



NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS

Following are lists of allowable figures, elements and restrictions for Closed Syllabus events at NDCA recognized Events. These lists were developed to ensure a fair and even playing field for entrants of closed syllabus competitions and with the awareness that the syllabus contains the language and character of each individual dance. This is part of the continuing campaign for the maintenance of high standards in dance education, and to ensure that the knowledge of both American Style and International Style of dancing continues to develop through use of the Medal Levels in competitive dancing.

COMPLETE LISTS OF HOLDS, POSITIONS, PROXIMITIES, FEET AND TIMINGS FOLLOW FOR VISUAL MEDIA AIDS AND EXAMPLES VIEW THE FOLLOWING FILES:

[NDCA.ORG - REGISTRATION INVIGILATION VIDEOS](https://www.ndca.org)

[NDCA.ORG - PHOTOS & DEFINITIONS-HOLDS, POSITIONS, PROXIMITY](https://www.ndca.org)

Detailed Descriptions of Positions

Closed Position (CP) - Facing partner with body contact or slightly apart (Close Proximity).

Outside Partner (ROP, LOP) - Facing Partner with body contact or slightly apart (Close Proximity) includes Outside Partner on Right and Left side.

Open Facing Position (OFP) - Facing partner, approximately at arms' length (able to take a Single or Double Hand or Extended Frame Hold).

Promenade Positions (PP) - 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 will travel forward. If the couple increases the distance (no more than arms' length) between them they will achieve **Open Promenade Position (OPP)**. **Fallaway Movements** occur in Promenade, Counter Promenade and Right and Left Side Positions when both partners are moving backwards on opposite feet.

Counter Promenade Positions (CPP) - 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 will travel forward. If the couple increases the distance (no more than arms' length) between them they will achieve **Open Counter Promenade Position (OCP)**. **Counter Fallaway Movements** occur when both partners are moving backwards on opposite feet.

Back to Back Position (BtoB) - The couple is Back to Back or in a Back to Back V Shape.

Right Side Position (RSP) 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. Both partners moving backward in RSP on opposite feet is a Fallaway Movement.

Left Side Position (LSP) 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. Both partners moving backward in LSP on opposite feet is a Fallaway Movement.

Tandem Position (TP) Lady directly in front of or directly behind Man, both facing the same way.

Right Shadow Position (RShP) Lady in front on Man's Right side, slightly in advance, both facing the same way.

Right Shadow Lady Behind (RShP-LB) Lady on the Man's Right side, slightly behind both facing the same way.

Left Shadow Position (LShP) Lady in front on the Man's Left side, slightly in advance, both facing the same way.

Left Shadow Lady Behind (LSh-LB) Lady on the Man's Left side, slightly behind, both facing the same way

Contra Position (ContP) 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.

90-degree/Right Angle Position (RAP) Lady's and Man's feet are at a 90-degree/Right Angle Position to each other. Lady on an imaginary line several inches in front of Man on his Left or Right side. The distance between partners may vary from Contact (hip to hip) Apart (within reach). Common examples are Fan Position and Same Foot Lunge.

Inverted Promenade Position (IPP){A Back to Back V Shape}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 bodies. *Commonly used in Paso Doble*

Inverted Counter Promenade Position (ICPP){A Back to Back V Shape}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. *Commonly used In Paso Doble*

Definitions for all Styles

See Pictorial Reference: NDCA.org/Registration and Rules/Photos and Definitions-Holds, Positions and Proximities

Holds: Holds are referenced from the Man's perspective (Left to Right hand hold= Man's left hand to Lady's right hand)

Traditional Hold: Partners are in Contact or Close Proximity. Man's left hand holding Lady's right hand at approximately eye level. Man's right hand on Lady's back; Lady's left hand on top of Man's Right upper-arm or shoulder. (*Tango: Lady's hand may be beneath Man's left upper arm*) This Hold may be danced in Closed, Promenades and Counter Promenades, Right and Left Outside Partner and 90-degree/Right Angle Position. This Hold will vary slightly depending on the dance and Style being performed as well as differences in partners' height

Frame Hold Man: Right or Left hand to Lady's back, shoulder, elbow or wrist with elbows up as in a dance frame.

Frame Hold Lady: Left or Right hand and arm is placed on top of the man's arm as in a dance frame. A combination of one Frame Hold and one Hand Hold is allowed.

Hand Holds: Single or Double Hand Hold- Left to Right or Right to Left, Handshake Hold- Right to Right *or* Left to Left - Looping Actions, Hand to Wrist may be used

Crossed Hand Hold: Sustained used of Right to Right *and* Left to Left

Hammerlock: Double Hand Hold, one partner having turned to right or left under joined hands ending with one partners' arm across his/her lower back. Used in Facing or and Shadow positions.

Shadow Hold Examples:

1. Right Hand on or just below Lady's Right shoulder blade, Left hand holding Lady's Left hand/wrist/lower arm
2. 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 approximately waist level with her Right arm above her Left arm (Cuddle/Sweetheart Hold)
3. Right hand placed on or just below Lady's Right shoulder blade Left hand holding her Right hand in front of the bodies just below chest level. The Lady's Left arm is held across the front of her body, either just below or above the joined hands.

Hand(s) to Body: The partners only point or points of contact is one or both hands on the other partners body

No Hold: There is no physical contact between partners

Named Alternatives to Traditional Hold in American Smooth

1. Bronze Alternative Hold: Lady may release her Left hand and/or the Man may lower the joined hands
2. Silver Alternative Hold: Both partners may release Left Hand Hold and the Lady's Right hand is placed on the man's back, Left arm or shoulder

Position: See Detailed Description of Positions on the Following Page

Proximity:

1. Contact- Body to body contact
2. Close- Slightly separated
3. Extended- within arms' length of the partner and with a Hold
4. Apart- within arms' length of the partner without a Hold
5. Away- Further apart than arms' length-Partners are not able to touch or take any hold

Feet:

1. Opposite Feet- The partners are on normal opposite feet
2. Same Foot- Partners are on the same foot
3. Closing Feet- One foot closes to the other foot to change weight
4. Continuity Style- The feet pass instead of closing. Commonly used in Waltz, Fox Trot and Viennese Waltz in Silver and above

Timing: Terms used describe the number of weight changes in relation to beats of music. i.e. 1,2,3 = 3 weight changes. Parentheses indicate beats of music without a weight change, i.e. QQ(S) = 2 weight changes *and* a 2 beat action (Hesitation) without a weight change. The symbol '&' denotes the second half of a beat divided in two, i.e. 1,2&, 3 = 4 weight changes divided over three beats.

Quick Reference Guide for American Smooth				
	HOLDS	POSITIONS	PROXIMITY	FEET
	Points of contact between the partners	Relationship between the partners bodies	Distance between the partners bodies	The dancer's body weight relative to his or her own feet and the relationship between partners
Bronze	<ul style="list-style-type: none"> • Traditional • Alternative/Traditional (Bronze) • Frame Holds • Double Hand Hold • Single Hand Hold • Combinations of Frame Hold and Hand Holds are allowed <p><i>Exception: Handshake Hold allowed in Waltz Progressive Change Steps, Progressive Twinkles, Waterfall</i></p>	<ul style="list-style-type: none"> • Closed Position • Outside Partner Right & Left • Open Facing Position • Promenade Positions • Counter Promenade Positions • Back to Back/V Shape • Right & Left Side Position • 90-degree/Right Angle Position <p><i>Exceptions: Right Shadow Position Shadow Tango Rocks Only, Transition through Left Shadow Waltz Waterfall only</i></p>	<ul style="list-style-type: none"> • Body Contact • Close (with Hold) • Extended (with Hold) 	<ul style="list-style-type: none"> • Opposite Feet • Feet must close, no Continuity Style The following elements that end with feet apart must be followed with a closed finish: <i>Spin Turn, Closed Impetus, Chasses, Locks, Grapevines, Lady's Cross Body Lead and Twist from PP, UATS, Pivots</i> • <i>Exception; Tango Rocks in Right Shadow Position on Same Foot</i>
Silver	<ul style="list-style-type: none"> • Bronze Holds • Alternative Traditional Hold (Silver) • Crossed Hand Hold (sustained) • Handshake Hold • Shadow Holds • No Hold <i>Limit 1 bar</i> 	<ul style="list-style-type: none"> • Bronze Positions. • Fallaway and Counter Fallaway Movements • 90-degree/Right Angle Position • Right Shadow Position (Lady in Front) • Right and Left Contra Positions (Opposite feet only) • <i>Exceptions</i> <i>Waltz: Same foot 'Shadow Switches' Limit 1 bar in Left Shadow.</i> <i>Fox Trot: Left Side Position Same Foot Grapevine Limit 4Q</i> 	<ul style="list-style-type: none"> • Bronze Proximities • Apart Limit 1 bar 	<ul style="list-style-type: none"> • Opposite Feet • Continuity Style • Same Foot allowed in Same Foot Lunge and Sustained Right Shadow Position only • <i>Waltz: Left Shadow in "Shadow Switches"</i>
Gold	<ul style="list-style-type: none"> • All Bronze & Silver Holds • Hammerlock • Hand(s) to body • No Hold Limit 4 bars W/T/F • No Hold Limit 8 bars VW 	<ul style="list-style-type: none"> • Bronze & Silver Positions. • Right Shadow Position, Lady in Front or Behind • Left Shadow Position, Lady in Front or Behind • Right and Left Side <i>Position Opposite or Same Foot</i> • Tandem Positions <i>Opposite or Same Foot</i> • Right and Left Contra Positions <i>Opposite or Same Foot</i> 	<ul style="list-style-type: none"> • Bronze & Silver Proximities • Apart Limit 4 bars W, T, FT, Limit 8 Bars in VW • Away Limit 2 bars W, T, FT Limit 4 bars VW 	<ul style="list-style-type: none"> • Opposite Feet • Continuity Style • Same Foot <i>as noted in individual dance charts</i>

Smooth Timings Quick Reference Guide

The number of weight changes in relation to beats of music: S=2 beats, Q=1 beat, &=a half beat, (S) (Q) (&) indicate no weight change
See individual dance charts for timings allowed. Some specific exceptions and restrictions are also noted below.

