Syllabi, Step Lists & Tempi

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ISTD & USISTD Syllabus Lists

Note: Each of the following lists cover required material for Amateur Medal Tests, Professional Examinations and Collegiate Assessments, and are recommended for Closed Syllabus competitions.

International Standard

Waltz 28-31 mpm

Pre-Bronze/Student Teacher
1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
6. Chasse from Promenade Position

Bronze/Associate
7. Closed Impetus
8. Hesitation Change
9. Outside Change
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/Licentiate
17. Weave from Promenade Position
18. Closed Telemark
19. Open Telemark & Cross Hesitation
20. Open Telemark & Wing
21. Open Impetus & Cross Hesitation
22. Open Impetus & Wing
23. Outside Spin
24. Turning Lock
Drag Hesitation*

**Gold/Fellow**
25. Left Whisk
26. Contra Check
27. Closed Wing
28. Turning Lock to Right
29. Fallaway Reverse & Slip Pivot
30. Hover Corte
Fallaway Whisk*

**Tango 30-32**

**Pre-Bronze/Student Teacher**
1. LF or RF Walk
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade
5. Rock Turn
6. Open Reverse Turn, Lady Outside
7. Back Corte

**Bronze/Associate**
8. Open Reverse Turn, Lady in Line
9. Progressive Side Step Reverse Turn
10. Open Promenade
11. Left Foot and Right Foot Rocks
12. Natural Twist Turn
13. Natural Promenade Turn

**Silver/Licentiate**
14. Promenade Link | Reverse Promenade Link
15. Four Step
16. Back Open Promenade
17. Outside Swivel, Methods 1 - 4
18. Fallaway Promenade
19. Four Step Change
20. Brush Tap

**Gold/Fellow**
21. Fallaway Four Step
22. Oversway
23. Basic Reverse Turn
24. The Chase
25. Fallaway Reverse & Slip Pivot
26. Five Step
27. Contra Check

**Foxtrot 28-30 mpm**

**Pre-Bronze/Student Teacher**
1. Feather
2. Three Step
3. Natural Turn
4. Reverse Turn
5. Closed Impetus & Feather Finish

**Bronze/Associate**
6. Natural Weave
7. Change of Direction
8. Basic Weave

**Silver/Licentiate**
9. Closed Telemark
10. Open Telemark & Feather Ending
11. Top Spin
12. Hover Feather
13. Hover Telemark
14. Natural Telemark
15. Hover Cross
16. Open Telemark, Natural Turn, Outside Swivel & Feather End
17. Open Impetus
18. Weave from Promenade Position
19. Reverse Wave

**Gold/Fellow**
20. Natural Twist Turn
21. Curved Feather to Back Feather
22. Natural Zig-Zag from Promenade Position
23. Fallaway Reverse & Slip Pivot
24. Natural Hover Telemark
25. Bounce Fallaway with Weave Ending

**Quickstep 48-52 mpm**

**Pre-Bronze/Student Teacher**
1. Quarter Turn to R
2. Natural Turn
3. Natural Turn with Hesitation
4. Natural Pivot Turn
5. Natural Spin Turn
6. Progressive Chasse
7. Chasse Reverse Turn
8. Forward Lock
Heel Pivot*

**Bronze/Associate**
9. Closed Impetus
10. Back Lock
11. Reverse Pivot
12. Progressive Chasse to Right
13. Tipple Chasse to Right
14. Running Finish
15. Natural Turn & Back Lock
16. Double Reverse Spin
Zig-Zag Back Lock, Running Finish*
Cross Chasse*
Change of Direction* 

**Silver/Licentiate**
Checked / Underturned Tipple Chasse
17. Quick Open Reverse
18. Fishtail
19. Running Right Turn
20. Four Quick Run
21. V6
22. Closed Telemark

**Gold/Fellow**
23. Cross Swivel
24. Six Quick Run
25. Rumba Cross
26. Tipsy to Right and Left
27. Hover Corte

**Viennese Waltz 52-58**

**Bronze**
1. Reverse Turn
2. Natural Turn
3. Forward Change
4. Backward Change

**Silver**
5. Reverse Fleckerl

**Gold**
6. Natural Fleckerl
7. Contra Check

*These figures (page 128, The Ballroom Technique July 1994) may also be danced in Medal Tests, closed syllabus competitions and in practical demonstrations for professional examinations.

International Latin Syllabus List.

