

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January, 2017

The following is a list of the allowable figures, elements and or restrictions for the Bronze and Silver levels to be used in NDCA recognized Events. Even though Member Organizations of the NDCA have their own syllabi, this list of allowable figures, elements, and restrictions was developed to ensure a fair and even playing field for anyone entering closed syllabus competitions. Please check this list against your own syllabi to see which figures are allowed for NDCA sanctioned Competitions.

General Bronze American Style Level Restrictions

No continuity style in Bronze. Couples remain in a standing position at all times.

Spirals are not permitted in the Bronze level.

One underarm or solo turn at a time is the maximum allowed in the Bronze level

Elements and figures unique to one dance or style may not be used in another dance, unless specified.

Partners must start in a closed or open facing hold. No entrances are allowed in Closed American or International Style. For example, starting the Gold International Style Cha Cha with an allowed side by side amalgamation would constitute an “entrance”. A single curtsey facing partner in Viennese Waltz is allowed.

No embellishments of standard figures. No change of levels, head rolls, foot flicks, syncopations or delayed timings unless specifically approved.

American Style Waltz - Bronze Level

1. Left Closed Box/Reverse Turn Right Closed Box/Natural Turn	7. Natural Spin Turn (as International Style)
2. Forward Progressive/Change Step, right foot or left foot	8. Forward Twist to Left from P.P.
3. Underarm Turn to the Right two Measures/6 beats	9. Syncopated Chasse
4. Balance Steps, Hesitations, Fifth Position Breaks	10. Simple Grapevine or Zigzag -no Syncopation
5. Closed Twinkles; may be danced in any direction except Fallaway	11. In & Out Change Steps/Butterfly
6. Cross Body Lead from LF Fwd Hesitation or from 1 3 of Left Closed/Box Reverse Turn	

American Style Waltz Restrictions – Bronze Level

Partners may not completely separate. Open Work is limited to single or double hand holds, and may not last for more than eight (8) consecutive measures (24 beats).	No fallaway actions (whisks, 5th position breaks, etc. are not considered fallaway actions).
Open work may not comprise more than 25% of any routine.	No picture lines or figures; i.e. contra check, chair, oversways, lunges, etc.
No continuity style in Bronze Waltz, feet must be closed on three except on allowed figures.	No syncopations other than chasse from Promenade. No syncopated underarm turns.
No foot changes, fakes, shadow, tandem, solo, or same foot figures. Partners must always be on opposite feet.	Both feet must remain close to the floor at all times. (No aerial rondes, developes, etc.)
No consecutive pivots left or right, one (1) pivot is allowed.	No entrances are allowed. Partners must start in a closed or open facing hold.
No open left or right box turns.	One underarm turn is the maximum allowed in the Bronze level.

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American Style Waltz - Silver Level	
1. Open Left Box Turn & Open Right Box Turn	9. Weaves
2. Open Twinkles - Single, Progressive, Passing, Flip-Flops	10. Chair and Slip Pivot, Wing, Hairpins
3. Grapevine to Left or Right - single or double hand hold	11. Body & Picture Lines: Oversway, Contra Check, Same Foot Lunge, Right & Left Lunges, Explosions, Hovers – maximum of 2 measures.
4. Running Steps	12. Kicks, Rondes, Developes' no more than waist high
5. Traveling Crosses	13. Standing Spins – Up to 2 measures with 1 syncopation allowed
6. Syncopated Locks	14. Continuous Partnership Pivots-Up to 2 measures with 1 syncopation allowed
7. Syncopated Underarm Turns-One syncopation per measure	15. Swivels: Fans, Gem, Zig-Zag, Outside
8. Fallaway Reverse Turn Slip Pivot, Fallaway Grapevine	
American Style Waltz Restrictions – Silver Level	
No entrances allowed; partners must start in a closed or open facing hold.	Shadow work restricted to 8 measures
Partners may not completely separate for more than 1 measure.	Single or double hand hold in facing and shadow positions may not comprise more than 50% of a routine. Routine must be comprised of at least 50% Closed Position.
No dips or drops below the waist level. No knee drops, sit drops, or floor slashes, Sitting Hens, Horse & Cart, Pot Stirrers, Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways, Tandem Position	
American Style Tango - Bronze Level	
1. Tango Walks, All Slows	8. Rocks closed or P.P. May be danced w/ or w/o turn to left or right in any direction
2. Forward Basic, Closed or O.P. SSQQS timing only	9. Single Pivot from P.P.
3. Promenade turning to left or right, SSQQS timing only	10. Linking action to and from P.P.
4. Corte	11. Left Reverse Turn, Open or Closed
5. Open Fan	12. Under Arm Turn Left or Right from Open Fan
6. Open Fan to Same Foot Rocks, Shadow Rocks, Shadow Rocks in Promenade	13. Twist Turn to Left or Right from P.P.
7. Right Side Fan/Outside Swivel	14. Running Step/Progressive Side Step/Argentine Walks-basic w/alternative rhythm
American Style Tango Restrictions -Bronze Level	
Partners may not completely separate. Open Work is limited to single or double hand holds, and may not last for more than 32 consecutive beats, (16 measures counted in 2/4 time).	No fallaway actions (whisks, 5 th position breaks, etc. are not considered fallaway actions).
No foot changes, fakes, shadow, tandem, solo, or same foot figures. Partners must always be on opposite feet except for #6 above, Same Foot Rocks/Shadow Rocks. Shadow Rocks are Allowed.	No consecutive pivots left or right, one (1) pivot is allowed.
Both feet must remain close to the floor at all times. No aerial rondes, developes, ganchos, or hooks, etc.	No more than four 4 consecutive quicks.
No syncopations except brush point in the Open Fan (&S).	No entrances are allowed. Partners must start in a closed or open facing hold.
Although the Corte is permitted, other picture lines i.e. contra check, chairs, oversways, lunges, etc. are not allowed.	One underarm turn is the maximum allowed in the Bronze level.

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American Style Tango - Silver Level

1. Open Right Turn	8. Swivels: Fans, Zig-Zag, Outside, Inside
2. Syncopated Locks & Chasses	9. Kicks, Rondes, Developes no more than waist high
3. Syncopated Underarm Turns-up to two syncopations allowed	10. Ganchos/Hooks, Leg Crawls
4. Fallaway actions	11. Continuous Partnership Pivots-Up to 2 measures with 1 syncopation allowed
5. Chair and Slip Pivot,	12. Standing Spin - Up to 2 measures with 1 syncopation allowed
6. Fallaway Reverse Turn Slip Pivot	13. Back to Back, Traveling Cross
7. Body/Picture Lines: Oversway, Same Foot Lunge, Contra Check, Right & Left Lunges, Explosion, Spanish Drag - maximum of 2 measures.	14. Viennese Crosses

American Style Tango Restrictions – Silver Level

No entrances allowed; partners must start in a closed or open facing hold.	Single or double hand hold in facing and shadow positions may not comprise more than 50% of a routine. Routine must be comprised of at least 50% Closed Position.
Partners may not completely separate for more than 1 measure.	Shadow work restricted to 8 measures
No dips or drops below the waist level. No knee drops, sit drops, or floor slashes, Sitting Hens, Horse & Cart, Pot Stirrers, Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways, Tandem Position	

American Style Foxtrot – Bronze Level

1. Forward Basic, Closed or O.P. with or without quarter turn - SSQQ	8. Closed Twinkle, may be danced in any direction except Fallaway, must close feet - SQQ
2. Back Basic, Closed or O.P. with or without quarter turn - SSQQ	9. Single Promenade Pivot - SSQQ
3. Promenade - SSQQ	10. Syncopated Chasse - SQQSQ&QSQQ
4. Rock Turn/Ad Lib to Left or Right - SSQQ	11. Forward twist to left from promenade - SSQQ
5. Underarm Turn to the Right two Measures, 8 beats - SQQSQ	12. Sway step/Side Balance - SSQQ
6. Left Closed Box/Reverse Turn - SQQ	13. Promenade Underarm Turn - SSQQ
7. Cross Body Lead - SQQ	14. Simple Grapevine or Zigzag, 8 quicks maximum. No Syncopations

American Style Foxtrot Restrictions – Bronze Level

Partners may not completely separate. Open Work is limited to single or double hand holds, and may not last for more than eight (8) consecutive measures (32 beats)	No syncopations other than chasse from Promenade No syncopated underarm turns
Open work may not comprise of more than 25% of any routine	No consecutive pivots right or left, one (1) pivot is allowed
No continuity style in Bronze Foxtrot except Grapevines and Chasses	No picture lines or figures i.e. oversways, contra check, chair, lunges, etc.
No foot changes, fakes, solo, shadow, tandem, or same foot figures. Partners must always be on opposite feet	No fallaway actions (whisks, 5 th position breaks, etc. are not considered fallaway actions).
Timing is limited to SSQQ or SQQ in Bronze Foxtrot except for Grapevine actions	Both feet must remain close to the floor at all times. No aerial rondes, developes, etc.
Continuous quicks are NOT permitted except in the Simple Grapevine (#14) or extra chasses/side steps.	No entrances are allowed. Partners must start in a closed or open facing hold.
No more than eight (8) quicks, or 2 measures, of a grapevine/zig zag action and must finish with the feet closed	One underarm turn is the maximum allowed in the Bronze level.

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American Style Foxtrot– Silver Level	
1. Open Left Turn	9. Traveling Cross
2. Open Right Turn	10. Weaves
3. Open Twinkles - Single, Progressive, Passing, Flip-Flops	11. Body/Picture Lines: Oversway, Same Foot Lunge, Contra Check, Right & Left Lunges, Explosion, Hover - maximum of 2 measures.
4. Running Steps	12. Kicks, Rondes, Developes no more than waist high
5. Syncopated Locks	13. Standing Spin - Up to 2 measures with 1 syncopation allowed
6. Syncopated Underarm Turns one syncopation per measure	14. Continuous Partnership Pivots up to 2 measures with 1 syncopation allowed
7. Chair and Slip Pivot, Wing, Hairpins	15. Swivels: Fans, Gem, Zig-Zag, Outside
8. Fallaway Actions, Fallaway Reverse Turn Slip Pivot	
American Style Foxtrot Restrictions– Silver Level	
No entrances allowed; partners must start in a closed or open facing hold.	Single or double hand hold in facing and shadow positions may not comprise more than 50% of a routine. Routine must be comprised of at least 50% Closed Position.
Partners may not completely separate for more than 1 measure.	Shadow work restricted to 8 measures
No dips or drops below the waist level. No knee drops, sit drops, or floor slashes, Sitting Hens, Horse & Cart, Pot Stirrers, Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways, Tandem Position	
American Style Viennese Waltz – Bronze Level	
1. Left Turns/Reverse Turns	6. Underarm Turn from Fifth Position Break or Cross Body Lead.
2. Right Turns/Natural Turns	7. Closed Twinkle-May be danced in any direction or alignment
3. Progressive/Change Steps	8. In & Out Change steps/ Butterfly
4. Balance Steps/Hesitations/Fifth Position Breaks	9. Left box w/ left or right underarm turn
5. Cross Body Lead and Underarm Turn	
American Style Viennese Waltz Restrictions– Bronze Level	
Open work may not comprise of more than 25% of any routine	No open left or right box turns
Syncopations are not permitted.	No consecutive pivots right or left, one (1) canter pivot is allowed
No foot changes, fakes, solo, shadow, tandem, or same foot figures.	Partners may not completely separate.
Open Work is limited to single or double hand holds, and must finish by the eighth (8 th) measure of music (24 beats) from where the action is commenced.	

