | THREE THREES TO FAN              |  |
| 44                | ROPE SPINNING                    |  |
| 45                | SWIVELS                          |  |
| 46                | OVERTURNED BASIC                 |  |
|                   |                                  |  |

| <b>ISTD Rumba</b> |                                                                                                  |  |
|-------------------|--------------------------------------------------------------------------------------------------|--|
| <b>BRONZE</b>     |                                                                                                  |  |
| 1                 | Basic Movements (Closed, Open, In Place, and Left Foot & Right Foot Alternative Basic Movements) |  |
| 2                 | Left Foot & Right Foot Cucarachas                                                                |  |
| 3                 | New York to Left Side or Right Side Position                                                     |  |
| 4                 | Spot, Switch and Underarm Turns to Left and Right                                                |  |
| 5                 | Left Side and Right Side Shoulder to Shoulder                                                    |  |
| 6                 | Hand to Hand to Left side or Right Side Position (including Alternative Hold)                    |  |
| 7                 | Progressive Walks Forward & Backward (Closed Position Only)                                      |  |
| 8                 | Side Steps to Left or Right                                                                      |  |
| 9                 | Cuban Rocks                                                                                      |  |
| *                 | Shoulder to Shoulder Developments                                                                |  |
| *                 | Progressive Walks Forward or Backward in Open Position                                           |  |
| *                 | Progressive Walks Forward in Right Side or Left Side Position                                    |  |
| 10                | Fan                                                                                              |  |
| 11                | Alemana (including from Open Position)                                                           |  |
| 12                | Hockey Stick                                                                                     |  |
| 13                | Natural Top                                                                                      |  |
| 14                | Opening Out to Right and Left                                                                    |  |
| 15                | Natural Opening Out Movement                                                                     |  |
| 16                | Closed Hip Twist                                                                                 |  |
| <b>SILVER</b>     |                                                                                                  |  |
| *                 | Development of Left Foot & Right Foot Alternative Basic Movements                                |  |
| *                 | Spot/Switch Turn to Left (Lady to Right) Development                                             |  |
| *                 | Cuban Rocks in Left Side Position                                                                |  |
| *                 | Fan Development                                                                                  |  |
| *                 | 4-6 of Hockey Stick from 6 of Natural Top                                                        |  |
| *                 | Opening Out to Left & Right Developments                                                         |  |
| 17                | Open Hip Twist                                                                                   |  |
| 18                | Reverse Top                                                                                      |  |
| 19                | Opening Out from Reverse Top                                                                     |  |
| 20                | Aida and Endings 1, 2 & 3                                                                        |  |
| *                 | Aida from step 3 of Curl or Spiral                                                               |  |
| 21                | Spiral Turns: Spiral; Curl; Rope Spinning                                                        |  |
| *                 | Rope Spinning from Progressive Walks Back                                                        |  |
| *                 | Underturned Spiral                                                                               |  |
| <b>GOLD</b>       |                                                                                                  |  |
| *                 | Press Line" Development of Cucarachas                                                            |  |
| *                 | Progressive Walks Forward in Right Shadow Position (Kiki Walks)                                  |  |
| *                 | Syncopated Cuban Rocks                                                                           |  |

|    |                                                                 |  |
|----|-----------------------------------------------------------------|--|
| *  | Fan Development with Alternative Timing                         |  |
| *  | Alemana from Open Position in Right to Right handhold           |  |
| *  | Lady's Underarm Turn to Left during 4-5 of Natural Top          |  |
| *  | Aida Ending 4                                                   |  |
| *  | Spiral during Progressive (Kiki) Walks in Right Shadow Position |  |
| 22 | Sliding Doors                                                   |  |
| 23 | Fencing (including Spin Endings 1, 2 & 3)                       |  |
| 24 | Three Threes                                                    |  |
| *  | Three Threes with Fan Ending                                    |  |
| 25 | Three Alemanas                                                  |  |
| 26 | Hip Twists: Advanced; Continuous; Circular                      |  |
| *  | Advanced Hip Twist with Man's "Press Line"                      |  |
| *  | Advanced Hip Twist in Right to Right handhold                   |  |

## Additional Notes Applicable to ISTD Syllabus:

- On any Natural Opening Out Movement, the Leader may step forward on Step 1, with the exception of the Opening Out to Right and Left.

### 4.3.1 International Style Rumba – Bronze Level

- 4.3.1.1 Open Basic – Follower may dance an Extended backward walk (delayed) using the timing as described for the Extended Forward Walk.
- 4.3.1.2 Hand to Hand – Note: Step 3 of the Hand to Hand may be forward in line to end back at the Bronze Level.
- 4.3.1.3 Fan – Note: The Fan Development is allowed at the Bronze Level.
- 4.3.1.4 Closed Hip Twist – Note: The Advanced Hip Twist is allowed at the Bronze and Silver Levels because of the natural development of the rotation on step 3 and over 5&6.

### 4.3.2 International Style Rumba – Silver Level

### 4.3.3 International Style Rumba – Gold Level

- 4.3.3.1 Sliding Doors – Note: Leader must maintain a minimum of one hand hold on partner. Follower may dance an under arm turn to the right on steps 11 & 12.

