

# United States Imperial Society of Teachers of Dancing International Style Syllabus

## INTERNATIONAL BALLROOM SYLLABUS LIST

Note: Figures preceded by an asterisk ( \* ) are alternate methods of dancing a named syllabus figure or, in some cases, represent Additional Figures that may be found on pages 128 thru 134 of The Ballroom Technique.

### WALTZ

#### Pre-Bronze/Student Teacher

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
- \* Whisk, Man turning 1/4 @ corner
6. Chasse from Promenade Position

#### Bronze/Associate Waltz

7. Closed Impetus
8. Hesitation Change
9. Outside Change
- \* Outside Change ended in Promenade Position
10. Reverse Corte
11. Back Whisk
- \* Back Whisk with Turn
12. Basic Weave
- \* Basic Weave ended in Promenade
13. Double Reverse Spin
14. Reverse Pivot
15. Back Lock
16. Progressive Chasse to Right

#### Silver/Licentiate Waltz

- \* Whisk, Man turning 1/4 @ side of room
- \* Whisk, Man turning 1/8 @ side of room

#### Silver/Licentiate Waltz Continued

- \* Progressive Chasse to Right ended backing LOD or DC
- 17. Weave from Promenade Position
- \* Weave from Promenade ended in Promenade
- 18. Closed Telemark
- 19. Open Telemark & Cross Hesitation
- \* Overturned Cross Hesitation
- 20. Open Telemark & Wing
- 21. Open Impetus & Cross Hesitation
- 22. Open Impetus & Wing
- 23. Outside Spin
- \* Underturned Outside Spin
- 24. Turning Lock
- \* Turning Lock ended in Promenade
- \* Drag Hesitation

#### Gold/Fellow Waltz

- \* Overturned Natural Spin Turn
- 25. Left Whisk
- \* Left Whisk on Beat 1
- 26. Contra Check
- 27. Closed Wing
- 28. Turning Lock to Right
- 29. Fallaway Reverse and Slip Pivot
- 30. Hover Corte
- \* Fallaway Whisk

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## **FOXTROT**

### **Pre-Bronze/Student Teacher**

1. Feather Step
2. Three Step
3. Natural Turn
4. Reverse Turn & Feather Finish
5. Closed Impetus & Feather Finish

### **Bronze/Associate Foxtrot**

6. Natural Weave
7. Change of Direction
8. Basic Weave

### **Silver/Licentiate Foxtrot**

- \* Natural Weave from Promenade Position
  - \* Overtured Basic Weave
9. Closed Telemark
  10. Open Telemark & Feather Ending
  11. Top Spin
  12. Hover Feather
  13. Hover Telemark
  - \* Hover Telemark to Promenade Position

### **Silver/Licentiate Foxtrot Continued**

14. Natural Telemark
15. Hover Cross
16. Open Telemark, Natural Turn, Outside Swivel & Feather Ending
  - \* Underturned Outside Swivel
  - \* Outside Swivel after Feather Step, Feather Finish or Feather Ending
  - \* (Open) Natural Turn (steps 4-6 of figure 16)
17. Open Impetus
18. Weave from Promenade Position
19. Reverse Wave, Alignments A thru E

### **Gold/Fellow Foxtrot**

20. tural Twist Turn
  - \* Nat. Twist with Natural Weave Ending
  - \* Nat Twist with Closed Impetus & Feather Finish Ending
  - \* Nat. Twist with Open Impetus Ending
21. Curved Feather to Back Feather
  - \* Curved Feather commenced in Promenade to Back Feather
22. Natural Zig-Zag from Promenade Position
23. Fallaway Reverse & Slip Pivot
24. Natural Hover Telemark
25. Bounce Fallaway with Weave Ending

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## **QUICKSTEP**

### **Pre-Bronze/Student Teacher**

1. Quarter Turn to Right
2. Natural Turn
3. Natural Turn with Hesitation
4. Natural Pivot Turn
5. Natural Spin Turn
6. Progressive Chasse
7. Chasse Reverse Turn
8. Forward Lock
- \* Heel Pivot