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American Style Viennese Waltz – Silver Level	
1. Left and Right Turns with Underarm Turns	9. Canter Lilts and Canter Spins
2. Progressive Fifth Positions	10. Canter Pivots Up to 2 measures
3. Open Left Turn	11. Body/Picture Lines: Oversway, Same Foot Lunge, Right & Left Lunges, Contra Check, Explosion, Hover - maximum of 2 measures.
4. Open Right Turn	12. Standing Spin - Up to 2 measures with 1 syncopation allowed
5. Open Twinkles-Single, Progressive, Passing, Flip-Flop	13. Kicks, Rondes, Developes no more than waist high
6. Spot Turn Combinations	14. Swivels: Fans, Gem, Outside, Reverse
7. Chair and Slip Pivot	15. Parallel Runs, Traveling Cross
8. Fallaway Position	
American Style Viennese Waltz Restrictions – Silver Level	
No dips or drops below the waist level. No knee drops, sit drops, or floor slashes, Sitting Hens, Horse & Cart, Pot Stirrers, Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways, Tandem Position	Single or double hand hold in facing and shadow positions may not comprise more than 50% of a routine. Routine must be comprised of at least 50% Closed Position. Shadow work restricted to 8 measures
Partners may not completely separate for more than 1 measure.	No entrances allowed; partners must start in a closed or open facing hold.
American Style Cha Cha - Bronze Level	
1. Basic Step, Closed, Single or Double Handhold	8. Cross Over Break with Swivel
2. Cross Over Breaks - single only - no timing changes	9. Fifth Position Breaks
3. Offset Breaks - O.P.	10. Cross Body Lead - May end in Closed, Open or Open Counter Promenade Positions
4. Open Break	11. Three Cha Chas - chasses may be danced forward or back or side
5. Underarm Turn left or right	12. Back spot turn / Natural Top
6. Walk Around Turns. May be danced under arm or free turn to Right or Left	13. Parallel Breaks/Sweetheart/Cuddle - Same foot is allowed on this pattern
7. Chase Turns ½ Turn or Full	
American Style Cha Cha Restrictions - Bronze Level	
Partners must use basic Cha Cha timing. No guapacha or other timing changes allowed except the 2&3 chasse in the Three Cha Chas.	No foot changes or fakes, partners must always be on opposite feet except for #13 above
No syncopated turns except for the Underarm Turn Left if danced on the 4&1	Both feet must remain close to the floor at all times. No aerial rondes, developes, etc.
Partners may not completely separate for more than one measure of music except Chase Turns	No entrances are allowed. Partners must start in a closed or open facing hold
One underarm or solo turn is the maximum allowed in the Bronze level.	No freezes/holds or picture lines allowed

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American Style Cha Cha - Silver Level	
1. Open Boxes	6. Twinkles
2. Back to Back, Paseo, Aida, Grapevines	7. Swivels, Push Away Actions, Knee Lift
3. Guapacha Timing & Syncopated Breaks, Cucarachas, and Cuban Breaks - no more than 2 measures	8. Foot Flicks, Rondes, and Develope' Actions no more than waist high
4. Half Moon	9. Forward Spot/Reverse Top
5. Challenge	10. Man's Foot Changes
American Style Cha Cha Restrictions - Silver Level	
No entrances allowed. Partners must start in a closed or open facing hold. Couples remain in a standing position at all times.	No dips or drops below waist level. No knee drops, sit drops, floor slashes, sitting hens, horse and carts, pot stirrers, or standing spins for man or lady are allowed.
Partners may not completely separate for more than two measures of music with the exception of chase turns and chase turn variations	Continuous partnership pivots are allowed up to two measures but may include only one syncopation.
American Style Rumba - Bronze Level	
1. Box Step	7. Open Break - May end in Closed, Open or Open Counter Promenade Positions
2. Cuban Walks - Closed and Open may be danced in side by side position	8. Cross Over Breaks
3. Underarm Turn to Right or Left	9. Offset Breaks O.P.
4. Rock Steps & Breaks Forward, side or back	10. Walk Around Turn May be danced under arm or free turn to Right or Left
5. Cross Body Lead/Turn may end in Closed, Open or Open Counter Promenade Positions	11. Back Spot Turn/ Natural Top
6. Fifth Position Breaks	
American Style Rumba Restrictions - Bronze Level	
Partners may not completely separate for more than one measure of music	One underarm or solo turn is the maximum allowed in the Bronze level
The timing for Bronze Rumba may be either SQQ or QQS. No other timing is permitted, no foot changes or fakes, partners must always be on opposite feet.	No entrances are allowed. Partners must start in a closed or open facing hold
Both feet must remain close to the floor at all times. No aerial rondes, developes, etc.	No freezes/holds or picture lines allowed
American Style Rumba - Silver Level	
1. Open Boxes	8. Spiral Actions: Rope Spinning, Curl, Spiral
2. Snap, Quick and Double Underarm Turns	9. Swivels
3. Grapevine	10. Solo Spin Exits
4. Fencing Lines	11. Syncopated Figures using no more than 2 measures/bars
5. Forward Spot Turn, Reverse Top, Continuous Forward & Back Spot Turns with or without UAT	12. Man's Foot Changes
6. Back to Back, Paseo, Aida	13. Rondes and Develope' Actions-No more than waist high
7. Parallel Walks	
American Style Rumba Restrictions - Silver Level	
No entrances allowed. Partners must start in a closed or open facing hold.	No dips or drops below waist level. No knee drops, sit drops, floor slashes, sitting hens, horse and carts, pot stirrers, or standing spins for man or lady are allowed.
Partners may not completely separate for more than two measures of music with the exception of chase turns and chase turn variations	Continuous partnership pivots are allowed up to two measures but may include only one syncopation.

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American Style Swing - Bronze Level

1. Basic w/ or w/o Turn left or right	9. Lindy Whip - up to four quicks
2. Underarm Turn to Right	10. Hitch Kicks
3. Underarm Turn to Left	11. Lindy Whip with underarm turn L or R or hand change rollout- up to 4 quicks
4. Throwaway	12. Stop and Go/Peek-a-Boo
5. Tuck in Turn/American Spin/Free Spin	13. Back Walks & Points
6. Continuous Tuck in Turn –maximum of 4 consecutive chasses	14. Swing Walks/Promenade Walks/ Jive Walks
7. Back Pass/change hands behind back	15. Sugar Foot Swivels/ Chicken Walks, – no more than 4 quicks
8. Sweetheart/Cuddle/Wrap	

American Style Swing Restrictions - Bronze Level

Partners may not separate completely for more than one measure of music	No foot changes or fakes, partners must always be on opposite feet
No side by side work is allowed in Bronze	Both feet must remain close to the floor at all times. No aerial rondes, developes, etc.
One underarm or solo turn is the maximum allowed in the Bronze level	Use of hand shake holds, double hand holds are permitted
No hopping, skipping actions, freezes/holds or picture lines allowed	No entrances are allowed. Partners must start in a closed or open facing hold
No continuous chasses, 1&2&3&4&	No swivel action figures, Except for Sugar foot swivels.
No more than 4 consecutive chasses, 1&2, 3&4, 5&6, 7&8	

American Style Swing - Silver Level

1. Swiveling Actions: Toe-Heel Swivels, Fallaway, Boogie Woogie, etc.	
2. Sailor Shuffles	8. Solo Spins
3. Double Underarm Turns	9. Skipping and Hopping Actions and Freezes/Holds -No more than 4 beats
4. Lindy Wraps	10. Head Loops, Miami Special
5. Pushaway Actions	11. Manhattan
6. Tunnels	12. Foot Flicks, Rondes, and Developé' Actions -No more than waist high
7. Progressive & Continuous Chasses	13. Man's Foot Changes

American Style Swing Restrictions - Silver Level

No entrances allowed. Partners must start in a closed or open facing hold.	No dips or drops below waist level. No knee drops, sit drops, floor slashes, sitting hens, horse and carts, pot stirrers, or standing spins for man or lady are allowed.
Partners may not completely separate for more than two measures of music with the exception of chase turns and chase turn variations	Continuous partnership pivots are allowed up to two measures but may include only one syncopation.

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American Style Bolero - Bronze Level

1. Basic	7. Free Walk Around Turn from Cross Over
2. Open Break - Man may use Flex Point	8. Side Passes Left and Right
3. Fifth Position Breaks	9. Open Cuban Walks, Open and Closed Positions - may be danced in side by side position
4. Cross Over Breaks	10. Rock steps - May be danced in any direction
5. Cross Body Lead - May end in Closed, Open or Open Counter Promenade Positions	11. Back spot turn / Natural Top
6. Underarm Turns to Left and Right	

American Style Bolero Restrictions - Bronze Level

Partners may not completely separate for more than one measure of music	Both feet must remain close to the floor at all times. (No aerial rondes, developes, etc.).
Timing for Bolero must be SQQ. No other timing is permitted. No syncopations allowed.	No entrances are allowed. Partners must start in a closed or open facing hold
One underarm or solo turn is the maximum allowed in the Bronze level	No freezes/holds or picture lines allowed
No foot changes or fakes. Partners must always be on opposite feet	

American Style Bolero - Silver Level

1. Syncopated Figures, Turns, Spins, Solo Spin exits - No more than <u>two</u> syncopations per measure.	7. Spiral Actions, Rope Spinning, Curl, Spiral
2. Grapevine	8. Forward Spot/Reverse Top
3. Swivels	9. Continuous Forward/Back Spot Turns with or without Underarm Turn
4. Back to Back, Paseo, Aida	10. Body Lines: Oversway, Contra Check, Same Foot Lunge, R/L Side Lunges, Explosion
5. Continuous and Double Underarm Turns	11. Rondes and Developé' Actions no more than waist high
6. Parallel Walks	12. Man's Foot Changes

American Style Bolero Restrictions - Silver Level

No dips or drops below waist level. No knee drops, sit drops, floor slashes, sitting hens, horse and carts, pot stirrers, or standing spins for man or lady are allowed.	
Partners may not completely separate for more than two measures of music with the exception of chase turns and chase turn variations	Continuous partnership pivots are allowed up to two measures but may include only one syncopation

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American Style Mambo - Bronze Level	
1. Basic, open, closed, progressive w/ or w/o turn to right or left	9. Chase Turns ½ or full
2. Open Break	10. Side Breaks
3. Offset Breaks O.P.	11. Promenade Walks
4. Fifth Position Breaks	12. Cross Over Break with Swivel
5. Cross Over Breaks	13. Progressive Walks
6. Underarm Turn to Right and Left	14. Parallel Breaks/Sweetheart/Cuddle - same foot is allowed
7. Walk Around Turn to left or right	15. Back spot turn / Natural Top
8. Cross Body Lead - May end in Closed, Open or Open Counter Promenade Positions	
American Style Mambo Restrictions - Bronze Level	
Partners may not completely separate for more than one measure of music	No entrances are allowed. Partners must start in a closed or open facing hold
No foot changes or fakes. Partners must always be on opposite feet except for #14 above	One underarm or solo turn is the maximum allowed in the Bronze level
Both feet must remain close to the floor at all times. No aerial rondes, developes, etc.	No hopping, skipping actions, freezes/holds or picture lines allowed
American Style Mambo - Silver Level	
1. Open Boxes	9. Back to Back/Paseo/Aida
2. Passes & Riff Turns	10. Parallel Walks & Turns
3. Double Underarm Turns	11. Forward Spot/Reverse Top
4. Spiral Actions: Rope Spinning, Curl, Spiral	12. Continuous Forward/Back Spot Turns with or without Underarm Turn
5. Head Loops/Neck Wraps	13. Kick Styling & Knee Lifts
6. Grapevine	14. Skipping and Hopping Actions and Freezes/Holds -No more than 4 beats
7. Half Moon	15. Foot Flicks, Rondes and Developé' Actions
8. Swivels	16. Man's Foot Changes
American Style Mambo Restrictions - Silver Level	
No entrances allowed. Partners must start in a closed or open facing hold.	No dips or drops below waist level. No knee drops, sit drops, floor slashes, sitting hens, horse and carts, pot stirrers, or standing spins for man or lady are allowed.
Partners may not completely separate for more than two measures of music with the exception of chase turns and chase turn variations	Continuous partnership pivots are allowed up to two measures but may include only one syncopation.

