



Syllabus & Dress Rules

BALLROOM SYLLABUS

WALTZ

BRONZE 1-18

SILVER 1-26

GOLD 1-36

1. Closed Changes RF & LF
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Underturn Spin Turn
6. Whisk
7. Chasse from Promenade Position
8. Closed Impetus
9. Hesitation Change
10. Outside Change
11. Reverse Corte
12. Back Whisk
13. Basic Weave
14. Double Reverse Spin
15. Reverse Pivot
16. Backward Lock
17. Forward Lock
18. Progressive Chasse to Right
19. Weave from Promenade Position
20. Closed Telemark
21. Open Telemark and Cross Hesitation
22. Open Telemark and Wing
23. Open Impetus and Cross Hesitation
24. Open Impetus and Wing
25. Outside Spin
26. Turning Lock
27. Drag Hesitation
28. Passing (Open) Natural Turn
29. Closed Wing
30. Turning Lock to Right
31. Fallaway Reverse and Slip Pivot
32. Hover Corte
33. Fallaway Whisk
34. Left Whisk
35. Running Spin Turn
36. Contra Check

TANGO

BRONZE 1-13

SILVER 1-20

GOLD 1-27

1. Walk LF or RF
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade
5. Rock Turn
6. Open Reverse Turn, Partner Outside
7. Back Corte

8. Open Reverse Turn, Partner In Line
9. Progressive Side Step Reverse Turn
10. Open Promenade
11. Rock Back on Left Foot and Right Foot
12. Natural Twist Turn
13. Natural Promenade Turn
14. Promenade Link
15. Four Step
16. Fallaway Promenade
17. Back Open Promenade
18. Outside Swivels
19. Four Step Change
20. Brush Tap
21. Basic Reverse Turn
22. Mini Five Step
23. Fallaway Four Step
24. The Chase
25. Fallaway Reverse and Slip Pivot
26. Five Step
27. Contra Check

VIENNESE WALTZ

BRONZE 1-3

SILVER 1-3

GOLD 1-5

1. Natural Turn
2. Reverse Turn
3. Change Step danced Forward or Backward
4. The Reverse and Natural Fleckerl
5. Contra Check (1 bar)

SLOW FOXTROT

BRONZE 1-10

SILVER 1-21

GOLD 1-35

1. Walk LF or RF
2. Feather Step
3. Three Step
4. Natural Turn
5. Reverse Turn incorporating Feather Finish
6. Closed Impetus and Feather Finish
7. Natural Weave
8. Change of Direction
9. Weave after 1-4 Reverse Wave (Basic Weave)
10. Progressive Chasse To The Right
11. Reverse Wave
12. Closed Telemark
13. Open Telemark Feather Ending
14. Top Spin
15. Hover Feather
16. Hover Telemark
17. Natural Telemark

18. Hover Cross
19. Open Telemark, Natural Turn, Outside Swivel, Feather Ending
20. Open Impetus Turn
21. Weave from Promenade Position
22. Natural Twist Turn
23. Reverse Pivot
24. Quick Open Reverse
25. Quick Natural Weave from Promenade Position
26. Curved Feather to Back Feather
27. Curved Feather
28. Back Feather
29. Curved Feather from Promenade Position
30. Natural Zig-Zag from Promenade Position
31. Fallaway Reverse & Slip Pivot
32. Natural Hover Telemark
33. Bounce Fallaway with Weave Ending
34. Extended Reverse Wave
35. Curved Three Step

QUICKSTEP

BRONZE 1-19

SILVER 1-26

GOLD 1-33

1. Walk LF or RF
2. Quarter turn to Right
3. Natural Turn
4. Natural Turn with Hesitation
5. Natural Pivot Turn
6. Natural Spin Turn
7. Underturn Spin Turn
8. Progressive Chasse
9. Chasse Reverse Turn
10. Forward Lock Step
11. Backward Lock Step
12. Closed Impetus
13. Reverse Pivot
14. Progressive Chasse to Right
15. Tipple Chasse to Right
16. Change of Direction
17. Double Reverse Spin
18. Natural Turn and Back Lock
19. Zig Zag, Back Lock and Running Finish
20. Running Cross Chasse
21. Quick Open Reverse
22. Fishtail
23. Running Right Turn
24. Four Quick Run
25. V.6
26. Closed Telemark
27. Open Running Finish and to Promenade Position
28. Passing (Open) Natural Turn
29. Cross Swivel
30. Six Quick Run
31. Rumba Cross

32. Tipsy to Right and Left
33. Hover Corte

LATIN SYLLABUS

CHA CHA CHA

BRONZE 1-16

SILVER 1-24

GOLD 1-32

** Guapacha Timing is permitted in Silver and Gold level.*

1. Basic Movements (Closed, Open and In Place)
2. Chasse to Left and Right and Cha Cha Cha Forward and Backward
3. New York (to Left or Right Side Position, OCPP and OPP)
4. Spot Turns to Left or Right (including Switch Turns and Underarm Turns)
5. Shoulder to Shoulder (Left Side and Right Side).
6. Hand to Hand (to Right or Left Side)
7. Fan
8. Alemana
9. Hockey Stick
10. Time Steps
11. Three Cha Cha Chas
12. Side Steps (to Left or Right)
13. There and Back
14. Natural Top
15. Natural Opening Out Movement
16. Closed Hip Twist
17. Open Hip Twist
18. Reverse Top
19. Opening Out from Reverse Top
20. Aida
21. Spiral Turns (Spiral, Curl and Rope Spinning)
22. Cross Basic
23. Cuban Breaks (including Split)
24. Chase
25. Advanced Hip Twist
26. Hip Twist Spiral
27. Turkish Towel
28. Sweetheart
29. Follow My Leader
30. Foot Changes
31. Runaway Chasse
32. Close and Open Hip Twist Spirals

