

# THE CANADIAN DANCESPORT



**FEDERATION INC.**

## LATIN AMERICAN SYLLABUS STEP LIST - LISTE DES FIGURES, COMPETITIONS & MEDAL TEST


		CHA CHA			RUMBA			SAMBA			PASO DOBLE
<b>Beginners Débutants</b>	1	Basic Movements, Closed, Open and in Place.	1	Basic Movements (Closed, Open, In Place, Alternative)	1	Basic Movements: Natural and Reverse, Side and Progressive	1	Sur Place	2	Basic Mouvement	
	2	New York (Left and Right side)	2	Cucaracha Left Foot and Right Foot	2	Whisks (also with Lady's Underarm Turn)	3	Chassés to Right and Left (including elevations)	3	Drag	
	3	Spot Turns to Left or Right (incl. Switch and Underarm Turns)	3	New York to Left and Right side	3	Spot Turn to Left or Right (incl. Switch and Underarm Turns)	3	Samba Walk in Promenade Position	4	Déplacement (also Attack)	
	4	Shoulder to Shoulder Left side & Right side	4	Spot Turn to Left or Right (incl. Switch and Underarm Turns)	4	Shoulder to Shoulder	4	Rhythm Bounce	5	Promenade Link (also Promenade Close)	
	5	Hand to Hand (Right and Left side position)	5	Shoulder to Shoulder	5	Hand to Hand to Right and Left side	5	Travelling Voltas to Right and Left (facing no turn)	6		
<b>Pre-Bronze Pré-Bronze</b>	6	Three Cha Cha Chas- Fwd and Back.	7	Progressive Walks forward or back	6	Travelling Bota Fogos Forward	7	Promenade	7	Ecart (Fallaway Whisk)	
	7	Side Steps (to Left and Right)	8	Side Steps (to Left or Right)	7	Criss Cross Bota Fogos (Shadow Bota Fogos)	8	Separation	8	Separation with Lady's Caping Walks	
	8	There and Back	9	Cuban Rocks	3	Samba Walks and Stationary	9		9		
	9	Time steps					10		10		
<b>Bronze</b>	10	Fan	10	Fan	8	Travelling Bota Fogos Back	11	Fallaway Ending to Separation	11		
	11	Alemana	11	Alemana	9	Bota Fogos to PP and CPP	12	Huit	12		
	12	Hockey Stick	12	Hockey Stick	10	Criss Cross Voltas	13	Sixteen	13		
	13	Natural Top	13	Natural Top	11	Solo Spot Volta	14	Promenade and Counter Promenade	14		
	14	Natural Opening Out Mouvement	14	Opening Out to Right and Left	12	Foot Changes 1&2	15	Grand Circle	15		
	15	Closed Hip Twist	15	Natural Opening Out Mouvement	13	Shadow Travelling Voltas	16	Open Telemark	16		
<b>Silver Argent</b>	16	Fan (Development)	16	Fan (Development)	12	Reverse Turn	17	La Passe	17		
	17	Open Hip Twist	17	Open Hip Twist	17	Open Rocks	18	Banderillas	18		
	18	Reverse Top	18	Reverse Top	18	Back Rocks	19	Twist Turn	19		
	19	Opening Out from Reverse Top	19	Opening Out from Reverse Top	19	Plait	20	Fallaway Reverse Turn	20		
	20	Aida	20	Aida	20	Rolling Off the Arm	21	Coup de Pique	21		
	21	Spiral Turns (Spiral, Curl and Rope Spinning)	21	Spiral Turns (Spiral, Curl and Rope Spinning)	21	Argentine Crosses	22	Left Foot Variation	22		
	22	Cross Basic	22	Cross Basic	22	Maypole	23	Spanish Lines	23		
	23	Cuban Breaks (incl. Split Cuban Breaks)	23	Cuban Breaks (incl. Split Cuban Breaks)	23	Shadow Circular Volta	24	Flamenco Taps	24		
	24	Chase	24	Chase							
	<b>Gold Or</b>	25	Alemana R to R Hand hold	7	Progressive walks fwd in Right shadow Position (kiki walks)	12	Foot Changes 1 to 8	25	Syncopated Separation	25	
