



# AUSTRALIAN DANCING BOARD

(COMPANY LIMITED BY GUARANTEE)

ABN 96 002 795 986

## **Restricted Syllabus**

**Juvenile - All Grades  
Junior, Adult and Senior E Grade**

# Standard Ballroom

The accepted technique books for the Syllabus are:

- (a) The Revised Technique: Alex Moore
- (b) The Technique of Ballroom Dancing: Guy Howard
- (c) The Ballroom Technique: Imperial Society of Teachers of Dancing

The following Rules apply to all dances :

- 1. Whole figures or parts of figures may be used as precedes and follows only where stated in the technique books.
  - 2. Timings may be used only as stated in the technique books.
  - 3. Figures which do not normally commence or finish in promenade position may be used in this manner only where stated in the technique books.
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## ***Modern Waltz***

- 1. Closed changes
- 2. Natural turn
- 3. Reverse turn
- 4. Outside change
- 5. Natural spin turn
- 6. Hesitation change
- 7. Reverse corte
- 8. Double reverse spin
- 9. Whisk
- 10. Chasse from promenade position
- 11. Back whisk
- 12. Fallaway whisk
- 13. Progressive chasse to right
- 14. Closed telemark
- 15. Open telemark
- 16. Cross hesitation
- 17. Wing
- 18. Closed wing
- 19. Outside spin
- 20. Drag hesitation
- 21. Backward lock
- 22. Weave from promenade position
- 23. Basic weave
- 24. Turning lock to left
- 25. Reverse pivot
- 26. Closed impetus turn
- 27. Open impetus turn
- 28. Left whisk
- 29. Contra check
- 30. Turning lock to right
- 31. Fallaway reverse and slip pivot
- 32. Hover corte

## ***Slow Foxtrot***

- 1. Feather step
- 2. Three step
- 3. Natural turn
- 4. Reverse turn
- 5. Change of direction
- 6. Reverse wave
- 7. Closed impetus turn
- 8. Basic weave
- 9. Natural weave
- 10. Weave from promenade position
- 11. Hover feather
- 12. Hover telemark
- 13. Natural telemark
- 14. Natural twist turn
- 15. Top spin
- 16. Closed telemark
- 17. Open telemark
- 18. Open natural turn
- 19. Outside swivel
- 20. Feather ending from promenade position
- 21. Double reverse spin
- 22. Natural zig zag from promenade position
- 23. Hover cross
- 24. Curved feather
- 25. Back feather
- 26. Open impetus turn
- 27. Hover telemark to Promenade position
- 28. Fallaway reverse and slip pivot
- 29. Natural hover telemark
- 30. Bounce fallaway with weave ending

## **Tango**

1. Walks
2. Progressive side step
3. Progressive link
4. Open reverse turn lady in line  
closed or open finish
5. Open reverse turn lady outside  
closed or open finish
6. Progressive side step reverse turn
7. Closed promenade
8. Open promenade
9. Back corte
10. Rock back on RF or LF
11. Rock turn
12. Natural twist turn
13. Natural promenade turn
14. Promenade link
15. Four step
16. Fallaway four step
17. Fallaway promenade \_
18. Outside swivel
19. Brush tap
20. Basic reverse turn
21. Back open promenade
22. Four step change
23. Owersway
24. The Chase
25. Fallaway reverse and slip pivot
26. Five step
27. Contra check

## **Viennese Waltz**

1. Natural turn
2. Reverse turn
3. Forward change steps –  
Natural to Reverse
4. Forward change steps –  
Reverse to Natural
5. Backward change steps –  
Natural to Reverse
6. Backward change steps –  
Reverse to Natural
7. Reverse fleckerl
8. Natural fleckerl
9. Contra check

## **Quickstep**

1. Quarter turns to right and left
2. Natural turn
3. Natural pivot turn
4. Natural turn with hesitation
5. Progressive chasse
6. Natural spin turn
7. Forward lock
8. Backward lock
9. Tipple chasse to the right
10. Zig Zag, back lock
11. Reverse pivot
12. Cross chasse
13. Double reverse spin
14. Change of direction
15. Chasse reverse turn
16. Quick open reverse
17. Cross swivel
18. Fish tail
19. Progressive chasse to the right
20. Four quick run
21. The V.6
22. Running right turn
23. Natural turn, back lock
24. Open natural turn
25. Closed impetus turn
26. Open impetus turn
27. Closed telemark
28. Open telemark
29. Wing
30. Outside spin
31. Six quick run
32. Rumba cross
33. Topsy to right and left
34. Hover corte
35. Running finish

# Latin American

The accepted technique books for the Syllabus are :

- (a) The Revised Technique of Latin American Dancing: Imperial Society of Teachers of Dancing
- (b) Technique of Latin Dancing: Walter Laird (including Supplement)

The following Rules apply to all dances :

1. The listed figures may be danced only :
  - (a) with any of the standardised holds or body positions as listed in the technique books, and
  - (b) may be commenced and finished only in any of the standardised positions as listed in the technique books  
eg Fan position; Open, Closed or Close Facing Position, Promenade or Counter Promenade Position etc.
2. Figures may be overturned only if such "overtum" is listed in the technique books.
3. Timings may be used only as stated in the technique books.

