

IDTA

**AMATEUR
DANCE
SYLLABUS**

AMATEUR DANCE SYLLABUS

Conditions and Information (Including certificates and awards)	1-2
Rosette Awards	3-13
Stardance Awards- Ballroom	14-20
Junior Dance Awards	21
Social Dance Awards	22
Dance Awards & Graded Examination Information	3-24
Ballroom Dance Awards & Grades	25-35
Latin Dance Awards & Grades	36-48
Classical Sequence Dance Awards & Grades	49-57
Modern Sequence Dance Awards	58

AMATEUR AWARDS

CONDITIONS AND INFORMATION

Candidates must be pupils of IDTA professional teachers that have a valid current membership card.

ASSESSMENTS, REPORTS AND CERTIFICATES

Candidates are assessed individually but perform with a partner where appropriate or in groups where permitted.

Adults may choose to dance as a couple and receive one test report.

Freestyle Pairs, Rock 'n' Roll Pairs and Street Dance duos dance as a couple and may be partnered by another candidate, a student or a teacher. Where both performers are candidates, each candidate will be assessed as part of a couple and each will receive a report. Trios must comprise of at least two candidates. The third dancer may be an amateur, student or professional. Each candidate will be assessed as part of the trio and each will receive a report.

Teams, Freestyle Teams and Street Dance Crews are examined as a team and the report is duplicated for each team member.

Fees are charged per candidate irrespective of the form of assessment.

All candidates receive an assessment report except for Rosette Awards, Stardance Awards and Junior Dance Awards/Social Dance Awards
All successful candidates receive a certificate.

AGE GROUPS

Junior: Candidates aged under 16 years. Adult: Candidates aged 16 years and over.

The Rosette, Stardance and Junior Dance Awards/Social Dance Awards are recommended as a suitable series of awards for persons with additional requirements.

EXAMINATION LEVEL

Rosette Awards, Stardance Awards, Junior Dance Awards/Social Dance Awards, One Dance, Bronze, Double Bronze, Silver, Double Silver, Gold, Gold Bar, 2nd Gold Bar, 3rd Gold Bar, IDTA Stars 1-5, President's Awards 1-4, International Awards 1-4, International Supreme Awards 1-4, International Supreme Certificates.

Candidates may choose to take International Awards with or without an award (see section titled 'Award'). Where available, candidates may choose to take either International Supreme Awards (with an award), or International Supreme Certificate only.

Candidates who have obtained International Award 4 or International Supreme Award 4 can continue to take International Supreme Certificates for an indefinite period.

AWARDS

Rosette Awards in all genres are comprised of different colours (one for each Award). A Bannerette for the display of the rosettes is available.

Stardance Awards comprise a Display Board to which stars can be affixed. One star is issued for each Award.

Junior Dance Awards/Social Dance Awards receive a medal and ribbon. Each level can be taken more than once. There are four different colour ribbons available and there are four different colour medals, giving a total of 16 Awards.

One-Dance candidates receive a plaque and certificate.

DANCE AWARDS

Candidates will receive an appropriate award and certificate at all levels.

DOUBLE AWARDS

Candidates may dance in the opposite gender.

LIMITATIONS

TIME INTERVALS

Candidates under the age of five shall not be permitted to enter Bronze or above.

There is no restriction in the number of Awards that can be taken in any one branch in any one session up to and including Silver. In all genres after 1st Gold Bar a minimum interval of three months must elapse between successive Awards.

Candidates who are unsuccessful may not enter for the same Award within 3 months.

ORDER OF AWARDS

Junior Dance Awards/Social Dance Awards (1), (2), (3) or (4) may be taken in any order.

All Dance Awards from Bronze and above must be taken in order.

Candidates transferring from another recognised organisation may continue with the next appropriate examination with IDTA.

GENERAL

Candidates should take time to warm up before taking their Award.

In Ballroom, Latin, Sequence and Rock 'n' Roll suitable footwear must be worn when taking Awards.

It must be clearly understood by candidates that the gaining of an award does not permit the candidate to teach and may not be used for any subsequent Professional advertising purposes.

Teachers who wish an Examiner to visit their studios must provide a minimum total fee for each day in actual entries. Teachers entering their first three examination sessions are entitled to a reduced daily minimum fee, details are obtained from Head Office.

Application must be made on a "Request Form" (obtainable from head office) at least six weeks in advance and accompanied by professional application forms and professional fees (if any).

No teacher or candidate may nominate his or her own Examiner. The Examiner's decision is final. Teachers organising an open session may invite all school members and relatives.

HOW THE EXAMINATION SYSTEM WORKS

On receipt of the Request Form an acknowledgement is sent. The teacher completes the relevant paperwork and hands it to the Examiner on the day.

Teachers are invoiced only for those tests actually conducted. A prompt payment discount is given at the rate as set by the Board of Directors.

A computer programme called Masterclass is available online to assist teachers with the organisation of a session (webmasterclass.co.uk).

INSIGNIA

Each Dance Award has its own code. Teachers will be issued with a code book, which can be downloaded from the Members section of the IDTA website.

ROSETTE AWARDS

Candidates aged from three to eight may commence this series of awards.

Candidates who have reached their eighth birthday may complete, (but not start) this series.

Persons with additional requirements of any age are permitted to take these awards without restriction.

There are seventeen awards in all, (Ballroom, Latin, Classical Sequence, Rock 'n' Roll)

Candidates will perform one set routine and one optional rhythmic routine arranged by the teacher. This may comprise of mime, dance exercise, freestyle, storyline, party dance or any other dance.

Rosette awards can be taken in any order and the whole series does not have to be completed before moving on to another level.

There is no restriction on the number of awards taken in one session.

The examinations are conducted in groups with the teacher / assistant being allowed to count in or dance alongside candidates if necessary.

For these awards, candidates may dance solo or with a partner using the specified holds. A basic understanding of syllabus requirements is all that is necessary, although the development of good technique should be encouraged from the start.

SET ROUTINES

Boys steps are described, girls dance the opposite steps unless otherwise stated.

1. **TURQUOISE:** Ballroom – Social Foxtrot (Basic Step)
Start in Ballroom Hold boy facing Wall

Steps		Timing
1.	LF fwd	S
2.	RF fwd	S
3.	LF to side	Q
4.	RF closes to LF	Q
5.	LF back	S
6.	RF back	S
7.	LF to side	Q
8.	RF closes to LF	Q

(3 Bars)

This may be started facing DW making $\frac{1}{4}$ turn to right between steps 2 & 3 and $\frac{1}{4}$ turn to left between steps 6 & 7.

This should be a gentle, relaxed dance showing no rise and fall, using either Ball Flat footwork or a 'soft' heel lead on forward steps.

2. **RED:** Latin – Samba (Side – Taps and ‘Lazy Whisk’)
Start in Close Hold boy facing Wall

Steps	Timing
1. LF to side	1
2. RF closes to LF w/o wt	2
3. RF to side	1
4. LF closes to RF w/o wt	2
5-8. Repeat steps 1-4	1212
9. LF to side	1
10. RF crosses loosely behind LF	2
11. RF to side	1
12. LF crosses loosely behind RF	2
13-16. Repeat steps 9-12	1212

(8bars)

For 6-8 years Alternative Samba Action As above using $\frac{3}{4}$ $\frac{1}{4}$ 1 beat split

3. **YELLOW:** Classical Sequence 6/8 Two Step rhythm (Step Points – Side Closes)
Start in Open Hold with R to L hand hold both facing LOD in parallel position,
boy starting LF, girl RF

Steps	Timing
1. LF fwd (steps 1 and 2 occupy one bar of music etc)	1
2. Point RF fwd	2
3. RF fwd	1
4. Point LF fwd	2
5. Repeat 1-4	12 12
6. LF to side	1
7. RF closes to LF	2
8. LF to side	1
9. RF closes to LF w/o wt	2
10. RF to side	1
11. LF closes to RF	2
12. RF to side	1
13. LF closes to RF w/o wt	2

(8 bars)

4. **GREEN:** Ballroom - Social Quickstep. (Basic Step)
Start in Ballroom Hold boy facing Wall

Steps	Timing
1. LF fwd	S
2. RF fwd	S
3. LF to side	Q
4. RF closes to LF	Q
5. LF back	S
6. RF back	S
7. LF to side	Q
8. RF closes to LF	Q

(3 Bars)

For 6 to 8 years Alternative Quickstep Routine

Start in Ballroom Hold boy facing DW

Steps		Timing
1.	LF Walk	S
2-5.	Quarter Turn to Right	SQQS
6-9.	Progressive Chasse	SQQS
	Repeat from step 2 stepping OP in CBMP	

(3 1/2 Bars)

5. **ORANGE:** Latin – Cha Cha Cha (Time Steps - Checks from Open CPP and Open PP)
Start in Close Hold boy facing Wall after count of 123

Steps		Timing
1-5.	Cha Cha Chasse to R (RLR) close LF to RF then transfer wt to RF (mark time)	4&123
6-10.	Repeat steps 1-5 on opposite foot moving to left	4&123
11-20.	Repeat all	4&123,4&123
21-25.	Repeat steps 1-3 turning slightly to R releasing hold with right hand retaining L to R hand hold LF fwd in Open CPP, replace wt to RF	4&123
26-30.	Cha Cha Chasse to L (LRL) turning slightly to L releasing hold with left hand taking R to L hand hold RF fwd in Open PP, replace wt to LF	4&123
31-40.	Repeat steps 21-30	4&123,4&123

(8 Bars)

6. **PINK:** Classical Sequence – Waltz in $\frac{3}{4}$ (Step Points, Bow/Curtsey, Pas Glissade,
Pas Glisse)
Start in Open Hold with R to L hand hold both facing LOD in parallel position, boy
starting LF, girl RF

Steps		Timing
1-2.	LF fwd, point RF fwd	123
3-4.	RF fwd, point LF fwd	123
5-8.	Repeat steps 1-4	123,123
9.	LF to side, turning to face partner	123
10.	Boy Bow Girl Curtsey	123
11-12.	RF back against LOD to face LOD, LF closes to RF	123
13-14.	RF back against LOD. LF closes to RF w/o wt end facing LOD	123

(8 bars)

For 6-8 years Alternative Classical Sequence Waltz Routine

Start in Open Hold with R to L hand hold, boy facing DW, girl facing DC in 3rd Position Front

Steps	Timing
1-2. LF fwd, point RF fwd body turn 1/8th turn to left	123
3-4. RF fwd, point LF fwd body turn 1/8th turn to right	123
5-8. Repeat steps 1-4	123 123
9. LF to side turning to face partner	123
10. Boy Bow, closing RF to LF in 3rd position front, Lady Curtsey	123
11-12. RF to side against LOD, backing DC against LOD, close LF to RF in 3rd position front	123
13-14. RF to side against LOD, backing DC against LOD, close LF to RF in 3rd position front w/wo wt, end facing DW	123

(8 bars)

The step point action will be similar to that used in the Two Step Rhythm using a softer action.

Head may be turned towards the pointing foot.

Either routine may be used.

7. BEIGE: Ballroom – Waltz (12 step routine)

Timing

Start in Ballroom Hold, boy facing Wall

Steps	Timing
1. LF fwd	1
2. RF to side	2
LF closes to RF	3
4. RF fwd	1
LF to side	2
RF closes to LF	3
7. LF back	1
8. RF to side	2
9. LF closes to RF	3
RF back	1
LF to side	2
RF closes to LF	3

(4 Bars)

For 6-8 years Alternative Waltz Routine

Start in Ballroom Hold, boy facing Wall

Dance steps 1-3 without turn, make ¼ turn to R over steps 456, make no turn on steps 789 and make ¼ turn to L over 10 11 12

8. **BLUE** Latin – Rumba (Time Steps – Checks from Open CPP and Open PP)
Start in Close Hold, boy facing Wall after count of 123

Steps		Timing
1.	RF to side	41
2.	LF closes to RF	2
3.	Transfer wt to RF	3
4.	LF to side	41
5.	RF closes to LF	2
6.	Transfer wt to LF	3
7-12.	Repeat steps 1-6	4123,4123
13.	RF to side turning slightly to right releasing hold with R hand, retaining L to R hand hold	41
14.	LF fwd in Open CPP	2
15.	Replace wt to RF	3
16.	LF to side turning slightly to left releasing hold with L hand taking R to L hand hold	41
17.	RF fwd in Open PP	2
18.	Replace wt to LF	3
19-24.	Repeat steps 13-18	4123,4123

(8 Bars)

9. **MAUVE:** Classical Sequence (first 4 Bars of Square Tango)
Start in Ballroom Hold, boy facing LOD

Steps		Timing
1-3.	LF fwd, RF to side, LF closes to RF	SQQ
4-6.	RF back, LF to side, RF closes to LF	SQQ
7-8.	LF to side, RF closes to LF w/o wt	SS
9-10.	RF to side, LF closes to RF w/o wt	SS

(4 Bars)

The close without weight is not a stamp. Head movements must not be over emphasized.

10. **GOLD:** Ballroom- Tango (Walk on LF, Natural Rock Turn)
Start in Ballroom Hold as for Tango, boy facing DW

Steps		Timing
1.	LF fwd, in CBMP	S
2.	RF fwd R side leading	S
3.	LF to side and slightly back	Q
4.	Transfer wt fwd to RF R side leading, (1/4 turn to right between 3-4)	Q
5.	LF back L side leading	S
6.	RF back, in CBMP	Q
7.	LF to side and slightly fwd, (1/4 turn to left between 6-7)	Q
8.	RF closes to LF slightly back	S

(3 bars)

The closing step is not a stamp. Head movements must not be over emphasized.

