

University of Waterloo Ballroom Dance Club - STANDARD

White: Required, Grey: Optional, *:Means you can work up from a lower level

Waltz

Level	Class	Step/Skill	L	F	Technique	✓	Notes
Pre-bronze	Beg	Close changes			Frame		
		Natural turn			Appropriate heel/toe use		
		Reverse turn			Posture (don't look at feet)		
		Natural spin turn			Rise and fall		
		Whisk			Bending of knees		
		Chasse from PP					
		Closed impetus					
		Natural turn hesitation					
	Instructor Initials:						
	Bronze	Int	Outside change*			Head tilt (follows)	
Reverse corte					Upper body extension		
Back whisk					Body contact		
Basic weave*					Strong contact and frame		
Back lock*					Good lead/follow to PP & OP		
Double reverse spin					Swing and power		
Reverse pivot					Appropriate rotation		
Progressive chasse to R					Alignments & Floor craft		
Weave from promenade					Shaping		
Silver	Instructor Initials:						
	Adv	Closed telemark*			Development of rise and fall*		
		Open telemark*			Contra body movement*		
		Cross hesitation*					
		Wing from PP*					
		Drag hesitation*					
		Open impetus*					
		Outside spin*					
		Turning lock to L *					
		Gold		L whisk			
Contra check							
Closed wing							
Turning lock to R							
Fallaway reverse & slip pivot							
Fallaway whisk							
Hover corte							
Instructor Initials:							

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Tango

Level	Class	Step/Skill	L	F	Technique	✓	Notes
Pre-bronze	Beg	Walks			Frame		
		Progressive side step			Appropriate heel/toe use		
		Progressive link			Posture (don't look at feet)		
		Closed promenade			Bending of knees		
		Rock turn			No rise and fall		
		Reverse turn			Appropriate hand placement		
		Back corte					
	Instructor Initials:						
Bronze	Int	Progressive side step rvs turn			Head tilt (follows)		
		Open promenade			Upper body extension		
		L and R foot rocks			Body contact		
		Natural twist turn			Strong contact and frame		
		Natural promenade turn			Good lead/follow to PP & OP		
	Instructor Initials:				Swing and power		
Silver	Adv	Promenade link*			Appropriate rotation		
		Four step*			Alignments & Floor craft		
		Outside swivels*			Shaping		
		Four step change*			Contra body movement		
		Brush tap*			Development of rise and fall		
		Back open promenade			Delay of steps		
		Fallaway promenade			Pressure against floor		
Gold		Five step*					
		Fallaway four step					
		Oversway					
		Basic reverse turn					
		The Chasse					
		Fallaway reverse and slip pivot					
		Contra check					
Instructor Initials:							

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Foxtrot

Level	Class	Step/Skill	L	F	Technique	✓	Notes
Pre-req					Frame		
					Appropriate heel/toe use		
					Posture (don't look at feet)		
					Rise and fall		
					Bending of knees		
Instructor Initials:							
Pre-bronze	Int	Feather step*			Head tilt (follows)		
		Three step*			Upper body extension		
		Reverse turn*			Body contact		
		Natural turn with hesitation*			Strong contact and frame		
		Feather finish*			Good lead/follow to PP & OP		
Bronze		Natural weave			Swing and power		
		Change of direction			Appropriate rotation		
		Basic weave			Alignments & Floor craft		
		Hover cross			Shaping		
Silver		Open telemark			Contra body movement		
		Instructor Initials:					
	Adv	Closed telemark*			Development of rise and fall		
		Top spin*			Use rise to progress not elevate		
		Open impetus*			Sway		
		Weave from PP*					
		Hover feather					
		Hover telemark					
		Natural telemark					
		Outside swivel					
		Reverse wave					
		Gold	Natural twist turn				
	Curve feather to back feather						
	Natural zigzap from PP						
	Fallaway reverse and slip pivot						
	Natural hover telemark						
Bounce fallaway with weave ending							
Instructor Initials:							

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Viennese Waltz

Level	Class	Step/Skill	L	F	Technique	✓	Notes
Pre-req					Frame		
					Appropriate heel/toe use		
					Posture (don't look at feet)		
					Bending of knees		
	Instructor Initials:						
Bronze	Int	Natural turn*			Head tilt (follows)		
		Change steps forward*			Upper body extension		
		Reverse turn*			Body contact		
Silver		Change steps backwards			Strong contact and frame		
Instructor Initials:					Good lead/follow to PP & OP		
Gold	Adv	Reverse fleckerl			Swing and power		
		Natural fleckerl			Appropriate rotation		
		Contra check			Alignments & Floor craft		
					Shaping		
					Contra body movement		
					Development of rise and fall		
					Linear movements		
					No rise		
Instructor Initials:							

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Quickstep

Level	Class	Step/Skill	L	F	Technique	✓	Notes	
Pre-bronze	Beg	Quarter turns to R and L			Frame			
		Progressive chasse			Appropriate heel/toe use			
		Forward lock			Posture (don't look at feet)			
		Natural spin turn			Rise and fall			
		Natural turn			Bending of knees			
		Natural turn with hesitation			No bounce			
		Natural pivot turn						
		Chasse reverse turn						
		Back lock						
		Closed impetus						
	Instructor Initials:							
	Bronze	Int	Reverse pivot			Head tilt (follows)		
			Progressive chasse to R*			Upper body extension		
Tipple chasse to R*					Body contact			
Running finish					Strong contact and frame			
Zigzag back lock and running finish					Good lead/follow to PP & OP			
Cross chasse					Swing and power			
Change of direction					Appropriate rotation			
Natural turn and backlock					Alignments & Floor craft			
Double reverse spin					Shaping			
Quick open reverse					Contra body movement			
V6					Development of rise and fall			
Instructor Initials:								
Silver	Adv	Fishtail						
		Running R turn						
		Four quick run						
		Closed telemark						
		Cross swivel						
Gold	Adv	Six quick run						
		Rumba cross						
		Tipsy to R and L						
		Hover corte						
		Instructor Initials:						