24		Advanced Hip Twist	11	Alemana R to R Hand hold Advanced	24	Contra Bota Fogos	26	Travelling Spins from PP	26		
25		Hip Twist Spiral	22	Hip Twist (Development)	25	Roundabout	27	Travelling Spins from CPP (No Syncopation)	27		
26		Turkish Towel	23	Sliding Door	26	Natural Roll	28	Fregolina (also Farol)	28		
27		Sweetheart	24	Fencing	27	Reverse Roll	29	Twists	29		
28		Follow My Leader	25	Three Threes	28	Promenade and Counter Prom. Runs	30	Chassé Cape (incl. outside turns)	30		
29		Foot Changes	26	Three Alemanas	29	Three Step Turn					
				Hip Twists - Adv. Continuous- Circular	30	Samba Locks					
					31	Cruzados Walks and Locks					
<b>Gold Star - Etoile d'Or</b>		<b>Gold Star - Etoile d'Or</b>		<b>Gold Star - Etoile d'Or</b>		<b>Gold Star - Etoile d'Or</b>					
Steps 1 - 29 See note - Voir note		Steps 1 - 26 See note - Voir note		Steps 1 - 31 See note - Voir note		Steps 1 - 30 31- Travelling Spins from CPP with syncopated timing See note - Voir note					
<b>JIVE</b>											
<b>Beginners- Debutants</b>											
1	Basic in Place	3	Fallaway Throwaway	5	Change of Places Right to Left						
2	Fallaway Rock	4	Link	6	Change of Places Left to Right						
<b>Pre-Bronze - Pré-Bronze</b>											
7	Change of Hands behind back	5	Change of Places Right to Left with	6	Change of Places Left to Right with						
8	Hip Bump (Left Shoulder Shove)		Change of Hands		Change of Hands						
<b>Bronze</b>											
9	American Spin	11	American Spin	13	The Whip						
10	The Walks	12	The Walks	14	Whip Throwaway						
<b>Silver-Argent</b>											
4	Flick (or point) Ball Change- Hesitation	15	Reverse Whip	17	Reverse Whip	19	Simple Spin				
		16	Windmill	18	Windmill	20	Miami Special				
<b>Gold - Or</b>											
21	Curly Whip	23	Curly Whip	25	Chicken Walks	27	Stalking Walks, Flicks and Break				
22	Shoulder Spin	24	Shoulder Spin	26	Catapult						
<b>Gold Star - Etoile d'Or : Steps-Figures 1-27 (also, aussi) See note - Voir Note</b>											
<b>GOLD STAR GENERAL INFORMATION</b>						<b>ETOILE D'OR INFORMATIONS GENERALES</b>					
All the above figures in each dance: also the figures and amalgamations as written in the book <b>Popular Variations</b> by ISTD. Complete figures must danced. <b>Arms</b> : no restriction. The use of arms should be rhythmical and suit the figure and the dance.						Tous les figures mentionnées dans chaque danse : ainsi que les figures et enchainements tels que décrits dans le livre <b>Popular Variations</b> de L'ISTD. Les figures complètes doivent être dansées. <b>Bras</b> : Aucune restriction. L'utilisation des bras devrait être rythmique et convenir à la figure et à la danse					
Please Note : In syllabus competition, IDTA styling or foot positions may be used. Examinations remain as per ISTD						S.V.P. Notez: Dans le syllabus de compétition, le style et les positions de pieds de L'IDTA peuvent être utilisés. Pour les Examens, utilisez L'ISTD.					
REFERENCE : ISTD MANUALS - ISTD POPULAR VARIATIONS											

