

CANADIAN DANCE TEACHERS ASSOCIATION

L'ASSOCIATION CANADIENNE DES PROFESSEURS DE DANSE

BALLROOM SYLLABUS STEP LIST - COMPETITIONS AND MEDAL TESTS EFFECTIVE SEPTEMBER 1st 2010-2011



WALTZ/ VALSE

BEGINNERS/DEBUTANTS

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
6. Chasse from PP

PRE BRONZE /PRÉ BRONZE

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

BRONZE

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

SILVER/ARGENT

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

GOLD/OR

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

* GOLD STAR- ÉTOILE D'OR

Steps 1 - 32 plus Gold Star groups
Pas 1 - 32 plus groupes Étoile D'Or

*REFERENCE

Gold Star Groups
Groupes Étoile D'Or
(refer to CDTA document
2003)

TANGO

BEGINNERS/DEBUTANTS

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

PRE BRONZE /PRÉ BRONZE

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

BRONZE

10. Open Promenade
11. Left Foot & Right Foot Rocks
12. Natural Twist Turn
13. Natural Promenade Turn

SILVER/ARGENT

14. Promenade Link
15. Four Step
16. Back Open Promenade
17. Outside Swivels
18. Fallaway Promenade
19. Four Step Change
20. Brush Tap

GOLD/OR

21. Fallaway Four Step
22. Oversway
23. Basic Reverse Turn
24. The Chase
25. Fallaway Reverse and Slip Pivot
26. Five Step
27. Contra Check

* GOLD STAR- ÉTOILE D'OR

Steps 1 - 27 plus Gold Star groups
Pas 1 - 27 plus groupes Étoile D'Or

FOXTROT

PRE BRONZE/PRÉ BRONZE

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

BRONZE

6. Natural Weave
7. Change of Direction
8. Basic Weave

SILVER/ARGENT

9. Closed Telemark
10. Open Telemark and Feather Ending
11. Top Spin
12. Hover Feather
13. Hover Telemark
14. Natural Telemark
15. Hover Cross
16. Open Telemark, Natural Turn, Outside Swivel and Feather Ending
17. Open Impetus
18. Weave from PP
19. Reverse Wave

GOLD/OR

20. Natural Twist Turn
21. Curved Feather to Back Feather
22. Natural Zig-Zag from PP
23. Fallaway Reverse and Slip Pivot
24. Natural Hover Telemark
25. Bounce Fallaway with Weave Ending

* GOLD STAR- ÉTOILE D'OR

Steps 1 - 25 plus Gold Star groups
Pas 1 - 25 plus groupes Étoile D'Or

VIENNESE WALTZ VALSE VIENNOISE BRONZE

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

SILVER/ARGENT

4. Change Steps Backward, Natural and Reverse

GOLD/OR

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

GOLD STAR- ÉTOILE D'OR

Steps 1 - 7 Pas 1 - 7

QUICKSTEP

BEGINNERS/DEBUTANTS

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

PRE BRONZE/PRÉBRONZE

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

BRONZE

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

SILVER/ARGENT

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

GOLD/OR

27. Cross Swivel
28. Six Quick Run
29. Rumba Cross
30. Topsy to R & L
31. Hover Corte (**May add 1 Slow**) *

* GOLD STAR- ÉTOILE D'OR

Steps 1 - 31 plus Gold Star groups
Pas 1 - 31 plus groupes Étoile D'Or

REFERENCE

The Ballroom Technique ISTD
(revised 1994)

The Viennese Waltz - Harry Smith-Hampshire

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