



RESTRICTED SYLLABUS

PROAM & TEACHER STUDENT

BALLROOM



WALTZ

Back Lock
Back Whisk
Basic Weave
Chasse from PP
Closed Changes
Closed Impetus
Closed Telemark
Double Reverse Spin
Drag Hesitation
Hesitation Change
Hover Corte
Natural Spin Turn
Natural Turn
Outside Change
Progressive Chasse to R
Reverse Corte
Reverse Pivot
Reverse Turn
Weave from PP
Whisk
Closed Wing
Contra Check
Fallaway Reverse and Slip Pivot
Left Whisk
Open Impetus and Cross Hesitation
Open Impetus and Wing
Open Telemark and Cross Hesitation
Open Telemark and Wing
Outside Spin
Turning Lock
Turning Lock to R

FOXTROT

Basic Weave
Change of Direction
Closed Impetus with Feather
Finish
Closed Telemark
Feather
Hover Feather
Natural Turn
Natural Weave
Natural Weave from PP
Open Impetus
Open Telemark and Feather
Ending
Reverse Turn with Feather Finish
Reverse Wave
Three Step
Weave from PP
Bounce Fallaway with Weave
Ending
Continuous Reverse Wave
Curved Feather to Back Feather
Fallaway Reverse and Slip Pivot
Hover Cross
Hover Telemark (and to PP)
Natural Hover Telemark
Natural Telemark
Natural Twist Turn
Natural Zig Zag from PP
Open Telemark, Natural Turn,
Outside Swivel, Feather Ending
Top Spin

TANGO

Back Corte
Basic Reverse Turn
Closed Promenade
LF and RF Rocks
Natural Promenade Turn
Natural Twist Turn
Open Promenade
Open Reverse Turn, Lady in Line
Open Reverse Turn, Lady Outside
Progressive Link
Progressive Side Step
Progressive Side Step Reverse Turn
Promenade Link
Rock Turn
Walk
Back Open Promenade
Brush Tap
Contra Check
Double chase
Fallaway Four Step
Fallaway Promenade
Fallaway Reverse and Slip Pivot
Five Step
Four Step
Four Step Change
Outside Swivels
Oversway
The Chase

QUICK STEP

Backward Lock
Change of Direction
Chasse Reverse Turn
Closed Impetus
Double Reverse Spin
Forward Lock
Natural Pivot Turn
Natural Spin Turn
Natural Turn
Natural Turn and Back Lock
Natural Turn with Hesitation
Progressive Chasse
Progressive Chasse to R
Quarter Turn to Left (Heel Pivot)
Quarter Turn to R
Reverse Pivot
Running Finish
Running Right Turn
Tipple Chasse to R
Zig Zag, Back Lock, Running Finish
Closed Telemark
Cross Chasse
Cross Swivel
Fishtail
Four Quick Run
Hover Corte
In and Out Runs
Quick Open Reverse
Rumba Cross
Six Quick Run
Topsy to Right and Left
V6