Appendix 3 — Approved Syllabus

APPROVED SYLLABUS

SUB-JUVENILE AND JUVENILE – ALL EVENTS

JUNIOR – LEAD / FOLLOW EVENTS AND SOLO B & C GRADE

UNDER 21, ADULT AND MASTERS - RECREATIONAL

STANDARD STYLE

The approved technique books for the syllabus are:

1. The Ballroom Technique - Imperial Society of Teachers of Dancing

2. The Technique of Ballroom Dancing - Guy Howard

3. The Viennese Waltz Technique - Imperial Society of Teachers of Dancing

4. The Viennese Waltz - Neville Boyd OAM

5. WDSF Technique Books - Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep

The following Rules apply to all dances

1. All technical details of figures should be sort from the technique books above.

2. The basic timings are given, any alternative timings must be listed in the technique books for that figure.

3. Any changes allowed to the figures are given in the NOTES below the figure.

4. Figures must be danced in their entirety; figures cannot be freely cut into parts for use. A figure can’t be added to or parts taken away, unless specifically allowed in the NOTES.

5. Standardised holds, body positions and variations to these listed in the technique books must be used.

6. Precedes & Follows listed in technique books must be adhered to.

7. Only the listed figures on the Approved Syllabus can be used.

Key to following figures

- Figures in BLACK are in both ISTD and WDSF technique books and Syllabus

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- Figures in RED are only in ISTD technique book and Syllabus
- Figures in BLUE are only in WDSF technique book and Syllabus

WALTZ

1. Closed Changes 24. Weave from Promenade Position

2. Natural Turn 25. Turning Lock Left

3. Reverse Turn 26. Turning Lock Right

4. Natural Spin Turn 27. Open Impetus Turn

5. Whisk 28. Left Whisk

6. Chasse from Promenade Position 29. Contra Check

7. Outside Change 30. Fallaway Reverse and Slip Pivot

8. Natural Hesitation Change 31. Fallaway Whisk

9. Reverse Corte 32. Hover Corte

10. Double Reverse Spin 33. Open Natural Turn

11. Back Whisk 34. Running Weave from PP

12. Progressive Chasse to Right 35. Running Spin Turn

13. Basic Weave 36. Overturned Running Spin Turn

14. Reverse Pivot 37. Running Cross Chasse

15. Closed Impetus Turn 38. Curved Feather

16. Closed Telemark 39. Running Finish

17. Open Telemark 40. Outside Swivel

18. Cross Hesitation 41. Progressive Chasse to Left

19. Wing 42. Bounce Fallaway Weave Ending

20. Closed Wing 43. Quick Open Reverse

21. Outside Spin

22. Drag Hesitation

23. Backward Lock

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TANGO

1. Walks 24. Four Step Change

2. Progressive Side Step 25. Oversway

3. Progressive Link 26. The Chase

4. Open Reverse Turn, Lady outside 27. Fallaway Reverse and Slip Pivot

5. Open finish 28. Five Step

6. Closed Promenade 29. Contra Check

7. Open Promenade 30. Whisk

8. Back Corte 31. Back Whisk

9. Basic Reverse Turn 32. Mini Five Step

10. Rock Turn 33. Quick Open Reverse

11. Rock Back on LF 34. Telemark to PP

12. Rock Back on RF 35. Outside Spin

13. Open Reverse Turn, Lady in line 36. Reverse Pivot

14. Progressive Side Step Reverse Turn 37. IN - OUT

15. Natural Twist Turn

16. Natural Promenade Turn

17. Back Open Promenade

18. Promenade Link

19. Four Step

20. Fallaway Four Step

21. Fallaway Promenade

22. Outside Swivels

23. Brush Tap

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FOXTROT

1. Feather Step 22. Hover Cross

2. Three Step 23. Curved Feather to Back Feather

3. Natural Turn 24. Open Impetus

4. Reverse Turn (Including Feather Finish) 25. Hover Telemark to Promenade Position

5. Change of Direction 26. Fallaway Reverse and Slip Pivot

6. Basic Weave 27. Natural Hover Telemark

7. Reverse Wave 28. Bounce Fallaway with Weave Ending

8. Closed Impetus Turn and Feather Finish 29. Outside Spin

9. Natural Weave 30. Heel Pull Finish

10. Weave from Promenade Position 31. Whisk

11. Hover Feather 32. Back Whisk

12. Hover Telemark 33. Double Reverse Spin

13. Natural Telemark 34. Curved Three Step

14. Natural Twist Turn 35. Curved Feather from PP

15. Top Spin 36. Quick Open Reverse

16. Double Reverse Spin 37. Extended Reverse Weave

17. Closed Telemark 38. Reverse Pivot

18. Open Telemark and Feather Ending 39. Hover Corte

19. Open Natural Turn 40. Progressive Chasse

20. Outside Swivel

21. Natural Zig Zag from Promenade Position

QUICKSTEP

1. Quarter Turn to Right 25. The V6

2. Quarter Turn to Left 26. Running Right Turn

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3. Natural Turn 27. Open Natural Turn