SAMBA

BRONZE 1-16

SILVER 1-23

GOLD 1-34

1. Basic Movements (Natural, Reverse, Progressive and Side)
2. Whisks (also with Follower's Underarm Turns)
3. Samba Walks (Promenade, Side and Stationary)
4. Rhythm Bounce
5. Volta Movements
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 Position

10. Criss Cross Volta
11. Solo Spot Volta
12. Foot Changes 1 and 2
13. Shadow Traveling Volta
 14. Reverse Turn
 15. Corta Jaca
 16. Closed Rocks
 17. Open Rocks
 18. Back Rocks
 19. Plait
20. Rolling Of The Arms
21. Argentine Crosses
 22. Maypole
23. Shadow Circular Volta
24. Samba Side Chasses
25. Contra Botofogos
 26. Roundabout
 27. Natural Roll
 28. Reverse Roll
29. Promenade and Counter Promenade Runs
 30. Three Step Turn
 31. Samba Locks
32. Cruzados Walks and Locks
 33. Dropped Volta
34. Continuous Cruzados Locks in Shadow

RUMBA

BRONZE 1-16
SILVER 1-21
GOLD 1-28

1. Basic Movements (Closed, Open, In Place and Alternative)
2. New York (to Left or Right Side Position, OCPP and OPP)
3. Spot Turns to Left or Right (including Switch Turns and Underarm Turns)
 4. Hand to Hand (to Right or Left Side Position)
 5. Fan
 6. Alemana
 7. Hockey Stick
8. Shoulder to Shoulder (Left Side and Right Side)
 9. Opening Out to Right and Left
 10. Cucarachas (LF and RF)
11. Progressive Walks (Forward and Backward)
 12. Side Steps (to Right or Left)
 13. Cuban Rocks
 14. Natural Top
 15. Natural Opening Out Movement
 16. Closed Hip Twist
 17. Open Hip Twist
 18. Reverse Top
 19. Opening Out from Reverse Top
 20. Aida
21. Spiral Turns (Spiral, Curl and Rope Spinning)
 22. Syncopated Cuban Rocks
 23. Sliding Doors
 24. Fencing

- 25. Three Threes
- 26. Three Alemanas
- 27. Hip Twists (Advanced, Continuous and Circular)
- 28. Alemana Checked to Open CPP

PASO DOBLE

BRONZE 1-16
SILVER 1-25
GOLD 1-32

- 1. Basic Movement – March – Sur Place
- 2. Chasses to Right & Left – including Elevations
 - 3. Drag
 - 4. Deplacement – (Attack)
- 5. Promenade Link – including Promenade Close
- 6. Ecart / Fallaway Whisk
 - 7. Appel
 - 8. Huit
 - 9. Promenade
 - 10. Separation
- 11. Fallaway Ending to Separation
 - 12. Sixteen
- 13. Promenade & Counter Promenade Position
 - 14. Grand Circle
- 15. Alternative Entries to Promenade Position
 - 16. Open Telemark
 - 17. Twist Turn
 - 18. La Passe
 - 19. Banderillas
 - 20. Fallaway Reverse
 - 21. Coup de Pique
- 22. Coup de Pique – changing from Left Foot to Right Foot - from Right Foot to Left Foot - Syncopated
- 23. Left Foot Variation
 - 24. Spanish Line
 - 25. Flamenco Taps
 - 26. Syncopated Separation
- 27. Methods of Changing Feet
- 28. Travelling Spins from Promenade Position
- 29. Travelling Spins from Counter Promenade Position
 - 30. Fregolina – including the Farol
 - 31. Twists
- 32. Chasse Cape – including Outside Turn

JIVE

BRONZE 1-16
SILVER 1-22
GOLD 1-30

- 1. Chasse to Left and Right
- 2. Basic in Place
- 3. Fallaway Rock
- 4. Fallaway Throwaway
- 5. Link (to include alternatives)
- 6. Change of Places Right to Left

7. Change of Places Left to Right
8. Change of Hands Behind Back
9. Hip Bumps (Left Shoulder Shove)
10. American Spin
11. Stop and Go
12. Walks
13. Mooch
14. Whip
15. Double Cross Whip
16. Whip Throwaway
17. Windmill
18. Reverse Whip
19. Spanish Arms
20. Rolling of the arms
21. Simple Spin
22. Miami Special
23. Chicken Walks
24. Curly Whip
25. Shoulder Spin
26. Toe Heel Swivels
27. Chugging
28. Catapult
29. Stalking Walks, Flicks and Walks
30. Double Spin (Change of Places R to L and L to R)

