



NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS

The following is a list of the allowable figures, elements and or restrictions for the Closed Syllabus events at NDCA recognized Events. This list of allowable figures, elements, and restrictions was developed to ensure a fair and even playing field for anyone entering closed syllabus competitions.

NOTE: The NDCA list of allowable figures and restrictions for the Rhythm are to be used as a guide in conjunction with the Bronze, Silver and Gold Videos.

**Some figures are allowed in additional Positions or Timings other than shown on the video.
See the columns for Timings and Positions & Holds on the NDCA list of allowable figures and restrictions.**

Definitions of Allowable Positions and Holds

This section provides the definitions and vocabulary for Dance Positions and Holds and the partners' relationship to one another and their physical connections.

NOTE: Many Positions lend themselves to a variety of Holds. See the Charts for Positions and Holds allowed at each level of Bronze, Silver and Gold.

“Hold” The point or points of contact between the partners
“Position” The partners' relationship to one another

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Holds	Holds are defined as the points of Contact between the Partners. See the Chart for the Holds that are allowed at each level of Bronze, Silver and Gold.
	Traditional Ballroom Hold in Contact or with Close Proximity
	Alternatives to Traditional Ballroom Hold: Bronze: Lady may release her Left hand and/or the man may lower his Left with Lady's Right hand hold Silver: Both partners may release Left Hand Hold and the Lady's Right hand is placed on the man
	Frame Hold -hand to back, shoulder, elbow or wrist. With elbows up as in a dance frame. Lady's hand and arm is placed on top of the man's arm(s)
	Hand Holds-Partners are holding hands: Single Hand Hold: <i>Right to Left or Left to Right</i> , Double Hand Hold: <i>Right to Left and Left to Right</i> , Hand Shake Hold: <i>Right to Right or Left to Left</i>
	Shadow Holds: a. Right Hand on or just below Lady's Right shoulder blade, Left hand holding Lady's Left hand/wrist/lower arm b. Right arm 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 wrist level with her Right arm above her Left arm (Cuddle/Sweetheart Hold) c. 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 on her body, either just below or above the joined hands.
	Crossed Hand Holds <i>sustained</i> - Right to Right and Left to Left
	Hammerlock - Double hand hold with one partner having turned to Right or Left under joined hands ending w one partners arm across his/her lower back
	Hand(s) to Body - partners have no other point of contact other than a hand or hands on the partners body
	No Hold - There is no physical contact with the other partner
Positions	Positions refers to the partner's relationship to one another. See the chart for the Positions that are allowed at each level of Bronze, Silver and Gold.
	Closed Position Outside Partner on Right or Left side Open Facing Position (with Single or Double Hand Hold) Promenade and Open Promenade Fallaway movements Counter Promenade, Open Counter Promenade, Inverted Promenade and Inverted Counter Promenade Back to Back Right Side and Left Side Position (partners facing the same way) Tandem Positions Right Shadow Positions and Left Shadow Positions Contra Position (partner on Right or Left side facing the opposite direction) Ninety degree angle position as in Fan Position and includes partner on Left or Right side and Same Foot Lunge Position. NOTE: Tandem, Right Shadow, and Left Shadow Positions include Lady in front or behind.
Proximity	Proximity refers to the distance between the partners. See the chart for the Proximities that are allowed at each level of Bronze, Silver and Gold.
	Contact - body to body contact
	Close- Close enough to take a Traditional Hold with no body contact
	Extended (with Hold) - within arms' length of the partner and with a hand hold or Extended Frame Hold
	Apart - within arms' length distance apart without Hold
	Away - Further apart than arms' length- Partners would not be able to touch or take any hold
Feet	Feet refers to where the body weight of the partners is in relation to the other partner. See the chart for the Feet that are allowed at each level of Bronze, Silver and Gold
	Opposite feet - The partners are on normal opposite feet.
	Same Foot - Partners may be on the same foot. <i>Example</i> - both partners are on the Right foot at the same time.
	Closing Feet for Bronze- Figures end with feet closed. Continuity Style for Silver and above
Timing	Timing refers to the weight changes in relation to the music. example 1,2,3 = 3 weight changes. Timings in parenthesis indicate that there is no weight change on that count-example QQ(S) = 2 weight changes. 1,2, &, 3 = 4 weight changes. Canter timing=delete a count within the bar. <i>The Timing Chart gives allowed timings by level.</i>

Traditional Ballroom Hold Partners in Contact or in Close Proximity. Man holding Lady's Right hand in his Left hand (approximately eye level). Man's Right hand on Lady's back. Lady's Left hand on the Man's Right upper-arm or shoulder. This Hold may be danced in any allowable Position (Closed, Promenades and Counter Promenades, Right and Left Outside Partner Positions and 90 Degree Angle). This Hold may vary slightly depending on the dance and Style being performed as well as differences in the partners' height.

Detailed Descriptions of "Positions"

1. **Closed Position** Facing partner with body contact or slightly apart (close proximity).
2. **Outside Partner** Facing Partner with body contact or slightly apart (close Proximity) includes Outside Partner on Right and Left side.
3. **Open Facing Position** Facing partner, approximately at arms' length (able to take a Single or Double Hand Hold).
4. **Promenade Position** The couple forms a V shape with the Lady's Left and the Man's Right side close to each other or in contact. The other side is more Open. This is what forms the V shape. Both partners are facing in the same direction and will travel forward. If the couple increases the distance (no more than arms' length) between them they will achieve **Open Promenade Position**. **Fallaway Movements** are the same position as Promenade Position(s) but both partners will be moving backwards.
5. **Counter Promenade Position** The couple forms a V shape with the Lady's Right and the Man's Left side, close to each other or in contact. The other side is more Open. This is what forms the V shape. Both partners are facing in the same direction. If the couple increases the distance (no more than arms' length) between them they will achieve **Open Counter Promenade Position**.
6. **Inverted Promenade Position** To achieve this position the couple will start in Promenade Position. The Man will bring his Right side forward and Left side back. The Lady will bring her Left side forward and her Right side back, ending almost back to back and slightly apart, thereby inverting the Promenade Position. Lady will be on the Man's Right side. Man's Left side and Lady's Right side will be farther apart to form a V shape with their body's.
7. **Inverted Counter Promenade Position** To achieve this position the couple will start in Counter Promenade Position. The Man will bring his Left side forward and Right side back. The Lady will bring her Right side forward and her Left side back, ending almost back to back and slightly apart, thereby inverting the Counter Promenade Position. Lady will be on the Man's Left side. Man's Right side and Lady's Left side will be farther apart to form a V shape with their body's.
8. **Back to Back Position** The couple is back to back.
9. **Right Side Position** Lady on Man's Right side, both **facing the same way**. The distance between the partners can vary from close with body contact (hip to hip) to no greater than arms' length.
10. **Left Side Position** Lady on Man's Left side, both **facing the same way**. The distance between the partners can vary from close with body

contact (hip to hip) to no greater than arms' length.

11. **Tandem Position** **Lady directly in front** of Man, both facing the same way, or **Man directly in front** of both facing the same way.
12. **Right Shadow Position** **Lady in front** on Man's Right side, slightly in advance, both facing the same way. **Right Shadow Behind:** Lady on the Man's Right side, slightly behind both facing the same way.
13. **Left Shadow Position** **Lady in front** on the Man's Left side, slightly in advance, both facing the same way. **Left Shadow Behind:** Lady on the Man's Left side, slightly behind, both facing the same way
14. **Contra Position** Lady on the Man's Right or Left side, partners **Facing the Opposite way**. The distance between the partners can vary from close, with body contact (hip to hip), to no greater than arm's length.
15. **Ninety Degree Angle** Lady at a 90 degree angle to Man on his Left or Right side on an imaginary line several inches in front of him. Couples can be close as in the Same Foot Lunge and Hinge or up to arm's length in distance (commonly called **Fan Position** when the is to the Man's Left side with a Left to Right Hand Hold).

TIMINGS NOTE: Timings given are allowable beats per bar

S = 2 Beats, Q = 1 Beat, & = Half Beat (Syncopation)

	BRONZE	SILVER	GOLD
WALTZ 3/4	<ul style="list-style-type: none"> 123, 1(23) <p>Syncopation allowed:</p> <ul style="list-style-type: none"> 12&3 Chasse's <i>Danced only with no turn or up to 1/4 turn maximum</i> 	<ul style="list-style-type: none"> All Bronze Timings <p>Syncopations allowed:</p> <ul style="list-style-type: none"> 1&23, 12&3, 123& 	<ul style="list-style-type: none"> All Bronze and Silver Timings <p>Syncopations allowed:</p> <ul style="list-style-type: none"> 1&2&3, 12&3&, 1&23 Dbl Rev/Nat with Overspin in Traditional Hold, Non Turning figures in Right Shadow Position, Chasses, Locks and Runs in <i>any allowable Hold</i>, Double Underarm/Free Turns. 1&2&3& <i>Advanced Standing Spin/Runaround only</i>
TANGO Counted 4/4	<ul style="list-style-type: none"> SSQQ(S), SQQ, QQS, QQQQ, S(S) <p>Syncopation allowed:</p> <ul style="list-style-type: none"> QQ(&S) Brush tap <i>Allowed only in Open Fan</i> 	<ul style="list-style-type: none"> All Bronze Timings <p>Syncopations allowed:</p> <ul style="list-style-type: none"> &SS, S&S, SS&, SQ&Q, Q&QS. QQ&, QQ& Viennese Crosses (<i>allowed in Closed Position/Traditional Hold for up to max of one bar</i>). Q&Q& Double Underarm Turn only. QQ(&S) Brush Tap in place of any Tango Close. 	<ul style="list-style-type: none"> All Bronze and Silver Timings <p>Syncopations allowed:</p> <ul style="list-style-type: none"> Q&Q&. <i>Allowable figures only:</i> Examples: <i>Grapevines, Double locks, and Free turns</i>
FOXTROT 4/4	<ul style="list-style-type: none"> SSQQ, SQQ, QQS, QQQQ SSSS (<i>Walks or Side Rocks only</i>). 8 Consecutive Q's Grapevine only <p>Syncopation allowed:</p> <ul style="list-style-type: none"> SQ&Q Chasse's <i>Danced only with no turn or up to 1/4 turn maximum</i> 	<ul style="list-style-type: none"> All Bronze Timings <p>Syncopations allowed:</p> <ul style="list-style-type: none"> S&QQ Bounce Fallaway. SQ&Q Chasses, Locks and Underarm Turns. 	<ul style="list-style-type: none"> All Bronze and Silver Timings <p>Syncopations allowed:</p> <ul style="list-style-type: none"> &SS, S&S, SS&, QQ&. Q&Q& <i>Dbl Rev/Nat with Overspin in Traditional Hold</i>, Non Turning Figures in <i>Right Shadow Position</i>, Chasse, Locks and Runs in <i>any allowable Hold</i>, Double Underarm/Free Turns. Q&Q&Q&Q& <i>Advanced Standing Spin /Runaround only</i>
V. WALTZ 3/4	<ul style="list-style-type: none"> 123, 1(23), 1(2)3 <p>No syncopations allowed</p>	<ul style="list-style-type: none"> All Bronze Timings <p>No syncopations allowed</p>	<ul style="list-style-type: none"> All Bronze and Silver Timings (12)3, (1)2(3), (1)23, 12(3) <p>No syncopations allowed</p>
General		<ul style="list-style-type: none"> Where Same Foot is allowed, a foot change timing (<i>by the leader or follower</i>) of one syncopation or Fake/Canter timing within the bar. 2 bars maximum allowed for Picture lines in allowable Holds and Positions. 	<ul style="list-style-type: none"> Where Same Foot is allowed, a foot change timing (<i>by the leader or follower</i>) of one syncopation or Fake/ Canter timing within the bar. 4 bars maximum allowed for Picture Lines in allowable Holds and Positions.

American Style Smooth Restrictions for all Smooth Dances.

The following is a list of the allowable figures, elements and or restrictions for the Closed Syllabus events at NDCA recognized Events.

This list of allowable figures, elements, and restrictions was Developed to ensure a fair and even playing field for anyone entering closed syllabus competitions.