11. **LIME:** Latin- Rock'n'Roll (Basic Step, Throwaway)
Start in Close Hold, boy facing Wall

Steps		Timing
1.	LF to side	S
2.	Replace wt to RF	S
3.	LF crosses loosely behind RF turning slightly to L	Q
4.	Replace wt to RF	Q
5.	LF to side, starting to turn L	S
6.	RF to side, turning approx 1/4 to L, releasing hold with R hand	S
7.	LF back.	Q
8.	Replace wt to RF	Q
9.	LF to side	S
10.	RF to side regaining Close Hold	S
11-12.	Repeat steps 3-4	QQ

(4½ Bars)

For 6-8 years: Alternative Rock 'n' Roll Routine

(Side Rock, Back Rock, Change of Place Right to Left , Change of Hands Behind Back, Solo turn using Flick Step action making one complete turn)

Start in Open Position with L to R hand hold, boy facing Wall

Steps		Timing
1-2	LF to side, replace wt onto RF in place	SS
3-4	LF back small step, replace wt fwd onto RF in place	QQ
5-8	LF to side small step starting to turn L raising L arm indicating girl's underarm turn to R, RF to side small step completing 1/4 turn to L, (girl RF to side preparing to turn strongly to R, LF back completing 3/4 turn to R)	SS
	Back Rock L R	QQ
9-10	LF fwd starting to turn L, RF back completing 1/2 to L, (girl 1/2 to R)	SS
11-12	Back Rock L R	QQ
13-16	Repeat steps 9-12, releasing hold end of step 16	SSQQ
17-24	LF Flick Step, RF Flick Step, LF Flick Step, RF Flick Step (during steps 17-24, boy will make one complete turn to L, girl R)	QQQQQQQQ

(8 Bars)

12. **PURPLE:** Latin – Paso Doble (Sur Place, Appel, side step in PP, Spanish Line)

Start in Close Hold, boy facing Wall

Steps		Timing
1-2.	Sur Place on RF and LF	12
3-4.	Appel on RF, LF to side in PP	12
5-6.	RF fwd and across turning to R. LF to side still turning	12
7-8.	RF back down LOD, place LF high on toe slightly across RF	12
9-10.	LF fwd and across turning to L, RF to side sill turning	12
11-12.	LF back against LOD, place RF high on toe slightly across LF	12
13-14.	RF fwd in Open PP, LF closes to RF	12
15-16.	RF to side turning to face partner, LF closes to RF	12

(8 Bars)

This must start and finish in Close Hold.

The arm lines used for the Spanish Line must be as pictured in 'The Laird Technique of Latin Dancing', otherwise there are no restrictions on the use of arms.

13. **BLACK:** Latin – Merengue (Basic Movement, Separation)

Start in Close Hold or Double Hold, boy facing Wall

Steps		Timing
1-4.	LF in place, RF in place, LF in place, RF in place	1212
5-8.	Repeat steps 1-4	1212
9-12.	Releasing hold with R hand. LF back, RF back. LF back. RF back taking small steps (girl moves backwards away from partner)	1212
13-16.	LF fwd, RF fwd, LF fwd, RF fwd moving towards partner	1212

(8 Bars)

Every step must be taken with delayed hip action.

14. **AQUAMARINE:** - Latin – Salsa (Side Basics, Under Arm Turn to Right)
Start in Close Hold or Double Hold, boy facing Wall

Steps		Timing
1-4.	LF to side, RF closes to LF, LF to side, tap RF next to LF	1234
5-8.	RF to side, LF closes to RF, RF to side, tap LF next to RF	1234
9-12.	Repeat steps 1-4 turning Partner under raised L arm	1234
13-16.	Repeat steps 5-8 completing Partner's turn, adopting Close Hold or Double Hold (During steps 9-16, girl will dance a full turn to right)	1234

(4 Bars)

Cuban hip action is used throughout.

15. **EMERALD GREEN:** Classical Sequence – Swing (side, swings and chasses)
Start and finish in Double Hold, boy facing Wall

Steps		Timing
1-2.	LF to side in Open PP, swing RF fwd in Open PP to aerial position	SS
3-4.	RF to side in Open CPP, swing LF fwd in Open CPP to aerial position	SS
5-7.	LF to side turning to face partner, RF closes to LF, LF to side with sway to L	QQS
8-10.	RF to side, LF closes to RF, RF to side with sway to R	QQS

(4 Bars)

This must be danced with a light action keeping in character with the music. Head positions may be used.

16. **WINE:** Latin – Jive (Basic in Place, Basic in Fallaway, Promenade Walks Slow, steps 3-8 Basic in Fallaway)
Start in Close Hold, boy facing Wall

Steps		Timing
1-2.	LF in place, RF in place	QQ
3-5.	Jive Chasse LRL to side	QaQ
6-8.	Jive Chasse RLR to side	QaQ
9-10.	LF back in Fallaway Position, replace wt onto RF	QQ
11-13.	Jive Chasse LRL diag fwd	QaQ
14-16.	Jive Chasse RLR across body	QaQ
17-19.	Jive Chasse LRL to side turning slightly to right	QaQ
20-22.	Jive Chasse to side RLR	QaQ

(4 Bars)

The development of a good hip swing is encouraged.

17. **CREAM:** Ballroom – Foxtrot (Feather Step, Three Step)
Start and finish in Ballroom Hold, boy facing LOD

Steps		Timing
1-3.	RF fwd, LF fwd L side leading preparing to step OP, RF fwd in CBMP OP	SQQ
4-6.	LF fwd, RF fwd R side leading, LF fwd	SQQ

(2 Bars)

To be repeated and curved to face new LOD at a corner.

For 6-8 years: Alternative Foxtrot Routine

(Whisk turned, as at a corner, Feather Ending, Open Reverse Turn, girl omits heel turn)

Start in Ballroom Hold, boy facing DW, girl backing DW

Boy's steps

1-3.	LF fwd, RF diagonally fwd R side leading, LF crosses behind RF in PP, end facing DC	SQQ
4-6.	RF fwd in CBMP and PP, LF diagonally fwd preparing to step OP, RF fwd in CBMP OP	SQQ
7-12.	LF fwd starting to turn L, RF to side LF back in CBMP, RF back down LOD, LF to side and slightly fwd, pointing DW, RF fwd in CBMP OP end facing DW	SQQ SQQ

Girl's steps

1-3.	RF back, LF back L side leading, RF crosses behind LF (no turn)	SQQ
4-6.	LF fwd and across in CBMP and PP, starting to turn left, RF to side and slightly back, still turning LF back in CBMP, backing DC	SQQ
7-12.	RF back, LF to side and slightly fwd pointing to LOD, RF fwd in CBMP OP, LF fwd still turning, RF to side, backing Wall, LF back in CBMP end backing DW	SQQ SQQ

FREESTYLE/STREET DANCE ROSETTES AWARDS

Candidates aged from three to eight may commence this series of awards.

Candidates who have reached their eighth birthday may complete, (but not start) this series.

Persons with special requirements of any age are permitted to take these awards without restriction.

There are seventeen awards in all.

Candidates will perform one or two routines arranged by the teacher.

Rosette awards can be taken in any order and the whole series does not have to be completed before moving on to another level.

There is no restriction on the number of awards taken in one session.

The examinations are conducted in groups with the teacher / assistant being allowed to count in and dance alongside candidates if necessary.

For medal examinations, a basic understanding of syllabus requirements is all that is necessary, although the development of good technique should be encouraged from the start.

1. Turquoise
2. Red
3. Yellow
4. Green
5. Orange
6. Pink
7. Beige
8. Blue
9. Mauve
10. Gold
11. Lime
12. Purple
13. Black
14. Aquamarine
15. Emerald
16. Wine
17. Cream

ROCK 'N' ROLL ROSETTE AWARDS

Candidates aged from three to eight may commence this series of awards.

Candidates who have reached their eighth birthday may complete,(but not start) this series.

Persons with special requirements of any age are permitted to take these awards without restriction.

There are twelve awards in all.

Candidates will perform one or two routines arranged by the teacher.

Rosette awards can be taken in any order and the whole series does not have to be completed before moving on to another level.

There is no restriction on the number of awards taken in one session.

The examinations are conducted in groups with the teacher / assistant being allowed to count in or dance alongside candidates if necessary.

For these awards, candidates may dance solo or with a partner using the specified holds. A basic understanding of syllabus requirements is all that is necessary, although the development of good technique should be encouraged from the start.

This series of Rosette awards is designed to be flexible , and the content and style is determined by the teacher.

Please note, a Rock 'n' Roll routine may be used as a second dance in any Ballroom, Street or Freestyle Rosette award.

Technical information can be found in "Let's Rock 'n' Roll" by Lynda King available from IDTA Sales.

1 – 12 colours will be as for Freestyle / Street Dance Rosette Awards.

BALLROOM/LATIN/CLASSICAL SEQUENCE STARDANCE AWARDS

Candidates aged from six to ten may commence this series of awards.

Candidates who have reached their tenth birthday may complete, (but not start) this series.

Persons with special requirements of any age are permitted to take these awards without restriction.

There are seventeen awards in all (Ballroom, Latin, Classical Sequence and Rock 'n' Roll)

Teachers will select twelve to complete the display board and the series.

Candidates will perform one set routine and one optional routine arranged by the teacher of a similar standard in any style.

Stardance awards can be taken in any order and the whole series does not have to be completed before moving on to another level.

There is no restrictions on the number of awards taken in one session.

The examinations are conducted in groups with the teacher / assistant being allowed to count in, dance alongside candidates if necessary.

For these awards, candidates may dance solo or with a partner using the specific holds. A basic understanding of syllabus requirements is all that is necessary, although the development of good technique should be encouraged from the start.

SET ROUTINES

Boys steps are described, girl dances opposite steps unless otherwise stated.

1.RUMBA

Start and finish in Close Hold, boy facing Wall
Steps Timing

1-12. Basic Movement ended in Open CPP

2341 2341 2341 2341

(May be turned the standard amount)

13-15. Check from Open CPP **2341**

16-18. Check from Open PP **2341**

19-21. Check from Open CPP **2341**

22-24. Under arm Turn to Right **2341**

(8 bars)

2.SAMBA

Start in Close Hold, boy facing Wall
Steps Timing

1-6. Reverse Basic Movement **1a2 1a2**

7-12. Repeat 1-6 **1a2 1a2**

13-15. Samba Whisk to Left **1a2**

16-18. Samba Whisk to Right **1a2**

19-21. Samba Whisk to Left **1a2**

22-24. Samba Whisk to Right **1a2**

(8 bars)

The Reverse Basic Movement may be turned up to 1/4 to L between 1-6 and 7-12.

3.PASO DOBLE

Start in Close Hold boy facing Wall
Steps Timing

1-4. Travelling Spins from PP **12 12**

5-16. Spanish Line **121212121212**

(8 bars)

4.QUICKSTEP

Start in Ballroom Hold boy facing DW
Steps Timing

1. LF Walk **S**

2-5. Quarter Turn to Right **SQQS**

6-9. Progressive Chasse **SQQS**

10-13. Forward Lock Step **SQQS**

Repeat from step 2 RF fwd in CBMP OP

(5 bars)

5.WALTZ

Start in Ballroom Hold boy facing DW
Steps Timing

1-3. LF Closed Change **123**

4-9. Natural Turn **123 123**

10-12. RF Closed Change **123**

13-18. Reverse Turn **123 123**

(6 bars)

6.JIVE

Start in Close Hold boy facing Wall
Steps Timing

1-6. Jive chasse LRL, RLR **QaQ QaQ**

7. LF back in Fallaway Pos **Q**

8. RF in place **Q**

9-14. Repeat Steps 1-6 **QaQ QaQ**

15-16. Repeat Steps 7-8 **QQ**

17-22. 3-8 Promenade Walks Slow **QaQ QaQ**

23-26. 3-8 Promenade Walks (Quick) **QQQQ**

(5 bars)

7.TANGO

Start in Ballroom Hold as for Tango boy facing DW
Steps Timing

1. LF fwd in CBMP **S**

2-8. Natural Rock Turn **SQQSQQS**

9. Walk on LF in CBMP **S**

10. Walk on RF then place LF to side w/out wt in PP **QQ**

11-14. Closed Promenade **SQQS**

(5 1/2 bars)

8.CHA CHA CHA

Start in Close Hold, boy facing Wall
Steps Timing

1-10. Close Basic **234&1 234&1**

11-15. 1-5 Close Basic **234&1**

16-20. Under arm Turn to Right **234&1**

21-30. Hand to Hand **234&1 234&1**

31-40. Repeat steps 21-30 **234&1 234&1**

(The Close Basic may be turned as standard)

(8 bars)

9.MAMBO

Start in Close Hold, boy facing Wall

Steps		Timing
1-6.	Basic Movement	QQS QQS
7-12.	Basic Movement release hold with R Hand on step 12, turning slightly to right	QQS QQS
13-15.	Check from Open CPP	QQS
16-18.	Check from Open PP	QQS
19-21.	Check from Open CPP	QQS
22-24.	Check from Open PP regaining Close Hold on step 24	QQS

(8 bars)

It is important to encourage a rhythmical hip swing.

