



**Level 0 (Assistant DanceSport Instructor) Examination  
Candidate Information**

## **Level 0 (ADI) Exam**

**General Requirements** - The assessment consists of three sections: Practical and Theory sections which are conducted on a style-by-style basis, and an on-line Coaching Principles course which needs to be undertaken only once (i.e., as part of the first style accreditation sought).

**Practical** - The candidate is only required to dance his or her own part. The main aspect to be assessed will be an approach capable of producing an easy action in harmony with both music and partner.

At the commencement of the assessment the candidate is required to dance to music with a partner. The dances need to be at least four Syllabus figures in 3 dances in the styles of Standard and Latin American, and 1 dance of each rhythm in New Vogue.

Note: Practical routines are expected to be limited to extent of syllabus figures, and figures and dances are to be the choice of the candidate.

Additionally, the candidate must provide certification that he/she has undertaken a minimum of 5 hours Per Style practical coaching/teaching activity under the authority of a DSA Professional Level 1 or higher accredited coach,

**Syllabus Dances** (Specified Syllabus Figures are listed on the following pages)

Standard: Waltz, Foxtrot, Tango, Quickstep.

Latin American: Cha Cha, Samba, Rumba, Jive.

New Vogue: Swing Waltz, Merrilyn, Tangoette, Gypsy Tap.

**Theory** - 90 Minutes duration (30 minutes per style)

Assessor to test the candidate's basic knowledge of any of the DSA Level 0 Syllabus Figures or Dances (as Leader and or Follower). The candidate may be requested by the assessor to dance to music, without a partner, his or her own part of any Syllabus Figures. The Theory component of the exam will be based on the candidate being required to -

- Give a solo demonstration to music of figures/dances as requested by the assessor, if required and to be able to state the rhythm/timing.
- Define a basic knowledge of each of the Chart Headings as applicable to each style.
- Know the time signature and tempo of each dance
- Demonstrate knowledge of the beat values of any syllabus figure.
- Show the Holds and Body Positions applicable to any syllabus figure.

In summary, the intent is for the candidate to show that he/she can dance and can interpret the Technical Manuals at a basic level. In order to demonstrate a "basic knowledge" the candidate shall be able to demonstrate a figure in a Dance from the Standard and Latin American Syllabus and also a New Vogue Dance showing their understanding and application of chart headings and be able to answer basic questions in relation to Hold, Tempo, Beats and Bars and a Precede and Follow to any of the Syllabus Figures.

## Syllabus Figures

### Standard

	<i>Waltz</i>		<i>Tango</i>
1	Closed Change	1	Open Finish
2	Natural Turn	2	Progressive Side Step
3	Reverse Turn	3	Progressive Link
4	Natural Spin Turn	4	Closed Promenade
5	Whisk	5	Rock Turn
6	Chasse from PP	6	Open Reverse Turn, Lady Outside
		7	Back Corte
	<i>Foxtrot</i>		
1	Feather Step		<i>Quickstep</i>
2	Three Step	1	Quarter Turn to Right
3	Natural Turn	2	Natural Turn
4	Reverse Turn (Incorp. Feather Finish)	3	Natural Turn with Hesitation
5	Closed Impetus and Feather Finish	4	Natural Pivot Turn
		5	Natural Spin Turn
		6	Progressive Chasse
		7	Chasse Reverse Turn
		8	Forward Lock

### New Vogue

<b>Dances</b>	
1	Swing Waltz
2	Merrilyn
3	Tangoette
4	Gypsy Tap

## Latin American

	<i>Cha Cha Cha</i>		<i>Samba</i>
1	Basic Movements (Closed, Open & In Place)		1 Basic Movements (Natural, Reverse, Side & Progressive)
2	New York (To L or R Side Position)		2 Whisks (Also with Lady's Underarm Turn)
3	Spot Turns to L or R (Including Switch & Underarm Turns).		3 Samba Walks (Promenade, Side & Stationary)
4	Hand to Hand (To R and L Side Position)		4 Rhythm Bounce
5	Three Cha Cha Chas (Forward & Back)		5 Volta Movements
6	Time Steps		6 Travelling Bota Fogos Forward
			7 Criss Cross Bota Fogos (Shadow Bota Fogos)
	<i>Rumba</i>		<i>Jive</i>
1	Basic Movements (Closed, Open, In Place & Alternative)		1 Basic in Place
2	Cucarachas (LF & RF)		2 Fallaway Rock
3	New York (To L or R Side Positions)		3 Fallaway Throwaway
4	Spot Turns to L or R (Including Switch & Underarm Turns)		4 Link
5	Hand to Hand (To R & L Side Position)		5 Change of Places Right to Left
6	Progressive Walks-Forward or Back		6 Change of Places Left to Right
7	Side Steps (to L or R)		7 Change of Hands Behind Back
8	Cuban Rocks		8 Hip Bump (Left Shoulder Shove)

## **SUMMARY OF REFERENCE PUBLICATIONS**

### **Standard**

The Ballroom Technique: by ISTD

The Revised Technique: by Alex Moore (Currently 10<sup>th</sup> Edition)

### **Latin American**

Latin American Cha Cha Cha ISTD Revised Technique 2003

Latin American Samba ISTD Revised Technique 2002

Latin American Rumba ISTD Revised Technique 1998

Latin American Paso Doble ISTD Revised Technique 1999

Latin American Jive ISTD Revised Technique 2002

### **New Vogue**

New Vogue Championship Dances Seventh Edition: by Russ Hesketh

New Vogue Championship Dances Revised Edition 2005: by Neville Boyd OAM.