AMERICAN SMOOTH SYLLABUS

WALTZ

BRONZE 1-23

SILVER 1-46

GOLD 1-62

1. Left Closed Box/ Reverse Turn
2. Right Closed Box/Natural Turn
3. Progressive Change Step Forward or Back
4. Closed Finish Forward or Backward RF or LF
5. Balance Steps, Hesitations
6. Fifth Position Breaks, Open Break, Back Break
7. Fifth Position Breaks, Open Break, Back Break with Underarm Turn's to L or R
8. Followers Underarm Turn to R
9. Simple Twinkle
10. Progressive Twinkle Forward or Back
11. Turning Twinkles
12. Twinkle Combinations
13. Cross Body Lead from LF Hesitation or 1-3 L Closed Box/ Reverse Turn
14. Cross body Lead with Left Underarm Turn
15. Forward Twist to L from PP
16. Natural Spin Turn
17. Closed Impetus Turn
18. Pivot from Closed or PP
19. Progressive Chasse to R
20. Promenade Chasse
21. Grapevine or Zigzag
22. Open Break or Back Spot Turn
23. Waterfall
24. Open Left Box & Open Reverse Turn
25. Twinkles, Single, Progressive Passing
26. Forward Locks, Backward Locks
27. Syncopated Underarm Turns
28. Progressive Figures, Travelling Cross, Running Steps
29. Solo Turns R & L
30. Grapevines to R or L
31. Fallaway Reverse Slip Pivot
32. Bounce Fallaway
33. Chair and Slip Pivot
34. Wing
35. Quick Open Reverse
36. Basic Hairpin
37. Body and Picture Lines (Contra Check, Oversways, Hovers, Explosions, Same Foot Lunge, Lunges to R & L)
38. Kicks, Developes, Aerial Ronde, (waist height only)
39. Basic Runaround, Same or Opposite foot
40. Continuous Partnership Pivots
41. Swivels (Outside Fans, Inside Fans, Gem, Floor Rondes)
42. Foot Changes to Same Foot Leader or Follower
43. Right Shadow Same Foot figures
44. Right Shadow Chasses
45. Right Shadow to Left Shadow Switches/ Twinkles Progressing Without Turn
46. Right Shadow to Left Shadow Same Foot Switches/Twinkles, Turning and Progressing
47. Continuous Heel Pull /Hair Pin
48. Fallaway and Weave , Tumble Turn
49. Right Shadow Same Foot Fallaway and Weave, Tumble Turn
50. Syncopated Underarm Turns and Free Spin

51. Runs in Right Shadow
52. Same Foot Syncopated Chasse and Locks
53. Same Foot Figures (Grapevines and Passes)
54. Reverse Overspin, Natural Overspin
55. Advanced Picture Lines (Hinge, Throwaway Oversway, Left Whisk)
56. Right Side Position and Left Side Position Same Foot Picture Lines (Contra Check, Hover, Arabesque)
57. Extended Pivots
58. Solo Right and Left Figures with or without turn
59. Advanced Runaround (Opposite or Same Foot)
60. Standing Spins
61. Turning Lock to R
62. Fallaway Whisk

TANGO

BRONZE 1-20

SILVER 1-38

GOLD 1-51

1. Tango Walks
2. Tango Close
3. Forward Basic in Line
4. Forward Basic in Outside Partner
5. Linking action to PP
6. Progressive Side Step
7. Running Step / Argentine Walks
8. Corte
9. Rocks 9 LRL or RLR with or without turn
10. Open or Closed Reverse Turn with Closed Finish
11. Promenade turning |R or L
12. Open Fan with Brush Tap , Swivel and Basic Finish
13. R side Fan /Outside Swivel
14. Followers UAT to L from Open Fan Position
15. Followers UAT to R from Open Fan Position
16. Change of Place from Open Fan
17. Twist Turn to R from PP
18. Twist Turn to L from PP
19. Single Pivot from PP or Closed Position
20. Shadow Rocks with Foot Change to and from Same Foot Position
21. Open Left Turn
22. Open Right Turn
23. Syncopated loss & Chasses (Max 1/4 Turn)
24. Progressive Figures to include Running Steps, Travelling Cross ,Back to Back
25. Syncopated Underarm Turn
26. Grapevine to R & L
27. Fallaway Reverse Slip Pivot
28. Chair and Slip Pivot
29. Body & Picture Lines :Contra Check, Oversway, Explosions, Lunges to R & L, Spanish Drag, Same Foot lunge
30. Swivels : Oustside Fans, Inside Fans, Zig-Zags, Gem, Floor Rondes
31. Kicks, Rondes, Developes, Aerial Ronde (No higher than waist height)
32. Gauchos & Hooks, Leg Crawls Steps Points
33. Continuous Partnership Pivots
34. Viennese Crosses
35. Change to Same Foot (Leader or Follower)
36. Right Shadow Same Foot Figures: Open Turns to R or L, Grapevines, Progressive Figures
37. Right Shadow Same Foot Chasses and Locks (Max 1/4 turn)

