



Appendix B Syllabus Guidebook

An appendix to the DanceSport-Ballroom Division Rulebook approved by the Ballroom Dance Council & Board of Directors in consultation with the Invigilation Sub-Committee on behalf of the Officials Committee and the Education Committee. This Guidebook is to be used in developing Syllabus Compliant Competition Choreography and Groupings for all Closed Proficiency Levels and Disciplines.



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USA DANCE SYLLABUS

The following listings of dance figures and elements from various American discipline dance syllabi are provided as a guideline to Athletes, Coaches, Organizers, Chairs of Adjudicators and Invigilators to govern the material limitations that can be danced in Closed-to-Syllabus events.

1. AMERICAN STYLE SMOOTH / BALLROOM

For American Style disciplines, USA Dance recognizes and accepts the syllabi of other teaching societies in the USA, such as Dance Vision, US Terpsichore, Arthur Murray, and Fred Astaire studios. The following list of allowable figures, elements, and restrictions was developed to ensure a fair and even playing field for everyone entering Closed-to-Syllabus competitions.

Any pattern, figure, or element from any syllabus may be danced provided it conforms to the rules governing the USA Dance American Style Approved Figures, Elements, and Restrictions outlined herein.

Athletes and Coaches must check this list against their syllabi for compliance with these approved materials and restrictions.

AB-1	Entrances are not permitted. Exception: In Viennese Waltz, a single curtsey facing partner is permitted.
AB-2	Athletes must start in the appropriate hold and position for the syllabus figure/element being danced. Exception: In the Gold level, athletes may start their routine in any position with or without hold.
AB-3	Continuity-style passing of feet is not permitted in Bronze Smooth.
AB-4	Spiral Turns are not permitted in Bronze Smooth.
AB-5	One Underarm or Solo Turn at a time is the maximum allowed in the Bronze level.
AB-6	Elements and figures unique to one dance or discipline may not be used in another dance or discipline unless specified as permissible.
AB-7	Embellishment of standardized figures is not permitted. No change of levels, foot flicks, syncopations, changes to timing, or delayed timings are allowed unless specifically approved within the rules covering the dance and level in question.
AB-8	Figures must be danced with the timing(s) listed in the syllabus.
AB-9	Figures must be danced using the Hold(s) and Dance Position(s) given in the syllabus.
AB-10	“No Hold” is permitted for some figures and elements, but partners must not be further apart than a comfortable arm’s length.
AB-11	OPEN WORK: This term refers to elements, figures, or parts of figures danced / performed in a hold or position other than what is considered a normal hold for the dance. Normal Hold positions include Closed Position, Promenade Position, Right Side Position, Left Side Position, or, where applicable, Fallaway Position or Counter Promenade Position.
AB-12	Open work may not comprise more than 25% of any Bronze routine.
AB-13	Open Work may not comprise more than 50% of any Silver routine.
AB-14	Open Work may not comprise more than 80% of any Gold routine.
AB-15	LIFTS are not permitted at any level in the Closed-to-Syllabus (Medalist) dances.
Exceptions to the above rules are noted within the permitted and restricted elements of each dance.	

1.1 American Style WALTZ

1.1.1 WALTZ – American Style – Pre-BRONZE Level

- 1.1.1.1 Left Box (Reverse) Turn | Right Box (Natural) Turn.
- 1.1.1.2 Forward or Backward Progressive / Change Step, Right Foot or Left Foot.
- 1.1.1.3 Follower's Right (Natural) Underarm Turn: 2 Measures (6 beats).
- 1.1.1.4 Follower's Left (Reverse or Inside) Underarm Turn: Left Pivot Turn (3 beats total).
- 1.1.1.5 Balance Steps / Hesitations (forward, backward, side, promenade, or diagonally fwd/bk).
- 1.1.1.6 Whisk (same as for International Style Waltz) / Fifth Position Breaks.

RESTRICTIONS: Pre-Bronze American Style Waltz - See the restrictions listed under 1.1.3

1.1.2 WALTZ – American Style – BRONZE Level

- 1.1.2.1 Left Box (Reverse) Turn | Right Box (Natural) Turn.
- 1.1.2.2 Forward or Backward Progressive / Change Step, Right Foot or Left Foot.
- 1.1.2.3 Follower's Right (Natural) Underarm Turn: 2 Measures (6 beats).
- 1.1.2.4 Follower's Left (Reverse or Inside) Underarm Turn: Left Pivot Turn (3 beats total).
- 1.1.2.5 Balance Steps / Hesitations (forward, backward, side, promenade, or diagonally fwd/bk).
- 1.1.2.6 Whisk (same as for International Style Waltz) / Fifth Position Breaks.
- 1.1.2.7 Natural Spin Turn (same as for International Style Waltz).
- 1.1.2.8 Syncopated Promenade Chassé: May end in Promenade or Closed.
- 1.1.2.9 Forward Twist to Left from Promenade (Cross, Unwind).
- 1.1.2.10 Simple Grapevine or Zig-Zag (No Syncopations).
- 1.1.2.11 Closed Twinkles: To and from Promenade and Counter Promenade, Progressive Forward or Backward.
- 1.1.2.12 Cross-Body Lead from LF Forward Hesitation, from 1-3 of Left Box (Reverse) Turn, after Backward Balance / Hesitation on Leader's Left Foot.
- 1.1.2.13 In and Out Change Steps / Butterfly / Back-to-Back, Face-to-Face.
- 1.1.2.14 One Pivot to Right or Left using no more than 3 beats to complete the pivot.

1.1.3 RESTRICTIONS: Bronze Level – American Style – WALTZ

- 1.1.3.1 Partners may not completely release hold / separate except in a Solo Turn.
- 1.1.3.2 Open Work is limited to single or double hand hold and may last for up to 8 consecutive measures (24 beats of music) before regaining one of the holds listed in AB-11 for a minimum of 2 consecutive measures (6 beats of music).
- 1.1.3.3 No Continuity Style passing of feet in Bronze Waltz (No Open Left / Open Reverse Turns, no Open Right / Open Natural Turns). Feet must be closed on the final step of figures / actions except in figures requiring open foot positions on final steps, such as Underarm Turns, Whisks, 5th Position Breaks, Cross-Body Leads, Grapevines, Zig-Zags, the Chassé from Promenade, and other actions.
- 1.1.3.4 Only 1 Underarm or Solo Turn per measure may be danced in the Bronze level.
EXCEPTIONS: Follower's Right / Natural Underarm Turn danced over 2 measures (6 beats); ~~and~~ Follower's Left (Reverse / Inside) Underarm Turn making 1 ½ turns to Left over 3 beats.
- 1.1.3.5 No Syncopations other than in a Promenade Chassé / Chassé from Promenade.
- 1.1.3.6 No Syncopated Underarm Turns.
- 1.1.3.7 No Foot Changes (fakes) to Same Foot Figures. No Shadow, Tandem Position, or Solo Figures. Partners must always be on opposite feet.

1.1.3.8 No Fallaway Actions of any kind.

EXCEPTIONS: Whisks and Fifth Position Breaks.

1.1.3.9 No Contra Checks, Chairs, Oversways, Lunges, or any other “picture” line.

1.1.3.10 Both feet must always remain close to the floor: No Aerial Rondés, Developpés, Kicks, etc.

1.1.3.11 No Dips or Drops. No Knee Drops or Sit Drops. No Floor Slashes, Leans, etc.

1.1.3.12 No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins for Leader or Follower.

1.1.3.13 No consecutive pivots to left or right.

EXCEPTION: Follower’s 3 beat Inside / Left Pivot Underarm Turn.

1.1.4 WALTZ – American Style – SILVER Level

1.1.4.1 Open Left (Reverse) Turn | Open Right (Natural) Turn.

1.1.4.2 Open Twinkles: Single, Progressive, Passing, Flip-Flops.

1.1.4.3 Grapevine to Left or Right (May be danced using single or double hand hold).

1.1.4.4 Running Steps – Forward or Backward. May curve to right or left.

1.1.4.5 Traveling Crosses / Side Locks.

1.1.4.6 Swivels: Fans, Gem, Zig-Zag, Outside, Inside / Reverse.

1.1.4.7 Syncopated Locks – 1 syncopation per measure / bar.

1.1.4.8 Syncopated Underarm Turns – Only 1 syncopation per measure / bar.

1.1.4.9 Weaves, Quick Open Left (Reverse) Turns.

1.1.4.10 Fallaway Reverse Turn and Slip Pivot; Fallaway Grapevine.

1.1.4.11 Wing, Hairpin Turns, Chairs, and Slip Pivots.

1.1.4.12 Same Foot Figures/Elements: Foot Changes (fakes) may be danced by either partner.

1.1.4.13 Side-by-Side, Shadow, and Tandem Position figures in single or double hold.

1.1.4.14 Spiral Turns: Spiral, Curl or Rope Spinning danced by Follower only – Must be danced in L to R hand hold.

1.1.4.15 Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, and Fencing Lines are all permitted but must be completed within 2 measures (6 beats) of music.

1.1.4.16 Standing Spins: Maximum of 2 measures (6 beats) with 1 syncopation per bar / measure allowed.

1.1.4.17 Kicks, Rondés, Developpés – elevated foot at or below waist level.

1.1.4.18 Continuous Partnership Pivots: Maximum of 2 measures (6 beats) with 1 syncopation allowed during the 6 beats of music.

RESTRICTIONS: Silver Level – American Style – WALTZ

1.1.4.19 Partners may not completely release hold / separate for more than 1 measure / bar (3 beats) of music.

1.1.4.20 Open Work may last for up to 8 consecutive measures (24 beats) before regaining a Dance Position with hold as listed in AB-11 for a minimum of 2 consecutive measures (6 beats) of music.

1.1.4.21 Picture Lines not allowed: Hinge, Left Whisk, X-Line, Eros Line, or Throwaway Oversway.

1.1.4.22 No Dips or Drops. No Knee Drops or Sit Drops. No Floor Slashes, Leans, etc.

1.1.4.23 No Sitting Hens, Horse & Carts, Pot Stirs, etc.

1.1.5 WALTZ – American Style – GOLD Level

1.1.5.1 Partners may completely release hold / separate – see restrictions.

- 1.1.5.2 Figures / Elements may be danced in Side-by-Side, Shadow, or Tandem Positions without hold.
- 1.1.5.3 Spiral Turns: Spiral, Curl, or Rope Spinning – may be danced without hold; may be danced by Leader or Follower.
- 1.1.5.4 Continuous Partnership Pivots, including syncopations.
- 1.1.5.5 Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Fencing Lines, Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways, and other lines may be used.

1.1.6 RESTRICTIONS: Gold Level – American Style – WALTZ

- 1.1.6.1 Open Work may be danced without hold but must not last for more than 8 consecutive measures (24 beats) before regaining a Dance Position with hold as listed in AB-11 for a minimum of 2 consecutive measures (6 beats).

1.2 American Style TANGO

Note that American style Tango uses 4/4 timing, and each measure / bar of American Tango music referenced in these rules will contain 4 beats of music.

1.2.1 TANGO – American Style – Pre-BRONZE Level

- 1.2.1.1 Tango Walks – All Slows.
- 1.2.1.2 Forward Basic: Closed or Outside Partner (SSQQS timing only).
- 1.2.1.3 Promenade turning to Left or Right (SSQQS timing only).
- 1.2.1.4 Corté
- 1.2.1.5 Open Fan.
- 1.2.1.6 Underarm Turn to Left or Right from Open Fan.

RESTRICTIONS: Pre-Bronze American Style Tango - See the restrictions listed under 1.2.3

1.2.2 TANGO – American Style – BRONZE Level

- 1.2.2.1 Tango Walks – All Slows.
- 1.2.2.2 Forward Basic: Closed or Outside Partner (SSQQS timing only).
- 1.2.2.3 Promenade turning to Left or Right (SSQQS timing only).
- 1.2.2.4 Corté
- 1.2.2.5 Open Fan.
- 1.2.2.6 Underarm Turn to Left or Right from Open Fan.
- 1.2.2.7 Open Fan to Same Foot Rocks – No other Same Foot figure is allowed in Bronze Tango.
- 1.2.2.8 Right Side Fan / Outside Swivel.
- 1.2.2.9 Rock Steps in Closed or Promenade may be danced with or without turn to left or right.
- 1.2.2.10 Linking actions to and from Promenade Position (Progressive Link / Promenade Link).
- 1.2.2.11 Left (Reverse) Turn with feet open or closed.
- 1.2.2.12 Running Step, Progressive Side Step, or Argentine Walks (Basic with alternative timing).
- 1.2.2.13 Twist Turn to Left or Right from Promenade Position.
- 1.2.2.14 Single Pivot from Promenade Position.

1.2.3 RESTRICTIONS: Bronze Level – American Style – TANGO

- 1.2.3.1 Partners may not completely release hold / separate.

- 1.2.3.2 Open Work is limited to single or double hand hold and may include Shadow Position and may last up to 8 consecutive measures (32 beats) before regaining a Dance Position with hold as listed in AB-11 for a minimum of 2 consecutive measures (8 beats).
- 1.2.3.3 One figure may use no more than 6 consecutive quick counts, including the quicks contained in the Tango Close.
- 1.2.3.4 No syncopations except the Brush-Point (&S) as used in the Open Fan and other figures
- 1.2.3.5 No Foot Changes or “fakes” to Same Foot Figures. No Shadow, Tandem Position, or Solo Figures. Partners must always be on opposite feet.
EXCEPTION: # 1.2.2.7 above.
- 1.2.3.6 No Fallaway Actions.
- 1.2.3.7 No Contra Checks, Chairs, Oversways, Lunges, or any other Picture Line.
EXCEPTION: Corté.
- 1.2.3.8 Both feet must always remain close to the floor: No Aerial Rondés, Developpés, Ganchos, Hooks, etc.
- 1.2.3.9 No Dips or Drops. No Knee Drops or Sit Drops. No Floor Slashes, Leans, etc.
- 1.2.3.10 No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins.
- 1.2.3.11 No consecutive pivots to left or right.

1.2.4 TANGO – American Style – SILVER Level

- 1.2.4.1 Open Right (Natural) Turn.
- 1.2.4.2 Ganchos, Hooks, Leg Crawls.
- 1.2.4.3 Back-to-Back, Traveling Cross.
- 1.2.4.4 Viennese Crosses / Left Cross Turns.
- 1.2.4.5 Swivels: Fans, Zig-Zag, Outside, Inside / Reverse.
- 1.2.4.6 Syncopated Locks / Chassés – maximum of 1 syncopation per 4 beats of music.
- 1.2.4.7 Syncopated Underarm Turns – Up to 2 syncopations allowed per 4 beats of music.
- 1.2.4.8 Fallaway Reverse Turn and Slip Pivot / Fallaway Grapevine / Other Fallaway Actions.
- 1.2.4.9 Chair and Slip Pivot.
- 1.2.4.10 Same Foot Figures/Elements: Foot Changes (fakes) may be danced by either partner.
- 1.2.4.11 Side-by-Side, Shadow, and Tandem Position figures with hold.
- 1.2.4.12 Spiral Turns: Spiral, Curl or Rope Spinning danced by Follower only – Must be danced in L to R hand hold.
- 1.2.4.13 Standing Spins: Maximum of 8 beats with 1 syncopation allowed during each 4 beats.
- 1.2.4.14 Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Spanish Drags, and Fencing Lines are all permitted but must be completed within 2 measures (8 beats) of music.
- 1.2.4.15 Kicks, Rondés, Developpés – elevated foot at or below waist level.
- 1.2.4.16 Continuous Partnership Pivots: Maximum of 8 beats with 1 syncopation allowed per 4 beats of music.

1.2.5 RESTRICTIONS: Silver Level – American Style – TANGO

- 1.2.5.1 Partners may not completely release hold / separate for more than 4 beats of music.
- 1.2.5.2 Open Work may include Side-by-Side, Shadow, and Tandem Positions in single or double hand hold and may last up to 8 measures (32 beats) before regaining a Dance Position with hold as listed in AB-11 for a minimum of 2 measures (8 beats).

