



## International Standard Ballroom (Standard) Syllabus Figures

		WALTZ	TANGO	FOXTROT	VIENNESE WALTZ	QUICKSTEP
<b>BRONZE</b>	<b>BEGINNER</b>	Left foot closed Natural turn Right foot closed change	Progressive link closed promenade	Feather step Reverse turn with Feather finish Three step Natural Turn	Natural Turn	Quarter turn to right Quarter turn to left Progressive chasse Forward lock step
	<b>INTERMEDIATE</b>	Whisk Chasse from PP Natural hesitation change Progressive chasse to right Back Lock Closed impetus	Progressive Side Step Progressive side step reverse turn Natural twist turn Natural rock turn Natural promenade turn	Basic weave Reverse weave Change of direction		Natural turn with Hesitation Progressive chasse to right Back lock Running finish Natural spin turn
	<b>FULL</b>	Reverse Corte Back whisk Natural spin turn Reverse pivot Double reverse spin Basic weave Outside change	Open promenade Open reverse turn partner outside Back corte Left foot rock Right foot rock Basic reverse turn Open reverse turn in line with closed finish	Naturel Weave Closed impetus with feather finish	Right foot forward change step Reverse turn Left forward closed change	Natural turn & back lock Tipple chasse to right at a corner Double reverse spin Chasse reverse turn Natural pivot turn Closed impetus Reverse pivot
<b>SILVER</b>	<b>BEGINNER</b>	Weave from PP Open impetus to wing Closed telemark Turning lock finishing in CP & PP Open impetus with cross hesitation	Four step Promenade link Outside swivels Outside swivels (taken from open promenade) Outside swivels (turning left) Fallaway promenade	Quick open reverse Quick natural weave Top spin (after feather finish) Hover telemark Natural twist turn with hover feather ending Natural twist turn with closed impetus & feather finish ending Natural twist turn with open impetus ending Natural twist turn with natural weave ending Open telemark, natural turn outside swivel with feather ending Open telemark with feather ending		V-6 Quick open reverse Four quick run Running right turn
	<b>FULL</b>	Open telemark to wing Open telemark to cross hesitation Drag hesitation Outside spin Open Impetus to weave	Brush tap Four step change Back open promenade	Open impetus Weave from PP Hover cross Closed telemark Natural telemark Hover feather Reverse pivot	Right foot backward change step Left foot backward change step	Cross swivels Fish tail Tipple chasse to left Closed telemark
<b>GOLD</b>	<b>BEGINNER</b>	Running spin turn Fallaway reverse slip pivot Contra check Fallaway natural turn Fallaway whisk	Fallaway four step Fallaway slip pivot Contra check	Bounce fallaway with weave ending Curved feather to back feather Curved feather form PP Curved three step		Rumba cross Hover corte Tippy chasse to the right Tippy chasse to the left Zig zag back lock running finish
	<b>FULL</b>	Turning lock to right Left whisk Hover corte Closed wing	Chasse Chasse to the right Oversway Mini five step Five step	Extended reverse wave Fallaway reverse & slip pivot Natural zig zag from PP Natural hover telemark	Reverse fleckerl Contra check Natural fleckerl	Six quick run Running spin turn Cross chasse Change of direction Running Cross chasse Passing Natural turn