	BRONZE	SILVER	GOLD
WALTZ ¾ Three Beats per Bar	<ul style="list-style-type: none"> • 123, 1(23) • 12&3 <i>Chasses Only</i> 	<ul style="list-style-type: none"> • Bronze Timings • 1(2)3 <i>Foot Change/Hovers</i> • 1&23, 123& • <i>One syncopation per bar</i> 	<ul style="list-style-type: none"> • Bronze and Silver Timings • 1&2&3, 12&3& Non-Turning figures in Right Shadow Position, Chasses, Locks and Runs in <i>allowable Holds</i>, • Double Underarm and Free Turns. • 1&2&3& <i>Advanced Standing Spin/Runaround only</i>
TANGO 4/4 Four Beats per Bar	<ul style="list-style-type: none"> • SSQQ(S), SQQ, QQS, QQQQ, SS • QQ(&S) Brush tap <i>Open Fan only</i> • Limit 4 consecutive Qs • <i>Foot Change Shadow Rocks only</i> 	<ul style="list-style-type: none"> • Bronze Timings • <i>One syncopation per bar</i> • QQ&, QQ& <i>Viennese Crosses only</i> • Q&Q& <i>Double Underarm Turn only</i> • QQ(&S) Brush Tap may replace any Tango Close 	<ul style="list-style-type: none"> • Bronze and Silver Timings • Q&Q&S, SQ&Q& <i>Chasses, Double locks, and Free Turns</i>
FOXTROT 4/4 Four Beats per Bar	<ul style="list-style-type: none"> • SSQQ, SQQ, QQS, QQQQ • QQ Extra Chasses and Side Steps • SSSS <i>Walks and Side Rocks only</i> • 8 consecutive Qs <i>Grapevine only</i> • SQ&Q <i>Promenade Chasse only</i> 	<ul style="list-style-type: none"> • All Bronze Timings • S&QQ Bounce Fallaway • SQ&Q Chasses, Locks and Underarm Turns • S(Q)Q Foot Change, Hovers/Canter • SQ&Q, SQQ& • <i>One syncopation per bar</i> 	<ul style="list-style-type: none"> • Bronze and Silver Timings • &SS, S&S, SS&, QQ& • Q&Q& Non-Turning Figures in <i>Right Shadow Position</i>, Chasse, Locks and Runs in <i>allowable Holds</i> • Double Underarm/Free Turns. <i>Q&Q&</i> • Q&Q&Q&Q& <i>Advanced Standing Spin /Runaround only</i>
V. WALTZ ¾ Three Beats per Bar	<ul style="list-style-type: none"> • 123, 1(23), 1(2)3 • No syncopations allowed 	<ul style="list-style-type: none"> • 123, 1(23), 1(2)3 • No syncopations allowed 	<ul style="list-style-type: none"> • Hesitations using 1 or 2 beats per bar • No syncopations allowed
General	<ul style="list-style-type: none"> • Where Same Foot is allowed in Tango a foot change using 1 syncopation or a hesitation may be used • 1 syncopation per bar= 1 & count per bar 	<ul style="list-style-type: none"> • Where Same Foot is allowed a foot change timing using 1 syncopation, a Hesitation or a Hover/Canter timing may be used • 1 syncopation per bar= 1 & count per bar • 2 syncopations per bar=2 & counts per bar 	<ul style="list-style-type: none"> • Where Same Foot is allowed a foot change timing using 1 syncopation, a Hesitation or a Hover/Canter timing may be used • 1 syncopation per bar = 1 & count per bar • 2 syncopations per bar=2 & counts per bar • 3 syncopations per bar=3 & counts Per bar

American Style Smooth Rules and Restrictions

Restrictions For All Levels:

1. Elements and figures unique to one dance or Style may not be used in another dance unless specifically approved.
2. No embellishments of standard figures, e.g., changes of level, head rolls, foot flicks, syncopations or delayed timings unless specifically approved.
3. The following movements are not permitted in any Closed Syllabus event: Entrances, jumping, skipping, hopping, Drags, Dips, Drops below waist level, Floor Slashes, Knee Drops, Sit Drops, Sitting Hens, Horse and Cart with Arabesque or any elevated position(s) of the free leg, Lifts.
4. Couples must remain in a standing Position at all times.
5. Couples may dance figures for the level entered as well as the lower levels.
6. No entrances are allowed. *Exception: The Viennese Waltz Curtsey*
7. Posing or using Poses prior to taking hold is considered an entrance.
8. Kicks, Rondes, Developés: Bronze-none, Silver/Gold-waist high and on opposite feet except the Same Foot Lunge

Bronze Level Restrictions: Couples must start dancing in Traditional Hold and Couples may not separate or change hold until the 5th bar of music. The first four bars danced must be in this hold in *Contact or Close Proximity* using *Closed, Promenade, Counter Promenade, R and L Outside Partner Positions* including the Lady's Left hand being placed **on Top of** the Man's Right upper arm or shoulder. (*In Tango the Lady's left hand may be beneath Man's left upper arm.*) **An additional 8 bars** must be danced in the Traditional Hold (as defined) at any time during the first minute of music.

1. Partners may not completely separate.
2. Feet must close. Figures in exception are noted in individual charts
3. Partners must remain on opposite feet. *Exception: Tango Right Shadow Rocks.*

Silver Level Restrictions: Couples must start dancing in Traditional Hold and Couples may not separate or change hold until the 5th bar of music. The first four bars danced must be in this hold in *Contact or Close Proximity* using *Closed, Promenade, Counter Promenade, R and L Outside Partner Positions* including the Lady's Left hand being placed **on Top of** the Man's Right upper arm or shoulder (*In Tango the Lady's left hand may be beneath Man's left upper arm.*) **An additional 8 bars** must be danced in the Traditional Hold (as defined) at any time during the first minute of music.

1. Partners may separate for 1 bar of music.
2. Picture Lines may be danced up to 2 bars.
3. Partners must remain on opposite feet except for figures noted in the individual charts
4. Same Foot Right Shadow Position (Lady in Front) limited to 8 consecutive bars including Entrance and Exit into and out of Shadow Position.
5. The Fox Trot Grapevine in Left Side Position on the *Same Foot* is limited to 4Qs.
6. Basic Runaround is not permitted in Tango.

Gold Level Restrictions: Couples must start on opposite feet using any Hold for the first four bars and Couples may not separate or change hold until the 5th bar of music. (Apart or Away is not allowed.) An additional 6 bars must be danced in Traditional Hold during the first minute of music.

1. Partners may separate for 4 consecutive bars then must take an allowable hold for 2 bars before releasing hold again.
2. In Viennese Waltz partners may separate for 8 consecutive bars then must take an allowable hold for 4 bars before releasing hold again.
3. Partners may dance figures on the same foot as noted in the charts for each dance.
4. Advanced Runarounds and Standing Spins are not permitted in Tango.

General note regarding development of Same Foot Right Shadow Figures:

1. Silver Level Same Foot Shadow: Turning Figures may be danced with no syncopations (Open Left and Right Turns et al)
2. Silver Level Same Foot Shadow: Figures with up to 1/4 turn may have one syncopation (Lock Steps et.al)
3. Gold Level Same Foot Shadow: Turning Figures may be danced with 1 syncopation (Open Left and Right Turns et al)
4. Gold Level Same Foot Shadow: Figures with up to 1/4 turn may have 2 syncopations (Lock Steps et.al)

Bronze American Smooth Waltz

Hold may not be released while dancing Bronze

No Fallaway movements allowed while dancing Bronze

Listed Holds, Positions & Proximities are allowed except where noted

HOLDS: Traditional Hold, Bronze Alternative Traditional Hold, Frame Holds, Double and Single Hand Hold. Handshake Hold allowed during Progressive Change Steps, Progressive Twinkles and Waterfall only. (*Partners' Position and Proximity will determine choice of Holds*)

POSITIONS: Closed Position, Right and Left Outside Partner, Open Facing Position, Promenade & Counter Promenade Positions, Back to Back, Right & Left Side Positions, Right Angle, Followers Underarm Turns Right & Left

PROXIMITIES: Contact, Close and Extended (with a Hold)