38. From International Style, Four Step, Five Step, Fallaway Four Step , Four Step Change, Reverse Outside Swivel, Chasse & Whisk
39. R Shadow to Left Shadow Switches Same Foot turning
40. Syncopated Chasses, Runs and Locks
41. Underarm Turns, Free Spins/Turns
42. Same Foot Syncopated Chasses, Runs and Locks
43. Quick Open Reverse
44. R Shadow Same Foot Figures : Viennese Crosses, Chase, Quick Open Reverse, Open Turns L & R
45. Same Foot Figures : Grapevine , Passes
46. Right side Position & Left Side Position Same Foot Picture Lines , Contra Check, Hover, Oblique
47. Advanced Picture Lines: Hinge, Throwaway Oversway,
48. Extended Pivots
49. Hammerlock Envelopes
50. No Hold Right and Left figures with or without turn
51. From International Style, Chase

FOXTROT

BRONZE 1-19

SILVER 1-42

GOLD 1-55

1. Forward Basic, Back Basic No Turn or 1/4 to R or L
2. Left Closed Box/ Reverse Turn
3. Right Closed Box / Natural Turn
4. Left Rock Turn
5. Right Rock Turn
6. Underarm Turn to Right
7. Sway Step/ Side Balance with or without underarm Turns
8. Promenade Basic with or without underarm Turns
9. Simple Twinkle
10. Closed Finish Forward or Backward RF or LF
11. Progressive Twinkles Forward or Backward
12. Turning Twinkles
13. Combination Twinkles: in and Out Change Steps, Butterfly, Flip Flop, Hand to Hand / Back to Back
14. Cross Body Lead from Left Rock Turn
15. Cross Body Lead from Left Closed Box to underarm Turn & Open Break
16. Promenade Chasse
17. Single Pivot from PP or Closed Position
18. Forward Twist to L from Promenade
19. Simple Grapevine or Zig Zag
20. Open Left Box Turn & Open Right Box Turn
21. Open Right Turn from PP& Backward, Reverse Wave
22. Twinkles: Single, Progressive, Passing
23. Travelling Cross, Progressive Patterns
24. Syncopated Underarm Turns R & L
25. Solo Turns R & L
26. Forward and Backward Locks
27. Grapevines to R & L
28. Chair and Slip Pivot
29. Wing
30. Fallaway Reverse Turn Slip Pivot
31. Bounce Fallaway
32. Weaves, Natural & Reverse
33. Body and Picture Lines: Oversway, Contra Check, Lunges to R & L, Explosion, Hover, Same Foot Lunge
34. Kick, Developes, Aerial Ronde's, (Waist level only)

- 35. Swivels, Outside fans, Inside Fans, Gems, Zig-Zags, Step Points, Floor Ronde's
- 36. Basic Run-around - Same Foot or Opposite Feet
- 37. Continuous Partnership Pivots
- 38. Basic Hairpin i.e 4-6 Open Left Box Checked
- 39. Foot Change to Same Foot Leader or Follower
- 40. Right Shadow Same Foot Figures: Open L & R Box Turns, Twinkles, Running Steps, Grapevines
- 41. Right Shadow Chasses and Locks on the Same Foot (up to 14 turn)
- 42. Same Foot Grapevine in L Side Position
- 43. R Shadow to L Shadow Switches/ Twinkles Same Foot Progressing and turning
- 44. Heel Pull and Hairpin / Continuous Heel Pull Hairpins
- 45. Fallaway & Weave, Tumble Turn, Quick Open Reverse
- 46. R Shadow Same Foot Lunges ; Fallaway & Weave, Quick Open Reverse, Heel Pull Hairpin
- 47. Syncopated Underarm Turns and Free Turns
- 48. Same Foot Syncopated Chasses, Runs and Locks
- 49. Runs
- 50. Same Foot Figures e.g Grapevines, Passes
- 51. Advanced Picture Lines : Contra Check , Hover , Oblique Lines
- 52. Extended Pivots
- 53. Solo R and L Figures with or without turn
- 54. Advanced Runaround, Same Foot or Opposite Feet
- 55. Standing Spins

VIENNESE WALTZ

BRONZE 1-16

SILVER 1-31

GOLD 1-43

- 1. Reverse Turn
- 2. Natural Turn
- 3. Progressive Change Steps Forward
- 4. Progressive Change Steps Back
- 5. Balance Steps/ Hesitations
- 6. Fifth Positions Breaks, Open Breaks, Back Breaks
- 7. Left or Right Underarm Turns from Hesitations, Fifth Position or Open Break
- 8. Simple Twinkle and Closed Finish
- 9. Progressive Twinkles Forward or Backward
- 10. Turning Twinkles
- 11. Combination Twinkles e.g In and Out Change Steps, Butterfly Flip Flop, Hand to Hand, Back to Back
- 12. Cross Body Lead and L Underarm Turn w Open Break or Hesitation ending (Twirl)
- 13. Cross Body Lead and L Underarm Turn ending in L Side Position
- 14. Change of Place
- 15. Canter pivot L or R
- 16. Back Spot Turn from Open Break w/wo Underarm Turn
- 17. Open L and Open R Turns
- 18. Open L and Open R Turns with Underarm Turn
- 19. Progressive Fifth Positions
- 20. Twinkles : Single Open Twinkle, Progressive Twinkles Passing Twinkles
- 21. Progressive Patterns : Running Steps, Travelling Cross, Butterfly
- 22. Spot Turn Combinations Reverse & Natural
- 23. Canter Spins, Change of Places
- 24. Canter Lilt
- 25. Chair & Slip Pivot
- 26. Continuous Partnership Canter Pivots
- 27. Body & Picture Line: Contra Check, Explosions, Hovers, Oversway, Lunges to R & L, Same Foot Lunge
- 28. Kicks, Developes, Aerial Ronde's (waist level only)