Cha Cha Cha

Pre-Bronze/Student Teacher
1. Basic Movements
2. New York
3. Spot Turns Left and Right
4. Shoulder to Shoulder
5. Hand to Hand
6. Three Cha Chas Forward and Backward
7. Side Steps
8. There and Back
9. Time Steps
Compact Chasse
Alternative Compact Chasse
Cuban Cross Chasse

Bronze/Associate
10. Fan
11. Alemana
12. Hockey Stick
13. Natural Top
14. Natural Opening Out Movement
15. Closed Hip Twist

Silver/Licentiate
16. Open Hip Twist
17. Reverse Top
18. Opening Out from Reverse Top
19. Aida
20. Spiral Turns
21. Cross Basic
22. Cuban Breaks
23. Chase
Ronde Chasse
Twist Chasse
Slip Chasse

**Gold/Fellow**
24. Advanced Hip Twist
25. Hip Twist Spiral
26. Turkish Towel
27. Sweetheart
28. Follow My Leader
29. Foot Changes
Lady's Runaway Chasse

The following figures may be used in a short amalgamation when using same foot as partner:
Closed Basic Movement (no turn); Ronde Chasse; Twist Chasse; Open Basic Movement; Spot or Switch Turns; Three Cha Chas Forward and Backward; Forward & Backward Runs; Time Steps (with or without Guapacha Timing); Cuban Breaks; Split Cuban Breaks

**Rumba**

**Pre-Bronze/Student Teacher**
1. Basic Movements
2. Cucarachas
3. New York
4. Spot Turns Left and Right
5. Shoulder to Shoulder
6. Hand to Hand
7. Progressive Walks Forward & Backward
8. Side Steps
9. Cuban Rocks

**Bronze/Associate**
10. Fan
11. Alemana
12. Hockey Stick
13. Natural Top
14. Opening Out Right and Left
15. Natural Opening Out Movement
16. Closed Hip Twist

**Silver/Licentiate**
17. Open Hip Twist
18. Reverse Top
19. Opening Out From Reverse Top
20. Aida 
21. Spiral Turns: Spiral; Curl; Rope Spinning 

**Gold/Fellow**
22. Sliding Doors 
23. Fencing 
24. Three Threes 
25. Three Alemanas 
26. Hip Twists 

**Paso Doble**

**Bronze/Student Teacher**
1. Sur Place 
2. Basic Movement 
3. Chasse to Right and Left 
4. Drag 
5. Deplacement 
6. Promenade Link 
7. Promenade 
8. Ecart 
9. Separation 
10. Separation with Lady's Caping Walks 

**Bronze/Associate**
11. Fallaway Ending to Separation 
12. Huit 
13. Sixteen 
14. Promenade and Counter Promenade 
15. Grand Circle 
16. Open Telemark 

**Silver/Licentiate**
17. La Passe 
18. Banderillas 
19. Twist Turn 
20. Fallaway Reverse Turn 
21. Coup de Pique 
22. Left Foot Variation 
23. Spanish Lines 
24. Flamenco Taps 

**Gold/Fellow**
25. Syncopated Separation 
26. Traveling Spins from Promenade Position 
27. Traveling Spins from Counter Promenade Position
28. Fregolina (Farol)
29. the Twists
30. Chasse Cape, all endings

**Samba**

**Pre-Bronze/Student Teacher**
1. Basic Movement
2. Whisks
3. Samba Walks
4. Rhythm Bounce
5. Volta Movements (Traveling & Spot)
6. Traveling Bota Fogos Forward
7. Criss Cross Bota Fogos (Shadow Bota Fogos)

**Bronze/Associate**
8. Traveling Bota Fogos Back
9. Bota Fogos to Promenade and Counter Promenade
10. Criss Cross Voltas
11. Solo Spot Volta
12. Foot Changes
13. Shadow Traveling Volta
14. Reverse Turn
15. Corta Jaca
16. Closed Rocks

**Silver/Licentiate**
Circular Volta
17. Open Rocks
18. Back Rocks
19. Plait
20. Rolling off the Arm
21. Argentine Crosses
22. Maypole
23. Shadow Circular Volta

**Gold/Fellow**
24. Contra Bota Fogos
25. Roundabout
26. Natural Roll
27. Reverse Roll
28. Promenade and Counter Promenade Runs
29. Three Step Turn
30. Samba Locks
31. Cruzados Walks and Locks
Jive

**Pre-Bronze/Student Teacher**
1. Basic in Place
2. Fallaway Rock
3. Fallaway Throwaway
4. The Link: Flick, Ball Change or Hesitation Ball Change
5. Change of Places Right to Left
6. Change of Places Left to Right
7. Change of Hands Behind the Back
8. Hip Bump (Left Shoulder Shove)

