

RESTRICTED SYLLABUS

PROAM & TEACHER STUDENT

AMERICAN SMOOTH

WALTZ

Left Closed Box/Reverse Turn Right
Closed Box/Natural Turn.
Forward Progressive/Change Step, right foot or left foot.
Underarm Turn to the Right two measures/6 beats.
Balance Steps, Hesitations, Fifth position Breaks.
Closed Twinkles; may be danced in any direction except Fallaway.
Cross Body Lead from LF Fwd hesitation or from 1 3 of Left Closed/Box Reverse Turn.
Natural Spin Turn (as International Style).
Forward Twist to Left from P.P.
Syncopated Chasse.
Simple Grapevine or Zigzag -no Syncopation.
Open Left Box Turn & Open Right Box Turn.
Open Twinkles - Single, Progressive passing, Flip-Flops.
Gravevine
Running Steps
Travelling Crosses
Syncopated Crosses
Syncopated Underarm Turn - One syncopation per measure.
Fallaway Actions.
Weaves
Chair and Slip Pivot
Wing, Hairpins
Body and Picture Lines
Kicks Rondes, Developes
Standing Spins. -up to two turns
Con Pivots
Swivels
Fans, Zig Zag
Must commence in closed or open facing hold.
Must comprise 25% of closed hold routine.
No lifts are allowed

TANGO

Tango Walks, All slows
Forward basic, Closed or Open facing
Promenade turn - SSQQS timing
Corte
Open Fan
Open Fan to same foot rocks,
Open fan to shadow rocks in Promenade
Right side Fan? outside swivel
Rocks closed or PP
Single Pivot from PP
Linking action
Left reverse turn- open or closed
Under arm turn left to right
Under are turn left or right from open fan 15.
Twist turn from PP
Running step
Progressive side step
Argentine Walk
Open Right Turn
Syncopated Locks and Chasses
Syncopated Under arm turn
Fallaway actions
Chair and slip pivot
Fallaway actions
Swivels
Kicks, Rondes, Developes
Ganchos/Hooks, Leg crawls
Standing Spins
Back to back travelling cross
Viennese crosses
Must commence in closed or open facing hold
Must comprise 25% of closed hold routine
No lifts are allowed

FOXTROT

Forward Basic, Closed or O.P
Back Basic
Promenade
Rock Turn
Underarm turn to right
Left Closed Box/ Reverse turn
Cross body lead – SQQ
Closed Twinkle
Single Prom Pivot
Syncopated Chasses
Forward twist turn to left from promenade
Sway Step / Side balance
Promenade underarm turn
Grapevine or zig zag
Open left turn
Open right turn
Open twinkles
Running Steps
Syncopated locks
Syncopated Underarm turn
Chair and Slip Pivot
Fallaway actions
Travelling Cross
Weaves
Body/Picture Lines
Kicks, Rondes, Developes
Standing spin
Continuous partnership pivots
Swivels
Must commence in closed or open facing position
Must comprise of 25% Closed hold routine
No lifts are allowed

VIENNESE WALTZ

Left turns / reverse turns
Right turns / Natural turns
Progressive/ Change Steps
Balance Steps
Hesitations
Cross body lead and underarm turn
Under arm turn from fifth position break or cross body lead
Closed twinkle
In and out change steps
Left box - left or roght underarm turn
Left and right turns with underarm turn
Progressive Fifth positions
Open left turn
Open right turn
Open twinkles
Spot turn combinations
Chair and Slip Pivot
Fallaway Position
Canter lilt and spins
Canter pivots - up to 2 turns
Body/Picture Lines
Standing Spins
Kicks / Rondes
Swivels
Parallel Runs
Travelling Cross
Must commence in closed or open facing position
Must comprise of 25% Closed hold routine
No lifts are allowed