Bronze Restrictions for All Smooth Dances

- ALL Couples must start in the Traditional Ballroom hold in any allowable Position (Closed, Promenade, R and L Outside Partner) or Proximity (Contact or Close) including the lady's Left hand being placed on the man's Right upper arm or shoulder, and the first four bars they dance must be in this hold. Double Hand Hold and other Alternative Hand Holds do not count towards this requirement. For all Closed Syllabus Bronze and Silver levels an additional 8 bars must be danced in the Traditional Ballroom hold (as defined) at any time during the first minute of music. Viennese Waltz allows the traditional single curtsy before taking hold. No other entrances are allowed.
- Posing or Poses prior to taking hold will be considered an entrance.
- Couples must remain in a standing position at all times.
- Partners must maintain an allowable hold at all times and may not completely separate.
- Spirals are not permitted in the Bronze level.
- Feet must close. The feet may pass on allowed elements but must be followed with a closed finish.
- Partners are on opposite feet with the exception of the Tango Right Shadow Rocks.
- Elements and figures unique to one dance or Style may not be used in another dance, unless specified.
- No embellishments of standard figures. No change of levels, head rolls, foot flicks, syncopations or delayed timings unless specifically approved under timings of each dance.

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BRONZE American Style WALTZ Restrictions	
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 bars (24 beats).	No picture lines or figures; i.e. Contra Check, Chair, Oversways, Lunges, etc.
No consecutive Pivots Left or Right, one (1) Pivot is allowed.	No syncopations other than Chasse from Promenade. No Syncopated Underarm Turns.
Both feet must remain close to the floor at all times. No Aerial Rondes, Developes, etc.	One Underarm Turn at a time is the maximum allowed in the Bronze level. Underarm Turns are counted by how many times a partner goes under the connected arms
No Continuity Style in Bronze Waltz, feet must be closed on three except on allowed figures. No Open Left or Right Box Turns.	No Fallaway movements (including Fallaway Grapevines). Whisks, 5th Position Breaks, etc. are not considered Fallaway movements and are allowed.
No Foot Changes, fakes, Solo, Shadow, Tandem, or same foot figures. Partners must always be on opposite feet	
BRONZE American Style WALTZ Approved Figures	
1. Left Closed Box/Reverse Turn Right Closed Box/Natural Turn	7. Natural Spin Turn (<i>as International Style</i>)
2. Progressive (Closed) Change Step forward & backward, Right foot or Left foot	8. Forward Twist to Left from Promenade Position
3. Closed Twinkles; may be danced in any direction except Fallaway	9. Syncopated Chasse
4. Balance Steps, Hesitations, Fifth Position Breaks	10. Simple Grapevine or Zigzag -no Syncopation
5. Underarm Turn to the Right two Bars 2 Bars	11. Progressive Twinkles/Change Steps forward & backward in any allowable Holds, Positions, Proximity, with/without turn <i>In and Out Change Steps, Butterfly, Flip Flop, Hand to Hand Back to Back</i>
6. Cross Body Lead from LF Fwd Hesitation or 1-3 Left Closed Box/Reverse Turn	12. Waterfall
BRONZE WALTZ HOLDS ALLOWED: <ul style="list-style-type: none"> • Traditional Ballroom • Alternative/Traditional (Bronze) • Frame Hold • Double Hand Hold • Single Hand Hold • Handshake Hold <i>Progressive Twinkles/Change Steps & Waterfall only</i> 	PROXIMITIES ALLOWED: <ul style="list-style-type: none"> • Body Contact • Close (with Hold) • Extended (with Hold)
POSITIONS ALLOWED: <ul style="list-style-type: none"> • Closed • Outside Partner (L & R) • Promenade • Counter Promenade • Open (facing) • Left & Right Side Position (Opposite feet only) • Inverted Prom. & C. Prom. • Back to Back 	3/4 Time = 3 beats to a bar TIMINGS ALLOWED: <ul style="list-style-type: none"> • 123 • 1(23) • 12&3 Chasses <i>only for Chasses danced with no turn or up to 1/4 turn maximum</i>
FEET: <ul style="list-style-type: none"> • Opposite feet only. • Feet must Close. No Continuity Style <p>Note: The following elements use passing feet and must be followed with a Closed Finish: Hesitations, Open & Fifth Position Breaks, Chasse, Spin Turn, Grapevine, Lady's UAT, Lady's part Crossbody Lead and Twist from PP</p>	

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BRONZE American Style TANGO Restrictions	
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, (8 bars counted in 4/4 time).	No Fallaway movements.
No Foot Changes, Fakes, Shadow, Tandem, Solo, or same foot figures. Partners must always be on opposite feet except for #14 above, Same Foot Rocks/Shadow Rocks.	One Underarm Turn at a time is the maximum allowed in the Bronze level. Underarm turns are counted by how many times a partner goes under the connected arms
No more than four 4 consecutive quicks.	No syncopations except Brush Point/Tap in the Open Fan (&S).
Although the Corte is permitted, other picture lines i.e. Contra Check, Chairs, Oversways, Lunges, etc. are not allowed.	Both feet must remain close to the floor at all times No Aerial Rondes, Developes, Ganchos, or Hooks, etc.
No consecutive Pivots Left or Right, one (1) Pivot is allowed.	
BRONZE American Style TANGO Approved Figures	
1. Tango Walks, All Slows	8. Rocks closed or Promenade Position. <i>May be danced with or w/o turn to Left or Right in any direction</i>
2. Forward Basic, Closed or O.P. <i>SSQQS timing only</i>	9. Running Step/Progressive Side Step/Argentine Walks-basic w/alternative rhythm
3. Linking action to and from P.P.	10. Twist Turn to Left or Right from P.P.
4. Promenade turning to Left or Right <i>SSQQS timing only</i>	11. Left Reverse Turn, Open or Closed
5. Corte	12. Change of Place <i>Hold must be maintained</i>
6. Open Fan & UAT to Left or Right from Open Fan	13. Single Pivot from P.P.
7. Right Side Fan/Outside Swivel	14. Open Fan to Same Foot Rocks, Shadow Rocks
BRONZE TANGO HOLDS ALLOWED: <ul style="list-style-type: none"> • Traditional Ballroom • Alternative/Traditional (Bronze) • Frame Hold • Double Hand Hold • Single Hand Hold 	PROXIMITIES ALLOWED: <ul style="list-style-type: none"> • Body Contact • Close (with Hold) • Extended (with Hold)
POSITIONS ALLOWED: <ul style="list-style-type: none"> • Closed • Outside Partner (L & R) • Promenade • Counter Promenade • Open (facing) • Left & Right Side Position (Opposite feet only.) • Inverted Prom. & C. Prom. • Back to Back <p>* Same Foot Shadow in Tango Rocks Only.</p>	4/4 Time = 4 beats to a bar TIMINGS ALLOWED: <ul style="list-style-type: none"> • SSQQ(S) • SQQ • QQS • QQQQ • S(S) • QQ(&S) Brush Tap (allowed only in Open Fan).
FEET: <ul style="list-style-type: none"> • Opposite Feet only • <i>Exception:</i> Tango Shadow Position Rocks may be on the same foot. 	

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BRONZE American Style FOXTROT Restrictions	
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 bars (32 beats).	One Underarm Turn at a time is the maximum allowed in the Bronze level. Underarm Turns are counted by how many times a partner goes under the connected arms
No Continuity Style in Bronze Foxtrot except allowable elements listed under FEET.	Both feet must remain close to the floor at all times. No Aerial Rondes or Developes
No Foot Changes, Fakes, Solo, Shadow, Tandem, or same foot figures. Partners must always be on opposite feet	No consecutive Pivots Right or Left, one (1) Pivot is allowed
Continuous quicks are NOT permitted except in the Simple Grapevine (#15) or extra Chasses/Side Steps. No syncopations other than Chasse from Promenade. No Syncopated Underarm Turns.	No Fallaway movements including Fallaway Grapevines.
No picture lines or figures e.g. Oversways, Contra Check, Chair, Lunges, etc.	
BRONZE American Style FOXTROT Approved Figures	
1. Forward Basic, Closed or O.P. with or without quarter turn - SSQQ	9. Left Closed Box/Reverse Turn - SQQ
2. Back Basic, Closed or O.P. with or without quarter turn - SSQQ	10. Cross Body Lead - SQQ
3. Promenade - SSQQ	11. Progressive Twinkles/Change Steps forward & backward in any allowable Hold, Position, Proximity With or Without Turn SQQ (<i>In and Out, Butterfly, Flip Flop, Hand to Hand Back to Back</i>)
4. Rock Turn(Ad lib) to Left or Right - SSQQ	12. Single Promenade Pivot - SSQQ
5. Underarm Turn to the Right two Bars, 8 beats - SQQSQQ	13. Syncopated Chasse - SQQSQQ&QSQQ
6. Sway step/Side Balance - SSQQ	14. Forward Twist to Left from Promenade - SSQQ
7. Promenade Underarm Turn - SSQQ	15. Simple Grapevine or Zigzag, 8 quicks maximum. <i>No Syncopations</i>
8. Closed Twinkle, may be danced in any direction except Fallaway, <i>must close feet - SQQ</i>	
BRONZE FOX TROT HOLDS ALLOWED: <ul style="list-style-type: none"> • Traditional Ballroom • Alternative/Traditional (Bronze) • Frame Hold • Double Hand Hold • Single Hand Hold 	PROXIMITIES ALLOWED: <ul style="list-style-type: none"> • Body Contact • Close (with Hold) • Extended (with Hold)
POSITIONS ALLOWED: <ul style="list-style-type: none"> • Closed • Outside Partner (L & R) • Promenade • Counter Promenade • Open (facing) • Left & Right Side Position (Opposite feet only.) • Inverted Prom. & C. Prom. • Back to Back 	4/4 Time (4 beats to a bar) TIMINGS ALLOWED: <ul style="list-style-type: none"> • SSQQ • SQQ • QQS • QQQQ • SQ&Q <i>only for Chasses danced with no turn or up to ¼ turn maximum</i> • SSSS <i>walks or side rocks</i> • 8 Consecutive Q's Grapevine only
FEET: <ul style="list-style-type: none"> • Opposite Feet only • Feet must Close No Continuity Style. 	
Note: The following elements use passing feet and must be followed with a closed finish: Grapevine, Chasse, Promenade Pivot, Lady's UAT, Crossbody Lead, Twist from PP	

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BRONZE American Style VIENNESE WALTZ Restriction	
Partners may not completely separate. Open Work is limited to Single or Double Hand Holds and must finish by the eighth (8 th) bar of music (24 beats) from where the action is commenced.	No Open Left or Right Box turns
One underarm at a time is the maximum allowed in the Bronze level. Underarm turns are counted by how many times a partner goes under the connected arms.	No consecutive Pivots Right or Left, one (1) canter Pivot is allowed
No Foot Changes, Fakes, Solo, Shadow, Tandem, or same foot figures.	Syncopations are not permitted.
Normal Timing, Canter Timing and Hesitations are allowed	Both feet must remain close to the floor at all times. No Aerial Rondes, Developes, etc.
BRONZE American Style VIENNESE WALTZ Approved Figures	
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. Progressive Twinkles/Change Steps forward & backward in any allowable Hold, Position, Proximity With or Without Turn(<i>In and Out, Butterfly, Flip Flop, Hand to Hand Back to Back</i>)
4. Balance Steps/Hesitations/Fifth Position Breaks	9. Change of Place <i>Hold must be maintained</i>
5. Cross Body Lead and Underarm Turn	10 Left Box w/ Left or Right underarm turn
BRONZE VIENNESE WALTZ HOLDS ALLOWED: <ul style="list-style-type: none"> • Traditional Ballroom • Alternative/Traditional (Bronze) • Frame Hold • Double Hand Hold • Single Hand Hold 	PROXIMITIES ALLOWED: <ul style="list-style-type: none"> • Body Contact • Close (with allowable Hold) • Extended (with allowable Hold)
POSITIONS ALLOWED: <ul style="list-style-type: none"> • Closed • Outside Partner (L & R) • Promenade • Counter Promenade • Open (facing) • Left & Right Side Position (Opposite feet only.) • Inverted Prom. & C. Prom. • Back to Back 	3/4 Time = 3 beats to a bar. TIMINGS ALLOWED: <ul style="list-style-type: none"> • 123 • 1(23) • 1(2)3
FEET: <ul style="list-style-type: none"> • Opposite Feet only • Feet must Close No Continuity Style Note: The following elements use passing feet and must be followed with a closed finish: Hesitations, 5 th Position and Open Breaks, Change of Place, Lady's UAT, Lady's part Crossbody Lead	

