

STANDARD (ST)

СТАНДАРТНИ ТАНЦИ (СТТ)

BRONZE	
1	CLOSED CHANGE ON RIGHT FOOT
2	CLOSED CHANGE ON LEFT FOOT
3	NATURAL TURN
4	REVERSE TURN
5	PROGRESSIVE CHASSE TO RIGHT
6	WHISK
7	BACK WHISK
8	OUTSIDE CHANGE
9	BASIC WEAVE
10	CHASSE FROM PP
11	BACKWARD LOCKS
12	OPEN NATURAL TURN
SILVER	
13	HESITATION CHANGE
14	NATURAL SPIN TURN
15	DOUBLE REVERSE SPIN
16	TELEMARK
17	TELEMARK TO PP
18	WEAVE FROM PP
19	IMPETUS
20	IMPETUS TO PP
21	DRAG HESITATION
22	OUTSIDE SPIN
23	NATURAL TURNING LOCK
24	REVERSE TURNING LOCK
GOLD	
25	WING
26	WING FROM PP
27	CROSS HESITATION FROM PP
28	REVERSE PIVOT
29	FALLAWAY NATURAL TURN
30	RUNNING WEAVE FROM PP
31	RUNNING SPIN TURN
32	OVERTURNED RUNNING SPIN TURN
33	RUNNING CROSS CHASSE
34	FALLAWAY REVERSE AND SLIP PIVOT
35	LEFT WHISK
36	CONTRA CHECK
37	HOVER CORTE

WALTZ – ВАЛС

Additional Notes Applicable to WDSF
Waltz Syllabus:

The following figures that are
described in other dances that may
also be used in **Waltz**:

- ✓ Running Finish
- ✓ Progressive Chasse
- ✓ Outside Swivel
- ✓ Quick Open Reverse
- ✓ Bounce Fallaway Weave
Ending
- ✓ Curved Feather



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TANGO – ТАНГО

BRONZE	
1	TAP – ALTERNATIVE ENTRIES TO PP
2	PROGRESSIVE SIDE STEP
3	BRUSH TAP
4	PROGRESSIVE LINK
5	CLOSED PROMENADE
6	OPEN PROMENADE
7	BACK CORTE
8	BASIC REVERSE TURN
9	OPEN REVERSE TURN
10	ROCK ON LEFT FOOT
11	ROCK ON RIGHT FOOT
12	NATURAL ROCK TURN
13	NATURAL TWIST TURN FROM PP
14	NATURAL TURN FROM PP
SILVER	
15	PROMENADE LINK TURNED TO L
16	PROMENADE LINK TURNED TO R
17	BACK OPEN PROMENADE
18	FALLAWAY IN PROMENADE
19	WHISK
20	BACK WHISK
21	PROGRESSIVE SIDE STEP REVERSE TURN
22	FOUR STEP
23	FALLAWAY FOUR STEP
24	OUTSIDE SWIVEL METHOD 1 (AFTER OPEN FINISH AND TURNING TO R)
25	OUTSIDE SWIVEL METHOD 2 (AFTER OPEN FINISH AND TURNING TO L)
26	OUTSIDE SWIVEL METHOD 3 (REVERSE OUTSIDE SWIVEL)
GOLD	
27	FOUR STEP CHANGE
28	FIVE STEP
29	MINI FIVE STEP
30	QUICK REVERSE TURN
31	FALLAWAY REVERSE AND SLIP PIVOT
32	TELEMARK TO PP
33	OPEN NATURAL TURN
34	OUTSIDE SPIN
35	NATURAL TWIST TURN
36	CHASE
37	CHASE ALTERNATIVE ENDINGS
38	OVERSWAY
39	DROP OVERSWAY
40	OVERSWAY ALTERNATIVE ENDINGS
41	CONTRA CHECK
42	REVERSE PIVOT



BRONZE	
1	NATURAL TURN
2	REVERSE TURN
3	RF FORWARD CHANGE STEP Natural to Reverse
4	LF FORWARD CHANGE STEP Reverse to Natural
5	LF BACKWARD CHANGE STEP Natural to Reverse
6	RF BACKWARD CHANGE STEP Reverse to Natural
7	CHASSE CHANGE STEP
SILVER	
8	CONTINUOUS SPIN
9	REVERSE PIVOTS
10	HESITATION CHANGE
11	DRAG HESITATION
12	NATURAL SPIN TURN
13	TELEMARK
14	NATURAL SPIN TURN REVERSE PIVOT
15	CHECKED NATURAL TURN
16	NATURAL BACK CHECK
17	CHECKED REVERSE TURN
18	REVERSE BACK CHECK
GOLD	
19	CONTRA CHECK
20	LEFT WHISK
21	RUNNING WEAVE
22	NATURAL FLECKERL
23	REVERSE FLECKERL
24	CHECK FROM REVERSE TO NATURAL FLECKERL
25	IVERTURNED NATURAL SPIN TURN
26	THROWAWAYOVERSWAY
27	THROWAWAYOVERSWAY taken after 1-3 of Reverse Turn
28	HOVER REVERSE TURN
29	RUNNING FEATHER
30	RUNINIG FEATHER OPENING TO Prom Position
31	DOUBLE REVERSE SPIN OVERSPIN
32	REVERSE IMPETUS INTO RIGHT LUNGE
33	RUDOLPH FALLAWAY
34	RONDE TWIST TURN
35	DOUBLE LEG ROUNDE
36	SWIVEL TO PROMENADE PIVOT
37	SWIVEL TO PROMENADE LINK