- 29. Basic Runaround, Same Foot or Opposite Feet
- 30. Swivels, Outside Fans, Inside Fans, Zig- Zags, Gem, Ronde's
- 31. Foot Change to Same Foot Leader or Open L & R Turns, Running Steps, Canters, Lilts
- 32. R Shadow to L Shadow Switches/ Twinkles
- 33. Heel Pull and Continuous Heel Pull Canter Hairpins
- 34. Extended Canter Pivots
- 35. Canter Same Foot Pivots
- 36. R Side & L Side Position Same Foot Grapevines and Passes
- 37. R Side Position & L Side Position Same Foot Picture Lines e.g Contra Check Hover, Arabesque, Oblique
- 38. Advanced Picture Lines: Hinge, Throwaway Overway, Silver Picture Lines
- 39. Barrel Turns
- 40. Solo R & L Figures w/wo Turn
- 41. Advanced Runaround
- 42. Standing Spins
- 43. Same Foot Ronde and Grapevine

AMERICAN RHYTHM SYLLABUS

CHA CHA

BRONZE 1-12

SILVER 1-32

GOLD 1-51

1. Basic Movements : Closed, Open, In Place
2. Breaks : Crossover Breaks, Fifth Position Breaks, Open Breaks, Outside Breaks
3. Turns to L & R : Switch or Spot Turn to L or R, Underarm Turn to L or R, Syncopated Underarm Turn to L, Chase Turns
4. 3 Cha Cha Cha's : Forward, Backward, Forward in LSP, Forward in RSP
5. Crossbody Leads
6. Back Spit Turn/ Natural Top
7. Sweethearts
8. Cuddle
9. Crossover Breaks and Swivels
10. Side Pass : L Side Pass, R Side Pass
11. Chasses ; Forward & Backward Locks, Forward & Backward Runs, Side Chasse, Compact Chasse
12. Peek- A- Boo / Stop & Go
13. Open Box
14. Paseo, Aida
15. Grapevine/ Travelling Cross : Forward & Backward, Fallaway
16. Half Moon w/wo Follower Underarm Turn
17. Follower Swivels : Toe Heel Swivels, w/wo Lock Steps
18. Crossover Breaks : Single Counts or Guapacha Timing
19. Cuban Breaks
20. Fifth Position Breaks : Single Counts, Guapacha Timing, Syncopated Timing
21. Spiral Actions : Rope Spin/ Solo Spin Exit
22. Twinkles
23. Forward Spot Turn w/wo Underarm Turn
24. Push Away Action
25. Foot Flicks/ Low Ronde/ Knee Lifts
26. Leader Foot Change
27. Hip Twist : Closed, Open or Advanced
28. Scallop Ending
29. Turkish Towel
30. Three Step Turn
31. Chasses : Twist Chasse, Ronde Chasse, Slip Chasse
32. Shadow/ Side By Side/ Apart Elements : Basic, Open Box, Cuban Breaks, Grapevine, Twinkles, 3 CCC's, Freeze/ Holds/ Body Rhythms
33. 3 CCC's turning to Tandem Position on 2nd Lock
34. Continuous Locks
35. Turnaway to Tandem Position
36. Turnaway / Swivel from Tandem to Open Position
37. Telemark Separation
38. Sailor Shuffles
39. Syncopated Grapevine
40. Syncopated Forward or Backward Spot Turn
41. Syncopated Points
42. Hustle Wheel w/wo Underarm Turn
43. Lunge Swivel
44. Continuous Turns (max 2 turns)
45. Surprise Break
46. Rolling In and Out w/wo change of facing
47. Crossover or Cuban Break with Arm Check
48. Followers Spins : Single Foot Spin Underarm, Single Foot Spin from Connection Release

- 49. Allowable Picture/Body Lines : Oversway and Throwaway
- 50. Allowable Supported Lines : R Side Lean with Passe, R Side Lean with Leg Hook, Knee Lift or Leg Extension / Oblique Lines, Bolero Roll/ Dip no lower than waist level, Extended Same Foot Lunge on R or L Side
- 51. Freeze / Hold Positions / Body Actions : All Positions