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## 4.4 International Style PASO DOBLE

| <b>WDSF Paso Doble</b> |                                                     |  |
|------------------------|-----------------------------------------------------|--|
| <b>BRONZE</b>          |                                                     |  |
| 1                      | BASIC MOVEMENT                                      |  |
| 2                      | SUR PLACE                                           |  |
| 3                      | CHASSES TO RIGHT                                    |  |
| 4                      | DRAG                                                |  |
| 5                      | CHASSES TO LEFT                                     |  |
| 6                      | ATTACK                                              |  |
| 7                      | HUIT                                                |  |
| 8                      | SEPARATION                                          |  |
| 9                      | NATURAL TWIST TURN                                  |  |
| 10                     | PROMENADE                                           |  |
| 11                     | CLOSED PROMENADE                                    |  |
| 12                     | PROMENADE LINK                                      |  |
| 13                     | SIXTEEN                                             |  |
| <b>SILVER</b>          |                                                     |  |
| 14                     | PROMENADE TO COUNTER<br>PROMENADE                   |  |
| 15                     | GRAND CIRCLE                                        |  |
| 16                     | BANDERILLAS                                         |  |
| 17                     | FALLAWAY REVERSE                                    |  |
| 18                     | FALLAWAY WHISK                                      |  |
| 19                     | SPANISH LINES                                       |  |
| 20                     | LA PASSE                                            |  |
| 21                     | SYNCOATED SEPARATION                                |  |
| 22                     | FLAMENCO TAPS                                       |  |
| <b>GOLD</b>            |                                                     |  |
| 23                     | TWISTS                                              |  |
| 24                     | CHASSE CAPE                                         |  |
| 25                     | TRAVELLING SPINS FROM PROMENADE<br>POSITION         |  |
| 26                     | TRAVELLING SPINS FROM COUNTER<br>PROMENADE POSITION |  |
| 27                     | SYNCOATED COUP DE PIQUE                             |  |
| 28                     | SEPARATION WITH LADY'S CAPING<br>WALKS              |  |
| 29                     | FAROL                                               |  |
| 30                     | FREGOLINA                                           |  |
| 31                     | METHODS OF CHANGING FEET                            |  |

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| <b>ISTD Paso Doble</b> |                                                                    |  |
|------------------------|--------------------------------------------------------------------|--|
| <b>BRONZE</b>          |                                                                    |  |
| *                      | The Appel                                                          |  |
| *                      | Slip Appel, Man & Lady both move back                              |  |
| 1                      | Sur Place (May end in Promenade Position)                          |  |
| 2                      | Basic Movement Forward or Backward (May end in Promenade Position) |  |
| 3                      | Chasses to Right and Left                                          |  |
| *                      | Chasse to Left ended in Promenade Position                         |  |
| *                      | Chasses to Right or Left with Elevation                            |  |
| 4                      | Drag                                                               |  |
| 5                      | Displacement                                                       |  |
| 6                      | Promenade Link                                                     |  |
| *                      | Promenade Close                                                    |  |
| 7                      | Promenade                                                          |  |
| 8                      | Ecart                                                              |  |
| 9                      | Separation                                                         |  |
| 10                     | Separation with Lady's Caping Walks                                |  |
| *                      | Slip Appel, Man back, Lady forward                                 |  |
| *                      | Attack method of dancing Displacement                              |  |
| *                      | Slip Attack method of dancing Displacement                         |  |
| *                      | "Slip" Ecart                                                       |  |
| 11                     | Fallaway Ending to Separation                                      |  |
| 12                     | Huit                                                               |  |
| 13                     | Sixteen                                                            |  |
| 14                     | Promenade and Counter Promenade                                    |  |

| 15            | Grand Circle                                                             |  |
|---------------|--------------------------------------------------------------------------|--|
| 16            | Open Telemark                                                            |  |
| <b>SILVER</b> |                                                                          |  |
| *             | Sur Place with Elevations                                                |  |
| *             | Overtured Promenade & Counter Prom                                       |  |
| *             | Methods of Changing Feet                                                 |  |
| 17            | La Passe                                                                 |  |
| 18            | Banderillas                                                              |  |
| 19            | Twist Turn                                                               |  |
| 20            | Fallaway Reverse Turn                                                    |  |
| 21            | Coup de Pique (including Alternative Methods A/B)                        |  |
| 22            | Left Foot Variation                                                      |  |
| 23            | Spanish Lines: Inverted Promenade or Inverted Counter Promenade Position |  |
| 24            | Flamenco Taps, Method 1                                                  |  |
| <b>GOLD</b>   |                                                                          |  |
| *             | Fallaway Reverse Turn w/ Open Telemark Ending                            |  |
| *             | Flamenco Taps, Method 2                                                  |  |
| 25            | Syncopated Separation & Ending 1, 2 or 3                                 |  |
| 26            | Traveling Spins from PP                                                  |  |
| 27            | Traveling Spins from CPP                                                 |  |
| 28            | Fregolina                                                                |  |
| *             | The Farol                                                                |  |
| 29            | The Twists                                                               |  |
| 30            | Chasse Cape and all endings                                              |  |
| 31            | Outside Turn                                                             |  |

Additional Notes Applicable to ISTD Syllabus:

