

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

WDSF Waltz		
BRONZE		
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	
SILVER		
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	
GOLD		
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

ISTD Waltz		
BRONZE		
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	
SILVER		
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	
GOLD		
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 (AFTER OPEN FINISH AND TURNING TO R)	
25.	OUTSIDE SWIVEL METHOD 2 (AFTER OPEN FINISH AND TURNING TO L)	
26.	OUTSIDE SWIVEL METHOD 3 (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

ISTD Tango		
BRONZE		
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 Reverse Turn	
10	Open Promenade	
11	L.F. and R.F. Rocks	
12	Natural Twist Turn	
13	Natural Promenade Turn	
SILVER		
14	Promenade Link	
15	Four Step	
16	Back Open Promenade	
17	Outside Swivels	
18	Fallaway Promenade	
19	Four Step Change	
20	Brush Tap	
GOLD		
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

WDSF Foxtrot	
BRONZE	
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
SILVER	
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
GOLD	
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

ISTD Foxtrot		
BRONZE		
1	Feather	
2	Three Step	
3	Natural Turn	
4	Reverse Turn (incorporating Feather Finish)	
5	Closed Impetus and Feather Finish	
6	Natural Weave	
7	Change of Direction	
8	Basic Weave	
SILVER		
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	
GOLD		
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

ISTD Quickstep		
BRONZE		
1	Quarter Turn to R	
2	Natural Turn	
3	Natural Turn with Hesitation	
4	Natural Pivot Turn	
5	Natural Spin Turn	
6	Progressive Chasse	
7	Chasse Reverse Turn	
8	Forward Lock	
9	Closed Impetus	
10	Back Lock	
11	Reverse Pivot	
12	Progressive Chasse to 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	
SILVER		
*	Checked/Underturned Tipple Chasse	
17	Quick Open Reverse	
18	Fishtail	
19	Running Right Turn	
20	Four Quick Run	
21	V6	
22	Closed Telemark	
GOLD		
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

WDSF Viennese Waltz		
BRONZE		
1.	NATURAL TURN	
2.	REVERSE TURN	
3.	RF FORWARD CHANGE STEP Natural to Reverse	
4.	LF FORWARD CHANGE STEP Reverse to Natural	
5.	LF BACKWARD CHANGE STEP Natural to Reverse	
6.	RF BACKWARD CHANGE STEP Reverse to Natural	
7.	CHASSE CHANGE STEP	
SILVER		
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	
GOLD		
19.	CONTRA CHECK	
20.	LEFT WHISK	
21.	RUNNING WEAVE	
22.	NATURAL FLECKERL	
23.	REVERSE FLECKERL	
24.	CHECK FROM REVERSE TO NATURAL FLECKERL	
25.	OVERTURNED NATURAL SPIN TURN	
26.	THROWAWAY OVERSWAY	
27.	THROWAWAY OVERSWAY taken after 1-3 of Reverse Turn	
28.	HOVER REVERSE TURN	
29.	RUNNING FEATHER	
30.	RUNNING FEATHER 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	

ISTD Viennese Waltz		
BRONZE		
1.	REVERSE TURN	
2.	NATURAL TURN	
3.	FORWARD CHANGE	
6.	BACKWARD CHANGE	
SILVER		
7.	REVERSE FLECKERL	
GOLD		
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

WDSF Samba		
BRONZE		
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 PROMENADE BOTAFOGOS	
14	SIDE SAMBA CHASSE	
15	TRAVELLING BOTAFOGO FORWARD	
16	TRAVELLING BOTAFOGO 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	

SILVER		
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 SIDE	
34	METHODS OF CHANGING FEET	
GOLD		
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 PROMENADE RUNS	
45	DRAG	
46	ROLLING OFF THE ARM	
47	CARIOCA RUNS	
48	ARGENTINE CROSSES	

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ISTD Samba		
BRONZE		
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	
SILVER		

*	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	
GOLD		
*	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

WDSF ChaCha		
BRONZE		
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	
SILVER		
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 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	
GOLD		
35	CLOSE HIP TWIST SPIRAL	
36	OPEN HIP TWIST SPIRAL	
37	TURKISH TOWEL	
38	SWEETHEART	
39	FOLLOW MY LEADER	
40	SYNCPATED 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 METHOD 4 - LINK TO FAN L ANGLE (216), METHOD 5 - SYNCPATED R SIDE LINK (220)	

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ISTD ChaCha		
BRONZE		
*	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	
SILVER		
*	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	
GOLD		
*	(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 & Backward; Forward & 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