- 1.2.5.3 Picture Lines not allowed: Hinges, Left Whisks, X-Lines, Eros Lines, or Throwaway Oversways.
- 1.2.5.4 No Dips or Drops. No Knee Drops or Sit Drops. No Floor Slashes, Leans, etc.
- 1.2.5.5 No Sitting Hens, Horse & Carts, Pot Stirs, etc.

1.2.6 TANGO – American Style – GOLD Level

- 1.2.6.1 Partners may completely release hold / separate – see restrictions.
- 1.2.6.2 Figures / Elements may be danced in Side-by-Side, Shadow, or Tandem Positions without hold.
- 1.2.6.3 Spiral Turns: Spiral, Curl, Rope Spinning – may be danced without hold; may be danced by both Leader and Follower.
- 1.2.6.4 Continuous Partnership Pivots, including syncopations.
- 1.2.6.5 Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Fencing Lines, Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways, and other picture lines may be used.

1.2.7 RESTRICTIONS: Gold Level - American Style –TANGO

- 1.2.7.1 Open Work may be danced without hold and may last up to 8 consecutive measures (32 beats) before regaining a Dance Position with hold as listed in AB-11 for a minimum of 2 consecutive measures (8 beats).

1.3 American Style FOXTROT

1.3.1 FOXTROT – American Style – Pre-BRONZE Level

- 1.3.1.1 Timing is limited to SSQQ or SQQ in Bronze Foxtrot.
EXCEPTIONS: Promenade Chassé (SQ&Q), Grapevine, or Zig-Zag (8 consecutive quicks maximum); the side together / chassé (QQ) may be repeated up to 3 times at the end of a figure or in the middle of a Left Box (Reverse) or Right Box (Natural) Turn for a maximum of 8 consecutive quicks.
- 1.3.1.2 Forward Basic: Closed or Outside Partner – with up to 3/8 turn to R – SSQQ.
- 1.3.1.3 Backward Basic: Closed or Outside Partner – with up to 3/8 turn to L – SSQQ.
- 1.3.1.4 Promenade Basic – SSQQ.
- 1.3.1.5 Promenade Basic with Underarm Turn to Right or Left – SSQQ.
- 1.3.1.6 Rock Turn / Ad Lib turning left or right – SSQQ.
- 1.3.1.7 Sway Step / Side Balance – SSQQ - An Underarm Turn to Right may be danced on QQ.
- 1.3.1.8 Left Box (Reverse) Turn, Right Box (Natural) Turn – SQQ, SQQ.
- 1.3.1.9 Follower's Underarm Turn to Right – 2 measures (8 beats) – SQQ, SQQ (As for Waltz Box Step with Underarm Turn).
- 1.3.1.10 Fifth Position Breaks / Whisk (same as for WDSF International Style Foxtrot).

RESTRICTIONS: Pre-Bronze American Style **Foxtrot** - See the restrictions listed under 1.3.3.

1.3.2 FOXTROT – American Style – BRONZE Level

- 1.3.2.1 Timing is limited to SSQQ or SQQ in Bronze Foxtrot.
EXCEPTIONS: Promenade Chassé (SQ&Q), Grapevine, or Zig-Zag (8 consecutive quicks maximum); the side together / chassé (QQ) may be repeated up to 3 times at the end of a figure or in the middle of a Left Box (Reverse) or Right Box (Natural) Turn for a maximum of 8 consecutive quicks.

- 1.3.2.2 Forward Basic: Closed or Outside Partner – with up to 3/8 turn to R – SSQQ.
- 1.3.2.3 Backward Basic: Closed or Outside Partner – with up to 3/8 turn to L – SSQQ.
- 1.3.2.4 Promenade Basic – SSQQ.
- 1.3.2.5 Promenade Basic with Underarm Turn to Right or Left – SSQQ.
- 1.3.2.6 Rock Turn / Ad Lib turning left or right – SSQQ.
- 1.3.2.7 Sway Step / Side Balance – SSQQ - An Underarm Turn to Right may be danced on QQ.
- 1.3.2.8 Left Box (Reverse) Turn, Right Box (Natural) Turn – SQQ, SQQ.
- 1.3.2.9 Follower's Underarm Turn to Right – 2 measures (8 beats) – SQQ, SQQ (As for Waltz Box Step with Underarm Turn).
- 1.3.2.10 Fifth Position Breaks / Whisk (same as for WDSF International Style Foxtrot).
- 1.3.2.11 Syncopated Promenade Chassé – SQ&Q. May end in Closed or Promenade Position.
- 1.3.2.12 Forward Twist to Left from Promenade / Cross, Unwind – SSQQ.
- 1.3.2.13 Simple Grapevine or Zig-Zag – 8 quicks maximum, no syncopations.
- 1.3.2.14 Closed Twinkles: To and from Promenade Position and Counter Promenade Position, Progressive Forward and Back – SQQ.
- 1.3.2.15 Cross-Body Lead – SQQ.
- 1.3.2.16 In and Out Change Steps / Butterfly / Back-to-Back, Face-to-Face.
- 1.3.2.17 Single Promenade Pivot – SSQQ or, after the first 3 steps of Single Twinkle – SQQ.

1.3.3 RESTRICTIONS: Bronze Level – American Style – FOXTROT

- 1.3.3.1 Partners may not completely release hold / separate except in a Solo Turn.
- 1.3.3.2 Open Work is limited to single or double hand hold and may last up to 8 consecutive measures (32 beats) before regaining a Dance Position with hold as listed in AB-11 for a minimum of 2 consecutive measures (8 beats).
- 1.3.3.3 No Continuity Style passing of feet in Bronze Foxtrot (No Open Left / Reverse or Open Right / Natural turns). Feet must be closed on the final step of figures/actions unless an open foot position on final step is required. i.e. Whisks, 5th Position Breaks, Underarm Turns, Cross-Body Leads, Grapevines, Zig-Zags, Chassé from Promenade Position, etc.
- 1.3.3.4 A "Closed" figure must be danced after 8 quicks of a Grapevine or Zig-Zag action.
- 1.3.3.5 No Syncopations other than in a Promenade Chassé / Chassé from Promenade.
- 1.3.3.6 No Syncopated Underarm Turns.
- 1.3.3.7 No Foot Changes (fakes) to Same Foot Figures. No Shadow, Tandem Position, or Solo Figures except Solo Turns. Partners must always be on opposite feet.
- 1.3.3.8 No Fallaway Actions of any kind / No Slip Pivots.
EXCEPTIONS: Whisks and Fifth Position Breaks.
- 1.3.3.9 No Contra Checks, Chairs, Oversways, Lunges, or Picture Lines of any kind.
- 1.3.3.10 Both feet must always remain close to the floor: No Aerial Rondés, Developpés, Kicks, etc.
- 1.3.3.11 No Dips or Drops. No Knee Drops or Sit Drops. No Floor Slashes, Leans, etc.
- 1.3.3.12 No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins.
- 1.3.3.13 No consecutive pivots to left or right.

1.3.4 FOXTROT – American Style – SILVER Level

- 1.3.4.1 Open Left (Reverse) Turn | Open Right (Natural) Turn.
- 1.3.4.2 Open / Continuity Style Twinkles: Single, Progressive, Passing, Flip-Flops.
- 1.3.4.3 Grapevine to Left or Right - May be danced using single or double hand hold.
- 1.3.4.4 Running Steps – May be forward or backward; May curve to left or right.

- 1.3.4.5 Traveling Crosses / Side Locks.
- 1.3.4.6 Swivels: Fans, Gem, Zig-Zag, Outside, Inside / Reverse.
- 1.3.4.7 Syncopated Locks – only 1 syncopation per bar / measure.
- 1.3.4.8 Syncopated Underarm Turns – Only 1 syncopation per bar / measure.
- 1.3.4.9 Weaves, Quick Open Left (Reverse) Turns.
- 1.3.4.10 Fallaway Reverse Turn and Slip Pivot; Fallaway Grapevine.
- 1.3.4.11 Wing, Hairpin Turns, Chairs and Slip Pivots.
- 1.3.4.12 Same Foot Figures/Elements: Foot Changes (fakes) may be danced by either partner.
- 1.3.4.13 Side-by-Side, Shadow, and Tandem Position figures with hold.
- 1.3.4.14 Spiral Turns: Spiral, Curl, or Rope Spinning danced by Follower only – Must be danced in L to R hand hold.
- 1.3.4.15 PICTURE LINES: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, and Fencing Lines are all permitted but must be completed within 2 measures (8 beats) of music.
- 1.3.4.16 STANDING SPINS: Maximum of 2 measures with 1 syncopation allowed per bar / measure.
- 1.3.4.17 Kicks, Rondés, Developpés – elevated foot at or below waist level.
- 1.3.4.18 Continuous Partnership Pivots: Maximum of 2 measures with 1 syncopation allowed during the 8 beats of music.

1.3.5 RESTRICTIONS: Silver Level – American Style – FOXTROT

- 1.3.5.1 Partners may not completely release hold / separate for more than 1 measure (4 beats).
- 1.3.5.2 Open Work may include Side-by-Side, Shadow, and Tandem Positions in single or double hand hold and may last up to 8 consecutive measures (32 beats) before regaining a Dance Position with hold as listed in AB-11 for a minimum of 2 consecutive measures (8 beats).
- 1.3.5.3 No Dips or Drops. No Knee Drops or Sit Drops. No Floor Slashes, Leans, etc.
- 1.3.5.4 No Sitting Hens, Horse & Carts, Pot Stirs, etc.
- 1.3.5.5 Picture Lines not allowed: No Hinges, Left Whisks, X-Lines, Eros Lines, or Throwaway Oversways.

1.3.6 FOXTROT – American Style – GOLD Level

- 1.3.6.1 Partners may completely release hold / separate – see restrictions.
- 1.3.6.2 Figures / Elements may be danced in Side-by-Side, Shadow, or Tandem Positions without hold.
- 1.3.6.3 Spiral Turns: Spiral, Curl, Rope Spinning – may be danced without hold by both Leader and Follower.
- 1.3.6.4 Continuous Partnership Pivots, including syncopations.
- 1.3.6.5 Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Fencing Lines, Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways and other lines may be used.

1.3.7 RESTRICTIONS: Gold Level – American Style – FOXTROT

- 1.3.7.1 Open Work may be danced without hold and may last up to 8 consecutive measures (32 beats) before regaining a Dance Position with hold as listed in AB-11 for a minimum of 2 consecutive measures (8 beats).

1.4 American Style VIENNESE WALTZ

1.4.1 VIENNESE WALTZ – American Style – Pre-BRONZE Level

- 1.4.1.1 Viennese Cross, Left Cross (Reverse) Turns.
- 1.4.1.2 Right (Natural) Turns.
- 1.4.1.3 LF and RF Progressive Steps (Closed Changes). May also be danced with Leader moving backward.
- 1.4.1.4 Balance Steps / Hesitations - forward, backward, side, promenade, or diagonal
- 1.4.1.5 Fifth Position Breaks / Whisks.
- 1.4.1.6 Underarm Turn to Right from LF Progressive (Change) Step.
- 1.4.1.7 Underarm Turn to Right or Left from Side Hesitations or Fifth Position Breaks.

RESTRICTIONS: Pre-Bronze American Style **Viennese Waltz** - See the restrictions listed under 1.4.3.

1.4.2 VIENNESE WALTZ – American Style – BRONZE Level

- 1.4.2.1 Viennese Cross, Left Cross (Reverse) Turns.
- 1.4.2.2 Right (Natural) Turns.
- 1.4.2.3 LF and RF Progressive Steps (Closed Changes). May also be danced with Leader moving backward.
- 1.4.2.4 Balance Steps / Hesitations - forward, backward, side, promenade, or diagonal
- 1.4.2.5 Fifth Position Breaks / Whisks.
- 1.4.2.6 Underarm Turn to Right from LF Progressive (Change) Step.
- 1.4.2.7 Underarm Turn to Right or Left from Side Hesitations or Fifth Position Breaks.
- 1.4.2.8 Underarm Turn to Right or Left from Left Box or Cross-Body Lead.
- 1.4.2.9 Closed Twinkle / Progressive Twinkles Forward or Backward.
- 1.4.2.10 Cross-Body Lead from: LF Fwd Hesitation; 1-3 of Left Box or Left Cross Turn; LF Bwd Hesitation; from LF Progressive Step (Closed Change) with Leader moving backward.
- 1.4.2.11 In and Out Change Steps / Butterfly / Back-to-Back, Face-to-Face
- 1.4.2.12 1 Canter Pivot is allowed.

DEFINITION: Canter Pivots employ Canter Rhythm, which is a 1-beat hesitation on either beat 2 or 3 of music written in 3/4 time.

1.4.3 RESTRICTIONS: Bronze Level – American Style – VIENNESE WALTZ

- 1.4.3.1 Partners may not completely release hold / separate except in a Solo Turn.
 - 1.4.3.2 Open Work is limited to single or double hand hold and may last up to 8 consecutive measures (24 beats) before regaining a Dance Position with hold as listed in AB-11 for a minimum of 2 consecutive measures (6 beats).
 - 1.4.3.3 No Continuity Style passing of feet in Bronze Viennese Waltz (No Open Left / Open Reverse or Open Right / Open Natural Turns). Feet must be closed on the final step of figures/actions except in figures requiring open foot positions on final steps, such as Underarm Turns, Cross-Body Leads, Whisks, Fifth Position Breaks, etc.
 - 1.4.3.4 Syncopations are not permitted.
 - 1.4.3.5 No Foot Changes (fakes) to Same Foot Figures. No Shadow, Tandem Position, or Solo Figures. Partners must always be on opposite feet.
 - 1.4.3.6 No Fallaway Actions of any kind. No Slip Pivots.
- Exceptions:** Whisks and 5th Position Breaks.
- 1.4.3.7 No Contra Checks, Chairs, Oversways, Lunges, or Picture Lines of any kind.

- 1.4.3.8 Both feet must always remain close to the floor: No Aerial Rondés, Developpés, Kicks, etc.
- 1.4.3.9 No Dips or Drops. No Knee Drops or Sit Drops. No Floor Slashes, Leans, etc.
- 1.4.3.10 No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins for Leader or Follower.
- 1.4.3.11 No consecutive pivots to left or right.

1.4.4 VIENNESE WALTZ – American Style – SILVER Level

- 1.4.4.1 Left and Right Turns with Underarm Turns.
- 1.4.4.2 Progressive Fifth Position Breaks.
- 1.4.4.3 Open Left (Reverse) Turns / Open Right (Natural) Turns.
- 1.4.4.4 Open Twinkles: Single, Progressive, Passing, Flip-Flop.
- 1.4.4.5 Spot Turn Combinations.
- 1.4.4.6 Swivels: Fans, Gem, Zig-Zag, Outside, Inside/Reverse.
- 1.4.4.7 Fallaway Position / Actions.
- 1.4.4.8 Parallel Runs / Traveling Cross / Side Locks.
- 1.4.4.9 Figures employing consecutive Canter Lilts, Canter Pivots, or Canter Spins.
DEFINITION: Canter Lilts, Pivots, and Spins employ Canter Rhythm, which is a 1-beat hesitation on either beat 2 or beat 3 of music written in 3/4 time.
- 1.4.4.10 Chair and Slip Pivot.
- 1.4.4.11 Same Foot Figures/Elements: Foot Changes (fakes) may be danced by either partner.
- 1.4.4.12 Side-by-Side, Shadow, and Tandem Position figures with hold.
- 1.4.4.13 Spiral Turns: Spiral, Curl, or Rope Spinning dance by Follower only – Must be danced in L to R hand hold.
- 1.4.4.14 Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, and Fencing Lines are all permitted but may not be held longer than 2 measures (6 beats).
- 1.4.4.15 Standing Spins: Maximum of 2 measures (6 beats) - no syncopations allowed.
- 1.4.4.16 Kicks, Rondés, Developpés – elevated foot at or below waist level.
- 1.4.4.17 Continuous Partnership Pivots, including Canter Pivots: Maximum of 2 measures (6 beats). Syncopations are not allowed.