Figures and Feet		Timing	Notes
Partners are on opposite feet throughout		<i>Timing for all figures is 123 unless noted</i>	
1	Left Closed Box/Reverse Turn		CP, OFF
2	Right Closed Box/Natural Turn		CP, OFF
3	Progressive Change Step Forward or Backward		CP, OFF, <i>Handshake Hold Allowed (R to R and L to L)</i>
4	Closed Finish Forward or Backward, Right or Left Foot		
5	Balance Steps, Hesitations	1(23)	
6	Fifth Position Breaks, Open Break, Back Break		
7	Fifth Position Breaks, Open Break, Back Break with UATs Turns to R or L		<i>Must be followed with a Closed Finish</i>
8	Followers Underarm Turn to the Right	Limit 2 bars for UA turn	<i>Must be followed with a Closed Finish</i>
9	Simple Twinkle		
10	Progressive Twinkles Forward or Backward		CP, ROP, LOP, OFP, <i>Handshake Hold Allowed (R to R and L to L)</i>
11	Turning Twinkles		
12	Twinkle Combinations e.g., <i>In and Out Change Steps, Butterfly, Flip Flop, Hand to Hand Back to Back</i>		
13	Cross Body Lead from LF Forward Hesitation or 1-3 Left Closed Box/Reverse Turn		CP, OFP, PP <i>Must be followed with a Closed Finish</i>
14	Cross Body Lead and Left Underarm Turn w Open Break or Hesitation		CP, OFP, PP
15	Forward Twist to Left from Promenade Positions		<i>Must be followed with a Closed Finish</i>
16	Natural Spin Turn (as International Style)		CP <i>Must be followed with a Closed Finish</i>
17	Closed Impetus (as International Style)		CP <i>Must be followed with a Closed Finish</i>
18	Pivot from P.P. or Closed Position	Limit one bar	CP, PP <i>Must be followed with a Closed Finish</i>
19	Progressive Chasse to Right <i>no turn or up to 1/4 turn L</i>	12&3	CP, OFP <i>Must be followed with a Closed Finish</i>
20	Promenade Chasse	12&3	PP <i>Must be followed with a Closed Finish</i>
21	Grapevine or Zigzag		CP, ROP, LOP, OFP <i>Must be followed with a Closed Finish</i>
22	Open Break and Back Spot Turn		OFP, CP
23	Waterfall	Limit 6 bars	<i>Handshake Hold Allowed (R to R and L to L)</i> <i>(Transitions Through Right and Left Shadow on Opposite Feet)</i>

Silver American Smooth Waltz

Listed Holds, Positions & Proximities are allowed except where noted

HOLDS: All Bronze Holds, Alternative Traditional Hold (Silver), Cross Hand Hold(sustained), Handshake Holds, Shadow Holds, Hold may be released in Silver for one bar only (No Hold) [*Partners' Position and Proximity will determine choice of Holds*]

POSITIONS: All Bronze Positions, Fallaway Movements, Right Shadow Position Lady in Front, Contra Position (*opposite feet only*), Left Shadow Position "Shadow Switches" Only (*limit 1 bar*).

PROXIMITIES: All Bronze Proximities, Apart (*limit 1 bar*)

Figures and Feet - Partners are on opposite feet, Continuity Style, Bronze Figures may be danced with Continuity Style, Same Foot Allowed in Specified Figures

Timing - All Bronze Timings
1(2)3, 1&23, 123&

Notes

	Figures and Feet - Partners are on opposite feet, Continuity Style, Bronze Figures may be danced with Continuity Style, Same Foot Allowed in Specified Figures	Timing - All Bronze Timings 1(2)3, 1&23, 123&	Notes
1	Open Left Box Turn & Open Right Box Turn	123	CP, ROP, LOP, OFF, PP, CPP
2	Twinkles: Single, Progressive, Passing	123	CP, ROP, LOP, OFF, PP, CPP
3	Forward Locks and Backward Locks	1 syncopation per bar	CP, ROP, LOP, OFF
4	Syncopated Underarm Turns	1 syncopation per bar	
5	Progressive Figures, Traveling Cross, Running Steps	1 syncopation per bar	
6	Solo Turns Right and Left	1 syncopation per bar	No Hold (1 bar),
7	Grapevines to Left or Right	1 syncopation per bar	
8	Fallaway Reverse Turn Slip Pivot, Bounce Fallaway	1 syncopation per bar	CP, Fallaway Movement
9	Chair and Slip Pivot	123 or 1(23)1(2)3	PP, Fallaway Movement, CP
10	Wing	Man 1(23) Lady 123	PP, CP, LOP, ROP
11	Quick Open Reverse	1 syncopation per bar	CP, ROP, OFF, PP
12	Basic Hairpin <i>i.e.</i> 4-6 Open Left Box Checked/ Checked Continuity ending	123	CP, PP, ROP
13	Body and Picture Lines: Contra Check, Oversways, Hovers, Explosions, Right & Left Lunges, Same Foot Lunge	Limit 2 bars	All on Opposite feet except Same Foot Lunge
14	Kicks, Developés, Aerial Rondes (<i>No more than waist high</i>)	Limit 1 bar	All on Opposite feet except Same Foot Lunge
15	Basic Runaround Same Foot or Opposite Feet	Limit 2 bars with 1 syncopation per bar	Traditional and Alt Traditional hold Both partners running forward
16	Continuous Partnership Pivots	Limit 2 bars with 1 syncopation	CP, Traditional and Alt Traditional hold
17	Swivels, Outside Fans, Inside Fans, Gem, Floor Rondes	1(23), 1(2)3	
18	Foot Change to Same Foot Position <i>Leader or Follower</i>	12&3 or 1(2)3	To enter and exit same foot figures
19	Right Shadow Same Foot Figures (<i>Open Left and Right Box Turns, Twinkles, Running Steps, Grapevines</i>)	123, Limit 8 bars including entrance & exit to Same Foot Position	Shadow Holds
20	Right Shadow Locks with no turn or up to ¼ Turn Left (Turning Lock to the Left) (<i>Same Foot allowed</i>)	12&3, 1&23	Shadow Holds
21	Right Shadow Chasses with no turn or up to ¼ turn right, (<i>Same Foot allowed</i>)	12&3, 1&23	Shadow Holds
22	R Shadow to L Shadow Switches/Twinkles progressing (Same Foot Allowed) NOTE: <i>This figure may not be turned until Closed Gold</i>	123 1(2)3, 12&3 Foot Changes	Shadow Holds, Left Shadow (limit 1 bar only)
	Allowed Figures from International Waltz: Open Impetus, Turning Lock to Left, Closed & Open Telemark, Double Reverse Spin, Forward & Back Whisk, Outside Change to OP or PP, Outside Spin, Weaves	Timings as used in International Waltz	Traditional Hold

See the visual media aids/videos on NDCA.ORG

Gold American Smooth Waltz

Holds: All Bronze and Silver Holds, Hammerlock, Hand(s) to Body-limit 2 bars (*Partners' Position and Proximity will determine choice of Holds*)

Positions: All Bronze and Silver Positions, RSP and LSP on the Same Foot, Right & Left Shadow Position Lady Behind, Right & Left Shadow Position Lady Behind on the Same Foot, Contra Position Same Foot, Tandem Position Opposite or Same Foot

Proximities: All Bronze and Silver Proximities, Apart (no hold) limit 4 bars, Away (no hold) limit 2 bars

Figures and Feet		Timing	Notes
Opposite Feet, Continuity Style Allowed, Same Foot Allowed in Specific Figures		All Bronze and Silver Timings 2 or 3 Syncopations per bar where listed	
1	Right Shadow to Left Shadow Same Foot Switches/Twinkles progressing and turning/ Left Shadow may be repeated	123	Shadow Holds Hand to Body
2	Continuous Heel Pull Hairpin (may be repeated)	Limit 2 bars with 1 syncopation per bar	Traditional Hold/Alt Traditional Hold only
3	Fallaway and Weave, Tumble Turn, Quick Open Reverse	Limit 1 syncopation per bar	Traditional Hold/Alt Traditional Hold only
4	Right Shadow Same Foot Fallaway and Weave, Tumble turn, Sin Heel Pull Hairpins, Quick Open Reverse	Limit 1 syncopation per bar	
5	Syncopated Chasses, Runs and Locks	Limit 2 syncopations per bar	CP, PP, OFP
6	Double Underarm Turns and Free Spin/Turns	Limit 2 syncopations per bar	Apart (within reach) up to 4 bars Away (not within reach) up to 2 bars
7	Runs in Right Shadow	Limit 1 syncopation per bar	RShP
8	Same Foot Syncopated Chasses, and Locks	Limit 2 syncopations per bar	RShP, LShp
9	Same foot figures e.g., Grapevines and Passes	Limit 1 syncopation per bar	RSP, LSP, RShP, LShP
10	Reverse Overspin= <i>Double Reverse Spin and Pivot</i> Natural Overspin= <i>Double Natural Spin and Pivot</i>	12&3, 12&3&	Traditional Hold only
11	Advanced Picture Lines: Hinge, Throwaway Oversway, Left Whisk All Silver Picture Lines	Limit 4 bars	Opposite Feet and in Hold
12	Right Side Position & Left Side Position Same Foot Picture Lines Contra Check, Hover, Arabesque	Limit 4 bars	RSP, LSP RShP, LShP
13	Extended Pivots	Limit 3 bars with 1 syncopation per bar	Traditional & Alt Traditional Holds only
14	Solo Right and Left figures with or without turn	Limit 1 syncopation per bar	Apart (within reach) up to 4 bars Away (not within reach) up to 2 bars
15	Advanced Runaround (opposite feet or same foot)	Limit 4 bars with 3 syncopations per bar	Any Silver or Gold Holds and Positions.
16	Standing Spins	Limit 4 bars with 3 syncopations per bar	Any allowable Silver or Gold Holds and Positions. One Partner running forward in a circle, the other partner balancing on one foot. Feet must remain on the floor
17	Allowable Patterns from International Waltz Turning Lock to Right, Fallaway Whisk	International Style Timings accepted	Traditional & Alt Traditional Holds only

Bronze American Smooth Tango

Hold may not be released while dancing Bronze.