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<u>Peabody - Bronze Level</u>	
1. Six & Eight Count Right Turns	5. Twinkles - Forward & Backward
2. Six & Eight Count Left Turns	6. Right & Left Underarm Turns
3. Running Steps / Gallops	7. Grapevines
4. Locks - Forward & Backward	
<u>Peabody Restrictions - Bronze Level</u>	
1. May not separate completely. Open work limited to single or double hand holds and may not last for more than 4 consecutive measures (8 beats).	6. No picture line or figures i.e. oversways, contra checks, chairs, lunges, etc.
2. Open work may not comprise of more than 25% of any routine.	7. No fallaway actions, Whisks, 5 th position breaks, etc. are not considered fallaway actions
3. No foot changes/fakes, partners must always be on opposite feet.	8. One underarm or solo turn is the maximum allowed in the Bronze level.
4. No solo, shadow, or same foot figures	9. Both feet must remain close to the floor at all times. No aerial rondes, developes, etc.
5. Continuous quicks are not permitted except in running steps/gallops and grapevines. No more than eight quicks.	10. No entrances are allowed. Partners must start in a closed or open facing hold
<u>American Style Samba - Bronze Level</u>	
1. Basic - Closed or box, w/ or w/o turn	7. Twinkles/Bota Fogos, Single, Double, Progressive, Forward & Back, PP & CPP
2. Side Basic/5th Position/Whisk	8. Open or Progressive 5th Positions
3. Left or Right Underarm Turns	9. Open Break
4. Extended Basic - Chasses	10. Cross Body Lead
5. Promenade/Samba Walks/Rocks/Conversas, Copas	11. Voltas
6. Open Counter Promenade/Samba Walks/Rocks	
<u>American Style Samba Restrictions - Bronze Level</u>	
1. Partners may not completely separate for more than 4 beats of music.	5. Both feet must remain close to the floor at all times. No aerial rondes, developes, etc.
2. No side by side work allowed.	6. Double-hand holds and hand-shake holds are allowed.
3. One underarm or solo turn is the maximum allowed in the Bronze level	7. No entrances are allowed. Partners must start in a closed or open facing hold
4. No foot changes/fakes, partners must always be on opposite feet.	
<u>Merengue - Bronze Level</u>	
1. Chasses - Forward, Backward, Side	6. Back Spot Turn / Natural Top
2. Walks - Forward, Backward, Promenade	7. Wrap/Cuddle/Sweetheart
3. Basic Left or Right Underarm Turns	8. Ibo Walks
4. 5th Position Breaks	9. Promenade Swivels

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5. Left Rock Turns	10. Pretzel/Hammerlock
<u>Merengue Restrictions - Bronze Level</u>	
1. Partners must use basic Merengue timing except in Ibo Walks	5. No foot changes/fakes, partners must always be on opposite feet.
2. Slow & Quick chasses are permitted	6. Both feet must remain close to the floor at all times. No aerial rondes, developes, etc.
3. No syncopations allowed except in quick chasses – maximum 4 beats	7. Partners may not completely separate more than one measure of music except in Ibo Walks.
4. One underarm or solo turn is the maximum allowed in the Bronze level	8. No entrances are allowed. Partners must start in a closed or open facing hold
<u>West Coast Swing - Bronze Level</u>	
1. Basic/Sugar Push	5. Basic Whip
2. Passes & Underarm Turns Left & Right	6. Basket/Wrap Whip
3. Tuck In Turns	7. Whip w/ Underarm Turn Left or Right or hand change rollout.
4. Wrap/Cuddle/Sweetheart	8. Hitch Kicks
<u>West Coast Swing Restrictions - Bronze Level</u>	
1. Partners may not separate completely for more than one measure of music (4 beats)	6. Both feet must remain close to the floor at all times. No aerial rondes, developes, etc.
2. No side by side work allowed	7. Use of hand-shake holds, double hand holds are permitted
3. One underarm or solo turn is the maximum allowed in the Bronze level	8. Syncopated spins are not allowed
4. No more than six consecutive quicks allowed in whips	9. No entrances are allowed. Partners must start in a closed or open facing hold
5. No foot changes/fakes, partners must always be on opposite feet	
<u>Hustle - Bronze Level</u>	
1. Basic - in place, turning left or right, closed or open position	6. Underarm or solo Spin to Left - 1 ½ turns maximum
2. Left or Right Underarm Turns	7. Throwaway
3. Wrap/Cuddle/Sweetheart	8. Back Pass
4. Pretzel/Hammerlock	9. Shoulder Drapes / Head Combs
5. New York Walks	
<u>Hustle Restrictions - Bronze Level</u>	
1. The timing for hustle is &1,2,3 or 1,2&3 or 1,2,3,4. No extra syncopations.	4. No continuous spins.
2. Partners may not separate completely for more than one measure of music (4 beats).	5. Both feet must remain close to the floor at all times. No aerial rondes, developes, etc.
3. No side by side work allowed.	6. Use of hand-shake holds double hand holds are permitted.

Gold American Style Smooth & Rhythm Restrictions

(Note: There are no Figures or Elements for the closed Gold Level)

Couples may dance all of the Bronze and Silver figures with the following additions and/or modifications.

1. Partners must start in a closed or open facing hold. No entrances are allowed in Closed American or International Style. For example, starting the Gold International Style Cha Cha with an allowed side by side amalgamation would constitute an “entrance”. A single curtsy facing partner in Viennese Waltz is allowed.
2. All picture lines are allowed up to a maximum of 3 measures.
3. Supported picture lines are allowed up to a maximum of 3 measures provided they are above standing waist level.
4. No lifts are allowed.
5. Partners may not completely separate for more than 4 measures in a row then must regain a connection for at least 2 measures before releasing hold again.
6. Standing spins may be danced for up to 3 measures. – Both feet must remain on the floor.
7. Continuous partnership pivots for up to 3 measures with no more than 2 syncopations are allowed.
8. Closed Dance Holds must comprise 25% of the routine.
9. Closed Holds include Closed Dance Position, Fallaway, Counter Fallaway, L and R Outside Partner, Promenade Position, Counter Promenade.

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International Notes, Dance Positions & Holds

Special notes and restrictions for all dances

1. ***Partners must start in a closed or open facing hold. No entrances are allowed in Closed American or International Style. For example, starting the Gold International Style Cha Cha with an allowed side by side amalgamation would constitute an “entrance”. A single curtsey facing partner in Viennese Waltz is allowed.*
2. Couples remain in a standing position at all times.
3. Couples dance only figures for the level entered. i.e. Bronze, Silver, Gold but Figures from lower levels can also be used.
4. Make special note that some lower level figures have developments at a higher level. For example, in the Rumba and Cha Cha, the Fan is Bronze, but the Fan Development is Silver. This is noted with an asterisk * beside the figure.
5. Couples must use the dance position hold allowed for the figure and level being danced as noted in the charts below.
6. Positions given in the charts below are with hold unless noted as “no hold” or “release hold”. When allowed, partners may only release hold for a maximum of two bars before regaining an allowable hold.
7. At no time in any of the allowable positions are the couples further away from each other than a comfortable arms length. The only exception is the There and Back in Cha Cha.
8. Couples must use only the acceptable timing for the figure and level being danced
9. When a timing in a figure has no weight change that is noted by putting that count in parenthesis. For example, Rumba timing 2,3,4(1)

Descriptions of Allowable Dance Position and Holds

“Normal Hold” (classic hold) - partners facing each other in closed position, promenade position, counter promenade position or outside partner. Man holding lady’s right hand in his left hand, mans R hand on lady’s back and lady’s hand on the man’s left arm or shoulder. Hold may vary slightly depending on the “position” and distance of the partners to one another.

Closed Position - facing partner, slightly apart - includes outside partner for shoulder to shoulder

- a. normal hold – allowed in all dances
- b. man’s left hand holding ladies right hand
- c. man’s right hand holding ladies left hand – not in Paso Doble

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d. No hold – maximum 2 consecutive bars –Rumba and Cha Cha only.

Contact Position – Facing partner with light body contact and normal hold.

Open Position – facing and away from partner, approximately at arms length.

Left hand holding Lady’s right hand.

a. right hand holding lady’s right hand

b. no hold – rumba and Cha Cha only

c. double hold, left hand holding lady’s right hand and right hand holding lady’s left hand.

Fan Position – Lady at 90 degree angle to man on his left side on an imaginary line about 6 inches in front of him. Left hand holding lady’s right hand, man’s feet apart, weight on RF, lady LF back, weight on LF.

Promenade Position – Lady on man’s right side with the man’s right and lady’s left side towards each other, and the opposite side of the body turned outwards to form the shape of a ‘V’. Normal Hold.

Open Promenade Position - Lady on Man’s right side with the Man’s right and Lady’s left side towards each other, slightly apart, and the opposite side of the body turned outwards to form the shape of a ‘V’. Normal Hold.

a. Right hand holding Lady’s left hand – rumba and cha cha only

b. Left hand holding Lady’s right hand

c. No hold - rumba and cha cha only

d. Right hand on lady’s back, left to right hand hold released – Gold Samba only

e. Double hand hold – Jive toe Heel Swivels Break Ending

Counter Promenade Position – Lady on man’s left side with man’s left side and lady’s right side towards each other, slightly apart, and the opposite side of the body turned outwards to form the shape of a “V”. Normal Hold

Open Counter Promenade Position – Lady on man’s left side and Lady’s right side towards her partner, slightly more apart than Counter Promenade Position, and the opposite side of the body turned outwards to form the shape of a ‘V’ – normal hold.

a. Left hand holding Lady’s right hand.

b. No hold – Rumba, Cha Cha and Silver Jive only

c. Left hand on lady’s back – Gold Samba only

Right Side Position – Lady on Man’s right side, both facing the same way. Normal Hold, right to left hand hold, Alternative hold - Man’s Right hand/arm on or across Lady’s back and Lady’s Left hand/arm on or across the man’s shoulder. man’s left hand (lady’s right hand released), or no hold.

Left Side Position - Lady on Man’s left side, both facing the same way. Left to right hand hold, Alternative hold - Man’s left hand/arm on or across Lady’s back and Lady’s right hand/arm on or across the man’s shoulder. Man’s right hand and lady’s left hand released, no hold.