4. Natural Turn with Hesitation 28. Open Impetus

5. Natural Spin Turn 29. Closed Telemark

6. Progressive Chasse 30. Open Telemark

7. Forward Lock 31. Wing

8. Back Lock 32. Six Quick Run

9. Chasse Reverse Turn 33. Rumba Cross

10. Running Finish 34. Tipsy to Right

11. Natural Pivot Turn 35. Tipsy to Left

12. Tipple Chasse to Right 36. Hover Corte

13. Zig Zag and Back Lock 37. Outside Change

14. Reverse Pivot 38. Outside Spin

15. Cross Chasse 39. Natural Pivot

16. Double Reverse Spin 40. Whisk

17. Change of Direction 41. Back Whisk

18. Progressive Chasse to Right 42. Natural Turing Lock

19. Closed Impetus Turn 43. Running Cross Chasse

20. Natural Turn and Back Lock 44. Weave From PP (see Waltz)

21. Quick Open Reverse 45. Natural Fallaway Turn (see Waltz)

22. Cross Swivel 46. Running Spin Turn (see Waltz)

23. Fish Tail

24. Four Quick Run

VIENNESE WALTZ

1. Natural Turn

2. Reverse Turn

3. Forward Change Steps - Natural to Reverse

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4. Forward Change Steps – Reverse to Natural

5. Backward Change Steps – Natural to Reverse

6. Backward Change Steps – Reverse to Natural

7. Reverse Fleckerl

8. Natural Fleckerl

9. Contra Check

LATIN AMERICAN STYLE

The approved technique books for the syllabus are:

1. Latin American Dancing - Imperial Society of Teachers of Dancing

2. The Laird Technique of Latin Dancing - Walter Laird

3. WDSF Technique Books - Samba, Cha Cha Cha, Rumba, Paso Doble & Jive

The following Rules apply to all dances

1. All technical details of figures should be sort from the technique books above.

2. The basic timings are given, any alternative timings must be listed in the technique books for that figure.

3. Any changes allowed to the figures are given in the NOTES below the figure.

4. Figures must be danced in their entirety, figures cannot be freely cut into parts for use. A figure can’t be added to or parts taken away, unless specifically allowed in the NOTES.

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6. Precedes & Follows listed in technique books must be adhered to.

7. Only the listed figures on the Approved Syllabus can be used.

Key to following figures

- Figures in BLACK are in both ISTD & WDSF technique books & Syllabus
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CHA CHA CHA

1. Basic Movements-Closed, Open, In Place 17. Aida

2. Spot Turns – to Right, to Left 18. Spiral

3. Underarm Turns - to Right, to Left 19. Cuban Break - Left Foot, Right Foot, Split

4. Switch Turns – to Right, to Left 20. Sweetheart

5. New York – to Left Side Position, 21. Curl
to Right Side Position

22. Hip Twist Spiral

6. Hand to Hand – to Left Side Position,
to Right Side Position 23. Turkish Towel

7. Fan 24. Foot Changes

8. Hockey Stick 25. Reverse Top

9. Alemana 26. Opening Out from Reverse Top

10. Three Cha Cha Cha's 27. Rope Spinning

11. Natural Top 28. Follow My Leader

12. Natural Opening Out Movement 29. Side Step to Left, to Right

13. Shoulder to Shoulder – 30. There and Back
to Right Side, to Left Side

31. Chase

14. Time Steps

32. Syncopated Open Hip Twist

15. Cross Basic

33. Continuous Overturned Loc

16. Hip Twists – Closed, Open, Advanced

34. Swivels

35. Walks & Whisks

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SAMBA

1. Basic Movement - Natural, Reverse, Side, Alternative

2. Whisks to Left, to Right

3. Samba Walks - Promenade, Side, Stationary

4. BotaFogos –Travelling Forward, Back, Criss Cross (Shadow), Promenade Position to Counter Promenade Position, Contra

5. Volta Movements - Travelling Volta's to Right, Left, Solo Spot, Criss Cross, Shadow Travelling, Maypole, Shadow Circular, Roundabout to R, to L.