No Fallaway movements allowed while dancing Bronze.

Listed Hold, Positions & Proximities are allowed except where noted.

HOLDS: Traditional Hold, Bronze Alternative Traditional Hold, Frame Holds, Double and Single Hand Hold, Right Shadow Holds (*Partners' Position & Proximity will determine choice of Holds*)

POSITIONS: Closed Position, Right and Left Outside Partner, Open Facing Position, Promenade & Counter Promenade Positions, Back to Back, Right & Left Side Positions, Right Angle

PROXIMITIES: Contact, Close and Extended (with a Hold)

Figures and Feet		Timing	Notes
Partners are on opposite feet for all figures Exception: Shadow Rocks		Timings allowed: SSQQ(S), SQQ, QQS, QQQQ (no more than 4 consecutive quicks), QQ(&S) Allowed only for the Brush Tap in Open Fan in LSP	
1	Tango Walks	SS	
2	Tango Close	QQ(S)	
3	Forward Basic in line	SSQQ(S)	CP
4	Forward Basic in Outside Partner	SSQQ(S)	CP, ROP, LOP
5	Linking action to and from Promenade Position	QQ, SQ(Q), QQ(S)	CP, PP
6	Progressive Side Step	QQS	CP
7	Running Step/Argentine Walks	QQSSQQQ(S)	CP
8	Corte	SS	CP
9	Rocks-May be danced LRL or RLR in any direction with or w/o turn	SQQ, QQS	CP, PP
10	Left/Reverse Turn, Open or Closed with Closed Finish Only	QQSQQS	CP ROP
11	Promenade turning to Right or Left	SSQQ(S)	PP to CP
12	Open Fan w Brush Tap, Swivel and Basic Finish	SSQQ(&S) SSQQ(S)	PP, LSP, CP
13	Right Side Fan/Outside Swivel	QQS	CP, OP, PP
14	Followers UAT to Left from Open Fan Position	SSQQ(S)	LSP, CP or PP
15	Followers UAT to Right from Open Fan Position	SSQQ(S)	LSP, CP or PP
16	Change of Place from Open Fan	QQS	LSP. RSP Hand Hold must be maintained
17	Twist Turn to Right from Promenade Position	SQQSQQ	PP, CP
18	Twist Turn to Left from Promenade Position	SSQQQQ(S)	PP, CP
19	Single Pivot from Promenade Position or Closed Position	SSQQSSQQ(S)	PP, CP
20	Shadow Rocks with Foot Change to and from Same Foot Position	Combinations of Allowed Timings	Right Same Foot Shadow Position

Silver American Smooth Tango

Listed Holds, Positions and Proximities are allowed except where noted

HOLDS: All Bronze Holds, Alternative Traditional Hold (*Silver*), Cross Hand Hold(sustained), Handshake Holds, Shadow Holds, No Hold (one bar only) (*Partners' Position and Proximity will determine choice of Holds*)

POSITIONS: All Bronze Positions, Fallaway Movements, Right Shadow Position Lady in Front, Contra Position (*opposite feet only*)

PROXIMITIES: All Bronze Proximities, Apart (*Limit 1 bar*)

Figures and Feet		Timing	Notes
Partners are on opposite feet, Same Foot Allowed in Specified Figures		All Bronze Timings QQ(&S) <i>Brush Tap may replace any Tango Close</i> 1 and 2 syncopations per bar where specified	
1	Open Left Turn	QQS QQS	CP, ROP, LOP, OFP, PP, CPP
2	Open Right Turn	QQS, QQS	CP, ROP, LOP, OFP, PP, CPP
3	Syncopated Locks & Chasses <i>May be danced with no turn or up to ¼ turn</i>	Q&QS	CP, ROP, LOP, OFP
4	Progressive Figures: Running Steps, Traveling Cross, Back to Back	Limit 1 syncopation per bar	
5	Syncopated Underarm Turns	Limit 1 bar with 2 syncopations per bar	
6	Grapevines to Left and Right	QQQQ	
7	Fallaway Reverse Turn Slip Pivot	SSSS, SSQQ, QQQQ, S+QQ	
8	Chair and Slip Pivot	SQQ, S(S)QQ	CP, PP, FALL
9	Body & Picture Lines: Contra Check, Oversway, Explosions, Right & Left Lunges, Spanish Drag, Same Foot Lunge	Limit 2 bars	All on Opposite feet except Same Foot Lunge
10	Swivels: Outside Fans, Inside Fans, Zig-Zags, Gem, Floor Rondes	S(S), S&S, QQQQ, QQ&S	
11	Kicks, Rondes, Developés, Aerial Rondes (<i>No more than waist high</i>)	Limit 1 Bar	All on Opposite feet except Same Foot Lunge
12	Gauchos & Hooks, Leg Crawls, Step Points		
13	Continuous Partnership Pivots	Limit 2 bars	CP, PP
14	Viennese Crosses	QQ+QQ+ Limit 1 bar	CP
15	Change to Same Foot <i>Leader or Follower</i>	S(Q)Q, SQ+Q	CL, RShP, LSP
16	Right Shadow Same Foot Figures: Open Left & Right Turns, Grapevines, Progressive Figures	No Syncopations Limit 8 consecutive bars including entrance and exit to Same Foot Position	Right Shadow Holds
17	Right Shadow Same Foot Chasses and Locks with no turn or up to ¼ turn	Limit 1 syncopation per bar Limit 8 consecutive bars including entrance and exit to Same Foot Position	Right Shadow Holds
Following are allowed Patterns from International Style: Four Step, Five Step Reverse Outside Swivel, Chasse & Whisk (Q&Q,S&S) Fallaway Four Step, Four Step Change		International Style Timings accepted	Traditional Holds

Gold American Smooth Tango

Holds: All Bronze and Silver Holds, Hammerlock, Hand(s) to Body-*limit 2 bar* (Partners Position and Proximity will determine choice of Holds)

Positions: All Bronze and Silver Positions, RSP and LSP on the Same Foot, Right & Left Shadow Position Lady Behind, Right & Left Shadow Position Lady Behind on the Same Foot, Contra Position Same Foot, Tandem Position Opposite and Same Foot

Proximities: All Bronze and Silver Proximities, Apart (no hold) limit 4 bars, Away (no hold) limit 2 bars

<u>Figures and Feet</u>	<u>All Bronze & Silver Timings</u>	<u>Notes</u>
Opposite Feet, Continuity Style Allowed, Same Foot Allowed in Specified Figures	Up to 2 syncopations per bar where listed	
1. Right Shadow to Left Shadow Switches Same Foot and turning		
2. Syncopated Chasses, Runs and Locks	Limit 2 syncopations per bar	CP, PP, ROP, LOP, OFP
3. Underarm Turns, Free Spins/Turns	Limit 2 syncopations per bar	
4. Same Foot Syncopated Chasses, Runs and Locks	Limit 2 syncopations per bar	Right Shadow, RSP, LSP
5. Quick Open Reverse	Limit 1 Syncopation per bar	CP, OP, OFP
6. Right Shadow Same Foot Figures: V. crosses, Chase, Quick Open Reverse, Open Left and Right turns.	Limit 1 Syncopation per bar	Right Shadow
7. Same Foot Figures e.g. Grapevines, Passes	Limit 2 Syncopations per bar	RSP, LSP, RShP, LShP
8. Right Side Position & Left Side Position Same Foot Picture Lines e.g. Contra Check, Hover, Oblique	Limit 4 bars	RSP, LSP, RShP, LShP
9. Advanced Picture Lines: Hinge, Throwaway Oversway, Silver picture lines	Limit 4 bars	Opposite Feet and with Hold
10. Extended Pivots	Limit 3 bars	CP, PP Traditional Holds only
11. Hammerlock Envelopés		Right Shadow, Hammerlock Hold
12. No Hold Right and Left figures with or without Turn	Limit 1 syncopation per bar	Apart Limit 4 bars, Away Limit 2 bars
Allowable Figures from International Style: The Chase	International timings accepted	CP

Bronze American Smooth Foxtrot

Hold may not be released while dancing Bronze

No Fallaway movements allowed while dancing Bronze

Listed Holds, Positions & Proximities are allowed except where noted

HOLDS: Traditional Hold, Bronze Alternative Traditional Hold, Frame Holds, Double and Single Hand Hold (*Partners' Position and Proximity will determine choice of Holds*)

POSITIONS: Closed Position, Right and Left Outside Partner, Open Facing Position, Promenade & Counter Promenade Positions, Back to Back, Right & Left Side Positions, Right Angle, Followers Underarm Turns Right & Left

PROXIMITIES: Contact, Close and Extended (with a Hold)

Figures and Feet

Partners are on opposite feet for all figures.