WDSF Rumba		
BRONZE		
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	
SILVER		
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	
GOLD		
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	

ISTD Rumba		
BRONZE		
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	
SILVER		
*	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	
GOLD		
*	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

WDSF Paso Doble		
BRONZE		
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	
SILVER		
14	PROMENADE TO COUNTER PROMENADE	
15	GRAND CIRCLE	
16	BANDERILLAS	
17	FALLAWAY REVERSE	
18	FALLAWAY WHISK	
19	SPANISH LINES	
20	LA PASSE	
21	SYNCOATED SEPARATION	
22	FLAMENCO TAPS	
GOLD		
23	TWISTS	
24	CHASSE CAPE	
25	TRAVELLING SPINS FROM PROMENADE POSITION	
26	TRAVELLING SPINS FROM COUNTER PROMENADE POSITION	
27	SYNCOATED COUP DE PIQUE	
28	SEPARATION WITH LADY'S CAPING WALKS	
29	FAROL	
30	FREGOLINA	
31	METHODS OF CHANGING FEET	

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ISTD Paso Doble		
BRONZE		
*	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	
SILVER		
*	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	
GOLD		
*	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

WDSF JIVE		
BRONZE		
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 PROMENADE WALKS - QUICK	
10	BASIC IN PLACE	
SILVER		
11	FALLAWAY THROWAWAY	
12	CHANGE OF PLACE FROM RIGHT TO LEFT WITH DOUBLE SPIN	
13	OVERTURNED CHANGE OF PLACE FROM 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	
GOLD		
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	

ISTD Jive		
BRONZE		
*	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	

SILVER		
*	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	
GOLD		
*	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

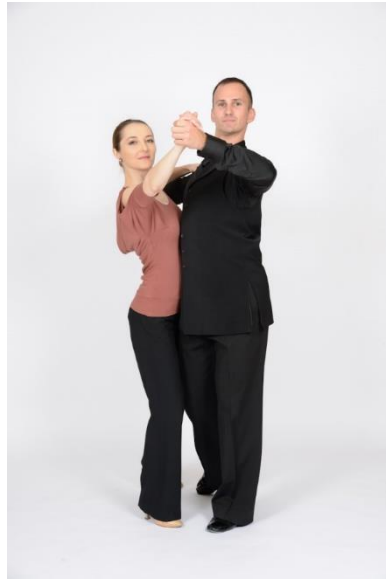
Note: many of them have more than one hold

- | | |
|--|--------------------------------|
| 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 |

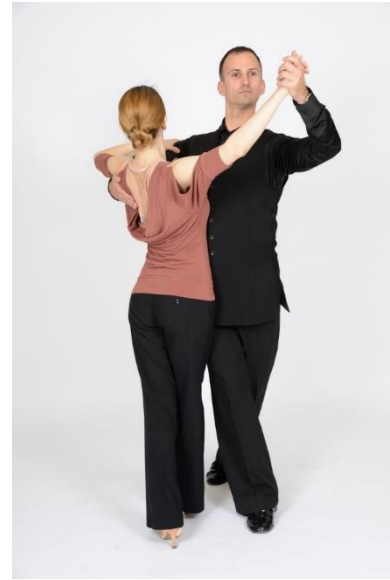
1. International Standard Positons - Normal Hold



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



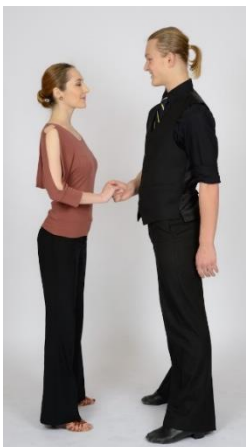
2. Closed Position, Left
to Right Handhold



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

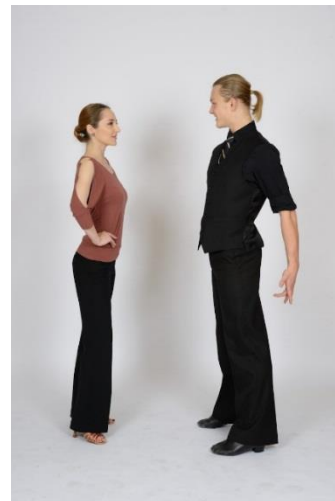
Facing and Away from Partner, Approximately at Arm's Length
Holds