### **Bronze/Associate Quickstep**

9. Closed Impetus
10. Back Lock
11. Reverse Pivot
12. Progressive Chasse to Right
13. Tipple Chasse to Right (at corner)
- \* Tipple Chasse to Right (along side of room)
14. Running Finish
15. Natural Turn and Back Lock
16. Double Reverse Spin
- \* Zig-Zag, Back Lock, Running Finish

### **Bronze/Associate Quickstep Continued**

- \* Cross Chasse
- \* Change of Direction

### **Silver/Licentiate Quickstep**

- \* Checked/Underturned Tipple Chasse
17. Quick Open Reverse
  18. Fishtail
  19. Running Right Turn
  20. Four Quick Run
  21. V6
  22. Closed Telemark

### **Gold/Fellow Quickstep**

23. Cross Swivel
24. Six Quick Run
25. Rumba Cross
- \* 1-5 Natural Turn to face LOD
26. Tippy To Right and Left
- \* 1-4 Tipple Chasse to Right & Tippy to Left
27. Hover Corte

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## TANGO

### Pre-Bronze/Student Teacher

1. Left Foot and Right Foot Walk
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade
  - \* Closed Promenade, Man turning 1/4 to Right
5. Rock Turn
6. Open Reverse Turn, Lady Outside
7. Back Corte

### Bronze/Associate Tango

- \* Open Finish
8. Open Reverse Turn, Lady in Line
9. Progressive Side Step Reverse Turn
10. Open Promenade
11. Left Foot and Right Foot Rocks
  - \* Left Foot Rock Outside Partner in CBMP
  - \* LF Rock OP in CBMP with 1/4 turn to Right
12. Natural Twist Turn
  - \* Natural Twist Turn ended in Closed Position
13. Natural Promenade Turn
  - \* Natural Promenade Turn with Rock Turn ending

## VIENNESE WALTZ

### Bronze

1. Reverse Turn
2. Natural Turn
3. Forward Change
4. Backward Change

### Silver/Licentiate Tango

14. Promenade Link | Reverse Promenade Link
15. Four Step
  - \* Overturned Four Step
16. Back Open Promenade
17. Outside Swivel, Methods 1 thru 4
18. Fallaway Promenade
19. Four Step Change
20. Brush Tap

### Gold/Fellow Tango

21. Fallaway Four Step
22. Oversway and Endings 1 thru 7
  - \* Drop Oversway
23. Basic Reverse Turn
24. The Chase and Endings 1 thru 4
25. Fallaway Reverse & Slip Pivot
26. Five Step
  - \* Overturned Five Step
27. Contra Check

### Silver Viennese Waltz

5. Reverse Fleckerl

### Gold Viennese Waltz

6. Natural Fleckerl
7. Contra Check

# United States Imperial Society of Teachers of Dancing International Style Syllabus

## INTERNATIONAL LATIN AMERICAN SYLLABUS LIST

Note: Figures marked with an asterisk ( \* ) represent alternate methods of dancing/counting a figure, additional endings or a figure's Development, and are placed at the earliest level at which it is permissible to dance that method, ending or Development.

### RUMBA

#### Pre-Bronze/Student Teacher

1. Basic Movements (Closed, Open, In Place, and Left Foot & Right Foot Alternative Basic Movements)
2. Left Foot & Right Foot Cucarachas
3. New York to Left Side or Right Side Position
4. Spot, Switch and Underarm Turns to Left and Right
5. Left Side and Right Side Shoulder to Shoulder
6. Hand to Hand to Left side or Right Side Position (including Alternative Hold)
7. Progressive Walks Forward & Backward (Closed Position Only)
8. Side Steps to Left or Right
9. Cuban Rocks