4.4.1 International Style Paso Doble – Bronze Level

4.4.2 International Style Paso Doble –Silver Level

4.4.3 International Style Paso Doble –Gold Level

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## 4.5 International Style JIVE

| <b>WDSF JIVE</b> |                                                        |  |
|------------------|--------------------------------------------------------|--|
| <b>BRONZE</b>    |                                                        |  |
| 1                | BASIC IN PLACE                                         |  |
| 2                | BASIC IN FALLAWAY                                      |  |
| 3                | CHANGE OF PLACE FROM RIGHT TO LEFT                     |  |
| 4                | CHANGE OF PLACE FROM LEFT TO RIGHT                     |  |
| 5                | AMERICAN SPIN                                          |  |
| 6                | CHANGE OF PLACE BEHIND THE BACK                        |  |
| 7                | LINK                                                   |  |
| 8                | WHIP                                                   |  |
| 9                | PROMENADE WALKS - SLOW<br>PROMENADE WALKS - QUICK      |  |
| 10               | BASIC IN PLACE                                         |  |
| <b>SILVER</b>    |                                                        |  |
| 11               | FALLAWAY THROWAWAY                                     |  |
| 12               | CHANGE OF PLACE FROM RIGHT TO LEFT<br>WITH DOUBLE SPIN |  |
| 13               | OVERTURNED CHANGE OF PLACE FROM<br>LEFT TO RIGHT       |  |
| 14               | DOUBLE CROSS WHIP                                      |  |
| 15               | THROWAWAY WHIP                                         |  |
| 16               | REVERSE WHIP                                           |  |
| 17               | CURLY WHIP                                             |  |
| 18               | OVERTURNED FALLAWAY THROWAWAY                          |  |
| 19               | STOP AND GO                                            |  |
| 20               | HIP BUMP                                               |  |
| 21               | WINDMILL                                               |  |
| 22               | MOOCH                                                  |  |
| <b>GOLD</b>      |                                                        |  |
| 23               | SPANISH ARMS                                           |  |
| 24               | CHICKEN WALKS                                          |  |
| 25               | ROLLING OFF THE ARM                                    |  |
| 26               | SIMPLE SPIN                                            |  |
| 27               | ROCK TO SIMPLE SPIN                                    |  |
| 28               | FLICKS INTO BREAK                                      |  |
| 29               | TOE HEEL SWIVELS                                       |  |
| 30               | SUGAR PUSH                                             |  |
| 31               | MIAMI SPECIAL                                          |  |
| 32               | SHOULDER SPIN                                          |  |
| 33               | CHUGGING                                               |  |
| 34               | CATAPULT                                               |  |

| <b>ISTD Jive</b> |                                                                                |  |
|------------------|--------------------------------------------------------------------------------|--|
| <b>BRONZE</b>    |                                                                                |  |
| *                | Chasses: Side; Compact; Forward; Backward; Turning                             |  |
| 1                | Basic in Place                                                                 |  |
| 2                | Fallaway Rock and all Alternative Methods                                      |  |
| 3                | Fallaway Throwaway                                                             |  |
| 4                | The Link                                                                       |  |
| 5                | Change of Places Right to Left including hand changes as per Method 1 or 2     |  |
| 6                | Change of Places Left to Right including hand change as described for Method 1 |  |
| 7                | Change of Hands Behind the Back including Alternate "hold"                     |  |
| 8                | Hip Bump (Left Shoulder Shove)                                                 |  |
| *                | Double Link                                                                    |  |
| *                | Development of 1-5 of Fallaway Rock turning 3/8 to right over 2-5              |  |
| *                | Change of Places Left to Right with hand change as per Method 2                |  |
| 9                | American Spin                                                                  |  |
| 10               | The Walks                                                                      |  |
| 11               | Stop and Go                                                                    |  |
| 12               | Mooch                                                                          |  |
| 13               | Whip                                                                           |  |
| 14               | Whip Throwaway                                                                 |  |

| <b>SILVER</b> |                                                                                         |  |
|---------------|-----------------------------------------------------------------------------------------|--|
| *             | Chasses: Fwd/Bwd Locks; Fwd/Bwd Running                                                 |  |
| *             | Overtured Fallaway Throwaway                                                            |  |
| *             | Alternatives to 1-2 of Link: A, Flick (or Point) Ball-Change; B, Hesitation Ball-Change |  |
| *             | Change of Places Right to Left with Lady's Spin                                         |  |
| *             | Walks with Man's Merengue Action                                                        |  |
| 15            | Reverse Whip                                                                            |  |
| 16            | Windmill                                                                                |  |
| 17            | Spanish Arms                                                                            |  |
| *             | Spin Ending to Spanish Arms                                                             |  |
| 18            | Rolling off the Arm                                                                     |  |
| 19            | Simple Spin                                                                             |  |
| 20            | Miami Special                                                                           |  |
| <b>GOLD</b>   |                                                                                         |  |
| *             | Overtured Fallaway Throwaway with Lady's Locks or Forward Runs                          |  |
| *             | Overtured Change of Places Left to Right with Lady's Locks or Forward Runs              |  |
| *             | Stop and Go with Lady's Free Turn                                                       |  |
| *             | Mooch with Boppy Hops or Flick Cross                                                    |  |
| *             | Spin Ending to Rolling off the Arm                                                      |  |
| *             | Simple Spin from Tandem Position                                                        |  |
| 21            | Curly Whip                                                                              |  |
| *             | Curly Whip with "Opening Out" entry                                                     |  |
| 22            | Shoulder Spin                                                                           |  |
| 23            | Toe Heel Swivels                                                                        |  |
| *             | Break Ending to Toe Heel Swivels                                                        |  |
| 24            | Chugging                                                                                |  |
| 25            | Chicken Walks                                                                           |  |
| 26            | Catapult                                                                                |  |
| 27            | Stalking Walks, Flicks into Break                                                       |  |

