

APPROVED SYLLABUS

STANDARD STYLE

*JUVENILE – ALL LEVELS
JUNIOR, YOUTH, ADULT & MASTERS I and II – LEVEL I*

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

The following Rules apply to all dances:

1. Whole figures or parts of figures may be used as precedes and follows only when stated in the technique books.
2. Only the timing / rhythm as defined in the technical references is to be used.
3. Figures, which do not basically commence or finish in Promenade Position, may be used in this manner only when stated in the technique books.
4. Only the listed Precedes and Follows to a figure are to be used.
5. Only figures listed on the Approved Syllabus can be used as precedes or follows.

WALTZ

- Closed Changes .
 - Natural Turn.
 - Reverse Turn.
 - Natural Spin Turn.
 - Whisk.
 - Chasse from Promenade Position.
 - Outside Change.
 - Natural Hesitation Change.
 - Reverse Corte.
 - Double Reverse Spin.
 - Back Whisk.
 - Progressive Chasse to Right.
 - Basic Weave.
 - Reverse Pivot.
 - Closed Impetus Turn.
 - Closed Telemark.
 - Open Telemark.
 - Cross Hesitation.
 - Wing.
 - Closed Wing.
 - Outside Spin.
 - Drag Hesitation.
 - Backward Lock.
 - Weave from Promenade Position.
 - Turning Lock Left.
 - Turning Lock Right.
 - Open Impetus Turn.
 - Left Whisk.
 - Contra Check.
 - Fallaway Reverse and Slip Pivot.
 - Fallaway Whisk.
 - Hover Corte.
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TANGO

- Walks.
- Progressive Side Step.
- Progressive Link.
- Open Reverse Turn, Lady outside,
- Open finish.
- Closed Promenade.
- Open Promenade.
- Back Corte.
- Basic Reverse Turn.
- Rock Turn.
- Rock Back on LF .
- Rock Back on RF
- Open Reverse Turn, Lady in line,
- Progressive Side Step Reverse Turn.
- Natural Twist Turn.
- Natural Promenade Turn
- Back Open Promenade
- Promenade Link.
- Four Step.
- Fallaway Four Step.
- Fallaway Promenade.
- Outside Swivels.
- Brush Tap.
- Four Step Change.
- Oversway.
- The Chase.
- Fallaway Reverse and Slip Pivot.
- Five Step.
- Contra Check.

FOXTROT

- Feather Step.
 - Three Step.
 - Natural Turn.
 - Reverse Turn (Including Feather Finish).
 - Change of Direction.
 - Basic Weave.
 - Reverse Wave.
 - Closed Impetus Turn and Feather Finish.
 - Natural Weave.
 - Weave from Promenade Position.
 - Hover Feather.
 - Hover Telemark.
 - Natural Telemark.
 - Natural Twist Turn.
 - Top Spin.
 - Double Reverse Spin.
 - Closed Telemark.
 - Open Telemark and Feather Ending.
 - Open Natural Turn.
 - Outside Swivel.
 - Natural Zig Zag from Promenade Position.
 - Hover Cross.
 - Curved Feather to Back Feather.
 - Open Impetus.
 - Hover Telemark to Promenade Position.
 - Fallaway Reverse and Slip Pivot.
 - Natural Hover Telemark.
 - Bounce Fallaway with Weave Ending.
 - Outside Change.
 - Outside Spin.
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QUICKSTEP

- Quarter Turn to Right.
 - Quarter Turn to Left.
 - Natural Turn.
 - Natural Turn with Hesitation.
 - Natural Spin Turn.
 - Progressive Chasse.
 - Forward Lock.
 - Back Lock.
 - Chasse Reverse Turn.
 - Running Finish.
 - Natural Pivot Turn.
 - Tipple Chasse to Right.
 - Zig Zag and Back Lock.
 - Reverse Pivot.
 - Cross Chasse.
 - Double Reverse Spin.
 - Change of Direction.
 - Progressive Chasse to Right.
 - Closed Impetus Turn.
 - Natural Turn and Back Lock.
 - Quick Open Reverse.
 - Cross Swivel.
 - Fish Tail.
 - Four Quick Run.
 - The V6.
 - Running Right Turn.
 - Open Natural Turn.
 - Open Impetus.
 - Closed Telemark.
 - Open Telemark.
 - Wing.
 - Six Quick Run.
 - Rumba Cross.
 - Tippy to Right.
 - Tippy to Left.
 - Hover Corte.
 - Outside Change.
 - Outside Spin
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VIENNESE WALTZ

- Natural Turn.
- Reverse Turn.
- Forward Change Steps - Natural to Reverse.
- Forward Change Steps – Reverse to Natural.
- Backward Change Steps – Natural to Reverse.
- Backward Change Steps – Reverse to Natural.
- Reverse Fleckerl.
- Natural Fleckerl.
- Contra Check

LATIN AMERICAN STYLE

*JUVENILE – ALL LEVELS
JUNIOR, YOUTH, ADULT & MASTERS I and II – LEVEL I*

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

The following Rules apply to all dances:

1. The listed figures may be danced only:
 - With any of the standardised holds, body positions or variations as listed in the technique books, and
 - May be commenced and finished only in any of the standard positions as listed in the technique books.
2. Figures may be overturned only if such overturn is listed in the technique books.
3. Timings may be used only as stated in the technique books.
4. The figures are listed using the name shown in the Imperial Society of Teachers of Dancing publications. The Walter Laird Technique uses similar figures with a different name and technique. Both are accepted.