## **Cha Cha Cha**

1. Basic movement (close, open + side)
2. Fan
3. Alemana
4. Hockey stick
5. Three cha cha chas
6. Natural top
7. Natural opening out movement
8. Hand to hand
9. Spot and underarm turns to right and left
10. Time steps
11. Cross basic
12. New Yorker – check from open PP and open CPP
13. Shoulder to shoulder
14. Reverse top
15. Opening out from reverse top
16. Aida
17. Spiral
18. Hip twists – close, closed, open, advanced
19. Rope spinning
20. Cuban breaks, split cuban breaks
21. Turkish towel
22. Sweetheart
23. Follow my leader
24. Foot changes and methods of changing feet
25. Curl and to open CPP

**Note:** Cha Cha Cha chasses may be danced with twist, lock, crossover or ronde action where applicable. Guapacha timing may be used where applicable.

## **Jive**

1. Basic in place
2. Basic in fallaway – fallaway rock
3. Fallaway throwaway
4. Link and link rock
5. Change of places right to left and with double spin
6. Change of places left to right
7. Change of hands behind back
8. American spin
9. Walks – promenade – slow and quick
10. Whip and double cross whip
11. Whip throwaway – throwaway whip
12. Curly whip
13. Reverse whip
14. Stop and go
15. Windmill
16. Spanish arms
17. Rolling off the arm
18. Simple spin
19. Chicken walks
20. Toe heel swivels
21. Flicks into break
22. Alternatives to steps 1 and 2 of link
23. Foot changes and methods of changing feet
24. Ball change
25. Left shoulder shove (hip bump)

## **Samba**

1. Basic movements (natural, reverse, alternative, side)
2. Progressive basic
3. Outside basic
4. Whisks to right and left
5. Samba walks (promenade, side, stationary, same foot)
6. Boto fogos (forward, backward, PP, CPP, shadow, contra, same foot, travelling)
7. Reverse turn
8. Corta jaca
9. Rocks (close or closed, open and back)
10. Argentine crosses – circular crosses
11. Plait
12. Foot changes
13. Rolling off the arm
14. Natural roll
15. Voltas to R & L (travelling, circular, continuous, spot on opposite or same foot eg Criss-cross, solo spot, maypole, roundabout, closed, shadow)
16. Samba locks in open PP or CPP
17. Cruzados locks in shadow position, walks
18. Promenade to counter promenade runs

## **Rumba**

1. Basic movement
2. Fan
3. Alemana
4. Hockey stick
5. Walks, forward, backward, shadow (kiki)
6. Natural top
7. Opening out movement, natural and to left and advanced
8. Side step
9. Hip twists – close, closed, open advances
10. Cucarachas
11. Hand to hand
12. Spot and underarm turns to right and left
13. Check from open CPP and open PP (New Yorker)
14. Reverse top
15. Opening out from reverse top
16. Aida – fallaway

17. Spiral
18. Open hip twist
19. Alternative basic movement
20. Sliding doors
21. Fencing
22. Rope spinning
23. Curl
24. Three Threes
25. Cuban rocks
26. Three Alemanas
27. Continuous hip twist
28. Continuous circular hip twist
29. Cuban rocks and syncopated
30. Shoulder to Shoulder

## **Paso Doble**

1. Basic movement
2. Sur place
3. Appel
4. Chasses and elevations to right and left
5. Promenade link or close
6. Deplacements and attack
7. Huit
8. Separations. Basic, fallaway ending, (including lady's caping walks) syncopated
9. Sixteen
10. Twist turn
11. Promenades – promenade to counter promenade
12. Grand circle
13. Open telemark
14. Ecart – fallaway whisk
15. La passe
16. Banderillas
17. Fallaway reverse
18. Coup de Piques
19. Left foot variation
20. Syncopated chasses

## **Additional figures for Adult & Senior Beginners only**

21. Twists
22. Spanish line from PP and open fallaway position
23. Fregolina and farol
24. Travelling spins from PP and CPP
25. Chasse cape
26. Foot changes and alternative entries to PP
27. Flamenco taps