**Additional Notes Applicable to ISTD Syllabus:**

- Flick Ball Change in any direction and Hesitation actions may be used at the Bronze Level.

**4.5.1 International Style Jive – Bronze Level**

- 4.5.1.1 The Link: Flick, Ball Change or Hesitation Ball Change
- 4.5.1.2 Hip Bump (Left Shoulder Shove) – must start and end with a hold, but may release during the figure.
- 4.5.1.3 Stop and Go – may release hold at all levels.
- 4.5.1.4 Mooch – You may choose to dance only 10 steps of the Mooch. Steps 12 through 22 of a the mooch may be danced if preceded by steps 1 to 5 of the Fallaway Rock.

#### **4.5.2 International Style Jive – Silver Level**

4.5.2.1 Reverse Whip – Note: Steps 6 and 7 may be repeated.

4.5.2.2 Rolling Off the Arm – Spin ending allowed at the Silver level.

4.5.2.3 Simple Spin –Note: Sailor Shuffle may be used in place of the preceding Chasse. Leader may spin as Follower spins instead of his two steps in place.

#### **4.5.3 International Style Jive – Gold Level**

**{ The End of Syllabus Section }**

## II. Dance Positions and Holds

### Allowable Dance Positions and Holds Overview

***Pictured on the following pages are the various Dance Position and Holds Used throughout the Bronze, Silver and Gold curricula. For clarity in recognizing the various positions and holds as pictured, the terms “Man “ and “Lady” are used. The Man’s position can also be referenced as the “Leader,” and the Lady’s position can be referenced as the “Follower.”***

**“Position”** The relationship and distance of the bodies between the partners

**“Hold”** The point or points of contact between the partners (e.g., hand holds).

*Example: right shadow position has a choice of many different holds but the body positions in relation to the partner remain the same.*

**“Normal hold”** partners facing each other in any type of closed position; promenade position, counter promenade position, outside partner, fallaway, etc. Man holding lady’s right hand in his left hand, man’s R hand on lady’s back and lady’s hand on the man’s left arm or shoulder. Hold may vary from dance to dance slightly depending on the “position” and distance of the partners to one another. Any position using normal hold may be done with or without body contact – depending on the dance and figure being danced.

Note (1): **hand holds** are given from the man’s point of view. For example: the description “L to R Hand Hold” would mean the Man’s Left hand and Lady’s Right Hand.

Note (2): The arm **not** in a point of contact / hold can be held in any position, and stylized freely.

Note (3): NOT ALL HOLDS ARE ALLOWED AT ALL LEVELS. CHECK YOUR SYLLABUS AND RULES TO DETERMINE WHICH HOLDS ARE ALLOWED. **“NO HOLD”** IS VERY OFTEN RESTRICTED.

### The 16 Dance Positions

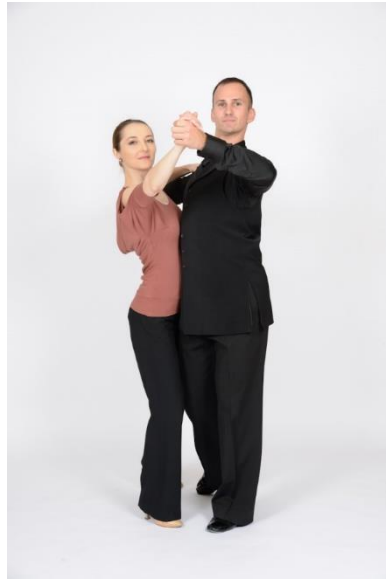
***Note: many of them have more than one hold***

- |                                                                    |                                |
|--------------------------------------------------------------------|--------------------------------|
| 1. Normal Holds for Standard and Closed Position all other styles. | 9. Tandem Position             |
| 2. Contact Position                                                | 10. Right Shadow Position      |
| 3. Open Position                                                   | 11. Left Shadow Position       |
| 4. Fan Position                                                    | 12. Right Contra Position      |
| 5. Promenade & Open Position                                       | 13. Left Contra Position       |
| 6. Counter Promenade & Open Counter Promenade Position             | 14. Fallaway                   |
| 7. Right Side Position                                             | 15. Inverted Promenade         |
| 8. Left Side Position                                              | 16. Inverted Counter Promenade |