1.4.5 RESTRICTIONS: Silver Level – American Style – VIENNESE WALTZ

- 1.4.5.1 Partners may not completely release hold / separate for more than 1 measure (3 beats) of music.
- 1.4.5.2 Open Work may include Side-by-Side, Tandem, and Shadow Positions in single or double hand hold and may last up to 8 consecutive measures (24 beats) before regaining a Dance Position with hold as listed in AB-11 for a minimum of 2 consecutive measures (6 beats).
- 1.4.5.3 Picture Lines not permitted: Hinges, Left Whisks, X-Lines, Eros Lines, or Throwaway Oversways.
- 1.4.5.4 No Dips or Drops. No Knee Drops or Sit Drops. No Floor Slashes, Leans, etc.
- 1.4.5.5 No Sitting Hens, Horse & Carts, Pot Stirs, etc.

1.4.6 VIENNESE WALTZ – American Style – GOLD Level

- 1.4.6.1 Partners may completely release hold / separate – see restrictions.
- 1.4.6.2 Figures/Elements may be danced in Side-by-Side, Shadow, or Tandem Positions without hold.

- 1.4.6.3 Spiral Turns: Spiral, Curl, and Rope Spinning – may be danced without hold and may be danced by both Leader and Follower.
- 1.4.6.4 Continuous Partnership Pivots, including Canter Pivots. Syncopations are not allowed.
- 1.4.6.5 Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Fencing Lines, Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways, and other lines may be used.

1.4.7 RESTRICTIONS: Gold Level – American Style – VIENNESE WALTZ

- 1.4.7.1 Open Work may be danced without hold and may last for up to 8 consecutive measures (24 beats) before regaining a Dance Position with hold as listed in AB-11 for a minimum of 2 consecutive measures (6 beats).

2. AMERICAN STYLE RHYTHM

For American Style disciplines, USA Dance recognizes and accepts the syllabi of teaching societies in the USA such as Dance Vision, US Terpsichore, Arthur Murray, and Fred Astaire Studios. The following list of allowable figures, elements, and restrictions was developed to ensure a fair and even playing field for everyone entering Closed to Syllabus competitions.

Any pattern, figure, or element from any syllabus may be danced, provided it conforms to the rules governing the USA Dance American Style Approved Figures, Elements, and Restrictions outlined herein.

Athletes and Coaches must check this list against their syllabi for compliance with these approved materials and restrictions.

AR-1	Entrances are not permitted.
AR-2	Dancers must start in the appropriate hold and position for the syllabus figure / element being danced. Exception: In the Gold level, partners may start their routines in any position with or without hold.
AR-3	Spiral Turns are not permitted in Bronze Rhythm.
AR-4	One Underarm or Solo Turn at a time is the maximum allowed in the Bronze level.
AR-5	Elements and figures unique to one dance or discipline may not be used in another dance or discipline unless specified as permissible.
AR-6	Embellishment of standardized figures is not permitted. No change of levels, foot flicks, syncopations, or delayed timings are allowed unless specifically approved within the rules covering the dance and level in question.
AR-7	Figures must be danced with the timing(s) listed in the syllabus.
AR-8	Figures must be danced using the Holds and Dance Positions given in the syllabus.
AR-9	“No Hold” is permitted for some figures and elements, but partners must not be further apart than a comfortable arm’s length.
AR-10	OPEN WORK: This term refers to elements, figures, or parts of figures danced / performed in a hold or position other than what is considered a normal hold for the dance. Normal Hold positions include Closed Position, Promenade Position, Right Side Position, Left Side Position, or, where applicable, Fallaway Position or Counter Promenade Position NOTE: Some figures danced with no hold as outlined in AR-9 are considered to be in Closed Position. If the distance apart is greater than arm’s length in a “no hold” maneuver, the position will be regarded as Open and categorized as Open Work.
AR-11	Open work may not comprise more than 25% of any Bronze routine.
AR-12	Open Work may not comprise more than 50% of any Silver routine.
AR-13	Open Work may not comprise more than 80% of any Gold routine.
AR-14	LIFTS are not permitted at any level in the Restricted to Syllabus (Medalist) dances.
Exceptions to the above rules are noted within the permitted and restricted elements of each dance.	

2.2 American Style CHA CHA

2.2.1 CHA CHA – American Style – Pre-BRONZE Level

- 2.2.1.1 ALLOWABLE TIMINGS: Standard = 2.3.4&1; Three Cha Chas = 4&1, 2&3, 4&1.
- 2.2.1.2 In Single or Double Hand hold, the Basic Step may be danced to Side (with or without turn) or Forward and Backward (Progressive Step) in Closed or Open position.
- 2.2.1.3 Open Break – May end in Closed, Open, Promenade, or Open Promenade position.
- 2.2.1.4 Follower's Underarm Turn to Left or Right.
- 2.2.1.5 Cross-Over Breaks: Single only - no timing changes.
- 2.2.1.6 Cross-Over Break with Swivel.
- 2.2.1.7 Walk Around Turn to Left or Right (May be danced Underarm or as a Solo Turn). Either partner may dance a side or back rock while the other partner turns.
- 2.2.1.8 Fifth Position Breaks.

RESTRICTIONS: Pre-Bronze American Style **Cha Cha** - See the restrictions listed under 2.2.3

2.2.2 CHA CHA – American Style – BRONZE Level

- 2.2.2.1 ALLOWABLE TIMINGS: Standard = 2.3.4&1; Three Cha Chas = 4&1, 2&3, 4&1; Foot Fake in Parallel Break = 2.3.4.1 for Leader only.
- 2.2.2.2 Follower's or Leader's Underarm Turn to Left or Right.
- 2.2.2.3 Offset Breaks / Outside Partner Breaks / Shoulder to Shoulder – Forward or Backward.
- 2.2.2.4 Cross-Body Lead / Turn – May end in Closed, Open, or Open Counter Promenade Position. Follower may dance a Reverse Underarm Turn, making 1 ½ turns to left.
- 2.2.2.5 Back Spot Turn / Natural Top.
- 2.2.2.6 Chase Turns – ½ turn or 1 full turn.
- 2.2.2.7 Three Cha Chas – Chassés may be danced forward, backward, or sideways. May be danced with a closing or a locking action.
- 2.2.2.8 Forward and Backward Runs in Apart Position (There and Back).
- 2.2.2.9 Peek-a-Boo / Stop & Go.
- 2.2.2.10 Parallel Breaks / Sweetheart / Cuddle – Leader's fake to same foot is allowed on this pattern with timing restricted to 2.3.4.1.

2.2.3 RESTRICTIONS: Bronze Level – American Style – CHA CHA

- 2.2.3.1 Partners must start in a Closed or Open Facing Position with hold.
- 2.2.3.2 Guapacha timing is not permitted at Bronze level. No timings other than those listed under 2.2.1.1 (Pre-Bronze) and 2.2.2.1 (Bronze) are permitted.
- 2.2.3.3 No syncopated turns.
EXCEPTION: The Underarm Turn to Left may be danced on 4&1 after a Cross-Body Lead.
- 2.2.3.4 Partners may not completely release hold / separate for more than 1 measure (4 beats) of music (i.e. Walk Around or Solo Turns).
EXCEPTIONS: Chase Turns; Forward and Backward Runs in Apart Position (There and Back).
- 2.2.3.5 In NO HOLD positions, partners must never be more than a comfortable arm's length apart.
EXCEPTIONS: As per 2.2.3.4 above.
- 2.2.3.6 One Underarm / Solo Turn per measure (4 beats) of music is the maximum allowed. (No "double" Underarm Turns).
- 2.2.3.7 No Hopping, Skipping Actions, etc.

- 2.2.3.8 No Freezes (held counts).
- 2.2.3.9 No Open Solo Work.
- 2.2.3.10 No Foot Changes (fakes); partners must be on opposite feet except for 2.2.2.1 above.
- 2.2.3.11 Both feet must always remain close to the floor: No Aerial Rondés, Developpés, Kicks, etc.
- 2.2.3.12 No Picture Lines.
- 2.2.3.13 No Dips or Drops. No Knee Drops or Sit Drops. No Floor Slashes, Leans, etc.
- 2.2.3.14 No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins.

2.2.4 CHA CHA – American Style – SILVER Level

- 2.2.4.1 Guapacha Timing (hold 2, step on &, then continue with 3.4&1) and other timings such as 2&3&4&1 and held counts (freezes) are permitted.
- 2.2.4.2 Partners may release all hold/separate for a maximum of 8 measures (32 beats) of music.
- 2.2.4.3 Foot Changes (fakes) may be danced by either partner.
- 2.2.4.4 Hopping, Skipping Actions, Freezes (held counts), etc.
- 2.2.4.5 Open Work may feature Open, Shadow, Side-by-Side, and Tandem Position.
- 2.2.4.6 Open Boxes.
- 2.2.4.7 Back-to-Back / Paseo / Aida.
- 2.2.4.8 Spiral Turns: Curl; Spiral; Rope Spinning – must be danced with Left to Right hand hold.
Exception: The Spiral Turn in the Back-to-Back / Paseo / Aida may be danced without hold.
- 2.2.4.9 Grapevines; Half Moon; Challenge actions; Twinkles.
- 2.2.4.10 Swivels; Knee Lift; Push Away actions.
- 2.2.4.11 Foot Flicks, Kicks, Rondés, Developpés – elevated foot at or below waist level.
- 2.2.4.12 Forward Spot Turn / Reverse Top.
- 2.2.4.13 Continuous Spot Turns (Backward or Forward / Natural or Reverse) with or without Follower's Underarm Turns.
- 2.2.4.14 Continuous Partnership Pivots – maximum of 8 beats of music.
- 2.2.4.15 Fallaway, Contact, and Left Angle figures with hold.

2.2.5 RESTRICTIONS: Silver Level - American Style – CHA CHA

- 2.2.5.1 Partners must start in a Closed or Open Facing Position with hold.
- 2.2.5.2 Partners must return to a Dance Position with hold as listed in AR-10 for at least 2 measures (8 beats) of music after each Open Work segment.
- 2.2.5.3 No Picture Lines.
- 2.2.5.4 No Dips or Drops. No Knee Drops or Sit Drops. No Floor Slashes, Leans, etc.
- 2.2.5.5 No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins.

2.2.6 CHA CHA – American Style – GOLD Level

- 2.2.6.1 Partners may release all hold/separate for a maximum of 8 measures (32 beats) of music.
- 2.2.6.2 Open Work may feature Open, Shadow, Side-by-Side, and Tandem Positions.
- 2.2.6.3 Spiral Turns: Curl; Spiral; Rope Spinning – may be danced without hold by Leader and Follower.
- 2.2.6.4 Picture Lines may be used.

2.2.7 Restrictions: Gold Level – American Style –Cha Cha

- 2.2.7.1 Open Work: up to 8 consecutive measures (32 beats) may be danced without hold before returning to a Dance Position with hold as listed in AR-10 for at least 2 measures (8 beats) of music.

2.3 American Style RUMBA

2.3.1 RUMBA – American Style – Pre-Bronze Level

- 2.3.1.1 QQS or SQQ are the only Timings permitted for American Style Rumba.
- 2.3.1.2 Box Step.
- 2.3.1.3 Cuban / Progressive Walks Forward or Backward in Closed, or Open Position.
- 2.3.1.4 Rock Steps and Break Steps – Forward, Backward, or Side.
- 2.3.1.5 Open Break – May end in Closed, Open, Promenade, or Open Promenade Position.
- 2.3.1.6 Follower's Underarm Turn to Right or Left.
- 2.3.1.7 Cross-Over Breaks.
- 2.3.1.8 Walk Around Turn to Left or Right (May be danced Underarm or as a Solo turn).
- 2.3.1.9 Fifth Position Breaks.

RESTRICTIONS: Pre-Bronze American Style **Rumba** - See the restrictions listed under 2.3.3

2.3.2 RUMBA – American Style – Bronze Level

- 2.3.2.1 QQS or SQQ are the only Timings permitted for American Style Rumba.
- 2.3.2.2 Cuban / Progressive Walks Forward or Backward in Closed, Open, or Side-by-Side position.
- 2.3.2.3 Follower's or Leader's Underarm Turn to Right or Left.
- 2.3.2.4 Offset Breaks / Outside Partner Breaks / Shoulder to Shoulder – Forward or Backward.
- 2.3.2.5 Cross-Body Lead / Turn – May end in Closed, Open, or Open Counter Promenade Position. Follower may dance a Reverse Underarm Turn, making 1 ½ turns to left.
- 2.3.2.6 Back Spot Turn / Natural Top.

2.3.3 RESTRICTIONS: Bronze Level – American Style – RUMBA

- 2.3.3.1 Partners must start in a Closed or Open Facing Position with hold.
- 2.3.3.2 Partners may not completely release hold / separate for more than 1 measure (4 beats) of music (i.e. Walk Around or Solo Turns).
- 2.3.3.3 One Underarm or Solo Turn per measure (4 beats) of music is the maximum allowed.
Exceptions: Underarm Turn from Box Step will be completed over 8 beats of music; Inside Turn from Cross-Body Lead will be 1 ½ turns to Left in 4 beats of music.
- 2.3.3.4 No Freezes (held counts).
- 2.3.3.5 No Open Solo Work.
- 2.3.3.6 No Foot Changes (fakes) – partners must always be on opposite feet.
- 2.3.3.7 Both feet must always remain close to the floor: No Aerial Rondés, Developpés, Kicks, etc.
- 2.3.3.8 No Picture Lines.
- 2.3.3.9 No Dips or Drops. No Knee Drops or Sit Drops. No Floor Slashes, Leans, etc.
- 2.3.3.10 No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins.

2.3.4 RUMBA – American Style – Silver Level

- 2.3.4.1 Open Work may feature Open, Shadow, Side-by-Side, or Tandem Position.
- 2.3.4.2 Syncopated actions / figures using no more than 2 measures (8 beats) of music with a maximum of 1 syncopation per measure are allowed.

- 2.3.4.3 Partners may release all hold / separate for a maximum of 4 measures (16 beats) of music before returning to a Dance Position with hold as listed in AR-10 for at least 2 measures (8 beats) of music.
- 2.3.4.4 Open Box Step (Open Left Turn).
- 2.3.4.5 Quick Underarm Turns with no syncopations.
- 2.3.4.6 Double Underarm Turns; Follower's Pivot Turns.
- 2.3.4.7 Back-to-Back Lines / Paseo / Aida.
- 2.3.4.8 Parallel Walks and Turns.
- 2.3.4.9 Grapevines / Traveling Crosses.
- 2.3.4.10 Figures incorporating Foot Swivels.
- 2.3.4.11 Solo Spin Exits (no syncopations. SQQ or QQS timing only).
- 2.3.4.12 Fencing Lines.
- 2.3.4.13 Spiral Turns: Curl; Spiral; Rope Spinning – danced by Follower only using Left to Right hand hold.
Exception: The Spiral in the Paseo may be danced without hold by Leader and Follower.
- 2.3.4.14 Foot Flicks, Kicks, Rondés, Developpés – elevated foot at or below waist level.
- 2.3.4.15 Leader's or Follower's Foot Changes / Fakes / Held Counts (Freezes).
- 2.3.4.16 Forward Spot Turn / Reverse Top.
- 2.3.4.17 Continuous Backward or Forward Spot Turns (Natural / Reverse Tops) with or without Follower's Underarm Turns.
- 2.3.4.18 Continuous partnership pivots; may contain 1 syncopation during 2 measures (8 beats) of music.
- 2.3.4.19 Fallaway, Contact, and Left Angle figures with hold.

2.3.5 RESTRICTIONS: Silver Level – American Style – RUMBA

- 2.3.5.1 Partners must start in a Closed or Open Facing Position with hold.
- 2.3.5.2 Partners must return to a Dance Position with hold as listed in AR-10 for at least 2 measures (8 beats) of music after each Open Work segment.
- 2.3.5.3 No Picture Lines.
- 2.3.5.4 No Dips or Drops below waist level. No Knee Drops or Sit Drops.
- 2.3.5.5 No Floor Slashes, Leans, etc.
- 2.3.5.6 No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins.