**Bronze/Associate**
9. American Spin
10. The Walks
11. Stop and Go
12. Mooch
13. Whip
14. Whip Throwaway

**Silver/Licentiate**
15. Reverse Whip
16. Windmill
17. Spanish Arms
18. Rolling Off the Arm
19. Simple Spin
20. Miami Special
Overturned Fallaway Throwaway

**Gold/Fellow**
21. Curly Whip
22. Shoulder Spin
23. Toe Heel Swivels
24. Chugging
25. Chicken Walks
26. Catapult
27. Stalking Walks, Flicks into Break
Overturned Change of Places Left to Right

**American Smooth Syllabus List**

**Foxtrot 30-34 mpm**

**Pre-Bronze/Student Teacher**
1. Forward Basic
2. Quarter Turns A&B
3. Left Rock Turn
4. Swing Step
5. Promenade Walk A&B
6. Cross Body Lead

**Bronze/Associate**
7. Simple Twinkle
8. Twinkle with Promenade Chasse Ending
9. Twinkles Forward
10. Twinkles Back
11. Promenade Turn

**Recognized Variations**
1. Left and Right Foot Closed Changes
2. Left Turn A, B, and C
3. Right Turn A, B, and C
4. Twist to Left from Promenade Position

**Silver/Licentiate**
1. Open Simple Twinkle
2. Open Twinkle with Promenade Chasse
3. Open Twinkles Forward
4. Open Twinkles Back
5. Open Left Turn
6. Open Right Turn
7. Grapevine
8. Promenade and Counter Promenade Runs
9. Curved Three Steps
10. Fallaway Reverse Turn, Slip Pivot, Syncopated Curved Three
11. Open Left Cross Turn to Cross Swivels

**Waltz 28-32 mpm**

**Pre-Bronze/Student Teacher**
1. Left and Right Foot Closed Changes
2. Left Turn A, B, and C
3. Right Turn A, B, and C
4. Hesitation A and B
5. Cross Body Lead

**Bronze/Associate**
6. Simple Twinkle
7. Twinkle with Promenade Chasse Ending
8. Twinkles Forward
9. Twinkles Back
10. Twist to Left from Promenade Position

**Recognized Variations**
1. Box with Right Underarm Turn
2. Promenade with Right Underarm Turn

**Silver/Licentiate**
1. Open Simple Twinkle
2. Open Twinkle with Promenade Chasse
3. Open Twinkles Forward
4. Open Twinkles Back
5. Open Left Turn
6. Open Right Turn
7. Single Wrap
8. Shadow Left Turn
9. Single Wrap to Shadow Right Turns
10. Syncopated Right Underarm Turn

**Recognized Variations**
1. Grapevine
2. Promenade and Counter Promenade Runs
3. Curved Three Steps
4. Fallaway Reverse Turn, Slip Pivot, Syncopated Curved Three
5. Open Left Turn to Cross Swivels

**Tango 28-30 mpm**

**Pre-Bronze/Student Teacher**
1. Basic A and B
2. Promenade Basic
3. Corte
4. Promenade to Fan
5. Corte with Roll Out
6. Turning Corte to Outside Swivel

**Bronze/Associate**
7. Continuous Basic
8. Basic Left Turn
9. Contra Rock to Circular Fans
10. Oversway

**Silver/Licentiate**
1. Open Left Turn to Quick Fans
2. Same Foot Fans
3. Double Ronde
4. Shadow Open Left Turn
5. Pivots to Open Same Foot Lunge
6. Corte to Leg Hooks
7. Promenade Flicks and Twist to Trap
8. Rock Turn to Turning Lock
9. Fallaway to Open Check

Viennese Waltz 50-54 mpm

Pre-Bronze/Student Teacher
1. Left Turn
2. Right Turn
3. Hesitation Forward and Back
4. Side Hesitation
5. Progressive Forward and Back Hesitation

Bronze/Associate
6. Fifth Position Breaks
7. Progressive Fifth Position Breaks
8. Cross Body Lead to Left Underarm Turn
9. Underarm Turn to the Right
10. Left Underarm Turn to In and Out Hesitation

Silver/Licentiate
1. Progressive Fifth Position with Hand Change
2. Left Turns with Lady's Underarm Turns
3. Canter Turns
4. Back to Back Box
5. Promenade Hesitation Run
6. Turning Hesitation to Back Lock
7. Shadow Turns to Right
8. Fan Kicks
9. Ronde to Throwaway
10. Underarm Spin to Throwaway

Peabody 60-62 mpm

Bronze/Associate
1. Eight Count Right Turn
2. Six Count Right Turn
3. Eight Count Left Turn
4. Six Count Left Turn
5. Running Steps
6. Lock and Run
7. Twinkles Forward
8. Twinkles Back
9. Right Underarm Turn
10. Left Underarm Turn