NOTE: The following elements use passing feet and must be followed with a Closed Finish: Grapevine, Chasse, Promenade Pivot, Lady's UAT, Lady's part Crossbody Lead & Twist from PP

Timing

SSQQ, SQQ, QQS, QQQQ,
SQ&Q *Chasses Only*
SSSS Walks or Side Rocks
QQ extra Chasses/Side Steps
8 consecutive quicks *Grapevine only*

Notes

	<u>Figures and Feet</u>	<u>Timing</u>	<u>Notes</u>
1	Forward Basic and Back Basic, no turn or 1/4 to Right or Left	SSQQ	CP, OFP, ROP, LOP
2	Left Closed Box/Reverse Turn	SQQ	CP, OFP
3	Right Closed Box Turn/Natural Turn	SQQ	CP, OFP
4	Left Rock Turn (Ad Lib)	SSQQ	CP, OFP
5	Right Rock Turn to Right (Ad Lib)	SSQQ	CP, OFP
6	Underarm Turn to the Right	Limit 2 Bars	<i>Must be followed with a Closed Finish</i>
7	Sway Step/Side Balance with or without Underarm Turns	SSQQ	CP, OFP
8	Promenade Basic with or without Underarm Turns	SSQQ	PP
9	Simple Twinkle	SQQ	CP, PP, OFP
10	Closed Finish Forward or Backward, Right or Left Foot	SQQ	From any Position
11	Progressive Twinkles Forward or Backward	SQQ	CP, ROP, LOP, OFP
12	Turning Twinkles	SQQ	PP, CPP
13	Combination Twinkles e.g., <i>In and Out Change Steps, Butterfly, Flip Flop, Hand to Hand/Back to Back</i>	SQQ	
14	Cross Body Lead from Left Rock Turn	SSQQ	<i>CP, OFP, PP Must be followed with Closed Finish</i>
15	Cross Body Lead from Left Closed Box to Underarm Turn & Open Break	SQQ	<i>CP, OFP, PP Must be followed with Closed Finish</i>
16	Promenade Chasse	SQ&Q SQQ	<i>PP Must be followed with a Closed Finish</i>
17	Single Pivot from Promenade Position or Closed Position	SSQQ, SQQ	<i>CP, PP Must be followed with a Closed Finish</i>
18	Forward Twist to Left from Promenade	SSQQ	<i>Must be followed with a Closed Finish</i>
19	Simple Grapevine or Zigzag	Limit 8 Qs	<i>CP, ROP, LOP, OFP Must be followed with a Closed Finish</i>

Silver American Smooth Foxtrot

Listed Holds, Positions & Proximities are allowed except where noted

HOLDS: All Bronze Holds, Alternative Traditional Hold(Silver), Cross Hand Hold(sustained), Handshake Holds, Shadow Holds, Hold may be released in Silver for 1 bar only(No Hold) (*Partners' Position and Proximity will determine choice of Holds*)

POSITIONS: All Bronze Positions, Right Shadow Position Lady in Front, Contra Position(*opposite feet only*), Same Foot Left Side Position(Grapevine only) Fallaway Movements

PROXIMITIES: All Bronze Proximities, Apart *one bar limit*

Figures and Feet Partners are on opposite feet. Continuity Style, Bronze Figures may be danced with Continuity Style, Same Foot Allowed in Specified Figures.
Same Foot Left Side Position in Grapevine Limit 4 Qs

Timing - All Bronze Timings
1 syncopation where listed
S(Q)Q Foot Change, Hovers

Notes

1	Open Left Box Turn & Open Right Box Turn	SQQ	CP, ROP, LOP, OFP, PP, CPP
2	Open Right Turn from PP	SQQ	PP, CP, ROP
3	Running Steps Forward & Backward, Reverse Wave	SQQ, SSQQ	CP, OP, OFP
4	Twinkles: Single, Progressive, Passing	SQQ	CP, ROP, LOP, OFP, PP, CPP
5	Traveling Cross, Progressive Patterns	SQQ	
6	Syncopated Underarm Turns Right and Left	1 syncopation per bar	
7	Solo Turns Right and Left	1 syncopation per bar	No Hold (1 Bar)
8	Forward and Backward Locks	1 syncopation per bar	CP, ROP, LOP, OFP
9	Grapevines to Left or Right	1 syncopation per bar	
10	Chair and Slip Pivot	SQQ, S(S)QQ	PP, Fallaway Movement, CP
11	Wing	Man S(QQ) Lady SQQ	PP, CP, ROP, LOP
12	Fallaway Reverse Turn Slip Pivot	SSQQ, QQQQ, 1 Syncopation per bar	CP, Fallaway Movement
13	Bounce Fallaway	S&QQQQQQ	
14	Weaves, Natural and Reverse	QQQQ, QQQQQQ	
15	Body and Picture Lines: Owersway, Contra Check, Right & Left Lunges, Explosion, Hover, Same Foot Lunge	Limit 2 bars	All on Opposite Feet except Same Foot Lunge
16	Kicks, Developés, Aerial Rondes (<i>No more than waist high</i>)	Limit 1 bar	All on Opposite Feet except Same Foot Lunge
17	Swivels, Outside Fans, Inside Fans, Gems, Zig-Zags, Step Points, Floor Rondes	S(S), S&S, QQQQ, QQ&S	
18	Basic Runaround - <i>Same Foot or Opposite Feet</i>	Limit 2 bars with 1 syncopation per bar	Traditional and Alt Traditional Hold Both partners running forward
19	Continuous Partnership Pivots	Limit 2 bars (no syncopations)	CP, Traditional and Alt Traditional Hold
20	Basic Hairpin <i>i.e., 4-6 Open Left Box Checked/ Checked Continuity endings</i>	SQQ only	CP, PP, ROP
21	Foot Change to Same Foot <i>Leader or Follower</i>	S(Q)Q, SQ&Q	
22	Right Shadow Same Foot Figures (<i>Open Left & Right Box Turns, Twinkles, Running Steps, Grapevines</i>)	No syncopations, Limit 8 consecutive bars including entrance & exit to Same Foot Position	Shadow Holds
22	Right Shadow Chasses and Locks on the Same Foot (<i>up to ¼ turn</i>)	1 syncopation per bar	Shadow Holds
23	Same Foot Grapevine in Left Side Position	QQQQ one bar only	LSP
Allowable Patterns from International Style: Quick Open Reverse, Closed & Open Telemark, Natural Twist Turn, Outside Spin, Closed & Open Impetus, Outside Swivel, Back Feather		International Timings Accepted	Traditional Hold

Gold American Smooth Foxtrot

Holds: All Bronze and Silver Holds, Hammerlock, Hand(s) to Body-limit 2 bars (*Partners Position and Proximity will determine choice of Holds*)

Positions: All Bronze and Silver Positions, RSP and LSP on the Same Foot, Right & Left Shadow Position Lady Behind, Right & Left Shadow Position Lady Behind on the Same Foot, Contra Position Same Foot, Tandem Position Opposite or Same Foot

Proximities: All Bronze and Silver Proximities, Away (no hold) limit 2 bars, Apart (no hold) limit 4 bars

<u>Figures and Feet</u> Opposite Feet, Continuity Style Allowed, Same Foot Allowed in Specified Figures		<u>Timing</u> All Bronze and Silver Timings 2, 3 or up to 4 Syncopations per bar where listed	<u>Notes</u>
1	Right Shadow to Left Shadow Switches/Twinkles Same Foot progressing <i>and</i> turning	SQQ	RShP, LShP
2	Heel Pull Hairpin/ Continuous Heel Pull Hairpins	Limit 2 bars with 1 syncopation per bar	Traditional & Alt Traditional Holds only
3	Fallaway and Weave, Tumble Turn, Quick Open Reverse	Limit 1 syncopation per bar	CP, ROP
4	Right Shadow Same Foot Figures: Fallaway and Weave, Quick Open Reverse, Heel Pull Hairpin	Limit 1 syncopation per bar	Shadow Holds, Hand(s) to Body
5	Syncopated Underarm Turns and Free Turns	Limit 2 syncopations per bar	Apart, Away
6	Same Foot Syncopated Chasses, Runs and Locks	Limit 2 syncopation per bar	Shadow, RSP, LSP
7	Runs	QQQQ	CP, OFP, Hand to Body
8	Same Foot figures e.g. <i>Grapevines, Passes</i>	Limit 1 syncopation per bar	RSP, LSP, RShP, LShP
9	Advanced Picture Lines: Hinge, Throwaway Oversway Silver Picture Lines	Limit 4 bars	Opposite feet with a Hold
10	-Same Foot Picture Lines: Contra Check, Hover, Oblique Lines	Limit 4 bars	RSP, LSP, RShP, LShP
11	Extended Pivots	Limit 3 bars	Traditional & Alt Traditional Holds only
12	Solo Right and Left figures with or without turn	Limit 1 syncopation per bar	Apart (within reach) limit 4 bars Away (not within reach) limit 2 bars
13	Advanced Runaround, Same Foot or Opposite Feet	Limit 4 bars with 4 syncopations per bar	Any allowable Silver or Gold Holds and Positions.
14	Standing Spins	Limit 4 bars with 4 syncopations per bar	Any allowable Silver or Gold Holds and Positions. One Partner running forward in a circle, the other partner balancing on one or both feet. Feet must remain on the floor