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

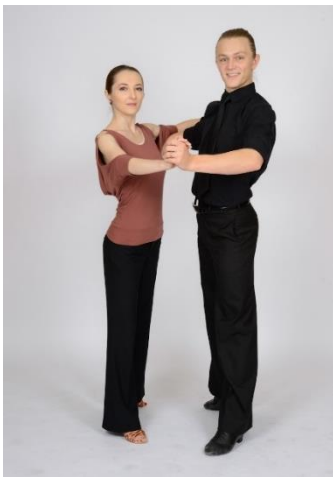
5. Promenade & Open Promenade Positions

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



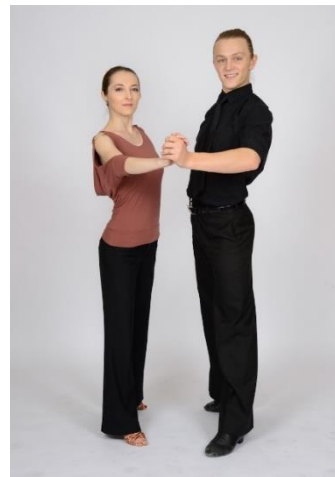
1. Promenade Position Normal Hold - Shown With body contact



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



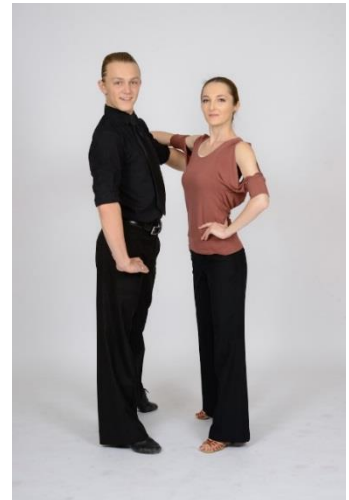
3. No Handhold



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

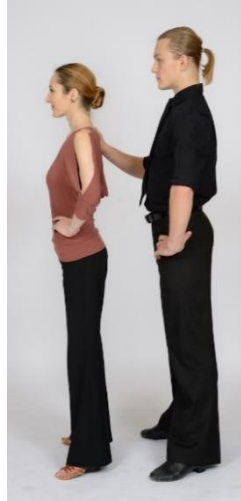
9. Tandem Position

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

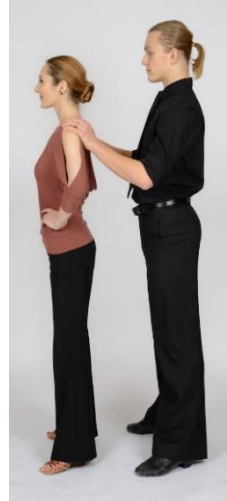
Holds



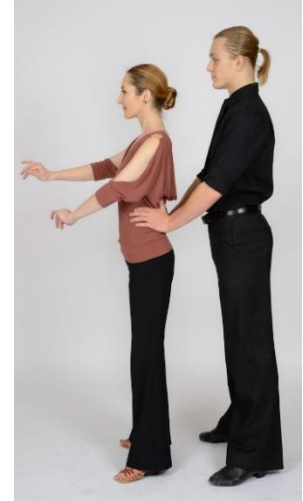
4. Lady in Front No Hold



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



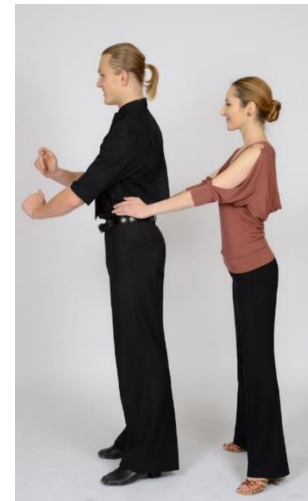
8. Man in Front No Hold



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



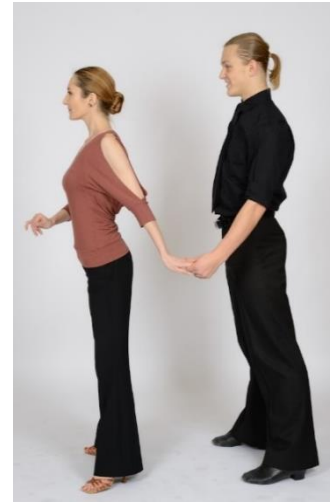
12. Man in Front. L to L Hand Hold



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



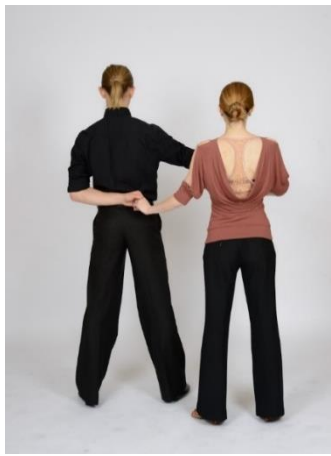