Silver Restrictions for All Smooth Dances*

- ALL Couples must start in the Traditional Ballroom hold in any allowable Position (Closed, Promenade, R and L Outside Partner) or Proximity (Contact or Close) including the lady's Left hand being placed on the man's Right upper arm or shoulder, and the first four bars they dance must be in this hold. Double Hand Hold and other Alternative Hand Holds do not count towards this requirement. For all Closed Syllabus Bronze and Silver levels an additional 8 bars must be danced in the Traditional Ballroom hold (as defined) at any time during the first minute of music. Viennese Waltz allows the traditional single curtsey before taking hold. No other entrances are allowed.
- Posing or Poses prior to taking hold will be considered an entrance.
- Elements and figures unique to one dance or Style may not be used in another dance, unless specified.
- “Hand(s) to Body Hold” as defined is allowed in Gold only.
- Partners may not completely separate for more than 1 Bar bar.
- Same Foot Right Shadow Position (Lady in Front) is restricted to a maximum of 8 consecutive bars.
- Picture Lines may be danced up to 2 bars only.
- Kicks, Rondes, Developes no more than waist high.
- 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, Attitudes, Eros Lines, Throwaway Oversways, Tandem Position.
- Partners are on opposite feet except for the Same Foot Lunge and Right Shadow work as noted in the individual dances.
- The Grapevine in Left Side Position on the *Same Foot* is allowed in Fox Trot (4Qs only)
- ****When in doubt dancers should read the Gold Closed Figures and Elements to ensure all Closed Silver Level routines do not incorporate figures or elements now in Closed Gold.***

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SILVER American Style WALTZ Approved Figures	
1. Open Left Box Turn & Open Right Box Turn	10. Basic Hairpin, Any Continuity/Running Step(s) Ending curved and checked <i>123 timing only</i>
2. Open Twinkles: Single, Progressive, Passing, Right and Left Twinkles with opposite feet.	11. Body & Picture Lines: Owersway, Contra Check, Same Foot Lunge, Right & Left Lunges, Explosions, Hovers, Developes. <i>Maximum of 2 bars. Opposite feet only except Same Foot Lunge</i>
3. Continuity/Progressive Twinkles danced with 123 timing in any allowable Hold, Position, Proximity with/without turn (<i>Running Steps, Traveling Cross, In and Out, Butterfly, Flip Flops, Hand to Hand Back to Back</i>)	12. Kicks, Rondes, Developes <i>no more than waist high</i>
4. Grapevine to Left or Right - Single or Double Hand Hold	13. Basic Standing Spins. <i>Traditional and Alt Traditional hold only, both partners feet on floor, up to 2 bars with 1 syncopation per bar</i>
5. Syncopated Locks and Chasses (single syncopation allowed)	14. Continuous Partnership Pivots- <i>Up to 2 bars with 1 syncopation allowed</i>
6. Syncopated Underarm Turns-and Solo Turns Spins. <i>One syncopation per bar</i>	15. Outside Swivels, Fans, Gem , Zig-Zags
7. Fallaway movements, Fallaway Reverse Turn Slip Pivot, Fallaway Grapevine	16. Right Shadow work allowed on the same foot with basic 123 timing.
8. Weaves	17. Right Shadow work allowed on the same foot with a single syncopation for Chasses and Locks danced with no turn or up to ¼ turn.
9. Chair and Slip Pivot, Wing	18. R Shadow to L Shadow Switches/Twinkles progressing. <i>The figure may not be turned and is limited to one pass to Left Shadow</i>
<p>SILVER WALTZ HOLDS ALLOWED:</p> <p>All Bronze Holds</p> <ul style="list-style-type: none"> • Handshake Hold • Alternative Hold Silver • Cross Hand Hold <i>sustained</i> • No Hold <i>One bar only</i> <p><i>Note: 'Hand(s) to Body Hold' as defined is a Gold Level Hold only</i></p>	<p>PROXIMITIES ALLOWED:</p> <p>All Bronze Proximities</p> <ul style="list-style-type: none"> • Apart <i>One bar only</i>
<p>POSITIONS ALLOWED:</p> <p>All Bronze Positions And promenade position used for Fallaway movements.</p> <ul style="list-style-type: none"> • Same Foot Lunge Position • Right Same Foot Shadow Position (Lady in Front) is restricted to 8 consecutive bars. • Left Shadow allowed in Shadow Switches one bar only 	<p>3/4 Time = 3 beats to a bar</p> <p>TIMINGS ALLOWED:</p> <p>All Bronze Timings</p> <ul style="list-style-type: none"> • 1&23 • 12&3 • 123& • 1(2)3 or 12&3 to or from Right Shadow Foot Change only • Picture lines in allowable Holds and Positions maximum 2 bars • Where Same Foot is allowed, a foot change timing (<i>by the leader or follower</i>) of one syncopation or Canter/hesitation timing within the bar may be used. • 2 bars maximum allowed for Picture lines in allowable Holds and Positions.
<p>FEET:</p> <ul style="list-style-type: none"> • Opposite Feet • Continuity Style allowed • Same Foot allowed in Same Foot Lunge and sustained Right Shadow Position only. • <i>Note: Foot Change by the leader or follower is allowed to achieve same foot positions.</i> 	

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 20, 2020

SILVER American Style TANGO Approved Figures	
1. Open Right Turn	8. Swivels: Outside, Inside, Fans, Zig-Zags
2. Syncopated Locks & Chasses. <i>Timing restricted to a single syncopation per bar for Chasses danced with no turn or up to ¼ turn and Locks.</i>	9. Kicks, Rondes, Developes no more than waist high
3 Progressive Steps danced in any allowable Hold, Position, Proximity, with/without turn(<i>Back to Back, Traveling Crosses</i>)	10. Ganchos/Hooks, Leg Crawls
4. Syncopated Underarm Turns up to <i>Two syncopations per bar allowed</i>	11. Continuous Partnership Pivots-Up to 2 bars
5. Fallaway Reverse Turn Slip Pivot, Fallaway Grapevine, Fallaway movements,	12. Viennese Crosses
6. Chair and Slip Pivot,	13. Right Shadow on the same foot allowed with Bronze Timings only. <i>No syncopations</i>
7. Body/Picture Lines: Oversway, Same Foot Lunge, Contra Check, Right & Left Lunges, Explosion, Spanish Drag- <i>maximum 2 bars Opposite feet only except Same Foot Lunge.</i>	14. Right Shadow work allowed on the same foot with a single syncopation for Chasses and Locks only, danced with no turn or up to ¼.
<p>SILVER TANGO HOLDS ALLOWED:</p> <p>All Bronze Holds</p> <ul style="list-style-type: none"> • Handshake Hold • Alternative Traditional Hold (Silver) • Cross Hand Hold <i>sustained</i> • No Hold <i>One bar only</i> <p><i>Note: 'Hand(s) to Body Hold' as defined is a Gold Level Hold only</i></p>	<p>PROXIMITIES ALLOWED:</p> <p>All Bronze Proximities</p> <ul style="list-style-type: none"> • Apart <i>One bar only</i>
<p>POSITIONS ALLOWED:</p> <p>All Bronze Positions And promenade position used for Fallaway movements.</p> <ul style="list-style-type: none"> • Same Foot Lunge Position • Right Same Foot Shadow Position (Lady in Front) is restricted to 8 consecutive bars. 	<p>4/4 Time = 4 beats to a bar</p> <p>TIMINGS ALLOWED: All Bronze Timings</p> <ul style="list-style-type: none"> • QQ(&S) <i>Brush Tap in place of any Tango Close</i> • &SS, S&S, SS&, SQ&Q, Q&QS (<i>one syncopation per bar</i>) • QQ&, QQ& (<i>2 syncopations per bar</i>) allowed in <i>Closed Hold Viennese Crosses for up to max of one bar.</i> • Q&Q& <i>Double Syncopated Underarm Turn only.</i> • Picture lines in allowable Holds and Positions maximum 2 bars • Where Same Foot is allowed, a foot change timing (<i>by the leader or follower</i>) of one syncopation or hesitation timing within the bar is allowed. • 2 bars maximum allowed for Picture lines in allowable Holds and Positions.
<p>FEET:</p> <ul style="list-style-type: none"> • Opposite Feet • Same Foot allowed in Same Foot Lunge and sustained Right Shadow Position only. • <i>Note: Foot Change by the leader or follower is allowed to achieve same foot positions.</i> 	

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 20, 2020

SILVER American Style FOXTROT Approved Figures	
1. Open Left Turn	10. Body/Picture Lines: Oversway, Same Foot Lunge, Contra Check, Right & Left Lunges, Explosion, Developes, Hover. <i>Maximum of 2 bars. Partners on opposite feet except for Same Foot Lunge.</i>
2. Open Right Turn	11. Kicks, Rondes, Developes <i>No more than waist high</i>
3. Open Twinkle(s): Single, Progressive, Passing, Right and Left Twinkles with opposite feet	12. Basic Standing Spins. <i>Traditional and Alt Traditional hold only, both partners feet on floor, up to 2 bars with 1 syncopation per bar</i>
4. Continuity/Progressive Twinkles danced in any allowable Hold, Position, Proximity with/without turn <i>SQQ Running Steps, Traveling Cross, In and Out, Butterfly, Flip Flops, Hand to Hand Back to Back</i>	13. Continuous Partnership Pivots up to 2 bars
5. Running Steps SQQ, SSQQ	14. Outside Swivels, Fans, Gem , Zig-Zags
6. Syncopated Underarm Turns, Locks, Chasses. <i>One syncopation per bar</i>	15 Hairpin: Any Continuity Ending/Running Step(s) curved and checked. <i>SQQ timing only</i>
7. Chair and Slip Pivot, Wing	16. Right Shadow work on the same foot with Bronze timings. <i>No syncopations</i>
8. Fallaway movements, Fallaway Reverse Turn Slip Pivot, Fallaway Grapevine	17. Right Shadow work on the same foot with a single syncopation allowed for Chasses and Locks only <i>No turn or up to 1/4 turn</i>
9. Weaves	18. Grapevine on the same foot in Left Side Position <i>4 beats only</i>
<p>SILVER FOX TROT HOLDS ALLOWED:</p> <p>All Bronze Holds</p> <ul style="list-style-type: none"> • Handshake Hold • Alternative Hold (Silver) • Cross Hand Hold (sustained) • No Hold <i>One bar only.</i> <p><i>Note: 'Hand(s) to Body Hold' as defined is a Gold Level Hold only</i></p>	<p>PROXIMITIES ALLOWED:</p> <p>All Bronze Proximities</p> <ul style="list-style-type: none"> • Apart <i>One bar only</i>
<p>POSITIONS ALLOWED:</p> <p>All Bronze Positions</p> <p>Promenade position used for Fallaway movements.</p> <ul style="list-style-type: none"> • Same Foot Lunge Position (Right Angle) • Right Same Foot Shadow Position (Lady in Front) is restricted to 8 consecutive bars. • Left Side Position Same Foot <i>Allowed for Grapevine only. 1 bar only.</i> 	<p>4/4 Time = 4 beats to a bar.</p> <p>TIMINGS ALLOWED:</p> <p>All Bronze Timings</p> <ul style="list-style-type: none"> • S&QQ <i>Bounce Fallaway</i> • SQ&Q <i>Chasses, Locks, Underarm Turns</i> • S(Q)Q or SQ&Q to or from Right Shadow Foot Change only • Picture lines in allowable Holds and Positions maximum 2 bars • Where Same Foot is allowed, a foot change timing (<i>by the leader or follower</i>) of one syncopation or hesitation timing within the bar is allowed. • 2 bars maximum allowed for Picture lines in allowable Holds and Positions.
<p>FEET:</p> <ul style="list-style-type: none"> • Opposite Feet • Continuity Style allowed • Same Foot allowed in Same Foot Lunge, sustained Right Shadow Position and Grapevine in Left Side Position #18. <p><i>Note: Foot Change by the leader or follower is allowed to achieve same foot positions.</i></p>	