2.3.6 RUMBA – American Style – Gold Level

- 2.3.6.1 Partners may completely release hold /separate for a maximum of 8 measures (32 beats) of music.
- 2.3.6.2 Open Work may feature Open, Shadow, Side-by-Side, and Tandem Positions.
- 2.3.6.3 Spiral Turns: Curl; Spiral; Rope Spinning – may be danced without hold; may be danced by Leader or Follower.
- 2.3.6.4 Picture Lines may be used.

2.3.7 RESTRICTIONS: Gold Level – American Style – RUMBA

- 2.3.7.1 Open Work may be danced without hold and may last for up to 8 consecutive measures (32 beats) of music before returning to a Dance Position with hold as listed in AR-10 for at least 2 measures (8 beats) of music.

2.4 American Style EAST COAST SWING

2.4.1 EAST COAST SWING – American Style – Pre-Bronze Level

- 2.4.1.1 Basic timing may be Single (S.S, Q.Q), Double (Q.Q, Q.Q, Q.Q), or Triple (Q&Q, Q&Q, Q.Q).
- 2.4.1.2 Single, Double, and Handshake Holds may be used.
- 2.4.1.3 Basic with or without turn to left or right.
- 2.4.1.4 Underarm Turn to Right – Limited to 1 Underarm or Solo Turn per 6 beats of music.
- 2.4.1.5 Throwaway Basic from Closed to Open Position.
- 2.4.1.6 Link from Open Position to Closed Position.
- 2.4.1.7 Underarm (Free / Solo) Turn to Left – Limited to 1 Underarm or Free / Solo Turn per 6 beats of music.
- 2.4.1.8 Back Pass / Change of Hands Behind the Back.
- 2.4.1.9 Tuck-in Turn / American Spin / Follower's Free Spin – 1 spin maximum.
- 2.4.1.10 Sweetheart / Cuddle / Wrap.

RESTRICTIONS: Pre-Bronze American Style **Swing** - See the restrictions listed under 2.4.3

2.4.2 EAST COAST SWING – American Style - Bronze Level

- 2.4.2.1 Partners may completely release hold / separate for a maximum of 4 beats of music.
- 2.4.2.2 A maximum of 6 consecutive Chassés may be used (i.e. 1&2, 3&4, 5&6, 7&8, 1&2, 3&4).
- 2.4.2.3 The Double Link (QQQQ).
- 2.4.2.4 Underarm (Free / Solo) Turn to Left – Limited to 1 Underarm or Free / Solo Turn per 6 beats of music. (Leader may dance an Underarm Turn to Left during this figure.)
- 2.4.2.5 Continuous Tuck-in Turn – 1 spin maximum.
- 2.4.2.6 Lindy Whip Turn – up to 6 quicks maximum.
- 2.4.2.7 Lindy Whip Turn with Underarm Turn to Left or Right – up to 6 quicks maximum. Hand changes are not allowed (No Apache Whip Turns in Bronze).
- 2.4.2.8 Stop and Go / Peek-a-Boo.
- 2.4.2.9 Back Walks & Points (**Low Flicks are permitted**).
- 2.4.2.10 Swing Walks / Promenade Walks / Jive Walks – Various combinations of triples and up to 4 quicks are permitted.
- 2.4.2.11 Sugar Foot Swivels – 4 quicks maximum.
- 2.4.2.12 Hitch Kicks (**Low kicks only**).

2.4.3 **RESTRICTIONS:** Bronze Level – American Style – EAST COAST SWING

- 2.4.3.1 Partners must start in a Closed or Open Facing Position with hold.
- 2.4.3.2 One Underarm Turn or Solo Turn is the maximum allowed per 6 beats of music.
- 2.4.3.3 No Swivel Action figures such as Swing Swivels, Chicken Walks, Toe-Heel Swivels, etc.
EXCEPTION: Sugar Foot Swivels as per 2.4.2.11 above.
- 2.4.3.4 No Freezes / Held Counts.
- 2.4.3.5 No hopping or skipping actions are allowed.
- 2.4.3.6 No Continuous Chassés allowed (i.e. 1&2&3&4, etc).
- 2.4.3.7 No Foot Changes (fakes) – partners must always be on opposite feet.
- 2.4.3.8 No Open, Solo, or Side-by-Side work allowed in Bronze.
EXCEPTION: Left and Right Side-by-Side position with Leader's arm across Follower's back and Follower's arm on Leader's shoulder in figures such as Mooch.
- 2.4.3.9 Both feet must always remain close to the floor: No Aerial Rondés, Developpés, Kicks, etc.

- 2.4.3.10 No Picture Lines.
- 2.4.3.11 No Dips or Drops. No Knee Drops or Sit Drops. No Floor Slashes, Leans, etc.
- 2.4.3.12 No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins.

2.4.4 EAST COAST SWING – American Style – Silver Level

- 2.4.4.1 Open Work may be danced without hold and may last for up to 8 consecutive measures (32 beats) of music before returning to a Dance Position with hold as listed in AR-10 for at least 2 measures (8 beats) of music.
- 2.4.4.2 Foot Changes (fakes) may be danced by either partner.
- 2.4.4.3 Open Work may feature Open, Shadow, Side-by-Side, Tandem, and Fallaway Positions.
- 2.4.4.4 Double Underarm Turns.
- 2.4.4.5 Figures featuring continuous syncopations using no more than 2 measures (8 beats) of music (i.e. 1&2&3&4&, etc.).
- 2.4.4.6 Lindy Wraps, Whip Turns – incorporating Left and Right Underarm Turns and Hand Changes.
- 2.4.4.7 Foot Swivels, Chicken Walks, Toe-Heel Swivels.
- 2.4.4.8 Boogie Walks and Boogie Woogie actions.
- 2.4.4.9 Solo Spins.
- 2.4.4.10 Freezes / Holds lasting no more than 4 beats of music.
- 2.4.4.11 Manhattan.
- 2.4.4.12 Head Loops, Miami Special.
- 2.4.4.13 Sailor Shuffles.
- 2.4.4.14 Side Passes.
- 2.4.4.15 Push Away actions.
- 2.4.4.16 Hopping and Skipping actions.
- 2.4.4.17 Foot Flicks, Kicks, Rondés, Developpés – elevated foot at or below waist level.
- 2.4.4.18 Reverse Whip / Forward Spot Turn / Reverse Top.
- 2.4.4.19 Continuous partnership pivots; may contain 1 syncopation during each measure of music.

2.4.5 RESTRICTIONS: Silver Level – American Style – EAST COAST SWING

- 2.4.5.1 Partners must start in a Closed or Open Facing Position with hold.
- 2.4.5.2 Partners must return to a Dance Position with hold as listed in AR-10 for at least 2 measures (8 beats) of music after each Open Work segment.
- 2.4.5.3 No Picture Lines.
- 2.4.5.4 No Dips or Drops where the Follower's head goes below the Leader's waist level. No Knee Drops or Sit Drops.
- 2.4.5.5 No Floor Slashes, Leans, etc.
- 2.4.5.6 No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins.

2.4.6 EAST COAST SWING – American Style – Gold Level

- 2.4.6.1 Open Work may be danced without hold and may last for up to 8 consecutive measures (32 beats) of music.
- 2.4.6.2 Open Work may feature Open, Shadow, Side-by-Side, and Tandem Positions.
- 2.4.6.3 Picture Lines may be used.

2.4.7 RESTRICTIONS: Gold Level – American Style – EAST COAST SWING

- 2.4.7.1 Open Work may last for up to 8 consecutive measures (32 beats) of music before returning to a Dance Position with hold as listed in AR-10 for at least 2 measures (8 beats) of music.

2.5 American Style BOLERO

2.5.1 BOLERO – American Style – Pre-Bronze Level

- 2.5.1.1 SQQ is the only permitted Timing for Pre-Bronze level American Style Bolero.
- 2.5.1.2 Side Basic Step (Open, Closed, with or without turn), Forward or Backward Progressive Step (Open, Closed).
- 2.5.1.3 Cuban / Progressive Walks – Forward or Backward in Closed or Open position.
- 2.5.1.4 Rock Steps and Break Steps – Forward, Backward, or Side.
- 2.5.1.5 Open Break – May end in Closed, Open, Promenade, or Open Promenade Positions.
- 2.5.1.6 Follower's Underarm Turn to Right or Left.
- 2.5.1.7 Cross-Over Breaks.
- 2.5.1.8 Walk Around Turn to Left or Right (May be danced as Underarm Turn, a Free Turn, or a Solo Turn).
- 2.5.1.9 Fifth Position Breaks.

RESTRICTIONS: Pre-Bronze American Style **Bolero** - See the restrictions listed under 2.5.3

2.5.2 BOLERO – American Style – Bronze Level

- 2.5.2.1 SQQ is the only permitted Timing for Bronze level American Style Bolero.
- 2.5.2.2 Cuban / Progressive Walks – Forward or Backward in Closed, Open, or Side-by-Side position.
- 2.5.2.3 Rock Steps and Break Steps – Forward, Backward, or Side.
- 2.5.2.4 Open Break (Leader may use Flex Point) – May end in Closed, Open, Promenade, or Open Promenade Positions.
- 2.5.2.5 Follower's or Leader's Underarm Turn to Right or Left.
- 2.5.2.6 Offset Breaks / Outside Partner Breaks / Shoulder to Shoulder – Forward or Backward.
- 2.5.2.7 Cross-Body Lead – May end in Closed, Open, or Open Counter Promenade Positions; May be danced with inside turn to end in Open Facing Position.
- 2.5.2.8 Back Spot Turn / Natural Top.
- 2.5.2.9 Left Side Pass | Right Side Pass.

2.5.3 RESTRICTIONS: Bronze Level – American Style – BOLERO

- 2.5.3.1 Partners must start in a Closed or Open Facing Position with hold.
- 2.5.3.2 Partners may not completely release hold / separate for more than 1 measure (4 beats) of music (i.e. Walk Around or Solo Turns).
- 2.5.3.3 One Underarm or Solo Turn per measure (4 beats) is the maximum allowed.
Exception: The inside turn in 2.5.2.7 uses 1 ½ turns to left.
- 2.5.3.4 No Open Solo Work.
- 2.5.3.5 No Foot Changes (fakes) – partners must always be on opposite feet.
- 2.5.3.6 Both feet must always remain close to the floor: No Aerial Rondés, Developpés, Kicks, etc.
- 2.5.3.7 No Picture Lines.
- 2.5.3.8 No Dips or Drops. No Knee Drops or Sit Drops.

- 2.5.3.9 No Floor Slashes, Leans, Knee Crawls, or Leg Crawls, etc.
- 2.5.3.10 No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins.
- 2.5.3.11 No Freezes or Holds.

2.5.4 **BOLERO – American Style – Silver Level**

- 2.5.4.1 Open Work may be danced without hold and may last for up to 8 consecutive measures (32 beats) of music.
- 2.5.4.2 Foot Changes (fakes) may be danced by Leader or Follower.
- 2.5.4.3 Open Work may feature Open, Shadow, Side-by-Side, and Tandem Position.
- 2.5.4.4 “Drop and Drift” technique may be incorporated into appropriate actions.
- 2.5.4.5 SQQQQQQ and SSS timing may occasionally be used.
- 2.5.4.6 Syncopated actions/figures using no more than 2 measures (8 beats) of music with a maximum of 1 syncopation per measure (4 beats) are allowed.
EXCEPTION: When dancing Cross-Body Lead with Underarm Turn to Left, Follower may dance a double syncopation (Q&Q&) during the Underarm Turn.
- 2.5.4.7 Double Underarm Turns / Follower’s Pivot Turns.
- 2.5.4.8 Back-to-Back Lines / Paseo / Aida.
- 2.5.4.9 Parallel Walks and Turns.
- 2.5.4.10 Grapevines / Traveling Crosses.
- 2.5.4.11 Figures incorporating Foot Swivels.
- 2.5.4.12 Turns, Spins, Solo Spin Exits, etc. (Turns must be completed within 4 beats of music)
- 2.5.4.13 Fencing Lines.
- 2.5.4.14 **SPIRAL TURNS:** Curl; Spiral; Rope Spinning – danced by Follower only; must be danced with Left to Right hold.
Exception: The Spiral Turn in the Paseo may be danced without hold by Leader and Follower.
- 2.5.4.15 Foot Flicks, Kicks, “Rudolph” and other Rondés, and Developpés – elevated foot at or below waist level.
- 2.5.4.16 Freezes / Held counts.
- 2.5.4.17 Forward Spot Turn / Reverse Top.
- 2.5.4.18 Continuous Spot Turns (Backward or Forward / Natural or Reverse) with or without Follower’s Underarm Turns.
- 2.5.4.19 Continuous partnership pivots – may contain 1 syncopation during 2 measures (8 beats) of music.
- 2.5.4.20 Sit Checks, Knee Crawls, Leg Crawls (Maximum of 4 beats of music).
- 2.5.4.21 **PERMITTED PICTURE LINES:** Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions (Maximum of 4 beats of music).
- 2.5.4.22 Fallaway, Contact, and Left Angle figures with hold.

2.5.5 **RESTRICTIONS: Silver Level – American Style – BOLERO**

- 2.5.5.1 Partners must start in a Closed or Open Facing Position with hold.
- 2.5.5.2 Partners must return to a Dance Position with hold as listed in AR-10 for at least 2 measures (8 beats) of music after each Open Work segment.
- 2.5.5.3 No Dips or Drops. No Knee Drops or Sit Drops.
- 2.5.5.4 No Floor Slashes, Leans, etc.
- 2.5.5.5 No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins.

2.5.6 BOLERO – American Style – Gold Level

- 2.5.6.1 Open Work may be danced without hold and may last up to 8 consecutive measures (32 beats) of music.
- 2.5.6.2 Open Work may feature Open, Shadow, Side-by-Side, and Tandem Positions.
- 2.5.6.3 Spiral Turns: Curl; Spiral; Rope Spinning – may be danced without hold; may be danced by Leader or Follower.
- 2.5.6.4 Picture Lines may be used.

2.5.7 RESTRICTIONS: Gold Level – American Style – BOLERO

- 2.5.7.1 Partners must return to a Dance Position with hold as listed in AR-10 for at least 2 measures (8 beats) of music after each Open Work segment.

2.6 American Style MAMBO

2.6.1 MAMBO – American Style – Pre-Bronze Level

- 2.6.1.1 Timing for American Style Mambo requires breaking on the second beat of each measure (i.e. 2.3.4, hold 1, 2.3.4, hold 1 - No other timing is permitted in Pre-Bronze).
- 2.6.1.2 Basic Step (Open, Closed, with or without turn to right or left) Forward and Backward Basic (Progressive) Step (Open, Closed).
- 2.6.1.3 Forward, Back, and Side Breaks (Closing on step 3 and/or step 6).
- 2.6.1.4 Rock Steps – Forward, Backward, or Side (No closing action on step 3 and/or step 6).
- 2.6.1.5 Open Break – May end in Closed, Open, Promenade, or Open Promenade Positions.
- 2.6.1.6 Follower's Underarm Turn to Right or Left.
- 2.6.1.7 Cross-Over Breaks.
- 2.6.1.8 Walk Around Turn to Left or Right (May be danced Underarm or as a Free / Solo turn).
- 2.6.1.9 Fifth Position Breaks.
- 2.6.1.10 Scallop Actions.

RESTRICTIONS: Pre-Bronze American Style Mambo - See the restrictions listed under 2.6.3

2.6.2 MAMBO – American Style – Bronze Level

- 2.6.2.1 Timing for American Style Mambo requires breaking on the second beat of each measure (i.e. 2.3.4, hold 1, 2.3.4, hold 1 - No other timing is permitted in Bronze).
EXCEPTION: The Foot Change (fake) action as described in 2.6.2.11.
- 2.6.2.2 Follower's and Leader's Underarm Turn to Right or Left.
- 2.6.2.3 Progressive walks in Closed, Open, or Side-by-Side position.
- 2.6.2.4 Offset Breaks / Outside Partner Breaks / Shoulder to Shoulder – Forward or Backward.
- 2.6.2.5 Cross-Body Lead / Turn; May end in Closed, Open, or Open Counter Promenade Positions. Follower may dance a Reverse Underarm Turn.
- 2.6.2.6 Back Spot Turn / Natural Top.
- 2.6.2.7 Chase Turns – ½ turn or 1 full turn.
- 2.6.2.8 Peek-a-Boo / Stop & Go.
- 2.6.2.9 Progressive Walks – Forward or Backward in Closed, Open, or Side-by-Side Positions.
- 2.6.2.10 Promenade Walks.
- 2.6.2.11 Parallel Breaks / Sweetheart / Cuddle: Foot Change (fake) to same foot is required in this pattern. Leader may hold (not step) on count 4 or could step on both the 4 and the 1.