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Tandem Position - Lady directly in front or behind the Man, both facing the same way. With or without hand hold depending on the figure.

Right Shadow Position – Lady on man’s right side slightly in advance, both facing the same way. Lady can be behind the man cha cha Turkish towel.

- Hold 1 – right hand placed on or just below lady’s right shoulder blade, left hand holding lady’s left hand, wrist or lower arm.
- Hold 2 – Right arm is behind lady’s back, right hand holding her left hand and left hand holding her right hand. Lady’s arms across front of her body just below chest level with her right arm above her left arm (‘cuddle hold’)
- Hold 3 – Right hand placed on or just below Lady’s right shoulder blade, left hand holding her right hand in front of the bodies just below chest level. The lady’s left arm is held across the front of her body, either just below or above the joined hands.

Left Shadow Position - Lady on man’s left side, slightly in advance or slightly behind the man, both facing the same way.

Right Contra Position – Man and Lady moving, or positioned to move. Towards partner’s right side. Partners on the same foot. Gold Samba only

Left Contra Position – Man and Lady moving, or positioned to move, towards partner’s left side. Partners on the same foot. Gold Samba only

Fallaway – As promenade position moving in a backwards direction.

Inverted Promenade – Lady on man’s right side, almost back to back, with man’s right side and lady’s left side towards each other about 12 inches apart, and the opposite side of the body turned outwards to form the shape of a “V”. Right hand holding lady’s left hand or no hold.

Inverted Counter Promenade – Lady on man’s left side, almost back to back. Man’s left side and lady’s right side towards each other about 12 inches apart, and the opposite side of the body turned outwards to form the shape of a “V”. Left hand holding lady’s right hand or no hold.

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INTERNATIONAL STYLE CHA CHA CHA

note: figures with an * have a development at a higher level.

	Bronze Cha Cha figures	Timing	Position and Dance Holds
1	Basic Movements		
	Closed	23,4&1,23,4&1	Closed Position Normal Hold
	Open	23,4&1,23,4&1	Closed or Open Position L to R hold
	In place	23,4&1,23,4&1	Closed Position Normal Hold
	Alternative Basic (from Rumba)	23,4&1,2&3,4&1	Closed Position Normal Hold or no hold (max 2 bars)
*	2 New York to Left or Right Side Position	23,4&1	LSP L hand hold or RSP R hand hold
	3 Spot Turns to Left or Right	23,4&1	RSP or LSP, release hold (one bar), regain hold for next figure
	Switch Turns Left or Right	23,4&1	RSP or LSP, release hold (one bar), regain hold for next figure
	Underarm Turns (UA) Left or Right	23,4&1	Left to Right hand hold.
	4 Shoulder to Shoulder (left side or right side)	23,4&1	O. Partner L side or R side. Normal, L to R , 2 hand hold,no hold
	5 Hand to Hand- Right Side Position	23,4&1	RSP R to L hand hold or Alt RSP hold, end in closed or RSP
	Left Side Position		LSP L to R hand hold or Alt LSP hold, end in closed or LSP
	6 Three Cha Cha Cha's (forward and back)	23,4&1,2&3,4&1	Closed or Open Position, Normal, L to R, double, or no hold
	Forward in RSP	23,4&1,2&3,4&1	RSP R to L hand hold or Alt.RSP Hold (last 3 steps can face partner)
	Forward in LSP	23,4&1,2&3,4&1	LSP L to R hand hold or Alt. LSP Hold (last 3 steps can face partner)
	7 Side Steps (to Left or Right)	23,4&1	Closed Position Normal Hold or L to R hand hold
	8 There and Back	23,4&1,23,4&1	Closed Position, ** Open with no hold, Regain hold
*	9 Time Steps	23,4&1	Closed or Open Position without hold
*	10 Fan	23,4&1,23,4&1	Closed to Fan Position
*	11 Alemana	23,4&1,23,4&1	Fan position, underarm turn, Closed position.
*	12 Hockey Stick	23,4&1,23,4&1	Fan position, L UA turn, open position
*	13 Natural Top	23,4&1 -1 or 3 bars	Closed Position Normal Hold
*	14 Natural Opening Out Movement	23,4&1	Normal Hold throughout, Closed position,RSP,end in Closed Position
	15 Closed Hip Twist	23,4&1,23,4&1	Normal Hold Closed position to RSP, end in Fan Position
	Bronze Alternative Cha Cha timings - none		
	Bronze Alternative Cha Cha Positions and Holds		
	Figures with "no hold" can be done for a maximum of 2 consecutive bars then regain an allowable hold for the next figure.		
	Bronze - 1. Closed Basic Movement can end in Open CPP		
	Bronze - 8. ** There and Back is the only figure where the partners are further apart than a comfortable arms reach.		
	Bronze -11. Alemana- may end in Open CPP, or towards partners Right Side to follow with opening out movement or closed hip twist.		
	Bronze -11. Alemana may also Commence in open position L to R hand hold (Lady will make one complete turn on this Alemana)		
	Bronze -12 Hockey Stick can end in Open CPP or side and sl fwd for shoulder to shoulder.		
	Bronze -15. closed hip twist can also end in open position and open Counter Promenade Position.		
	Bronze Special Cha Cha notes:		
	1. Spot Turns, Switch Turns and Underarm turns (Lady) may rotate up to one full turn over a bar of music		
	2. Partners are on opposite feet at all times, except on the Chase Turn in Silver and Foot Changes at Gold Level		
	3. Bronze-alternative to compact chasse danced on 3-5 of Alemana and Hockey stick, man may dance LF side, replace RF and close LF to RF 4&1.		
	4. Bronze-a Cuban break chasse 4&1 may be danced by the man on steps 8,9,10 of the Alemana or Hockey Stick.		

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	Silver Cha Cha figures	Timing	Position and Dance Holds
16	Open Hip Twist	23,4&1,23,4&1	Open Position L to R hand hold, end in Fan Position
17	Reverse Top	23,4&1 3 bars	Contact Position Normal Hold throughout
18	Opening out from Reverse Top	23,4&1	Contact Position Normal Hold to end in Fan Position
19	Aida	23,4&1	Contact Position Normal Hold, end in LSP L to R Hand Hold
	Ending #1 Rock and spot turn	23,4&1,23,4&1	LSP L to R Hand Hold, release hold, end in closed or LSP L to R Hold
	Ending #2 Switch and UA turn to R	23,4&1,23,4&1	LSP L to R Hand Hold, Closed Position, UA turn, end Closed Pos.
20	Spiral Turns (Lady)		
	Spiral (Left Underarm)	23,4&1,23,4&1	Closed Pos. Normal Hold to RSP ,spiral UA L, End in Fan Position
	Curl (Left Underarm)	23,4&1,23,4&1	Open Position L to R Hand Hold, Curl UA L, end in Fan Position
	Rope Spinning	23,4&1,23,4&1	Lady on man's R side facing opposite direction. L to R Hand Hold
	(Spiral Right UA on end of prev figure)		Lady fwd behind man's back, LSP, end in Closed Position
* 21	Cross Basic	23,4&1,23,4&1	Closed Position Normal Hold throughout.
22	Cuban Breaks	2&3&4&1	Closed or Open Position, Open PP, Open CPP, RSP, LSP with or without hold
	Split Cuban Breaks	2&3,4&1	Closed or Open Position, Open PP, Open CPP, RSP, LSP with or without hold
23	Chase- Man (first and 4th bar 2(3)4&1)	23,4&1 4 bars	Open Position No Hold, Tandem Position lady behind, Lady in front,
	Lady	23,4&1 4 bars	Lady behind, Lady spin to end in Open Position No Hold.
	*Time Steps in Guapacha	(2)a3,4&1	Closed or Open Position without hold
	*New York in Guapacha	(2)a3,4&1	in LSP and/or RSP
	*Fan Development	23,4&1	Closed position Normal hold, Promenade Position, Fan Position
	*Hockey Stick to LSP and forward runs	23,4&1,23,4&1	Fan Position, UA L ending in LSP L to R hand hold
	*Natural opening out movement end in contact	23,4&1	Normal Hold throughout, Closed position,RSP,end in Contact Position
	Silver Alternative Cha Cha timings		
	Silver - Guapacha Timing (2)a3,4&1 can be used in the New York in LSP or RSP and #21 Cross Basic		
	Silver - Fan Development may use Guapacha timing on steps 6 to 10 (2) a3, 4&1		
	Silver - #17 - Reverse Top may be danced for two bars to follow with opening out from reverse top, Aida,6-10 of a spiral		
	Silver Alternative Cha Cha Positions and Holds		
	Figures with "no hold" can be done for a maximum of 2 consecutive bars then regain an allowable hold for the next figure.		
	Silver - Closed Hip Twist, Open Hip Twist, Spiral, and Curl can also end in Open Counter Promenade Position, Open Position, Contact Position		
	Silver - #19 Aida- may follow a Curl or Spiral		
	Silver - # 20 Rope Spinning may also end in Open CPP or forward toward the Man's R Side		
	Silver Special Cha Cha notes:		
	1. Spot Turns, Switch Turns and Underarm turns (Lady) may rotate up to one full turn over a bar of music		
	2. Partners are on opposite feet at all times, except on the Chase Turn in Silver and Foot Changes at Gold Level		
	5. Silver - Ronde Chasse (man), twist Chasse (man) or Lady on the closed hip twist and Slip Chasse (man) on the Open Hip Twist		
	6. Silver - man may dance a cuban break 2&3&4&1 while lady dances a time step or vice versa		

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	Gold Cha Cha figures	Timing	Position and Dance Holds
24	Advanced Hip Twist	23,4&1,23,4&1	Closed Position Normal Hold to RSP, end in fan Position
25	Hip Twist Spiral	23,4&1,23,4&1	Close Position Normal Hold to RSP, Lady UA spiral L, end in Open CPP
26	Turkish Towel	23,4&1 6 bars	Open Position R to R Hold, Lady UA to R,L Shadow man in front, R Shadow man in front, repeat Shadow pos., end I Open Position
27	Sweetheart	23,4&1 6 bars	Open Position R to R Hold,RSP R to R and L to L hold, maintain hold for LSP and RSP, Release two hand hold to end in Fan Position
28	Follow my Leader	23,4&1 6 bars	Open Position L to R Hold,Tandem position Lady behind, then Lady In front, repeat two Tandem positions, end in Open Position
29	Foot Changes - 4 methods (see notes below)		
	* Alemana to adv. Hip twist (see note below)	23,4&1 3 bars	Open Position R to R hand hold. end Left to R hold in Fan Position
	*Natural Top with lady's left underarm turn	23,4&1 3 bars	closed position normal hold, underarm turn on count 23 (RL),end
	*Cross Basic with Lady's Spirial UA L		
	Gold Alternative Cha Cha timings - same as for Silver		
	Gold Alternative Cha Cha Positions and Holds		
	Figures with "no hold" can be done for a maximum of 2 consecutive bars then regain an allowable hold for the next figure.		
	Gold - Alemana - may commence in open position with a R to R hand hold, Lady making a full turn on the Alemana and follow with an Advanced Hip Twist with R to R Hold, ending in Fan Position regaining L to R Hold.		
	Gold -#24 Advanced Hip Twist may also end in Open Counter Promenade Position, Open Position , Contact Position		
	Gold - #27 Sweetheart . Right and Left Shadow Hold may be used in place of RSP AND LSP.		
	Gold - #29 Foot Changes - There are four methods of using a foot change		
	Two methods To achieve RSP, Right Shadow, or Tandem Position (Lady in Front) with partners on the same foot (no hold,R to L Hold,R.Shadow)		
	1. Lady dances an open basic 23,4&1, 23,4&1 Man dances Open basic 23,4&1,23 then foot change 4,1 turning 1/2 R to achieve position.		
	2. Lady- 3 bars of an open basic. Man dances two bars of open basic. Then foot change 2 turning 1/2 to R to achieve position (3).		
	Two methods to resolve from position achieved to return to Open Position		
	3. Man repeats foot change as in #1 above while Lady dances normal timing. End in Open Position.		
	4. Man repeats foot change as in #2 above while Lady dances normal timing. End in Open Position.		
	Figures that may be danced with Man & Lady using the same foot, having achieved RSP, R. Shadow or Tandem (Lady in front) are:		
	Any Basic Movement, Ronde or Twist Chasse, Spot or Switch Turns, Time Steps, Cuban Breaks and Split Cuban Breaks		
	Gold Special Cha Cha notes:		
	1. Spot Turns, Switch Turns and Underarm turns (Lady) may rotate up to one full turn over a bar of music		
	2. Partners are on opposite feet at all times, except on the Chase Turn in Silver and Foot Changes at Gold Level		

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INTERNATIONAL STYLE SAMBA

note: figures with an * have a development at a higher level.