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 20, 2020

SILVER American Style VIENNESE WALTZ Approved Figures	
1. Left and Right Turns with Underarm Turns	8. Canter Lilts and Canter Spins
2. Progressive Fifth Positions	9. Canter Pivots <i>Up to 2 bars</i>
3. Open Left Turn, Open Right Turn	10. Body/Picture Lines: Oversway, Same Foot Lunge, Right & Left Lunges, Contra Check, Explosion, Developes, Hover-maximum of 2 bars. <i>Opposite feet only except for Same Foot Lunge.</i>
4. Continuity/Progressive Twinkles danced with 123 timing in any allowable Hold, Position, Proximity with/without turn(<i>Running Steps, Traveling Cross, In and Out, Butterfly, Flip Flops, Hand to Hand Back to Back, Parallel Runs</i>)	11. Basic Standing Spin in Traditional and Alt. Traditional Holds only. Up to 2 bars. <i>Both partners feet are on the floor.</i>
5. Spot Turn Combinations <i>Back Spot and Forward Spot Turns/as in Fleckrel type movements</i>	12. Kicks, Rondes, Developes <i>no more than waist high</i>
6. Chair and Slip Pivot	13. Swivels: Fans, Gem, Outside, Reverse
7. Fallaway Position	14. Right Shadow work on the same foot with Basic 123 timing. <i>Restricted to 8 consecutive bars.</i>
SILVER VIENNESE WALTZ HOLDS ALLOWED: All Bronze Holds <ul style="list-style-type: none"> • Handshake Hold • Alternative Hold Silver • Cross Hand Hold • No Hold <i>One bar only.</i> <i>Note: 'Hand(s) to Body Hold' as defined is a Gold Level Hold only</i>	PROXIMITIES ALLOWED: All Bronze Proximities <ul style="list-style-type: none"> • Apart <i>One bar only</i>
POSITIONS ALLOWED: All Bronze Positions And promenade position used for Fallaway movements. <ul style="list-style-type: none"> • Same Foot Lunge Position • Right Shadow Position Same Foot (Lady in Front) is restricted to 8 consecutive bars. 	3/4 Time = 3 beats to a bar. TIMINGS ALLOWED: <ul style="list-style-type: none"> • All Bronze Timings: 123, 1(23), 1(2)3 • 1(2)3 to or from Right Shadow Foot Change only • Picture lines in allowable Holds and Positions maximum 2 bars • Where Same Foot is allowed, a foot change timing (<i>by the leader or follower</i>) using Canter timing within the bar is allowed • 2 bars maximum allowed for Picture lines in allowable Holds and Positions.
FEET <ul style="list-style-type: none"> • Opposite Feet • Continuity Style allowed • Same Foot allowed in Same Foot Lunge and sustained Right Shadow Position only (#10 and #14) <i>Foot Change by the leader or follower is allowed to achieve these same foot positions</i>	

Gold American Style Smooth Restrictions for all Gold Smooth Dances.

- Partners must start on opposite feet, with an allowable hold that requires a minimum of a single hand hold for the first four bars. No entrances are allowed in Closed American Smooth A single curtsey facing partner in Viennese Waltz is allowed.
- Traditional Ballroom Holds must comprise 6 complete bars within the first minute of dancing.
- Partners may not completely separate for more than 4 bars in a row then must regain a connection (allowable hold) for at least 2 bars before releasing hold again. In Viennese Waltz partners may separate for a maximum of 8 consecutive bars, then must regain a connection (allowable hold) for at least 4 bars before releasing hold again.
- Standing spins may be danced in any allowable Hold or Position for up to 4 bars. Both feet must remain on the floor. The partners' timings do not have to match in Gold Standing Spins/Runarounds
- Continuous partnership Pivots for up to 3 bars. Syncopations are allowed in Waltz only and may use 1 syncopation per bar.
- All supported picture lines are allowed (above standing waist level) up to a maximum of 4 bars per picture line.
- No lifts are allowed.
- The Following movements are considered Open and are not allowed in Bronze, Silver and Gold Syllabus events: Entrances, Dips and Drops below waist level, Knee Drops, Sit Drops, Floor Slashes, Sitting Hens, Horse and Cart with Arabesque or any elevated position(s) of the free leg, Drags.
- Kicks, Rondes, Developes no more than waist high.
- Jumping, skipping and hopping are not permitted.

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GOLD American Style WALTZ Approved Figures	
1. R Shadow to L Shadow Switches/Twinkles Progressing and with the figure turning	7. RSP and LSP same foot picture lines Eg. Contra Check, Hover, Arabesque
2. Heel Pull and Continuous Heel Pull Hairpins. <i>Limit 2 bars</i>	8. Advanced Picture Lines (eg. Hinge, Throwaway Oversway)
3. Syncopated Turning Shadow Figures - Any syncopated figure done in Right Shadow Position. For example: Fallaway and Weave, Tumble Turn, Single Heel Pull Hairpin <i>Up to 1 syncopation per bar</i>	9. Extended Pivots. <i>Traditional Ballroom Hold/Alt Traditional Ballroom Hold only. Up to 3 consecutive bars with 1 syncopation per bar.</i>
4. Syncopated Chasses, Runs and Locks- Underarm Turns and Free Turns <i>Up to 2 syncopations per bar</i>	10. Advanced Standing Spins in any allowable Hold and Positions. <i>Both partners feet must remain on the floor.</i>
5. RSP and LSP same foot figures for example: Grapevines and Passes <i>Up to one syncopation allowed per bar.</i>	11. No Hold, Away and Apart proximity - Right and Left turning figures <i>up to one syncopation per bar</i>
6. Reverse and Natural Overspins (Double Reverse Spin and Pivot) (Double Natural Spin and Pivot) in Traditional Ballroom Hold only. <i>See timings allowed.</i>	
GOLD WALTZ HOLDS ALLOWED ALL Bronze and Silver Holds <ul style="list-style-type: none"> • Hammerlock • Hand(s) to Body <i>2 bars only</i> • No Hold with away and apart proximity 	PROXIMITIES ALLOWED ALL Bronze and Silver Proximities <ul style="list-style-type: none"> • Apart (within reach) up to 4 bars • Away (not within reach) up to 2 bars
POSITIONS ALLOWED All Bronze and Silver Positions <ul style="list-style-type: none"> • LSP and RSP (on the same foot) • Right Shadow Position (Lady Behind) Same Foot or Opposite Feet • Left Shadow Position (Lady Behind) Same Foot or Opposite Feet 	TIMINGS ALLOWED <ul style="list-style-type: none"> • All Bronze and Silver Timings. Syncopations allowed: <ul style="list-style-type: none"> • 1&2&3, 12&3&, 1&23& <i>allowable figures only (4, 6, 10)</i> • 1&2&3& Advanced Standing Spin/Runaround only • 4 bars maximum allowed for Picture Lines in allowable Holds and Positions
FEET Opposite Feet Continuity Style is allowed Same Foot is allowed in specified figures	

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 20, 2020

GOLD American Style TANGO Approved Figures	
1. R Shadow to L Shadow switches progressing and with the figure turning	6. Advanced Picture Lines (eg. Hinge, Throwaway Oversway)
2. Syncopated Chasses, Runs and Locks- Underarm Turns and Free Turns <i>Up to 2 syncopations per bar</i>	7. Extended Pivots. <i>Traditional Ballroom Hold/Alt Traditional Ballroom Hold only. Up to 3 consecutive bars</i>
3. Syncopated Turning Shadow Figures (eg. Viennese Crosses)	8. Hammerlock Envelopés
4. RSP and LSP same foot figures for example: Grapevines and passes	9 No Hold, Away and Apart Right and Left turning figures <i>up to one syncopation per bar</i>
5. RSP and LSP same foot picture lines (eg Contra Check, Oblique)	
HOLDS ALLOWED All Bronze and Silver Holds <ul style="list-style-type: none"> • Hammerlock • Hand(s) to body <i>2 bars only</i> • No Hold with away and apart proximity 	PROXIMITIES ALLOWED All Bronze and Silver Proximities <ul style="list-style-type: none"> • Apart (within reach) up to 4 bars • Away (not within reach) up to 2 bars
POSITIONS ALLOWED All Bronze and Silver Positions <ul style="list-style-type: none"> • LSP and RSP (on the same foot) • Right Shadow Position (Lady Behind) Same Foot or Opposite Feet • Left Shadow Position (Lady Behind) Same Foot or Opposite Feet 	TIMINGS ALLOWED All Bronze and Silver Timings <ul style="list-style-type: none"> • Syncopations allowed: • Q&Q& <i>allowable figures only (2,4)</i> • 4 bars maximum allowed for Picture Lines in allowable Holds and Positions
FEET <ul style="list-style-type: none"> • Opposite Feet • Continuity Style • Same Foot is allowed in specified figures 	

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 20, 2020

GOLD American Style FOXTROT Approved Figures	
1. R Shadow to L Shadow Switches/Twinkles progressing and with the figure turning	6. RSP and LSP same foot picture lines Eg. Contra Check, Hover, Oblique
2. Heel Pull and Continuous Heel Pull Hairpins <i>Limit 2 bars</i>	7. Advanced Picture Lines eg. Hinge, Throwaway Oversway
3. Syncopated Turning Shadow Figures – Any syncopated figure done in Right Shadow Position. For example: Fallaway and Weave, Tumble Turn, Continuous Hairpins <i>Up to one syncopation allowed per bar</i>	8. Extended Pivots. <i>Traditional Ballroom Hold/Alt Traditional Ballroom Hold only. Up to 3 consecutive bars.</i>
4. Syncopated Chasses, Runs and Locks- Underarm Turns and Free Turns <i>Up to 2 syncopations per bar</i>	9. Advanced Standing Spins in any allowable Hold and Positions. <i>Both partners feet must remain on the floor</i>
5. RSP and LSP same foot figures. For example: Grapevines and passes <i>Up to one syncopation allowed per bar</i>	10. No Hold Away and Apart Right and Left turning figures <i>Up to one syncopation per bar</i>
HOLDS ALLOWED All Bronze and Silver Holds <ul style="list-style-type: none"> • Hammerlock • Hand(s) to body <i>2 bars only</i> • No Hold with Away and Apart proximity 	PROXIMITIES ALLOWED All Bronze and Silver Proximities <ul style="list-style-type: none"> • Apart (within reach) <i>up to 4 bars</i> • Away (not within reach) <i>up to 2 bars</i>
POSITIONS ALLOWED All Bronze and Silver Positions <ul style="list-style-type: none"> • LSP and RSP (on the same foot) • Right Shadow Position (Lady Behind) Same Foot or Opposite Feet • Left Shadow Position (Lady Behind) Same Foot or Opposite Feet 	TIMINGS ALLOWED All Bronze and Silver Timings <ul style="list-style-type: none"> • &SS, S&S, SS&, QQ&. • Q&Q& <i>allowable figures only (4,5,9)</i> • Q&Q&Q&Q& Advanced Standing Spin /Runaround only. • 4 bars maximum allowed for Picture Lines in allowable Holds and Positions.
FEET <ul style="list-style-type: none"> • Opposite Feet • Continuity Style is allowed • Same Foot is allowed in specified figures 	

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - *Revised January 20, 2020*

GOLD American Style VIENNESE WALTZ Approved Figures	
1. R Shadow to L Shadow switches progressing and with the figure turning	6. Advanced Picture Lines (eg. Hinge, Throwaway Oversway)
2. Heel Pull and Continuous Heel Pull Hairpins Canter Timing <i>Up to 2 bars</i>	7. Barrel Turns from Crossed Hand Hold
3. Canter Shadow Pivot <i>Up to 2 bars</i>	8. Advanced Standing Spins in any allowable Hold and Positions. <i>Both partners feet must remain on the floor.</i>
4. RSP and LSP same foot Canter Grapevines and Passes	9. No Hold, Away and Apart Proximities - Right and Left turning figures
5. RSP and LSP same foot picture lines (<i>Eg. Contra Check, Hover, Oblique</i>)	
HOLDS ALLOWED	PROXIMITIES ALLOWED
All Bronze and Silver Holds: <ul style="list-style-type: none"> • Hammerlock • Hand(s) to body <i>2 bars only</i> • No Hold with Away and Apart proximity 	All Bronze and Silver Proximities <ul style="list-style-type: none"> • Apart (within reach) up to 8 bars • Away (not within reach) up to 4 bars
POSITIONS ALLOWED	TIMINGS ALLOWED
All Bronze and Silver Positions <ul style="list-style-type: none"> • LSP and RSP (on the same foot) • Right Shadow Position (Lady Behind) Same Foot or Opposite Feet • Left Shadow Position (Lady Behind) Same Foot or Opposite Feet 	All Bronze and Silver Timings. <ul style="list-style-type: none"> • (12)3, (1)2(3), (1)23, 12(3) • 4 bars maximum allowed for Picture Lines in allowable Holds and Positions
FEET	
<ul style="list-style-type: none"> • Opposite Feet • Continuity Style is allowed • Same Foot is allowed in specified figures 	

Bronze American Rhythm Rules and Restrictions

No entrances are allowed. Partners must start in a closed or open facing hold. Posing or Poses prior to taking hold will be considered an entrance.

