

Restricted Syllabus

Permitted figures for all age qualification class groups.

9.1. In competitions for "Beginners", "E", "D", 4-dance all age groups, 6-dance Juveniles I, Juveniles II, and "C" class Juveniles II qualification classes, it is permitted to:

- a) perform figures or their parts in the rhythms and holds specified in dance technique books;
- b) combine figures or their parts in one's program according to the variants mentioned in the dance technique books;

9.2. In competitions for "Beginners", "E", "D", 4-dance all age groups, 6-dance Juveniles I, Juveniles II, and "C" class Juveniles II qualification classes, it is forbidden to:

- a) have the male partner perform the female partner's steps and vice versa, unless such execution is specified in standard technique descriptions, except for Beginners I and II in Slow Waltz Closed Changes.
- b) perform figures in a "modernized" way, i.e., using hops, squats, lunges, kicks, as well as body or head movements that are not intended in the standard execution,
- c) For Beginner and "E" classes to raise free hands above shoulder height.
- d) change the step directions within figures, starting and ending positions of figures, standardized rhythm, and essential amounts of turns.
- e) Connect, substitute, and repeat parts of different figures if not specified in dance technique books or WDSF regulations (WDSF Syllabus)

9.3. In all qualification classes, it is forbidden to perform "lift" movements, i.e., one partner holding the other with hands, body, or lifting, resulting in both feet of the other partner not touching the floor. For 6-dance Junior-I and older age groups, 8-dance and "C" - "S" qualification classes, there are no other restrictions in program composition.

9.4 Waltz

Beginners I

- 1. RF Closed Change
- 2. LF Closed Change

Beginners II

Natural Turn (also with reduced turn amount - $\frac{1}{4}$ turn to the right during the bar)

Reverse Turn (also with reduced turn amount - $\frac{1}{4}$ turn to the left during the bar)

Beginners III

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

E – 4 klase

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

E - 6 class

- 14. Reverse Corte
- 15. Hover Corte
- 16. Back Whisk

17. Weave from PP
18. Back Lock
19. Cross Hesitation
20. Drag Hesitation
- D class
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 (Open Natural Turn), may begin with step outside or from PP
35. Fallaway Whisk
36. Fallaway Natural Turn
37. Quick Natural Spin Turn (Overturned Running Spin Turn), Instead of the Quick Wing ending, you can dance 2 steps forward in PP (Promenade Position)
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 (arī ar samazinātu grieziena apjomu)

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

E-4 class

11. Natural Turn at a Corner

12. Natural Turn with Hesitation
13. Chasse Reverse Turn
14. Progressive Chasse to the Right
15. Cross Chasse
- E-6 class
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
- D class
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. Topsy to R
35. Topsy to L
36. Rumba Cross
37. Passing Natural Turn From PP
38. Running Finish to PP
39. Zig Zag (turning to left); it is allowed to dance also steps 1-2, or 1-6
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
51. Open Impetus (Impetus to PP)
52. Drag Hesitation (SSS)
53. Curved Feather (SQQ), var sākt ārsāniski vai no PP
54. Running Spin Turn (SQQ SQQS)

9.6. Viennese Waltz

E-6 class

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

D class

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
34. Outside Spin
35. Open Natural Turn
36. In-Out (&S

