



**Fédération Canadienne en Danse Sportive
Canadian DanceSport Federation**

BALLROOM SYLLABUS STEP LIST, LISTE DES FIGURES, COMPETITIONS & MEDAL TEST

WALTZ-VALSE		TANGO		FOXTROT		QUICKSTEP		
Beginners - Débutants		Beginners - Débutants				Beginners - Débutants		
1	Closed Changes	1	Walk			1	Quarter Turn to Right	
2	Natural Turn	2	Progressive Side Step	2		Three Step	2	Heel Pivot (Quarter Turn to Left)
3	Reverse Turn	3	Progressive Link	3		Natural Turn	3	Progressive Chassé
4	Natural Spin Turn	4	Closed Promenade	4		Reverse Turn (incl. Feather Finish)	4	Forward Lock
5	Whisk	5	Rock Turn	5		Closed Impetus and Feather Finish	5	Natural Spin Turn
6	Chassé from Promenade							
Pre-Bronze – Pré-Bronze		Pre-Bronze – Pré-Bronze		Pre-Bronze – Pré-Bronze		Pre-Bronze – Pré-Bronze		
7	Closed Impetus	6	Open Reverse Turn, Lady Outside	1	Feather Step	6	Natural Turn	
8	Hesitation Change	7	Back Corte	2	Three Step	7	Natural Pivot Turn	
9	Outside Change	8	Open Reverse Turn, Lady in Line	3	Natural Turn	8	Natural Turn with Hesitation	
		9	Progressive Side Step Reverse Turn	4	Reverse Turn (incl. Feather Finish)	9	Chassé Reverse Turn	
				5	Closed Impetus and Feather Finish	10	Closed Impetus	
						11	Back Lock	
						12	Reverse Pivot	
						13	Progressive Chassé to Right	
Bronze		Bronze		Bronze		Bronze		
10	Reverse Corte	10	Open Promenade	6	Natural Weave	14	Tipple Chassé to Right	
11	Back Whisk	11	Left Foot and Right Foot Rocks	7	Change of Direction	15	Running Finish	
12	Basic Weave	12	Natural Twist Turn	8	Basic Weave	16	Zig-Zag Back Lock & Running Finish	
13	Double Reverse Spin	13	Natural Promenade Turn			17	Cross Chassé	
14	Reverse Pivot					18	Change of Direction	
15	Back Lock					19	Natural Turn and Back Lock	
16	Progressive Chassé to Right					20	Double Reverse Spin	
Silver - Argent		Silver - Argent		Silver - Argent		Silver - Argent		
17	Weave from PP	14	Promenade Link	9	Closed Telemark	21	Quick Open Reverse	
18	Closed Telemark	15	Four Step	10	Open Telemark and Feather Ending	22	Fishtail	
19	Open Telemark and Cross Hesitation	16	Back Open Promenade	11	Top Spin	23	Running Right Turn	
20	Open Telemark and Wing	17	Outside Swivels	12	Hover Feather	24	Four Quick Run	
21	Drag Hesitation	18	Falloway Promenade	13	Hover Telemark	25	V 6	
22	Open Impetus & Cross Hesitation	19	Four Step Change	14	Natural Telemark	26	Closed Telemark	
23	Open Impetus & Wing	20	Brush Tap	15	Hover Cross			
24	Outside Spin			16	Open Telemark Outside Swivel and Feather Ending			
25	Turning Lock			17	Open Impetus			
				18	Weave from PP			
				19	Reverse Wave			
Gold - Or		Gold - Or		Gold - Or		Gold - Or		
26	Left Whisk	21	Falloway Four Step	20	Natural Twist Turn	27	Cross Swivel	
27	Contra Check	22	Oversway	21	Curved Feather to Back Feather	28	Six Quick Run	
28	Closed Wing	23	Basic Reverse Turn	22	Natural Zig-Zag from PP	29	Rumba Cross	
29	Turning Lock to Right	24	The Chase	23	Falloway Reverse and Slip Pivot	30	Tipsy to Right & Left	
30	Falloway Reverse & Slip Pivot	25	Falloway Reverse & Slip Pivot	24	Natural Hover Telemark	31	Hover Corte	
31	Falloway Whisk	26	Five Step	25	Bounce Falloway with Weave Ending			
32	Hover Corte	27	Contra Check					
Gold Star – Etoile d’Or		Gold Star – Etoile d’Or		Gold Star – Etoile d’Or		Gold Star – Etoile d’Or		
Steps 1 – 32 plus Gold Star groups Fig. 1 – 32 plus groupes Etoile d’Or		Steps 1 – 27 plus Gold Star groups Fig. 1 – 27 plus groupes Etoile d’Or		Steps 1–25 plus Gold Star groups Fig. 1–25 plus groupes Etoile d’Or		Steps 1–31 plus Gold Star groups Fig. 1 – 31 plus groupes Etoile d’Or		
VIENNESE WALTZ				VALSE VIENNOISE				
Bronze		Silver - Argent		Gold - Or		Gold Star-Etoile d’Or		
1	Change Steps Forward, Natural & Reverse	4	Change Steps Backward, Natural & Reverse	5	Reverse Fleckerl	Steps 1 – 7 Figures 1 - 7		
2	Natural Turn			6	Natural Fleckerl			
3	Reverse Turn			7	Contra Check			

