



Canada DanceSport

DanseSport Canada

| STANDARD SYLLABUS STEP LIST, LISTE DES FIGURES, COMPETITIONS & MEDAL TEST | | | | | | | | | |
|---|------------------------------------|---------------------|------------------------------------|---------|--|---------------------|---------------------------------------|----------------|---|
| WALTZ-VALE | | TANGO | | FOXTROT | | QUICKSTEP | | VIENNESE WALTZ | |
| Newcomers – Nouveau | | Newcomers - Nouveau | | | | Newcomers - Nouveau | | | |
| 1 | Closed Changes | 1 | Walk | | | 1 | Quarter Turn to Right | | |
| 2 | Natural Turn | 2 | Progressive Side Step | | | 2 | Heel Pivot (Quarter Turn to Left) | | |
| 3 | Reverse Turn | 3 | Progressive Link | | | 3 | Progressive Chassé | | |
| 4 | Natural Spin Turn | 4 | Closed Promenade | | | 4 | Forward Lock | | |
| 5 | Whisk | 5 | Rock Turn | | | 5 | Natural Spin Turn | | |
| 6 | Chassé from PP | | | | | | | | |
| | Pre-Bronze – PréBronze | | Pre-Bronze – PréBronze | | Pre- Bronze – Pré- Bronze | | Pre-Bronze – Pré-Bronze | | |
| 7 | Closed Impetus | 6 | Open Reverse Turn, Lady Outside | 1 | Feather Step | 6 | Natural Turn | | |
| 8 | Hesitation Change | | | 2 | Three Step | 7 | Natural Pivot Turn | | |
| 9 | Outside Change | 7 | Back Corte | 3 | Natural Turn | 8 | Natural Turn with Hesitation | | |
| | | 8 | Open Reverse Turn, Lady in Line | 4 | Reverse Turn (incorp. Feather Finish) | 9 | Chassé Reverse Turn | | |
| | | 9 | Progressive Side Step Reverse Turn | 5 | Closed Impetus and Feather Finish | 10 | Closed Impetus | | |
| | | | | | | 11 | Back Lock | | |
| | | | | | | 12 | Reverse Pivot | | |
| | | | | | | 13 | Progressive Chassé to Right | | |
| | Bronze | | Bronze | | Bronze | | Bronze | | Bronze |
| 10 | Reverse Corte | 10 | Open Promenade | 6 | Natural Weave | 14 | Tipple Chassé to Right | 1 | Change Steps Forward, Natural & Reverse |
| 11 | Back Whisk | 11 | Left Foot and Right Foot Rocks | 7 | Change of Direction | 15 | Running Finish | 2 | Natural Turn |
| 12 | Basic Weave | | | 8 | Basic Weave | 16 | Zig-Zag, Back Lock and Running Finish | 3 | Reverse Turn |
| 13 | Double Reverse Spin | 12 | Natural Twist Turn | | | 17 | Cross Chassé | | |
| 14 | Reverse Pivot | 13 | Natural Promenade Turn | | | 18 | Change of Direction | | |
| 15 | Back Lock | | | | | 19 | Natural Turn and Back Lock | | |
| 16 | Progressive Chassé to Right | | | | | 20 | Double Reverse Spin | | |
| | Silver - Argent | | Silver - Argent | | Silver – Argent | | Silver - Argent | | Silver - Argent |
| 17 | Weave from PP | 14 | Promenade Link | 9 | Closed Telemark | 21 | Quick Open Reverse | 4 | Change Steps Backward , Natural & Reverse |
| 18 | Closed Telemark | 15 | Four Step | 10 | Open Telemark and Feather Ending | 22 | Fishtail | | |
| 19 | Open Telemark and Cross Hesitation | 16 | Back Open Promenade | 11 | Top Spin | 23 | Running Right Turn | | |
| 20 | Open Telemark and Wing | 17 | Outside Swivels | 12 | Hover Feather | 24 | Four Quick Run | | |
| 21 | Drag Hesitation | 18 | Fallaway Promenade | 13 | Hover Telemark | 25 | V 6 | | |
| 22 | Open Impetus and Cross Hesitation | 19 | Four Step Change | 14 | Natural Telemark | 26 | Closed Telemark | | |
| 23 | Open Impetus and Wing | 20 | Brush Tap | 15 | Hover Cross | | | | |
| 24 | Outside Spin | | | 16 | Open Telemark, Outside Swivel and Feather Ending | | | | |
| 25 | Turning Lock | | | 17 | Open Impetus | | | | |
| | | | | 18 | Weave from PP | | | | |
| | | | | 19 | Reverse Wave | | | | |
| | Gold - Or | | Gold - Or | | Gold – Or | | Gold - Or | | Gold - Or |
| 26 | Left Whisk | 21 | Fallaway Four Step | 20 | Natural Twist Turn | 27 | Cross Swivel | 5 | Reverse Fleckerl |
| 27 | Contra Check | 22 | Oversway | 21 | Curved Feather to Back Feather | 28 | Six Quick Run | 6 | Natural Fleckerl |
| 28 | Closed Wing | 23 | Basic Reverse Turn | | | 29 | Rumba Cross | 7 | Contra Check |
| 29 | Turning Lock to Right | 24 | The Chase | 22 | Natural Zig-Zag from PP | 30 | Tipsy to Right & Left | | |
| 30 | Fallaway Reverse & Slip Pivot | 25 | Fallaway Reverse & Slip Pivot | 23 | Fallaway Reverse and Slip Pivot | 31 | Hover Corte | | |
| 31 | Fallaway Whisk | 26 | Five Step | 24 | Natural Hover Telemark | | | | |
| 32 | Hover Corte | 27 | Contra Check | 25 | Bounce Fallaway with Weave Ending | | | | |

Reference : The Ballroom Technique ISTD & The Viennese Waltz by Harry Smith Hampshire