

## 9. Restricted syllabus

### Restricted syllabus for all qualification class groups of all ages

9.1. Competitors of qualification classes “Beginners”, “E”, “D”, 4 dances of all age groups, 6 dances Juvenile I, Juvenile II and “C” Juvenile II must:

a) limit their dance figures or parts of figures according to timings and positions given in dance technique books;

b) combine figures or parts of figures only according to versions mentioned in dance technique books.

9.2. For “Beginners”, “E”, “D”, 4 dances of all age groups, 6 dances Juvenile I, Juvenile II and “C” Juvenile II it is not permitted:

a) for male partner to perform steps of female partner except when it is described in dance technique books. Exception is permitted for Beginners I and II in Slow Waltz figure “Closed Change”.

b) to dance figures in “advanced” way using jumps, lunges, body and head movements which are not included in dance technique books;

c) for Beginners and “E” classes – to rise free hands above shoulder height;

d) to alter prescribed alignments and direction of steps, starting and finishing positions of the figures, described timing and general amounts of turns;

e) to join, replace and repeat different parts of the figures if it is not described in dance technique books;

9.3. Lifts are not permitted in either category. Note: A lift is any movement during which one of the dancers has both feet off the floor at the same time with the assistance or support of the partner.

It is not permitted to realize move of “lift” on all classes of qualification it means when one partner holds other with the hands, body or rise when as a result partner doesn’t touch the floor by both legs. For groups: 6 dances Jun-I and older groups, 8 dances and “C” – “S” this is only restriction.

The Slow Waltz: <http://www.youtube.com/playlist?list=PL9390C5D6A44587D7>

The Tango: <http://www.youtube.com/playlist?list=PL99D5DE1511D7D4FA>

The Viennese Waltz: <http://youtu.be/FbWn0HziTRI>

The Foxtrot: <http://www.youtube.com/playlist?list=PL222FFC9879A5847C>

The Quickstep: <http://www.youtube.com/playlist?list=PL99D5DE1511D7D4FA>

## 9.4. WALTZ

### Beginners I level

1. RF Closed Change
2. LF Closed Change

### Beginners II level

3. Natural Turn (Body turns less – ¼ turn to R on a beat)

4. Reverse Turn (Body turns less – ¼ turn to L on a beat)

**Beginners III level**

- 5. LF Backward Passing Change
- 6. RF Backward Passing Change
- 7. Natural Spin Turn
- 8. Hesitation Change
- 9. Outside Change

**E – 4 class**

- 10. Whisk
- 11. Chasse from PP
- 12. Weave in Waltz Time
- 13. Progressive Chasse to Right

**Class E - 6**

- 14. Reverse Corte
- 15. Hover Corte
- 16. Back Whisk
- 17. Weave from PP
- 18. Back Lock
- 19. Cross Hesitation
- 20. Drag Hesitation

**Class D**

- 21. Telemark
- 22. Open Telemark
- 23. Impetus Turn
- 24. Open Impetus Turn
- 25. Double Reverse Spin
- 26. Turning Lock to Left
- 27. Wing
- 28. Outside Spin
- 29. Underturned Outside Spin
- 30. Turning Lock to Right
- 31. Closed Wing
- 32. Fallaway Reverse and Slip Pivot
- 33. ~~The Double Natural Spin~~
- 34. Passing Natural Turn from PP
- 35. Fallaway Whisk
- 36. Fallaway Natural Turn
- 37. Quick Natural Spin Turn
- 38. Running Spin Turn
- 39. Reverse Pivot
- 40. Quick Wing
- 41. Running Cross Chasse
- 42. Running Weave from PP
- 43. Curved Feather
- 44. Running Finish
- 45. Outside Swivel
- 46. Progressive Chasse
- 47. Bounce Fallaway Weave ending
- 48. Quick Open Reverse

## 9.5. QUICKSTEP

### Beginners I

1. Quarter Turn to R
2. Progressive Chasse
3. Quarter Turn to L

### Beginners II

4. Forward Lock Step
5. Natural Pivot Turn (also underturned)

### Beginners III

6. 1-3 of Natural Turn
7. Backward Lock Step
8. Tipple Chasse to R
9. Tipple Chasse to L
10. Natural Spin Turn

### Class E – 4

11. Natural Turn at a Corner
12. Natural Turn with Hesitation
13. Chasse Reverse Turn
14. Progressive Chasse to the Right
15. Cross Chasse