LATIN AMERICAN SYLLABUS STEP LIST , LISTE DES FIGURES, COMPETITIONS & MEDAL TESTS

	CHA CHA		RUMBA		SAMBA		PASO DOBLE	
Beginners Débutants	1	Basic Movements, Closed, Open and in Place.	1	Basic Movements (Closed, Open, in Place, Alternative)	1	Basic Movements: Natural and Reverse, Side and Progressive	1	Sur Place
	2	New York (Left and Right side)	2	Cucarachas Left Foot and Right Foot	2	Whisks (also with Lady's Underarm Turn)	2	Basic Movement
	3	Spot Turns to Left or Right (incl. Switch and Underarm Turns)	3	New York to Left and Right side	3	Samba Walks in Promenade Position	3	Chassés to Right or Left (including elevations)
	4	Shoulder to Shoulder Left side & Right side	4	Spot Turns to Left or Right (incl. Switch and Underarm Turns)	4	Rhythm Bounce	4	Drag
	5	Hand to Hand (Right and Left side position)	5	Shoulder to Shoulder	5	Travelling Voltas to Right and Left (facing no turn)	5	Déplacement (also Attack)
Pre-Bronze Pré-Bronze	6	Three Cha Cha Chas- Fwd and Back.	7	Progressive Walks forward or back	6	Travelling Bota Fogos Forward	7	Promenade
	7	Side Steps (to Left and Right)	8	Side Steps (to Left or Right)	7	Criss Cross Bota Fogos (Shadow Bota Fogos)	8	Ecart (Fallaway Whisk)
	8	There and Back	9	Cuban Rocks	3	Samba Walks (Side and Stationary)	9	Separation
	9	Time steps					10	Separation with Lady's Caping Walks
Bronze	10	Fan	10	Fan	8	Travelling Bota Fogos Back	11	Fallaway Ending to Separation
	11	Alemana	11	Alemana	9	Bota Fogos to PP and CPP	12	Huit
	12	Hockey Stick	12	Hockey Stick	10	Criss Cross Voltas	13	Sixteen
	13	Natural Top	13	Natural Top	11	Solo Spot Volta	14	Promenade and Counter Promenade
	14	Natural Opening Out Movement	14	Opening Out to Right and Left	12	Foot Changes 1 & 2	15	Grand Circle
	15	Closed Hip Twist	15	Natural Opening Out Movement	13	Shadow Travelling Volta	16	Open Telemark
Silver Argent	16	Open Hip Twist	16	Closed Hip Twist	14	Reverse Turn		
	17	Reverse Top	17	Fan (Development)	15	Corta Jaca		
	18	Opening Out from Reverse Top	17	Open Hip Twist	16	Closed Rocks		
	19	Aida	18	Reverse Top	17	Foot Changes 1-2-3-4-8	17	La Passe
	20	Spiral Turns (Spiral, Curl and Rope Spinning)	19	Opening Out from Reverse Top	18	Open Rocks	18	Banderillas
	21	Cross Basic	20	Aida	19	Back Rocks	19	Twist Turn
	22	Cuban Breaks (incl. Split Cuban Breaks)	21	Spiral Turns (Spiral, Curl and Rope Spinning)	20	Plait	20	Fallaway Reverse Turn
	23	Chase	22	Sliding Doors	21	Rolling Off the Arm	21	Coup de Pique
Gold Or	24	Advanced Hip Twist	23	Fencing	22	Argentine Crosses	22	Left Foot Variation
	25	Hip Twist Spiral	24	Three Threes	23	Maypole	23	Spanish Lines
	26	Turkish Towel	25	Three Alemanas		Shadow Circular Volta	24	Flamenco Taps
	27	Sweetheart	26	Hip Twists - Adv. Continuous- Circular	12	Foot Changes 1 to 8	25	Syncopated Separation
	28	Follow My Leader			24	Contra Bota Fogos	26	Travelling Spins from PP
	29	Foot Changes			25	Roundabout	27	Travelling Spins from CPP (No Syncopation)
					26	Natural Roll	28	Fregolina (also Farol)
					27	Reverse Roll	29	Twists
Gold Star - Etoile d'Or Steps 1 - 29 Figures 1 - 29 See note - Voir note		Gold Star - Etoile d'Or Steps 1 - 26 Figures 1 - 26 See note - Voir note		Gold Star - Etoile d'Or Steps 1 - 31 Figures 1 - 31 See note - Voir note		Gold Star - Etoile d'Or 31- Travelling Spins from CPP with syncopated timing Steps 1 - 31 - Figures 1 - 31 See note - Voir note		