10.ROCK 'N' ROLL

Start in Open Pos with L to R hand hold boy facing Wall

Steps		Timing
1-2.	LF back, (girl RF back), RF in place (Rock Action)	QQ
3-4.	LF Flick Step	QQ
5-6.	RF Flick Step	QQ
7-8.	LF back. RF in place (Rock Action)	QQ
9-10.	LF Flick Step	QQ
11-12.	RF Flick Step. (girl turns one complete turn to right under boy's raised L arm)	QQ
13-14.	LF back. RF in place (Rock Action)	QQ
15.	LF to side, wt evenly distributed between both feet	S
16-17.	Slap knees twice	QQ
18-19.	Clap hands twice	QQ
20-21.	Hitch L hand over L shoulder twice	QQ
22-23.	Hitch R hand over R shoulder twice	QQ
24-31.	LF Flick Step - RF Flick Step LF Flick Step - RF Flick Step (solo turn – making one complete turn to L (girl right)	QQQQQQQ Q

(8 bars)

Please note step 15 is a side step, not a jump.

11.GAVOTTE

Start in Open Hold R to L hand hold, (boy facing DW girl facing DC in 3rd position front)

Steps		Timing
1-4.	Pas de Gavotte turning 1/8 to L	1234

- 5-8.** RF fwd in Open PP commencing to turn right, LF to side adopting Double Hold. RF back in Open Fallaway Position, LF to side to face partner **1234**
- 9-11.** RF fwd in Open PP commencing to turn to R releasing Hold. LF to side, RF closes to LF acknowledge partner (Bow or Curtsey) **1234**
- 12-13.** RF to side against LOD, backing DC against LOD joining R to L hand hold, close LF to RF w/out wt ending in 3rd position front **1234**

(4 bars)

Head may be turned to R on, (girl L) step 4 of Pas De Gavotte.

12.QUICK WALTZ

Start in Open Hold with R to L hand hold boy facing DW girl facing DC in 3rd position front.

Steps		Timing
1-3.	LF fwd, point RF fwd body turn 1/8 to L	123
4-6.	RF fwd, point LF fwd, body turn 1/8 to R	123
7-12.	Repeat steps 1-6	123 123
9-12.	LF fwd down LOD commencing to turn left releasing hold, RF to side, still turning left	123 123
	LF back down LOD taking L to R hand hold, point RF fwd against LOD	123
13-16.	RF fwd against LOD commencing to turn right, releasing hold, LF to side still turning to R, RF back against LOD backing DC against LOD, taking R to L hand hold	123 123

(8 bars)

Candidates are encouraged to use 3rd positions where appropriate.

This starts in 3rd position front and finishes with a point on step 16, therefore subsequent sequences start from 4th position.

Good footwork and a lilting rise and fall should be used on the turns.

Head may be turned towards the pointing foot. Head may be turned towards partner on the last step of the open turns.

13.TWO STEP

Start in Open Hold with R to L hand hold boy facing DW girl facing DC in 3rd position front.

Steps	Timing
1-4. LF fwd, point RF fwd, RF fwd point LF fwd	12 12
5-7. Pas de Basque to L turning 1/8 to L	1a2
8-10. Pas de Basque to R turning 1/8 to R	1a2
11-14. Repeat steps 1-4	12 12
15-16. LF fwd. RF closes to LF w/out wt in 3 rd position rear	12
17-18. RF back, LF closes to RF w/out wt ending in 3 rd position front w/wo wt to repeat	12

(8 bars)

14.SALSA

Start in Close Hold boy facing Wall

Steps	Timing
1-4. LF to side, RF closes to LF, LF to side, tap RF next to LF	1234
5-8. RF to side, LF closes to RF, RF to side, tap LF next to RF	1234
9-12. Repeat steps 1-4 turning partner under raised L arm	1234
13-16. Repeat steps 5-8 completing partner's turn, adopting Double Hold	1234
17-20. LF diag back, RF in place, LF closes to RF, tap RF next to LF	1234
21-24. RF diag back, LF in place, RF close to LF, tap LF next to RF	1234
25-28. Repeat steps 17-20	1234
29-32. Repeat steps 21-24	1234

(8 bars)

Cuban hip acton is used throughout.

15.BOSSA NOVA

Start in Close Hold boy facing Wall

Steps	Timing
1-6. LF fwd, RF to side, LF closes to RF. RF back, LF to side, RF closes to LF	SQQ SQQ
7-12. Repeat steps 1-6	SQQ SQQ
13-15. LF fwd down LOD releasing hold with L hand, RF to side turning L to face DC, LF closes to RF forming a 'V' shape to partner	SQQ
16-18. RF fwd down LOD, LF to side turning R to face, RF closes to LF briefly touching L to R hands	SQQ
19-21. Repeat steps 13-15	SQQ
22-24. Repeat steps 16-18 adopting Close Hold on step 24	SQQ

(8 bars)

Cuban hip action should be encouraged.

Please note steps 15, 18, 21 and 24 is a close, not a locking action.

16. SLOW FOXTROT

Start and finish in Ballroom Hold, boy facing DC

Steps		Timing
1-3.	Feather Step	SQQ
4-9.	Reverse Turn	SQQ, SQQ
10-12.	Three Step	SQQ
13-18.	Natural Turn	SQQ, SSS

(6 1/2 bars)

17. CLASSICAL SEQUENCE TANGO

Start and finish in Ballroom Hold, boy facing

LOD

Steps		Timing
1-10.	Bars 1-4 Royal Empress Tango end Facing DW in PP	SSSS QQS QQS
11-12.	LF to side in PP, RF fwd & across in CBMP & PP	SS
13-16.	LF fwd down LOD commencing to turn left, releasing hold and	

lowering arms to side, RF to side still turning, LF to side and slightly fwd joining L to R hand hold, RF closes to LF slightly back in PP

QQQQ

17-18.

LF to side in PP, RF fwd & across in PP and CBMP (girl LF fwd & across in PP and CBMP swiveling 1/4 to L to face partner, leaving RF extended w/out wt)

SS

19-22.

LF back in CBMP, (girl, RF fwd in CBMP OP), RF back against LOD (girl, LF fwd in line with partner) LF to side to C, RF closes to LF

QQQQ

(8 bars)

FREESTYLE/STREET DANCE STARDANCE AWARDS

Candidates from six to ten may commence this series of awards.

Candidates who have reached their tenth birthday may complete, (but not start) this series.

Persons with special requirements of any age are permitted to take these awards without restriction.

There are seventeen awards in all, teachers will select twelve to complete the display board and the series.

Candidates will perform one or two routines arranged by the teacher.

Stardance awards can be taken in any order and the whole series does not have to be completed before moving on to another level.

There is no restriction on the number of tests taken at any one session.

The examinations are conducted in groups with the teacher/ assistant being allowed to count in and dance alongside candidates if necessary.

ROCK 'N' ROLL STARDANCE AWARDS

Candidates aged from six to ten may commence this series of awards.

Candidates who have reached their tenth birthday may complete, (but not start) this series.

Persons with special requirements of any age are permitted to take these awards without restriction.

There are seventeen awards in all. Teachers will select twelve to complete the display board and the series.

Candidates will perform one or two routines arranged by the teacher.

Stardance awards can be taken in any order and the whole series does not have to be completed before moving on to another level.

There is no restriction on the number of awards taken in one session.

The examinations are conducted in groups with the teacher / assistant being allowed to count in or dance alongside candidates if necessary.

For these awards, candidates may dance solo or with a partner using the specified holds. A basic understanding of syllabus requirements is all that is necessary although the development of good technique should be encouraged from the start.

The Stardance awards have become increasingly important in medallist competitions and these young competitors are considered to be the foundation of Nationwide events, as well as dancers of the future. Greater attention should be paid to the quality of posture as well as an understanding of footwork, action and musicality.

Rock 'n' Roll is 'born to be wild' and a high energy level can assist the performance but this should not appear too aggressive.

This series of Stardance awards is designed to be flexible, and the content and style is determined by the teacher.

Colours will be as for Freestyle/Street Stardance Awards.

Please note, a Rock 'n' Roll routine may be used as a second dance in any Ballroom, Street or Freestyle Stardance award.

Technical information can be found in "Let's Rock 'n Roll" by Lynda King available from IDTA Sales.

JUNIOR DANCE AWARDS UNDER 16's)

Read carefully the conditions and information.

Please note candidates may take more than one award at each level thereby allowing a greater variety of dance styles and rhythms to be taught. The award issued will bear an appropriate centre design (decal): Ballroom/Latin/Sequence, Freestyle etc. See section on awards for details of medals available.

These awards are intended to encourage new pupils who have attended few classes or a few private lessons. Only two or three figures are required in each dance. Candidates should give the impression they have sufficiently mastered the minimum requirements in the chosen dances to be able to dance them socially.

To make these awards more enjoyable it is advisable to enter candidates in groups.

DANCE STYLES

Dances may be chosen from a variety of sources. For example; all Ballroom, all Latin, all Sequence or a selection from each of those styles. Candidates may elect to perform all Freestyle or all Line dances.

BALLROOM AND LATIN

Waltz, Cha Cha Cha, Social Foxtrot, Slow Foxtrot, Tango, Quickstep, Jive, Samba, Rumba, Mambo, Salsa, Paso Doble, Viennese Waltz, one Freestyle dance or one dance from the Single Dance Series.

SEQUENCE

Any dance listed in the Classical Sequence and Modern Sequence sections of this syllabus and/or any other popular dance.

FREESTYLE

Freestyle includes any and all dance styles indicated in the Freestyle syllabus in this section. Different and varying routines should be used. Freestyle Solo, Pairs, Trios or Teams may be entered.

STREET

Awards are available in Street Dance.

LINE DANCING

Awards are available in Line Dancing, Latin Line Dancing and Couples Line Dancing. Different and varying routines should be used.

LEVELS

JUNIOR DANCE AWARD (1)

Candidates are required to dance any one of the listed dance styles at the choice of the teacher.

JUNIOR DANCE AWARD (2)

Candidates are required to dance any two of the listed dance styles at the choice of the teacher.

JUNIOR DANCE AWARD (3)

Candidates are required to dance any three of the listed dance styles at the choice of the teacher.

JUNIOR DANCE AWARD (4)

Candidates are required to dance any four of the listed dance styles at the choice of the teacher.

SOCIAL DANCE AWARDS (ADULT)

Read carefully the conditions and information.

Please note candidates may take more than one award at each level thereby allowing a greater variety of dance styles and rhythms to be taught. The award issued will bear an appropriate centre design (decal): Ballroom/Latin/Sequence, Freestyle etc. See section on awards for details of medals available.

These awards are intended to encourage new pupils who have attended few classes or a few private lessons. Only two or three figures are required in each dance. Candidates should give the impression they have sufficiently mastered the minimum requirements in the chosen dances to be able to dance them socially.

To make these awards more enjoyable it is advisable to enter candidates in groups.

DANCE STYLES

Dances may be chosen from a variety of sources. For example; all Ballroom, all Latin, all Sequence or a selection from each of those styles. Candidates may elect to perform all Freestyle or all Line dances.

BALLROOM AND LATIN

Waltz, Cha Cha Cha, Social Foxtrot, Slow Foxtrot, Tango, Quickstep, Jive, Samba, Rumba, Mambo, Salsa, Paso Doble, Viennese Waltz, one Freestyle dance or one dance from the Single Dance Series.

SEQUENCE

Any dance listed in the Classical Sequence and Modern Sequence sections of this syllabus and/or any other popular dance.

FREESTYLE

Freestyle includes any and all dance styles indicated in the Freestyle syllabus in this section. Different and varying routines should be used. Freestyle Solo, Pairs, Trios or Teams may be entered.

STREET

Awards are available in Street Dance.

LINE DANCING

Awards are available in Line Dancing, Latin Line Dancing and Couples Line Dancing. Different and varying routines should be used.

LEVELS

SOCIAL DANCE AWARD (1)

Candidates are required to dance any one of the listed dance styles at the choice of the teacher.

SOCIAL DANCE AWARD (2)

Candidates are required to dance any two of the listed dance styles at the choice of the teacher.

SOCIAL DANCE AWARD (3)

Candidates are required to dance any three of the listed dance styles at the choice of the teacher.

SOCIAL DANCE AWARD (4)

Candidates are required to dance any four of the listed dance styles at the choice of the teacher.

MEDAL AWARDS

The following sections in this book set out the Association's most popular medal awards in:

Ballroom, Latin, Classical Sequence, Modern Sequence, Freestyle- Solo, Pairs, Trios & Teams, Street, Rock 'n' Roll, Cheerleading, Single-Dance Series, Club Dancing, Line Dancing, Dance Exercise, Belly Dancing and Musical Theatre Syllabus.

These are designed on the framework of:

One Dance Award
Bronze Award
Double Bronze Award
Silver Award
Double Silver Award
Gold Award

An extended series of awards are available in all these styles enabling the dancers to continue to train for higher achievement.

Examiners are reminded that candidates should be allowed to dance for approx 1 minute.

BALLROOM, LATIN, & CLASSICAL SEQUENCE GRADED EXAMINATIONS

EXAMINATION PROCEDURES

1. The teacher will ensure that the candidate is suitably dressed with appropriate footwear. Candidates may wear an identifying coloured ribbon, number or badge which is noted on the report form to assist the Examiner.
2. Prior to the examination the teacher will ensure that the examination report form is filled in correctly and will verify the details with the candidate and the Examiner.
3. The teacher will be responsible for the music, taking instructions from the Examiner.
4. Candidates will perform all units of the grade being taken. Percentage contributions for each unit are indicated below. Final marking will be based upon the total of marks awarded. (Pass mark 65%).
5. Candidates may be partnered by a Professional, Pre-Associate or Amateur dancer.

ALL GRADES

Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

Preparation for Dance

Candidates will perform the set routine together as in the syllabus.

Dance Demonstration

Candidates will perform the set dances individually with a partner as in the syllabus.

