



## **BALLROOM SYLLABUS FOR ASSOCIATE, LICENTIATE AND FELLOWSHIP**

### **WALTZ**

#### **ASSOCIATE**

Box step  
Reverse Turn  
Change step from reverse to natural  
Natural turn  
Change step from natural to reverse  
Natural hesitation change  
Natural spin turn  
Outside change (after 1-3 of a Natural turn underturned)  
Whisk  
Chasse from promenade position  
Reverse Corte  
Back whisk  
Basic weave

#### **LICENTIATE**

Chasse to the R commencing LOD  
Chasse to the R commencing DC  
Backward Lock Step  
Double reverse spin  
Reverse pivot  
Closed telemark  
Open telemark  
Reverse Weave  
Fallaway promenade  
Outside spin  
Underturned outside spin  
Cross hesitation  
Open Impetus turn

#### **FELLOWSHIP**

Contra Check  
Wing  
Left Whisk  
Turning Lock  
Hover Corte  
Fallaway Reverse  
Slip Pivot



## **TANGO**

### **ASSOCIATE**

#### **T.A.N.G.O**

Basic movement, walk and progressive side step  
Progressive side step  
Reverse turn  
Basic reverse turn  
Promenade position  
Progressive link  
Closed promenade  
Open promenade  
Natural rock turn  
Rock on Left foot  
Corte  
Natural promenade turn open  
Natural promenade turn closed

### **LICENTIATE**

Open reverse turn partner outside open finish  
Open reverse turn partner inline closed finish  
Natural twist turn  
Promenade link  
Fallaway Promenade  
Outside Swivel  
Brush tap  
Back open promenade  
Four step  
Syncopated reverse turn

### **FELLOWSHIP**

Five Step  
Contra Check  
Fallaway Reverse  
Slip Pivot  
Oversway  
Throwaway Oversway\*  
Chase  
Quarter beats\*



## **SLOW FOXTROT**

### **ASSOCIATE**

Walk on Left foot  
Feather step  
Three Step  
Reverse turn  
Natural turn  
Change of direction  
Reverse wave  
Weave (after 1-4 of a reverse wave)

### **LICENTIATE**

Natural weave  
Reverse weave  
Open Impetus turns  
Open telemark  
Natural telemark

### **FELLOWSHIP**

Hover telemark  
Curved Feather to Back Feather  
Bounce Fallaway with weave ending  
Fallaway Reverse and slip pivot



## **QUICKSTEP**

### **ASSOCIATE**

Walk on left foot  
Quarter turn to right  
Progressive chasse  
Forward lockstep  
Backward lockstep  
Natural spin turn  
Natural hesitation change  
Tipple chasse to R  
Running finish  
Chasse reverse turn  
Reverse pivot

### **LICENTIATE**

Quick open reverse  
Double reverse spin  
Chasse to R with open finish  
Tipple Chasse to L  
Cross swivel  
Fishtail  
V6

### **FELLOWSHIP**

Four quick run  
Closed Telemark  
Rumba Cross  
Hover Corte



## **VIENNESE WALTZ**

### **ASSOCIATE**

Natural Turn

Reverse Turn

RF forward change. Natural to Reverse

LR forward change. Reverse to Natural

### **LICENCIATE**

LF backward change. Natural to Reverse

RF backward change. Reverse to Natural

Reverse Fleckerl

### **FELLOWSHIP**

Check from Reverse Fleckerl to Natural Fleckerl

Natural Fleckerl