RUMBA

BRONZE 1-13

SILVER 1-32

GOLD 1-50

1. Box
2. Breaks: Crossover Breaks, Fifth Position Breaks, Open Breaks, Outside/ Offset Breaks, Side Breaks & L
3. Opening outs to R & L
4. Turns to L & R : Switch or Spot Turn to L or R, Underarm Turn to L or R, Three Step Underarm to L
5. Rocks: Forward, Backward , Side
6. Cuban Walks: Forward, Backward, Forward in RSP, Forward in LSP, Forward in PP
7. Crossbody Leads
8. Crossbody Lead to Cuban Walks
9. Back Spot/ Natural Top
10. Sweethearts
11. Cuddle
12. Peek- A- Boo/ Stop & Go
13. Side Passes: R Side Pass, L Side Pass
14. Snap and Quick Underarm Turn
15. Double Underarm Turn to L for Follower
16. Grapevine / Travelling Cross: Forward or Backward
17. Grapevine/ Travelling Cross : Fallaway
18. Fencing
19. Forward Spot Turn w/wo Underarm Turn
20. Paseo/ Aida
21. Walk in All Directions (Same Foot or Opposite Foot) Syncopated Walks in PP
22. Spiral Actions/ Rope Spin /Curls, Spiral & Three step / Pivot Turn Exit
23. Swivels (Hip Twist or Sugar Foot)
24. Leader's Foot Change
25. Foot Flick/ Low Rondes
26. Sliding Doors w/wo Spiral
27. Hip Twists: Closed, Open or Advanced
28. Scallop Ending
29. Turkish Towel
30. Shadow/ Side By Side Elements: Box/ Open Box, Walks (same foot or opposite foot) Rocks (all directions) Breaks (all directions) Grapevine, Solo Spot Turns
31. Freeze/ Holds/ Body Rhythms
32. Syncopated Rocks
33. Sliding Door w/o hold
34. Turnaway to Tandem Position
35. Turnaway/Swivel from Tandem to Open Position
36. Back Break Turnaway /Swivel
37. Rocks in Tandem Position
38. Walks in Tandem Position
39. Telemark Separation
40. Ronde/ Develop no higher than waist level
41. Pivots
42. Hustle Wheel w/wo turn
43. Level Changes on Rocks
44. Lunge Swivel

- 45. Continuous Turns (max 2 turns)
- 46. Follower's Spins: Single Foot Spun Underarm, Single Foot Spun from Connection Release
- 47. Rolling In and Out w/wo change of facing
- 48. Allowable Picture/ Body Lines: Owersway and Throwaway
- 49. Allowable Supported Lines: R Side Lean with Passe, R Side Lean with Leg Hook, Knee Lift or Leg Extension /Oblique Lines, Bolero Roll/ Dip no lower then waist level, Extended Same Foot Lunge on R or L Side
- 50. Freeze/ Holds/ Body Rhythms : All Positions

SWING

BRONZE 1-15
SILVER 1-32
GOLD 1-46

- 1. Basic w/wo Turn to R or L
- 2. Fallaway Throwaway
- 3. Underarm Turns: Underarm Turn to R for Leader or Follower , Underarm Turn to L for Leader or Follower
- 4. Back Pass/ Hand Change Behind the Back for Leader
- 5. American Spin/ Tuck Turn
- 6. Continuous Tucks/ Shoulder Taps
- 7. Peek-A -Boo/ Stop & Go
- 8. Cuddle
- 9. Hammerlock
- 10. Fifth Position Breaks
- 11. Whips: Lindy Whip, Whip Throwaway, Lindy Whip with Underarm Turn L , R or Follower Hand Change
- 12. Walks: Back Walks & Points / Low Kick, Promenade Walks/ Chasses
- 13. Chicken Walks/ Sugar Foot Swivels
- 14. Hitch Kick/ Kick Ball Change
- 15. Passing Basic without turns
- 16. Double Underarm Turn to L or R for Follower
- 17. Swivels Actions: Toe Heel Swivels, Fallaway Swivels, Boogie Swivels, Sugar Foot Swivels in Shadow Position, Hope Twist Swivels
- 18. Sailor Shuffles
- 19. Lindy Wrap / Rolling off the Arm w/wo Underarm Turn
- 20. Pushaway Actions
- 21. Continuous & Progressive Chasses
- 22. Solo Spins: Simple Spin for Leader or Follower, Three Step Turn Follower Only, Solo Spin Follower Only
- 23. Miami Special
- 24. Pivots with Chasse or without Chasse
- 25. Passing Basics with Turn for Leader or Follower
- 26. Catapult
- 27. Continuous Tuck with Followers Underarm Turn
- 28. Points & Flicks
- 29. Leader's Foot Change
- 30. Shadow Side By Side Elements: Basic, Chasses (all directions) Swivel Actions, Sailor Shuffles, Hitch Kicks
- 31. Freezes/ Holds/ Body Rhythms
- 32. Hesitation Ball Change
- 33. Progressive Chasses Turning to Tandem Position for 2nd Chasse
- 34. Sugar Push
- 35. West Coast Swing Whip
- 36. Continuous Simple Spin
- 37. Skipping/ Hopping Styling
- 38. Kick Patterns
- 39. Lunge Swivel
- 40. Continuous Turns (max 2 turns)
- 41. Tunnel

- 42. Telemark Separation
- 43. Follower's Spins: Single Foot Spin Underarm, Single Foot Spin from Connection Release
- 44. Allowable Picture/ Body Lines: Owersway and Throwaway
- 45. Allowable Supported Lines: R Side Lean with Passe, R Side Lean with Leg Hook, Knee Lift or Leg Extension/Oblique Lines, Bolero Roll/ Dip no lower than waist level, Extended Same Foot Lunge on R or L Side
- 46. Freeze/ Hold/ Body Actions: All Positions