### Class E – 6

16. Running Finish
17. Zig Zag, Back Lock and Running Finish
18. Natural Turn, Back Lock and Running Finish
19. V-6
20. Outside Change

### Class D

21. Reverse Pivot
22. Quick Open Reverse
23. Change of Direction
24. Telemark
25. Impetus Turn
26. Hover Corte
27. Double Reverse Spin
28. Four Quick Run
29. Running Right Turn
30. Cross Swivel
31. Fish Tail
32. Outside Spin
33. 6 Quick Run
34. Tippy to R
35. Tippy to L
36. Rumba Cross
37. Passing Natural Turn From PP
38. Running Finish to PP

39. Zig Zag (turning left)
40. Running Zig Zag
41. Open Telemark
42. Running Cross Chasse
43. Fallaway Reverse and Slip Pivot
44. Back Whisk
45. Whisk
46. Turning Lock to R (Natural Turning Lock)
47. Weave from PP
48. Natural Fallaway Turn
49. Wing
50. Wing from PP

## **9.6. VIENNESE WALTZ**

### **Class E - 6**

1. Natural Turn
2. Reverse Turn
3. Change from Natural Turn to Reverse Turn
4. Change from Reverse Turn to Natural Turn
5. Backward Change from Natural Turn to Reverse Turn
6. Backward Change from Reverse Turn to Natural Turn

## **9.7. TANGO**

### **Class D**

1. Progressive Side Step
2. Basic Reverse Turn
3. Open Reverse Turn Lady in Line
4. Open Reverse Turn Lady Outside
5. Progressive Side Step Reverse Turn
6. Closed Promenade
7. Open Promenade
8. Back Corte
9. Rock on RF
10. Rock on LF
11. Natural Twist Turn
12. Progressive Link
13. Promenade Link
14. Four Step
15. Fallaway Promenade
16. Outside Swivel
17. BrushTap
18. Fallaway Four Step
19. Four step Change
20. Natural Promenade Turn
21. Back Open Promenade
22. Chase
23. Chase, Chasse to R, Step 3 of Whisk, 2-3 of Promenade Link
24. Chase, Chasse to R, Step 3 of Whisk, Close, Tap
25. Chase, Chasse to R, Step 3 of Whisk, Step Fwd, Tap

26. Chase, Chasse to R, Progressive Link
27. Fallaway Reverse and Slip Pivot
28. Five Step
29. Mini Five Step
30. Whisk
31. Back Whisk
32. Tap - Alternative Entries to PP
33. Telemark to PP
34. Outside Spin
35. Open Natural Turn

## 9.9. CHA-CHA-CHA

### Beginners I

1. Basic Movement In Place ( Compact Chasse)
2. Side Basic Movement (Side Chasse) or Time Steps (without Latin Cross)
3. Close or Closed Basic Movement (Compact Chasse)

### Beginners II

#### Dance only given versions of figures without Spiral type turns

4. New York to Left Side Position(Check from Open PP)\*#
5. New York to Right Side Position(Check from Open CPP)\*#
6. Spot (and Switch) Turns To Left\*
7. Spot (and Switch) Turns To Right\*
8. Underarm Turns to Right
9. Underarm Turns to Left
10. Hand to Hand (to Right Side Position)\*
11. Hand to Hand (to Left Side Position)\*

### Beginners III

#### Permitted versions of figures only without Spiral or Alemana type turns.

12. (Left side) Shoulder to Shoulder\*
13. (Right side) Shoulder to Shoulder\*
14. Time Steps (with Latin Cross) \*#
15. Open Basic Movement \*
16. Three Cha Cha Chas Fwd, in Open Position \*
17. Three Cha Cha Chas Bwd, in Open Position \*
18. Three Cha Cha Chas Fwd in CPP (or L side Position) \*
19. Three Cha Cha Chas Fwd in PP (or R side Position) \*
20. \*Cross Basic # *without Spiral or Alemana type actions*

### E – 4 class

#### Permitted versions of figures only without Spiral type turns

21. Natural Top
22. Natural Opening Out Movement (to Right)
23. \*Fan – *not permitted to finish with Runaway Chasse*
24. \* Fan Development– *not permitted to finish with Runaway Chasse*
25. \*Hockey Stick# - *not permitted to finish with running steps*
26. \*Alemana From Fan Pos #
27. \*Alemana From Open (Facing) Pos #

Until Class E – 6 it is permitted to change hand hold during the figure as it is mentioned in the

books of ISTD and IDTA only if the change happens during one beat. Versions where change occurs longer are permitted starting from Class E – 6.

