

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 2021

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 Non Turning figures in Right Shadow Position, Chasses, Locks and Runs in <i>any allowable Hold, Double Underarm/Free Turns.</i> • 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> <p>Examples: <i>Chasses, Double locks, and Free turns</i></p>
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& Non-Turning Figures in <i>Right Shadow Position, Chasse, Locks and Runs in any allowable (Bronze/Silver) Hold, Double Underarm/Free Turns.</i> • 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 <ul style="list-style-type: none"> • (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.