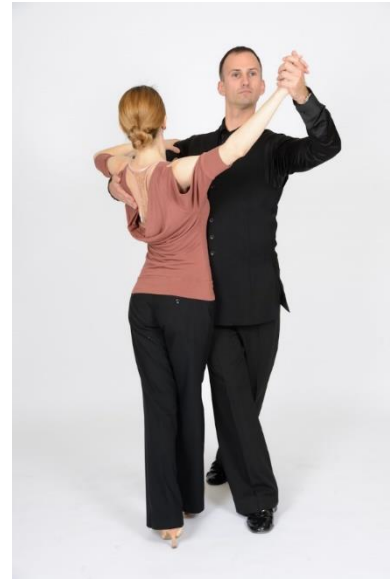
# 1. International Standard Positons - Normal Hold



1. Closed Position/Normal Hold



2 Promenade Position



3. Outside Partner Position



4. Outside Partner on Left Side



5. Fallaway Position

{NOT SHOWN}

6. Counter Promenade

# 1. Continued - Closed Dance Positions – Other Styles

Facing Partner Slightly Apart  
*Holds*



1. Closed Position  
Normal Hold



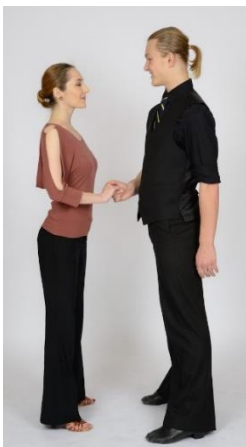
2. Closed Position, Left  
to Right Handhold



3. Closed Position,  
Right to Left  
Handhold



4. Closed Position, No  
Handhold



5. Handshake Right to  
Right



6. Two Hand Hold

{NOT SHOWN}  
Same as Standard  
But slightly apart

7. Outside Partner  
Position Normal  
Hold

{NOT SHOWN}  
Same as Standard  
But slightly apart

8. Outside Partner on  
Left Side Normal  
Hold

## 2. Contact Dance Position

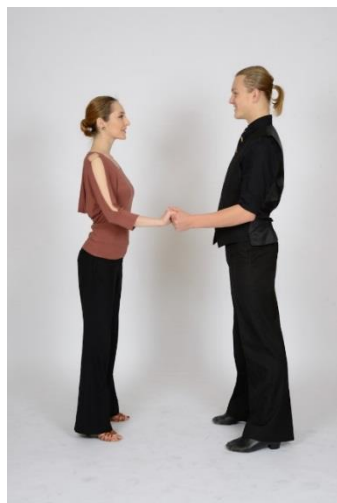
Facing Partner with Light Body Contact and Normal Hold  
**Hold**



Normal Hold Example: Reverse Top

## 3. Open Dance Positions

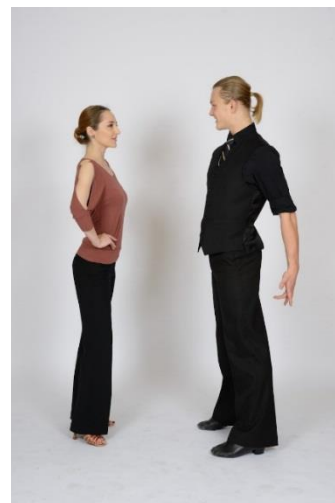
Facing and Away from Partner, Approximately at Arm's Length  
**Holds**



1. Left to Right Hand Hold



2. Right to Left Hand Hold



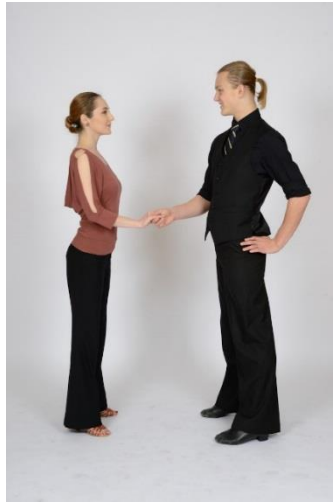
3. No Hold



## Open Dance Positions - Continued



4. Double Handhold



5. Right to Right Handhold  
(Handshake)

## 4. Fan Dance Position (FAN)

Lady at 90 degree angle to man on his left side on an imaginary line about 6 inches in front of him. Left hand holding Lady's right hand.  
Man's feet apart, weight on RF, Lady LF back, weight on LF.

**Hold**



1. Fan Position

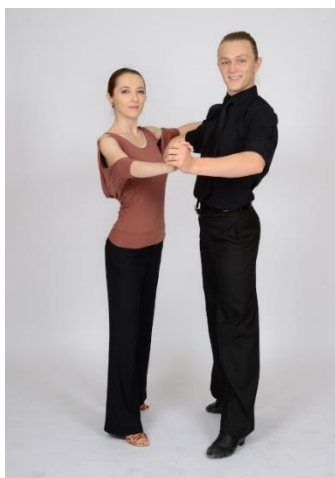
## 5. Promenade & Open Promenade Positions

Lady on man's right side with the man's right and lady's left side towards each other, and the opposite side of the body turned outwards to form the shape of a "V". Normal Hold.

