

SYLABUS SIT pro soutěže Czech Pro-Am Dance Union 2023

	Waltz		Tango		Viennese Waltz		Slowfox		Quickstep	
Newcomer	1	Closed Changes Natural Turn	1	Walk	1	Natural Turn			1	Natural Spin Turn
	2	Reverse Turn	2	Tap (Alternative Entries to PP)	2	Reverse Turn			2	Natural Pivot
	3	Natural Spin Turn	3	Progressive Side Step	3	RF Forward Change Step - Natural to Reverse			3	Natural Turn
	4	Whisk	4	Progressive Link	4	LF Forward Change Step - Reverse to Natura			4	Chasse Reverse Turn
	5	Chasse from PP	5	Closed Promenade	5	LF Backward Change Step - Natural to Reverse			5	Quarter Turn to R
			6	Basic Reverse Turn	6	6 RF Backward Change Step - Reverse to Natural			6	Progressive Chasse to L
			7	Back Corte					7	Quarter Turn to L (Action Heel Turn, Action Heel Pivot)
			8	Rock on LF						
			9	Rock on RF						
			10	Natural Rock Turn						
Pre-Bronze & Bronze	6	Progressive Chasse to R	11	Open Promenade	7	Natural Turn	1	Feather Step	8	Forward Lock
	7	Basic Weave	12	Open Reverse Turn Lady Outside	8	Reverse Turn	2	Three-Step	9	Backward Lock
	8	Progressive Chasse to L	13	Natural Twist Turn from PP	9	RF Forward Change Step - Natural to Reverse	3	Natural Turn	10	Cross Chasse
	9	Back Whisk	14	Natural Turn from PP	10	LF Forward Change Step - Reverse to Natura	4	Reverse Turn	11	Outside Change
	10	Backward Lock	15	Four Step	11	LF Backward Change Step - Natural to Reverse	5	Feather Finish	12	Running Finish
	11	Open Natural Turn	16	Brush Tap	12	6 RF Backward Change Step - Reverse to Natural	6	Hover Feather	13	Open Natural Turn
	12	Running Finish	17	Progressive Side Step Reverse Turn			7	Heel Pull Finish	14	Tipple Chasse to R & L
	13	Outside Change	18	Four Step with Extra Slow (Mini Five Step)			8	Closed Impetus	15	Hesitation Change
Silver	14	Double Reverse Spin	19	Promenade Link turned to R & to L	13	Reverse Fleckerl	9	Natural Weave	16	Progressive Chasse to R
	15	Telemark	20	Back Open Promenade	14	Natural Fleckerl	10	Change of Direction / Inverse Corta	17	Zig Zag
	16	Telemark to PP	21	Fallaway in Promenade	15	Contra check	11	Basic Weave		
	17	Weave from PP	22	Whisk	16	Hesitation change	12	Impetus	18	Double Reverse Spin
	18	Impetus	23	Back Whisk			13	Weave from PP	19	Impetus
	19	Impetus to PP	24	Fallaway Four Step			14	Whisk	20	Impetus to PP
	20	Drag Hesitation	25	Outside Swivel			15	Open Natural Turn	21	Telemark
	21	Outside Spin					16	Double Reverse Spin	22	Telemark to PP
	22	Natural Turning Lock (to PP)					17	Telemark	23	Whisk
	23	Reverse Turning Lock					18	Natural Telemark	24	Back Whisk
Gold	24	Wing	26	Four Step Change			19	Hover Telemark	25	Open Reverse Turn
	25	Closed Wing	27	Five Step			20	Hover Telemark to PP	26	Four Quick Run
	26	Cross Hesitation from PP	28	Quick Reverse Turn			21	Natural Hover Telemark	27	V6
	27	Reverse Pivot	29	Fallaway Reverse and Slip Pivot			22	Hover Cross	28	Outside Spin
	28	Fallaway Natural Turn	30	Telemark to PP			23	Top Spin	29	Running Natural Turn
	29	Running Weave from PP	31	Open Natural Turn			24	Outside Swivel	30	Fishtail
	30	Running Spin Turn	32	Outside Spin			25	Outside Spin		
	31	Overtuned Running Spin Turn	33	Natural Twist Turn			26	Reverse Wave		
	32	Running Cross Chasse	34	Chase			27	Progressive Chasse to R		
	33	Fallaway Reverse and Slip Pivot	35	Reverse Pivot			28	Curved Feather		
	34	Hover Corte					29	Natural Twist Turn	31	Reverse Pivot
	35	Curved Feather					30	Curved Three Step	32	Natural Turning Lock
	36	Outside Swivel					31	Back Feather	33	Drag Hesitation
	37	Bounce Fallaway and Weave Ending					32	Fallaway Reverse and Slip Pivot	34	Cross Swivel
38	Quick Open Reverse					33	Bounce Fallaway and Weave Ending	35	Running Cross Chasse	
						34	Running Weave from PP	36	Tipsy to R & L	
						35	Quick Open Reverse Turn	37	Rumba Cross	
						36	Extended Reverse Wave	38	Hover Corte	
						37	Reverse Pivot	39	Weave from PP	
						38	Hover Corte	40	Natural Fallaway Turn	
								41	Wing	
								42	Wing from PP	
								43	Curved Feather	
								44	Running Spin Turn	
								45	Six Quick Run	