

Appendix I

INTERNATIONAL STANDARD SYLLABUS

WALTZ

BEGINNERS–DEBUTANTS

- 1 Closed Changes
- 2 Natural Turn
- 3 Reverse Turn
- 4 Natural Spin Turn
- 5 Whisk
- 6 Chasse from PP

PRE-BRONZE–PRÉ BRONZE

- 7 Closed Impetus
- 8 Hesitation Change
- 9 Outside Change

BRONZE

- 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–ARGENT

- 17 Weave from PP
- 18 Closed Telemark
- 19 Open Telemark & Cross Hesitation
- 20 Open Telemark & Wing
- 21 Drag Hesitation
- 22 Open Impetus & Cross Hesitation
- 23 Open Impetus & Wing
- 24 Outside Spin
- 25 Turning Lock

GOLD–OR

- 26 Left Whisk
- 27 Contra Check
- 28 Closed Wing
- 29 Turning Lock to Right
- 30 Fallaway Reverse & Slip Pivot
- 31 Fallaway Whisk
- 32 Hover Corte

GOLD STAR–ÉTOILE D'OR

Steps 1–32 plus Gold Star groups
Pas 1–32 plus groupes étoile D'Or

TANGO

BEGINNERS–DEBUTANTS

- 1 Walk
- 2 Progressive Side Step
- 3 Progressive Link
- 4 Closed Promenade
- 5 Rock Turn

PRE-BRONZE–PRÉ BRONZE

- 6 Open Reverse Turn, Lady Outside
- 7 Back Corte
- 8 Open Reverse Turn, Lady in Line
- 9 Progressive Side Step Reverse Turn

BRONZE

- 10 Open Promenade
- 11 Left Foot & Right Foot Rocks
- 12 Natural Twist Turn
- 13 Natural Promenade Turn

SILVER–ARGENT

- 14 Promenade Link
- 15 Four Step
- 16 Back Open Promenade
- 17 Outside Swivels
- 18 Fallaway Promenade
- 19 Four Step Change
- 20 Brush Tap

GOLD–OR

- 21 Fallaway Four Step
- 22 Oversway
- 23 Basic Reverse Turn
- 24 The Chase
- 25 Fallaway Reverse and Slip Pivot
- 26 Five Step
- 27 Contra Check

GOLD STAR–ÉTOILE D'OR

Steps 1–27 plus Gold Star groups
Pas 1–27 plus groupes étoile D'Or

FOXTROT

PRE-BRONZE—PRÉ BRONZE

- 1 Feather Step
- 2 Three Step
- 3 Natural Turn
- 4 Reverse Turn (inc. Feather Finish)
- 5 Closed Impetus and Feather Finish

BRONZE

- 6 Natural Weave
- 7 Change of Direction
- 8 Basic Weave

SILVER—ARGENT

- 9 Closed Telemark
- 10 Open Telemark and Feather Ending
- 11 Top Spin
- 12 Hover Feather
- 13 Hover Telemark
- 14 Natural Telemark
- 15 Hover Cross
- 16 Open Telemark Natural Turn, Outside Swivel and Feather Ending
- 17 Open Impetus
- 18 Weave from PP
- 19 Reverse Wave

GOLD—OR

- 20 Natural Twist Turn
- 21 Curved Feather to Back Feather
- 22 Natural Zig-Zag from PP
- 23 Fallaway Reverse and Slip Pivot
- 24 Natural Hover Telemark
- 25 Bounce Fallaway with Weave Ending

GOLD STAR—ÉTOILE D'OR

Steps 1–25 plus Gold Star groups
Pas 1–25 plus groupes étoile D'Or

VIENNESE WALTZ

BRONZE

- 1 Closed Changes Forward, Natural and Reverse
- 2 Natural Turn
- 3 Reverse Turn

SILVER/ARGENT

- 4 Closed Changes Backward, Natural & Reverse

GOLD/OR

- 5 Reverse Fleckerl

- 6 Natural Fleckerl
- 7 Contra Check

GOLD STAR- ÉTOILE D'OR

Steps 1 - 7 / Pas 1 - 7

QUICKSTEP

BEGINNERS—DEBUTANTS

- 1 Quarter Turn to R
- 2 Heel Pivot (Quarter Turn Left)
- 3 Progressive Chasse
- 4 Forward Lock
- 5 Natural Spin Turn

PRE BRONZE—PRÉ BRONZE

- 6 Natural Turn
- 7 Natural Pivot Turn
- 8 Natural Turn with Hesitation
- 9 Chasse Reverse Turn
- 10 Closed Impetus
- 11 Back Lock
- 12 Reverse Pivot
- 13 Progressive Chasse to R

BRONZE

- 14 Tipple Chasse to R
- 15 Running Finish
- 16 Zig-Zag Back Lock & Running Finish
- 17 Cross Chasse
- 18 Change of Direction
- 19 Natural Turn and Back Lock
- 20 Double Reverse Spin

SILVER/ARGENT

- 21 Quick Open Reverse
- 22 Fishtail
- 23 Running Right Turn
- 24 Four Quick Run
- 25 V6
- 26 Closed Telemark

GOLD/OR

- 27 Cross Swivel
- 28 Six Quick Run
- 29 Rumba Cross
- 30 Topsy to R & L
- 31 Hover Corte

GOLD STAR—ÉTOILE D'OR

Steps 1–31 plus Gold Star groups

REFERENCE:

The Ballroom Technique ISTD (revised 1994). List Revised* Sept. 1, 2001