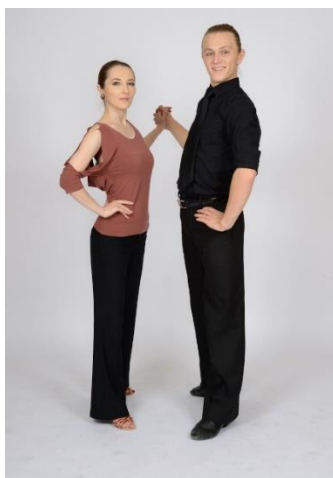
### Holds



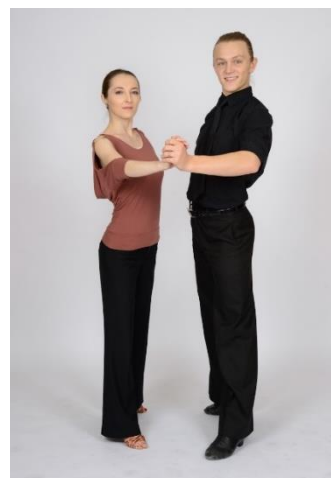
1. Promenade Position Normal Hold - Shown With body contact



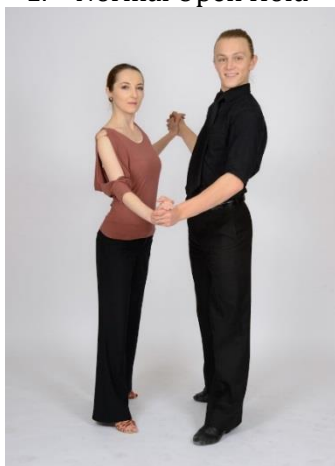
2. Normal Open Hold



3. Right to Left Handhold



4. Left to Right Handhold



5. Two Hand Hold



6. No Handhold



7. Releasing Man's Left Hand

## 6. Counter Promenade & Open Counter Promenade Positions

Lady on man's left side with man's left side and lady's right side towards each other, slightly apart or with body contact, and the opposite side of the body turned outwards to form the shape of a "V"

### Holds



1. Normal Open Holdtight Handhold  
*(Body contact not shown)*



2. Left to Right Handhold



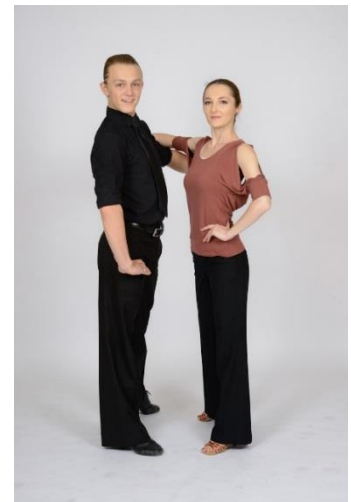
3. No Handhold



4. Two Handhold



5. Right to Left Hold



6. Normal Hold Reversed with Man's Left Arm and Lady's Right Arm. Man Release R Handhold. Lady Release L Handhold

## 7. Right Side Position

Lady on Man's right side, both facing the same way. Hold as required for the Figure.

### Holds



1. Normal Hand Hold



2. Right to Left



3. Normal Hold, Releasing  
Hold Man's Left and  
Lady's Right



4. No Hold

## 8. Left Side Position

Lady on Man's left side, both facing the same way. Hold as required for the Figure.

### Holds



1. Normal Hold Reversed  
(Man's Left to Lady's Right  
with Release of Hold Man's  
Right & Lady's Left)



2. No Hold



3. Left to Right Handhold

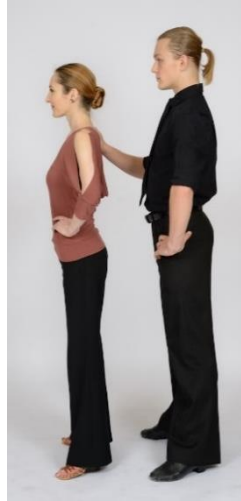
## 9. Tandem Position

Lady directly in front or behind the Man, both facing the same way; with or without hand hold depending on the Figure

