

CANADIAN DANCE TEACHERS ASSOCIATION / ASSOCIATION CANADIENNE DES PROFESSEURS DE DANSE - SYLLABUS: BALLROOM DANCING

	WALTZ	TANGO	FOXTROT	QUICKSTEP
Beginners / Débutants	<ol style="list-style-type: none"> 1. Closed Changes 2. Natural Turn 3. Reverse Turn 4. Natural Spin Turn 5. Whisk* 6. Chasse from P.P. 	<ol style="list-style-type: none"> 1. Walk 2. Progressive Side Step 3. Progressive Link 4. Closed and Open Promenades 5. Rock Turn 	RHYTHM FOXTROT <ol style="list-style-type: none"> a) Walk b) Side Chasse on Right Foot c) Quarter Turn d) Natural Pivot Turn e) Chasse Reverse Turn f) Side Step 	<ol style="list-style-type: none"> 1. Quarter Turn 2. Progressive Chasse 3. Forward Lock Step 4. Natural Spin Turn
Pre-Bronze	<ol style="list-style-type: none"> 7. Hesitation Change 8. Weave 9. Back Whisk 	<ol style="list-style-type: none"> 6. Left Foot and Right Foot Rocks 7. Back Corte 8. Open Reverse Turn Partner Outside (closed or open finish) 9. Basic Reverse Turn (closed or open finish) 	SLOW FOXTROT <ol style="list-style-type: none"> 1. Feather Step 2. Three Step 3. Natural Turn 4. Impetus Turn 5. Reverse Turn 6. Change of Direction 	<ol style="list-style-type: none"> 5. Natural Turn 6. Natural Turn with Hesitation Ending 7. Natural Pivot Turn 8. Chasse Reverse Turn
Bronze	<ol style="list-style-type: none"> 10. Progressive Chasse to the Right 11. Outside Change 12. Reverse Corte 13. Weave from P.P. 14. Wing 15. Telemark 16. Open telemark 	<ol style="list-style-type: none"> 10. Progressive Side Step Reverse Turn 11. Natural Twist Turn 12. Natural Promenade Turn 13. Promenade Link 	<ol style="list-style-type: none"> 7. Reverse Wave 8. Weave 9. Open Impetus Turn 10. Weave from P.P. 11. Hover Telemark 12. Telemark 13. Open Telemark 14. Open Telemark, Natural Turn and Outside Swivel 	<ol style="list-style-type: none"> 9. Reverse Pivot 10. Cross Chasse 11. Tiple Chasse to Right 12. Progressive Chasse to Right 13. Backward Lock 14. Zig-Zag, Back Lock and Running Finish
Silver/Argent	<ol style="list-style-type: none"> 17. Double Reverse Spin 18. Drag Hesitation 19. Backward Lock 20. Impetus Turn 21. Open Impetus Turn 22. Cross Hesitation 23. Outside Spin 24. Turning Lock 25. Reverse Pivot 	<ol style="list-style-type: none"> 14. Outside Swivels 15. Brush Tap 16. Open Reverse Turn Partner in Line (closed or open finish) 17. Four Step 18. Back Open Promenade 19. Fall Away Promenade 	<ol style="list-style-type: none"> 15. Top Spin 16. Natural Weave 17. Natural Twist Turn 18. Hover Feather 19. Natural Telemark 	<ol style="list-style-type: none"> 15. Double Reverse Spin 16. Change of Direction 17. V6 18. Quick Open Reverse 19. Four Quick Run 20. Natural Turn, Back Lock, Running Finish 21. Fish Tail 22. Cross Swivel 23. Running Right Turn
Gold/Or	<ol style="list-style-type: none"> 26. Left Whisk 27. Fall Away Whisk 28. Contra Check 29. Double Nat. Spin 30. Closed Wing 31. Turning Lock to Right 32. Fall Away Reverse Slip Pivot 	<ol style="list-style-type: none"> 20. Fall Away Four Step 21. The Over Sway 22. The Four Step Change 23. The Chase 24. Fall Away Reverse and Slip Pivot 	<ol style="list-style-type: none"> 20. Natural Zig-Zag from P.P. 21. Hover Cross 22. Curved Feather 23. Back Feather 24. Fall Away Reverse and Slip Pivot 25. Natural Hover Telemark 	<ol style="list-style-type: none"> 24. Impetus and Open Impetus 25. Telemark and Open Telemark 26. Wing 27. Outside Spin 28. Six Quick Run 29. Hover Corte 30. Rumba Cross 31. Topsy
VIENNESE WALTZ: GOLD/OR: 1. Closed change 2. Natural Turn 3. Reverse Turn 4. Flekrels 5. Contra Check				

* Pour Débutants seulement le Whisk peut être suivi du Closed change / For Beginners the Closed Change may follow the Whisk.

Au niveau OR vous pouvez en plus des figures énumérées au code utiliser tous les enchaînements et notes tels que décrits dans le livre "Revised Technique" d'Alex Moore. Toute figures qui n'apparaît pas sur la liste officielle d'une danse donnée ne peut être utilisée que si elle fait partie intégrante d'un enchaînement décrit au code et seulement à l'intérieur dudit enchaînement. / At the GOLD level in addition to the figures listed in the syllabus of a particular dance can only be danced if it is part of one of the amalgamations and notes may be used, but must be exactly as they are written in the book "Revised Technique" by Alex Moore. Any figure not appearing in the syllabus of a particular dance can only be danced if it is part of one of the amalgamations and only in that particular amalgamation.