Knowledge and Understanding

On instruction from the Examiner the candidates will perform the set work required for the Grade being taken. All work should be performed individually, one after another, unless otherwise stated. The music can continue to play or be restarted if necessary. During the solo demonstrations a slower than standard tempo may be used.

Skill

Candidates will demonstrate the practical aspects of the Grade as instructed by the Examiner. All work should be performed individually, one after another, unless otherwise stated. The music can continue to play or be restarted if necessary. During the solo demonstrations a slower than standard tempo may be used.

Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

Length of Examinations

Preparatory	15 minutes per three candidates, 20 minutes per four candidates.
Primary & Grade 1	15 minutes per three candidates.
Grade 2	20 minutes per three candidates.
Grade 3	25 minutes per three candidates.
Grade 4 & 5	30 minutes per three candidates

**BALLROOM
DANCE AWARDS
&
GRADES I-V**

BALLROOM DANCE AWARDS

Read carefully the conditions and information.

Every care should be taken to employ only those figures which suit the candidate and can be performed with ease.

ONE DANCE AWARD: The standard expected should be slightly lower than that required for Bronze. Candidates should show reasonable footwork and timing.

BRONZE AWARD: It is not necessary to show a great variety of figures. What is required is a sound presentation of the dance which is within the capabilities of the candidate. Results will be based on the candidate's ability. Correct footwork, poise and timing should be evident. Please note that a second 'Double' Bronze award is available. Enter DB on the report form.

SILVER AWARD: A higher standard is expected with the emphasis on improved actions and style. Please note that a second 'Double' Silver award is available. Enter DS on the report form.

GOLD AWARD: Variations may be more advanced but should always be selected to show the character of each dance, and should never be above the ability of the candidate to dance them easily with good technique and style.

GOLD BARS AND IDTA STARS, PRESIDENT' AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL CERTIFICATES: As for Gold but to a progressively higher standard throughout.

DANCES

Waltz, Quickstep, Foxtrot, Tango, and Viennese Waltz can be used for One-Dance. (The Viennese Waltz cannot be used for Bronze, Silver or Gold awards but may be used in the Double Silver award).

LEVELS

ONE DANCE AWARD: Any one dance at the choice of the teacher. A minimum of four figures must be used.

BRONZE AWARD: Any two dances at the choice of the teacher (not Viennese Waltz). A minimum of five figures must be used in each dance.

SILVER AWARD: Any three dances at the choice of the teacher (not Viennese Waltz except for Double Silver). A minimum of six figures must be used in each dance.

GOLD AWARD: Four dances (not Viennese Waltz). A selection of figures should be used and demonstrated to a higher standard of technique.

GOLD BARS: Any four of the listed dances. A selection of figures should be used and demonstrated to a higher standard of technique.

IDTA STARS: Any four of the listed dances. A selection of figures should be used and demonstrated to a higher standard of technique showing good poise, deportment and characterisation.

PRESIDENT'S AWARDS: Any four of the listed dances. A selection of figures should be used and performed with continuity, fluidity of movement and musical interpretation.

INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARDS, INTERNATIONAL SUPREME CERTIFICATE: Syllabus as for President's Award

GRADES

PREPARATORY GRADE

(Minimum age 4 years)

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Preparation for Dance (with music in character, appropriate for the genre)

Bars

Forward and backward arm swings with Pliés, arms in parallel position	1-4
Rise on to toes, raising arms to a forward parallel position	5
Lower through knees and ankles, arms to neutral position	6
Repeat bars 5 and 6	7-8
Forward point and close	9
Repeat on opposite foot	10
Repeat bars 9 and 10	11-12
Mark time with opposition arm swings	13-16
To be performed twice	

3. Dance Demonstration

Demonstrate all routines twice to music with a partner.

In each routine the boy's steps are described – girl's steps are normal opposite.

Rhythm Foxtrot

Start facing Wall

Steps	Timing
1. LF fwd	S
2. RF fwd	S
3. LF to side	Q
4. RF closes to LF	Q
5. LF back	S
6. RF back	S
7. LF to side	Q
8. RF closes to LF	Q

Waltz

Start facing Wall

Steps	Timing
1. LF fwd	1
2. RF to side	2
3. LF closes to RF	3
4. RF fwd	1
5. LF to side	2

6. RF closes to LF	3
7. LF back	1
8. RF to side	2
9. LF closes to RF	3
10. RF back	1
11. LF to side	2
12. RF closes to LF	3

A ¼ turn to R between 4-6 and ¼ turn to L between 10-12 can be introduced in which case the starting position would be facing DW.

Tango

Start facing DW

Steps	Timing
1. Walk on LF	S
2-8. Natural Rock Turn	SQQSQQS

4. Knowledge and Understanding

Clap to music the Waltz rhythm.

5. Skill

Dance solo with music the Waltz routine, without turn.

6. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

PRIMARY GRADE

(Minimum age 5 years)

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Preparation for Dance (with music in character, appropriate for the genre)

Forward and backward arm swings with Pliés, arms in parallel position	Bars
Rise on to toes, raising arms to a forward parallel position	1-4
Lower through knees and ankles, arms to neutral position	5
Repeat bars 5 and 6	6
Forward point and close	7-8
Repeat on opposite foot	9
Repeat bars 9 and 10	10
Mark time with opposition arm swings	11-12
To be performed twice	13-16

3. Dance Demonstration

Demonstrate all routines twice to music with a partner.

Waltz

Start facing DW

Steps	Timing	Bars
1-3. LF Closed Change	123	Forward and backward arm swings with Pliés, arms in parallel position 1-4
4-9. Natural Turn	123 123	Alternate arm swings with same side lead 5-8
10-12. RF Closed Change	123	Lower through knees and ankles 9
13-18. Reverse Turn	123 123	Recover to neutral position 10

Quickstep

Start facing DW

Steps	Timing	Bars
1. Walk on LF	S	Rise on to toes 11
2-5. Quarter Turn to Right	SQQS	Lower to neutral position 12
6-9. Progressive Chasse	SQQS	(Arms to be used naturally during bars 9-12) Raise arms to forward parallel position 13
10-13. Forward Lock Step	SQQS	Open arms to horizontal position 14
Repeat from step 2 RF fwd in CBMP OP		Achieve Ballroom Hold 15
		Lower arms to side 16
		To be performed twice

Tango

Start facing DW

Steps	Timing	Bars
1. Walk on LF	S	Forward and backward arm swings with Pliés, arms in parallel position 1-4
2-8. Natural Rock Turn	SQQSQQS	Alternate arm swings with same side lead 5-8
9-11. Walk on LF, Walk on RF, LF to side without weight in PP	SQQ	Lower through knees and ankles 9
12-15. Closed Promenade	SQQS	Recover to neutral position 10

4. Knowledge and Understanding

Clap with music four beats in 4/4 timing.

With music using 3/4 timing, start with feet together, rise on to toes for one bar of music then lower for one bar of music.

5. Skill

Dance solo with music the Quickstep routine.

6. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

GRADE 1

(Minimum age 7 years)

Studios vary in size and shape, therefore some flexibility will be accepted providing the technique is observed and the routines are unchanged.

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Preparation for Dance (with music in character, appropriate for the genre)

Steps	Timing	Bars
1-3. LF Closed Change	123	Forward and backward arm swings with Pliés, arms in parallel position 1-4
4-9. Natural Turn	123 123	Alternate arm swings with same side lead 5-8
10-12. RF Closed Change	123	Lower through knees and ankles 9
13-18. Reverse Turn	123 123	Recover to neutral position 10

3. Dance Demonstration

Demonstrate all routines twice to music with a partner.

Waltz

Start facing DW

Steps	Timing	Bars
1-3. LF Closed Change	123	Forward and backward arm swings with Pliés, arms in parallel position 1-4
4-9. Natural Turn	123 123	Alternate arm swings with same side lead 5-8
10-12. RF Closed Change	123	Lower through knees and ankles 9
13-18. Reverse Turn	123 123	Recover to neutral position 10
19-21. Whisk	123	Rise on to toes 11
22-25. Chasse from PP	12&3	Lower to neutral position 12
Repeat from Natural Turn RF fwd in CBMP OP		(Arms to be used naturally during bars 9-12) Raise arms to forward parallel position 13

Quickstep

Start facing DW

Steps	Timing	Bars
1. Walk on LF	S	Rise on to toes 11
2-5. Quarter Turn to Right	SQQS	Lower to neutral position 12
6-9. Progressive Chasse	SQQS	(Arms to be used naturally during bars 9-12) Raise arms to forward parallel position 13
10-13. Forward Lock Step	SQQS	Open arms to horizontal position 14
14-19. Underturned Natural Spin Turn	SQQ SSS	Achieve Ballroom Hold 15
20-23. Progressive Chasse	SQQS	Lower arms to side 16
24-29. Natural Turn at a corner	SQQ SSS	To be performed twice
Repeat from Quarter Turn to Right		

Foxtrot

Start facing DC

Steps		Timing	
1-3.	Feather Step	SQQ	lead
4-9.	Reverse Turn	SQQ SQQ	Lower through knees and ankles
10-12.	Three Step	SQQ	Recover to neutral position
13-18.	Natural Turn	SQQ SSS	Rise on to toes
19-21.	Feather Step	SQQ	Lower to neutral position
22-24.	Three Step	SQQ	(Arms to be used naturally during bars 9-12)
25-30.	Natural Turn	SQQ SSS	Raise arms to forward parallel position
			Open arms to horizontal position
			Achieve Ballroom Hold
			Lower arms to side
			To be performed twice

Tango

Start facing DW

Steps		Timing	
1.	Walk on LF	S	Demonstrate all routines twice to music with a partner.
2-8.	Natural Rock Turn	SQQS QQS	
9-10.	Walk on LF and RF curving to end DC	SS	Waltz Start facing DW
11-16.	Basic Reverse Turn	QQS QQS	
17.	Walk on LF	S	Steps
18.	Walk on RF to PP	S&	1-3.
19-22.	Closed Promenade	SQQS	4-9.
			10-15.
			16-18.
			19-22.
			23-28.
			29-31.

4. Knowledge and Understanding

Waltz: Clap with music the timing of the Whisk and Chasse from PP.

Tango: Clap steps 1-8 of the Tango routine with music.

5. Skill

Dance solo with music the Tango routine.

6. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

GRADE 2

(Minimum age 7 years)

Studios vary in size and shape, therefore some flexibility will be accepted providing the technique is observed and the routines are unchanged.

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Preparation for Dance (with music in character, appropriate for the genre)

Bars		
	Forward and backward arm swings with Pliés, arms in parallel position	1-4
	Alternate arm swings with same side	5-8

3. Dance Demonstration

Demonstrate all routines twice to music with a partner.

Waltz

Start facing DW

Steps		Timing
1-3.	LF Closed Change	123
4-9.	Natural Turn with Hesitation	123 123
10-15.	Reverse Turn	123 123
16-18.	Whisk	123
19-22.	Chasse from PP	12&3
23-28.	Underturned Natural Spin Turn	123 123
29-31.	4-6 Reverse Turn	123

Quickstep

Start facing DW

Steps		Timing
1-6.	Underturned Natural Spin Turn (along side of room)	SQQ SSS
7-10.	Progressive Chasse moving to Centre	SQQS
11.	Walk on RF in CBMP OP	S
12-14.	Quick Open Reverse Turn	SQQ
15-18.	Progressive Chasse	SQQS
19-22.	Forward Lock Step	SQQS
23-25.	1-3 Natural Turn	SQQ
26-29.	Tipple Chasse to Right at a corner	SQQS
30-32.	2-4 Forward Lock Step	QQS

Foxtrot

Start facing DC

Steps		Timing
1-3.	Feather Step	SQQ
4-9.	Reverse Turn	SQQ SQQ
10-12.	Three Step	SQQ
13-19.	Natural Weave	SQQQ QQQ
20-22.	Change of Direction	SSS

Tango

Start facing DW

Steps	Timing
1-2. Walk on LF and RF curving to DC	SS
3-8. Open Reverse Turn Lady Outside Closed Finish	QQS QQS
9. Walk on LF	S
10-16. Natural Rock Turn	SQQS QQS
17. Walk on LF	S
18. Walk on RF to PP	S&
19-22. Closed Promenade	SQQS

4. Knowledge and Understanding

Demonstrate solo to music, four Tango Walks.
Show the Ballroom Hold as used in the Waltz,
Quickstep and Foxtrot.
Show the Tango Hold.

5. Skill

Foxtrot – Dance twice, solo with music, the
following amalgamation.
Feather Step – Three Step.

6. Exit

Candidates will acknowledge and thank the
Examiner before leaving the examination room.

GRADE 3

(Minimum age 7 years)

Studios vary in size and shape, therefore some
flexibility will be accepted providing the
technique is observed and the routines are
unchanged.

1. Entry

Each candidate will greet the Examiner and
hand the examination report to him/her.

2. Preparation to Dance (with music in character, appropriate for the genre)

	Bars
Forward and backward arm swings with Pliés, arms in parallel position	1-4
Alternate arm circles forward to backward	5-8
Alternate side stretches raising arms, then lowering to side	9-12
Point forward, point backward, point to side and close	13-14
Repeat on opposite foot	15-16
To be performed twice	

3. Dance Demonstration

Demonstrate all routines twice to music with a
partner.