Bronze American Smooth Viennese Waltz

Hold may not be released while dancing Bronze

No Fallaway movements allowed while dancing Bronze

Listed Holds, Positions & Proximities are allowed except where noted

HOLDS: Traditional Hold, Bronze Alternative Traditional Hold, Frame Holds, Double and Single Hand Hold (*Partners' Position and Proximity will determine choice of Holds*)

POSITIONS: Closed Position, Right and Left Outside Partner, Open Facing Position, Promenade & Counter Promenade Positions, Back to Back, Right & Left Side Positions, 90-degree/Right Angle

PROXIMITIES: Contact, Close and Extended (with a Hold)

Figures and Feet Partners are on opposite feet for all figures.		Timing 123 unless noted 1(2)3, 1(23)	Notes
1	The Curtsy	Limit 4 bars	<i>The Curtsy may begin without hold at the start of the dance. If used in the body of the dance a hand hold must be maintained. From OFP or RSP</i>
2	Left Turns/Reverse Turns		CP, OFP
3	Right Turns/Natural Turns		CP, OFP
4	Progressive Change Steps Forward		CP, OFP
5	Progressive Change Steps Backward		CP, OFP
6	Balance Steps, Hesitations	1(23)	
7	Fifth Position Breaks, Open Breaks, Back Breaks		
8	Left or Right Underarm Turns from Hesitations, Fifth Position or Open Break		
9	Simple Twinkle and Closed Finish		CP, PP
10	Progressive Twinkles Forward or Backward		CP, ROP, LOP, OFP
11	Turning Twinkles		
12	Combination Twinkles e.g., <i>In and Out Change Steps, Butterfly, Flip Flop, Hand to Hand, Back to Back</i>		
13	Cross Body Lead and Left Underarm Turn w Open Break or Hesitation ending (Twirl)	Limit 4 bars	CP, PP, LSP
14	Cross Body Lead and Left Underarm Turn ending in Left Side Position	Limit 4 bars	CP, PP, LSP <i>Must</i>
15	Changes of Place	1(2)3 1(23)	<i>Hold must be maintained</i>
16	Canter Pivot Left or Right	1(2)3 Limit one bar	CP
17	Back Spot Turn from Open Break w/wo Underarm Turn	123	<i>Must be followed with a closed finish</i>

Silver American Smooth Viennese Waltz

Listed Holds, Positions and Proximities are allowed except where noted

HOLDS: All Bronze Holds, Alternative Traditional Hold (Silver), Cross Hand Hold, Handshake Holds, Shadow Holds, Apart (No Hold) *limit 1 bar*(Partners' Position and Proximity will determine choice of Holds)

POSITIONS: All Bronze Positions, Right Shadow Position Lady in Front, Contra Position (*opposite feet only*), Fallaway Movements.

PROXIMITIES: All Bronze Proximities, Apart *limit one bar*

Figures and Feet		Timing	Notes
Partners are on opposite feet, Continuity Style, Bronze Figures may be danced with Continuity Style, Same Foot Allowed only in Specified Figures		123 unless noted 1(2)3, 1(23)	
1	Open Left & Open Right Turns		CP, ROP, LOP, PP, CPP, OFP
2	Open Left and Open Right Turns with Underarm Turns		CP, OP,
3	Progressive Fifth Positions <i>Man may use Hesitation</i>	123, 1(23)	CP, PP, CPP , 90-degree/ Right Angle
4	Twinkles: Single Open Twinkle, Progressive Twinkles, Passing Twinkles		
5	Progressive Patterns: Running Steps, Traveling Cross, Butterfly		
6	Spot Turn Combinations <i>Reverse and Natural</i>		CP, OFP
7	Canter Spins, Change of Places	123, 1(2)3	Apart (No Hold) limit 1 bar
8	Canter Lilt	1(2)3	
9	Chair and Slip Pivot	1(23), 1(2)3	CP, PP, FALL
10	Continuous Partnership Canter Pivots	1(2)3 limit 2 bars	CP, Traditional Holds
11	Body & Picture Lines: Contra Check, Explosions, Hovers, Oversway Right & Left Lunges, Same Foot Lunge	Limit 2 bars	All on Opposite feet except Same Foot Lunge
12	Kicks, Developés, Aerial Rondes (<i>No more than waist high</i>)		All on opposite feet except Same Foot Lunge.
13	Basic Runaround Same Foot or Opposite Feet	123 1(2)3	Traditional and Alt Traditional hold Feet on floor, Both partners running forward
14	Swivels: Outside Fans, Inside Fans, Zig-Zags, Gem, Rondes	123, 1(2)3, 1(23)	
15	Foot Change to Same Foot <i>Leader or Follower</i>	1(2)3	CP, PP, Right Shadow Holds
16	Right Shadow Same Foot Figures e.g., Open Left and Right Turns, Running Steps, Canters, Lilt	123, Limit 8 consecutive bars includes change to and from Same Foot Position	Right Shadow Holds

Gold American Smooth Viennese Waltz

Holds: All Bronze and Silver Holds, Hammerlock, Hand(s) to Body-limit 2 bars (Partners Position and Proximity will determine choice of Holds)

Positions: All Bronze and Silver Positions, RSP and LSP on the Same Foot, Right and Left Shadow Lady Behind, Right & Left Shadow Position Lady Behind on the Same Foot, Contra Position Same Foot, Tandem Position Opposite or Same Foot

Proximities: All Bronze and Silver Proximities, Apart (no hold) limit 4 bars, Away (no hold) limit 2 bars

Figures and Feet Opposite Feet, Continuity Style Allowed, Same Foot Allowed in Specified Figures		Timing 123 unless noted Hold 1 or 2 beats per bar No syncopations allowed	Notes
1	Right Shadow to Left Shadow Switches/Twinkles <i>and</i> turning	123	Right & Left Shadow Holds
2	Heel Pull and Continuous Heel Pull Canter Hairpins	1(2)3 Limit 2	CP, ROP
3	Right Shadow Same Foot Heel Pull and Continuous Heel Pull Hairpins	1(2)3 Limit 2	Right Shadow Holds
4	Extended Canter Pivots	1(2)3 Limit 3	Traditional Holds
5	Canter Same Foot Shadow Pivots	1(2)3 Limit 2	Right Shadow Holds
6	Right Side and Left Side Position Same Foot Grapevines and Passes	123, 1(2)3, 1(23)	RSP, LSP, RShP, LShP
8	Right Side Position & Left Side Position Same Foot Picture Lines e.g., Contra Check, Hover, Arabesque, Oblique	4 bars maximum	RSP, LSP, RShP, LShP
9	Advanced Picture Lines: Hinge, Throwaway Oversway Silver Picture Lines	4 bars maximum	Opposite Feet in Hold
10	Barrel Turns	123, 1(2)3	
11	Solo Right and Left figures with or without Turn	1(23), 1(2)3, 123	Apart (within reach) up to 4 bars Away (not within reach) up to 2 bars
11	Advanced Runaround	1(2)3, 123 Limit 4 bars	Any allowable Silver or Gold Holds and Positions.
12	Standing Spins	1(2)3, 123 Up to 4 bars	Any allowable Silver or Gold Holds and Positions. One Partner running forward in a circle, the other partner balancing on one or both feet. Feet must remain on the floor.
13	Same Foot Ronde and Grapevine	1(23), 123	

Bronze American Rhythm Rules and Restrictions

1. 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.
2. Couples must remain in a standing position at all times.
3. Only the timings listed will be permitted. No Syncopations or delayed timings unless specifically approved.
4. Only the positions listed will be permitted. No Side by Side work will be accepted in Bronze
5. Spirals are not permitted in the Bronze level.
6. Elements and figures unique to one dance or style may not be used in another dance, unless specified.
7. No West Coast Swing elements are allowed or permitted in the Bronze or Silver level.
8. 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
9. Both feet must remain close to the floor at all times. No aerial rondes, developés, etc.
10. Partners may not completely separate for more than one bar unless specifically approved (i.e.: Chase Turns)
11. One underarm turn or solo turn at a time is the maximum allowed in the Bronze level
12. No Foot Changes or Same Foot Figures are allowed with the exception of the Sweetheart in it's permissible dances

Silver American Rhythm Rules and Restrictions

1. 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.
2. Couples must remain in a standing position at all times.
3. Only the timings listed in Bronze or Silver will be permitted.
4. Only the positions listed in Bronze or Silver will be permitted.
5. 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.
6. Continuous partnership pivots are allowed for up to 2 bar but may include only 1 syncopation
7. Side by Side or Apart Figures can be done for 16 consecutive counts. Hold then must be regained.
8. Shadow, Side by Side and Apart Figures may be danced for a maximum total of 32 counts within the first minute of the routine.