### **E - 6 class**

**Permitted versions of figures only without Spiral type turns. Not permitted to begin figures from Ladies Spiral Cross position.**

28. Side Steps to R
29. Side Steps to L
30. Closed Hip Twist # – *it is not permitted to finish with Runaway Chasse*
31. Open Hip Twist #
32. Advanced Hip Twist– *Lady is not permitted to finish with Runaway Chasse, man is not permitted to do “Press Line”.*
33. Aida (Fallaway) With Endings 1 and 2
34. Alemana From Open (Facing) Position with R to R hand Hold #
35. Advanced Hip Twist Development (with R to R hand Hold) – *Lady is not permitted to finish with Runaway Chasse, Man is not permitted to do “Press Line”.*

### **D klase**

36. Cross Basic *finished with turn of Spiral of Alemana type*
37. Hand to Hand *finished with turn of Spiral or Rope Spinning type turn*
38. Three Cha-cha-chas *finished with turn of Spiral*
39. Aida *permitted to begin after Spiral*
40. Natural Top *permitted to finish with Rope Spinning Spiral*
41. Chase
42. There and Back
43. Reverse Top – *permitted to finish with Spiral*
44. Opening Out from Reverse Top
45. Cuban Break \*
46. Split Cuban Break \*
47. Split Cuban Break (danced as Quick New Yorks)
48. Natural Top with Lady's Underarm Turn to Left
49. Turkish Towel (2 versions)
50. Spiral
51. Curl
52. Rope Spinning
53. Sweetheart (2 versions)
54. Follow my Leader \*
55. Close Hip Twist Spiral
56. Open Hip Twist Spiral
57. Fan and other figures which end on Fan position *permitted to finish with Ladies Runaway Chasse*
58. Hockey Stick position *permitted to finish with Ladies Forward Runs*
59. Foot Changes I (changing from Opposite foot to Same Foot)
60. Foot Changes II (changing from Same Foot to Opposite Foot)
61. Overturned Lock Ending
62. Continuous Overturned Lock
63. Swivel Hip Twist
64. Swivels
65. Walks and Whisks
66. Advanced Methods of Changing Feet:
  - a) Link to Fan L Angle
  - b) Syncopated R Side Link

**For class D it is permitted to dance Foot Changes and to dance Figures which are marked with \* in parallel positions. Up to class E-6 (including) it is not permitted to dance on those positions (Side, Shadow, Tandem).**

**For class D it is permitted to perform Figures marked with #. Up to class E-6 (including) it is not permitted to dance on Guapacha rhythm.**

**In Cha It is not permitted to dance figures on same foot in a contra positions.**

## **9.10. RUMBA**

### **E - 6 class**

1. Basic Movement In Place
2. Alternative Basic Movement
3. Closed Basic Movement
4. Open Basic Movement
5. Progressive Walks Fwd in Open Position
6. Progressive Walks Backward in Open Position *not permitted to finish with Spiral type turn*
7. Progressive Walks Fwd in Shadow Position *not permitted to finish with Spiral type turn*
8. Progressive Walks Fwd in R Side Position *not permitted to finish with Spiral type turn*
9. Progressive Walks Fwd in L. Side Position *not permitted to finish with Spiral type turn*
10. Spot (and Switch) Turns to L
11. Spot (and Switch) Turns to R
12. Underarm Turns to L
13. Underarm Turns to R
14. New York to R Side Position [Check from Open PP]
15. New York to L Side Position [Check from Open CPP]
16. Hand to Hand [To R Side Position] *not permitted to finish with Spiral type turn*
17. Hand to Hand [To L Side Position] *not permitted to finish with Rope Spinning Spiral turn*
18. Left Side Shoulder to Shoulder
19. Right Side Shoulder to Shoulder
20. Side Steps to L
21. Side Steps to R
22. Side Step and Cucarachas
23. Cuban Rock, *not permitted to dance syncopated Cuban Rock*
24. Cucarachas
25. Fan
26. Hockey Stick
27. Alemana
28. Runaway Alemana #
29. Natural Top *not permitted to end with Rope Spinning Spiral turn, for lady not permitted on steps 4-5 use Underarm turn to L.*
30. Natural Opening Out Movement
31. Closed Hip Twist #
32. Open Hip Twist #, *not permitted syncopated variant, not permitted to do steps with knee compressed*
33. Aida (Fallaway) with Cuban Rock and Spot Turn or Progressive Walks Ending *not permitted to start from Spiral Cross position*
34. Aida (Fallaway) with Side Cucaracha Ending *not permitted to start from Spiral Cross position*
35. Advanced Opening Out Movement
36. Advanced Hip Twist #, *Man not permitted to use "Press Line"*
37. Advanced Hip Twist with R to R Hand Hold # *Man not permitted to use "Press Line"*
38. Alemana with R to R Hand Hold.