	Bronze Samba Figures	Timing	Dance hold and position notes
1	Basic Movements - Natural, Reverse, Side and Progressive	1a2 or 1(2)	Normal Hold
2	Whisks L and Right with Lady's Underarm Turn	1a2	Normal Hold
3	Samba Walks		
	Promenade	1a2	Normal Hold
	Side	1a2	Normal Hold
	Stationary	1a2	Normal Hold
4	Rhythm Bounce	a 1a2	Any Allowable Dance Position and Hold
5	Volta Movements		
	Traveling	1a2a 1a2	Normal Hold
6	Traveling Bota Fogos Forward	1a2	Normal Hold
7	Criss Cross Bota Fogos	1a2	Open CPP and Open Promenade
8	Traveling Bota Fogos Back	1a2	Normal Hold
9	Bota Fogos to Promenade and Counter Promenade	1a2	Normal Hold
10	Criss Cross Voltas	1a2a 1a2	Open PP, Open CPP, end in Closed Position
11	Solo Spot Volta	1a2 or 1a2a 1a2	Release Hold (Maximum 2 bars)
12	Foot Changes		
	Closed to Right Shadow	man 12 Lady 1a2	Closed to Right Shadow
	Right Shadow to Closed	man 12 Lady 1a2	Right Shadow to Closed
	Promenade to Right Shadow	man 12 Lady 1a2	Promenade to Right Shadow
13	Shadow Traveling Volta	1a2a 1a2	Right Shadow Position
14	Reverse Turn	1a2 or SQQ	Normal Hold
15	Corta Jaca (man RF forward,lady LF back)	SQQQQQQ	Normal Hold
16	Closed Rocks	SQQ	Normal Hold
	Bronze Special Samba Notes		
	1. The principle of the Rhythm bounce is to start the dance, or as a means of achieving good phrasing or as a foot change. It can be used max 2 bars in any position.		
	2. Partners must be on opposite feet except when in Right Shadow Position		
	3. Release hold only on solo spot voltas for no more than 2 bars of music or by the lady for one bar to achieve a foot change		
	4. Figures allowed in Right Shadow Position are: Bronze and Silver - Samba Walks, Traveling Bota Fogos Forward, Shadow Traveling Voltas, Rhythm Bounce.		
	5. Maximum amount of turn on Spot Voltas in one full turn per bar.		

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	Silver Samba Figures	Timing	Dance hold and position notes
17	Open Rocks	SQQ	Normal Hold
18	Back Rocks	SQQ	Normal Hold
19	Plait	SS QQS	Normal Hold or L to R hand hold
20	Rolling off the Arm	123, 123	RSP Dbl hand hold, RSP R to L hand hold, end in Closed or R.Shadow
21	Argentine Crosses	QQS, QQS	Normal Hold
22	Maypole	Volta timing up to 4 bars	L to R hand hold while Lady turns UA right or left
23	Shadow Circular Volta	1a2a1a2	Right Shadow Position
	* foot change from R Shadow to Promenade	man 12 Lady 1a2	Right Shadow to Promenade
	*foot change (rolling off the arm) to R.Shadow	man 12 Lady 1a2	RSP to Right Shadow
	*Corta Jaca (Man LF back,Lady RF forward)	SQQQQQQ	Normal Hold
	Silver Special Samba Notes		
	1. The principle of the Rhythm bounce is to start the dance, or as a means of achieving good phrasing or as a foot change. It can be used in any position for no mor than 2 bars.		
	2. Partners must be on opposite feet except when in Right Shadow Position.		
	3. Release hold only on solo spot voltas for no more than 2 bars of music or by the lady for one bar to achieve a foot change.		
	4. Figures allowed in Right Shadow Position are: Bronze and Silver - Samba Walks, Traveling Bota Fogos Forward, Shadow Traveling Voltas, Rhythm Bounce.		
	5. Maximum amount of turn on Spot Voltas in one full turn per bar.		
	Gold Samba Figures	Timing	Dance hold and position notes
24	Contra Bota Fogos	1a2	R Contra Position and L Contra Position
25	Roundabout to the Right or Left	Volta timing	R Contra Position and L Contra Position
26	Natural Roll	SQQ	Normal Hold
27	Reverse Roll	SQQ	Normal Hold
28	Promenade and Counter Promenade Runs	123,123,123	Open Promenade and Open Counter Promenade
29	Three Step Turn Left (Lady only)	123	Release Hold
30	Samba Locks	QQS	Open Counter Promenade Position
31	Cruzados Walks and Locks	SS and QQS	Right Shadow Position
	*Traveling Volta in closed position or Shadow Pos.	1(and2and) a1a2(slow volta)	Closed Position or Shadow Position
	*Foot Changes		
	Promenade to Right Contra Position	see methods below	Promenade to Right Contra Position
	Right Contra to Promenade Position	see methods below	Right Contra to Promenade Position
	Right Contra to Open Counter Promenade	man 1a2,1a2 - lady 1a2a1a2	Right Contra to Open Counter Promenade
	Gold Alternative Samba Timings		
	Foot Change from Promenade to Right Contra has four methods for the man 1. point fwd and back 1,2 2. Rock Fwd and Back 1,2 3. double rock 1a2a, 4. Flick Ball Change (1) a 2. Lady dances a LF Bota Fogo 1a2 on all four methods. Same Methods are used when dancing from Right Contra Position to Promenade Position. Ladies Bota Fogo will be on the RF 1a2		
	Gold Special Samba Notes		
	1. The principle of the Rhythm bounce is to start the dance, or as a means of achieving good phrasing or as a foot change. It can be used in any position for no mor than 2 bars.		
	2. Partners must be on opposite feet except: when in Right Shadow Position, Contra Bota Fogos and the Round About.		
	3. Release hold only on solo spot voltas for no more than 2 bars of music or by the lady for one bar to achieve a foot change, and the three step turn at the Gold Level.		
	4. Figures allowed in Right Shadow Position are: Bronze & Silver: Samba Walks, Traveling Bota Fogos Forward, Shadow Traveling Voltas, Rhythm Bounce Gold: Cruzado walks and locks.		
	5. The Three step Turn is only done by the lady as an entry to the Samba Locks and is preceded by the closed or Open Rocks or Promenade and Counter Promenade Runs.		
	6. Maximum amount of turn on Spot Voltas is one full turn per bar.		

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INTERNATIONAL STYLE RUMBA

note: figures with an * have a development at a higher level.

	Bronze Rumba Figures	Timing	Position and Dance Holds
	1 Basic Movements		
*	Closed	2,3,4 (1)	Closed Position Normal Hold
	Open	2,3,4 (1)	Closed or Open Position L to R hold
	In place	2,3,4 (1)	Closed Position Normal Hold
*	Alternative Basic	2,3,4 (1)	Closed Position Normal Hold, L to R hand hold or no hold (max 2 bars)
*	2 Cucarachas (LF and RF)	2,3,4 (1)	Normal Hold or L to R Hand Hold
	3 New York to Left or Right Side Position	2,3,4 (1)	LSP L hand hold or RSP R hand hold
	4 Spot Turns to Left or Right	2,3,4 (1)	RSP or LSP, release hold (one bar),regain hold for next figure
	Switch Turns Left or Right	2,3,4 (1)	RSP or LSP, release hold (one bar),regain hold for next figure
	Underarm Turns (UA) Left or Right	2,3,4 (1)	Left to Right hand hold.
	5 Shoulder to Shoulder (left side or right side)	2,3,4 (1)	O. Partner L side or R side.Normal Hold, L to R or Double hand hold
	6 Hand to Hand- Right Side Position	2,3,4 (1)	RSP R to L hand hold or Alt RSP hold, end in closed or RSP
	Left Side Position	2,3,4 (1)	LSP L to R hand hold or Alt LSP hold, end in closed of LSP
*	7 Progressive Walks Forward or Back	2,3,4 (1)	Closed or Open Position Normal or L to R Hand Hold
	8 Side Steps (to Left or Right)	2,3,4 (1)	Closed Position Normal Hold or L to R hand hold
*	9 Cuban Rocks	2,3,4 (1)	Normal Hold,L to R Hand Hold, No Hold
*	10 Fan	2,3,4 (1)	Closed Position Normal Hold, toend in Fan Position
	11 Alemana	2,3,4 (1)	Fan position , underarm turn, Closed position.
	12 Hockey Stick	2,3,4 (1)	Fan position,end in open position,Open CPP, for shoulder to shoulder
*	13 Natural Top	2,3,4 (1)	Closed Position Normal Hold
	14 Opening Out to Right and Left	2,3,4 (1)	Closed Position Normal Hold,90 degree angle man's left then right side
*	15 Natural Opening Out Movement	2,3,4 (1)	Normal Hold throughout,Closed position,RSP,end in Closed Position
	16 Closed Hip Twist	2,3,4 (1)	Normal Hold Closed position,RSP,end in Fan Position
	Bronze Alternative Rumba Positions and Holds		
	Figures with "no hold" can be done for a maximum of 2 consecutive bars then regain an allowable hold for the next figure.		
	Bronze - 1. Closed Basic Movement can end in Open CPP		
	Bronze -11. Alemana- may end in Open CPP, or towards partners Right Side to follow with opening out movement or closed hip twist.		
	Bronze -11. Alemana may also Commence in open position L to R hand hold (Lady will make one complete turn on this Alemana)		
	Bronze -12 Hockey Stick can end in Open CPP		
	Bronze -15. Closed hip twist can also end in open position and open Counter Promenade Position.		
	Bronze Special Rumba notes:		
	1. Spot Turns, Switch Turns and Underarm turns (Lady) may rotate up to one full turn over a bar of music		
	2. Partners are on opposite feet at all times		