#### Bronze/Associate Rumba

- \* Shoulder to Shoulder Developments
  - \* Progressive Walks Forward or Backward in Open Position
  - \* Progressive Walks Forward in Right Side or Left Side Position
10. Fan
  11. Alemana (including from Open Position)
  12. Hockey Stick
  13. Natural Top
  14. Opening Out to Right and Left
  15. Natural Opening Out Movement
  16. Closed Hip Twist

#### Silver/Licentiate Rumba

- \* Development of Left Foot & Right Foot Alternative Basic Movements
- \* Spot/Switch Turn to Left (Lady to Right) Development
- \* Cuban Rocks in Left Side Position
- \* Fan Development

#### Silver/Licentiate Rumba Continued

- \* 4-6 of Hockey Stick from 6 of Natural Top
  - \* Opening Out to Left & Right Developments
17. Open Hip Twist
  18. Reverse Top
  19. Opening Out from Reverse Top
  20. Aida and Endings 1, 2 & 3
    - \* Aida from step 3 of Curl or Spiral
  21. Spiral Turns: Spiral; Curl; Rope Spinning
    - \* Rope Spinning from Progressive Walks Back
    - \* Underturned Spiral

#### Gold/Fellow Rumba

- \* "Press Line" Development of Cucarachas
  - \* Progressive Walks Forward in Right Shadow Position (Kiki Walks)
  - \* Syncopated Cuban Rocks
  - \* Fan Development with Alternative Timing
  - \* Alemana from Open Position in Right to Right handhold
  - \* Lady's Underarm Turn to Left during 4-5 of Natural Top
  - \* Aida Ending 4
  - \* Spiral during Progressive (Kiki) Walks in Right Shadow Position
22. Sliding Doors
  23. Fencing (including Spin Endings 1, 2 & 3)
  24. Three Threes
    - \* Three Threes with Fan Ending
  25. Three Alemanas
  26. Hip Twists: Advanced; Continuous; Circular
    - \* Advanced Hip Twist with Man's "Press Line"
    - \* Advanced Hip Twist in Right to Right handhold

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## CHA CHA CHA

### Pre-Bronze/Student Teacher

- \* Right Foot & Left Foot Side Chasse
- \* Compact Chasse
- \* Simple Chasse Forward & Backward
- \* Forward & Backward Locks
- \* Split Cuban Break Chasse
- \* Forward & Backward Runs
- 1. Basic Movements (Closed, Open, In Place)
- 2. New York to Left Side or Right Side Position
- 3. Spot, Switch & Underarm Turns to Left and Right
- 4. Left Side & Right Side Shoulder to Shoulder
- 5. Hand to Hand to Left Side & Right Side Position (including Alternative Hold)
- 6. Three Cha Cha Chas Forward, Backward & Forward in Left Side or Right Side Position
- 7. Side Steps to Left or Right
- 8. There and Back
- 9. Left Foot & Right Foot Time Steps

### Bronze/Associate Cha Cha Cha

- \* Alternative for Compact Chasse
- \* Shoulder to Shoulder Developments
- 10. Fan
- 11. Alemana
- 12. Hockey Stick
- 13. Natural Top
- 14. Natural Opening Out Movement
- 15. Closed Hip Twist

### Silver/Licentiate Cha Cha Cha

- \* Chasses: Rondé; Twist; Slip
- \* Guapacha Timing
- \* Spot/Switch Turn to Left (Lady to Right) Development

### Silver/Licentiate Cha Cha Cha Continued

- \* Fan Development
- \* 6-10 of Hockey Stick from 10 of Natural Top
- 16. Open Hip Twist
- 17. Reverse Top
- 18. Opening Out from Reverse Top
- 19. Aida with Ending 1 or 2
  - \* Aida from 5 of Curl or Spiral
- 20. Spiral Turns: Spiral; Curl; Rope Spinning
  - \* Underturned Spiral
- 21. Cross Basic
- 22. Left Foot & Right Foot Cuban Breaks & Split Cuban Breaks
- 23. Chase

