

# Restricted syllabus for International Standard

## Waltz

### Newcomer

Closed Change  
Natural Turn  
Reverse Turn  
Progressive Chasse to R  
Whisk  
Chasse from PP  
Basic Weave  
Natural Spin Turn  
Progressive Chasse to L

### Pre-bronz

Backward Lock  
Open Natural Turn  
Outside Change  
Hesitation Change

### Bronz

Double Reverse Spin  
Telemark  
Telemark to PP  
Weave from PP  
Impetus  
Impetus to PP  
Drag Hesitation  
Outside Spin  
Natural Turning Lock  
Reverse Turning Lock

### Silver

Wing  
Cross Hesitation from PP  
Reverse Pivot  
Fallaway Natural Turn  
Running Weave from PP  
Running Spin Turn  
Overturned Running Spin Turn  
Running Cross Chasse  
Fallaway Reverse and Slip Pivot

Hover Corte  
Curved Feather  
Running Finish  
Outside Swivel  
Bounce Fallaway and Weave Ending  
Quick Open Reverse

## **Tango**

### **Newcomer**

Tango Walk  
Tap - Alternative Entries to PP  
Progressive Side Step  
Brush Tap  
Progressive Link  
Closed Promenade  
Open Promenade

### **Pre-Bronze**

Back Corte  
Basic Reverse Turn  
Open Reverse Turn Lady Outside  
Rock on LF  
Rock on RF  
Natural Rock Turn  
Natural Twist Turn from PP  
Natural Turn from PP

### **Bronze**

Promenade Link turned to R & to L  
Back Open Promenade  
Fallaway in Promenade  
Whisk  
Back Whisk  
Progressive Side Step Reverse Turn  
Four Step  
Fallaway Four Step  
Outside Swivel

### **Silver**

Four Step Change  
Five Step  
Quick Reverse Turn

Fallaway Reverse and Slip Pivot  
Telemark to PP  
Open Natural Turn  
Outside Spin  
Natural Twist Turn  
Chase  
Reverse Pivot

## **Vienesse Waltz**

### **Pre-Bronze**

Natural Turn  
Reverse Turn  
RF Forward Change Step - Natural to Reverse  
LF Forward Change Step - Reverse to Natural  
LF Backward Change Step - Natural to Reverse  
6 RF Backward Change Step - Reverse to Natural

### **Silver**

Reverse fleckerl  
Natural Fleckerl Contra check

## **Slowfoxtrot**

### **Pre-Bronze**

Feather Step  
Three-Step  
Natural Turn  
Reverse Turn  
Closed impetus

### **Bronze**

Basic Weave  
Natural Weave  
Change of Direction  
Impetus  
Weave from PP

### **Silver**

Whisk  
Open Natural Turn  
Double Reverse Spin  
Telemark

Hover Telemark  
Hover Cross  
Top Spin  
Outside Swivel  
Outside Spin  
Reverse Wave  
Natural Twist Turn  
Curved Three Step  
Curved Feather  
Back Feather  
Fallaway Reverse and Slip Pivot  
Bounce Fallaway and Weave Ending  
Running Weave from PP  
Quick Open Reverse Turn  
Extended Reverse Wave  
Reverse Pivot  
Hover Corte  
Progressive Chasse to R

## **Quickstep**

### **Newcomer**

Natural Turn  
Reverse Turn  
Progressive Chasse to R  
Progressive Chasse to L  
Cross Chasse  
Quarter Turn to R & L  
Outside Change  
Natural Pivot

### **Pre-Bronze**

Running Finish  
Backward Lock  
Forward Lock  
Open Natural Turn

### **Bronze**

Natural Spin Turn  
Hesitation Change  
Double Reverse Spin  
Impetus  
Impetus to PP  
Telemark  
Telemark to PP

Whisk  
Back Whisk  
Open Reverse Turn  
Tipple Chasse to R & L  
Four Quick Run  
Zig Zag  
V6  
Outside Spin

**Silver**

Reverse Pivot  
Natural Turning Lock  
Drag Hesitation  
Cross Swivel  
Running Natural Turn  
Running Cross Chasse  
Tippy to R & L  
Rumba Cross  
Hover Corte  
Weave from PP  
Natural Fallaway Turn  
Wing  
Wing from PP  
Curved Feather  
Running Spin Turn