




National Dance Council of Canada

Conseil National en Danse du Canada

BALLROOM SYLLABUS STEP LIST, LISTE DES FIGURES, COMPETITIONS & MEDAL TEST

WALTZ-VALE		TANGO		FOXTROT		QUICKSTEP		
Beginners - Débutants		Beginners - Débutants		Beginners - Débutants		Beginners - Débutants		
1	Closed Changes	1	Walk		1	Quarter Turn to Right	1	Quarter Turn to Right
2	Natural Turn	2	Progressive Side Step		2	Heel Pivot (Quarter Turn to Left)	2	Heel Pivot (Quarter Turn to Left)
3	Reverse Turn	3	Progressive Link		3	Progressive Chassé	3	Progressive Chassé
4	Natural Spin Turn	4	Closed Promenade		4	Forward Lock	4	Forward Lock
5	Whisk	5	Rock Turn		5	Natural Spin Turn	5	Natural Spin Turn
6	Chassé from Promenade							
Pre-Bronze - Pré-Bronze		Pre-Bronze - Pré-Bronze		Pre-Bronze - Pré-Bronze		Pre-Bronze - Pré-Bronze		
7	Closed Impetus	6	Open Reverse Turn, Lady Outside	1	Feather Step	6	Natural Turn	
8	Hesitation Change	7	Back Corte	2	Three Step	7	Natural Pivot Turn	
9	Outside Change	8	Open Reverse Turn, Lady in Line	3	Natural Turn	8	Natural Turn with Hesitation	
		9	Progressive Side Step Reverse Turn	4	Reverse Turn (incl. Feather Finish)	9	Chassé Reverse Turn	
				5	Closed Impetus and Feather Finish	10	Closed Impetus	
						11	Back Lock	
						12	Reverse Pivot	
						13	Progressive Chassé to Right	
Bronze		Bronze		Bronze		Bronze		
10	Reverse Corte	10	Open Promenade	6	Natural Weave	14	Tipple Chassé to Right	
11	Back Whisk	11	Left Foot and Right Foot Rocks	7	Change of Direction	15	Running Finish	
12	Basic Weave	12	Natural Twist Turn	8	Basic Weave	16	Zig-Zag Back Lock & Running Finish	
13	Double Reverse Spin	13	Natural Promenade Turn			17	Cross Chassé	
14	Reverse Pivot					18	Change of Direction	
15	Back Lock					19	Natural Turn and Back Lock	
16	Progressive Chassé to Right					20	Double Reverse Spin	
Silver - Argent		Silver - Argent		Silver - Argent		Silver - Argent		
17	Weave from PP	14	Promenade Link	9	Closed Telemark	21	Quick Open Reverse	
18	Closed Telemark	15	Four Step	10	Open Telemark and Feather Ending	22	Fishtail	
19	Open Telemark and Cross Hesitation	16	Back Open Promenade	11	Top Spin	23	Running Right Turn	
20	Open Telemark and Wing	17	Outside Swivels	12	Hover Feather	24	Four Quick Run	
21	Drag Hesitation	18	Fallaway Promenade	13	Hover Telemark	25	V 6	
22	Open Impetus & Cross Hesitation	19	Four Step Change	14	Natural Telemark	26	Closed Telemark	
23	Open Impetus & Wing	20	Brush Tap	15	Hover Cross			
24	Outside Spin			16	Open Telemark Outside Swivel and Feather Ending			
25	Turning Lock			17	Open Impetus			
				18	Weave from PP			
				19	Reverse Wave			
Gold - Or		Gold - Or		Gold - Or		Gold - Or		
26	Left Whisk	21	Fallaway Four Step	20	Natural Twist Turn	27	Cross Swivel	
27	Contra Check	22	Oversway	21	Curved Feather to Back Feather	28	Six Quick Run	
28	Closed Wing	23	Basic Reverse Turn	22	Natural Zig-Zag from PP	29	Rumba Cross	
29	Turning Lock to Right	24	The Chase	23	Fallaway Reverse and Slip Pivot	30	Tipsy to Right & Left	
30	Fallaway Reverse & Slip Pivot	25	Fallaway Reverse & Slip Pivot	24	Natural Hover Telemark	31	Hover Corte	
31	Fallaway Whisk	26	Five Step	25	Bounce Fallaway with Weave Ending			
32	Hover Corte	27	Contra Check					
Gold Star - Etoile d'Or		Gold Star - Etoile d'Or		Gold Star - Etoile d'Or		Gold Star - Etoile d'Or		
Steps 1 - 32 plus Gold Star groups Fig. 1 - 32 plus groupes Etoile d'Or		Steps 1 - 27 plus Gold Star groups Fig. 1 - 27 plus groupes Etoile d'Or		Steps 1 - 25 plus Gold Star groups Fig. 1 - 25 plus groupes Etoile d'Or		Steps 1 - 31 plus Gold Star groups Fig. 1 - 31 plus groupes Etoile d'Or		
VIENNESE WALTZ				VALESE VIENNOISE				
Bronze		Silver - Argent		Gold - Or		Gold Star-Etoile d'Or		
1	Change Steps Forward, Natural & Reverse	4	Change Steps Backward, Natural & Reverse	5	Reverse Fleckerl	Steps 1 - 7 Figures 1 - 7		
2	Natural Turn			6	Natural Fleckerl			
3	Reverse Turn			7	Contra Check			

2009-2010

Reference : The Ballroom Technique 1STD & The Viennese Waltz by Harry Smith Hampshire
Reference: Gold Star Groups - Groupes Etoile d'Or