**Silver/Licentiate**
1. Double Lock
2. Offset Grapevine
3. Promenade Grapevine
4. Fallaway Grapevine
5. Continuous Forward Locks
6. Left Rock Spin
7. Right Pivots
8. Promenade and Counter Promenade Runs
9. Grapevine to Side By Side

**American Rhythm Syllabus List**

**Rumba 28-32 mpm**

**Pre-Bronze/Student Teacher**
1. Box
2. Right Underarm Turn
3. Side Breaks
4. Progressive Rocks
5. Fifth Position Breaks

**Bronze/Associate**
6. Cross Body Lead
7. Cross Body Lead to Cuban Walks Back
8. Cross Body Lead to Outside Breaks
9. Open Break with Underarm Turn Right to Cross Over Breaks
10. Forward and Back Spot Turns

**Silver/Licentiate**
1. Back to Back
2. Side Pass
3. Forward Spot Turn
4. Side by Side Progressive Walks
5. Side by Side to Rocks
6. Back Spot with Underarm Turn Right
7. Back Spot with Underarm Turn Left
8. Wrap Around
9. Back Spot to Spiral Turn
10. Free Turns with Breaks

**Cha Cha Cha 28-32 mpm**

**Pre-Bronze/Student Teacher**
1. Cha Cha Basic
2. Forward and Back Basic
3. Cross Over Breaks and Switch Turn
4. Right Underarm Turn
5. Right Left Right underarm Turns
6. Three Cha Chas Forward and Back

**Bronze/Associate**
7. Cross Body Lead
8. Outside Breaks
9. Cross Over Side Steps, Back and Forward Runs
10. Left Side Pass

**Silver/Licentiate**
1. Underarm Turn with Spin
2. Back Spot Turn
3. Forward Spot Turn
4. Three Cha Chas
5. Side by Side Triples
6. Stop and Go
7. Sweetheart
8. Fallaway Swivel
9. Promenade Swivels
10. Back Spot with Underarm Turns

**Mambo 48-51 mpm**

**Pre-Bronze/Student Teacher**
1a. Mambo Basic
1b. Progressive Basic
2a. Forward and Backward Breaks
2b. Side Breaks
3. Cross Body Lead
4. Right Underarm Turn
5. Fifth Position Breaks

**Bronze/Associate**
6. Cross Body Lead Right Side Pass
7. Cross Over Breaks and Switch Turn
8. Chase Turns
9. Right Underarm Turn to Advanced Hip Twist
10. Shadow Breaks to Lady's Spiral

**Silver/Licentiate**
1. Forward Spot Turn
2. Back Spot with Underarm Turn Right
3. Back Spot with Underarm Turn Left
4. Side by Side
5. Open Hip Twist
6. Spin Whip
7. Advanced Hip Twist
8. Spins
9. Time Steps
10. Chase Turn to Cross Turn

**East Coast Swing 34-36 mpm**

**Pre-Bronze/Student Teacher**
1. Swing Basic
2. Throwaway
3. Underarm Turns Right and Left
4. Sweetheart
5. American Spin

**Bronze/Associate**
6. Four Kicks
7. Peek-a-Boo
8. Lindy Whip
9a. Lindy Whip with Right Underarm Turn
9b. Lindy Whip with Left Underarm Turn
9c. Lindy Whip with Hand Change Turn
10. Back Pass

**Silver/Licentiate**
1. Kick Ball Change
2. Underarm Turns with Hand Change
3. Hesitation
4. Back Shuffle
5. Whip and Underarm Turn to Left
6. Whip and Underarm Turn to Right
7. American Spin
8. Rolling Off the Arm
9. Spin Whip
10. Toe Heel Swivels

**Bolero 24-26 mpm**
Pre-Bronze/Student Teacher
1. Bolero Basic
2. Cross Body Lead
3. Open Break
4. Right Underarm Turn
5. Fifth Position Breaks
6. Outside Breaks

Bronze/Associate
7. Cross Over Break and Switch Turn
8. Left Side Pass
9. Right Side Pass
10. Back Spot Turn

Silver/Licentiate
1. Passing Changes
2. Shadow Wraps
3. Left Side Pass
4. Outside Break to Overturned Aida
5. Crossover Break to Overturned Aida
6. Traveling Cross to Switch Turn
7. Lunge to Lady's Free Turn to Right
8. Right Side Pass, Back Spot Turn to Rudolph Ronde
9. Back Spot Turn, Underarm Turns to Left and Right
10. Eros Line in Shadow to Double Check

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