Couples must remain in a standing position at all times.

Only the timings listed will be permitted. No Syncopations or delayed timings unless specifically approved.

Only the positions listed will be permitted. No Side by Side work will be accepted in Bronze

Spirals are not permitted in the Bronze level.

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

No West Coast Swing elements are allowed or permitted in the Bronze or Silver level.

No embellishments of standard figures. No, head rolls, foot flicks, extreme change of levels (with the exception of Bolero), or freezes/holds or picture lines

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 unless specifically approved (ie: Chase Turns)

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

No Foot Changes or Same Foot Figures are allowed with the exception of the Sweetheart in it's permissible dances

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AMERICAN STYLE CHA CHA CHA			
	Bronze Cha Cha figures	Timing	Position and Dance Holds
1	Basic Movements		
	Closed	1,23,4&1,23,4&1	Closed Position
	Open	1,23,4&1,23,4&1	Closed Position or Open Position
	In place	1,23,4&1,23,4&1	Closed Position or Double Hand Hold
2	Breaks		
	Crossover Breaks	1,23,4&1	LSP L hand hold or RSP R hand hold
	Fifth Position Breaks	1,23,4&1	LSP L hand hold or RSP R hand hold
	Open Breaks	1,23,4&1	Open Position
	Outside Breaks/Offset Breaks	1,23,4&1	Closed Position or Double Hand Hold
3	Turns to Left or Right	1,23,4&1	RSP or LSP, release hold (one bar), regain hold for next figure
	Switch or Solo Spot Turns Left or Right	1,23,4&1	RSP or LSP, release hold (one bar), regain hold for next figure
	Underarm Turns (UA) Left or Right	1,23,4&1	Left to Right hand hold.
	Syncopated Underarm Turn to Left	4&1	Left to Right Hand Hold
	Chase Turns (1/2 or Full)	1,23,4&1	Tandem Position
4	Three Cha Cha Cha's		
	Forward or Backwards	1,23,4&1,2&3,4&1	Closed or Open Position, Pat-a-cake, or Double Hand Hold
	Forward in RSP	1,23,4&1,2&3,4&1	RSP R to L hand hold or Alt.RSP Hold (last 3 steps can face partner)
	Forward in LSP	1,23,4&1,2&3,4&1	LSP L to R hand hold or Alt. LSP Hold (last 3 steps can face partner)
5	Crossbody Leads	1,23,4&1,23,4&1	Closed Position ending in Closed, Open or Open Counter Promenade Position
6	Back Spot Turn/Natural Top	1,23,4&1 (max. 3 bars)	Closed Position Normal Hold
7	Sweethearts	1,23,4&1,23,4&1	Handshake hold to Shadow Position ending in Open Position (same foot or opposite feet may be used)
8	Cuddle	1,23,4&1,23,4&1	Double Hand Hold to RSP Position ending in Open Position
9	Crossover Breaks and Swivels	1,23,4&1,23,4&1	LSP L hand hold to Double Hand Hold
10	Side Pass		
	Right Side Pass	1,23,4&1,23,4&1	Open Position to end in Open Position or OCPP
	Left Side Pass	1,23,4&1,23,4&1	Open Position to end in Open Position or OCPP
11	Chasses: Fwd & Bwd Locks, Fwd & Bwd Runs, Side Chasse, Compact Chasse	4&1 or 2&3	Closed Position, Open Position, Double Hand Hold, Pat-a-Cake, RSP, LSP

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AMERICAN STYLE RUMBA			
	Bronze Rumba figures	Timing	Position and Dance Holds
1	Box	QQS,QQS or SQQ,SQQ	Closed Position Normal Hold
2	Breaks		
	Crossover Breaks	QQS,QQS or SQQ,SQQ	LSP L hand hold or RSP R hand hold
	Fifth Position Breaks	QQS,QQS or SQQ,SQQ	LSP L hand hold or RSP R hand hold
	Open Breaks	QQS,QQS or SQQ,SQQ	Open Position Normal Hold
	Outside Breaks/Offset Breaks	QQS,QQS or SQQ,SQQ	Closed Position or Double Hand Hold
	Side Breaks	QQS,QQS or SQQ,SQQ	Closed Position or Double Hand Hold
3	Opening Outs R and L	QQS or SQQ	Closed Position to 90 degree angle on man's L or R side
4	Turns to Left or Right	QQS,QQS or SQQ,SQQ	RSP or LSP, release hold (one bar), regain hold for next figure
	Switch or Solo Spot Turns Left or Right	QQS,QQS or SQQ,SQQ	RSP or LSP, release hold (one bar), regain hold for next figure
	Underarm Turns (UA) Left or Right	QQS,QQS or SQQ,SQQ	Left to Right hand hold.
	Three Step Underarm (UA) Left	QQS or SQQ	Closed or Open Position ending in Counter Promenade
5	Rocks (Forward, Backwards, Side)	QQS,QQS or SQQ,SQQ	Closed or Open Position, Normal, L to R, Double Hand Hold
6	Cuban Walks		
	Forward or Backwards	QQS,QQS or SQQ,SQQ	Closed or Open Position, Normal, L to R, Double Hand Hold
	Forward in RSP	QQS,QQS or SQQ,SQQ	RSP R to L hand hold or Alt.RSP Hold (last 3 steps can face partner)
	Forward in LSP	QQS,QQS or SQQ,SQQ	LSP L to R hand hold or Alt. LSP Hold (last 3 steps can face partner)
	Forward in Promenade Position	QQS,QQS or SQQ,SQQ	Promenade Position
7	Crossbody Leads	QQS,QQS or SQQ,SQQ	Closed Position ending in Closed, Open or Open Counter Promenade Position
8	Crossbody Lead to Cuban Walks	QQS,QQS or SQQ,SQQ (max. 6 bars)	Closed Position to LSP, ending in Closed, Open or Open Counter Promenade Position Closed
9	Back Spot Turn/Natural Top	QQS,QQS or SQQ,SQQ (max. 3 bars)	Closed Position Normal Hold
10	Sweethearts	QQS,QQS or SQQ,SQQ	Handshake hold to Shadow Position ending in Open Position (same foot or opposite feet may be used)
11	Cuddle	QQS,QQS or SQQ,SQQ	Double Hand Hold to RSP Position ending in Open Position
12	Peek-a-Boo /Stop and Go	QQS,QQS or SQQ,SQQ	Open Position ending in Open Position (must keep hand hold connection)
13	Side Passes		
	Right Side Pass	QQS,QQS or SQQ,SQQ	Open Position to end in Open Position or OCPP
	Left Side Pass	QQS,QQS or SQQ,SQQ	Open Position to end in Open Position or OCPP

AMERICAN STYLE EAST COAST SWING			
	Bronze East Coast Swing Figures	Timing	Position and Dance Holds
1	Basic with or with Turn to Left or Right	QQ,Q&Q,Q&Q or Q&Q,Q&Q,QQ	Closed Position or Open Position
2	Fallaway Throw Away	QQ,Q&Q,Q&Q or Q&Q,Q&Q,QQ	Closed Position to end in Open Position
3	Underarm Turns		
	Underarm Turn Right for Lady or Man		
	Underarm Turn Left for Lady or Man	QQ,Q&Q,Q&Q or Q&Q,Q&Q,QQ	Closed Position or Open Position turning Lady or Man Underarm
4	Back Pass/Hand Change Behind the Back for Man	QQ,Q&Q,Q&Q or Q&Q,Q&Q,QQ	Open Position to end in Open Position
5	American Spin/Tuck Turn	QQ,Q&Q,Q&Q or Q&Q,Q&Q,QQ	Open position R to R hold end L to R or R to L
6	Continuous Tucks/Shoulder Taps	QQ,Q&Q,Q&Q or Q&Q,QQ,QQ	R to R hold
7	Peek-A-Boo/Stop and Go	QQ,Q&Q,QQ,Q&Q or Q&Q,QQ,Q&Q,QQ	Open Position to end in Open Position
8	Cuddle	QQ,Q&Q,Q&Q or Q&Q,Q&Q,QQ	Double Hand Hold to RSP ending in Open Position
9	Hammerlock	QQ,Q&Q,Q&Q or Q&Q,Q&Q,QQ	Double Hand Hold to RSP
10	Fifth Position Breaks	QQ,Q&Q,QQ,Q&Q or Q&Q,QQ,Q&Q,QQ	RSP or LSP
10	Whips		
	Lindy Whip	QQ,Q&Q,QQ,Q&Q or Q&Q,QQ,Q&Q,QQ (max. 4 consecutive Q's)	Closed or Contact Position
	Whip Throwaway	QQ,Q&Q,QQ,Q&Q or Q&Q,QQ,Q&Q,QQ (max. 4 consecutive Q's)	Closed or Contact Position end in Open Position
	Lindy Whip with Underarm Turn L, R, or Lady's Hand Change	QQ,Q&Q,QQ,Q&Q or Q&Q,QQ,Q&Q,QQ (max. 4 consecutive Q's)	Closed or Contact Position end in Open Position
11	Walks		
	Back Walks and Points/Low Kick	QQ, Q&Q,Q&Q, QQQQ,QQ,QQ,QQ,QQ or Q&Q, Q&Q, QQQQ,QQ,QQ,QQ,QQ	Promenade Position
	Promenade Walks/Chasses	QQ, Q&Q, Q&Q (max. 4 consecutive Q's or Chasses) or Q&Q, Q&Q (max. 4 consecutive Q's or Chasses), QQ	Promenade Position
12	Chicken Walks/ Sugar Foot Swivels	S,S,QQQQ or QQQQ (max 4. consecutive Q's)	Open Position or Double Hand Hold
13	Hitch Kick/Kick Ball Change	Q&Q (max. 2)	Closed or Open Position
14	Passing Basic without turns	QQ, Q&Q or Q&Q, QQ	LSP or RSP, passing through Tandem Position, to end LSP or RSP

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 20, 2020

AMERICAN STYLE BOLERO			
	Bronze Bolero figures	Timing	Position and Dance Holds
1	Basic	SQQ,SQQ	Closed Position
2	Alternative Basic	SQQ,SQQ	Closed Position or Double Hand Hold
2	Breaks		
	Crossover Breaks	SQQ,SQQ	LSP L hand hold or RSP R hand hold
	Fifth Position Breaks	SQQ,SQQ	LSP L hand hold or RSP R hand hold
	Open Breaks (including Man's Point Break)	SQQ,SQQ	Open Position
	Outside Breaks/Offset Breaks	SQQ,SQQ	Closed Position or Double Hand Hold
3	Turns to Left or Right		
	Switch or Solo Spot Turns Left or Right	SQQ,SQQ	RSP or LSP, release hold (one bar), regain hold for next figure
	Underarm Turns (UA) Left or Right	SQQ,SQQ	Left to Right hand hold.
	Three Step Underarm (UA) Left	SQQ	Closed or Open Position ending in Counter Promenade
4	Rocks (Forward, Backwards, Side)	SQQ,SQQ	Closed Position, Open Position or Double Hand Hold
5	Crossbody Leads	SQQ,SQQ	Closed Position ending in Closed, Open or Open Counter Promenade Position
6	Cuban Walks		
	Forward or Backwards	SQQ,SQQ	Closed Position, Open Position, or Double Hand Hold
	Forward in RSP	SQQ,SQQ	RSP R to L hand hold or Alt. RSP Hold (last 3 steps can face partner)
	Forward in LSP	SQQ,SQQ	LSP L to R hand hold or Alt. LSP Hold (last 3 steps can face partner)
	Forward in Promenade Position	SQQ, SQQ	Promenade Position
7	Side Passes		
	Left Side Pass	SQQ,SQQ	Open Position
	Right Side Pass	SQQ,SQQ	Open Position
7	Crossbody Lead to Cuban Walks	SQQ,SQQ (max. 6 bars)	Closed Position to LSP, ending in Closed, Open or Open Counter Promenade Position Closed
8	Back Spot Turn/Natural Top	SQQ,SQQ (max. 3 bars)	Closed Position
9	Sweethearts	SQQ, SQQ	R to R Hand Hold to Shadow Position ending in Open Position (same foot or opposite foot may be used)
10	Passing Basics	SQQ	LSP or RSP, passing through Tandem Position, to end LSP or RSP