### Gold/Fellow Cha Cha Cha

- \* (Lady's) Runaway Chasse
- \* Fan Development with Guapacha Timing
- \* Alemana from Open Position in Right to Right handhold
- \* Lady's Underarm Turn to Left during 6-6 of Natural Top
- \* Cross Basic with Lady's Spiral Turn on 5
- 24. Advanced Hip Twist
  - \* Advanced Hip Twist with Man's "Press Line"
- 25. Hip Twist Spiral
  - \* 7-10 of Hip Twist Spiral after 6 of Open Hip Twist
- 26. Turkish Towel
- 27. Sweetheart
- 28. Follow My Leader
- 29. Foot Changes, Methods 1 thru 4

[See Note on Following Page](#)

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## Gold/Fellow Cha Cha Cha Continued

Note: The following figures may be used in a short amalgamation when using the same foot as partner

Closed Basic Movement (no turn); Open Basic Movement; Rondé Chasse; Twist Chasse; Spot or Switch Turns; Three Cha Cha Chas Forward & Backward; Forward & Backward Runs; Time Steps (with or without Guapacha Timing); Cuban Breaks; Split Cuban Breaks; Split Cuban Break Chasse

## SAMBA

### Pre-Bronze/Student Teacher

1. Basic Movements: Natural; Reverse; Side; Progressive
2. Whisks to Left and Right
  - \* Lady's Spot Volta Underarm Turn during Man's Whisk to L or R
3. Samba Walks: Promenade; Side; Stationary
  - \* Lady's Spot Volta Underarm Turn during Man's LF or RF Stationary Samba Walk
4. Rhythm Bounce on Left Foot or Right Foot
5. Volta Movements: Traveling; Spot
6. Traveling Bota Fogos Forward
7. Criss Cross Bota Fogos (Shadow Bota Fogos)

### Bronze/Associate Samba

8. Traveling Bota Fogos Back
9. Bota Fogos to Promenade and Counter Promenade
10. Criss Cross Voltas
11. Solo Spot Voltas
12. Foot Changes; 1, Closed to Right Shadow; 2, Right Shadow to Closed; 3, Promenade or Open Promenade to Right Shadow
  - \* Same Foot figures: Samba Walks; Rhythm Bounce; Travelling Voltas; Traveling Bota Fogos Forward
13. Shadow Travelling Volta
14. Reverse Turn
15. Corta Jaca
16. Closed Rocks

### Silver/Licentiate Samba

- \* Circular Voltas to Left or Right
- \* Shadow Traveling Volta Development

### Silver/Licentiate Samba Continued

- \* Foot Change: 4, Right Shadow to Promenade; 8 Right Side to Right Shadow
  - \* Corta Jaca as per Note 3 (pg 85)
17. Open Rocks
  18. Back Rocks
  19. Plait
  20. Rolling off the Arm & Endings 1, 2 & 3
  21. Argentine Crosses
  22. Maypole to Left or Right
  23. Shadow Circular Volta

### Gold/Fellow Samba

- \* Foot Changes: 5, a, b, c or d - Promenade to Right Contra; 6, Right Contra to Promenade; 7, Right Contra to Open Counter Promenade
  - \* Traveling Volta Timing Development
  - \* Corta Jaca as per Note 4 (pg 85)
  - \* Lady's Underarm Turn during Argentine Crosses Development
24. Contra Bota Fogos
    - \* Contra Bota Fogo Hand Change Development
  25. Roundabout
  26. Natural Roll
  27. Reverse Roll
  28. Promenade and Counter Promenade Runs
  29. Three Step Turn
  30. Samba Locks
  31. Cruzados Walks and Locks

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## **PASO DOBLE**

### **Pre-Bronze/Student Teacher**

- \* The Appel
- \* Slip Appel, Man & Lady both move back
- 1. Sur Place (May end in Promenade Position)
- 2. Basic Movement Forward or Backward (May end in Promenade Position)
- 3. Chasses to Right and Left
  - \* Chasse to Left ended in Promenade Position
  - \* Chasses to Right or Left with Elevation
- 4. Drag
- 5. Displacement
- 6. Promenade Link
  - \* Promenade Close
- 7. Promenade
- 8. Ecart
- 9. Separation
- 10. Separation with Lady's Caping Walks