2.6.3 RESTRICTIONS: Bronze level – American Style – MAMBO

- 2.6.3.1 Partners must start in a Closed or Open Facing Position with hold.
- 2.6.3.2 Partners may not completely release hold / separate for more than one measure (4 beats) of music.
EXCEPTION: Chase Turns as per 2.6.2.14.
- 2.6.3.3 No Foot Changes (fakes) – Partners must always be on opposite feet.
EXCEPTION: 2.6.2.11 above.
- 2.6.3.4 One Underarm or Solo Turn per measure (4 beats) of music is the maximum allowed.
EXCEPTION: Follower makes 1 ½ turns to left during the Reverse Underarm Turn referenced in 2.6.2.5.
- 2.6.3.5 No Open Solo Work.
- 2.6.3.6 Both feet must always remain close to the floor: No Aerial Rondés, Developpés, Kicks, etc.
- 2.6.3.7 No Picture Lines.
- 2.6.3.8 No Dips or Drops. No Knee Drops or Sit Drops.
- 2.6.3.9 No Floor Slashes, Leans, Leg Crawls, Knee Crawls, etc.
- 2.6.3.10 No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins.
- 2.6.3.11 No Hopping or Skipping actions | No Freezes / Holds.

2.6.4 MAMBO – American Style – Silver Level

- 2.6.4.1 **ADDITIONAL TIMINGS:** Use of 2, hold 3, 4, hold 1, 2&3, 4&1, step-hop, slide, and other timings is permitted at Silver level and above.
- 2.6.4.2 Foot Changes (fakes) may be danced by either partner.
- 2.6.4.3 Open Work may be danced without hold and may last for up to 8 consecutive measures (32 beats) of music.
- 2.6.4.4 Open Work may feature Open, Shadow, Side-by-Side, and Tandem Position.
- 2.6.4.5 Open Left Turn with feet passing on step 3 and / or step 6.
- 2.6.4.6 Double Underarm Turns; Follower's Pivot Turns.
- 2.6.4.7 Back-to-Back Lines / Paseo / Aida.
- 2.6.4.8 Parallel Walks & Turns.
- 2.6.4.9 Grapevines / Traveling Crosses.
- 2.6.4.10 Figures incorporating Foot Swivels.
- 2.6.4.11 Turns, Spins, Solo Spin Exits, etc (turns must be completed within 4 beats of music).
- 2.6.4.12 Fencing Lines.
- 2.6.4.13 Spiral Turns: Curl; Spiral; Rope Spinning – danced by Follower only; must be danced in left to right hand hold.
Exception: The Spiral Turn in the Paseo may be danced without hold by Leader and Follower.
- 2.6.4.14 Kick Styling, Knee Lifts.
- 2.6.4.15 Foot Flicks, Rondés, Developpés – elevated foot at or below waist level.
- 2.6.4.16 Leader's Foot Changes / Fakes / Freezes / Held counts.
- 2.6.4.17 Forward Spot Turn / Reverse Top and Backward Spot Turn / Natural Top with or without Follower's Underarm Turns.
- 2.6.4.18 Passes & Riff Turns.
- 2.6.4.19 Head Loops and Neck Wraps.
- 2.6.4.20 Half Moon.
- 2.6.4.21 Skipping and Hopping actions.

2.6.4.22 Freezes and Holds – No more than 4 beats.

2.6.5 RESTRICTIONS: Silver Level – American Style – MAMBO

- 2.6.5.1 Partners must start in a Closed or Open Facing Position with hold.
- 2.6.5.2 Partners must return to a Dance Position with hold as listed in AR-10 for at least 2 measures (8 beats) of music after each Open Work segment.
- 2.6.5.3 No Dips or Drops. No Knee Drops or Sit Drops.
- 2.6.5.4 No Floor Slashes, Leans, Leg Crawls, Knee Crawls, etc.
- 2.6.5.5 No Sitting Hens, Horse & Carts, Pot Stirs, or Standing Spins.
- 2.6.5.6 No Picture Lines.

2.6.6 MAMBO – American Style – Gold Level

- 2.6.6.1 Open Work may be danced without hold and may last up to 8 consecutive measures (32 beats) of music.
- 2.6.6.2 Open Work may feature Open, Shadow, Side-by-Side, and Tandem Positions.
- 2.6.6.3 Spiral Turns: Spiral, Curl, Rope Spinning – may be danced without hold; may be danced by Leader and Follower.

2.6.7 RESTRICTIONS: Gold Level – American Style – MAMBO

- 2.6.7.1 Partners must return to a Dance Position with hold as listed in AR-10 for at least 2 measures (8 beats) of music after each Open Work segment.

3. INTERNATIONAL STYLE STANDARD

For the International Standard dances, USA Dance recognizes and accepts the black technical manuals containing the syllabus of the World DanceSport Federation (WDSF) and the gray technical manual known as The Ballroom Technique of the Imperial Society of Teachers of Dancing (ISTD). These manuals are also available on DVDs and may be purchased from each organization's website.

Also accepted are the additional figures and combinations of steps listed for the various levels in the WDSF Syllabus Online (<https://www.worlddancesport.org/Rule/Athlete/Competition/Syllabus>).

The ADDITIONAL FIGURES given in the back of The Ballroom Technique book are also provided in this list.

The Syllabus Figures for the WDSF and ISTD are listed on the following pages. Figures in one syllabus may be listed at a higher or lower level in the other syllabus. For instance, the Waltz Natural Spin Turn is in the ISTD Bronze Waltz but is a Silver Figure in the WDSF syllabus. Any figure from either list may be danced at the lowest Closed-to-Syllabus medalist proficiency level at which that figure is listed. The syllabi of the 2 organizations have been combined into a single list which uses a "W" to identify WDSF material and an "I" to identify ISTD material.

GENERAL STATEMENTS:

Any Follow may be used, provided it doesn't change the timing or dance position of the figure being danced or the preceding figure.

Figures must be completed as written in the manuals unless the manual clearly states that "just" or "only" certain steps may be danced.

NOTE: A new format has been used for listing the International Standard Figures in this 2025 version of the USA Dance Syllabus Guidebook. This is to create a more consistent look throughout the syllabus figure listings.

Open Work is not permitted at any level in the International Standard / Ballroom dances.

3.1 International Style WALTZ

3.1.1 WALTZ – International Style – Pre-Bronze Level

- 3.1.1.1 W / I: Closed Change on Right Foot / Right Foot Closed Change.
- 3.1.1.2 W / I: Closed Change on Left Foot / Left Foot Closed Change.
- 3.1.1.3 W / I: Natural Turn.
- 3.1.1.4 W / I: Reverse Turn.
- 3.1.1.5 W / I: Whisk.
- 3.1.1.6 W / I: Chasse from Promenade.
- 3.1.1.7 I: Natural Spin Turn.

3.1.2 WALTZ – International Style – Bronze Level

- 3.1.2.1 I: When ended in PP, Chasse from PP may be followed by the Basic Weave as described in Foxtrot, taking a forward step on 1.
- 3.1.2.2 W / I: Impetus / Closed Impetus.
- 3.1.2.3 I: Hesitation Change.
- 3.1.2.4 W / I: Outside Change. May end in PP.
- 3.1.2.5 W / I: Basic Weave. May end in PP.
- 3.1.2.6 W / I: Progressive Chasse to Right. If $\frac{1}{2}$ turn is made, the Outside Change may follow.
- 3.1.2.7 W / I: Whisk. May turn $\frac{1}{4}$ to Left.
- 3.1.2.8 W / I: Back Whisk. May turn $\frac{3}{8}$ to Right.
- 3.1.2.9 I: Reverse Corté.
- 3.1.2.10 W / I: Double Reverse Spin.
- 3.1.2.11 W / I: Reverse Pivot
- 3.1.2.12 W / I: Backward Locks / Back Lock.
- 3.1.2.13 W: Running Finish. May end in PP.
- 3.1.2.14 W: Progressive Chasse to Left. May end in PP.
- 3.1.2.15 W: Open Natural Turn.

3.1.3 WALTZ – International Style – Silver Level

- 3.1.3.1 W / I: Telemark / Closed Telemark.
- 3.1.3.2 W / I: Telemark to PP / Open Telemark. May be used without Cross Hesitation or Wing.
- 3.1.3.3 W / I: Open Telemark and Cross Hesitation. Includes Cross Hesitation from PP.
- 3.1.3.4 W / I: Open Telemark and Wing. Includes Wing from PP.
- 3.1.3.5 W / I: Weave from PP. May end in PP.
- 3.1.3.6 W / I: Impetus to PP / Open Impetus.
- 3.1.3.7 I: Open Impetus and Cross Hesitation. Includes Cross Hesitation from PP.
- 3.1.3.8 W / I: Open Impetus and Wing. Includes Wing from PP.
- 3.1.3.9 W / I: Outside Spin. May be underturned.
- 3.1.3.10 W / I: Natural Turning Lock / Turning Lock to Right.
- 3.1.3.11 W / I: Reverse Turning Lock / Turning Lock. May end in PP.
- 3.1.3.12 W / I: Drag Hesitation.
- 3.1.3.13 W: Quick Open Reverse. May commence in PP; May use just steps 1-4; May be counted 1.2&3 or 1&2.3.

3.1.4 WALTZ – International Style – Gold Level

- 3.1.4.1 W / I: Left Whisk: May commence in PP

- 3.1.4.2 W / I: Contra Check. A Natural Pivot may be used on step 3.
- 3.1.4.3 W / I: Wing / Closed Wing.
- 3.1.4.4 W / I: Fallaway Reverse and Slip Pivot.
- 3.1.4.5 W / I: Hover Corté. May commence in PP; May use 2 bars of music.
- 3.1.4.6 W: Fallaway Natural Turn.
- 3.1.4.7 W: Running Weave from PP.
- 3.1.4.8 W: Running Spin Turn. May count steps 4-7 as 1&2.3 or 1.2&3.
- 3.1.4.9 W: Overturned Running Spin Turn. May count steps 4-7 as 1&2.3 or 1.2&3; Wing on steps 9-11 may be replaced with 3 steps fwd in PP.
- 3.1.4.10 W: Running Cross Chasse. May commence in PP; May be counted 1&2.3 or 1.2&3.
- 3.1.4.11 W: Bounce Fallaway with Weave Ending.
- 3.1.4.12 W: Curved Feather.
- 3.1.4.13 W: Fallaway Natural Turn. May end in PP; May be counted 1.2&3 or 1&2.3.

3.2 International Style TANGO

3.2.1 TANGO – International Style – Pre-Bronze Level

- 3.2.1.1 W / I: Tap – Alternative methods of entry to / achieving PP. May be counted & or S.
- 3.2.1.2 I: Left foot and Right foot Walks.
- 3.2.1.3 W / I: Progressive Side Step.
- 3.2.1.4 W / I: Brush Tap. May end in PP.
- 3.2.1.5 W / I: Progressive Link.
- 3.2.1.6 W / I: Closed Promenade.
- 3.2.1.7 W / I: Natural Rock Turn / Rock Turn
- 3.2.1.8 W / I: Open Promenade.
- 3.2.1.9 W / I: Back Corté.

3.2.2 TANGO – International Style – Bronze Level

- 3.2.2.1 W / I: Closed Promenade, Leader turning $\frac{1}{4}$ to R, Follower making no turn.
- 3.2.2.2 W / I: Back Corté, Step 1 back in CBMP, Follower OP.
- 3.2.2.3 W / I: Open Reverse Turn / Open Reverse Turn, Lady (Follower) Outside.
- 3.2.2.4 I: Open Reverse Turn, Lady (Follower) in Line.
- 3.2.2.5 W / I: Basic Reverse Turn – QQS, QQS only; Open Finish may be used.
- 3.2.2.6 I: Progressive Side Step Reverse Turn. Just steps 1-4 or 1-7 may be danced.
- 3.2.2.7 W / I: Rock on LF, Rock on RF / LF & RF Rocks. LF Rock may commence and end in CBMP with partner outside.
- 3.2.2.8 W / I: Natural Twist Turn from PP / Natural Twist Turn. May be counted SQQQQS; May end in Closed Position.
- 3.2.2.9 W / I: Natural Turn from PP. May end in Closed Position.

3.2.3 TANGO – International Style – Silver Level

- 3.2.3.1 W / I: Promenade Link Turned to Right / Promenade Link. Leader makes no turn to end facing DW. Follower turns $\frac{1}{4}$ to left to face partner. To end in PP, neither partner turns.
- 3.2.3.2 W / I: Promenade Link Turned to Left / Reverse Promenade Link.
- 3.2.3.3 W / I: Four Step. Steps 1-2 may be used as entry to Outside Swivels.
- 3.2.3.4 W / I: Fallaway Four Step.
- 3.2.3.5 W / I: Back Open Promenade. Steps 3-4 may be repeated, counting SS or &S.

- 3.2.3.6 W / I: Fallaway in Promenade / Fallaway Promenade.
- 3.2.3.7 W: Whisk.
- 3.2.3.8 W: Back Whisk.
- 3.2.3.9 W / I: Outside Swivel Method 1 – After Open Finish and turning to Right. May end in PP. The Promenade Link of any Outside Swivel may be replaced by Closed or Open Finish.
- 3.2.3.10 W / I: Outside Swivel Method 2 – After Open Finish and turning to Left. May end in PP. The Promenade Link of any Outside Swivel may be replaced by Closed or Open Finish.
- 3.2.3.11 W / I: Outside Swivel Method 3 – Reverse Outside Swivel. May end in PP. The Promenade Link of any Outside Swivel may be replaced by Closed or Open Finish.
- 3.2.3.12 I: Outside Swivel Method 4 – As for Method 3 with Leader stepping LF back DC with toe pointing to Wall. Follower turns just $\frac{1}{8}$ to right on 3. May end in PP. The Promenade Link of any Outside Swivel may be replaced by Closed or Open Finish.
- 3.2.3.13 W / I: Four Step Change. May be counted QQ&S

3.2.4 TANGO – International Style – Gold Level

- 3.2.4.1 W / I: Five Step. May be counted QQS&S. ISTD version can make the same amount of turn. Steps 1-2 may be used as entry to Outside Swivels.
- 3.2.4.2 W: Mini Five Step. Danced as ISTD Five Step. Steps 1-2 may be used as entry to Outside Swivels. Timing: QQS&S or S&QQS.
- 3.2.4.3 W / I: Quick Reverse Turn: As Basic Reverse Turn counted QQ&QQS.
- 3.2.4.4 W / I: Fallaway Reverse and Slip Pivot.
- 3.2.4.5 W: Telemark to PP. Figures normally starting with a step to side in PP on 1 may commence with step 2 onward after step 3 of Telemark to PP.
- 3.2.4.6 W: Open Natural Turn. Timing: SQQS or S&QQ.
- 3.2.4.7 W / I: Outside Spin. May be Underturned. Timing: QQS or &QQ.
- 3.2.4.8 W / I: Natural Twist Turn. May end in Closed Position, adjusting turn as needed.
- 3.2.4.9 W / I: Oversway.
- 3.2.4.10 W / I: Drop Oversway.
- 3.2.4.11 W / I: Alternative Endings for Oversway and Drop Oversway.
- 3.2.4.12 W / I: Chase.
- 3.2.4.13 W / I: Alternative Endings for Chase.
- 3.2.4.14 W / I: Contra Check.
- 3.2.4.15 W: Reverse Pivot.