VIENNESE WALTZ
ВЕНСКИ ВАЛС



Cedric

BRONZE	
1	FEATHER STEP
2	THREE STEP
3	FEATHER FINISH
4	FEATHER ENDING
5	HOVER FEATHER
6	NATURAL TURN
7	REVERSE TURN
8	BASIC WEAVE
9	NATURAL WEAVE
10	CHANGE OF DIRECTION
11	HEEL PULL FINISH
12	WHISK
13	BACK WHISK
14	OPEN NATURAL TURN
SILVER	
15	DOUBLE REVERSE SPIN
16	TELEMARK
17	TELEMARK TO P.P.
18	HOVER TELEMARK
19	HOVER TELEMARK TO P.P.
20	NATURAL TELEMARK
21	NATURAL HOVER TELEMARK
22	IMPETUS
23	IMPETUS TO P.P.
24	WEAVE FROM P.P.
25	HOVER CROSS
26	TOP SPIN
27	OUTSIDE SWIVEL
28	OUTSIDE SPIN
29	REVERSE WAVE
GOLD	
30	NATURAL TWIST TURN
31	NATURAL TWIST TURN WITH NATURAL WEAVE
32	NATURAL TWIST TURN WITH IMPETUS AND FEATHER FINISH
33	NATURAL TWIST TURN WITH IMPETUS TO P.P.
34	NATURAL ZIG ZAG FROM P.P.
35	CURVED THREE STEP
36	CURVED FEATHER
37	CURVED FEATHER FROM P.P.
38	BACK FEATHER
39	FALLAWAY REVERSE AND SLIP PIVOT
40	BOUNCE FALLAWAY WITH WEAVE ENDING
41	RUNNING WEAVE FROM P.P.
42	OPEN REVERSE TURN
43	EXTENDED REVERSE WAVE
44	REVERSE PIVOT

SLOW FOXTROT

БАВЕН ФОКСТРОТ

Additional Notes Applicable to WDSF Foxtrot Syllabus:

The following figures that are described in other dances that may also be used in **Foxtrot**:

- ✓ Progressive Chasse to Right
- ✓ Hover Corte



BRONZE	
1	BASIC MOVEMENT – QUARTER TURN AND PROGRESSIVE CHASSE
2	NATURAL TURN
3	REVERSE TURN
4	PROGRESSIVE CHASSE TO RIGHT
5	PROGRESSIVE CHASSE TO LEFT
6	CROSS CHASSE
7	QUARTER TURN TO RIGHT
8	QUARTER TURN TO LEFT
9	OUTSIDE CHANGE
10	NATURAL PIVOT
11	RUNNING FINISH
12	BACKWARD LOCK
13	FORWARD LOCK
14	OPEN NATURAL TURN
SILVER	
15	NATURAL SPIN TURN
16	HESITATION CHANGE
17	DOUBLE REVERSE SPIN
18	IMPETUS
19	IMPETUS TO PP
20	TELEMARK
21	TELEMARK TO PP
22	WHISK
23	BACK WHISK
24	OPEN REVERSE TURN
25	TIPPLE CHASSE TO RIGHT – AT THE CORNER
26	TIPPLE CHASSE TO RIGHT – ALONG LOD
27	TIPPLE CHASSE TO LEFT
28	FOUR QUICK RUN
29	ZIG ZAG
30	V-6
31	OUTSIDE SPIN
GOLD	
32	REVERSE PIVOT
33	NATURAL TURNING LOCK
34	DRAG HESITATION
35	CROSS SWIVEL
36	FISHTAIL
37	RUNNING NATURAL TURN
38	RUNNING CROSS CHASSE
39	SIX QUICK RUN
40	TIPSY TO RIGHT
41	TIPSY TO LEFT
42	RUMBA CROSS
43	HOVER CORTE

QUICKSTEP

КВИКСТЕП

Additional Notes Applicable to WDSF Quickstep Syllabus:

The following figures that are described in other dances that may also be used in Quickstep:

SILVER

- ✓ Weave from PP
- ✓ Wing
- ✓ Wing from PP

GOLD

- ✓ Natural Fallaway Turn



LATIN (LAT)