Waltz

Start facing DW

Steps	Timing
1-6. Natural Turn with Hesitation	123 123
7-12. Reverse Turn	123 123
13-21. Whisk into Weave from PP	123 123 123
22-27. Underturned Natural Spin Turn	123 123
28-31. Turning Lock to Left end in PP	1&23
32-35. Chasse from PP	12&3

Quickstep

Start facing DW

Steps	Timing
1-6. Natural Spin Turn	SQSSS
7-16. V6	QSSSQSQS
17-19. 1-3 Natural Turn	SQQ
20-23. Tipple Chasse to Right	SQQS
24-26. 2-4 Forward Lock Step	QQS
27-32. Fishtail without turn	SQQQSS

Foxtrot

Start facing DC

Steps	Timing
1-3. Feather Step	SQQ
4-9. Quick Open Reverse Turn	SQ&QQQ
10-12. Three Step	SQQ
13-15. 1-3 Natural Turn	SQQ
16-25. Open Impetus Turn into Weave from PP	SQSSQSQQQQ
26-27. 1-2 Change of Direction	SS
28-30. Hover Telemark	SQQ
Repeat Feather Step step 1, RF fwd in CBMP o/s partner	

Tango

Start facing DW

Steps		Timing
1-2.	Walk on LF, Walk on RF	SS
3-12.	Progressive Side Step Reverse Turn	QQSSQQSSQQS
13-14.	Walk on LF, Walk on RF	SS
15-16.	Progressive Link	QQ
17-26.	Natural Promenade Turn into Natural Rock Turn	SQQSQQSSQQS
27.	Turn to PP	&
28-31.	Closed Promenade	SQQS
32-35.	Brush Tap	QQ&S

	Bars
Forward arm swings with Plies, swinging arms to parallel position at chest level then lowering to side	1
Repeat swinging arms to high parallel position then lowering to side	2
Repeat bars 1-2	3-4
Shoulder Rolls forward to backward	5-8
Head turn to side extended, then return to centre	9-10
Repeat in opposite direction	11-12
Extend Heel forward, pressing both hands down on upper leg, then close back to	

supporting foot	13
Rise on to toes then lower	14
Repeat bars 13-14 on opposite foot	15-16
To be performed twice	

4. Knowledge and Understanding

Candidates must know the 8 facing Alignments and be able to show 2 Alignments at the choice of the Examiner.

Show the following foot positions: Forward – Back – Side – Diagonally Forward – Diagonally Back – Side and Slightly Forward – Side and Slightly Back.

5. Skill

Dance with music, the Natural Spin Turn, Boys showing the Natural Pivot and Girls, the Pivoting Action.

6. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

GRADE 4

(Minimum age 8 years)

Studios vary in size and shape, therefore some flexibility will be accepted providing the technique is observed and the routines are unchanged.

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Preparation for Dance (with music in character, appropriate for the genre)

3. Dance Demonstration

Demonstrate all routines twice to music with a partner.

Waltz

Start facing DW

Steps		Timing
1-6.	At a corner Underturned Natural Spin Turn overturned	123 123
7-10.	Turning Lock to Right	1&23
11-16.	Weave from PP ended in PP	123 123
17-19.	Cross Hesitation	123
20-22.	Outside Change ended in PP	123
23-28.	Fallaway Natural Turn	123 123

Quickstep

Start facing DW

Steps		Timing
1-6.	Underturned Natural Spin Turn	SQQSSS
7-10.	Progressive Chasse moving to Centre	SQQS
11.	Walk on RF	S
12-14.	Quick Open Reverse Turn	SQQ
15-20.	Four Quick Run	SQQQQS
21-24.	Tipple Chasse to Left	SQQS
25-27.	2-4 Tipple Chasse to Right	QQS
28-30.	2-4 Forward Lock Step	QQS
31-40.	1-3 Natural Turn Backward Lock Step Running Finish	SQQSQQSSQQS

Foxtrot

Start facing DC

Steps		Timing
1-3.	Feather Step	SQQ
4-6.	Open Telemark	SQQ
7-9.	Curved Feather from PP	SQQ
10-12.	Back Feather	SQQ
13-15.	Feather Finish	SQQ
16-18.	Three Step	SQQ
19-25.	Hover Cross	SQQQQQQ
26-28.	Open Telemark	SQQ
29-35.	Quick Natural Weave from PP	SQ&QSQQ
36-39.	Top Spin	QQQQ
	Repeat from step 4 Open Telemark	

Tango

Start facing DW

Steps		Timing
1-2.	Walk on LF, Walk on RF	SS
3-7.	Five Step ended DC	QQQQS
8-11.	Open Promenade	SQQS
12-17.	Open Reverse Turn Lady Outside Open Finish	QQSQQS
18-20.	Outside Swivel to Right end in PP	SQQ
21-26.	Fallaway Promenade	SQQSQQ
27-32.	Natural Twist Turn	SQQSQQ
33-36.	Back Open Promenade	SQQS
37-40.	Back Corte	SQQS
41-44.	Four Step Change	QQ&S

4. Knowledge and Understanding

Count to music the timing and clap the accented beat or beats in all four rhythms using two bars of music.

Demonstrate with music the Closed Promenade in Tango showing the starting and finishing hold.

5. Skill

Boys, dance the Heel Pull.

Girls, dance the Heel Turn.

6. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room

GRADE 5

(Minimum age 9 years)

Studios vary in size and shape, therefore some flexibility will be accepted providing the technique is observed and the routines are unchanged.

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Preparation for Dance (with music in character, appropriate for the genre)

	Bars
Alternate arm swings with same side lead	1-4
Swing leg forward from the hip	5
Swing leg backward from the hip	6
Swing leg forward from the hip	7
Close feet	8
Repeat using opposite leg (Arms to be used naturally during bars 5-12) Step forward, then close feet raising arms to forward parallel position	9-12
Open arms to horizontal position	14
Achieve Ballroom Hold	15
Lower arms to side To be performed twice	16

3. Dance Demonstration

Demonstrate all routines twice to music with a partner.

Waltz

Start facing DW

Steps	Timing
1-7. Running Spin Turn	123 1&23
8-10. Outside Change ended in PP	123
11-17. Left Whisk with twist ending	123 12&3
18-20. Underturned Outside Spin	123
21. Reverse Pivot	&
22-25. Double Reverse Spin	12&3
26-28. Contra Check	123
29-32. Chasse from PP	12&3

Quickstep

Start facing DW

Steps	Timing
1-6. Natural Spin Turn	SQQSSS
7-10. 1-4 V6	QQSS
11-16. Six Quick Run	QQQQQQ
17-20. Tipple Chasse to Left	SQQS
21-23. Topsy to Right	Q&Q
24-26. 2-4 Forward Lock Step	QQS
27-36. Running Right Turn	SQQSSSSQQS

Foxtrot

Start facing DC

Steps	Timing
-------	--------

1-3.	Feather Step	SQQ
4-7.	Fallaway Reverse Turn and Slip Pivot	S&QQ
8-10.	Curved Three Step	SQQ
11-13.	Feather Finish	SQQ
14-25.	1-12 Extended Reverse Wave	SQQSQQSQQSQQ
26-28.	Open Impetus Turn	SQQ
29-31.	Feather Ending	SQQ
Repeat from Fallaway Reverse Turn and Slip Pivot		

Tango

Start facing DW

Steps		Timing
1-2.	Walk on LF, Walk on RF curving to DC	SS
3-7.	Reverse Five Step	QQQQS
8-13.	Chase	SQQQQS&
14-16.	Promenade Link	SQQ
17-21.	Oversway	QQSSS
22-25.	Open Promenade	SQQS
26-28.	Outside Swivel to Left	SQQ
29-32.	Four Step Change	QQ&S
33-38.	Basic Reverse Turn	QQ&QQS
39.	Turn to PP	&
40-49.	Natural Promenade Turn into Natural Rock Turn	SQQSQQSQQS

4. Knowledge and Understanding

Dance to music whilst giving the timing of the Foxtrot Basic Amalgamation:

Feather Step – Reverse Turn – Three Step – Natural Turn.

Starting with the feet apart, with count, dance without music the Forward Lock Step or Backward Lock Step, showing the use of CBMP.

5. Skill

Dance the Basic Amalgamation in the Waltz, with music, showing CBM and Sway.

6. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

**LATIN
DANCE AWARDS
&
GRADES I-V**

LATIN DANCE AWARDS

Read carefully the conditions and information.

Every care should be taken to employ only those figures which suit the candidate and can be performed with ease.

ONE DANCE AWARD: The standard expected should be slightly lower than that required for Bronze. Candidates should show reasonable footwork and timing.

BRONZE AWARD: It is not necessary to show a great variety of figures. What is required is a sound presentation of the dance which is within the capabilities of the candidate. Results will be based on the candidate's ability. Correct footwork, poise and timing should be evident. Please note that a second 'Double' Bronze award is available. Enter DB on the report form.

SILVER AWARD: A higher standard is expected with the emphasis on improved actions and style. Please note that a second 'Double' Silver award is available. Enter DS on the report form.

GOLD AWARD: Any variations used should be selected to show the character of each dance and should never be above the ability of the candidate to dance them easily with good technique and style.

GOLD BARS AND IDTA STARS, PRESIDENT' AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL

CERTIFICATES: As for Gold but to a progressively higher standard for each grade.

DANCES

Rumba, Samba, Paso Doble, Jive, Cha Cha Cha.

It is recommended that Rumba and Samba be introduced at the earliest level possible.

The timing used in all level for Rumba and Cha Cha Cha must be 2341 and 234&1 respectively.

LEVELS

ONE DANCE AWARD: Any one dance at the choice of the teacher. A minimum of four figures must be used.

BRONZE AWARD: Any two dances at the choice of the teacher. A minimum of five figures must be used.

SILVER AWARD: Any three dances at the choice of the teacher. A minimum of six figures must be used.

GOLD AWARD: Rumba and three other dances at the choice of the teacher. A selection of figures should be used.

GOLD BARS: Rumba and three other dances at the choice of the teacher. A selection of figures should be used and demonstrated to a higher standard of technique.

IDTA STARS: Rumba and three other dances at the choice of the teacher. A selection of figures should be used and demonstrated to a higher standard of technique showing good poise, deportment and characterisation.

PRESIDENT'S AWARD: Rumba and three other dances at the choice of the teacher. A selection of figures should be used and performed with continuity, fluidity of movement and musical interpretation.

INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARDS, INTERNATIONAL SUPREME CERTIFICATE: Syllabus as for President's Award.

GRADES

REPARATORY GRADE (Minimum age 4 years)

1. Entry

Each candidate will greet the examiner and hand the examination report to him/her.

2. Preparation for Dance (with music in character, appropriate for the genre)

Forward and backward arm swings with Pliés, arms in parallel position	1-4
Rise on to toes, raising arms to a forward parallel position	
Lower through knees and ankles, arms to neutral position	5
Repeat bars 5 and 6	6
Forward point and close	7-8
Repeat on opposite foot	9
Repeat bars 9 and 10	10
Mark time with opposition arm swings	11-12
To be performed twice.	13-16

3. Dance Demonstration

Demonstrate all routines twice to music with a partner.

Rumba

Start in Close Hold. Commence after count of 123.

Steps	Timing
1. RF to side	41
2. LF closed to RF	2
3. Transfer wt to RF	3
4. LF to side	41
5. RF closes to LF	2
6. Transfer wt to LF	3
7-12. Repeat steps 1-6	4123 4123
13. RF to side turning slightly to R	41
14. LF fwd in Open CPP	2
15. Replace wt to RF	3
16. LF to side turning to L	41
17. RF fwd in Open PP	2
18. Replace wt to LF	3
19-24. Repeat steps 13-18 turning to R and L	4123 4123

Samba

Start in Close Hold facing Wall.

Steps	Timing
1. LF to side	1
2. RF closes to LF w/o wt	2
3. RF to side	1
4. LF closes to RF w/o wt	2
5-8. Repeat steps 1-4	12 12
9. LF to side	1
10. RF crosses loosely behind LF	2
11. RF to side	1
12. LF crosses loosely behind RF	2
13-16. Repeat steps 9-12	12 12

Cha Cha Cha

Start in Close Hold. Commence after count of 123.

Steps	Timing
1-5. Cha Cha Cha Chasse to Right (RLR) close LF to RF then transfer wt to RF (mark time action)	4&123
6-10. Cha Cha Cha Chasse to Left (LRL) close RF to LF then transfer wt to LF (mark time action)	4&123
11-20. Repeat steps 1-10	4&123 4&123
21-25. Repeat steps 1-3 turning slightly to R then step fwd LF in Open CPP; replace wt to RF	4&123
26-30. Cha Cha Cha Chasse (LRL) turning to L. RF fwd in Open PP replace wt to LF	4&123
31-40. Repeat steps 21-30 turning to R and L	4&123 4&123

4. Knowledge and Understanding

Clap to music the Cha Cha Cha rhythm as used in the Time Step 123 4&1 23 4&1

5. Skill

Dance with music the Cha Cha Cha Time Step.

6. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

PRIMARY GRADE

(Minimum age 5 years)

1. Entry

Each candidate will greet the examiner and hand the examination report to him/her.

2. Preparation for Dance (with music in character, appropriate for the genre)

Forward and backward arm swings with Pliés, arms in parallel position
 Rise on to toes, raising arms to a forward parallel position
 Lower through knees and ankles, arms to neutral position
 Repeat bars 5 and 6
 Forward point and close
 Repeat on opposite foot
 Repeat bars 9 and 10
 Mark time with opposition arm swings
 To be performed twice

Bars

1-4

5

6

7-8

9

10

11-12

13-16

4. Knowledge and Understanding

Clap to music the Samba Rhythm 1a2 1a2 1a2 1a2

Commence with feet together and flat with both knees compressed. Demonstrate to music, the action of the knees and ankles as used in the Samba Bounce Action (&1 & 2 & 1 & 2 & 1 & 2 & 1 & 2 &)

5. Skill

Dance with music 1-10 of the Cha Cha Cha Close Basic ended in Open CPP.

