

INTERNATIONAL STANDARD SYLLABUS for PRO-AM COMPETITIONS

	Waltz	Tango	Viennese Waltz	Slowfox	Quickstep
Newcomers	1 Closed Changes 2 Natural Turn 3 Reverse Turn 4 Natural Spin Turn 5 Whisk 6 Chassé from PP	1 Walk 2 Progressive Side Step 3 Progressive Link 4 Closed Promenade 5 Rock Turn			1 Quarter Turn to Right 2 Hell Pivot (Quarter Turn to Left) 3 Progressive Chassé 4 Forward Lock 5 Natural Spin Turn
Pre-Bronze	7 Closed Impetus 8 Hesitation Change 9 Outside Change	6 Open Reverse Turn, Lady Outside 7 Back Corte 8 Open Reverse Turn, Lady in Line 9 Progressive Side Step Reverse Turn		1 Feather Step 2 Three Step 3 Natural Turn 4 Reverse Turn (incorp. Feather Finish) 5 Closed Impetus & Feather Finish	6 Natural Turn 7 Natural Pivot Turn 8 Natural Turn with Hesitation 9 Chassé Reverse Turn 10 Closed Impetus 11 Back Lock 12 Reverse Pivot 13 Progressive Chassé to Right
Bronze	10 Reverse Corte 11 Back Whisk 12 Basic Weave 13 Double Reverse Spin 14 Reverse Pivot 15 Back Lock 16 Progressive Chassé to Right	10 Open Promenade 11 Left Foot & Right Foot Rocks 12 Natural Twist Turn 13 Natural Promenade Turn	1 Change Steps Forward, Natural & Reverse 2 Natural Turn 3 Reverse Turn	6 Natural Weave 7 Change of Direction 8 Basic Weave	14 Tipple Chassé to Right 15 Running Finish 16 Zig-Zag, Back Lock & Running Finish 17 Cross Chassé 18 Change of Direction 19 Natural Turn & Back Lock 20 Double Reverse Spin
Silver	17 Weave from PP 18 Closed Telemark 19 Open Telemark & Cross Hesitation 20 Open Telemark & Wing 21 Drag Hesitation 22 Open Impetus & Cross Hesitation 23 Open Impetus & Wing 24 Outside Spin 25 Turning Lock 26 Quick Open Reverse	14 Promenade Link 15 Four Step 16 Back Open Promenade 17 Outside Swivels 18 Fallaway Promenade 19 Four Step Change 20 Brush Tap	4 Change Steps Backward, Natural & Reverse	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, Outside Swivel & Feather Ending 17 Open Impetus 18 Weave from PP 19 Reverse Wave	21 Quick Open Reverse 22 Fishtail 23 Running Right Turn 24 Four Quick Run 25 V-6 26 Closed Telemark
Gold	27 Left Whisk 28 Contra Check 29 Closed Wing 30 Turning Lock to Right 31 Fallaway Reverse & Slip Pivot 32 Fallaway Whisk 33 Hover Corte	21 Fallaway Four Step 22 Oversway 23 Basic Reverse Trun 24 The Chase 25 Fallaway Reverse & Slip Pivot 26 Five Step 27 Contra Check	5 Reverse Fleckerl 6 Natural Fleckerl 7 Contra Check	20 Natural Twist Turn 21 Curved Feather to Back Feather 22 Natural Zig-Zag from PP 23 Fallaway Reverse & Slip Pivot 24 Natural Hover Telemark 25 Bounce Fallaway with Weave Ending	27 Cross Swivel 28 Six Quick Run 29 Rumba Cross 30 Tippy to Right & Left 31 Hover Corte