ЛАТИНОАМЕРИКАНСКИ ТАНЦИ (ЛАТ)

BRONZE	
1	NATURAL BASIC MOVEMENT
2	REVERSE BASIC MOVEMENT
3	PROGRESSIVE BASIC MOVEMENT
4	SIDE BASIC MOVEMENT TO LEFT
5	SIDE BASIC MOVEMENT TO RIGHT
6	OUTSIDE BASIC
7	SAMBA WHISK TO LEFT
8	SAMBA WHISK TO RIGHT
9	STATIONARY SAMBA WALKS
10	PROMENADE SAMBA WALKS
11	SIDE SAMBA WALK
12	REVERSE TURN
13	PROMENADE TO COUNTER PROMENADE BOTAFOGOS
14	SIDE SAMBA CHASSE
15	TRAVELLING BOTAFOGO FORWARD
16	TRAVELLING BOTAFOGO BACKWARD TO PP
17	CRISS CROSS BOTAFOGO
18	CRISS CROSS VOLTA TO RIGHT
19	CRISS CROSS VOLTA TO LEFT
20	TRAVELLING VOLTA TO RIGHT
21	TRAVELLING VOLTA TO LEFT
22	UNDERARM TURNING RIGHT
23	UNDERARM TURNING LEFT
SILVER	
24	MAYPOLE LADY TURNING RIGHT
25	MAYPOLE LADY TURNING LEFT
26	CRUZADOS WALKS
27	CRUZADOS LOCKS
28	DROPPED VOLTA
29	CIRCULAR VOLTA TURNING RIGHT
30	CIRCULAR VOLTA TURNING LEFT
31	SAME FOOT BOTAFOGO
32	SAMBA LOCKS LADY ON LEFT SIDE
33	SAMBA LOCKS LADY ON RIGHT SIDE
34	METHODS OF CHANGING FEET

SAMBA

САМБА

GOLD	
35	NATURAL ROLL
36	REVERSE ROLL
37	CLOSE ROCKS
38	OPEN ROCKS
39	BACKWARD ROCKS
40	PLAIT
41	CORTAJACA
42	SAME POSITION CORTAJACA
43	DOUBLE SPIRAL TURN FOR LADY
44	PROMENADE TO COUNTER PROMENADE RUNS
45	DRAG
46	ROLLING OFF THE ARM
47	CARIOCA RUNS
48	ARGENTINE CROSSES



BRONZE	
1	TIME STEP
2	CLOSE BASIC MOVEMENT
3	OPEN BASIC MOVEMENT
4	NEW YORK TO RIGHT
5	NEW YORK TO LEFT
6	HAND TO HAND TO RIGHT
7	HAND TO HAND TO LEFT
8	SPOT TURN TO RIGHT
9	SPOT TURN TO LEFT
10	UNDERARM TURN TURNING RIGHT
11	UNDERARM TURN TURNING LEFT
12	THREE CHA CHA CHAS TO RIGHT
13	THREE CHA CHA CHAS TO LEFT
14	SHOULDER TO SHOULDER
15	AIDA
16	FAN
17	OPEN HIP TWIST
18	OPEN HIP TWIST TO CHASSE
19	CLOSE HIP TWIST
20	CLOSE HIP TWIST TO CHASSE
21	HOCKEY STICK
22	HOCKEY STICK TO CHASSE
SILVER	
23	ALEMANA
24	ALEMANA FROM OPEN OPPOSING POSITION
25	NATURAL TOP
26	CROSS BASIC
27	CROSS BASIC WITH TURN
28	CROSS BASIC TO OPEN OPPOSING POSITION
29	METHODS OF CHANGING FEET: SIMPLE FOOT CHANGE (142), METHOD 1 - CHASSE TO R SIDE LINK (144), METHOD 2 - LOCK TO R SIDE LINK (148), METHOD 3 - LINK TO OPEN OPP POS (152)
30	SPLIT CUBAN BREAK TO RIGHT
31	SPLIT CUBAN BREAK TO LEFT
32	CUBAN BREAKS TO RIGHT
33	CUBAN BREAKS TO LEFT
34	CUBAN BREAK AMALGAMATIONS

CHA-CHA-CHA

ЧА-ЧА-ЧА

GOLD	
35	CLOSE HIP TWIST SPIRAL
36	OPEN HIP TWIST SPIRAL
37	TURKISH TOWEL
38	SWEETHEART
39	FOLLOW MY LEADER
40	SYNCOATED OPEN HIP TWIST
41	CURL
42	ROPE SPINNING
43	OVERTURNED LOCK ENDING
44	CONTINUOUS OVERTURNED LOCK
45	SWIVEL FROM OVERTURNED LOCK
46	SWIVEL HIP TWIST
47	SWIVELS
48	WALKS AND WHISKS
49	ADVANCED METHODS OF CHANGING FEET: METHOD 4 - LINK TO FAN L ANGLE (216), METHOD 5 - SYNCOATED R SIDE LINK (220)