**For class E-6 it is not permitted to finish Figure with Spiral or Rope Spinning, as well as begin Figure from Spiral Cross position.**

### **Class D**

39. Opening Out to R and L
40. Reverse Top
41. Opening Out from Reverse Top
42. Aida (Fallaway) after Step 3 of Spiral or Curl
43. Aida (Fallaway) with Double Spot Turn Ending
44. Syncopated Cuban Rock
45. Spiral #
46. Curl #
47. Rope Spinning
48. Sliding Doors
49. Fencing
50. Fencing with Man and Lady`s Solo Spins
51. Fencing with Lady`s Solo Spin to L
52. Fencing with Man`s Solo Spin to L
53. Three Threes, *Man is not permitted to do "Press Line"*
54. Three Threes ended in Fan Position, *Man is not permitted to do "Press Line"*
55. Three Alemanas, *Left knee compressed is not permitted for the Lady*
56. Continuous Hip *Man is not permitted to do "Press Line"*
57. (Continuous) Circular Hip Twist *Man is not permitted to do "Press Line"*
58. (Continuous) Circular Hip Twist with R to R hand Hold *Man is not permitted to do "Press Line"*
59. Natural Top *For Lady is permitted Underarm turn to L on steps 4-5*
60. Swivels

**For class D is permitted to perform Habanera Rhythm if Figure is 2 bars long and is finished in Fan position, as well as in last bar of Runaway Alemana - these figures are marked with #. Class E-6 is not permitted to use Habanera Rhythm!**

## **9.12. SAMBA**

### **Class D**

1. Natural Basic Movement
2. Reverse Basic Movement
3. Alternative Natural Basic Movement (4 steps)
4. Alternative Reverse Basic Movement (4 steps)
5. Side Basic Movement
6. Alternative Side Basic Movement (4 steps)
7. Progressive Basic Movement
8. Alternative Progressive Basic Movement (4 steps)
9. Outside Basic Movement
10. Alternative Outside Basic Movement
11. Whisk to L
12. Whisk to R
13. Promenade Samba Walks (Samba Walks in PP) \*
14. Side Samba Walks \*
15. Stationary Samba Walks \*
16. Travelling Boto Fogos Forward \*
17. Travelling Boto Fogos Backward}
18. Travelling Boto Fogos Backward ended in PP
19. Contra Boto Fogos +}

20. Shadow Boto Fogos (Criss Cross Boto Fogos)
21. Boto Fogos to PP and CPP
22. Closed Rocks
23. Open Rocks
24. Back Rocks
25. Reverse Turn
26. Corta Jaca \*
27. Corta Jaca, Man dancing Lady`s Steps
28. Argentine Crosses
29. Natural Roll
30. Plait
31. Rolling Off Arm
32. Promenade to Counter Promenade Runs
33. Samba Locks in Open CPP
34. Samba Locks in Open PP
35. Lady`s 3 step Turn (Man dances Stationary Walk)
36. Rhythm Bounce
37. Cruzados Locks in Shadow position \*, *permitted to dance also without lock*
38. Crusados Walks in Shadow position \*, *permitted to dance also without lock*
39. Criss Cross
40. Criss Cross (Lady passes behind Man)
41. Simple Volta to R
42. Simple Volta to L
43. Shadow Travelling Volta to R \*
44. Shadow Travelling Volta to L\*
45. Travelling Volta to R
46. Travelling Volta to L
47. Volta Spot Turn to R for Lady (Man dances Whisk to L)
48. Volta Spot Turn to L for Lady (Man dances Whisk to R)
49. Solo Spot Volta (Man turns to R, Lady to L)
50. Continuous Solo Spot Volta (Man Turns to R, Lady to L)
51. Solo Spot Volta ( Man Turns to L, Lady to R), may be danced without hold
52. Continous Solo Spot Volta ( Man Turns to L, Lady to R), may be danced without hold
53. Maypole - Man Turns to Left [Continuous Volta Spot Turn to R]
54. Maypole - Man Turns to Right [Continuous Volta Spot Turn to L]
55. Shadow Circular Volta (circled to R) \*
56. Shadow Circular Volta (circled to L) \*
57. Roundabout to R [Circular Voltas to R] +
58. Roundabout to L [Circular Voltas to L] +
59. Closed Volta
- 60 – 67. Foot Changes
68. Dropped Volta #
69. Drag
70. Samba Side Chasses
71. Double Spiral Turn