6.Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

3. Dance Demonstration

Demonstrate all routines twice to music with a partner.

The Basic Movement in each dance may be danced with or without the standard amount of turn.

Rumba

Start in Close Hold.

Steps	Timing
1-12. Basic Movement end in Open CPP	2341 2341 2341 2341
13-15. Check from Open CPP	2341
16-18. Check from Open PP	2341
19-21. Check from Open CPP	2341
22-24. Under Arm Turn to Right	2341

Samba

Start in Close Hold facing Wall.

Steps	Timing
1-12. Reverse Basic Movement	1a2 1a2 1a2 1a2
13-15. Whisk to Left	1a2
16-18. Whisk to Right	1a2
19-21. Whisk to Left	1a2
22-24. Whisk to Right	1a2

Cha Cha Cha

Start in Close Hold.

Steps	Timing
1-10. Close Basic	234&1 234&1
11-15. 1-5 of Close Basic	234&1
16-20. Under Arm Turn to Right	234&1
21-35. Hand to Hand	234&1 234&1
36-40. 6-10 of Hand to Hand	234&1

GRADE 1

(Minimum age 7 years)

1. Entry

Each candidate will greet the examiner and hand the examination report to him/her.

2. Preparation for Dance (with music in character, appropriate for the genre)

Bars

Forward and backward arm swings with Pliés, arms in parallel position	2
Forward to backward arm circles alternating arms, with Pliés	2
RF to side, 2 Hip Bumps to R, 2 Hip Bumps to L, move hips RLRL	2
Repeat Hip Bumps	2
Pointing the toe during the first three movements, each movement takes 2 counts of music:	
Extend RF forward - Extend RF back -	
Extend RF to R side – Close RF to LF	2
Repeat using LF	2
Extend RF back - Extend RF forward –	
Extend RF to R side – Close RF to LF	2
Repeat using LF	2
To be performed twice.	

3. Dance Demonstration

Demonstrate all routines twice to music with a partner.

The Basic Movement in Rumba and Cha Cha Cha may be danced with or without the standard amount of turn.

Rumba

Start in Close Hold.

Steps		Timing
1-6.	Basic Movement	2341 2341
7-9.	1-3 Basic Movement	2341
10-12.	Under Arm Turn to Right finished in Open CPP	2341
13-15.	Under Arm turn to Left	2341
16-18.	4-6 Basic Movement finished in Open CPP	2341
19-21.	Check from Open CPP	2341
22-24.	Check from Open PP	2341
25-27.	Check from Open CPP	2341
28-30.	Spot Turn to Left	2341

Samba

Start in Close Hold facing Wall.

Steps		Timing
1-6.	Reverse Basic Movement	1a2 1a2
7-12.	Reverse Basic Movement	1a2 1a2
13-15.	Samba Whisk to Left	1a2
16-18.	Samba Whisk to Right	1a2
19-21.	Samba Whisk to Left	1a2
22-24.	Samba Whisk to R ended in PP	1a2
25-36.	4 Promenade Samba Walks	1a2 1a2 1a2 1a2
37-39.	Samba Whisk to Left turning to face Partner	1a2
40-42.	Samba Whisk to R	1a2
43-45.	Samba Whisk to L	1a2
46-48.	Samba Whisk to R	1a2

Cha Cha Cha

Start in Close Hold.

Steps		Timing
1-10.	Close Basic	234&1 234&1
11-15.	1-5 Close Basic	234&1
16-20.	Under Arm Turn to Right finished in Open CPP	234&1
21-25.	Under Arm Turn to Left	234&1
26-30.	6-10 Close Basic finished in Open CPP	234&1
31-35.	Check from Open CPP	234&1
36-40.	Check from Open PP	234&1
41-45.	Check from Open CPP	234&1
46-50.	Spot Turn to Left	234&1

Jive

Start in Close Hold.

Steps		Timing
1-8.	Basic in Fallaway	

9-16.	Change of Place Right to Left	QQ QaQ QaQ
17-24.	Change of Place Left to Right	QQ QaQ QaQ
25-40.	2 Changes of Hands behind Back	QQ QaQ QaQ QQ QaQ QaQ
41-48.	Change of Place Left to Right	QQ QaQ QaQ
49-56.	Link	QQ QaQ QaQ

4. Knowledge and Understanding

Clap to music the Jive rhythm QQ QaQ QaQ

QQ QaQ QaQ

Demonstrate with music the basic hip action used in the Rumba showing the transfer of weight from one foot to the other.

Steps		Timing
1.	RF to side	41
2.	LF closed to RF	2
3.	Transfer wt to RF	3
4.	LF to side	41
5.	RF closes to LF	2
6.	Transfer wt to LF	3
7.	RF to side	41

5. Skill

Dance twice solo with music, the Jive Basic in Place.

6. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

GRADE 2

(Minimum age 7 years)

1. Entry

Each candidate will greet the examiner and hand the examination report to him/her.

2. Preparation for Dance (with music in character, appropriate for the genre)

	Bars
Forward and backward arm swings with Pliés, arms in parallel position	2
Forward to backward arm circles alternating arms, with Pliés	2
RF to side, 2 Hip Bumps to R, 2 Hip Bumps to L, move hips RLRL	2
Repeat Hip Bumps	2
Pointing the toe during the first three movements, each movement takes 2 counts	

of music:

Open CPP

Extend RF forward - Extend RF back -
 Extend RF to R side – Close RF to LF
 Repeat using LF
 Extend RF back - Extend RF forward –
 Extend RF to R side – Close RF to LF
 Repeat using LF
 To be performed twice.

2
2
2
2

234&1 2&3 4&1 234&1 2&3 4&1
 43-47. Check from Open CPP **234&1**
 48-52. Under Arm Turn to Right **234&1**

Paso Doble

Start in Close Hold facing Wall.

Steps		Timing
1-8.	Promenade	12 12 12 12
9-12.	Elevations to Right knees straight	12 12
13-16.	Elevations to Right knees compressed	12 12
17-24.	Attack	12 12 12 12
25-32.	Separation	12 12 12 12
33-36.	4 Backward Basic Movement curved to L to face wall	12 12

3. Dance Demonstration

Demonstrate all routines twice to music with a partner.

The Basic Movement in Rumba and Cha Cha Cha may be danced with or without the standard amount of turn.

Rumba

Start in Close Hold.

Steps		Timing
1-6.	Basic Movement finished in Open CPP	2341 2341
7-9.	Check from Open CPP	2341
10-12.	Spot Turn to Left	2341
13-21.	Hand to Hand	2341 2341 2341
22-24.	Under Arm Turn to Right finished in Open CPP	2341
25-27.	Under Arm Turn to Left	2341
28-30.	7-9 Natural Top	2341

Samba

Start in Close Hold facing Wall.

Steps		Timing
1-6.	Samba Side Chasses	QQQQSS
7-9.	Samba Whisk to Left	1a2
10-12.	Samba Whisk to Right ended in PP	1a2
13-15.	Promenade Samba Walk	1a2
16-18.	Side Samba Walk turning to face Partner	1a2
19-24.	2 Stationary Samba Walks	1a2 1a2

Cha Cha Cha

Start in Close Hold.

Steps		Timing
1-10.	Close Basic finished in OpenCPP	234&1 234&1
11-15.	Check from Open CPP	234&1
16-20.	Spot turn to Left	234&1
21-42.	1-10 Hand to Hand replacing the Cha Cha Cha Chasses with Three Cha Cha Chas finished in	

4. Knowledge and Understanding

Demonstrate with music: (Boy) Cha Cha Cha Chasse to Right RLR finished in Open CPP. (Girl) Cha Cha Cha Chasse to Left LRL finished in Open CPP - Check from Open CPP - Check from Open PP to show the correct hold and use of the arms.

Paso Doble - Demonstrate Solo with music Sur Place, at the same time count the rhythm (8 counts)

5. Skill

Dance twice, with music, the following Solo Callisthenic Exercise in Rumba.

Commence by taking a preparatory step back on LF, timed 41.

Backward Walk RF – Weight transfer in place LF - Forward Walk RF **2341**
 Six Rumba Forward Walks commence LF **2341 2341**

Checked Forward Walk LF - Weight transfer in place RF – Backward Walk LF **2341**
 Six Backward Walks commence RF **2341 2341**

6. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

GRADE 3

(Minimum age 7 years)

1. Entry

Each candidate will greet the examiner and hand the examination report to him/her.

2. Preparation for Dance (with music in character, appropriate for the genre)

Bars

Flick Ball Change RLR. Flick RF Forward, Close RF to LF **1**

Flick Ball Change LRL. Flick LF Forward, Close LF to RF **2**

Flick Ball Change RLR. Flick RF Forward, Close RF to LF **3**

Flick Ball Change LRL. Flick LF Forward, Close LF to RF, RF to side **4**

Using a figure of eight hip action in isolation to the upper body:

Transfer full weight onto RF, Circle R Shoulder forward to backward

Transfer full weight onto LF, Circle L Shoulder forward to backward **5**

Transfer full weight onto RF, Circle R Shoulder forward to backward

Transfer full weight onto LF, Circle L Shoulder forward to backward

Transfer full weight onto RF, Circle R Shoulder forward to backward **6**

Repeat bars 5 and 6 **7-8**

Lift R knee forward, across body then return to R side without weight

Lift R knee forward, across body then return to R side **9**

Lift L knee forward, across body then return to L side without weight

Lift L knee forward, across body then return to L side **11-12**

Repeat bars 9 and 10

RF crossed behind LF, LF to side with part weight, replace weight to RF

LF crossed behind RF, RF to side with part weight, replace weight to LF **13**

Repeat bar 13 **14**

Punch R arm up stretching R side of body, retract L arm. Bend R knee

Punch L arm up stretching L side of body, retract R arm. Bend L knee

Punch R arm up stretching R side of body, retract L arm. Bend R knee

Punch L arm up connecting to R hand. Both knees straight **15**

With hips facing forward:

Twist upper body to R side. Twist upper body to L side

Circle joined arms anti-clockwise to chest as body returns to face front **16**

To be performed twice.

3. Dance Demonstration

Demonstrate all routines twice to music with a partner.

1 Rumba

Commence in Open Position with L to R hand hold

Steps		Timing
1-6.	Open Hip Twist	2341 2341
7-12.	Hockey Stick	2341 2341
13-15.	1-3 Basic Movement	2341
16-21.	Six Backward Walks in Open Position with L to R hand hold	2341 2341
22-24.	7-9 Natural Top	2341
25-30.	Opening Out to Right and Left	2341 2341
31-36.	Spiral	2341 2341

Samba

Commence on LOD in Open PP with L to R hand hold

Steps		Timing
1-6.	Shadow Botafogos	1a2 1a2
7-13.	Travelling Voltas to Right	1a2a1a2
14-20.	Continuous Volta Spot Turn to Left	1a2a1a2
21-23.	Whisk to Left	1a2
24-30.	1-7 Corta Jaca turning 3/8 to R	SQQQQQQ
31-37.	1-7 Corta Jaca (man commencing LF back) turning 3/8 R	SQQQQQQ
38-40.	1-3 Open Rock to Right and Left	SQQ
41-46.	Reverse Turn	1a2 1a2
47-49.	Promenade Botafogo	1a2
50-52.	Side Samba Walk	1a2

Cha Cha Cha

Commence in Open Position with L to R hand hold

Steps	Timing	
1-10. Open Hip Twist	234&1 234&1	Commence by taking a preparatory step back on LF, timed 1.
11-20. Hockey Stick	234&1 234&1	Bars
21-25. 1-5 Open Basic	234&1	Backward Walk RF – Weight transfer in place LF – Cha Cha Cha Lock Forward
26-28. Cha Cha Cha Lock Backward RLR	2&3	RLR 234&1
29-56. 3-30 Turkish Towel	4&1 234&1 234&1 234&1 234&1 234&1 234&1	Forward Walk LF – Forward Walk Turning RF – Cha Cha Cha Lock Backward LRL 234&1
57-59. Cha Cha Cha Lock Forward LRL 2&3		RF closed to LF – Forward Walk LF – Cha Cha Cha Lock Forward RLR 234&1
60-62. Cha Cha Cha Lock Forward RLR 4&1		Checked Forward Walk LF – Weight transfer in place RF – Cha Cha Cha Lock Backward LRL 234&1
63-69. 1-7 Cuban Break in Open Position	2&3&4&1	
70-74. 7-11 Time Step	234&1	
75-79. 2-6 Time Step	234&1	
80-84. Spot Turn to Left	234&1	

Note: (Lady steps 63-74) 1-12 Cuban Break in Open Position 234&1 2&3&4&1

Jive

Commence in Open Position with L to R hand hold

Steps	Timing
1-10. Stop and Go	QQ QaQ QQ QaQ
11-18. Overturned Change of Place Left to Right	QQ QaQ QaQ
19-24. 2 Ball Change with flick action	QaQ QaQ
25-30. 3-8 Change of Place Left to Right	QaQ QaQ
31-38. American Spin	QQ QaQ QaQ
39-43. 1-5 Link	QQ QaQ
44-50. Double Cross Whip	QQQQ QaQ
51-60. Reverse Whip	QQ QaQ QQ Qa
61-66. Promenade Walks Quick	QQQQQQ
62-72. 3-8 Change of Place Right to Left	QaQ QaQ

4. Knowledge and Understanding

Rumba - Demonstrate and count to music; a preparatory step followed by 1-6 Basic Movement (4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 &)

Jive - Demonstrate and count to music; the Basic in Fallaway. Then repeat this figure replacing the Jive Chasse with a single step timed Slow. Repeat again replacing the Jive Chasse with a tap step movement timed QQ

5. Skill

Dance twice, with music, the following Solo Callisthenic Exercise in Cha Cha Cha.