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BRONZE	
1	CLOSE BASIC MOVEMENT
2	OPEN BASIC MOVEMENT
3	NEW YORK TO RIGHT
4	NEW YORK TO LEFT
5	HAND TO HAND TO RIGHT
6	HAND TO HAND TO LEFT
7	SPOT TURN TO RIGHT
8	SPOT TURN TO LEFT
9	UNDERARM TURN TURNING RIGHT
10	UNDERARM TURN TURNING LEFT
11	SIDE WALKS AND CUCARACHAS
12	FAN
13	OPEN HIP TWIST
14	OPEN HIP TWIST FINISHED TO SIDE
15	HOCKEY STICK
16	HOCKEY STICK FINISHED TO SIDE
17	OPENING OUT
18	SHOULDER TO SHOULDER
SILVER	
19	ALTERNATIVE BASIC MOVEMENT
20	CLOSE HIP TWIST
21	CLOSE HIP TWIST FINISHED TO SIDE
22	ALEMANA
23	ALEMANA FINISHED TO SIDE
24	PROGRESSIVE FORWARD WALKS
25	PROGRESSIVE FORWARD WALKS TO FAN
26	AIDA
27	CONTINUOUS HIP TWIST
28	CUBAN ROCKS
29	FENCING TO SPIN
GOLD	
30	CONTINUOUS CIRCULAR HIP TWIST
31	SYNCOATED OPEN HIP TWIST
32	NATURAL TOP
33	REVERSE TOP
34	CURL
35	CURL FINISHED TO SIDE
36	SPIRAL
37	SPIRAL FINISHED TO SIDE
38	SPIRAL TO FAN
39	THREE ALEMANAS
40	SLIDING DOORS
41	ADVANCED SLIDING DOORS
42	THREE THREES
43	THREE THREES TO FAN
44	ROPE SPINNING
45	SWIVELS
46	OVERTURNED BASIC

RUMBA

РУМБА

BRONZE	
1	BASIC MOVEMENT
2	SUR PLACE
3	CHASSES TO RIGHT
4	DRAG
5	CHASSES TO LEFT
6	ATTACK
7	HUIT
8	SEPARATION
9	NATURAL TWIST TURN
10	PROMENADE
11	CLOSED PROMENADE
12	PROMENADE LINK
13	SIXTEEN
SILVER	
14	PROMENADE TO COUNTER PROMENADE
15	GRAND CIRCLE
16	BANDERILLAS
17	FALLAWAY REVERSE
18	FALLAWAY WHISK
19	SPANISH LINES
20	LA PASSE
21	SYNCOATED SEPARATION
22	FLAMENCO TAPS
GOLD	
23	TWISTS
24	CHASSE CAPE
25	TRAVELLING SPINS FROM PROMENADE POSITION
26	TRAVELLING SPINS FROM COUNTER PROMENADE POSITION
27	SYNCOATED COUP DE PIQUE
28	SEPARATION WITH LADY'S CAPING WALKS
29	FAROL
30	FREGOLINA
31	METHODS OF CHANGING FEET

PASO DOBLE

ПАСО ДОБЛЕ



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BRONZE	
1	BASIC IN PLACE
2	BASIC IN FALLAWAY
3	CHANGE OF PLACE FROM RIGHT TO LEFT
4	CHANGE OF PLACE FROM LEFT TO RIGHT
5	AMERICAN SPIN
6	CHANGE OF PLACE BEHIND THE BACK
7	LINK
8	WHIP
9	PROMENADE WALKS – SLOW
10	PROMENADE WALKS – QUICK
SILVER	
11	FALLAWAY THROWAWAY
12	CHANGE OF PLACE FROM RIGHT TO LEFT WITH DOUBLE SPIN
13	OVERTURNED CHANGE OF PLACE FROM LEFT TO RIGHT
14	DOUBLE CROSS WHIP
15	THROWAWAY WHIP
16	REVERSE WHIP
17	CURLY WHIP
18	OVERTURNED FALLAWAY THROWAWAY
19	STOP AND GO
20	HIP BUMP
21	WINDMILL
22	MOOCH
GOLD	
23	SPANISH ARMS
24	CHICKEN WALKS
25	ROLLING OFF THE ARM
26	SIMPLE SPIN
27	ROCK TO SIMPLE SPIN
28	FLICKS INTO BREAK
29	TOE HEEL SWIVELS
30	SUGAR PUSH
31	MIAMI SPECIAL
32	SHOULDER SPIN
33	CHUGGING
34	CATAPULT

JIVE
ДЖАЙВ



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