3.3 International Style FOXTROT

3.3.1 FOXTROT – International Style – Pre-Bronze Level

- 3.3.1.1 W / I: Feather Step.
- 3.3.1.2 W / I: Three Step.
- 3.3.1.3 W / I: Natural Turn.
- 3.3.1.4 W: Feather Finish.
- 3.3.1.5 W / I: Reverse Turn (Incorporating the Feather Finish).
- 3.3.1.6 W / I: Change of Direction.

3.3.2 FOXTROT – International Style – Bronze Level

- 3.3.2.1 W / I: Feather Step may commence in CBMP, OP. May be Followed by a back step taken in CBMP, Partner Outside.

- 3.3.2.2 W / I: Basic Weave. I: May be entered from step 4 of Reverse Turn. May be extended for 2 quicks (QQ).
- 3.3.2.3 W / I: Closed Impetus and Feather Finish. May Follow step 3 of Natural Turn.
- 3.3.2.4 W / I: Natural Turn. Includes HEEL PULL FINISH, which may be counted SSS or QQS. Step 1 may be taken in CBMP, OP.
- 3.3.2.5 W / I: Hover Feather.
- 3.3.2.6 W / I: Natural Weave. May commence in PP. May be extended for 2 quicks (QQ).
- 3.3.2.7 W: Whisk. May turn $\frac{1}{4}$ to Left.
- 3.3.2.8 W: Back Whisk. May turn $\frac{3}{4}$ to Right.
- 3.3.2.9 W: Open Natural Turn – Starts in PP.

3.3.3 FOXTROT – International Style – Silver Level

- 3.3.3.1 W: Double Reverse Spin. Timing: SSQQ or SQ&Q.
- 3.3.3.2 W / I: Telemark / Closed Telemark.
- 3.3.3.3 W / I: Telemark to PP / Open Telemark and Feather Ending.
- 3.3.3.4 I: Open Telemark, Open Natural, Outside Swivel and Feather Ending. A Closed or Open Impetus may replace the Outside Swivel. Outside Swivel may be extended for an additional S, making 1 weight change over 4 beats of music.
- 3.3.3.5 W / I: Outside Swivel. May use 4 beats of music. May be danced after a Feather Finish or Feather Ending.
- 3.3.3.6 W / I: Top Spin.
- 3.3.3.7 W / I: Hover Telemark.
- 3.3.3.8 W / I: Hover Telemark to PP.
- 3.3.3.9 W / I: Natural Telemark. May commence in PP.
- 3.3.3.10 W / I: Natural Hover Telemark. May commence in PP.
- 3.3.3.11 W / I: Impetus to PP / Open Impetus.
- 3.3.3.12 W / I: Weave from PP. May be extended for 2 quicks (QQ).
- 3.3.3.13 W / I: Hover Cross. May commence in PP.
- 3.3.3.14 W: Outside Spin. Timing: SQQ or &QQ. May be underturned w no turn on 3 to follow with a back step on Leader's RF.
- 3.3.3.15 W / I: Reverse Wave. Steps 1-4 may be used as entry to Basic Weave. Just steps 1-4, 1-6 or just 4-6 may be used.

3.3.4 FOXTROT – International Style – Gold Level

- 3.3.4.1 W / I: Natural Twist Turn (ended W Hover Feather).
Note: Each Natural Twist Turn may be commenced in PP. Follower omits the Heel Turn on step 2, taking a small step fwd on RF, then continue from step 3 onwards.
- 3.3.4.2 W / I: Natural Twist Turn w Natural Weave.
- 3.3.4.3 W / I: Natural Twist Turn w (Closed) Impetus and Feather Finish.
- 3.3.4.4 W / I: Natural Twist Turn w (Open) Impetus to PP.
- 3.3.4.5 W / I: Natural Zig-Zag from PP.
- 3.3.4.6 W: Curved Three Step.
- 3.3.4.7 W / I: Curved Feather / Curved Feather to Back Feather. Step 6 may be Followed by a figure commenced w Leader stepping RF fwd in CBMP, OP.
- 3.3.4.8 W / I: Curved Feather from PP. Step 3 of Curved Feather or Curved Feather from PP may be Followed by Closed or Open Impetus.

- 3.3.4.9 W: Back Feather. Step 3 may be Followed by a figure commenced w Leader stepping RF fwd in CBMP, OP.
- 3.3.4.10 W / I: Fallaway Reverse and Slip Pivot. Timing: SQQS, SQQ&, SQ&Q, S&QQ, QQQQ
- 3.3.4.11 W / I: Bounce Fallaway w Weave Ending.
- 3.3.4.12 W: (Quick) Open Reverse Turn.
- 3.3.4.13 W: Running Weave from PP. Step 1 may be danced fwd in CBMP, OP, by Leader, bwd in CBMP by Follower. Step 1 may also be taken fwd by Leader, bwd by Follower in normal Closed Position.
- 3.3.4.14 W: Extended Reverse Wave. Just steps 1-9 or 1-12 may be used. Just steps 6-12 or 6-15 may be used.
- 3.3.4.15 W: Reverse Pivot. Timing: S, &, or Q. If counted Q, timing for 1st step of Follow will change. I.E. Reverse Turn will be counted QQQ.

3.4 International Style QUICKSTEP

3.4.1 QUICKSTEP – International Style – Pre-Bronze Level

- 3.4.1.1 W / I: Basic Movement: Quarter Turn and Progressive Chasse.
Note: After a step fwd in CBMP, OP, on RF, a walk back in CBMP, partner outside, may be danced on LF.
- 3.4.1.2 W / I: Natural Turn.
- 3.4.1.3 W / I: Reverse Turn / Chasse Reverse Turn.
- 3.4.1.4 W / I: Progressive Chasse to Right.
- 3.4.1.5 W / I: Progressive Chasse to Left.
- 3.4.1.6 W / I: Cross Chasse.
- 3.4.1.7 W / I: Forward Lock. Step 1 may be taken in line with partner; Just steps 2-4 may be used (steps 2-5 in ISTD).
- 3.4.1.8 W / I: Quarter Turn to Right.
- 3.4.1.9 W / I: Quarter Turn to Left. Timing: SQQ. May be danced as a Heel Pivot.
- 3.4.1.10 W / I: Change of Direction. May remain on RF on 3, Closing LF to RF w/o weight.

3.4.2 QUICKSTEP – International Style – Bronze Level

- 3.4.2.1 I: Natural Turn w Hesitation.
- 3.4.2.2 W / I: Natural Pivot / Natural Pivot Turn.
- 3.4.2.3 W / I: Natural Spin Turn. Timing: Steps 4-6 may be SSS or SQQ. May be underturned.
- 3.4.2.4 W / I: Outside Change. May end in PP.
- 3.4.2.5 W / I: Closed Impetus. Timing: SSS or SQQ. Step 1 may be taken in CBMP, partner outside.
- 3.4.2.6 W / I: Backward Lock / Back Lock. Step 1 may be taken in line; Just steps 2-4 may be used (steps 2-5 in ISTD).
- 3.4.2.7 W / I: Reverse Pivot. Timing: S or &.
- 3.4.2.8 W / I: Tipple Chasse to Right (at corner). Just steps 2-4 may be used (steps 2-5 in ISTD).
- 3.4.2.9 W / I: Tipple Chasse to Right Along LOD / Tipple Chasse to Right Along Side of Room. Just steps 2-4 may be used (steps 2-5 in ISTD).
- 3.4.2.10 W / I: Running Finish. Timing: QQSS or SQQS. May end in PP.
- 3.4.2.11 I: Natural Turn and Back Lock.
- 3.4.2.12 W / I: Double Reverse Spin.
- 3.4.2.13 W: Open Natural Turn. Step 1 may be taken fwd in CBMP, OP (Follower bwd in CBMP, partner outside).

- 3.4.2.14 I: Heel Pivot.
- 3.4.2.15 W / I: Zig-Zag / Zig-Zag, Back Lock & Running Finish. Just steps 1-2 may be used.

3.4.3 QUICKSTEP – International Style – Silver Level

- 3.4.3.1 I: Underturned (Checked) Tipple Chasse to Right.
- 3.4.3.2 W: Hesitation Change. Steps 1-2 only may be used.
- 3.4.3.3 W: Impetus to PP. Timing: SSS or SQQ.
- 3.4.3.4 W / I: Telemark / Closed Telemark. Timing: SQQ or SSS.
- 3.4.3.5 W: Telemark to PP. Timing: SQQ or SSS.
- 3.4.3.6 W: Whisk. Timing: SSS or SQQ.
- 3.4.3.7 W: Back Whisk. Timing: SSS or SQQ.
- 3.4.3.8 W / I: Tipple Chasse to Left. May commence in PP. Just steps 2-4 may be used.
- 3.4.3.9 W / I: Open Reverse Turn / Quick Open Reverse.
- 3.4.3.10 W / I: Fishtail. May be danced w/o turn.
- 3.4.3.11 W / I: Running Natural Turn / Running Right Turn. Step 1 may be taken fwd in CBMP, OP (Follower bwd in CBMP, partner outside). Steps 5-7 may be SQQ. May end in PP. Tipple Chasse to Right may follow step 7.
- 3.4.3.12 W / I: Four Quick Run.
- 3.4.3.13 W / I: V-6. Steps 2-7 only may be used. Steps 6-8 may be overturned to LOD to Follow with Quick Open Reverse Turn.
- 3.4.3.14 W: Outside Spin. May be underturned, making no turn on step 3.
- 3.4.3.15 W: Weave from PP.
- 3.4.3.16 W: (Closed) Wing.
- 3.4.3.17 W: Wing from PP.

3.4.4 QUICKSTEP – International Style – Gold Level

- 3.4.4.1 W / I: Cross Swivel.
- 3.4.4.2 W / I: Six Quick Run.
- 3.4.4.3 W / I: Rumba Cross.
- 3.4.4.4 W / I: Topsy to Right. May be danced after step 7 of Running (Natural) Right Turn.
- 3.4.4.5 W / I: Topsy to Left.
- 3.4.4.6 W / I: Hover Corté. May Commence in PP. May be held for 1 extra bar (8 Slows total).
- 3.4.4.7 W: Drag Hesitation.
- 3.4.4.8 W: Running Cross Chasse. May end in PP
- 3.4.4.9 W: Natural Turning Lock. May end in Closed Position w Leader facing DC to take Following step fwd in CBMP, OP. May be overturned w Leader backing DC and Following step taken bwd in Closed Position
- 3.4.4.10 W: Natural Fallaway Turn.

3.5 International Style VIENNESE WALTZ

3.5.1 VIENNESE WALTZ – International Style – Pre-Bronze Level

- 3.5.1.1 W / I: Natural Turn. Just steps 1-3 or 4-6 may be used.
- 3.5.1.2 W / I: Reverse Turn. Just steps 1-3 or 4-6 may be used.
- 3.5.1.3 W / I: RF Forward Change Step – to change from Natural to Reverse Turn.
- 3.5.1.4 W / I: LF Forward Change Step – to change from Reverse to Natural Turn.

3.5.2 VIENNESE WALTZ – International Style – Bronze Level

- 3.5.2.1 W / I: RF Backward Change Step – to change from Natural to Reverse Turn.
- 3.5.2.2 W / I: LF Backward Change Step – to change from Reverse to Natural Turn.
- 3.5.2.3 W: Chasse Change Step.

3.5.3 VIENNESE WALTZ – International Style – Silver Level

- 3.5.3.1 W / I: Reverse Fleckerl.
- 3.5.3.2 W: Continuous Spin.
- 3.5.3.3 W: Reverse Pivots.
- 3.5.3.4 W: Hesitation Change. An additional bar of music may be used during 4-6. When using only steps 5-6, step 5 may be in CBMP, partner outside.
- 3.5.3.5 W: Drag Hesitation.
- 3.5.3.6 W: Natural Spin Turn.
- 3.5.3.7 W: Telemark.
- 3.5.3.8 W: Natural Spin Turn Reverse Pivot.
- 3.5.3.9 W: Checked Natural Turn.
- 3.5.3.10 W: Natural Back Check. Steps 4-5 only may be used.
- 3.5.3.11 W: Checked Reverse Turn.
- 3.5.3.12 Reverse Back Check. Steps 4-5 only may be used.

3.5.4 VIENNESE WALTZ – International Style – Gold Level

- 3.5.4.1 W / I: Contra Check. 2 bars (6 beats) may be used.
- 3.5.4.2 W: Left Whisk. Steps 2-3 only may be danced.
- 3.5.4.3 W: Running Weave.
- 3.5.4.4 W / I: Natural Fleckerl.
- 3.5.4.5 W: Check from Reverse to Natural Fleckerl. Extra bars of music may be used.
- 3.5.4.6 W: Overturned Natural Spin Turn.
- 3.5.4.7 W: Throwaway Oversway.
- 3.5.4.8 W: Throwaway Oversway taken after 2-3 of Reverse Turn – an additional bar of music may be used.
- 3.5.4.9 W: Hover Reverse Turn. Steps 4-5 only may be used.
- 3.5.4.10 W: Running Feather. Step 1 may be taken in CBMP, OP.
- 3.5.4.11 W: Running Feather to PP. Step 1 may be taken in CBMP, OP.
- 3.5.4.12 W: Double Reverse Spin Overspin.
- 3.5.4.13 W: Reverse Impetus into Right Lunge. The number of beats used on step 3 may vary. Steps 2-3 of Checked Natural Turn may Follow the Right Lunge.
- 3.5.4.14 W: Rudolph Fallaway.
- 3.5.4.15 W: Ronde Twist Turn. Steps 4-8 only may be used.
- 3.5.4.16 W: Double Leg Rondé. Just Leader's steps 4-6 (Follower's steps 4-9) may be used.
- 3.5.4.17 W: Swivel to Promenade Pivot. Steps 4-6 only may be used in which case step 4 may be taken bwd in CBMP in Outside Partner Position.
- 3.5.4.18 W: Swivel to Promenade Link. When only steps 4-6 are used, step 4 may be taken bwd in CBMP in Outside Partner Position.

4. INTERNATIONAL STYLE LATIN

In the International Latin discipline, USA Dance recognizes and accepts the black technical manuals containing the syllabus of the World DanceSport Federation (WDSF) and the red technical manuals of the Imperial Society of Teachers of Dancing (ISTD). These manuals (also available on DVDs) may be purchased from each organization's website.

Also accepted are the additional figures and combinations of steps listed for the various levels in the WDSF Syllabus Online (<https://www.worlddancesport.org/Rule/Athlete/Competition/Syllabus>)

The Syllabus Figures for the WDSF and ISTD are listed on the following pages. Figures in one syllabus may be listed at a higher or lower level in the other syllabus. For instance, the Cha Cha Cha Open Hip Twist is a Silver figure in the ISTD syllabus but is a Bronze figure in the WDSF syllabus. Any figure from either list may be danced at the lowest Closed-to-Syllabus medalist proficiency level at which that figure is listed. The syllabi of the 2 organizations have been combined into a single list which uses a "W" to identify WDSF material and an "I" to identify ISTD material.

GENERAL STATEMENTS:

Any Follow may be used, provided it doesn't change the timing or dance position of the figure being danced or the preceding figure.

Figures must be completed as written in the manuals unless the manual clearly states that "just" or "only" certain steps may be danced.

NOTE: A new format has been used for listing the International Latin Figures in this 2025 version of the USA Dance Syllabus Guidebook. This is to create a more consistent look throughout the syllabus figure listings.