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 20, 2020

AMERICAN STYLE MAMBO			
	Bronze Mambo figures	Timing	Position and Dance Holds
1	Basic Movements		
	Closed	2,3,41, 2,3,41	Closed Position Normal Hold
	Open	2,3,41, 2,3,41	Closed or Open Position L to R hold
2	Breaks		
	Crossover Breaks	2,3,41, 2,3,41	LSP L hand hold or RSP R hand hold
	Fifth Position Breaks	2,3,41, 2,3,41	LSP L hand hold or RSP R hand hold
	Open Breaks	2,3,41, 2,3,41	Open Position Normal Hold
	Outside Breaks/Offset Breaks	2,3,41, 2,3,41	Closed Position or Double Hand Hold
	Side Breaks	2,3,41, 2,3,41	Closed Position, Double Hand Hold or Apart Position
3	Turns to Left or Right		
	Switch or Solo Spot Turns Left or Right	2,3,41	RSP or LSP, release hold (one bar), regain hold for next figure
	Underarm Turns (UA) Left or Right	2,3,41	Left to Right hand hold.
	Three Step Underarm (UA) Left	2,3,41	Closed or Open Position ending in Counter Promenade
	Chase Turns (1/2 or Full)	2,3,41	Tandem Position
4	Walks		
	Progressive Walks Forward, Backwards	2,3,41 (max 4 bars)	Closed or Open Position L to R hold, Double Hand Hold
	Forward in LSP or RSP	2,3,41 (max 4 bars)	LSP L to R hand hold or Alt. LSP Hold
	Promenade Walks	2,3,41 (max 4 bars)	Closed Position
5	Crossbody Leads	2,3,41, 2,3,41	Closed Position ending in Closed, Open or Open Counter Promenade Position
6	Back Spot Turn/Natural Top	2,3,41 (max. 3 bars)	Closed Position Normal Hold
7	Sweethearts	2,3,41, 2,3,41	Handshake hold to Shadow Position ending in Open Position (same foot or opposite foot may be used)
8	Cuddle	2,3,41, 2,3,41	Double Hand Hold to RSP Position ending in Open Position
9	Hammerlock	2,3,41, 2,3,41	Double Hand Hold to RSP
10	Peek-a-Boo /Stop and Go	2,3,41, 2,3,41	Open Position ending in Open Position (must keep hand hold connection)
11	Crossover Breaks and Swivels	2,3,41, 2,3,41	LSP L hand hold to Double Hand Hold
12	Chasses: Fwd & Bwd Locks, Side Chasses, Fwd & Bwd Runs	2,3,41, 2,3,41	Closed Position, Open Position, Double Hand Hold, RSP, or LSP

Silver American Rhythm Rules and Restrictions

No entrances are allowed. Partners must start in a closed or open facing hold. Posing or Poses prior to taking hold will be considered an entrance.

Couples must remain in a standing position at all times.

Only the timings listed in Bronze or Silver will be permitted.

Only the positions listed in Bronze or Silver will be permitted.

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.

Continuous partnership pivots are allowed for up to 2 measures but may include only 1 syncopation

*****Side by Side or Apart Figures can be done for 16 consecutive counts. Hold then must be regained.*****

*****Shadow, Side by Side and Apart Figures may be danced for a maximum total of 32 counts within the first minute of the routine.*****

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 20, 2020

AMERICAN STYLE CHA CHA CHA			
Silver Cha Cha figures		Timing	Position and Dance Holds (*= see rules and restrictions)
1	Open Box	1,2,3,4&1 or 1, hold 2, &,3, 4&1 (Guapacha)	Closed Position, Open Position, Double Hand Hold, or Shadow Position
2	Paseo, Aida	1, 2,3,4&1 or 1, hold 2, &,3, 4&1 (Guapacha)	Closed or Open Position to LSP L Hand Hold
3	Grapevine/Traveling Cross: Fwd & Bwd	1,2, 3,4&1	Closed Position, Open Position or Shadow Position
	Grapevine/Traveling Cross: Fallaway	1,2, 3,4&1	Closed or Open Position to Fallaway Position or Apart*
4	Half Moon with or without Lady's Underarm Turn	1,2, 3,4&1, 2, 3, 4&1	R to R Hand Hold to Left Shadow Position to end in Open or Open CPP
5	Lady's Swivels: Hip Twist Swivel or Sugar Foot Swivel	1, 23, 41 or 1, 2, 3, 4&1	Closed Position, Open Position or Double Hand Hold
	Toe Heel Swivels (w/ or w/o lock steps)	1,2,3,4&1 or 2&3,4&1	Open Position, Double Hand Hold or R to R Hand Hold
6	Crossover Breaks (optional timing)		
	Single Counts or Guapacha Timing	1,2,3,4,1 or 1,hold 2,&,3,4&1 (max 2 bars)	LSP or RSP
7	Cuban Breaks (max. 2 bars)	1, 2&3, 4&1 or 1, 2&3&4&1	Closed or Open Position, Double Hand Hold, LSP, RSP, Shadow Position or Apart*
8	Fifth Position Breaks (optional timing)		Fallaway
	Single Counts or Guapacha Timing	1,2,3,4,1 or 1,hold 2,&,3,4&1 (max 2 bars)	LSP or RSP
	Syncopated Timing (max.2 bars)	1, 2&3, 4&1 or 1, 2&3&4&1	LSP or RSP
9	Spiral Actions/Rope Spins/Solo Spin Exit	1, 2, 3, 4&1	Underarm or Without Hold
10	Twinkles	1, 2&3, 4&1	Closed or Open Position, Double Hand Hold, Back to Back, Shadow Position or Apart*
11	Forward Spot Turn w/ or w/o UATurn	1,2,3,4&1 (max. 4 bars)	Closed or Contact Position
12	Push Away Action	2&3 or 4&1	Closed Position, Double Hand Hold, or R to R Hand Hold on Man's Right Side
13	Foot Flicks/Low Rondes/Knee Lifts	One count	Closed or Open Position
14	Man's Foot Change	1, 23, 4&1 or 1, 2&3, 4&1 (Lady's timing 1, 2, 3, 4&1)	Closed or Open Position to Shadow Position or Side by Side
15	Hip Twist: Closed or Advanced	1, 2,3,4&1	Closed Position or R to R Hand Hold on Man's Right Side
	Open Hip Twist	1, 2,3,4&1	Open Position
16	Scallop Ending	1, 2,3,4&1	Closed Position
17	Turkish Towel	1, 2,3,4&1 (6 bars)	R to R Hold, Lady U/A Turn to R, L Shadow & R Shadow Man in Front
18	Three Step Turn (only 1 in succession)	2&3 or 4&1	No Hold
19	Chasses: Lock Steps, Fwd/Bwd Runs, Compact Chasse, Twist Chasse, Ronde Chasse, Slip Chasse	2&3 or 4&1	Closed Position, Open Position, LSP, RSP, Side By Side*, Shadow Position*, Apart Position* (*see rules and restrictions*)
20	Shadow/Side By Side/Apart Elements: Basic, Open Box, Cuban Breaks, Grapevine, Twinkles, 3 Cha Cha's, Freezes/Holds/Body Rhythms (max 8 counts)	See Above Timing	Side By Side*, Shadow Position*, Apart Position* (*see rules and restrictions*)

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 20, 2020

AMERICAN STYLE RUMBA			
Silver Rumba figures		Timing	Position and Dance Holds (*= see rules and restrictions)
1	Open Box	QQS, QQS or SQQ, SQQ	Closed Position, Open Position or Shadow Position
2	Snap and Quick Underarm Turns	QQS, QQS or SQQ, SQQ	Closed to LSP/L angle to RSP/R angle
3	Double Underarm Turn L or R for Lady	Q&Q&S or SQ&Q&	Closed or Open Position ending in Open Position/ CPP ending in CPP
4	Grapevine/Traveling Cross: Fwd & Bwd	QQS or Q&QS or SQQ or SQ&Q	Closed Position, Open Position, Shadow Position, or Side by Side*
	Grapevine/Traveling Cross: Fallaway	QQS or Q&QS or SQQ or SQ&Q	Closed Position, Open Position, Shadow Position, Side by Side or Apart*
5	Fencing Line	QQS or SQQ	Single or Double Hand Hold in PP or CPP
6	Forward Spot Turn w/ or w/o UA Turn	QQS, QQS (max. 4 bars)	Closed or Contact Position
7	Paseo/Aida	QQS or SQQ	Closed or Open Position to LSP L Hand Hold
8	Walks in All Directions (same foot or opposite)	QQS, QQS or SQQ, SQQ	Closed Position, Open Position, RSP, LSP, Cuddle, Hammerlock, or Shadow Position*
	Syncopated Walks in Promenade Position	Q&QS or SQ&Q	Promenade Position
9	Spiral Actions/Rope Spin/Curls		Closed or Open Position, Spiral/Curl U/A L to R Hold
	Spiral and Three Step/Pivot Turn Exit	SQQS	Turn Underarm or Without Hold to end in Open Position
10	Swivels (Hip Twist Swivel or Sugar Foot)	SS or QQS, or SQQ	Closed Position, Double Hand Hold, R to R Hand Hold or Shadow Position*
12	Man's Foot Change	SS	Used to get In or Out of Shadow Position
13	Foot Flicks/Low Rondes	S (max. 2 beat)	Closed Position, Open Position or RSP
14	Sliding Doors w/ or w/o Spiral	QQS, QQS or SQQ, SQQ	RSP to RSP (must keep contact throughout)
15	Hip Twists		
	Closed or Advanced Hip Twist	QQS or SQQ	Closed Position or R to R Hand Hold on Man's Right Side
16	Scallop Ending	QQS or SQQ	Closed Position
17	Turkish Towel	QQS or SQQ (6 bars)	R to R Hold, Lady U/A Turn to R, L Shadow & R Shadow Man in Front
18	Shadow/Side By Side Elements Box/Open Box Walks (same foot or opposite) Rocks (all directions) Breaks (all directions) Grapevine Solo Spot Turns	See above timings	Side By Side*, Shadow Position*, Apart Position* (*see rules and restrictions*)
19	Freezes/Holds/Body Rhythms	No more than 4 beats	Shadow Position or Closed Position on Man's R Side or Side by Side*