Gold American Rhythm Rules and Restrictions

1. 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.
2. Couples must remain in a standing position at all times.
3. Figures, Timings and Positions used in Bronze and Silver are allowable in Gold
4. 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 bar (8 counts) before releasing hold again.
5. Closed Dance Holds must comprise 25% of the routines (Closed Position, Fallaway, Counter Fallaway, L and R Outside Partner, Promenade Position, Counter Promenade)
6. 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

BRONZE AMERICAN STYLE CHA CHA CHA			
	<u>Bronze Cha Cha figures</u>	<u>Timing</u>	<u>Position and Dance Holds</u>
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 (2) 341	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
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
12	Peek-A-Boo/Stop and Go	1,23,4&1,23,4&1	Open Position to end in Open Position

SILVER 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	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:	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)	Open Position, Double Hand Hold or R to R Hand Hold
6 Crossover Breaks (optional timing)		
	Single Counts or Guapacha Timing	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	LSP or RSP
	Syncopated Timing (max.2 bars)	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	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*)

GOLD 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)	Max 2 bars (8 counts)	
	Right side lean with Passe		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)	ALL Positions

BRONZE AMERICAN STYLE RUMBA			
	<u>Bronze Rumba figures</u>	<u>Timing</u>	<u>Position and Dance Holds</u>
1	Box	QQS,QQS or SQQ,SQQ	Closed Position Traditional 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 Traditional 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, Traditional, L to R, Double Hand Hold
6	Cuban Walks		
	Forward or Backwards	QQS,QQS or SQQ,SQQ	Closed or Open Position, Traditional, 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 Traditional 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

SILVER 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, Open 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*
20 Syncopated Rocks	Q&QS	All Allowable Silver Positions & Holds

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 2023
See the visual media aids/videos on NDCA.ORG

GOLD 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/Developé 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

BRONZE 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
11	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
12	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
13	Chicken Walks/ Sugar Foot Swivels	S,S,QQQQ or QQQQ (max 4. consecutive Q's)	Open Position or Double Hand Hold
14	Hitch Kick/Kick Ball Change	QaQ or Q&Q (max. 2)	Closed or Open Position
15	Passing Basic without turns	QQ, Q&Q or Q&Q, QQ	LSP or RSP, passing through Tandem Position, to end LSP or RSP

SILVER 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 or Apart Position*
4	Lindy Wrap/Rolling Off the Arm 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*
18	Hesitation Ball Change	QaQ or Q&Q	Closed Position, Open Position, Side by Side Position, Shadow Position

GOLD 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

BRONZE AMERICAN STYLE BOLERO			
	<u>Bronze Bolero figures</u>	<u>Timing</u>	<u>Position and Dance Holds</u> (*= see rules and restrictions)
1	Basic	SQQ,SQQ	Closed Position
	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

SILVER 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 Spin - 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/Developé/Knee Crawl (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 (U/A Turn, Spiral, U/A Turn L, U/A Turn)	Max. 4 bars	Single Hand Hold
15	Pivots (max 2 pivots with 1 syncopation)	SQQ or SQ&Q	Closed or Contact Position
16	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
17	Scallop Ending	SQQ	Closed Position
18	Man's Foot Change	SS (Lady's timing SQQ)	End in Side by Side, Shadow Position or Apart Position*
19	Turning Basic in Shadow	SQQ	Shadow Position*
20	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)
21	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
22	Freezes/Holds/Body Rhythms	No more than 4 beats	Shadow Position or Closed Position on Man's R Side or Side by Side*
23	Syncopated Rocks	Q&QS	All Allowable Silver Positions & Holds

GOLD AMERICAN STYLE BOLERO			
	<u>Gold Bolero Figures</u>	<u>Timing</u>	<u>Position and Dance Holds</u> (*= 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 (U/A Turn, Spiral, U/A Turn L, U/A Turn) 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/Developé higher than waist level	SQQ	All Positions
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	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

BRONZE AMERICAN STYLE MAMBO			
	<u>Bronze Mambo figures</u>	<u>Timing</u>	<u>Position and Dance Holds</u>
1	Basic Movements		
	Closed	2,3,41, 2,3,41	Closed Position Traditional 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 (2) 341	LSP L hand hold or RSP R hand hold
	Open Breaks	2,3,41, 2,3,41	Open Position Traditional 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 Traditional 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
13	Side Passes		
	Left Side Pass	SQQ,SQQ	Open Position
	Right Side Pass	SQQ,SQQ	Open Position

SILVER 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*
22 Fifth Position Breaks (optional timing)	2,3,4,1	Fallaway

GOLD 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
2	Telemark Separation	2,3,41	Closed Position to end on 90-degree angle or PP on Man's R side
3	Opening Outs/Flip Flops/Promenade Runs	2,3,41	RSP or LSP
4	Rolling In and Out w/ or w/o change of facing	2,3,41	RSP to RSP
5	Double Head Loop with Duck Curl exit	2,3,41,2,3,41	Open Position to RSP ending in Open Position
6	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	Suzie Q's	All Timings	All Positions
8	Points and Tap	Max 2 bars (8 counts)	All Positions
9	Allowable Picture/Body Lines		
10	Oversway and Throwaway	2,3, 41	Closed Position
	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
11	Freeze/Holds/Body Actions	Max 2 bars (8 counts)	All Positions

Notes and Restrictions For International Style Latin Dances

1. Partners must start in Closed Position or Open Facing Position with Traditional, 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: Traditional 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 “without 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)
11. 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.
12. Elements must be danced in their entirety unless specifically noted or included in a named amalgamation.

INTERNATIONAL STYLE CHA CHA CHA

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

	<u>Bronze Cha Cha figures</u>	<u>Timing</u>	<u>Position and Dance Holds</u>
	1 Basic Movements		
	Closed	23,4&1,23,4&1	Closed Position Traditional 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 Traditional Hold
	Alternative Basic (from Rumba)	23,4&1,2&3,4&1	Closed Position Traditional 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. Traditional, 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, Traditional, 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 Traditional 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 Traditional Hold
*	14 Natural Opening Out Movement	23,4&1	Traditional Hold throughout, Closed position, RSP, end in Closed Position
	15 Closed Hip Twist	23,4&1,23,4&1	Traditional 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 January 2023

	<u>Silver Cha Cha figures</u>	<u>Timing</u>	<u>Position and Dance Holds</u>
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 Traditional Hold throughout
18	Opening out from Reverse Top	23,4&1	Contact Position Traditional Hold to end in Fan Position
19	Aida	23,4&1	Contact Position Traditional 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. Traditional 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 Traditional 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 Traditional 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	Traditional 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 January 2023

	<u>Gold Cha Cha figures</u>	<u>Timing</u>	<u>Position and Dance Holds</u>
24	Advanced Hip Twist	23,4&1,23,4&1	Closed Position Traditional Hold to RSP, end in fan Position
25	Hip Twist Spiral	23,4&1,23,4&1	Close Position Traditional 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 Traditional hold, underarm turn on count 23 (RL),end
	*Cross Basic with Lady's Spiral 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		
	3. 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 bar (8 counts) before releasing hold again. This does not apply to figures that are standardized as Apart. Examples the Chase and Follow my Leader		

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)	Traditional Hold
2	Whisks L and Right with Lady's Underarm Turn	1a2	Traditional Hold
3	Samba Walks		
	Promenade	1a2	Traditional Hold
	Side	1a2	Traditional Hold
	Stationary	1a2	Traditional Hold
4	Rhythm Bounce	a1a2	Any Allowable Dance Position and Hold
5	Volta Movements		
	Traveling	1a2a1a2 or SaS (slow volta)	Traditional Hold
6	Traveling Bota Fogos Forward	1a2	Traditional Hold
7	Criss Cross Bota Fogos	1a2	Open CPP and Open Promenade
8	Traveling Bota Fogos Back	1a2	Traditional Hold
9	Bota Fogos to Promenade and Counter Promenade	1a2	Traditional Hold
10	Criss Cross Voltas	1a2a1a2 or SaS (slow volta)	Open PP, Open CPP, end in Closed Position
11	Solo Spot Volta	1a2a1a2 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	1a2a1a2 or SaS (slow volta)	Right Shadow Position
14	Reverse Turn	1a2 or SQQ	Traditional Hold
15	Corta Jaca (man RF forward, lady LF back)	SQQQQQQ	Traditional Hold
16	Closed Rocks	SQQ	Traditional Hold
	Bronze Special Samba Notes		
	1. The principle of the Rhythm bounce is to start the dance, or as a means of achieving good phrasing or as a foot change. It can be used max 2 bars in any position.		
	2. Partners must be on opposite feet except when in Right Shadow Position		
	3. Release hold only on solo spot voltas for no more than 2 bars of music or by the lady for one bar to achieve a foot change		
	4. Figures allowed in Right Shadow Position are: Bronze and Silver - Samba Walks, Traveling Bota Fogos Forward, Shadow Traveling Voltas, Rhythm Bounce.		
	5. Maximum amount of turn on Spot Voltas in one full turn per bar.		

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTION January 2023

	<u>Silver Samba Figures</u>	<u>Timing</u>	<u>Dance hold and position notes</u>
	17 Open Rocks	SQQ	Traditional Hold
	18 Back Rocks	SQQ	Traditional Hold
	19 Plait	SS QQS	Traditional 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	Traditional 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)	SQQQQQ	Traditional 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 more 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 January 2023

	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	Traditional Hold
27	Reverse Roll	SQQ	Traditional 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
	*Argentine Crosses may end with Bota Fogo UA R	QQS, QQS	Traditional Hold and L to R hand hold while Lady turns UA
	*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.		