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	Silver Rumba Figures	Timing	Position and Dance Holds
17	Open Hip Twist	2,3,4 (1)	Open Position L to R hand hold, end in Fan Position
18	Reverse Top	2,3,4 (1)	Contact Position Normal Hold throughout
19	Opening out from Reverse Top	2,3,4 (1)	Contact Position Normal Hold to end in Fan Position
*	20 Aida	2,3,4 (1)	Contact Position Normal Hold, end in LSP L to R Hand Hold
	Ending #1 Cuban Rock and spot turn	2,3,4 (1)	LSP L to R hold, release hold for spot turn, end in closed Position
	Ending #2 Double Spot Turn		Release hold for double spot turns, end in Closed Position
	Ending #3 Side Cucaracha	2,3,4 (1)	Face partner L to R Hand Hold
21	Spiral Turns (Lady)	2,3,4 (1)	
	Spiral (Left Underarm)	2,3,4 (1)	Closed Position Normal Hold,spiral UA L to R Hold, End in Fan Position
	Curl (Left Underarm)	2,3,4 (1)	Open Position L to R Hand Hold,Curl UA L to R Hold,end in Fan Position
	Rope Spinning	2,3,4 (1)	Lady on man's R side facing opposite direction. L to R Hand Hold
	(Spiral Right UA on end of prev figure)	2,3,4 (1)	Lady fwd behind man's back, LSP, end in Closed Position
	* Closed Basic ending in Contact Position	2,3,4 (1)	3/8 turn to Left over steps 4-6 to end in Contact Position
	* Alternative Basic	(23)4(1)	Closed Position Normal Hold, L to R hand hold or no hold (max 2 bars)
	* Cuban Rock as ending to Aida	2,3,4 (1)	LSP
	*Fan Development	2,3,4 (1)	Closed position Normal hold, Promenade Position, Fan Position
	*Natural opening out movement end in contact	2,3,4 (1)	Closed Position Normal Hold to RSP to Contact Position
	*Natural Top with 4 to 6 of Hockey Stick		Closed Position Normal Hold, end in Open Position or Open CPP
	Silver Alternative Rumba Positions and Holds		
	Figures with "no hold" can be done for a maximum of 2 consecutive bars then regain an allowable hold for the next figure.		
	Silver - Closed Hip Twist, Open Hip Twist, Spiral, and Curl can also end in Open Counter Promenade Position, Open Position, Contact Position		
	Silver - #17 - Reverse Top may be danced for two bars to follow with opening out from reverse top, Aida or Lady Sprial on step 6 of Rev top.		
	Silver - #20 Aida- may follow a Curl or Spiral		
	Silver - #21 Rope Spinning may also end in Open CPP, forward toward the Man's R Side.		
	Silver Special Rumba notes:		
	1. Spot Turns, Switch Turns and Underarm turns (Lady) may rotate up to one full turn over a bar of music		
	2. Partners are on opposite feet at all times		

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	Gold Rumba Figures	Timing	Position and Dance Holds
22	Sliding Doors (see special note below)	2,3,4 (1)	Fan Position,RSP,Tandem Position Lady in front,RSP
23	Fencing	2,3,4 (1)	Fan Position, Promenade Position, Open CPP
24	Three Threes	2,3,4 (1)	Open Pos. L to R Hold,Tandem Position, release hold, end Closed Pos.
25	Three Alemanas	2,3,4 (1)	Fan Position, Alemana , Spiral UA turn L, Alemana, end as Alemana
26	Hip Twists	2,3,4 (1)	
	Advanced Hip Twist	2,3,4 (1)	Closed Position Normal Hold,RSP, end in fan Position
	Continuous Hip Twist	2,3,4 (1)	Closed Position Normal Hold,RSP, end towards Lady's R side
	Circular Hip Twist	2,3,4 (1)	Closed Position Normal Hold,RSP, Normal Hold throughout
	*Syncopated Cuban Rocks	2&3,4(1)	Normal Hold,L to R Hand Hold, No Hold
	*Progressive Walks Forward in R Shadow Pos.	2,3,4 (1)	Right Shadow Position
	*Natural Top with Lady's Left UA Turn	2,3,4 (1)	Closed Position Normal Hold, Left UA Turn, Closed Position Normal Hold
	* Alemana to adv. Hip twist (see note below)	2,3,4 (1)	Open Position R to R hand hold. end L to R hold in Fan Position
	*Natural Top with lady's left underarm turn	2,3,4 (1)	Closed position normal hold, underarm turn Left,Closed Position
	Gold Alternative Rumba timings		
	Syncopated Cuban Rocks 2,&3,4 (1)		
	* Gold- Fan Development may use Alternative timing on 23,4(1) (2) &3, 4(1)		
	Gold Alternative Rumba Positions and Holds		
	Figures with "no hold" can be done for a maximum of 2 consecutive bars then regain an allowable hold for the next figure.		
	Gold - * Aida Ending # 4 Cuban Rock in LSP L to R Hand Hold, to Progressive Walks Forward in Right Shadow Position		
	Gold - Alemana - may commence in open position with a R to R hand hold, Lady making a full turn on the Alemana and follow with an Advanced Hip Twist with R to R Hold, ending in Fan Position regaining L to R Hold.		
	Gold - Alemana can end in Right Shadow Position to dance Forward Walks in R. Shadow Positon or Sliding Doors		
	Gold - Endings to Fencing 1. Man and Lady's Solo Spin, 2. Lady's Under Arm Spin to Left 3. Man's Solo Spin (2)&(3) 4(1) Lady syn. Cuban Rock		
	Gold - Three Threes with Fan Ending (as in the Fan Development)		
	Gold - Three Alemanas can be commenced in Open Position		
	Gold -#26 Advanced Hip Twist may also end in Open Counter Promenade Position, Open Position , Contact Position		
	Gold - Advanced Hip Twist may also be danced following the Alemana with R to R hand hold, changing to L to R hand hold to end in Fan Position		
	Gold - Circular Hip Twist may be danced with R to R hold following an Alemana danced with this hold. Change tol L to R hand hold on last hip twist		
	Silver - #21 Rope Spinning may also end in Right Shadow Position to follow with walks in Right Shadow position.		
	Gold Special Rumba notes:		
	* Gold - Press Line (type of Cucaracha) can be used on step 1 of Advanced, Continuous and Circular Hip Twists.		
	1. Spot Turns, Switch Turns and Underarm turns (Lady) may rotate up to one full turn over a bar of music		
	2. Partners are on opposite feet at all times		
	3.Partners must maintain some point of contact during the sliding doors and both partners remain facing the same direction during the sliding door action.		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January, 2017

INTERNATIONAL STYLE PASO DOBLE

INTERNATIONAL STYLE PASO DOBLE			
	Bronze Paso Doble Figures	Timing	Position and Hold
1	Sur Place	count 1 to 4 or 1 to 8	Normal Hold
2	Basic Movement	count 1 to 4 or 1 to 8	Normal Hold
3	Chasse to Right or Left	count 1 to 4 or 1 to 8	Normal Hold
4	Drag	1 (2,3) 4	Normal Hold
5	Deplacement (Also Attack)	count 1 to 4 or 1 to 8	Normal Hold
6	Promenade Link (also Promenade Close)	count 1 to 4 or 1 to 8	Normal Hold
7	Promenade	count 1 to 4 or 1 to 8	Normal Hold
8	Ecart	count 1 to 4 or 1 to 8	Normal Hold
9	Separation	count 1 to 4 or 1 to 8	Normal Hold, Open Position L to R Hold, Normal Hold
10	Lady's Caping Walks following the Separation	count 1 to 4 or 1 to 8	L to R hold lady walks in a circle behind the man's back, end in normal hold
11	Fallaway Ending to Separation	count 1 to 4 or 1 to 8	Normal Hold
12	Huit	count 1 to 4 or 1 to 8	Normal Hold
13	Sixteen	count 1 to 4 or 1 to 8	Normal Hold
14	Promenade and Counter Promenade	count 1 to 4 or 1 to 8	Normal Hold
15	Grand Circle	count 1 to 4 or 1 to 8	Normal Hold
16	Open Telemark	count 1 to 4 or 1 to 8	Normal Hold
	Bronze Paso Doble Timing and Alternative Timings		
	Normal Timing is for one step to be danced to each beat of music . A numerical count of 1 to 4 or 1 to 8 will be used on most figures.		
	Alternative Paso Doble Positions and Holds		
	Normal Hold is used on most figures and is intended to include Closed Position, Promenade, Counter Promenade, Fallaway and outside partner as used in the allowable figure.		
	Silver Paso Doble Figures	Timing	Position and Dance Holds
17	La Passe - Man's Timing	1234567(81)2(34)5(67)8+A343	
	Lady's Timing	1,234,567,812,345,670	Normal Hold
18	Banderillas	count 1 to 4 or 1 to 8	Normal Hold
19	Twist Turn	count 1 to 4 or 1 to 8	Normal Hold
20	Fallaway Reverse Turn	count 1 to 4 or 1 to 8	Normal Hold
21	Coup de Pique	(1)23456&78	Normal Hold
22	Left Foot Variation	123(4)a(5)678	Normal Hold
23	Spanish Lines	123(4)	
	Inverted Counter Promenade Position		Inverted CPP with no Hold
	Inverted Promenade Position		Inverted Promenade Position no hold
24	Flamenco Taps	1(2&)3(4) or 1(&2&)3(4)	same as Spanish Lines
	Silver Paso Doble Timing and Alternative Timings		
	Normal Timing is for one step to be danced to each beat of music . A numerical count of 1 to 4 or 1 to 8 will be used on most figures.		
	Silver - Coup de Pique (1)234&(5)67&8 or (1)234&(5)678 or 1234 or commenced with Left foot surplance LF 1, coup de Pique 2,3,4,5 surplance 678		
	Silver Alternative Paso Doble Positions and Holds		
	Normal Hold is used on most figures and is intended to include Closed Position, Promenade, Fallaway , Counter Promenade, and outside partner as used in the allowable figure.		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - *Revised January, 2017*

	Silver Special Paso Doble Notes: At the Silver and Gold level Some figures commence with the Left Foot for the man and the right foot for the lady, in which case a method of changing feet will be used. They are: Hesitation by holding position for one beat, syncopated Sur Place or Chasse 12&34. And four counts of the coup de Pique. These same methods can be used when a figure ends with the Left Foot Free in order to follow with a figure commencing with the Right Foot.		
	Gold Paso Doble Figures	Timing	Position and Dance Holds
25	Syncopated Separation	1234 5678a(1)a(2)3&4 5678	as in 1-4 of Separation. Hold may be maintained throughout or L to R Hand Hold, regaining Normal Hold on step #13
26	Traveling Spins from Promenade Position	count 1 to 4 or 1 to 8	Closed or Contact Position Normal Hold, L to R hand hold on Spins
27	Traveling spins from Counter PP	count 1 to 4 or 1 to 8	Closed or Contact Position Normal Hold, L to R hand hold on Spins
28	Fregolina (also Farol)	28 counts	Normal Hold for counts 1 to 7, double hand hold on 8, R to L hand hold to a type of hammer lock hold 13 -22, spin lady release hold, normal hold
29	Twists	12345&678&123&4	Normal Hold
30	Chasse Cape (including outside Turn)	1234&5678&1234&56781234	Normal Hold steps 1 to 18, LSP Spanish Line inverted CPP
	Gold Paso Doble Timing and Alternative Timings		
	Normal Timing is for one step to be danced to each beat of music . A numerical count of 1 to 4 or 1 to 8 will be used on most figures.		
	Endings to Syncopated Separation 1. 2-4 of Attack and Sur Place 1234, 2. Syncopated Chasse to R 12&34 3. Drag 12(3)4		
	Gold Alternative Paso Doble Positions and Holds		
	Normal Hold is used on most figures and is intended to include Closed Position, Promenade , Fallaway, Counter Promenade, and outside partner as used in the allowable figure.		
	Endings to Chasse Cape 1. Type of Counter Promenade Close and Chasse 1 (2) 34 2. Syncopated Chasse 12&34, 3. Lady's Spin to the right 12&34		
	Gold Special Paso Doble Notes:		
	At the Silver and Gold level Some figures commence with the Left Foot for the man and the right foot for the lady, in which case a method of changing feet will be used. They are: Hesitation by holding position for one beat, syncopated Sur Place or Chasse 12&34. And four counts of the coup de Pique.		
	These same methods can be used when a figure ends with the Left Foot Free in order to follow with a figure commencing with the Right Foot.		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January, 2017

INTERNATIONAL STYLE JIVE

note: figures with an * have a development at a higher level.

