



STANDARD SYLLABUS



**WALTZ**

**Newcomer**

- 1 Closed Changes
- 2 Natural Turn
- 3 Reverse Turn
- 4 Natural Spin Turn
- 5 Whisk
- 6 Chassé from PP

**Pre-Bronze**

- 7 Closed Impetus
- 8 Hesitation Change
- 9 Outside Change

**Bronze**

- 10 Reverse Corte
- 11 Back Whisk
- 12 Basic Weave
- 13 Double Reverse Spin
- 14 Reverse Pivot
- 15 Back Lock
- 16 Progressive Chassé to Right
- 17 Open Natural Turn

**Silver**

- 18 Weave from PP
- 19 Closed Telemark

- 20 Open Telemark & Cross Hesitation
- 21 Open Telemark & Wing
- 22 Drag Hesitation
- 23 Open Impetus & Cross Hesitation
- 24 Open Impetus & Wing
- 25 Outside Spin
- 26 Turning Lock
- 27 Turning Lock to Right
- 28 Impetus to PP
- 29 Wing From PP

**Gold**

- 30 Left Whisk
- 31 Contra Check
- 32 Closed Wing
- 33 Fallaway Reverse & Slip Pivot
- 34 Hover Corte
- 35 Fallaway Whisk
- 36 Fallaway Natural Turn
- 37 Running Weave from PP
- 38 Running Spin Turn
- 39 Overturned Running Spin Turn
- 40 Running Cross Chassé

**TANGO**

**Newcomer**

- 1 Walk
- 2 Progressive Side Step
- 3 Progressive Link
- 4 Closed Promenade
- 5 Rock Turn
- 6 Tap - Alternative Entries to PP

**Pre-Bronze**

- 7 Open Reverse Turn, Lady Outside
- 8 Back Corté
- 9 Open Reverse Turn, Lady in Line
- 10 Progressive Side Step Reverse Turn

**Bronze**

- 11 Open Promenade
- 12 Left Foot & Right Foot Rocks
- 13 Natural Twist Turn (from PP)
- 14 Natural Promenade Turn
- 15 Basic Reverse Turn
- 16 Brush Tap

**Silver**

- 17 Promenade Link
- 18 Four Step
- 19 Back Open Promenade

- 20 Outside Swivels
- 21 Fallaway Promenade
- 22 Four Step Change
- 23 Whisk
- 24 Back Whisk
- 25 Fallaway Four Step

**Gold**

- 26 Oversway
- 27 The Chase
- 28 Fallaway Reverse & Slip Pivot
- 29 Five Step
- 30 Contra Check
- 31 Mini Five Step
- 32 Quick Reverse Turn
- 33 Telemark to PP
- 34 Open Natural Turn
- 35 Outside Spin
- 36 Chase Alternative Endings
- 37 Drop Oversway
- 38 Oversway Alternative Endings
- 39 Reverse Pivot
- 40 Natural Twist Turn

**VIENNESE WALTZ**

**Bronze**

- 1 Change Steps Forward
- 2 Natural Turn
- 3 Reverse Turn

**Silver**

- 4 Change Steps Backward
- 5 Hesitation Change
- 6 Natural Spin Turn

**Gold**

- 7 Reverse Fleckerl
- 8 Natural Fleckerl
- 9 Contra Check
- 10 Left Whisk
- 11 Hover Reverse Turn

**FOXTROT**

**Pre-Bronze**

- 1 Feather Step
- 2 Three Step
- 3 Natural Turn
- 4 Reverse Turn (Incorporating Feather Finish)
- 5 Closed Impetus & Feather Finish

**Bronze**

- 6 Natural Weave
- 7 Change of Direction (3 or 4 slows)
- 8 Basic Weave
- 9 Heel Pull Finish
- 10 Feather Ending
- 11 Hover Feather
- 12 Whisk
- 13 Back Whisk
- 14 Open Natural Turn

**Silver**

- 15 Closed Telemark
- 16 Open Telemark & Feather Ending
- 17 Top Spin

- 18 Hover Telemark
- 19 Natural Telemark
- 20 Hover Cross
- 21 Open Telemark & Natural Turn
- 22 Open Impetus
- 23 Weave from PP
- 24 Reverse Wave
- 25 Double Reverse Spin
- 26 Natural Hover Telemark
- 27 Outside Spin

**Gold**

- 28 Natural Twist Turn
- 29 Curve Feather to Back Feather
- 30 Natural Zig-Zag from PP
- 31 Fallaway Reverse & Slip Pivot
- 32 Bounce Fallaway with Weave Ending
- 33 Curved Three Step
- 34 Running Weave from PP
- 35 Quick Open Reverse Turn
- 36 Extended Reverse Wave
- 37 Reverse Pivot

**QUICKSTEP**

**Newcomer**

- 1 Quarter Turn to Right
- 2 Heel Pivot (Quarter Turn Left)
- 3 Quarter Turn to Left
- 4 Progressive Chassé
- 5 Forward Lock
- 6 Natural Spin Turn

**Pre-Bronze**

- 7 Natural Turn
- 8 Natural Pivot Turn
- 9 Natural Turn With Hesitation
- 10 Chasse Reverse Turn
- 11 Closed Impetus
- 12 Back Lock
- 13 Reverse Pivot
- 14 Progressive Chasse To Right

**Bronze**

- 15 Tipple Chasse To Right
- 16 Running Finish
- 17 Zig-Zag Back Lock & Running Finish
- 18 Cross Chassé
- 19 Change of Direction
- 20 Natural Turn and Back Lock
- 21 Double Reverse Spin
- 22 Outside Change

- 23 Open Natural Turn

**Silver**

- 24 Quick Open Reverse
- 25 Fishtail
- 26 Running Right Turn
- 27 Four Quick Run
- 28 V6
- 29 Closed Telemark
- 30 Impetus to PP
- 31 Telemark
- 32 Telemark to PP
- 33 Whisk
- 34 Back Whisk
- 35 Tipple Chassé To Left
- 36 Outside Spin

**Gold**

- 37 Cross Swivel
- 38 Six Quick Run
- 39 Rumba Cross
- 40 Tippy To Right & Left
- 41 Hover Corte
- 42 Natural Turning Lock
- 43 Drag Hesitation
- 44 Running Cross Chasse