6. Rocks - Closed, Open, Back

7. Progressive Basic Movement

8. Reverse Turn

9. Natural Roll

10. Corta Jaca

11. Foot Changes

12. Plait

13. Argentine Crosses

14. Samba Locks

15. Promenade to Counter Promenade Runs

16. Cruzado Walks and Locks

17. Rolling off the Arm

18. Three Step Turn

19. Rhythm Bounce on LF, on RF

20. Reverse Roll

21. Side Samba Chasse

22. Continuous Cruzados Locks

23. Same Position Corta Jaca

24. Carioca Runs

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RUMBA

1. Basic Movements – Closed,Open,
In Place, Alternative 17. Hip Twists – Closed, Open, Advanced

2. Progressive Walks Forward or Back, 18. Spiral
Forward in Right Shadow (kiki),
Forward in R or L Side Position 19. Cuban Rocks

3. Spot Turns – to Left, Right 20. Opening out to Right and Left

4. Switch Turns –to Right, Left 21. Curl

5. Under Arm Turns - Right, Left 22. Opening out from Reverse Top

6. New York – to Left Side or Right-Side Position 23. Sliding Doors

7. Hand to Hand – to Right Side, to Left Side 24. Rope Spinning

8. Alemana 25. Three Almena’s

9. Fan 26. Continuous Hip Twists

10. Hockey Stick 27. Circular Hip Twists

11. Natural Top 28. Fencing

12. Natural Opening Movement 29. Three Threes

13. Side Step to Right or Left 30. Syncopated Open Hip Twist

14. Cucarachas RF or LF 31. Advanced Sliding Doors

15. Shoulder to Shoulder – Left Side or Right Side 32. Swivels

16. Reverse Top Aida 33. Overturned Basic

PASO DOBLE

1. Basic Movement 24. Twists

2. Sur Place 25. La Passé

3. Appel 26. Banderillas

4. Chasses to Right, Left. (including Elevations) 27. Fallaway Reverse Turn

5. Deplacement 28. Open Telemark

6. Attack 29. Chasse Cape

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7. Separation 30. Travelling Spins from Promenade Position

8. Huit 31. Travelling Spins from Counter

Promenade Position

9. Promenade to Counter Promenade

32. Spanish Line in Inverted Open Promenade

10. Promenade Position or Open Counter Promenade Position

11. Promenade Close 33. Flamenco Taps

12. Promenade Link 34. Fregolina (also Farol)

13. Separation with Lady’s Caping Walks

14. Fallaway Ending to Separation

15. Syncopated Separation

16. Sixteen

17. Grand Circle

18. Ecart (Fallaway Whisk)

19. Methods of Changing Feet

20. Left Foot Variation

21. Coup de Pique

22. Drag

23. Twist Turn

JIVE

1. Basic in Place 25. Miami Special

2. Fallaway Rock 26. Chugging

3. Change of Place Right to Left 27. Catapult

4. Change of Place Left to Right 28. Change of Place from R to L with Double Spin

5. Link 29. Rock to Simple Spin

6. Whip 30. Sugar Push

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7. Whip Throwaway 31. Ball Change

8. Walks - Slow, Quick

9. American Spin

10. Windmill

11. Spanish Arms

12. Stop to Go

13. Shoulder Spin

14. Change of Hands behind back

15. Fallaway Throwaway

16. Curly Whip

17. Simple Spin

18. Reverse Whip

19. Rolling off the arm

20. Chicken Walks

21. Toe Heel Swivel

22. Stalking Walks, Flicks and Break

23. Hip Bump (Left Shoulder Shove)

24. Mooch

NEW VOGUE

The approved technique books for the syllabus are:

1. New Vogue Sequence Dancing - Neville Boyd OAM

2. Revised Technique of the New Vogue Championship Dances - Russ Hesketh

Notes

1. DSA recognises that there re differences between techniques now accepted and that such differences are matters of opinion.

2. DSA has not attempted to judge one method as being preferable to the other and further accepts that such judgement will remain the prerogative of the Coaches and Dancers.

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3. Relative to both Competitions and Championships in;

- Recreational Division - All age groups
- Sub-Juvenile and Juvenile – All Events
- Junior - Events that are being judged as lead/follow events
- Competitors MUST adhere to the holds as printed in the publications accepted by DSA

4. Relative to both Competitions and Championships, competitors are permitted a reasonable relaxation of hold for the purpose of style and expression. The Technique (e.g. alignment, timing, positions of feet, amount of turn etc) must be maintained in all instances.

5. Reasonable relaxation allows for a release or relocation of the hand contact whilst retaining the general line or shape of categorised hold. It does NOT extend to the adoption of a different hold or the use of “NO HOLD” where a hold is described as part of the technique in the publications accepted as reference manuals by DSA.

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