

SCHEDULE H

competition syllabus

All age categories.

1. For International Competition:

Newcomers use Beginners syllabus, Pre-Bronze use Pre-Bronze, Bronze use syllabus up to and including Bronze, Silver use syllabus up to and including Silver, Gold use syllabus up to and including Gold.

2. See attached syllabus: Standard — reference CDF September 2007. Latin – reference CDF September 2007.

NOTE: DSAB does not recognize a Gold Star competition level. See SCHEDULE A, Rule 4.

Schedule H, Syllabus Step Lists continued on the following two pages.

SCHEDULE H

international standard syllabus

WALTZ

BEGINNERS

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
6. Chassé from Promenade

PRE-BRONZE

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

BRONZE

10. Revers Corte
11. Back Whisk
12. Basic Weave
13. Double Reverse Spin
14. Reverse Pivot
15. Back Lock
16. Progressive Chassé to Right

SILVER

17. Weave from PP
18. Closed Telemark
19. Open Telemark & Cross Hesitation
20. Open Telemark & Wing
21. Drag Hesitation
22. Open Impetus & Cross Hesitation
23. Open Impetus & Wing
24. Outside Spin
25. Turning Lock

GOLD

26. Left Whisk
27. Contra Check
28. Closed Wing
29. Turning Lock to Right
30. Fallaway Reverse & Slip Pivot
31. Fallaway Whisk
32. Hover Corte

TANGO

BEGINNERS

1. Walk
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade
5. Rock Turn

PRE-BRONZE

6. Open Reverse Turn, Lady Outside
7. Back Corte
8. Open Reverse Turn, Lady in Line
9. Progressive Side Step Reverse Turn

BRONZE

10. Open Promenade
11. Left Foot and Right Foot 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 & Slip Pivot
26. Five Step
27. Contra Check

VIENNESE WALTZ

BRONZE

1. Change Steps Forward, Natural & Reverse
2. Natural Turn
3. Reverse Turn

SILVER

4. Change Steps Backward, Natural & Reverse

FOXTROT

PRE-BRONZE

1. Feather Step
2. Three Step
3. Natural Turn
4. Reverse Turn (incl. Feather Finish)
5. Closed Impetus and Feather Finish

BRONZE

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 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

GOLD

5. Reverse Fleckerl
6. Natural Fleckerl
7. Contra Check

QUICKSTEP

BEGINNERS

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

PRE-BRONZE

6. Natural Turn
7. Natural Pivot Turn
8. Natural Turn with Hesitation
9. Chassé Reverse Turn
10. Closed Impetus
11. Back Lock
12. Reverse Pivot
13. Progressive Chassé to Right

BRONZE

14. Tipple Chassé to Right
15. Running Finish
16. Zig-Zag Back Lock & Running Finish
17. Cross Chassé
18. Change of Direction
19. Natural Turn and Back Lock
20. Double Reverse Spin

SILVER

21. Quick Open Reverse
22. Fishtail
23. Running Right Turn
24. Four Quick Run
25. V6
26. Closed Telemark

GOLD

27. Cross Swivel
28. Six Quick Run
29. Rumba Cross
30. Topsy to Right & Left
31. Hover Corte

GENERAL INFO

DSAB SANCTIONED COMPETITIONS

Newcomers: use Beginner, Pre-Bronze: up to and including Pre-Bronze, Bronze: up to and including Bronze, Silver: up to and including Silver, Gold: up to and including Gold

REFERENCE

The Ballroom Technique, ISTD
The Viennese Waltz, Harry Smith Hampshire

SCHEDULE H

international latin syllabus

CHA CHA

BEGINNERS

1. Basic Movements, Closed, Open and in Place.
2. New York (Left and Right side)
3. Spot Turns to Left or Right (incl. Switch and Underarm Turns)
4. Shoulder to Shoulder Left side & Right side
5. Hand to Hand (Right and Left side position)

PRE-BRONZE

6. Three Cha Cha Chas Fwd and Back.
7. Side Steps (to Left and Right)
8. There and Back
9. Time Steps

BRONZE

10. Fan
11. Alemana
12. Hockey Stick
13. Natural Top
14. Natural Opening Out Movement
15. Closed Hip Twist

SILVER

16. Fan (Development)
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 (incl. Split Cuban Breaks)
24. Chase

GOLD

25. Alemana R to R Hand hold
26. Adv. Hip Twist (Development)
27. Advanced Hip Twist
28. Hip Twist Spiral
29. Turkish Towel
28. Sweetheart
29. Follow My Leader
30. Foot Changes

JIVE

BEGINNERS

1. Basic in Place
2. Fallaway Rock
3. Fallaway Throwaway
4. Link
5. Change of Places Right to Left
6. Change of Places Left to Right