### **Bronze/Associate Paso Doble**

- \* Slip Appel, Man back, Lady forward
- \* Attack method of dancing Displacement
- \* Slip Attack method of dancing Displacement
- \* "Slip" Ecart
- 11. Fallaway Ending to Separation
- 12. Huit
- 13. Sixteen
- 14. Promenade and Counter Promenade
- 15. Grand Circle

### **Bronze/Associate Paso Doble Continued**

- 16. Open Telemark

### **Silver/Licentiate Paso Doble**

- \* Sur Place with Elevations
- \* Overturned Promenade & Counter Promenade
- \* Methods of Changing Feet
- 17. La Passe
- 18. Banderillas
- 19. Twist Turn
- 20. Fallaway Reverse Turn
- 21. Coup de Pique (including Alternative Methods A & B)
- 22. Left Foot Variation
- 23. Spanish Lines: Inverted Promenade or Inverted Counter Promenade Position
- 24. Flamenco Taps, Method 1

### **Gold/Fellow Paso Doble**

- \* Fallaway Reverse Turn with Open Telemark Ending
- \* Flamenco Taps, Method 2
- 25. Syncopated Separation & Ending 1, 2 or 3
- 26. Traveling Spins from Promenade Position
- 27. Traveling Spins from Counter Promenade Position
- 28. Fregolina
  - \* The Farol
- 29. The Twists
- 30. Chasse Cape and all endings
  - \* Outside Turn



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## **JIVE**

### **Pre-Bronze/Student Teacher**

- \* Chasses: Side; Compact; Forward; Backward; Turning
- 1. Basic in Place
- 2. Fallaway Rock and all Alternative Methods
- 3. Fallaway Throwaway
- 4. The Link
- 5. Change of Places Right to Left including hand changes as per Method 1 or 2
- 6. Change of Places Left to Right including hand change as described for Method 1
- 7. Change of Hands Behind the Back including Alternate “hold”
- 8. Hip Bump (Left Shoulder Shove)

### **Bronze/Associate Jive**

- \* Double Link
- \* Development of 1-5 of Fallaway Rock turning 3/8 to right over 2-5
- \* Change of Places Left to Right with hand change as per Method 2
- 9. American Spin
- 10. The Walks
- 11. Stop and Go
- 12. Mooch
- 13. Whip
- 14. Whip Throwaway

### **Silver/Licentiate Jive**

- \* Chasses: Fwd/Bwd Locks; Fwd/Bwd Running
- \* Overturned Fallaway Throwaway
- \* Alternatives to 1-2 of Link: A, Flick (or Point) Ball-Change; B, Hesitation Ball-Change
- \* Change of Places Right to Left with Lady’s Spin

### **Silver/Licentiate Jive Continued**

- \* Walks with Man’s Merengue Action
- 15. Reverse Whip
- 16. Windmill
- 17. Spanish Arms
  - \* Spin Ending to Spanish Arms
- 18. Rolling off the Arm
- 19. Simple Spin
- 20. Miami Special

### **Gold/Fellow Jive**

- \* Overturned Fallaway Throwaway with Lady’s Locks or Forward Runs
- \* Overturned Change of Places Left to Right with Lady’s Locks or Forward Runs
- \* Stop and Go with Lady’s Free Turn
- \* Mooch with Boppy Hops or Flick Cross
- \* Spin Ending to Rolling off the Arm
- \* Simple Spin from Tandem Position
- 21. Curly Whip
  - \* Curly Whip with “Opening Out” entry
- 22. Shoulder Spin
- 23. Toe Heel Swivels
  - \* Break Ending to Toe Heel Swivels
- 24. Chugging
- 25. Chicken Walks
- 26. Catapult
- 27. Stalking Walks, Flicks into Break

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