AMERICAN STYLE EAST COAST SWING

Silver East Coast Swing figures		Timing	Position and Dance Holds (*= see rules and restrictions)
1	Double Underarm Turn Left or Right for Lady	QQ, Q&Q, Q&Q& or Q&Q, Q&Q&.QQ	Closed or Open Position ending in Open Position/ CPP ending in CPP
2	Swivel Actions		
	Toe Heel Swivels	Q,Q, Q&Q or QQS (max 8 Q's)	Double Hand Hold, Side by Side, or Shadow Position*
	Fallaway Swivels	QQQQ	Closed Position or Double Hand Hold to Fallaway Position
	Boogie Walks	SS	Side by Side, Shadow Position or Apart Position*
	Sugar Foot Swivels in Shadow Position	SS or QQ (max. 4 Qs)	Shadow Position*
	Hip Twist Swivels	SS, QQS	Double Hand Hold
3	Sailor Shuffles	Q&Q (max 8 counts)	Open Position, Double Hand Hold, Side by Side, Shadow Position or Apart Position*
4	Lindy Wraps/Rollings Off the Arms w/ or w/o UA Turn	QQ, Q&Q, QQ (max 4 Qs), Q&Q or Q&Q, QQ (max 4 Qs), Q&Q, QQ	Double Hand Hold, R to R Hand Hold or R to L Hand Hold into RSP end in Open Position
5	Pushaway Actions	QQ	Closed Position, Double Hand Hold, or R to R Hand Hold on Man's Right Side
7	Continuous & Progressive Chasses (only 1 in succession)	Q&Q&Q&Q or Q&Q,Q&Q,Q&Q,Q&Q	Double Hand Hold, Pat-a-Cake, or R to R Hand Hold
8	Solo Spins		
	Simple Spin for Man or Lady	QQ	After Lady's Inside Turn ended in Open CPP, release hold
	Three Step Turn Lady Only	Q&Q	Release from Shadow to Open Position, Open Position to Shadow
	Solo Spin (step, step) Lady Only	QQ	Release Hold from Open Position
9	Miami Special	QQ, Q&Q, Q&Q or Q&Q, Q&Q,QQ	R to R Hand Hold, End L to R Hand Hold Open Position
10	Pivots with Chasse or Without Chasse	Q&Q,Q&Q or QQ (max.4 Q's)	Closed or Contact Position
11	Passing Basics with Turn for Man or Lady	Q&Q	RSP or LSP
12	Catapult	QQ, Q&Q, Q&Q (2x) or Q&Q, Q&Q,QQ (2x)	R to R Hand Hold, UA Turn to Tandem Lady behind man then release spin
13	Continuous Tuck with Lady's Underarm Turn	Q&Q, Q&Q, QQ (turn)	R to R Hand Hold
14	Points and Flicks	QQ (max 8 Q's)	Promenade Position or Double Hand Hold
15	Man's Foot Change	SS (Lady's timing Q&Q)	End in Side by Side, Shadow Position or Apart Position*
16	Shadow/Side By Side Elements Basic Chasses (in all directions) Swivel Actions Sailor Shuffles Hitch Kicks	See above timings	Side By Side*, Shadow Position*, Apart Position* (see rules and restrictions)
17	Freezes/Holds/Body Rhythms	No more than 4 beats	Shadow Position or Closed Position on Man's R Side or Side by Side*

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 20, 2020

AMERICAN STYLE BOLERO		
Silver Bolero figures	Timing	Position and Dance Holds (*= see rules and restrictions)
1 Double Underarm Turn L or R for Lady	SQ&Q&	Closed or Open Position ending in Open Position/ CPP ending in CPP
2 Grapevine/Traveling Cross: Fwd & Bwd	SQQ	Closed Position, Open Position, Shadow Position, or Side by Side*
Grapevine/Traveling Cross: Fallaway	SQQ	Closed Position, Open Position, Shadow Position, or Side by Side*
Syncopated Grapevine/Traveling Cross (Fwd/Bwd/Fallaway)	SQ&Q&	Closed Position, Open Position, Shadow Position, or Side by Side*
3 Fencing Line	SQQ	Single or Double Hand Hold in PP or CPP
4 Forward and Back Spot Turn w/ or w/o UA Turn	SQQ, SQQ (max. 4 bars)	Closed or Contact Position
5 Paseo/Aida	SQQ	Closed or Open Position to LSP L Hand Hold
Syncopated Paseo/Aida	SQ&Q	Closed or Open Position to LSP L Hand Hold
6 Walks in All Directions (same foot or opposite)	SQQ	Closed Position, Open Position, RSP, LSP, Cuddle, Hammerlock, or Shadow Position*
Forward Walks in Promenade Position	SQQ	Promenade Position
Syncopated Walks in Promenade Position	SQ&Q	Promenade Position
7 Alternate Basic	SQQ	Closed Position, Open Position, or Double Hand Hold
8 Swivels (Hip Twist Swivel or Sugar Foot)	SS or SQQ	Closed Position, Double Hand Hold, R to R Hand Hold or Shadow Position*
9 Spiral Actions/Rope Spin/Curls	SQQ	Closed or Open Position, Spiral/Curl U/A L to R Hold
Spiral and Three Step/Pivot Turn Exit	SQQ	Turn Underarm or Without Hold to end in Open Position
10 Solo Spins		
Three Step Turn Man or Lady	SQQ	Release from Shadow to Open Position, Open Position to Shadow
Solo Spin (step, step) Lady Only	QQ	Release Hold from Open Position
11 Man's Foot Change	SS	Used to get In or Out of Shadow Position
12 Low Rondes/Develop/Knee Crawl (no higher than waist height)	S	Closed Position, Open Position or RSP
13 Sliding Doors w/ or w/o Spiral	SQQ,SQQ	RSP to RSP (must keep contact throughout)
14 Three Alemanas	Max. 4 bars	U/A Turn, Sprial U/A Turn L, U/A Turn
14 Pivots (max 2 pivots with 1 syncopation)	SQQ or SQ&Q	Closed or Contact Position
15 Hip Twists		
Closed or Advanced Hip Twist	SQQ	Closed Position or R to R Hand Hold on Man's Right Side
Open Hip Twist	SQQ	Open Position
16 Scallop Ending	SQQ	Closed Position
17 Man's Foot Change	SS (Lady's timing SQQ)	End in Side by Side, Shadow Position or Apart Position*
18 Turning Basic in Shadow	SQQ	Shadow Position*
19 Shadow/Side by Side/Apart Elements: Basic, Cuban Rocks, Swivels, Walks in all directions, Breaks in all directions, Solo Spot Turns	See above timings	Side By Side*, Shadow Position*, Apart Position* (see rules and restrictions)
20 Allowable Picture/Body Lines		
Contra Check	SQQ (max.1 bar)	Closed Position
Same Foot Lunge		Closed Position
R/L Lunge		Closed Position or Shadow Position
Explosion		RSP or LSP
21 Freezes/Holds/Body Rhythms	No more than 4 beats	Shadow Position or Closed Position on Man's R Side or Side by Side*

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 20, 2020

AMERICAN STYLE MAMBO			
Silver Mambo figures		Timing	Position and Dance Holds (*= see rules and restrictions)
1	Open Box	2,3,41	Closed Position, Shadow Position or Side by Side*
2	Riff Turn	2,3,41	Open Position to end in Open Position
3	Double Underarm Turn L or R for Lady	2&3&41	Closed or Open Position ending in Open Position/ CPP ending in CPP
4	Grapevine/Traveling Cross: Fwd & Bwd	2,3,41	Closed Position, Open Position, Shadow Position, or Side by Side*
	Grapevine/Traveling Cross: Fallaway	2,3,41	Closed Position, Open Position, Shadow Position, or Side by Side*
	Untwist Ending to Grapevine or 5 th Position	2341	Untwist to the R or L underarm or no hold
5	Forward Spot Turn w/ or w/o UA Turn	2,3,41,2,3,41 (max. 4 bars)	Closed or Contact Position
6	Twinkles	2,3,41	Open Position, Double Hand Hold, Shadow Position, Side by Side or Apart*
7	Paseo, Aida	2,3,41	Closed or Open Position to LSP L Hand Hold
8	Half Moon with or without Lady's Underarm Turn	2,3,41	R to R Hand Hold to Left Shadow Position to end in Open or Open CPP
9	Walks in All Directions (same foot or opposite)	2,3,41	Closed Position, Open Position, RSP, LSP, Cuddle, Hammerlock, or Shadow Position*
	Forward Walks in Promenade Position	2,3,41	Promenade Position
10	Swivels (Hip Twist Swivel or Sugar Foot)	23,41 or 2,3,41	Closed Position, Double Hand Hold, R to R Hand Hold or Shadow Position*
	Toe Heel Swivels	2,3,41	Double Hand Hold
11	Spiral Actions/Rope Spin/Curls	41	Closed or Open Position, Spiral/Curl U/A L to R Hold
	Spiral and Three Step/Pivot Turn Exit	41, 2,3, 41	Turn Underarm or Without Hold to end in Open Position
12	Solo Spins		
	Three Step Turn Man or Lady	2,3,41	Release from Shadow to Open Position, Open Position to Shadow
13	Foot Flicks/ Knee Lifts/Low Rondes	Max. 2 beats	Closed Position, Open Position or RSP
14	Sliding Doors w/ or w/o Spiral	2,3,41,2,3,41	RSP to RSP (must keep contact throughout)
15	Surprise Break	2,3,41,2,3,41	Closed Position
16	Hip Twists		
	Closed or Advanced Hip Twist	2,3,41	Closed Position or R to R Hand Hold on Man's Right Side
	Open Hip Twist	2,3,41	Open Position
17	Scallop Ending	2,3, 41	Closed Position
18	Turkish Towel	2,3,41 (6 bars)	R to R Hold, Lady U/A Turn to R, L Shadow & R Shadow Man in Front
19	Man's Foot Change	23,41 (Lady's Timing 2,3,41)	Used to get In or Out of Shadow Position
20	Shadow/Side by Side Elements Basic Open Box Swivels Breaks in all directions Solo Spot Turns Freezes/Holds	See above timings	Side By Side*, Shadow Position*, Apart Position* (see rules and restrictions)
21	Freezes/Holds/Body Rhythms	No more than 4 beats	Shadow Position or Closed Position on Man's R Side or Side by Side or Apart*

Gold American Rhythm Rules and Restrictions

No entrances are allowed. Partners must start in a closed or open facing hold. Posing or Poses prior to taking hold will be considered an entrance.

Couples must remain in a standing position at all times.

Figures, Timings and Positions used in Bronze and Silver are allowable in Gold

*****Side by Side or Apart Figures with no hold can be done for 4 bars (16 counts) in a row. Connection or hold must then be regained for at least 2 measures (8 counts) before releasing hold again.*****

*****Closed Dance Holds must comprise 25% of the routines (Closed Position, Fallaway, Counter Fallaway, L and R Outside Partner, Promenade Position, Counter Promenade)*****

Allowable Picture/Body Lines and Supported Lines can be held for a maximum of 2 bars and must stay above waist level. NO LIFTS ALLOWED

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - *Revised January 20, 2020*

AMERICAN STYLE CHA CHA CHA			
	Gold Cha Cha figures	Timing	Position and Dance Holds (*= see rules and restrictions)
1	Three Cha Cha's Turning to Tandem Position on the 2 nd Lock	4&1, 2&3, 4&1	Open Position to Tandem Position Lady in Front to Open Position
2	Continuous Locks	2&3&4&1	Tandem Position Lady in Front, Side By Side, or Shadow Position*
3	Turnaway to Tandem Position	2,3	Open Position to end Tandem Position Lady in Front
4	Turnaway/Swivel from Tandem to Open Position	2,3	Tandem Position Lady in Front to Open Position
5	Telemark Separation	2,3,41	Closed Position to end at 90 degree angle or PP on Man's R Side
6	Sailor Shuffles	2&3, 4&1	Open Position, Double Hand Hold, Shadow Position, Side By Side or Apart*
7	Syncopated Grapevine	2&3&4&1	Closed Position, Open Position, Fallaway Position, Tandem Position, Shadow Position, Apart*
8	Syncopated Fwd or Bwd Spot Turn	2&3&4&1	Closed or Contact Position
9	Syncopated Points	2&3&4&1	Closed Position or RSP
10	Hustle Wheel w/ or w/o Underarm Turn	2, 3, 4&1	Double Hand Hold
11	Lunge Swivel	Max 1 bar (4 counts)	Crossing In Front of Man in Closed Position or Double Hand Hold, or Single Hand Hold on Man's R Side
12	Continuous Turns (max 2 turns)	2,3,4&1	Side by Side or Apart*
13	Surprise Break	2,3,4&1	Closed Position to Contra Position
14	Rolling In and Out w/ or w/o change of facing	2&3, 4&1	RSP to RSP
15	Crossover or Cuban Break with Arm Check	All timings from Bronze/Silver	OPP
16	Lady's Spins		
	Single Foot Spin Underarm (1 rotation)	23 or 41	L to R or R to L Hand Hold
	Single Foot Spin from Connection Release	23 or 41	L to R or R to L Hand Hold
17	Allowable Picture/Body Lines		
	Oversway and Throwaway	SQQ	Closed or Contact
18	Allowable Supported Lines (see below)		
	Right side lean with Passe	Max 2 bars (8 counts)	RSP
	Right side lean with Leg Hook		RSP
	Knee Lift or Leg Extension/Oblique Lines		RSP or LSP
	Bolero Roll/Dip no lower than waist level		Closed or Contact Position
	Extended Same Foot Lunge on R or L side		Closed RSP or LSP
19	Freeze/Hold/Body Actions		Max 2 bars (8 counts)