CHA CHA

- Basic Movements- Closed, Open, In Place.
- Spot Turns – to Right, to Left.
- Underarm Turns - to Right, to Left.
- Switch Turns – to Right, to Left
- New York – to Left Side Position, to Right Side Position.
- Hand to Hand – to Left Side Position, to Right Side Position.
- Fan.
- Hockey Stick.
- Alemana.
- Three Cha Cha Cha's.
- Natural Top.
- Natural Opening Out Movement.
- Shoulder to Shoulder – to Right Side, to Left Side.
- Time Steps.
- Cross Basic.
- Hip Twists – Closed, Open, Advanced.
- Aida.
- Spiral
- Cuban Break- Left Foot, Right Foot, Split
- Sweetheart.
- Curl.
- Hip Twist Spiral.
- Turkish Towel.
- Foot Changes.
- Reverse Top.
- Opening Out from Reverse Top.
- Rope Spinning.
- Follow My Leader.
- Side Step to Left, to Right.
- There and Back
- Chase

NOTE:

The variations of the Cha Cha Cha chasses may be danced where applicable. Guapacha timing may be used where defined in the technical references.

SAMBA

- Basic Movement - Natural, Reverse, Side, Alternative.
- Whisks to Left, to Right
- Samba Walks- Promenade, Side, Stationary
- Bota Fogos – Travelling Forward, Back, Criss Cross (Shadow), Promenade Position to Counter Promenade Position, Contra.
- Volta Movements - Travelling Volta's to Right, Left, Solo Spot, Criss Cross, Shadow Travelling, Maypole, Shadow Circular, Roundabout to R, to L.
- Rocks- Closed, Open, Back.
- Progressive Basic Movement
- Reverse Turn
- Natural Roll
- Corta Jaca
- Foot Changes.
- Plait
- Argentine Crosses
- Samba Locks.
- Promenade to Counter Promenade Runs
- Cruzado Walks and Locks.
- Rolling Off The Arm
- Three Step Turn
- Rhythm Bounce on LF, on RF
- Reverse Roll.

RUMBA

- Basic Movements – Closed, Open, In Place, Alternative.
 - Progressive Walks Forward or Back, Forward in Right Shadow (kiki), Forward in R or L Side Position.
 - Spot Turns – to Left, Right.
 - Switch Turns – to Right, Left.
 - Under Arm Turns - Right, Left.
 - New York – to Left Side or Right Side Position.
 - Hand to Hand – to Right Side, to Left Side.
 - Alemana.
 - Fan.
 - Hockey Stick.
 - Natural Top.
 - Natural Opening Movement.
 - Side Step to Right or Left.
 - Cucarachas RF or LF.
 - Shoulder to Shoulder – Left Side or Right Side.
 - Reverse Top.
 - Aida.
 - Hip Twists – Closed, Open, Advanced.
 - Spiral.
 - Cuban Rocks.
 - Opening out to Right and Left.
 - Curl.
 - Opening out from Reverse Top.
 - Sliding Doors.
 - Rope Spinning.
 - Three Almena's.
 - Continuous Hip Twists.
 - Circular Hip Twists.
 - Fencing.
 - Three Threes.
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PASO DOBLE

- Basic Movement.
- Sur Place.
- Appel.
- Chasses to Right, Left.(including Elevations)
- Displacement.
- Attack.
- Separation.
- Huit.
- Promenade to Counter Promenade.
- Promenade.
- Promenade Close.
- Promenade Link.
- Separation with Lady's Caping Walks.
- Fallaway Ending to Separation
- Syncopated Separation.
- Sixteen.
- Grand Circle.
- Ecart (Fallaway Whisk).
- Methods of Changing Feet.
- Left Foot Variation.
- Coup de Pique
- Drag.
- Twist Turn.
- Twists.
- La Passé.
- Banderillas.
- Fallaway Reverse Turn.
- Open Telemark.
- Chasse Cape.
- Travelling Spins from Promenade Position.
- Travelling Spins from Counter Promenade Position.
- Spanish Line in Inverted Open Promenade Position or Open Counter Promenade Position.
- Flamenco Taps.
- Fregolina (also Farol).

JIVE

- Basic in Place.
- Fallaway Rock.
- Change of Place Right to Left.
- Change of Place Left to Right.
- Link .
- Whip.
- Whip Throwaway.
- Walks-Slow, Quick.
- American Spin.
- Windmill.
- Spanish Arms.
- Stop to Go.
- Shoulder Spin
- Change of Hands behind back.
- Fallaway Throwaway.
- Curly Whip.
- Simple Spin.
- Reverse Whip.
- Rolling off the arm.
- Chicken Walks.
- Toe Heel Swivels
- Stalking Walks, Flicks and Break.
- Hip Bump (Left Shoulder Shove)
- Mooch
- Miami Special.
- Chugging
- Catapult

NEW VOGUE STYLE

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 are 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.
3. Relative to both Competitions and Championships in:
 - Youth, Adult and Masters, Levels 1, 2, 3 & 4
 - Juvenile and Junior all levelsCompetitors must adhere to the holds as printed in the publications accepted by DSA.
4. Relative to both Competitions and Championships, competitors in:
 - Level 5 and Open Events, and
 - Mixed Level events which include Level 5 in Youth, Adult, Masters divisions and Professional events.Whilst being required to adhere to these same holds are permitted as a reasonable relaxation of the hold for the purpose of style and expression.
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.