PRE-BRONZE

7. Change of Hands Behind Back
8. Hip Bump (Left Shoulder Shove)
9. Change of Places Right to Left with Change of Hands

RUMBA

BEGINNERS

1. Basic Movements (Closed, Open, In Place, Alternative)
2. Cucarachas Left Foot and Right Foot
3. New York to Left and Right side
4. Spot Turns to Left or Right (incl. Switch and Underarm Turns)
5. Shoulder to Shoulder
6. Hand to Hand to Right and Left side

PRE-BRONZE

7. Progressive Walks forward or back
8. Side Steps (to Left or Right)
9. Cuban Rocks

BRONZE

10. Fan
11. Alemana
12. Hockey Stick
13. Natural Top
14. Opening Out to Right and Left
15. Natural Opening Out Movement
16. Closed Hip Twist

SILVER

17. Fan (Development)
18. Open Hip Twist
19. Reverse Top
20. Opening Out from Reverse Top
21. Aida
22. Spiral Turns (Spiral, Curl and Rope Spinning)

GOLD

23. Progressive walks fwd in Right shadow Position (Kiki Walks)
24. Alemana R to R Hand hold Advanced Hip Twist (Development)
25. Sliding Doors
26. Fencing
27. Three Threes
28. Three Alemanas
29. Hip Twists Adv.Continuous- Circular

JIVE CONTINUED

10. Change of Places Left to Right with Change of Hands

BRONZE

11. American Spin
12. Walks
13. Stop and Go
14. Mooch
15. Whip
16. Whip Throwaway

SILVER

17. Flick (or Point) Ball Change-Hesitation
18. Reverse Whip
19. Windmill
20. Spanish Arms
21. Rolling Off the Arm

SAMBA

BEGINNERS

1. Basic Movements: Natural and Reverse, Side and Progressive
2. Whisks (also with Lady's Underarm Turn)
3. Samba Walks in Promenade Position
4. Rhythm Bounce
5. Travelling Voltas to Right and Left (facing no turn)

PRE-BRONZE

6. Travelling Bota Fogos Forward
7. Criss Cross Bota Fogos (Shadow Bota Fogos)
8. Samba Walks (Side and Stationary)

BRONZE

9. Travelling Bota Fogos Back
10. Bota Fogos to PP and CPP
11. Criss Cross Voltas
12. Solo Spot Volta
13. Foot Changes 1 & 2
14. Shadow Travelling Volta
15. Reverse Turn
16. Corta Jaca
17. Closed Rocks

SILVER

18. Foot Changes 1-2-3-4-8
19. Open Rocks
20. Back Rocks
21. Plait
22. Rolling Off the Arm
23. Argentine Crosses
24. Maypole
25. Shadow Circular Volta

GOLD

26. Foot Changes 1 to 8
27. Contra Bota Fogos
28. Roundabout
29. Natural Roll
30. Reverse Roll
31. Promenade and Counter Promenade Runs
32. Three Step Turn
33. Samba Locks
34. Cruzados Walks and Locks

JIVE CONTINUED

22. Simple Spin
23. Miami Special

GOLD

24. Curly Whip
25. Shoulder Spin
26. Toe Heel Swivels
27. Chugging
28. Chicken Walks
29. Catapult
30. Stalking Walks, Flicks and Break

PASO DOBLE

BEGINNERS

1. Sur Place
2. Basic Movement
3. Chassés to Right or Left (including elevations)
4. Drag
5. Déplacement (also Attack)
6. Promenade Link (also Promenade close)

PRE-BRONZE

7. Promenade
8. Ecart (Fallaway Whisk)
9. Separation
10. Separation with Lady's Caping Walks

BRONZE

11. Fallaway Ending to Separation
12. Huit
13. Sixteen
14. Promenade and Counter Promenade
15. Grand Circle
16. Open Telemark

SILVER

17. La Passe
18. Banderillas
19. Twist Turn
20. Fallaway Reverse Turn
21. Coup de Pique
22. Left Foot Variation
23. Spanish Lines
24. Flamenco Taps

GOLD

25. Syncopated Separation
26. Travelling Spins from PP
27. Travelling Spins from CPP (No Syncopation)
28. Fregolina (also Farol)
29. Twists
30. Chassé Cape (incl. outside turn)

GENERAL INFO

ARMS

No restriction. The use of arms should be rhythmical and suit the figure and the dance.

PLEASE NOTE

In syllabus competitions IDTA styling or foot positions may be used. Examinations remain as per ISTD.

REFERENCE

ISTD Manuals
ISTD Popular Variations