CANADIAN DANCE TEACHERS ASSOCIATION / ASSOCIATION CANADIENNE DES PROFESSEURS DE DANSE - SYLLABUS: LATIN AMERICAN DANCING

	CHA CHA CHA	RUMBA	SAMBA	PASO DOBLE	JIVE
Beginners / Debutants	<ol style="list-style-type: none"> 1. Basic in Place 2. Basic Movement 3. New York 4. Spot Turns 5. Alemana 6. Hand to Hand 7. Shoulder to Shoulder 8. Side Step 	<ol style="list-style-type: none"> 1. Basic Movement 2. New York 3. Alemana 4. Hand to Hand 5. Spot Turns 6. Shoulder to Shoulder 	<ol style="list-style-type: none"> 1. Rhythm Bounce 2. Basic Movement 3. Natural, Reverse and Alternative 4. Progressive Basic Movement 5. Outside Basic Movement 6. Whisk to Right and Left 7. Samba Walks in P.P. 8. Lady's Spot Volta 	<ol style="list-style-type: none"> 1. Sur Place 2. Basic Movement 3. Appel 4. Chasse to Right and Left 5. Promenade Link 6. Displacement 7. Drag 	<ol style="list-style-type: none"> 1. Chasse to Left and Right 2. Basic in Place 3. Fall Away Rock 4. Fall Away Throwaway 5. Link and Link Rock 6. Change of Places Left to Right 7. Change of Places Right to Left 8. Change of Hands Behind Back
Pre-Bronze	<ol style="list-style-type: none"> 9. Forward and Backward Run 10. Open Basic 11. Time Steps 12. Three Cha Cha Cha's 13. Aida 14. Sweetheart (finish in open facing) 	<ol style="list-style-type: none"> 7. Progressive Walks 8. Side Step 9. Cucarachas 10. Aida 	<ol style="list-style-type: none"> 9. Voltas to Right and Left 10. Travelling Bota Fogos 11. Bota Fogo to P.P. and C.P.P. 	<ol style="list-style-type: none"> 8. Separation 9. Separation with Lady's Capping Walk 10. Fall Away Ending the Separation 11. The Promenade 	<ol style="list-style-type: none"> 9. American Spin 10. Left Shoulder Spin 11. The Walks 12. The Whip 13. Whip Throwaway
Bronze	<ol style="list-style-type: none"> 15. Fan 16. Hockey Stick 17. Sweetheart 18. Natural Top 19. Nat. Opening Out Movement 20. Closed Hip Twist 21. Open Hip Twist 22. Spiral 	<ol style="list-style-type: none"> 11. Cuban Rocks 12. Fan 13. Hockey Stick 14. Alternative Basic 15. Natural Top 16. Natural Opening Movement 17. Closed Hip Twist 18. Open Hip Twist 19. Spiral 	<ol style="list-style-type: none"> 12. Reverse Turn 13. Side Samba Walk 14. Shadow Bota Fogos 15. Volta Movements (Criss cross, May pole, Solo Spot Volta) 16. Stationary Samba Walks 17. Argentine Crosses 	<ol style="list-style-type: none"> 12. Promenades 13. Grand Circle 14. Huit (Cape) 15. Sixteen 16. Open Telemark 17. Escart 18. La Passe 19. Banderillas 	<ol style="list-style-type: none"> 14. Kick Ball Change 15. Stop and Go 16. Spanish Arms 17. Windmill 18. Rolling Off the Arm
Silver/Argent	<ol style="list-style-type: none"> 23. Reverse Top 24. Opening Out from Reverse Top 25. Advanced Hip Twist 26. Turkish Towel 27. Rope Spinning 28. Cross Basic 29. Cuban Breaks 30. Follow My Leader 	<ol style="list-style-type: none"> 20. Kiki Walk 21. Reverse Top 22. Opening Out from Reverse Top 23. Fencing 24. Sliding Doors 25. Advanced Hip Twist 26. Rope Spinning 27. Three Threes 	<ol style="list-style-type: none"> 18. Corte Jaca 19. Closed Rocks 20. Open Rocks 21. Back Rocks 22. Plait 23. Rolling Off the Arm 24. Foot Changes 25. Contra Bota Fogos 26. Natural Roll 27. Volta Movements (Closed, Travelling and Circular in R.Shadow, Roundabout) 	<ol style="list-style-type: none"> 20. Fall Away Reverse 21. Fregolina 22. Syncopated Separation 23. Left Foot Variation 24. Coup de Pique 25. Chasse Cape 26. Travelling Spins from P.P. 27. Travelling Spins from C.P.P. 28. Twists 	<ol style="list-style-type: none"> 19. Simple Spin 20. Chicken Walks 21. Curly Whip 22. Toe Heel Swivels 23. Flicks into Breaks 24. Overtumed Change of Places from Left to Right

Gold/Or:

All the above figures in each dance, also the figures and amalgamations as written in the book, "Popular Variations" by I.A.T.D.

Toutes les figures susmentionnées de chaque danse, aussi les figures et enchaînements tels que décrits dans le livre, "Popular Variations" de l'I.S.T.D.