4.1 International Style SAMBA

4.1.1 SAMBA – International Style – Pre-Bronze Level

- 4.1.1.1 W / I: Natural Basic Movement.
- 4.1.1.2 W / I: Reverse Basic Movement.
- 4.1.1.3 W / I: Progressive Basic Movement.
- 4.1.1.4 W / I: Side Basic Movement to Left.
- 4.1.1.5 W: Side Basic Movement to Right.
- 4.1.1.6 W / I: Outside Basic. I: See Note, pg 18 ISTD Latin American Samba syllabus manual.
- 4.1.1.7 W / I: Samba Whisk to Left. Includes Follower's Spot Volta Underarm Turn to Right (W figure 22.)
- 4.1.1.8 W / I: Samba Whisk to Right. Includes Follower's Spot Volta Underarm Turn to Left (W figure 23.)
- 4.1.1.9 W / I: LF & RF Stationary Samba Walks. Includes Follower's Underarm Turns to Right and Left, W figures 22 & 23.
- 4.1.1.10 W / I: Promenade Samba Walks.
- 4.1.1.11 W / I: Side Samba Walk. When in L Side Same Position, Leader can dance Follower's steps and vice versa.
- 4.1.1.12 I: Rhythm Bounce on LF or RF.
- 4.1.1.13 W / I: Reverse Turn.
- 4.1.1.14 W / I: Travelling Volta to Right, Travelling Volta to Left / Travelling Voltas.
- 4.1.1.15 W / I: Spot Volta to Left or Right.

4.1.2 SAMBA – International Style – Bronze Level

- 4.1.2.1 W / I: Hesitation Voltas are allowed at Bronze level upwards. See DEVELOPMENT (F) on pg 47 of ISTD Latin Samba Technique book.
- 4.1.2.2 W / I: The last 2 steps of most Voltas may be danced as steps 2-3 of a Bota Fogo.
- 4.1.2.3 W / I: Travelling Bota Fogos Forward. May be danced on same foot as partner in Right Shadow Position.
- 4.1.2.4 W / I: Criss-Cross Bota Fogos (Shadow Bota Fogos).
- 4.1.2.5 W / I: Travelling Bota Fogos Back to PP / Travelling Bota Fogos Back.
- 4.1.2.6 W / I: Promenade to Counter Promenade Bota Fogos / Bota Fogos to Promenade and Counter Promenade.
- 4.1.2.7 W: Side Samba Chasse.
- 4.1.2.8 W / I: Criss Cross Volta to Right, Criss Cross Volta to Left / Criss Cross Voltas.
- 4.1.2.9 W / I: BRONZE FOOT CHANGES 1: Closed to Right Shadow; 2: Right Shadow to Closed; 3: Promenade or Open Promenade to Right Shadow. (*FOOT CHANGES using methods not listed in the technique manual are accepted.*)
BRONZE SAME FOOT FIGURES: Samba Walks; Rhythm Bounce; Travelling Voltas; Travelling Bota Fotos Forward. (Cruzados Walks / Walks and Locks are NOT permitted in Bronze.)
NOTE: FOOT CHANGES *using methods not listed in the W or I technique manuals are accepted.*
- 4.1.2.10 I: Shadow Travelling Volta.
- 4.1.2.11 W / I: Corta Jaca. ALSO PERMITTED: Versions 3 (L) and 4 (F) listed on page 85 of ISTD Latin Samba Technique Manual.
- 4.1.2.12 W / I: Close Rocks / Closed Rocks.

4.1.3 SAMBA – International Style – Silver Level

- 4.1.3.1 I: SILVER FOOT CHANGES 4: Right Shadow to Promenade; 8: Right Side to Right Shadow. Also 5: a, b, c, and d, all ending in Right Contra Position.
Same Foot Figures: Shadow Circular Voltas; Cruzados Walks; Cruzados Walks and Locks; Same Foot Botafogo.
W: METHODS OF CHANGING FEET 1: LF Forward; 2: RF Forward; 3: Kick Ball Change.
NOTE: FOOT CHANGES *using methods not listed in the W or I technique manuals are accepted.*
- 4.1.3.2 W / I: Circular Voltas to Left or Right.
- 4.1.3.3 I: Shadow Travelling Volta Development – See Developments (L&F) on pg 78 of ISTD Latin Samba Technique Manual.
- 4.1.3.4 W / I: Maypole, Follower Turning Right (or Left).
- 4.1.3.5 W / I: Cruzados Walks.
- 4.1.3.6 W / I: Cruzados Locks.
- 4.1.3.7 W: Dropped Volta.
- 4.1.3.8 W / I: Circular Volta Turning Left (or Right) / Roundabout.
- 4.1.3.9 W / I: Samba Locks, Lady on Left Side / Samba Locks.
- 4.1.3.10 W: Samba Locks, Lady on Right Side.
- 4.1.3.11 W / I: Open Rocks.
- 4.1.3.12 W / I: Backward Rocks / Back Rocks.
- 4.1.3.13 W / I: Plait.
- 4.1.3.14 W / I: Rolling off the Arm and Endings 1, 2, or 3.
NOTE: Methods of Preceding and Ending Rolling off the Arm not listed in the Technique Manuals are accepted.
- 4.1.3.15 W / I: Argentine Crosses. May start with step 4. Steps 1-6, 1-9, or just 4-9 may be danced. Follower may dance Underarm Turn over 4-6 and/or 10-12 – See DEVELOPMENT (F), pg 113 of ISTD Latin Samba Technique Manual.

4.1.4 SAMBA – International Style – Gold Level

- 4.1.4.1 I: GOLD FOOT CHANGES 6: Right Contra to Promenade; 7: Right Contra to Open Counter Promenade Position.
NOTE: FOOT CHANGES *Use of methods not listed in the technique manuals is acceptable.*
- 4.1.4.2 W / I: Travelling Volta Timing Development. See DEVELOPMENT (F) on pg 47 of ISTD Latin Samba Technique Manual.
- 4.1.4.3 W / I: Contra Bota Fogo with Hand Change – See DEVELOPMENT on pg 122 of ISTD Latin Samba Technique manual.
- 4.1.4.4 W / I: Natural Roll.
- 4.1.4.5 W / I: Reverse Roll.
- 4.1.4.6 W: Same Position Corta Jaca (Corta Jaca in R Shadow Position).
- 4.1.4.7 W / I: Samba Locks, Lady on Left Side / Samba Locks.
- 4.1.4.8 W: Samba Locks, Lady on Right Side.
- 4.1.4.9 W / I: Promenade to Counter Promenade Runs / Promenade and Counter Promenade Runs. Step 1 may be fwd (Bwd for Follower) or to side for both partners. Timing: May be QQS or 1.2.3.
- 4.1.4.10 W / I: Double Spiral Turn for Follower / Three Step Turn. Timing: Follower may use 1a2 or 1.2.3 timing.

- 4.1.4.11 W: Drag.
- 4.1.4.12 W: Carioca Runs.

4.2 International Style CHA CHA CHA

4.2.1 CHA CHA CHA – International Style – Pre-Bronze Level

- 4.2.1.1 W / I: NOTE: Most figures ending to side on Leader's LF (Follower's RF) may end in Promenade Position or Open Promenade Position. Likewise, figures ending to side on Leader's RF (Follower's LF) may end in Open Counter Promenade Position.
- 4.2.1.2 W / I: PRE-BRONZE CHASSES Chasse to Right; Chasse to Left; Compact Chasse; Forward Lock; Backward Lock; Simple Fwd or Bwd Chasse; Alternative to Compact Chasse.
- 4.2.1.3 I: Basic In Place.
- 4.2.1.4 W: Time Step. When all steps are danced in place, it is as Basic in Place in 4.2.1.2.
NOTE: Not the same as figure 9 on pg 52 of ISTD Latin Cha Cha Cha Technique Manual.
- 4.2.1.5 W / I: Close / Closed Basic Movement.
- 4.2.1.6 W / I: Open Basic Movement.
- 4.2.1.7 W / I: New York to Right / Left.
- 4.2.1.8 W / I: LF and RF Shoulder to Shoulder. Leader may dance Follower's steps while Follower dances Leader's steps.
- 4.2.1.9 W / I: Hand to Hand to Left / Right. Alternative Hold may be used.
- 4.2.1.10 W / I: Spot and Switch Turns to Right and Left.
- 4.2.1.11 W / I: Underarm Turns to Right and Left.

4.2.2 CHA CHA CHA – International Style – Bronze Level

- 4.2.2.1 W / I: BRONZE CHASSES Running (Merengue) / Forward and backward Runs;
NOTE: Slip Close / Slip; Rondé; Twist / Hip Twist; Split Cuban Chasse to Left or Right; may be used by Leader or Follower for Compact, Fwd, Bwd, or Side Chasses provided the figure's timing and dance position are unchanged.
- 4.2.2.2 W: Alternative Basic with timing of 2.3.4&1, 2&3, 4&1
- 4.2.2.3 W / I: Time Step using Guapacha timing coupled with Latin Cross on steps 1 and 6.
NOTE: This version of the Time Step is the same as Left Foot and Right Foot Time Steps figure 9 on pgs 52 & 53 of ISTD Latin Cha Cha Cha Technique Manual.
- 4.2.2.4 I: Three Cha Cha Chas Forward & Backward.
- 4.2.2.5 W / I: Three Cha Cha Chas to Right.
- 4.2.2.6 W / I: Three Cha Cha Chas to Left.
- 4.2.2.7 I: Side Steps to Left or Right
- 4.2.2.8 W / I: There and Back.
- 4.2.2.9 W / I: Shoulder to Shoulder Development – pg 37 of ISTD Latin Cha Cha Cha Manual.
- 4.2.2.10 W / I: Aida. FOLLOWS AFTER STEP 5: 1. LF Side Rock and Compact Chasse; 2. As 1 plus Spot Turn to Left (Follower to Right); 3. As for 2, replacing Follower's Spot Turn with Underarm Turn to Right as Leader dances RF Time Step.
ENTRY / PRECEDE: May be entered after Curl or Spiral, Follower then dances steps 6-10 of Open Hip Twist. Leader's steps remain unchanged.
- 4.2.2.11 W / I: Fan. May end in Open Facing / Open Opposing position if Leader turns ¼ to left to dance a forward lock during final Chasse. The final Chasse danced in this manner is also an entry into 3 Cha Cha Chas Fwd (Leader moving bwd). Both partners may dance to side in Open Facing / Open Opposing position during the final Chasse.

- 4.2.2.12 W / I: Fan Development described on pgs 56 & 57 of ISTD Latin Cha Cha Cha Manual may be used. Any method of dancing the final chasse given in 4.2.2.11 may be used.
- 4.2.2.13 W / I: Alemana. Leader may take step 1 LF to side. The final chasse may be taken to side by both partners. Just steps 6-10 may be used.
Includes Alemana from Open Position.
- 4.2.2.14 W / I: Natural Opening Out Movement.
- 4.2.2.15 W / I: Open Hip Twist. Hip Twist Chasse / Twist Chasse may be danced over 8-10. The final chasse may be danced in any manner described in 4.2.2.11. Just steps 1-5 or 6-10 may be used.
- 4.2.2.16 W / I: Open Hip Twist Chasse. Leader turns 3/8 to L over 7-8 (Follower 5/8 to L) and both take final chasse to side. The final chasse may also move fwd (Follower bwd) into a Lock in Open Facing / Open Opposing position or to enter 3 Cha Cha Chas Fwd (Follower Bwd).
- 4.2.2.17 W / I: Close / Closed Hip Twist. Rondé Chasse over 3-5 and Hip Twist Chasse over 8-10 is contained in the WDSF syllabus. Leader may turn ¼ to L over 6-7 to follow with a Fwd Lock (or 3 Cha Cha Chas Fwd). I: May end in Open Counter Promenade Position.
- 4.2.2.18 W / I: Close / Closed Hip Twist Chasse. Leader turns ¼ to L (Follower ½ to L) and both dance a side chasse in Open Facing / Open Opposing Position. The final Chasse may be danced fwd (Follower bwd) into a Lock or 3 Cha Cha Chas Fwd (Follower Bwd). I: May end in Open Counter Promenade Position.
- 4.2.2.19 W / I: Hockey Stick – Includes Hockey Stick to Chasse. Steps 8-10 may be used as entry to 3 Cha Cha Chas Fwd (Follower Bwd). I: May end in Open Counter Promenade Position.
- 4.2.2.20 W / I: Natural Top.
- 4.2.2.21 W / I: Advanced Hip Twist is permitted at Bronze level.

4.2.3 CHA CHA CHA – International Style – Silver Level

- 4.2.3.1 W / I: GUAPACHA TIMING As described on page 34 of WDSF Cha Cha Cha manual and on page 7 of the ISTD Cha Cha Cha manual. This timing is permitted in Silver and above in any figure. It is also allowed on Bronze Time Step.
- 4.2.3.2 W / I: Spot / Switch Turn Development – see DEVELOPMENT (L & F), pg 28 of ISTD Latin Cha Cha Cha manual.
- 4.2.3.3 W / I: Steps 6-10 of Hockey Stick from step 10 of Natural Top.
- 4.2.3.4 W: New York: Both partners may dance a Rondé Chasse and a Sailor Shuffle chasse.
- 4.2.3.5 I: Cross Basic. May use Guapacha Timing. May end in Fan Position. Follower may dance a Spiral on step 5.
- 4.2.3.6 W: Cross Basic. Guapacha Timing may be used. Steps 6-10 only may be used.
- 4.2.3.7 W: Cross Basic with Turn. Steps 8-10 may be replaced with a Fwd Lock (Follower Bwd) to Open Opposing Position. May also dance Fwd Lock into 3 Cha Cha Chas Fwd (Follower Bwd). May end in Fan Position.
- 4.2.3.8 W: Cross Basic to Open Opposing Position.
- 4.2.3.9 W / I: METHODS OF CHANGING FEET: Simple – pg 142; METHOD 1, Chasse to R Side Link – pg 144; METHOD 2, Lock to R Side Link – pg 148; METHOD 3, Link to Open Opposing Position – pg 152; Also See ISTD Cha Cha Cha manual, Methods 1, 2, 3 & 4 on pgs 124 - 126.
NOTE: *Methods of Changing Feet not listed in the WDSF or ISTD manuals are acceptable.*
- 4.2.3.10 W / I: SAME FOOT FIGURES: Rondé Chasse, Hip Twist Chasse, Slip Close Chasse, Whisk Chasses, Running Chasse Fwd and/or Bwd, Time Step Chasse, Cha Cha Cha Lock Fwd or Bwd, 3 Cha Cha Chas Fwd and/or Bwd, Basic In Place, Closed Basic, Open Basi, Spot or

Switch Turn to R and/or L, Cuban Breaks to R and L, Split Cuban Breaks to R and L, Time Step, Walks and Whisks, There and Back, Three Cha Cha Chas to R and/or L

- 4.2.3.11 W / I: Cuban Breaks to Right and Left.
- 4.2.3.12 W / I: Split Cuban Breaks to Right and Left
- 4.2.3.13 W / I: Cuban Break Amalgamations. W on pgs 168 & 169. I on pg 101.
- 4.2.3.14 Reverse Top. May dance Spiral Turn on step 10.
- 4.2.3.15 Opening Out From Reverse Top.
- 4.2.3.16 SPIRAL TURNS: Spiral, Curl, Rope Spinning. Includes Underturned Spiral.
- 4.2.3.17 Chase.

4.2.4 CHA CHA CHA – International Style – Gold Level

- 4.2.4.1 I: Follower's (Lady's) Runaway Chasse.
- 4.2.4.2 I: Fan Development with Guapacha Timing. See NOTE (F) on pg 57 of ISTD Cha Cha Cha manual.
- 4.2.4.3 I: Lady's Underarm Turn during 6-7 of Natural Top. See DEVELOPMENT (F) on pg 67 of ISTD Cha Cha Cha manual.
- 4.2.4.4 W / I: Close Hip Twist Spiral. May end in Fan Position (Leader dances Hip Twist Chasse over 8-10 and Follower steps LF bwd on 10). Leader may dance a Fwd Lock over 8-10 to end in Open Opposing Position. Just steps 6-10 may be used.
- 4.2.4.5 W: Open Hip Twist Spiral. May end in Fan Position (Leader dances Hip Twist Chasse over 8-10 and Follower steps LF bwd on 10). Leader may dance a Fwd Lock over 8-10 to end in Open Opposing Position. Just steps 6-10 may be used.
- 4.2.4.6 W / I: Advanced Hip Twist. Leader may use "Press Line" on step 1.
- 4.2.4.7 W: Syncopated Open Hip Twist. May end in Open Opposing Position.
- 4.2.4.8 W / I: Turkish Towel. R to R hand hold may be used.
- 4.2.4.9 W / I: Sweetheart.
- 4.2.4.10 W / I: Follow My Leader. W: Follower's steps 18-26 may be replaced by Three Cha Cha Cha Locks Bwd. Steps 1-10 or 16-20 may be used as a Foot Change.
- 4.2.4.11 W: Overtaken Lock Ending. May be used to replace last 3 steps of various figures.
- 4.2.4.12 W: Continuous Overtaken Lock.
- 4.2.4.13 W: Swivel from Overtaken Lock.
- 4.2.4.14 W: Swivel Hip Twist.
- 4.2.4.15 W: Swivels. If ended in Open Opposing Position, Follower's last step is LF to side.
- 4.2.4.16 W: Walks and Whisks. Leader may dance Follower's steps and vice versa. Steps 3-5 may be replaced by Cha Cha Cha Lock Fwd; Steps 6-10 may be replaced by Time Step Chasse.
- 4.2.4.17 W: ADVANCED METHODS OF CHANGING FEET: Link to Fan Left Angle Position (W pg 216); Syncopated Right Side Link (W pg 220).

