

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 bpm

Pre-Bronze/Student Teacher

1. 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
15. Four Step
16. Back Open Promenade
17. Outside Swivels
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

Quickstep 48-52 mpm

Pre-Bronze/Student Teacher

1. Quarter Turn to Right
 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

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. Tippy to Right and Left
27. Hover Corte

Foxtrot 28-30 bpm

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 Ending
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

Viennese Waltz, 52-58 mpm

Bronze

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

Silver

5. Reverse Fleckerl

Gold

6. Natural Fleckerl
7. Contra Check