	Bronze Jive Figures	Timing	Position and Dance Holds
	1 Basic in Place	QQ,QaQ,QaQ	Normal hold throughout
	2 Fallaway Rock	QQ,QaQ,QaQ	Normal hold throughout
	Fallaway Rock precede to whip	QQ,QaQ	Normal hold throughout
*	3 Fallaway Throw Away	QQ,QaQ,QaQ	Normal hold, end in open position
*	4 Link	QQ,QaQ,QaQ	Open Position to end in normal hold
	Link precede to Whip	QQ,QaQ	Open Position to end in normal hold
	5 Change of Places Right to Left	QQ,QaQ,QaQ	Normal Hold to end open Position
*	6 Change of Places Left to Right	QQ,QaQ,QaQ	Open Position to end in Open Position
	7 Change of Hands Behind the Back	QQ,QaQ,QaQ	Open Position to end in Open Position
	8 Hip Bump/Shoulder Shove	QQ,QaQ,QaQ	Open Position to end in Open Position
*	9 American Spin	QQ,QaQ,QaQ	Open position R to R hold end L to R or R to L
*	10 Walks	QQ,QaQ,QaQ	normal hold throughout
*	11 Stop and Go	QQ,QaQ,QQ,QaQ	Open Position to end in Open Position
*	12 Mooch	8 Q'S, QaQ,repeat	Closed, RSP, Closed, LSP, Closed
	13 Whip	QQ,QaQ	Normal hold throughout
	Double Whip	QQQQ,QaQ	Normal hold throughout
	14 Whip Throwaway	QQ,QaQ	Normal hold, end Open Position (almost facing)
	Bronze Alternative Jive timings		
	In place of the Jive Chasse "QaQ" a single Slow step, tap step or step Tap may be used. Occasional use of these alternatives is acceptable		
	10. Bronze - Walks -may substitute Q steps for the Chasses (QaQ) up to 8 Q's		
	Bronze Alternative Jive Positions and Holds		
	All Jive Positions are with hold except as noted below		
	In the Jive "Normal Hold" included closed position, promenade and fallaway are used in the allowable figure.		
	5 Change of places R to L may release hold and end in L to R or Hand Shake Hold		
	6. Change of places L to R may release hold and regain L to R or Hand shake Hold		
	7. Change of Hands behind Back, alt hold will allow Lady's R hand to trail around man's waist		
	18. Rolling off The Arm - may also use Double Hand Hold or R to R hand hold		
	Bronze Special Jive notes:		
	1 The only Places where hold can be completely released momentarily are Change of Places R to L., Change of hands behind the back, American Spin.		

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	Silver Jive Figures	Timing	Position and Dance Holds
	15 Reverse Whip	QQ,QaQ,QQ,QaQ	Normal Hold Throughout
	16 Windmill	QQ,QaQ,QaQ	Open Position Double Hand Hold
	17 Spanish Arms	QQ,QaQ,QaQ	Dbl Hand Hold in Open Position, Tandem, & Open Position
	with Spin Ending	QQ,QaQ,QaQ	same hold and positions, release R to L hold for sping
*	18 Rolling off the Arm	QQ,QaQ,QQ,QaQ	R to L hand hold open Position, RSP, Open Position
*	19 Simple Spin	QQ	After Change of Places L to R ended in Open CPP, release hold
	20 Miami Special	QQ,QaQ,QaQ	Open Position R to R hand hold, end L to R hand hold
	*Overturned Fallaway Throwawy (lady's run)	QQ,QaQ,QaQ	Normal hold, end in open position
	* Link -Flick Ball Change	(Q)aQ,QaQ	Open Position
	*Link - Hesitation	(Q)aQ	Open Position
	*Change of Places R to L Lady's spin	QQ,QaQ,QaQ	Normal Hold to end in open Position
	* American Spin	QQ,QaQ,QaQ	L to R hand hold, spin Lady Under arm
	* Walks- curved to the Left/merengue action	up to 8 Q's	Normal hold
	Silver Alternative Jive timings		
	In place of the Jive Chasse "QaQ" a single Slow step, tap step or step Tap may be used. Occasional use of these alternatives is acceptable		
	Silver Alternative Jive Positions and Holds		
	All Jive Positions are with hold except as noted below		
	18. Rolling off The Arm - may also use Double Hand Hold or R to R hand hold		
	Silver Special Jive notes:		
	1 The only Places where hold can be completely released momentarily are Change of Places R to L., Change of hands behind the back, American Spin, Simple spin.		
	2. Chugging rotates gradually to the left.		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January, 2017

	Gold Jive Figures	Timing	Position and Dance Holds
21	Curly Whip	QQ,QaQ	Normal Hold (preceded by a whip ending facing partner)
22	Shoulder Spin	QQ,QaQ,QaQ repeat	Open Position R to R hold,releasehold on lady's spin, L to R or R to L
23	Toe Heel Swivels	8 Q'S	Open Position Double Hand Hold
	Break ending	(Q) a Q	Open Promenade Position Double Hand Hold
24	Chugging	QQ, 6 sets of QaQ	Open Position R to R Hold, release hold lady's spin, Open Position
25	Chicken Walks	QQQQ (Man) QaQaQaQ (Lady)	Open Position L to R hand hold.
26	Catapult	QQ,QaQ,QaQ repeat	Open Position R to R Hold,UA turn,Tandem Lady behind man,release spin
27	Stalking Walks, Flicks and Break	QQ, 14 counts of (Q)Q	Normal Hold or Double Hand Hold throughout
	Stalking Walks timing continued	Q(QQ), aQ	
	*Overtured Fallaway Throwaway to Tandem	QQ,QaQ,QaQ	Normal Hold, Open position, Tandem Position lady in front, open pos.
	*Overtured Change of Places L to R	QQ,QaQ,QaQ	Open position to end in Tandem Position
	*Stop and go	QQ,QaQ,QQ,QaQ	without hold during lady's turns
	* Mooch with "Boppy" Hops and/or	aQ,aQ,aQ,aQ	same hold as the Mooch in Bronze
	"Flick Cross" action (in place of Flicks)	aQQ, aQQ	same hold as the Mooch in Bronze
	*Spin Ending to Rolling Off the Arm	QQ,QaQ,QQ,QaQ	R to L hand hold open Position, RSP, Open Position, release hold for spin.
	*Simple Spin from Tandem Position		overtured Fallaway Throwaway or Chnge of Places L to R, release hold
	Gold Alternative Jive timings		
	In place of the Jive Chasse "QaQ" a single Slow step, tap step or step Tap may be used. Occasional use of these alternatives is acceptable		
	23. Gold - Toe Heel Swivels QQ,QQS,QQS or combination such as: QQ,QQS,QQS,QQQQQQ		
	25. Gold - Chicken Walks may be counted SSSS (man) SaSaSaS (Lady) or any suitable combination for example: SSQQQQ (man) SaSaQaQaQaQ (Lady)		
	Gold Alternative Jive Positions and Holds		
	All Jive Positions are with hold except as noted with release hold or no hold		
	Figures that end in open position may use L to R hand hold or R to R hand hold.		
	Gold Special Jive notes:		
	1 The only Places where hold can be completely released momentarily are Lady's spin at the end of the Catapult, Lady's turn on the Stop and Go , Spin ending to the Rolling off the arm, Simple spin from Tandem Position.		
	2. Chugging rotates gradually to the left.		

INTERNATIONAL BALLROOM CHARTS

General International Ballroom Notes and Restrictions

1. Couples must stay in closed dance position at all times while dancing.
2. Couples may dance figures/elements for the level entered (Bronze, Silver, Gold) and figures/elements from lower levels.
3. No embellishments of the figures are allowed unless noted. No head flicks/fans, foot flicks, syncopations or delayed timings unless noted.
4. When a timing in a figure has no weight transfer, that is noted by putting that count in parentheses. If the lady's timing is different from the man's timing, that will be noted.
5. No entrances. Partners must take dance position and commence dancing in closed dance position. No open or running starts. A single curtsey facing the partner is allowed in Viennese Waltz.
6. The timings noted in the charts are per element, and not per figure as noted in various technique books. This allows for amalgamations.
7. Elements must be danced in their entirety unless specifically noted or included in a named amalgamation.
8. Steps may not be borrowed from other dances unless specifically noted.

Elements common to multiple dances:

Closed Impetus	W, FT, QS
Open Impetus	W, FT
Closed Telemark	W, FT, QS
Open Telemark	W, FT
Double Reverse Spin	W, QS
Natural Spin Turn	W, QS
Contra Check	W, T, VW
Hover Corte	W, QS
Back Lock	W, QS
Chasse to Right	W, QS (T, included in Chase and Oversway endings)
(Forward) Closed Change Step	W, VW
Fallaway Reverse and Slip Pivot	W, T, FT
Reverse Pivot	W, QS
Change of Direction	FT, QS

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - *Revised January, 2017*

Bronze Waltz Figures	Timing	Notes
1. Closed Changes, LF or RF	123	Man moving forward only
2. Natural Turn	123 123	1-3 and 4-6 Natural Turn may be danced as separate elements
3. Reverse Turn	123 123	1-3 and 4-6 Reverse Turn may be danced as separate elements
4. Natural Spin Turn	123 123	
5. Whisk	123	Must end in Promenade.
6. Chasse from Promenade Position	12&3	Must end in Closed Dance Position (man OSP).
7. Closed Impetus	123	Man must dance a heel turn, and finish the figure moving backward
8. Hesitation Change	123 12(3)	
9. Outside Change	123	May finish in either Closed Dance Position or Promenade Position
10. Reverse Corte	123	
11. Back Whisk	123	
12. Basic Weave	123 123	May end in closed dance position or Promenade Position
13. Double Reverse Spin	12(&3)	Lady's timing: 12&3 or 123&
14. Reverse Pivot	&	
15. Back Lock	12&3	
16. Progressive Chasse to Right	12&3	
Silver Waltz Figures	Timing	Notes
17. Weave from Promenade Position	123 123	May finish in either Closed Dance Position or Promenade Position
18. Closed Telemark	123	Lady must dance a heel turn to Closed Dance Position
19. Open Telemark	123	Lady must dance a heel turn to Promenade Position
20. Wing	1(23)	Lady's timing: 123. Must be danced from Promenade Position
21. Open Impetus	123	Man must dance a heel turn to Promenade Position
22. Cross Hesitation	123	May be danced from any figure ended in Promenade Position
23. Outside Spin	123	May be underturned to finish moving backward, or overturned to finish moving forward
24. Turning Lock	1&23	May finish in Closed Dance Position or Promenade Position
25. Drag Hesitation	12(3)	
Gold Waltz Figures	Timing	Notes
26. Left Whisk	123	May be danced from Promenade Position or by stepping back out of a figure ended on man's LF, Follow by untwisting, timing: 12&3
26. Left Whisk	123	Whisk on "1" may be danced after 1-4 Turning Lock
27. Contra Check	123	Must be ended in Promenade Position
28. Closed Wing	1(23)	Lady's timing: 123. Must be danced from Closed Position.
29. Turning Lock to Right	1&23	Overturned to the Right to end in Promenade Position
30. Fallaway Reverse and Slip Pivot	123&, 12&3, 1&23	
31. Hover Corte	123	May hold an extra measure, timing 12(312)3.
32. Fallaway Whisk	123	
ADDITIONAL WALTZ NOTES		
All 6 steps of a Weave must be danced		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January, 2017