BOLERO

BRONZE 1-10

SILVER 1-33

GOLD 1-48

- 1. Basic
- 2. Breaks: Crossover Breaks, Fifth Position Breaks, Open Breaks, Outside Breaks/Offset Breaks
- 3. Turns to L & R: Switch or Solo Turn to L & R, Underarm Turn to L & R, Three Step Underarm Turn L
- 4. Rocks: Forward, Backward, Side
- 5. Crossbody Leads
- 6. Cuban Walks: Forward or Backward, Forward in RSP, Forward in LSP, Forward in PP
- 7. Side Passes: L Side Pass, R Side Pass
- 8. Crossbody Lead to Cuban Walks
- 9. Back Spot Turn/ Natural Top
- 10. Sweethearts
- 11. Passing Basics
- 12. Double Underarm Turn to L or R for Follower
- 13. Grapevine/Travelling Cross: Forward & Backward, Fallaway, Syncopated
- 14. Fencing
- 15. Forward & Back Spot Turn w/wo Underarm Turn
- 16. Paseo/Aida
- 17. Walks in All Directions (same foot or opposite foot) Forward or Syncopated Walks in PP
- 18. Alternate Basic
- 19. Swivels: Hip Twist Swivel or Sugar Foot
- 20. Spiral Actions/ RopeSpin/Curls/ Spiral & Three Step/Pivot Turn Exit
- 21. Solo Spin : Three Step Turn Leader or Follower
- 22. Leaders Foot Change (in or out of Shadow Position)
- 23. Low Rondes/ Develope/ Knee Crawl (waist height)
- 24. Sliding Doors w/wo Spiral
- 25. Three Alemanas 9 (max 4 bars)
- 26. Pivots (max 2 pivots)
- 27. Hip Twists: Closed, Open, Advanced
- 28. Leaders Foot Change (End in Closed, Side by Side or Apart)
- 29. Turning Basic in Shadow Position
- 30. Shadow/Side by Side/ Apart Elements: Basic, Cuban Rocks, Swivels, Walks in all directions, Breaks in all direction, Solo Spot Turns
- 31. Allowable Picture Lines: Contra Check, Same Foot Lunge, R/L Lunge, Explosion
- 32. Freezes/Holds/Body Rhythms (max 4 beats)
- 33. Syncopated Rocks
- 34. Drag Hesitation/Change of Direction
- 35. Fallaway Slip Pivot
- 36. Bounce Fallaway
- 37. Telemark Separation
- 38. Turnaway to Tandem Position
- 39. Turnaway/Swivel from Tandem to Open Position
- 40. Walks in Tandem Position
- 41. Follower Spins: Single Foot Spin (1 rotation) Single Foot Spin from Connection Release
- 42. Three Alemanas (max 6 bars)

- 43. Pivots
- 44. Ronde/Develope (higher than waist level)
- 45. Lunge Swivel
- 46. Allowable Picture Lines: Oversway Throwaway, X-Line, Left Whisk
- 47. Allowable Supported Lines: R Side Lean with Passe, R Side Lean with Leg Hook, Knee Lift or Leg Extension/Oblique Lines, Bolero/ Dip no lower than waist level
- 48. Freeze/ Hold/ Body Action (max 2 bars)

MAMBO

BRONZE 1-13
SILVER 1-36
GOLD 1-47

- 1. Basic Movements: Closed, Open
- 2. Breaks: Crossover Breaks, Fifth Position Breaks, Open Breaks, Outside Breaks/ Offset Breaks, Side Breaks
- 3. Turns to L or R: Switch or Solo Turn to L or R, Underarm Turn to L or R, Three Step Underarm Turn to L, Chase Turns
- 4. Walks: Progressive Walks Forward or Backward, Forward in LSP or RSP, Promenade Walks
- 5. Crossbody Lead
- 6. Back Spot Turn/ Natural Top
- 7. Sweethearts
- 8. Cuddle
- 9. Hammerlock
- 10. Peek-A-Boo/ Stop & Go
- 11. Crossbreaks & Swivels
- 12. Chasses: Forward & Backward Locks, Side Chasse, Forward & Backward Runs
- 13. Side Passes: L Side Pass, R Side Pass
- 14. Open Box
- 15. Riff Turn
- 16. Double Underarm Turn L or R for Follower
- 17. Grapevine/ Travelling Cross: Forward, Backward, Fallaway, untwist ending to Grapevine or 5th Position
- 18. Forward Spot Turn w/wo Underarm Turn
- 19. Twinkles
- 20. Paseo, Aida
- 21. Half Moon w/wo Follower Underarm Turn
- 22. Walks in All Directions (same foot or opposite foot) Forward Walks in PP
- 23. Swivels: Hip Twist or Sugar Foot
- 24. Toe Heel Swivels
- 25. Spiral Actions/ RopeSpin/ Curls, Spiral & Three Step/ Pivot Turn Exit
- 26. Solo Spins: Three Step Turn Leader or Follower
- 27. Foot Flicks/ Knee Lifts/ Low Rondes (max 2 beats)
- 28. Sliding Doors w/wo Serial
- 29. Surprise Break
- 30. Hip Twists: Closed, Open or Advanced
- 31. Scallop Ending
- 32. Turkish Towel
- 33. Leaders Foot Change (Into or Out of Shadow Position)
- 34. Shadow/ Side by Side Elements: Basic, Open Box, Swivels, Breaks in all directions, Solo Spot Turns, Freezes/Holds
- 35. Freezes/Holds/Body Rhythms(max 4 beats)
- 36. Fifth Position Breaks
- 37. Allowable Figures Bronze and Silver using Gold timing : Basic Timing, Double Timing, Triple Timing Half Timing
- 38. Telemark Separation
- 39. Opening Outs/ Flip Flops/ Promenade Runs
- 40. Rolling In and Out w/wo change of facing