6. Exit

Candidates will acknowledge and thank the examiner before leaving the examination room.

GRADE 4

(Minimum age 8 years)

1. Entry

Each candidate will greet the examiner and hand the examination report to him/her.

2. Preparation for Dance (with music in character, appropriate for the genre)

Bars

Using hip action throughout: LF to side, RF in place. Close LF to RF. Tap RF, clap hands

1

RF to side, LF in place, Close RF to LF.

Tap LF, clap hands

2

Repeat bars 1 and 2

3-4

LF to side, punch L arm up. Close RF to LF, punch R arm up, retract L arm

LF to side, punch L arm forward, retract R arm (fist to chest, elbow extended to side) Tap RF to LF, punch R arm forward, retract L arm (fist to chest, elbow extended to side)

5

RF to side, punch L arm up. Close LF to RF, punch R arm up, retract L arm RF to side, punch L arm forward, retract R arm (fist to chest, elbow extended to side) Tap LF to RF, punch R arm forward, retract L arm (fist to chest, elbow extended to side)

6

Repeat bars 5 and 6

7-8

LF to side Plié, hands on knees. Close LF to RF. Clap hands

9

RF to side Plié, hands on knees. Close RF to LF. Clap hands

10

Repeat bars 9 and 10

11-12

With feet apart, knees slightly flexed, circle hips to R

13

With feet apart, knees slightly flexed, circle hips to L

14

Isolate ribs moving upper body to R side, L side, R side, L side

15

Isolate ribs circle upper body anti-clockwise to R. Close RF to LF

16

(May circle clockwise when repeated)

To be performed twice

3. Dance Demonstration

Demonstrate all routines twice to music with a partner.

Rumba

Commence in Open Position with L to R hand hold

Steps	Timing
1-6. Curl	2341 2341
7-12. Hockey Stick turned to Open CPP	2341 2341

13-15. Under Arm Turn to Left	2341
16-24. Natural Top	2341 2341 2341
25-30. Continuous Hip Twist using the Advanced Opening Out Movement	2341 2341
31-36. Spiral to Fallaway	2341 2341
37-39. Cuban Rocks	2341
40-42. Spot Turn to Left	2341

Samba

Commence in Close Hold facing Wall

Steps	Timing
1-3. Promenade Botafogo	1a2
4-6. Side Samba Walk	1a2
7-9. Stationary Samba Walk LRL leading lady to dance a Three Step Turn (123)	1a2
10-18. Samba Locks	QQS QQS QQS
19-25. Continuous Volta Spot Turn to Right	1a2a1a2
26-32. Continuous Volta Spot Turn to Left (end backing LOD)	1a2a1a2
33-38. Backward Rocks on LF and RF	SQQ SQQ
39-45. Plait	SS QQS SS
46-48. 4-6 Reverse Turn	1a2

Cha Cha Cha

Commence in Open Position with L to R hand hold

Steps	Timing
1-10. Open Hip Twist Spiral	234&1 234&1
11-16. Split Cuban Break from Open CPP and Open PP	2&3 4&1
17-23. Split Cuban Break in Open CPP	2&3 4&1
24-28. Check from Open CPP	234&1
29-33. Spot Turn to Left	234&1
34-38. 1-5 Open Basic	234&1
39-48. Method 2 of Changing Feet	234&1 234&1
49-58. 1-10 Close Basic using Ronde Chasse and Hip Twist Chasse	234&1 234&1
59-61. Cha Cha Cha Lock Forward LRL	

2&3 character, appropriate for the genre)

62-64. Cha Cha Cha Lock Forward RLR

4&1

65-70. Method 3 of Changing Feet

&23 4&1**Paso Doble**

Commence in Close Hold facing Wall

Steps	Timing
1-4. 4 Sur Place	12 12
5-20. Sixteen	12 12 12 12 12 12 12 12
21-28. Fallaway Reverse	12 12 12 12
29-32. 1-4 Spanish Line	12 12
33-37. Flamenco Taps	12& 12
38-41. 5-8 Spanish Line	12 12
42-46. Flamenco Taps	12& 12
47-50. Promenade Close	12 12
51-54. 1-4 Attack commenced facing Wall	12 12

4. Knowledge and Understanding

Paso Doble - Demonstrate and count to music; the shaping used during the Sixteen.

Cha Cha Cha - Demonstrate and count to music; two rhythms, selected by the candidate from the set routine above, that illustrate different timings.

5. Skill

Dance twice, with music, the following Solo Callisthenic Exercise in Rumba.

Commence by taking a preparatory step back on LF, timed 41

Backward Walk RF – Weight transfer in place LF – Forward Walk RF	2341
Forward Walk LF – Forward Walk Turning RF – Backward Walk LF	2341
RF closed to LF – Forward Walk LF – Forward Walk RF	2341
Checked Forward Walk LF – Weight transfer in place RF – Backward Walk LF	2341

6. Exit

Candidates will acknowledge and thank the examiner before leaving the examination room.

GRADE 5**(Minimum age 9 years)****1. Entry**

Each candidate will greet the examiner and hand the examination report to him/her.

2. Preparation for Dance (with music in

The 3 candidates will work together, prior to the examination, to prepare one "Preparation for Dance" 16 bars (not 3 separate ones). This will encourage working together and can be overseen by the teacher.
To be performed twice

3. Dance Demonstration

Demonstrate all routines twice to music with a partner.

Rumba

Commence in Open Position with R to R hand hold

Steps	Timing
1-6. Alemana from Open Position with R to R hand hold	2341 2341
7-12. Close Hip Twist	2341 2341
13-24. Sliding Doors replacing 7-9 with the Advanced Opening Out Movement	2341 2341 2341 2341
25-30. Spiral from Shadow Position to Open Position	2341 2341
31-33. 1-3 Basic Movement	2341
34-36. 7-9 Natural Top	2341
37-42. Rope Spinning	2341 2341
43-54. Continuous Circular Hip Twist turned to Open CPP	2341 2341 2341 2341
55-57. Check from Open CPP	2341
58-61. Syncopated Cuban Rock	2&3 41
62-64. Spot Turn to Left	2341

Samba

Commence in Close Hold facing LOD

Steps	Timing
1-3. Reverse Turn	1a2
4-14. The Drag into Promenade to Counter Promenade Runs	SS 123 123 123
15-18. 2 Dropped Volta	&12 &12
19-21. Foot Change - Man: Step Close LR or Ball Change. Lady: Volta Spot Turn to Right 1¼ turns to achieve Shadow Position	1a2
22-23. 2 Cruzados Walks in Shadow Position LR	SS
24-29. Cruzados Locks in Shadow Position QQS QQS	
30-35. Botafogos in Shadow Position	1a2 1a2

- 36-38. Foot Change - Man: Ball Change
LRL, end facing LOD. Lady:
Botafogo LRL turning 5/8 to L, end
backing LOD **1a2**
- 39-44. 2 Stationary Samba Walks
1a2 1a2

Cha Cha Cha

- Commence in Open PP with R to L hand hold
Steps Timing
- 1-5. Check from Open PP replacing
steps 3-5 with the Ronde Chasse
234&1
- 6-11. Syncopated Time Step **2&3 4&1**
- 12-21. Open Hip Twist Spiral turned to
Fan Position **234&1 234&1**
- 22-31. Alemana **234&1 234&1**
- 32-51. 1-20 Cross Basic using Guapacha
Timing turned to Open CPP
2&3 4&1 234&1
with lady's Spiral Cross on steps 5
and 15 **2&3 4&1 234&1**
- 52-57. Split Cuban Break from Open CPP
and Open PP **2&3 4&1**
- 58-62. Check from Open CPP to finish in
Open PP **234&1**

Paso Doble

- Commence in Close Hold facing Centre
Steps Timing
- 1-6. Alternative entry to PP Method
Three
(using 1-2 Chasse to Right) **12 12 12**
- 7-12. 3-8 Travelling Spins from PP
12 12 12
- 13-18. Grand Circle (omit steps 3-4)
12 12 12
- 19-20. 1-2 Chasse to Right **12**
- 21-24. Elevations to Right knees straight
12 12
- 25-36. Coup De Pique Couplet (changing
from RF to LF then LF to RF)
12 12 12 12 12 12
- 37-44. Attack **12 12 12 12**
- 45-63. Syncopated Separation
12 12 12 12a 1a2 QQS 12 12
- 64-68. Syncopated Chasse commenced
OP on L side **12& 12**

Jive

- Commence in Close Hold
Steps Timing
- 1-8. Change of Place Right to Left with
Double Spin **QQ QaQ QaQ**

- 9-16. Overturned Change of Place Left
to Right **QQ QaQ QaQ**
- 17-22. Chicken Walks **SS QQ QQ**
- 23-28. 3-8 Overturned Change of Place
Left to Right **QaQ QaQ**
- 29-31. Ball Change with flick action
QaQ
- 32-37. 3-8 Change of Place Left to Right
achieving double hand hold
QaQ QaQ
- 38-53. Spanish Arms
QQ QaQ QaQ QQ QaQ QaQ
- 54-61. Change of Place Left to Right
QQ QaQ QaQ
- 62-66. Curly Whip from Open Position
QQ QaQ
- 67-71. Whip **QQ QaQ**

4. Knowledge and Understanding

Cha Cha Cha - Clap and count to music the
Guapacha Timing used in the Time Step
(commence with 4&1).
Samba - Demonstrate and count to music; two
figures, selected by the candidate from the set
routine above, that illustrate different timings.

5. Skill

Dance twice, with music, the following Solo
Callisthenic Exercise in Cha Cha Cha.
Commence by taking a preparatory step to side
and slightly forward on RF, timed 1.

Checked Forward Walk LF – Weight transfer
in place RF – Ronde Chasse LRL **234&1**
Backward Walk RF – Weight transfer in place
LF – Hip Twist Chasse RLR **234&1**

6. Cool Down (with music in character, appropriate for the genre)

Perform the set Cool Down in a group.
The Cool Down may be performed in bare feet
or the candidates may change into Jazz Shoes.

Bars

Commence with feet flat, parallel and hip
distance apart:
Rise onto the balls of both feet then lower
the heels
Rock back onto the heels of both feet then
lower the toes **1**
Roll both feet outwards towards the outside
edge of the foot then return
Roll both feet inwards towards the inside
edge of the foot then return **2**
Repeat bars 1 and 2 **3-4**

Lift R heel bending R knee, circle knee
clockwise then lower R heel

Lift R heel bending R knee, circle knee anti-
clockwise then lower R heel **5**

Lift L heel bending L knee, circle knee anti-
clockwise then lower L heel

Lift L heel bending L knee, circle knee
clockwise then lower L heel **6**

Repeat bars 5 and 6 **7-8**

Extend both arms out to sides, horizontal and
up to high Parallel

(Breathe In) Side bend body to R side
(Breathe Out) **9**

Return body to center position (Breathe In)

Lower arms to sides of body
allowing arms to cross in front of body
(Breathe Out) (L arm clockwise, R arm anti-
clockwise) **10**

Repeat bars 9 and 10 using a side bend of
the body to L side **11-12**

Calf Stretch. Maintain body weight forwards
over the supporting foot:

Extend RF back with both arms extended
forward. Hands clasped, palms forward.
Close RF to LF, returning arms to sides of
body **13-14**

Extend LF back with both arms extended
forward. Hands clasped, palms forward.
Close LF to RF, returning arms to sides of
body **15**

NOTE: For examination purposes this routine
will only be performed twice through in a group.
In everyday practice it is recommended that the
Cool Down is repeated several times.

7. Exit

Candidates will acknowledge and thank the
examiner before leaving the examination room

**CLASSICAL SEQUENCE
DANCE AWARDS
&
GRADES I-V**

CLASSICAL SEQUENCE DANCE AWARDS

Read carefully the conditions and information.

Man should place hand on hip and lady hold dress where appropriate.

ONE DANCE AWARD: The standard expected may be slightly lower than that required for Bronze. Candidates should show reasonable footwork and timing. (Note: Candidates entering for a One-Dance award will receive a certificate bearing the name of the dance. If an alternative Winning Dance is tested, the certificate will bear the style name only, i.e. Waltz, Saunter and so on.

BRONZE AWARD: The requirement is a sound presentation of the dance which is within the capabilities of the candidate. Results will be based on the candidate's ability to show correct footwork, poise and timing. Please note that a second 'Double' Bronze award is available. Enter examination code DB on the report form.

SILVER AWARD: A higher standard is expected. Please note that a second 'Double' Silver award is available. Enter examination code DS on the report form.

GOLD AWARD: Dances should be selected to show the character of each dance, and the candidate should be able to dance them easily with good technique and style.

GOLD BARS, IDTA STARS, PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL CERTIFICATES: As for Gold but to a higher standard.

WINNING DANCES: A Winning Dance is described as any dance which has won an inventive dance competition approved by the British Dance Council. Scripts and charts for Championship Dances are available from International Sales.

DANCE GROUPS

Any winning dance in the following rhythms:

WALTZ
TWO STEP
TANGO
SAUNTER
GAVOTTE, GLIDE AND SCHOTTISCHE
SWING, BLUES AND OTHER RHYTHMS (OPEN)

LEVELS

ONE DANCE AWARD: Any dance in any rhythm.