Bronze Tango Figures	Timing	Notes
1. LF or RF Walk	S	Man moving forward only
2. Progressive Side Step	QQS	
3. Progressive Link	QQ	
4. Closed Promenade	SQQS	
5. Rock Turn	SQQSQQS	Rocks may be extended.
6. Open Reverse Turn, lady outside	QQS QQS	
7. Back Corte	SQQS	
8. Open Reverse Turn, lady in line	QQS QQS	Lady must dance a heel-close
9. Progressive Side Step Reverse Turn	QQSSQQSQQS	Rocks may be extended. Back corte may be danced immediately following step 4
10. Open Promenade	SQQS	
11. LF and RF Rocks	QQS	Man moving backward only
12. Natural Twist Turn	SQQSQQ	Must commence in Promenade Position. May end in Closed Dance Position or Promenade Position
13. Natural Promenade Turn	SQQ(S)	May end in Promenade, or be combined with the Rock Turn
		Timing would then be SQQSQQSQQS. Rocks may be extended
Silver Tango Figures	Timing	Notes
14. Promenade Link/Reverse Promenade Link	SQ(Q)	
15. Four Step	QQQQ	Feet must close on step 4. May overturn to L
16. Back Open Promenade	SQQS	
17. Outside Swivel	SQ(Q)	Various methods including Reverse Swivel. Step-Tap ending may finish in Closed Dance Position or Promenade Position
18. Fallaway Promenade	SQQSQQ	Feet must close on step 6
19. Four Step Change	QQQQ or QQ&S	
20. Brush Tap	QQ(&S)	Must finish in Closed Dance Position
Gold Tango Figures	Timing	Notes
21. Fallaway Four Step	QQQQ	Feet must close on step 4
22. Basic Reverse Turn	QQ&QQS or QQS QQS	
23. Contra Check	SS	Must finish in PP
24. Five Step	QQQQ(S) or QQS&(S)	May overturn to L
25. Oversway (including Drop Oversway)	QQS(S)	Must begin with a telemark action (lady's heel-close). Endings:
		1. Transfer weight to RF and place LF to side in PP without weight. Q(Q)
		2. Close RF to LF and place LF to side in PP without weight. &(S)
		3. Chasse to R, cross LF behind RF into Whisk, step-tap in PP. Q&QSQ(Q) or Q&QQQ(S)
		4. Chasse and Whisk, 2-3 Promenade Link. Q&QSQ(Q) or Q&QQQ(S)
		5. Chasse and Whisk, then clside RF to LF and place LF to side in PP without weight. Q&QQS&(S)
		6. Spin to R, up to a complete turn, then place LF to side in PP without weight. QQQ(Q)
		7. Spin to R, then continue as 3, 4 or 5 above.

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - *Revised January, 2017*

26. Fallaway Reverse and Slip Pivot	QQQQ	
27. The Chase	SQQQSS	May end in Promenade or in Closed (in line) Dance Positions. Other endings after step 5:
		1. Chasse to R, cross LF behind RF into Whisk, step-tap in PP. Q&QSQ(Q) or Q&QQQ(S)
		2. Chasse and Whisk, 2-3 Promenade Link. Q&QSQ(Q) or Q&QQQ(S)
		3. Chasse and Whisk, then close RF to LF and place LF to side in PP without weight. Q&QSS&(S)
		4. Chasse to R, Progressive Link. Q&QQQ
ADDITIONAL TANGO NOTES		
An Open Finish may replace a Closed Finish at any level.		
Methods of turning to Promenade Position in Tango		
	Bronze	Progressive Link
	Bronze	RF walk, then place LF to side w/o weight to PP. Count "&" (Also from Open Finish.)
	Bronze	Natural Twist Turn
	Bronze	Natural Promenade Turn
	Bronze	From a Closed Finish: keep feet in place and turn to PP at end of last step. Count "&"
	Silver	all Bronze methods
	Silver	Four Step
	Silver	Fallaway Promenade
	Gold	all Bronze and Silver methods
	Gold	Fallaway Four Step
	Gold	Oversway endings 1, 2, 3, 5, 6, 7
	Gold	Chase endings 1, 3, 4
	Gold	Five Step
	Gold	Contra Check

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - *Revised January, 2017*

Bronze Viennese Waltz	Timing	Notes
1. Natural Turn	123 123	
2. Reverse Turn	123 123	
3. RF forward change. Natural to Reverse	123	
4. LF forward change. Reverse to Natural	123	
5. LF backward change. Natural to Reverse	123	
6. RF backward change. Reverse to Natural	123	
Silver Viennese Waltz	Timing	Notes
7. Reverse Fleckerl	123 123	A heel pivot may be danced in place of 4-5-6 Reverse Turn to enter the Reverse Fleckerl. Timing: Man-1(23) Lady-123 - Reverse Turns must be danced to exit the Reverse Fleckerl
Gold Viennese Waltz	Timing	Notes
8. Natural Fleckerl	123 123	
9. Check from Reverse Fleckerl to Natural Fleckerl	123	Must be danced over one bar of music (Hesitation & Canter Timing NOT permitted)
Open Viennese Waltz		
Check from Reverse Fleckerl to Natural Fleckerl danced over 2 bars of music		
One Natural Pivot preceding the RF Forward Change Natural to Reverse Turn, Canter Timing		
One Reverse Pivot preceding the LF Forward Change Reverse to Natural Turn, Canter Timing		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - *Revised January, 2017*

Bronze Foxtrot Figures	Timing	Notes
Feather Step	SQQ	
Three Step	SQQ	
Natural Turn	SQQ SSS	Lady must dance a heel turn on step 2
Reverse Turn (incorporating the Feather Finish)	SQQ SQQ	Lady must dance a heel turn on step 2
Closed Impetus	SQQ	Man must dance a heel turn on step 2 and exit the heel turn moving backward
Feather Finish	SQQ	
Natural Weave*	SQQQQQQ	Lady must dance a heel turn on step 2
Change of Direction	SSS	
Basic Weave*	QQQQQQ	
Silver Foxtrot Figures	Timing	Notes
Closed Telemark	SQQ	Lady must dance a heel turn on step 2. The figure must end in Closed Dance Position.
Open Telemark	SQQ	Lady must dance a heel turn on step 2. The figure must end in Promenade Position.
Feather ending from Promenade Position	SQQ	
Top Spin	QQQQ	
Hover Feather	QQ	
Hover Telemark	SQQ	May end in closed dance position or Promenade Position
Natural Telemark	SQQQQ	Lady must dance a heel turn on step 2.
Hover Cross	SQQQQQQ	Lady must dance a heel turn on step 2.
Open/Passing Natural Turn	SQQ	Must commence in Promenade Position
Outside Swivel	S	
Open Impetus	SQQ	Man must dance a heel turn on step 2. The figure must end in Promenade Position.
Reverse Wave (includes 1-3 Reverse Turn)	SQQ SQQ	Lady must dance a heel turn on step 2.
Natural or Reverse Weave from PP*	SQQQQQQQ	Must commence in Promenade Position
Gold Foxtrot Figures	Timing	Notes
Natural Twist Turn with Hover Feather	SQ&QSQQ	
Natural Twist Turn with Weave ending	SQ&QSQQQQQQ	
Natural Twist Turn with Closed or Open Impetus	SQ&QQQ	
Curved Feather	SQQ	
Back Feather	SQQ	
Natural Zig-Zag	SQQQQ	Must commence in Promenade Position
Fallaway Reverse and Slip Pivot	QQQQ, SQQS, SQQ&, SQ&Q, S&QQ	
Natural Hover Telemark	SQQ(S)QQ	Lady must dance a heel turn on step 2.
Bounce Fallaway with Weave Ending*	S&QQQQQQQQ	
ADDITIONAL FOXTROT NOTES		

The Weaves may be extended by 2 quicks at the GOLD Level ONLY.

An extra Slow may be added to the Change of Direction and to 4-6 Natural Turn.

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January, 2017

Bronze Quickstep Figures	Timing	Notes
Quarter Turn to R	SQQS	
Quarter Turn to L (Heel Pivot)	S(QQ)S	Lady's timing is SQQS
Natural Turn	SQQ SSS	
Natural Turn with Hesitation	SQQ SS(S)	
Natural Pivot Turn	SQQ S	Only 1 pivot is allowed
Progressive Chasse	SQQS	
Chasse Reverse Turn	SQQ	
Forward and Back Locks	SQQS	
Closed Impetus	SSS	The man must dance a heel turn on step 2 and finish moving backward
Reverse Pivot	S or &	
Progressive Chasse to Right	SQQS	
Tipple Chasse to Right*	SQQS QQS	This figure must include a forward lock ending
Running Finish	QQS or SQQ	
Double Reverse Spin	SS(QQ)	Lady's timing is SSQQ
Zig-Zag, Back Lock and Running Finish	SSSQSQQS or SSSQQSSQQ	
Cross Chasse	SQQS	The feet must close on the 2nd Quick.
Change of Direction	SSS	
Silver Quickstep Figures	Timing	Notes
Quick Open Reverse	SQQ	
Fishtail	SQQQQS	
Four Quick Run	SQQQQS	
V6	SQQSSQQ	If the optional forward lock ending is danced, timing will be SQQSSQSQQS
Closed Telemark	SSS, SQQ or QQS	The lady must dance a heel turn on step 2
Running Right Turn	see Notes	This figure is an amalgamation of:
		Natural Pivot Turn SQQS
		Foxtrot Natural Turn SSS or SQQ Lady must dance a heel turn on the 2nd step of this element.
		Running Finish QQS or SQQ
Gold Quickstep Figures	Timing	Notes
Cross Swivel	S(S)S	
Six Quick Run	QQQQQQ	
Rumba Cross	QQS	
Tipsy to Right or Left	Q&Q	
Hover Corte	SSS	
ADDITIONAL QUICKSTEP NOTES		
*There is no Promenade Position at any level		
*There are no hopping, skipping, jumping, syncopated or running actions at any level unless noted		
*The Tipple Chasse may only be danced traveling to the man's Right		
*There are no continuous pivots.		