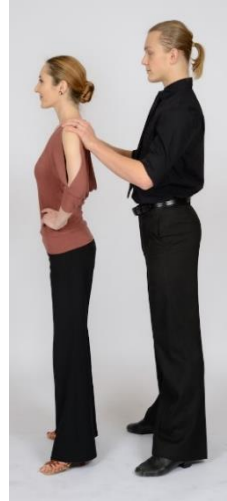
### Holds



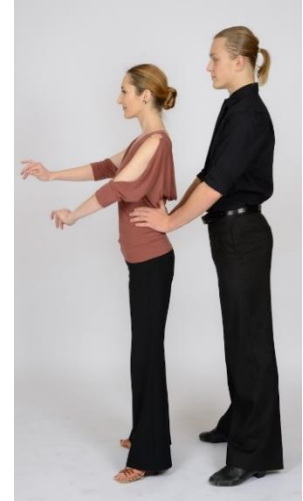
4. Lady in Front No Hold



5. Lady in Front. Man's R or L Hand On Lady's Shoulder



6. Lady in Front. Man's Two Hands On Lady's Shoulders



7. Lady in Front. Man's One or Two Hands On Lady's Waist



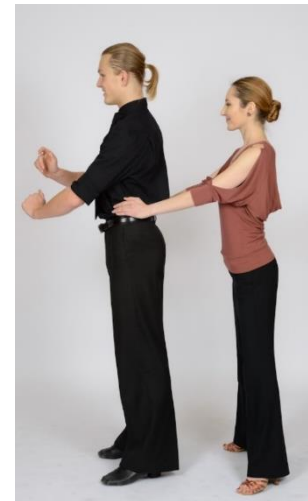
8. Man in Front No Hold



9. Man in Front. Lady's R or L Hand On Man's Shoulder



10. Man in Front. Lady's Two Hands On Man's Shoulders



11. Man in Front. Lady's One or Two Hands on Man's Waist

## Tandem Position Holds – Continued



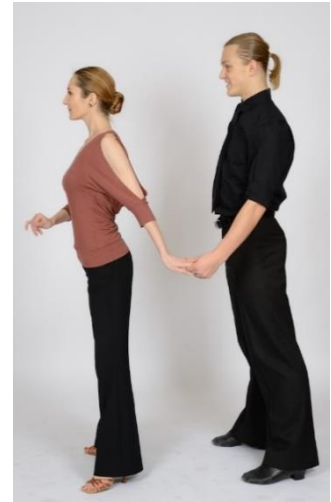
12. Man in Front. L to L Hand Hold



13. Man in Front. R to R Hand Hold



14. Lady in Front. R to R Hand Hold

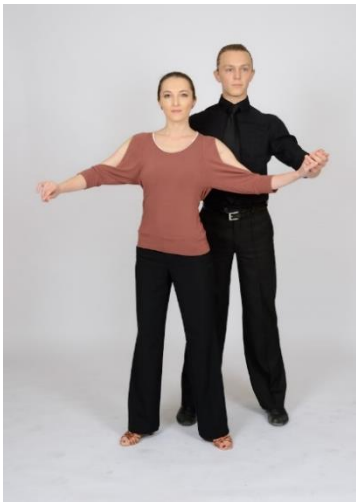


15. Lady in Front. L to L Hand Hold

## 10. Right Shadow Position

Lady on man's right side slightly in advance, both facing the same way. Lady can be behind the man, example: Cha Cha Turkish Towel.

### Holds



1. Right hand placed on or just below Lady's right shoulder blade, left hand holding Lady's Left hand, wrist or lower arm.



2. Right arm is behind the Lady's back, right hand holding her left hand and left hand holding her right hand. Lady's arms crossed in front of her body. (Cuddlehold)

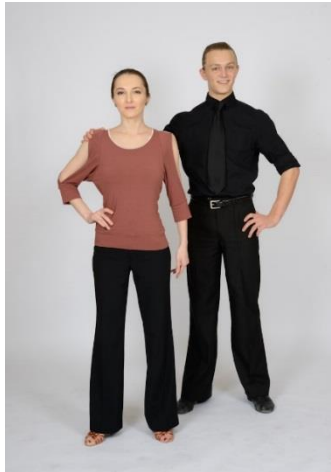


3. Man's right hand placed on or just below Lady's right shoulder blade, left hand holding her right hand in front of the bodies. The Lady's left arm is held across the front of her body.

## Right Shadow Position Holds – Continued



4. Lady in front. Left to Left Hand Hold.



5. Lady in front. Man's right hand on lady's Right shoulder



6. Lady in front. No hold



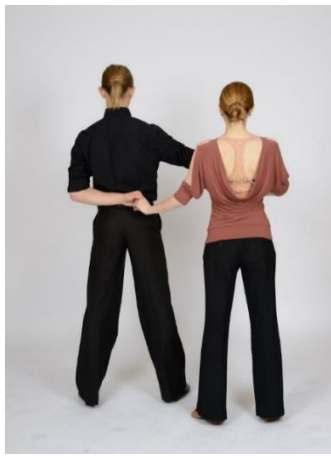
7. Lady Behind Man. No Hold



8. Lady behind man. Right to Right hand hold Lady left hand on man's shoulder.



9. Lady behind man. Right to Right handhold. Left to Left handhold behind man's back (Front & Back Views)

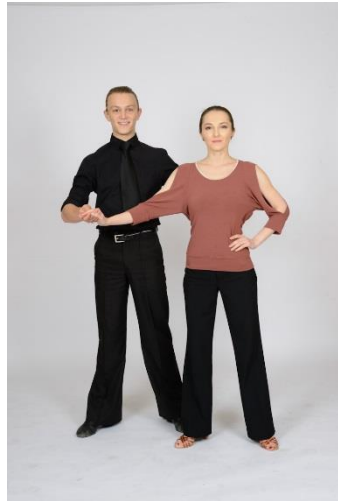




# 11. Left Shadow Position

Lady on man's left side, slightly in advance or slightly behind the man, both facing the same way.