BRONZE AWARD: Two dances from different rhythms.

SILVER AWARD: Any three dances from different rhythms.

Note: If the Waltz is chosen for One Dance Test, Bronze or Silver, the Reverse Turn is not required.

GOLD AWARD: The Waltz, including Natural and Reverse Turns and Forward and Backward Pas de Valse must be included, plus three dances from different rhythms (not 3/4).

Note: All candidates aged over 45 may substitute a 16 bars sequence waltz in place of the Waltz.

1ST TO 3RD GOLD BARS: Any four dances from different rhythms but to a higher standard with greater attention to footwork and timing.

IDTA STAR 1: The Waltz including Natural and Reverse Turns and Forward and Backward Pas de Valses plus three dances from different rhythms (not 3/4) with greater attention to poise, deportment and characterisation.

Note: All candidates aged over 45 may substitute a 16 bar Sequence Waltz in place of the Waltz.

IDTA STARS 2-5: Any four dances from different rhythms with greater attention to poise, deportment and characterisation.

PRESIDENT'S AWARD 1: Juniors and Adults: The Waltz including Natural and Reverse Turns and Forward and Backward Pas de Valses plus any three dances from different rhythms (not 3/4) with greater fluidity of movement and musical interpretation.

Note: All candidates aged over 45 may substitute a 16 bar Sequence Waltz in place of the Waltz.

PRESIDENT'S AWARDS 2-4: Any four dances in different rhythms, showing greater fluidity of movement and musical interpretation.

INTERNATIONAL AWARD 1: Junior and Adults; The Waltz including Natural and Reverse Turns and Forward and Backward Pas de Valses plus any three dances from different rhythms (not 3/4).

Note: All candidates aged over 45 may substitute a 16 bar Sequence Waltz in place of the Waltz.

INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL SUPREME CERTIFICATE 2-4: Any four dances from different rhythms

GRADES

PREPARATORY GRADE

(Minimum age 4 years)

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Preparation for Dance in 3/4 time (with music in character, appropriate for the genre)

Bars

Forward and backward arm swings with Pliés, arms in parallel position	1-4
Rise on to toes to count of 3, lower to count of 3, raising arms to a forward parallel position, lowering arms to neutral position	5-6
Repeat for	7-8
Point RF forward to count of 3, close RF to LF to count of 3, repeat on LF	9-10
Repeat bars 9 and 10	11-12
Mark time with opposition arm swings	13-16

3. Dance Demonstration

Demonstrate with a partner to music the following routines for Quick Waltz, Two Step, First four bars of Square Tango.

Quick Waltz

Start facing LOD

Steps	Timing
1-2. LF fwd, point RF fwd.	123
3-4. RF fwd, point LF fwd.	123
5-8. Repeat steps 1-4.	123,123
9. LF to side, turning to face partner	123
10. Bow or curtsey	123
11-12. RF to side, to face LOD. LF closes to RF	123
13-14. RF to side. LF closes to RF w/o wt.	123

(8 Bars)

It is suggested that candidates are encouraged to use 3rd position where applicable.

Two Step (Rhythm 6/8)

Start facing LOD

Steps	Timing
1. LF fwd (steps 1 and 2 occupy one bar of music and so on).	1
2. Point RF fwd.	2

3. RF fwd	3
4. Point LF fwd.	4
5-8. Repeat 1-4.	12 12
9. LF to side	1
10. RF closes to LF.	2
11. LF to side	1
12. RF taps to side of LF w/o wt.	2
13. RF to side.	1
14. LF closes to RF.	2
15. LF to side.	1
16. LF taps to side of RF w/o wt	2

(8 Bars)

First Four Bars of Square Tango repeated

Start facing LOD

Steps	Timing
1-3. LF fwd. RF to side. LF closes to RF.	SQQ
4-6. RF back. LF to side. RF closes to LF.	SQQ
7-8. LF to side. RF closes to LF w/o wt	SS
9-10. RF to side. LF closes to RF w/o wt	SS

(8 Bars)

4. Knowledge and understanding

Clap the rhythm of the Quick Waltz to music counting in beats and bars, emphasising the accented beat. (4 Bars)

5. Skill

Dance solo with music the first four bars of the Square Tango.

6. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

PRIMARY GRADE

(Minimum age 5 years)

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Preparation for Dance in 3/4 time (with music in character, appropriate for the genre)

Bars

1. Forward and backward arm swings with Pliés, arms in parallel position	1-4
--	------------

Rise on to toes, raising arms to a forward parallel position	5
Lower through knees and ankles, arms to neutral position	6
Repeat bars 5 and 6	7-8
Forward point and close	9
Repeat on opposite foot	10
Repeat bars 9 and 10	11-12
Mark time with opposition arm swings	13-16

3. Dance Demonstration

Demonstrate with a partner to music the following routines for Quick Waltz, Two Step, and Gavotte.

Quick Waltz

Start in Open Hold R to L Hand Hold
(Boy facing DW Girl facing DC)

Steps	Timing
1-4. LF fwd, point RF fwd. RF fwd, point LF fwd.	123 123
5-8. Repeat steps 1-4.	123 123
9-12. LF fwd down LOD turning to L, releasing Hold, RF to side still turning to L, LF back down LOD taking L to R Hand Hold, point RF fwd against LOD	123 123
13-16. RF fwd against LOD turning to R, releasing Hold, LF to side still turning to R, RF back against LOD taking R to L Hand Hold, point LF fwd down LOD.	123 123

(8 Bars)

It is suggested that candidates are encouraged to use 3rd position where applicable.

Two Step

Start in Open Hold R to L Hand Hold
(Boy facing DW Girl facing DC)

Steps	Timing
1-4. LF fwd, point RF fwd, RF fwd, point LF fwd	12 12
5-7. Pas de Basque to L	1a2
8-10. Pas de Basque to R	1a2
11-14. Repeat steps 1-4.	12 12
15-16. LF fwd. RF close to LF w/o wt	12
17-18. RF back, LF close to RF w/o wt.	12

(8 Bars)

It is suggested that candidates are encouraged to use 3rd position where applicable.

Gavotte (repeated)

Start in Open Hold R to L Hand Hold

Steps	Timing
1-4. Pas de Gavotte.	1234
5-8. RF fwd in Open PP commencing to turn to R. LF to side adopting Double Hold. RF back in Open Fallaway Position. LF to side to face Partner.	1234
9-11. RF fwd in Open PP commencing to turn to R releasing Hold. LF to side, RF close to LF acknowledge Partner. (Bow or Curtsey).	123 4
12-13. RF to side joining R to L Hand Hold, LF close to RF w/o wt.	1234

(8 Bars)

It is suggested that candidates are encouraged to use 3rd position where applicable.

4. Knowledge and understanding

Demonstrate and name the five foot positions plus parallel position.

Clap the rhythm of the Pas de Gavotte to music counting in beats and bars, emphasising the accented beat.

(4 Bars)

5. Skill

Dance solo with music 4 Forward Pas de Valses commencing on either foot.

6. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

GRADE 1

(Minimum age 7 years)

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Preparation for Dance in 3/4 time

Bars	
Forward and backward arm swings with Pliés, arms in parallel position	1-4
Alternative arm swings with same side leads	5-8

Pliés to a count of 3, return to neutral position to a count of 3, rise on to toes to a count of 3, return to neutral position to a count of 3

9-12

Raise arms to forward in parallel, open arms to horizontal position, achieve Ballroom Hold, lower arms to sides

13-16

Clap the rhythm of 6/8 time with music counting in beats and bars, emphasising the accented beats.

(4 Bars)

3. Dance Demonstration

Demonstrate with a partner to music the first 8 bars of the Veleta, Boston Two Step, Royal Empress Tango and the Gainsborough Glide.

4. Knowledge and understanding

Dance twice with music the Pas de Basque to Right and Left.

Clap the rhythm in 2/4 Tango time with music counting in beats and bars, emphasising the accented beat. **(4 Bars)**

5. Skill

Dance solo with music four bars of the Natural Waltz Turn.

6. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

Demonstrate a point to 4th position front and rear on either foot.

5. Skill

Commencing with LF in 3rd position front, dance solo with music one Forward Pas de Valse, Progressive half of Natural Waltz Turn, one Backward Pas de Valse and the Rotary half of the Reverse Waltz Turn.

(4 Bars)

Dance solo with music 4 Pas de Gavottes commencing on either foot.

6. Exit

Candidates will acknowledge and thank the Examiner before leaving the examination room.

GRADE 2

(Minimum age 7 years)

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Preparation for Dance in 3/4 time

Bars

Forward and backward arm swings with Pliés, arms in parallel position

1-4

Alternative arm swings with same side leads

5-8

Pliés to a count of 3, return to neutral position to a count of 3, rise on to toes to a count of 3, return to neutral position to a count of 3

9-12

Raise arms to forward in parallel, open arms to horizontal position, achieve Ballroom

Hold, lower arms to sides

13-16

3. Dance Demonstration

Demonstrate with a partner to music one 16 Bar sequence of each of the following dances: Fylde Waltz, Premier Two Step, Tango Solair and Wedgewood Blue Gavotte.

4. Knowledge and understanding

GRADE 3 (Minimum age 7 years)

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Preparation for Dance in 4/4 time

Forward and backward arm swings with Pliés, arms in parallel position	1-4
Alternate arm circles forward to backwards	5-8
Alternate side stretches raising arms then lowering to sides	9-12
Point forward to 4th position, point side to 2nd position, point backwards to 4th position rear and close. Repeat on opposite foot.	13-16

3. Dance Demonstration

Demonstrate with a partner to music one 16 Bar sequence of each of the following dances: Regis Waltz, Kensington Two Step, Tango Magenta and Saunter Revé.

4. Knowledge and understanding

Candidates must know and be able to show the 8 facing alignments.

Candidates must show the following foot positions: Forward, Diagonally forward, Side and slightly forward, Side, Side and slightly back, Diagonally back and Backwards.

5. Skill

Dance solo to music Bars 1 to 8 of the Regis Waltz.

Dance solo to music Bars 1 to 8 of the Boston Two Step.

6. Exit

Candidates will acknowledge and thank the examiner before leaving the examination room.

GRADE 4 (Minimum age 8 years)

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Preparation for Dance in 4/4 time

Forward and backward arm swings with Pliés, arms in parallel position	1-4
Alternate arm circles forward to backward	5-8
Alternate side stretches raising arms then lowering to sides	9-12
Point forward to 4th position, point side to 2 nd position, point backwards to 4th position rear and close. Repeat on opposite foot.	13-16

3. Dance Demonstration

Demonstrate with a partner to music one 16 Bar sequence of each of the following dances: Countess Waltz, Premier Two Step, Tango Solair and La Mascotte.

4. Knowledge and Understanding

Demonstrate Bars 9-12 of La Mascotte. Demonstrate a Gallopade

5. Skill

Dance solo to music 4 Bars of Reverse Waltz. Dance solo to music Tango Solair (16 Bars).

6. Exit

Candidates will acknowledge and thank the examiner before leaving the examination room.

GRADE 5 (Minimum age 9 years)

1. Entry

Each candidate will greet the Examiner and hand the examination report to him/her.

2. Preparation for Dance in 3/4 time

Commence in 3rd position- four Lilting Walks	1-4
Forward Balancé, Backward Balancé, repeated	5-8
Turning Pas Glissade, Pas Glissé, repeated	9-12
Solo Acknowledgement, Side Close to 3rd position, Side Close to 3rd position without weight	13-16

3. Dance Demonstration

Demonstrate with a partner to music The Waltz 8 Bars (Reverse Turns are not compulsory) and one 16 Bar sequence of each of the following dances:
Fylde Waltz, Rialto Two Step, Tango Magenta and Stardust Saunter.

4. Knowledge and understanding

Demonstrate and count the Walks in 2/4, 3/4, 4/4 and 6/8.

Demonstrate the Stardust Saunter, counting in slows and quicks.

5. Skill

Dance with a partner an 8 Bar sequence in any rhythm choreographed by the candidate using his/her own creative ability.

6. Exit

Candidates will acknowledge and thank the examiner before leaving the examination room.

MODERN SEQUENCE DANCE AWARDS

Read carefully the conditions and information.

Details of the standards required are to be found under Classical Sequence on the previous pages.

All Rumbas and Cha Cha Cha dances will be danced on the correct beat as specified in the Laird Technique of Latin Dancing by Walter Laird.

WINNING DANCES: A Winning Dance is described as any dance which has won an inventive dance competition approved by the British Dance Council. Scripts and charts for Championship Dances are available from International Sales.

DANCE GROUPS

Any winning dance in the following rhythms:

WALTZ	SALSA
QUICKSTEP	MAMBO
TANGO	BOSSA NOVA
FOXTROT	
RUMBA	
SAMBA	
CHA CHA CHA	
PASO DOBLE	
JIVE	

LEVELS

ONE DANCE AWARD: One dance in any rhythm.

BRONZE AWARD: Any two dances from different rhythms.

SILVER AWARD: Any three dances from different rhythms.

GOLD AWARD: Any four dances from different rhythms.

1ST TO 3RD GOLD BARS: Any four dances from different rhythms but to a higher standard with greater attention to footwork and timing.

IDTA STARS: Any four dances from different rhythms with greater attention to poise, posture and characterisation.

PRESIDENT'S AWARD: Any four dances from different rhythms with greater fluidity of movement and musical interpretation. Candidates may dance all Ballroom rhythms, all Latin rhythms, or a mixture of Ballroom and Latin rhythms.

INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL SUPREME CERTIFICATE: Syllabus as for President's Award