7. Lady Behind Man. No Hold



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



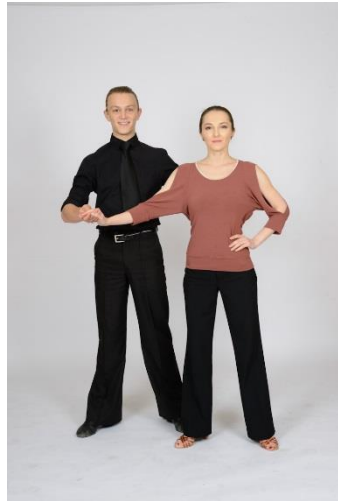
9. Lady behind man. Right to Right handhold. Left to Left handhold behind man's back (Front & Back Views)



11. Left Shadow Position

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

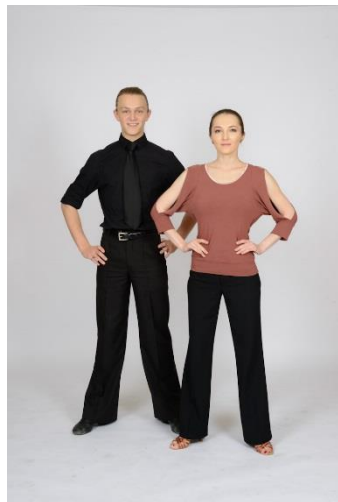
Holds



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



2. Lady in front Right to Right Handhold

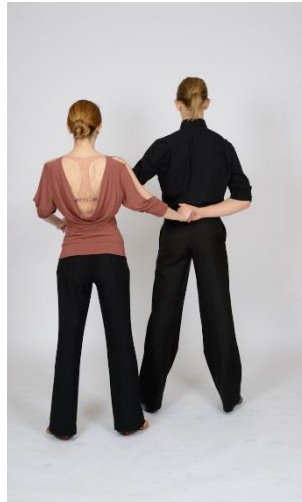


3. Lady in front.
No Hold

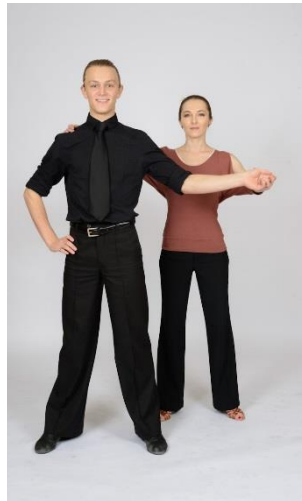


4. Lady behind man.
No Hold.

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

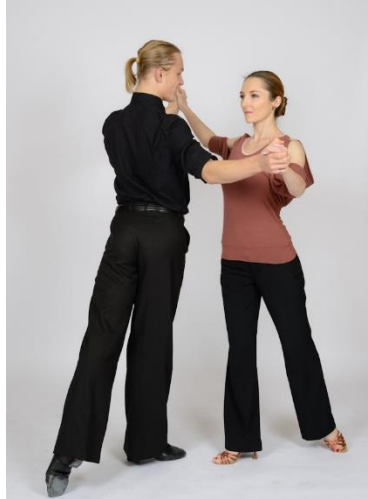
12. Right Contra Position

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

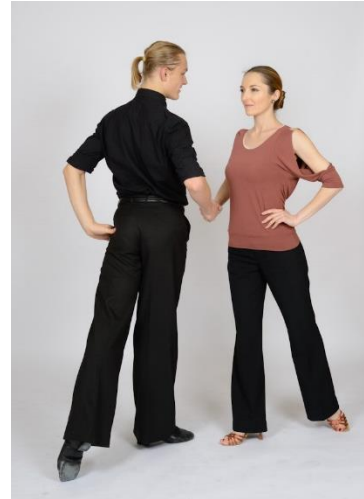
Holds



1. Normal hold



2. Two Hand Hold



3. Right to Right Handhold

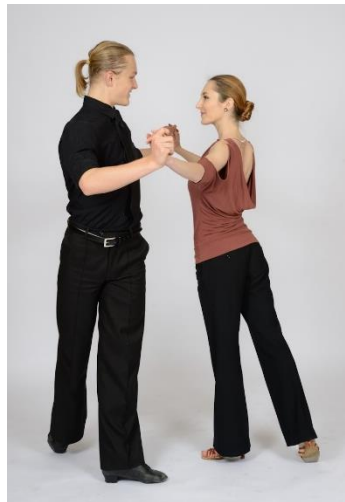
13. Left Contra Position

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

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