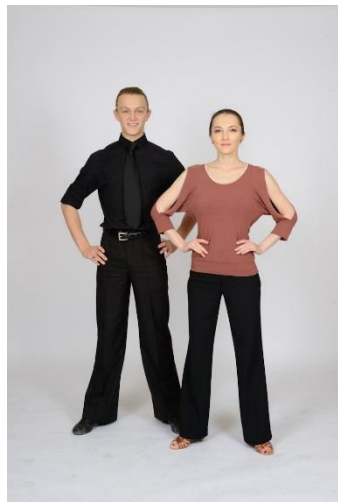
## Hold



1. Lady in front' Right to Right Handhold Left hand on Lady's shoulder



2. Lady in front Right to Right Handhold

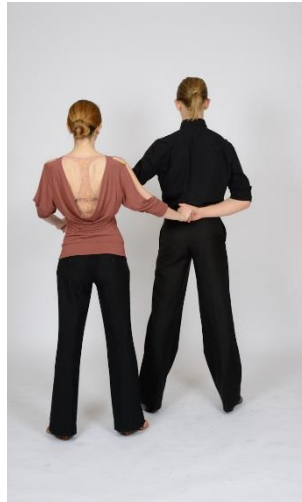


3. Lady in front. No Hold



4. Lady behind man. No Hold.

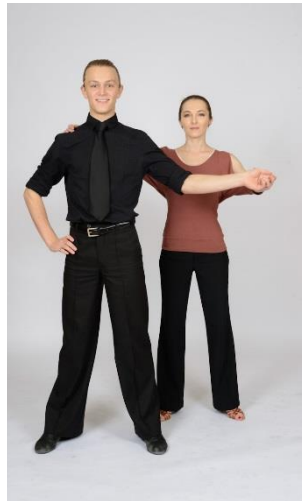
## Left Shadow Position Holds – Continued



5. Lady behind man. Left to Left Hand Hold Right to Right handhold behind the man's back. (Front & Back Views)



6. Lady behind man. Left to Left Handhold



7. Lady behind man. Left to Left Hand Hold Lady's R hand on man's shoulder

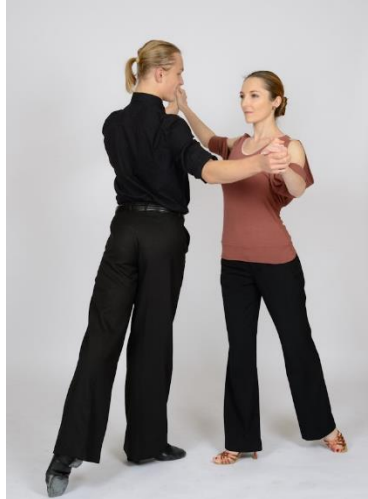
## 12. Right Contra Position

Man and Lady moving, or positioned to move. Towards partner's right side.  
Partners on the same foot. Gold Samba only.

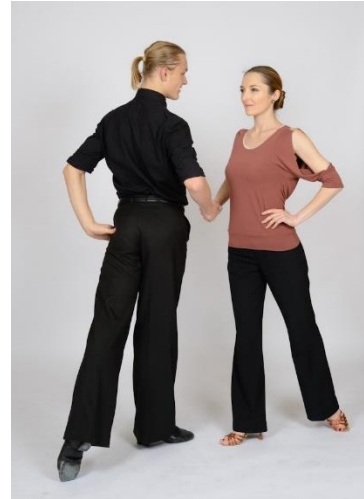
### Holds



1. Normal hold



2. Two Hand Hold



3. Right to Right Handhold

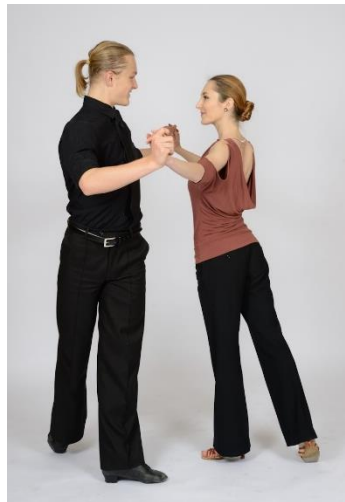
## 13. Left Contra Position

Man and Lady moving, or positioned to move. Towards partner's left side.  
Partners on the same foot. Gold Samba only.

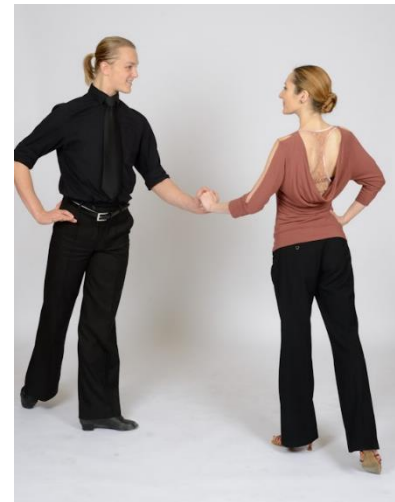
### Holds



4. Normal hold



5. Two Handhold



6. Left to Left Hand hold

## 14. Fallaway Position

Promenade position moving in a backwards direction

### Holds



1. Normal Hold –shown with body contact  
[Not Shown] - Without body contact

## 15. Inverted Promenade Position

Lady on man's right side, almost back to back, with man's right side and lady's left side towards each other about 12 inches apart, and the opposite side of the body turned outwards to form the shape of a "V"

### Holds



1. Right to left handhold

2. No Hold

## 16. Inverted Counter Promenade Position

Lady on man's left side, almost back to back. Man's left side and lady's right side towards each other about 12 inches apart, and the opposite side of the body turned outwards to form the shape of a "V"

### Holds



1. Left to right handhold



2. No Hold

### Guidebook Photo Acknowledgements:

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