4.3 International Style RUMBA

4.3.1 RUMBA – International Style – Pre-Bronze Level

- 4.3.1.1 NOTE: Most figures ending to side on Leader's LF (Follower's RF) may end in Promenade Position or Open Promenade Position. Likewise, figures ending to side on Leader's RF (Follower's LF) may end in Open Counter Promenade Position.
- 4.3.1.2 W / I: BASIC MOVEMENTS: Closed; Open; In Place; LF & RF Alternative Basic Movements.
- 4.3.1.3 I: LF & RF Cucarachas.
W: Side Walks and Cucarachas. Leader may dance Follower's steps and vice versa.

- 4.3.1.4 I: Side Steps to Left and Right. Free foot should recover (close w/o weight) at the end of the preceding step.
- 4.3.1.5 W / I: New York to Right or Left (LSP or RSP).
- 4.3.1.6 W / I: Shoulder to Shoulder in normal closed hold only. Leader may dance Follower's steps and vice versa.
- 4.3.1.7 W / I: Hand to Hand to Left or Right (LSP or RSP).
- 4.3.1.8 W / I: Spot / Switch Turn to Left.
- 4.3.1.9 W / I: Spot / Switch Turn to Right.
- 4.3.1.10 W / I: Underarm Turns to Left or Right.
- 4.3.1.11 W / I: Progressive Walks Forward or Backward.
May be danced in RSP or LSP; Alternative Hold may be used.
- 4.3.1.12 I: Cuban Rocks on LF or RF.

4.3.2 RUMBA – International Style – Bronze Level

- 4.3.2.1 W / I: NOTE: Leader may step forward on step 1 of any Natural Opening Out Movement except the Opening Out to Right and Left.
- 4.3.2.2 W / I: NOTE: In the Open Basic, Follower may dance an Extended / Delayed Backward Walk using the timings as described for the Extended / Delayed Forward Walk.
- 4.3.2.3 W / I: NOTE: Step 3 of Hand to Hand may be forward in line to end back at Bronze level.
- 4.3.2.4 I: Shoulder to Shoulder Following Hockey Stick – DEVELOPMENT (A, L & F) on pg 39 of ISTD Rumba Manual.
- 4.3.2.5 W / I: Fan, including the Fan Development - DEVELOPMENT (F) on pg 62 of ISTD Rumba manual.
- 4.3.2.6 W / I: Hockey Stick. May end to side. May end in Open Counter Promenade.
W / I: Alemana, including Alemana from Open Position. May end in Open Position. May end last step to side. May end in Open Counter Promenade Position.
- 4.3.2.7 W / I: Natural Top.
- 4.3.2.8 W / I: Open Hip Twist. May end in Open Facing or Open Counter Promenade. Step 6 may be taken to side.
- 4.3.2.9 W / I: Opening Out / Opening Out to Right and Left.
- 4.3.2.10 Natural Opening Out Movement.
- 4.3.2.11 Close / Closed Hip Twist. May end in Open Facing position. May end to the Side. May end in Open Counter Promenade.

4.3.3 RUMBA – International Style – Silver Level

- 4.3.3.1 W / I: Development of LF and RF Alternative Basic Movements. DEVELOPMENT (L & F) pg 20 of ISTD Rumba manual.
- 4.3.3.2 W / I: Spot / Switch Turn to Left (Follower to Right) may end in Open Position – see DEVELOPMENT (L & F) on pg 30 of ISTD Rumba manual.
- 4.3.3.3 I: Cuban Rocks in Left Side Position. See under DEVELOPMENTS (L & F) on pg 55 of ISTD Rumba Manual.
- 4.3.3.4 W / I: Syncopated Cuban Rocks. See under DEVELOPMENTS (F) on pg 55 of ISTD Rumba Manual. May be used in many figures, including from Fan Position where Follower dances a fwd/bwd action as Leader dances a sideward action.
- 4.3.3.5 W / I: Progressive Walks Forward to Fan.
- 4.3.3.6 I: Steps 4-6 of Hockey Stick from step 6 of Natural Top.

- 4.3.3.7 W / I: Opening Out / Opening Out to Right and Left DEVELOPMENT – see 2 on pg 70 of ISTD Rumba Manual.
- 4.3.3.8 W: Alternative Basic Movement as described on pgs 84-85 of WDSF Rumba manual.
- 4.3.3.9 W / I: Aida. Also see Endings 1, 2, 3 & 4 on pgs 87-88 of ISTD Rumba manual.
- 4.3.3.10 W / I: Aida from Curl or Spiral – see Development (L & F) on pg 88 of ISTD Rumba manual.
- 4.3.3.11 W / I: Reverse Top.
- 4.3.3.12 W / I: Opening Out from Reverse Top.
- 4.3.3.13 W / I: Rope Spinning. Rope Spinning may be entered from Progressive Walks Backward when Leader closes RF to LF on count 4.1.
- 4.3.3.14 W / I: Curl. May end to side. May end in Open Counter Promenade.
- 4.3.3.15 W / I: Spiral. May end in Open Facing position. May end to side. May end in Open Counter Promenade.
- 4.3.3.16 W / I: Spiral to Fan.
- 4.3.3.17 W / I: Spiral may be entered from step 6 of Reverse Top.
- 4.3.3.18 I: Underturned Spiral. See pg 92 of ISTD Rumba manual.
- 4.3.3.19 W / I: Continuous Hip Twist.
- 4.3.3.20 W / I: Fencing to Spin. See SPIN ENDINGS on pg 106 of ISTD Rumba Manual.

4.3.4 RUMBA – International Style – Gold Level

- 4.3.4.1 I: Follower's Underarm Turn during steps 6-7 of Natural Top.
- 4.3.4.2 I: Spiral Turn during Progressive Walks Forward in Right Shadow Position [Kiki Walks] and Endings 1, 2 or 3 – see pg 48 of ISTD Rumba manual.
- 4.3.4.3 W / I: Continuous Circular Hip Twist / Circular Hip Twist.
- 4.3.4.4 W: Syncopated Open Hip Twist.
- 4.3.4.5 W / I: Three Threes.
- 4.3.4.6 W / I: Follower's Alternative Methods of dancing steps 10-12 of Three Threes – see pg 111 of ISTD Rumba manual.
- 4.3.4.7 W / I: Three Threes with Fan Ending.
- 4.3.4.8 W / I: Three Alemanas.
- 4.3.4.9 W / I: Sliding Doors.
NOTE: Leader must maintain a minimum of one hand hold on partner; Follower may dance an Underarm Turn to Right during steps 11-12.
- 4.3.4.10 W: Swivels.
- 4.3.4.11 W: Overturned Basic.

4.4 International Style PASO DOBLE

4.4.1 PASO DOBLE – International Style – Pre-Bronze Level

- 4.4.1.1 I: The Appel, including Slip Appel.
NOTE: Slip Appel is also danced with Leader stepping back and Follower stepping forward on 1.
- 4.4.1.2 W / I: Sur Place. May end in Promenade.
- 4.4.1.3 W / I: Basic Movement Forward or Backward. May end in Promenade.
- 4.4.1.4 W / I: Chasse to Right.
- 4.4.1.5 W / I: Chasse to Left. May end in Promenade.
- 4.4.1.6 W / I: Chasses to Right or Left.
- 4.4.1.7 W / I: Drag.

- 4.4.1.8 W / I: Displacement. May be danced without turn.
- 4.4.1.9 W / I: The Attack. May be danced without turn.
- 4.4.1.10 I: Slip Attack. May be danced without turn on steps 3-4.
- 4.4.1.11 W / I: Promenade Link.
- 4.4.1.12 W / I: Closed Promenade / Promenade Close.
- 4.4.1.13 W / I: Promenade.

4.4.2 PASO DOBLE – International Style – Bronze Level

- 4.4.2.1 W / I: Sur Place with Elevations.
- 4.4.2.2 W / I: Chasses to Right or Left with Elevations.
- 4.4.2.3 W / I: Separation.
- 4.4.2.4 W / I: Separation with Follower's Caping Walks.
- 4.4.2.5 I: Fallaway Ending to Separation.
- 4.4.2.6 W / I: Fallaway Whisk / Ecart. Including Slip Ecart.
- 4.4.2.7 W / I: Huit.
- 4.4.2.8 W / I: Sixteen.
- 4.4.2.9 W / I: Natural Twist Turn / Twist Turn.
- 4.4.2.10 W / I: Promenade and Counter Promenade.
- 4.4.2.11 W / I: Grand Circle.
- 4.4.2.12 W / I: Open Telemark.

4.4.3 PASO DOBLE – International Style – Silver Level

- 4.4.3.1 W / I: Methods of Changing Feet.
- 4.4.3.2 W / I: Banderillas.
- 4.4.3.3 W / I: La Passe.
- 4.4.3.4 W / I: Fallaway Reverse / Fallaway Reverse Turn.
- 4.4.3.5 W / I: Coup de Pique and Alternative Methods A & B – see pg 76 of ISTD Paso Doble manual.
NOTE: Also includes WDSF Syncopated Separation.
- 4.4.3.6 I: Left Foot Variation.
- 4.4.3.7 W / I: Syncopated Separation and Endings 1, 2, or 3.
- 4.4.3.8 I: SPANISH LINES: Inverted Promenade OR Inverted Counter Promenade.
- 4.4.3.9 W / I: Flamenco Taps. See METHOD 1 (L), pg 84 of ISTD Paso Doble manual.

4.4.4 PASO DOBLE – International Style – Gold Level

- 4.4.4.1 W / I: Fallaway Reverse Turn with Open Telemark Ending. See Development (F) on pg 72 of ISTD Paso Doble manual.
- 4.4.4.2 W / I: Flamenco Taps. See METHOD 2 (F), pg 84 of ISTD Paso Doble manual.
- 4.4.4.3 W / I: Twists / The Twists.
- 4.4.4.4 W / I: Chasse Cape and all endings.
- 4.4.4.5 W / I: Travelling Spins from Promenade Position.
- 4.4.4.6 W / I: Travelling Spins from Counter Promenade Position.
- 4.4.4.7 W / I: Fregolina.
- 4.4.4.8 W / I: The Farol.
- 4.4.4.9 I: Outside Turn.

4.5 International Style JIVE

4.5.1 JIVE – International Style – Pre-Bronze Level

- 4.5.1.1 W / I: PRE-BRONZE CHASSES: Side, Compact, Forward, Backward, Turning.
- 4.5.1.2 W / I: Basic in Place.
- 4.5.1.3 W / I: Basic in Fallaway / Fallaway Rock.
NOTE: May use any Alternative Method given on pg 19 of ISTD Jive manual.
- 4.5.1.4 W / I: Fallaway Throwaway.
- 4.5.1.5 W / I: The Link and Double Link.
- 4.5.1.6 W / I: Change of Place from Right to Left. Including Hand Changes Method 1 or 2 on pg 32 of ISTD Jive manual.
- 4.5.1.7 W / I: Change of Place from Left to Right. Including Hand Changes Method 1 or 2 on pg 36 of ISTD Jive manual.
- 4.5.1.8 W / I: Change of Hands Behind the Back. See ALTERNATIVE USE OF HANDS on pg 38 of ISTD Jive manual
- 4.5.1.9 I: Hip Bump (Left Shoulder Shove).
NOTE: Must start and end with a hold, but hold may be released during the figure.

4.5.2 JIVE – International Style – Bronze Level

- 4.5.2.1 W / I: ALTERNATIVES TO 1-2 OF LINK: Flick (*or point*) Ball Change; Hesitation.
- 4.5.2.2 W / I: Fallaway Rock Development (A, L & F) on pg 20 of ISTD Jive manual.
- 4.5.2.3 W / I: American Spin.
- 4.5.2.4 W / I: Stop and Go. All hold may be released at all levels.
- 4.5.2.5 W / I: Change of Places from Right to Left with Double Spin.
- 4.5.2.6 W / I: Overturned Change of Places from Left to Right.
- 4.5.2.7 W / I: Mooch. Just steps 1-8 may be danced. Steps 12-22 only may be danced after 1-5 of Fallaway Rock.
- 4.5.2.8 W / I: Whip.
- 4.5.2.9 W / I: Double Cross Whip and Double Whip.
- 4.5.2.10 W / I: Stop and Go.
- 4.5.2.11 W / I: Whip Throwaway / Double Whip Throwaway.

4.5.3 JIVE – International Style – Silver Level

- 4.5.3.1 W / I: SILVER CHASSES: Forward Lock, Backward Lock, Forward Running, Backward Running.
- 4.5.3.2 W / I: Overturned Fallaway Throwaway on pg 24 of ISTD Jive manual.
- 4.5.3.3 W / I: Change of Places Right to Left with Follower's Spin. See Development (L & F) on pg 32 of ISTD Jive manual.
- 4.5.3.4 I: Walks with Leader's Merengue Action.
- 4.5.3.5 W / I: Reverse Whip. Steps 6-7 may be repeated.
- 4.5.3.6 W / I: Curly Whip.
- 4.5.3.7 W / I: Windmill.
- 4.5.3.8 W / I: Rolling off the Arm. Including ALTERNATIVE HOLD 1 or 2 on pg 72 of ISTD Jive manual.
- 4.5.3.9 W / I: Spanish Arms. Including SPIN ENDING on pg 68 of ISTD Jive manual.
- 4.5.3.10 W / I: Simple Spin. A SAILOR SHUFFLE may replace the preceding chasse; Leader may spin as Follower spins instead of 2 steps in place.
- 4.5.3.11 W: Rock to Simple Spin.
- 4.5.3.12 W / I: Miami Special.

4.5.4 JIVE – International Style – Gold Level

- 4.5.4.1 W / I: Overturned Fallaway Throwaway with Follower's Fwd Lock or Fwd Runs.
- 4.5.4.2 W / I: Overturned Change of Places Left to Right with Follower's Fwd Lock or Fwd Runs.
- 4.5.4.3 W / I: Stop and Go with Follower's Free Turn.
- 4.5.4.4 I: Mooch with Boppy Hops or Flick Cross. See Development (F) Method 1 or 2 on pg 56 of ISTD Jive manual.
- 4.5.4.5 I: Spin Ending to Rolling off the Arm. See pg 73 of ISTD Jive manual.
- 4.5.4.6 I: Simple Spin from Tandem Position. See Development (F) on pg 75 of ISTD Jive manual.
- 4.5.4.7 W / I: Chicken Walks. May be danced QQQQ, SSQQQQ, or any other suitable timing.
- 4.5.4.8 W / I: Flicks into Break / Stalking Walks and Flicks into Break.
- 4.5.4.9 W / I: Toe Heel Swivels and Alternate Timings. May also use Break Ending to Toe Heel Swivels as given on pg 88 of ISTD Jive manual.
- 4.5.4.10 W: Sugar Push.
- 4.5.4.11 W / I: Shoulder Spin.
- 4.5.4.12 W / I: Chugging.
- 4.5.4.13 W / I: Catapult.

< End of Syllabus Section >