INTERNATIONAL STYLE RUMBA			
note: figures with an * have a development at a higher level.			
	<u>Bronze Rumba Figures</u>	<u>Timing</u>	<u>Position and Dance Holds</u>
	1 Basic Movements		
*	Closed	2,3,4 (1)	Closed Position Traditional Hold
	Open	2,3,4 (1)	Closed or Open Position L to R hold
	In place	2,3,4 (1)	Closed Position Traditional Hold
*	Alternative Basic	2,3,4 (1)	Closed Position Traditional Hold, L to R hand hold or no hold (max 2 bars)
*	2 Cucarachas (LF and RF)	2,3,4 (1)	Traditional 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, Traditional 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 Traditional 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 Traditional Hold or L to R hand hold
*	9 Cuban Rocks	2,3,4 (1)	Traditional Hold, L to R Hand Hold, No Hold
*	10 Fan	2,3,4 (1)	Closed Position Traditional 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 Traditional Hold
	14 Opening Out to Right and Left	2,3,4 (1)	Closed Position Traditional Hold, 90-degree angle man's left then right side
*	15 Natural Opening Out Movement	2,3,4 (1)	Traditional Hold throughout, Closed position, RSP, end in Closed Position
	16 Closed Hip Twist	2,3,4 (1)	Traditional 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 January 2023

	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 Traditional Hold throughout
	19 Opening out from Reverse Top	2,3,4 (1)	Contact Position Traditional Hold to end in Fan Position
*	20 Aida	2,3,4 (1)	Contact Position Traditional 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 Traditional 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 Traditional 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 Traditional hold, Promenade Position, Fan Position
	*Natural opening out movement end in contact	2,3,4 (1)	Closed Position Traditional Hold to RSP to Contact Position
	*Natural Top with 4 to 6 of Hockey Stick		Closed Position Traditional 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 Spiral 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 January 2023

	<u>Gold Rumba Figures</u>	<u>Timing</u>	<u>Position and Dance Holds</u>
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 Traditional Hold, RSP, end in fan Position
	Continuous Hip Twist	2,3,4 (1)	Closed Position Traditional Hold, RSP, end towards Lady's R side
	Circular Hip Twist	2,3,4 (1)	Closed Position Traditional Hold, RSP, Traditional Hold throughout
	*Syncopated Cuban Rocks	2&3,4(1)	Traditional 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 Traditional Hold, Left UA Turn, Closed Position Traditional 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 Traditional 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 Position 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 to 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.		

INTERNATIONAL STYLE PASO DOBLE			
	<u>Bronze Paso Doble Figures</u>	<u>Timing</u>	<u>Position and Hold</u>
1	Sur Place	count 1 to 4 or 1 to 8	Traditional Hold
2	Basic Movement	count 1 to 4 or 1 to 8	Traditional Hold
3	Chasse to Right or Left	count 1 to 4 or 1 to 8	Traditional Hold
4	Drag	1 (2,3) 4	Traditional Hold
5	Deplacement (Also Attack)	count 1 to 4 or 1 to 8	Traditional Hold
6	Promenade Link (also Promenade Close)	count 1 to 4 or 1 to 8	Traditional Hold
7	Promenade	count 1 to 4 or 1 to 8	Traditional Hold
8	Ecart	count 1 to 4 or 1 to 8	Traditional Hold
9	Separation	count 1 to 4 or 1 to 8	Traditional Hold, Open Position L to R Hold, Traditional 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 Traditional hold
11	Fallaway Ending to Separation	count 1 to 4 or 1 to 8	Traditional Hold
12	Huit	count 1 to 4 or 1 to 8	Traditional Hold
13	Sixteen	count 1 to 4 or 1 to 8	Traditional Hold
14	Promenade and Counter Promenade	count 1 to 4 or 1 to 8	Traditional Hold
15	Grand Circle	count 1 to 4 or 1 to 8	Traditional Hold
16	Open Telemark	count 1 to 4 or 1 to 8	Traditional Hold
	Bronze Paso Doble Timing and Alternative Timings		
	Traditional 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		
Traditional 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 January 2023

	<u>Silver Paso Doble Figures</u>	<u>Timing</u>	<u>Position and Dance Holds</u>
17	La Passe - Man's Timing	1234567(81)2(34)5(67)8+A343	
	Lady's Timing	1,234,567,812,345,670	Traditional Hold
18	Banderillas	count 1 to 4 or 1 to 8	Traditional Hold
19	Twist Turn	count 1 to 4 or 1 to 8	Traditional Hold
20	Fallaway Reverse Turn	count 1 to 4 or 1 to 8	Traditional Hold
21	Coup de Pique	(1)23456&78	Traditional Hold
22	Left Foot Variation	123(4)a(5)678	Traditional 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		
	Traditional 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 January 2023

	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 Traditional Hold on step #13
26	Traveling Spins from Promenade Position	count 1 to 4 or 1 to 8	Closed or Contact Position Traditional 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 Traditional Hold, L to R hand hold on Spins
28	Fregolina (also Farol)	28 counts	Traditional Hold for counts 1 to 7, double hand hold on 8, R to L hand hold to a type of hammer lock hold13 -22,spin lady release hold, Traditional hold
29	Twists	12345&678&123&4	Traditional Hold
30	Chasse Cape (including outside Turn)	1234&5678&1234&56781234	Traditional 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		
	Traditional 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.		

INTERNATIONAL STYLE JIVE			
note: figures with an * have a development at a higher level.			
	<u>Bronze Jive Figures</u>	<u>Timing</u>	<u>Position and Dance Holds</u>
	1 Basic in Place	QQ,QaQ,QaQ	Traditional hold throughout
	2 Fallaway Rock	QQ,QaQ,QaQ	Traditional hold throughout
	Fallaway Rock precede to whip	QQ,QaQ	Traditional hold throughout
*	3 Fallaway Throw Away	QQ,QaQ,QaQ	Traditional hold, end in open position
*	4 Link	QQ,QaQ,QaQ	Open Position to end in Traditional hold
	Link precede to Whip	QQ,QaQ	Open Position to end in Traditional hold
	5 Change of Places Right to Left	QQ,QaQ,QaQ	Traditional 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	Traditional 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	Traditional hold throughout
	Double Whip	QQQQ,QaQ	Traditional hold throughout
	14 Whip Throwaway	QQ,QaQ	Traditional 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 "Traditional 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 Handshake Hold		
	6. Change of places L to R may release hold and regain L to R or Handshake 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 January 2023

	Silver Jive Figures	Timing	Position and Dance Holds
	15 Reverse Whip	QQ,QaQ,QQ,QaQ	Traditional Hold Throughout
	16 Windmill	QQ,QaQ,QaQ	Open Position Double Hand Hold
	17 Spanish Arms	QQ,QaQ,QaQ	DbI Hand Hold in Open Position, Tandem, & Open Position
	with Spin Ending	QQ,QaQ,QaQ	same hold and positions, release R to L hold for spring
*	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 Throwaway (lady's run)	QQ,QaQ,QaQ	Traditional 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	Traditional 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	Traditional 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.		

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

INTERNATIONAL BALLROOM CHARTS

General International Ballroom Notes and Restrictions

1. Couples must 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. Figures must be danced in their entirety unless specifically noted or included in a named amalgamation.
7. 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 January 2023

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

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 SQQSQSQQS. Rocks may be extended
Silver Tango Figures	Timing	Notes
14. Promenade Link/Reverse Promenade Link	SQ(Q)	
15. Four Step	QQQQ	Feet must close on step 4. May overturn to L
16. Back Open Promenade	SQQS	
17. Outside Swivel	SQ(Q)	Various methods including Reverse Swivel. Step-Tap ending may finish in Closed Dance Position or Promenade Position
18. Fallaway Promenade	SQQSQQ	Feet must close on step 6
19. Four Step Change	QQQQ or QQ&S	
20. Brush Tap	QQ(&S)	Must finish in Closed Dance Position

Gold Tango Figures	Timing	Notes
21. Fallaway Four Step	QQQQ	Feet must close on step 4
22. Basic Reverse Turn	QQ&QQS or QQS QQS	
23. Contra Check	SS	Must finish in PP
24. Five Step	QQQQ(S) or QQS&(S)	May overturn to L
25. Oversway (including Drop Oversway)	QQS(S)	Must begin with a telemark action (lady's heel-close). Endings:
		1. Transfer weight to RF and place LF to side in PP without weight. Q(Q)
		2. Close RF to LF and place LF to side in PP without weight. &(S)
		3. Chasse to R, cross LF behind RF into Whisk, step-tap in PP. Q&QSQ(Q) or Q&QQQ(S)
		4. Chasse and Whisk, 2-3 Promenade Link. Q&QSQ(Q) or Q&QQQ(S)
		5. Chasse and Whisk, then 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

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 January 2023

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&QSQQQQQ	
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.		

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	SSSQSQS or SSSQSSQQ	
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	SQQQSS	
Four Quick Run	SQQQSS	
V6	SQQSSQQ	If the optional forward lock ending is danced, timing will be SQQSSQSSQSS
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.		