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### BALLROOM SYLLABUS STEP LIST, LISTE DES FIGURES, COMPETITIONS & MEDAL TEST

WALTZ-VALSE		TANGO		FOXTROT		QUICKSTEP		
Beginners - Débutants		Beginners - Débutants		Beginners - Débutants		Beginners - Débutants		
1	Closed Changes	1	Walk			1	Quarter Turn to Right	
2	Natural Turn	2	Progressive Side Step	2		Three Step	2	Heel Pivot (Quarter Turn to Left)
3	Reverse Turn	3	Progressive Link	3		Natural Turn	3	Progressive Chassé
4	Natural Spin Turn	4	Closed Promenade	4		Reverse Turn (incl. Feather Finish)	4	Forward Lock
5	Whisk	5	Rock Turn	5		Closed Impetus and Feather Finish	5	Natural Spin Turn
6	Chassé from Promenade							
Pre-Bronze – Pré-Bronze		Pre-Bronze – Pré-Bronze		Pre- Bronze - Pré- Bronze		Pre-Bronze – Pré-Bronze		
7	Closed Impetus	6	Open Reverse Turn, Lady Outside	1	Feather Step	6	Natural Turn	
8	Hesitation Change	7	Back Corte	2	Three Step	7	Natural Pivot Turn	
9	Outside Change	8	Open Reverse Turn, Lady in Line	3	Natural Turn	8	Natural Turn with Hesitation	
		9	Progressive Side Step Reverse Turn	4	Reverse Turn (incl. Feather Finish)	9	Chassé Reverse Turn	
				5	Closed Impetus and Feather Finish	10	Closed Impetus	
						11	Back Lock	
						12	Reverse Pivot	
						13	Progressive Chassé to Right	
Bronze		Bronze		Bronze		Bronze		
10	Reverse Corte	10	Open Promenade	6	Natural Weave	14	Tipple Chassé to Right	
11	Back Whisk	11	Left Foot and Right Foot Rocks	7	Change of Direction	15	Running Finish	
12	Basic Weave	12	Natural Twist Turn	8	Basic Weave	16	Zig-Zag Back Lock & Running Finish	
13	Double Reverse Spin	13	Natural Promenade Turn			17	Cross Chassé	
14	Reverse Pivot					18	Change of Direction	
15	Back Lock					19	Natural Turn and Back Lock	
16	Progressive Chassé to Right					20	Double Reverse Spin	
Silver - Argent		Silver - Argent		Silver - Argent		Silver - Argent		
17	Weave from PP	14	Promenade Link	9	Closed Telemark	21	Quick Open Reverse	
18	Closed Telemark	15	Four Step	10	Open Telemark and Feather Ending	22	Fishtail	
19	Open Telemark and Cross Hesitation	16	Back Open Promenade	11	Top Spin	23	Running Right Turn	
20	Open Telemark and Wing	17	Outside Swivels	12	Hover Feather	24	Four Quick Run	
21	Drag Hesitation	18	Fallaway Promenade	13	Hover Telemark	25	V 6	
22	Open Impetus & Cross Hesitation	19	Four Step Change	14	Natural Telemark	26	Closed Telemark	
23	Open Impetus & Wing	20	Brush Tap	15	Hover Cross			
24	Outside Spin			16	Open Telemark Outside Swivel and Feather Ending			
25	Turning Lock			17	Open Impetus			
				18	Weave from PP			
				19	Reverse Wave			
Gold - Or		Gold - Or		Gold – Or		Gold - Or		
26	Left Whisk	21	Fallaway Four Step	20	Natural Twist Turn	27	Cross Swivel	
27	Contra Check	22	Oversway	21	Curved Feather to Back Feather	28	Six Quick Run	
28	Closed Wing	23	Basic Reverse Turn	22	Natural Zig-Zag from PP	29	Rumba Cross	
29	Turning Lock to Right	24	The Chase	23	Fallaway Reverse and Slip Pivot	30	Tipsy to Right & Left	
30	Fallaway Reverse & Slip Pivot	25	Fallaway Reverse & Slip Pivot	24	Natural Hover Telemark	31	Hover Corte	
31	Fallaway Whisk	26	Five Step	25	Bounce Fallaway with Weave Ending			
32	Hover Corte	27	Contra Check					
Gold Star – Etoile d'Or		Gold Star – Etoile d'Or		Gold Star – Etoile d'Or		Gold Star – Etoile d'Or		
Steps 1 – 32 plus Gold Star groups Fig. 1 – 32 plus groupes Etoile d'Or		Steps 1 – 27 plus Gold Star groups Fig. 1 – 27 plus groupes Etoile d'Or		Steps 1– 25 plus Gold Star groups Fig. 1–25 plus groupes Etoile d'Or		Steps 1– 31 plus Gold Star groups Fig. 1 – 31 plus groupes Etoile d'Or		
VIENNESE WALTZ				VALSE VIENNOISE				
Bronze		Silver - Argent		Gold - Or		Gold Star-Etoile d'Or		
1	Change Steps Forward, Natural & Reverse	4	Change Steps Backward, Natural & Reverse	5	Reverse Fleckerl	Steps 1 – 7 Figures 1 - 7		
2	Natural Turn			6	Natural Fleckerl			
3	Reverse Turn			7	Contra Check			

Sept. 2007

Reference : The Ballroom Technique ISTD & The Viennese Waltz by Harry Smith Hampshire  
Reference: Gold Star Groups - Groupes Etoile d'Or