JIVE				General Information		Informations Générales	
Beginners Débutants	1	Basic in Place	Silver Argent	4	Hesitation (1-2 of link)	Gold Star : All above figures in each dance also the figures and amalgamations as written in the book Popular Variations by ISTD. Complete figures must be danced.	Etoile d'Or : Toutes les figures mentionnées dans chaque danse ainsi que les enchaînements tels que décrits dans le livre de Popular Variations de l' ISTD. Les figures complètes doivent être dansées.
	2	Fallaway Rock		15	Reverse Whip		
	3	Fallaway Throwaway		16	Windmill		
	4	Link (kick ball change all levels)		17	Spanish Arms		
	5	Change of Places Right to Left		18	Rolling Off the Arm		
	6	Change of Places Left to Right		19	Simple Spin		
Pre-Bronze Pré-Bronze	7	Change of Hands Behind Back	Gold Or	20	Miami Special	Arms No restrictions. The use of arms should be rhythmical and suit the figure and the dance	Bras Aucune restriction. L'utilisation des bras devrait être rythmique et convenir à la figure et à la danse.
	8	Hip Bump (Left Shoulder Shove)		21	Curly Whip		
	5	Change of Places Right to Left with Change of Hands		22	Shoulder Spin		
	6	Change of Places Left to Right with Change of Hands		23	Toe Heel Swivels		
				24	Chugging		
				25	Chicken Walks		
Bronze	9	American Spin	Gold Star Etoile d'Or	26	Catapult	Please Note : In syllabus competitions IDTA styling or foot positions may be used. Examinations remain as per ISTD Reference : ISTD Manuals ISTD Popular Variations	S.V.P. Notez : Pour les compétitions, le style et les positions de pieds de l'IDTA peuvent être utilisés. Pour les examens utilisez l'ISTD Références : Manuels ISTD ISTD Popular Variations
	10	Walks		27	Stalking Walks, Flicks and Break		
	11	Stop and Go					
	12	Mooch					
	14	Whip Throwaway					