**For class D is permitted:**

- 1) Figures marked with \* are permitted to dance on parallel position (Shadow, R Side, L Side, Tandem Positions), man and lady both dance on the same rhythm starting with the same leg;
- 2) Figures marked with + are suitable for dancing on Contra Position starting with the same leg;
- 3) Volta figures are marked with #, couple can use count for timing “1-2 a 1 a 2”;
- 4) If Volta is followed by a figure that moves in the opposite direction, the last two steps of the preceding Volta can be replaced by steps 2,3 of a Botafogo.

## 9.13. JIVE

### Beginners I

1. Basic in Place
2. Basic in Fallaway (Fallaway Rock)

### Beginners II

3. Link Rock: (1 Chasse or 2 Chasses: not permitted to repeat steps 1-2)
4. Change Of Place R to L *finishing on open position*
5. Change of Place L to R *without Double Spin or Spin Ending*
6. American Spin – *boy is leading girl with left or right hand and then releases hold*
7. Left Shoulder Shove (Hip Bump)

### Beginners III

8. Fallaway Throwaway – *versions with chasse and lockstep*
9. Stop and Go – *Close Hold*
10. Change of Hands Behind Back (*also with alternative hold*)

### Class E – 4

11. Throwaway Whip (Whip Throwaway)
12. Throwaway Whip, Steps 1-2 repeated Twice (Double Whip Throwaway)
13. Promenade Walks [Walks](slow)
14. Promenade Walks [Walks] (quick)
15. Whip
16. Double Cross Whip (Double Whip)

Until Class E – 6 it is permitted to change hand hold during the figure as it is mentioned in the books of ISTD and IDTA only if the change happens during one beat. Versions where change occurs longer are permitted starting from Class E – 6.

### Class E – 6

17. Link, Link Rock, *permitted to repeat steps 1-2*
18. Alternative Method of Dancing the Walks (*with Merengue action*)
19. American Spin – *actual spin is made by the girl bracing against the boy's L arm*
20. Simple Spin *from Open Position*
21. Change of Place Left to R *finishing VCPP*
22. Stop and Go – *change of lock*
23. Mooch

**For the Class E - 6 and higher Classes is permitted to replace steps 1 - 2 of Link with:**

- a) Flick (Kick) Ball Change
- b) Point, Ball Change
- c) Hesitation, Ball Change
- d) Hesitation, Close, Forward
- e) Hesitation, Half Close, Forward

But just in way how it is described on the ISTD and IDTA technique books (step back not permitted).

### Class D

23. Reverse Whip
24. Curly Whip
25. Simple Spin *No Tandem Position*

26. Overturned change of place L to R
27. Change of Place L to R *with Laird Break*
28. Fallaway Throwaway *with running step*
29. Overturned Fallaway Throwaway
30. Overturned Change of Place L to R
31. Miami Special
32. Windmill
33. Change Of Place R to L *with Double Spin (Laird) or Spin Ending (ISTD)*
34. Spanish Arms (*without Spin Ending*)
35. Spanish Arms *with Spin Ending (ISTD) or 3 step Turn Ending (Laird)*
36. Rolling off the Arm (*without Spin Ending*)
37. Rolling off the Arm (*with Spin Ending*)
38. Chicken Walks
39. Chicken Walks preceded with Overturned Fallaway Throwaway
40. Toe Heel Swivels
41. Toe Heel Swivels with Alternative Timing (Slow and Quick)
42. Stalking Walks, Flicks and Break
43. Flicks into Break
47. Shoulder Spin
48. Chugging
49. Catapult