- 41. Double Head Loop with Duck Curl exit
- 42. Lunge Swivel (max 1 bar)
- 43. Suzie Q's
- 44. Points & Taps (max 2 bar)
- 45. Allowable Picture/ Body Lines: Oversway, Throwaway
- 46. Allowable Supported Lines: R Side Lean Passe, R Side Lean with Leg Hook, Knee Lift or Leg Extension/
Oblique Lines, Bolero Roll/ Dip no lower than waist level, Extended Same Foot Lunge on R or L Side
- 47. Freeze/Holds/ Body Actions (max 2 bars)

JUVENILES DRESS RULES

BOYS

Trousers

- Black or Dark Blue Only (Velvet/Velour is not permitted).
- High Waist optional.
- Underfoot Strap optional.
- Satin or Velvet side stripes are allowed.

Belts

- Plain black belt either of leather or similar material with small buckle.

Shirts

- Plain white long sleeve collared shirt only. Wing collar shirts are not allowed.
- No pleats, frills or ribbing.
- Sleeves to be worn at wrist length.
- Black or dark blue vests are allowed. Sweaters and jackets are not allowed.
- Tie must be worn. Black colour only, may be either straight or bow style with no adornments.

Materials

- Fabrics must be plain, for example - cotton, polyester, cotton/polyester blend, wool blend. No satin or shiny fabrics.
- No rhinestones, glitter, metallic thread, patterns or sequins allowed.
- Decorations and adornments are not allowed.

Shoes

Heel height not to exceed 1.5 inches (must be black leather nubuck or patent materials).

Socks

Black or dark blue colour only.

Jewellery

No jewellery is allowed. Items that hold religious or personal significance can be discreetly worn if approved by the invigilator.

Sponsorship Logo's

A maximum of 3 logo's will be permitted per couple or per solo dancer. It must not exceed 40cm.

Schools Championships

Male competitors entering the Schools Championships are not permitted to wear Tail Suits or Tail Jackets at any age or grade.

GIRLS

A top with a simple skirt or simple dress with an attached under garment. Leotard top with a simple skirt.

Skirts

- A plain or pleated circular skirt.
- The length of the skirt must not be shorter than 3 inches above the knee cap and no longer than 3 inches below the knee cap.
- A maximum of 2 underskirts are allowed but must be no fuller or longer than the top layer.
- The underskirt must be the same or of a similar colour to the top skirt.
- At least one of the layers of the skirt must be a solid colour.
- No godets or extra panels may be inserted into the skirt.
- No uneven hem lines. Horsehair/Crinoline may be used as part of the construction but not as a trim.
- Ribbon on the skirt is acceptable, but no other trim is allowed.
- Frills, splits, openings, lace, flowers or sequins will not be allowed.

Necklines

- Boat, high neck, v-neck, sweetheart, 'peter pan' collar, and regular collar are allowed. Simple edging or trim is allowed on the neckline.
- No backless bodices permitted.

Materials

- ALL fabrics used must be of the same colour throughout.
- Any use of mesh, lace or 'see through' fabric must be lined in a solid material of the same colour from the waist to the top of the bustline, as well as a corresponding height in the back. When mesh, lace, or any 'see through' fabric is used on the arms no lining is needed.
- No flesh colour fabric.
- No rhinestones, pearls, sequins, beads, feathers, metallic thread or similar adornments allowed.
- No use of fringes, belts and frills.

Accessories

- Armbands, headbands, neckbands, decorative bracelets and gloves are not allowed.
- Only jewellery that hold religious or personal significance can be discreetly worn if approved by the invigilator.
- One small earring in each ear, no longer than 2cm will be permitted.

Hair Decoration

- A single flower or bow not exceeding 10cm may be worn in the hair.
- Tiaras, headbands or rhinestone decoration are NOT permitted.
- No other decoration is permitted in the hair including glitter spray and rhinestone.

Shoes

- White shoes are preferable.
- Heel height not to exceed 1.5 inches of block heel style. Slim or Spanish heels are not permitted.
- If the shoe is manufactured with rhinestones on the buckle then they are allowed.
- If the shoe is manufactured in a glitter fabric this will be allowed.

Socks

White ankle socks must be worn. Lace will be permitted. No Fishnet Tights.

Make-up

Any application of Juvenile makeup should be kept age appropriate. The use of coloured hair or body glitter sprays is not allowed.

Sponsorship Logo's

A maximum of 3 logo's will be permitted per couple or per solo dancer. It must not exceed 40cm.