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - *Revised January 20, 2020*

AMERICAN STYLE RUMBA			
	Gold Rumba figures	Timing	Position and Dance Holds (*= see rules and restrictions)
1	Sliding Doors without Hold	QQS,QQS or SQQ,SQQ	No hold
2	Turnaway to Tandem Position	QQS or SS	Open Position to end Tandem Position Lady in Front
3	Turnaway/Swivel from Tandem to Open Position	QQS or SS	Tandem Position Lady in Front to Open Position
4	Back Break Turnaway/Swivel	SS	Open Position to Tandem Position Lady in Front
5	Rocks in Tandem Position	QQS or SQQ	Tandem Position Lady in Front
6	Walks in Tandem Position	QQS or SQQ	Tandem Position Lady in Front
7	Telemark Separation	QQQQ, QQS, Q&Q, SS	Closed Position to end on 90 degree angle or PP on Man's R side
8	Ronde/Develope higher than waist level	QQS or SQQ	Closed Position, RSP, LSP, or R to R Hand Hold
9	Pivots	Up to 2 Bars with 1 Syncopation	Closed Position or Contact Position
10	Hustle Wheel with or without turn	QQS or SQQ	Double Hand Hold
11	Level Changes on Rocks (in any direction)	QQS or SQQ or SS	Closed Position, RSP, LSP, Shadow Position, or Apart Position*
12	Lunge Swivel	Max 1 bar (4 counts)	Crossing In Front of Man in Closed Position or Double Hand Hold, or Single Hand Hold on Man's R Side
13	Continuous Turns (max 2 turns)	Q&Q&S or SQ&Q&	Side by Side*
14	Lady's Spins		
	Single Foot Spin Underarm (1 rotation)	S	L to R or R to L Hand Hold
	Single Foot Spin from Connection Release	S	L to R or R to L Hand Hold
15	Rolling In and Out w/ or w/o change of facing	QQS or SQQ	RSP to RSP
16	Allowable Picture/Body Lines		
	Oversway and Throwaway	QQS or SQQ	Closed Position
17	Allowable Supported Lines (see below)	Max 2 bars (8 counts)	
	Right side lean with Passe		RSP
	Right side lean with Leg Hook		Closed Position
	Knee Lift or Leg Extension/Oblique Lines		RSP or LSP
	Bolero Roll/Dip no lower than waist level		Closed or Contact Position
	Extended Same Foot Lunge on R or L side		Closed RSP or LSP
18	Freezes/Holds/Body Rhythms	Max 2 bars (8 counts)	All Positions

AMERICAN STYLE EAST COAST SWING			
	Gold East Coast Swing figures	Timing	Position and Dance Holds (*= see rules and restrictions)
1	Progressive Chasses Turning to Tandem Position for 2 nd Chasse	Q&Q, Q&Q, Q&Q	Open Position to Tandem Position Lady in Front to Open Position
2	Sugar Push	QQ, Q&Q, Q&Q	Open Position or Double Hand Hold
3	West Coast Swing Whip	QQ, Q&Q, QQ, Q&Q	Open Position to Closed Position ending in Open Position
4	Continuous Simple Spins	Q&Q, Q&Q	OPP to OCPP on the triple
5	Skipping/Hopping Styling	All Timings	All Positions
6	Kick Patterns	Not to exceed 16 counts	Shadow Position/Side by Side/Apart Position*
7	Lunge Swivel	Max 1 Bar (4 counts)	Crossing In Front of Man in Closed Position or Double Hand Hold, or Single Hand Hold on Man's R Side
7	Continuous Turns (max 2 turns)	QQQ&Q	Side by Side
8	Tunnel	Max. 1 bar (4 counts)	
9	Telemark Separation	QQQQ, Q&Q, &QQ, SS	Closed Position to end on 90 degree angle or PP on Man's R side
10	Lady's Spins		
	Single Foot Spin Underarm (1 rotation)	S	L to R or R to L Hand Hold
	Single Foot Spin from Connection Release	S	L to R or R to L Hand Hold
11	Allowable Picture/Body Lines		
	Oversway and Throwaway	SS	Closed Position
12	Allowable Supported Lines	Max 2 bars (8 counts)	
	Right side lean with Passe		RSP
	Right side lean with Leg Hook		Closed Position
	Knee Lift or Leg Extension/Oblique Lines		RSP or LSP
	Bolero Roll/Dip no lower than waist level		Closed or Contact Position
	Extended Same Foot Lunge on R or L side		Closed RSP or LSP
13	Freeze/Hold/Body Actions	Max. 2 bars (8 counts)	All Positions

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 20, 2020

AMERICAN STYLE BOLERO			
	Gold Bolero figures	Timing	Position and Dance Holds (*= see rules and restrictions)
1	Drag Hesitation/Change of Direction	SQQ	Closed or Contact Position
2	Fallaway Actions		
	Fallaway Slip Pivot	QQQQ, SQ&Q, or QQQ&	Closed Fallaway Position or Shadow Position
	Bounce Fallaway	QQQQ or SQ&Q	Closed Fallaway Position or Shadow Position
3	Telemark Separation	Max 1 bar (4 counts)	Closed Position to end on 90 degree angle or PP on Man's R side
4	Turnaway to Tandem Position	Max 1 bar (4 counts)	Open Position to end Tandem Position Lady in Front
5	Turnaway/Swivel from Tandem to Open Position	Max 1 bar (4 counts)	Tandem Position Lady in Front to Open Position
6	Walks in Tandem	SQQ	Tandem Position Lady in Front to Open Position
7	Lady's Spins		
	Single Foot Spin Underarm (1 rotation)	S	L to R or R to L Hand Hold
	Single Foot Spin from Connection Release	S	L to R or R to L Hand Hold
8	Three Alemanas with Delayed or Syncopated Timing	Max 6 bars (24 counts)	See Silver Positions
9	Pivots	Up to 3 bars with 2 syncopations	Closed Position, Contact Position, Extended Position or Shadow Position
10	(Rudolph) Ronde/Develop higher than waist level	SQQ	All Positions
11	Lunge Swivel	Max 1 bart (4 counts)	Crossing In Front of Man in Closed Position or Double Hand Hold, or Single Hand Hold on Man's R Side
12	Allowable Picture/Body Lines		
	Oversway, Throwaway, X-Line, Left Whisk	SQQ	Closed Position
13	Allowable Supported Lines (see below)	Max 2 bars (8 counts)	
	Right side lean with Passe		RSP
	Right side lean with Leg Hook		Closed Position
	Knee Lift or Leg Extension/Oblique Lines		RSP or LSP
	Bolero Roll/Dip no lower than waist level		Closed or Contact Position
	Extended Same Foot Lunge on R or L side		Closed RSP or LSP
14	Freeze/Hold/Body Actions	Max. 2 bars (8 counts)	All Positions

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AMERICAN STYLE MAMBO			
	Gold Mambo figures	Timing	Position and Dance Holds (*= see rules and restrictions)
1	Allowable Rhythmic Timings for BRONZE and SILVER figures. For GOLD Figures see chart		
	Basic Timing	2, 3, 41	All Positions
	Double Time	2, hold 3, 4, 1	All Positions
	Triple Timing	2, 3, 4&1	All Positions
	Half Time	23, 41	All Positions
3	Telemark Separation	2,3,41	Closed Position to end on 90 degree angle or PP on Man's R side
4	Opening Outs/Flip Flops/Promenade Runs	2,3,41	RSP or LSP
5	Rolling In and Out w/ or w/o change of facing	2,3,41	RSP to RSP
6	Double Head Loop with Duck Curl exit	2,3,41,2,3,41	Open Position to RSP ending in Open Position
7	Lunge Swivel	Max 1 bar (4 counts)	Crossing In Front of Man in Closed Position or Double Hand Hold, or Single Hand Hold on Man's R Side
8	Suzie Q's	All Timings	All Positions
9	Points and Tap	Max 2 bars (8 counts)	All Positions
10	Allowable Picture/Body Lines		
	Oversway and Throwaway	2,3, 41	Closed Position
11	Allowable Supported Lines (see below)	Max 2 bars (8 counts)	
	Right side lean with Passe		RSP
	Right side lean with Leg Hook		Closed Position
	Knee Lift or Leg Extension/Oblique Lines		RSP or LSP
	Bolero Roll/Dip no lower than waist level		Closed or Contact Position
	Extended Same Foot Lunge on R or L side		Closed RSP or LSP
12	Freeze/Holds/Body Actions	Max 2 bars (8 counts)	All Positions

International notes and restrictions for all dances

General International Latin Notes and Restrictions

1. ****Partners must start in a Closed Position or Open Facing Position with Normal, or Hand Hold. No entrances are allowed. For example, starting the Gold International Style Cha Cha with an allowed side by side amalgamation would constitute an “entrance. NOTE: Normal Hold in the International Latin allows for a more extended Proximity and Hold with the leaders right and follower’s Left arm.**
2. **Posing or Poses prior to taking hold will be considered an entrance.**
3. **Couples remain in a standing position at all times.**
4. **Couples dance only figures for the level entered. i.e. Bronze, Silver, Gold but Figures from lower levels can also be used.**
5. **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.**
6. **Couples must use the dance position hold allowed for the figure and level being danced as noted in the charts below.**
7. **Positions given in the charts below are with hold unless noted as “no hold” or “ release hold”. When noted as No Hold partners may only release hold for a maximum of two bars before regaining an allowable hold. Figures that are standardized with out hold do not apply of course. Some examples: The Chase, Follow my leader etc.**
8. **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.**
9. **Couples must use only the acceptable timing listed for the figure and level being danced**
10. **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)**

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION

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.		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION

	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		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION

	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, with the exception of Follow My Leader.		
	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		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION

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 or SaS (slow volta)	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 or SaS (slow volta)	Open PP, Open CPP, end in Closed Position
11	Solo Spot Volta	1a2a 1a2 or SaS (slow volta)	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 or SaS (slow volta)	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 pars 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.		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION

	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 – “No Underarm Turns in Silver”	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.		
	1. Maximum amount of turn on Spot Voltas in one full turn per bar.		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION

	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.	1a2a1a2 or SaS (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 more 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.		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION

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 Progressive Walks Forward (only) may be done in RSP or LSP
	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, to end 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		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION

	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		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION

	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 & RESTRICTION

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.		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION

	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 surplace LF 1, coup de Pique 2,3,4,5 surplace 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.		
	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.		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION

	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 & RESTRICTION

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.		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION

	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 & RESTRICTION

	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	
	*Overturned Fallaway Throwaway to Tandem	QQ,QaQ,QaQ	Normal Hold, Open position, Tandem Position lady in front, open pos.
	*Overturned 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		overturned 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.		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION

INTERNATIONAL BALLROOM CHARTS

General International Ballroom Notes and Restrictions

1. Couples must Start and stay in Closed Dance Position Traditional Hold 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 curtsy 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 & RESTRICTION

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	Overtuned 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 & RESTRICTION

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	Lady may lift the LF from the floor on step 1, making sure to keep the knees in contact while this flick is danced.
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

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION

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 close 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.
26. Fallaway Reverse and Slip Pivot	QQQQ	
27. The Chase	SQQQQS	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&QQS&(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 & RESTRICTION

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 & RESTRICTION

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 or SSSS	
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 or SS	
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&QQQQQQQ	
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 & RESTRICTION

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
Natural Spin Turn	SQQSSS	
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 SSSQSSSQ	
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	SQQQS	
Four Quick Run	SQQQS	
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.		