9.8. Slow Foxtrot

Juveniles II - "C" class

1. Feather Step
2. Three Step
3. Natural Turn
4. Reverse Turn
5. Reverse Wave
6. Change of Direction
7. Impetus Turn
8. Telemark
9. Open Telemark, Feather Ending
10. Open Telemark, Natural Turn, Outside Swivel, Feather Ending
11. Open Telemark. Natural Turn, Open Impetus
12. Weave
13. Weave from PP
14. Top Spin
15. Hover Feather
16. Hover Telemark
17. Natural Telemark
18. Natural Twist Turn
19. Outside Swivel
20. Whisk
21. Open Impetus Turn
22. Natural Weave
23. Natural Weave from PP
24. Quick Natural Weave from PP (Running Weave)
25. Feather Finish
26. Curved Feather
27. Back Feather
28. Hover Cross
29. Bounce Fallaway with Weave ending
30. Extended Reverse Wave
31. Curved Three Step
32. Fallaway Reverse and Slip Pivot
33. Reverse Pivot
34. Natural Zig-zag from PP
35. Natural Hover Telemark
36. Curved Feather From PP
37. Quick Open Reverse
38. Curved Three Step
39. Back Whisk
40. Open Natural Turn
41. Double Reverse Spin
42. Hover Corte
43. Progressive Chasse to Right

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 (also with Compact Chasse)

Beginners II - dance only specified figure variations 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 - dance only specified figure variations 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 Forward, in Open Position*
17. Three Cha Cha Chas Backward, in Open Position*
18. Three Cha Cha Chas Forward in CPP (or L side Position)*
19. Three Cha Cha Chas Forward in PP (or R side Position)*
20. *Cross Basic# without Spiral or Alemana type turns

E - 4 class - dance only basic versions of specified figures without spiral type turns

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

Up to E - 6 class, it is allowed to change hand holds during figures in variations specified in ISTD and IDTA books if the change occurs within one beat. Variations where the hold is released for longer are only allowed starting from E - 6 class

E - 6 class dances only specified figure variations without spiral type turns, not allowed to start figures from Lady's Spiral Cross position

28. Side Steps to R
29. Side Steps to L
30. Closed Hip Twist# - not allowed to end with Runaway Chasse
31. Open Hip Twist#
32. Advanced Hip Twist - Lady not allowed to end with Runaway Chasse, man not allowed to perform "Press Line"
33. Aida (Fallaway) With Endings 1 and 2
34. Alemana From Open (Facing) Position in R to R hand Hold#
35. Advanced Hip Twist Development (with R to R hand Hold) - Lady not allowed to end with Runaway Chasse, man not allowed to perform "Press Line"

D class

36. Cross Basic ending with Spiral or Alemana type turn
37. Hand to Hand ending with Spiral or Rope Spinning type turn
38. Three Cha-cha-chas ending with Spiral type turn
39. Aida allowed to start after Spiral
40. Natural Top allowed to end with Rope Spinning spiral
41. Chase
42. There and Back
43. Reverse Top - allowed to end 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
50. Spiral
51. Curl
52. Rope Spinning
53. Sweetheart
54. Follow my Leader*
55. Close Hip Twist Spiral
56. Open Hip Twist Spiral
57. Fan and other figures ending in Fan position allowed to end with lady's Runaway Chasse
58. Hockey Stick allowed to end with Lady's 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) R Side Link

D class is allowed to perform Foot Changes and dance Figures marked with an asterisk * in parallel positions (Side, Shadow, Tandem). Up to and including E-6 class, dancing in these positions is not allowed.

D class is allowed to perform figures marked with a hash symbol # in Guapacha rhythm. Up to and including E-6 class, dancing in Guapacha rhythm is not allowed.

In Cha-cha-cha, it is not allowed to dance figures in contra position on the same foot.

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 Forward in Open Position
6. Progressive Walks Backward in Open Position - not allowed to end with Spiral type turn
7. Progressive Walks Forward in Shadow Position - not allowed to end with Spiral type turn
8. Progressive Walks Forward in R Side Position - not allowed to end with Spiral type turn
9. Progressive Walks Forward in L Side Position - not allowed to end 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 allowed to end with Spiral turn
17. Hand to Hand [To L Side Position] - not allowed to end 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 allowed to dance Syncopated Cuban Rock
24. Cucarachas
25. Fan
26. Hockey Stick
27. Alemana
28. Runaway Alemana#
29. Natural Top - not allowed to end with Rope Spinning Spiral turn, not allowed for lady to perform underarm turn to left on steps 4-5
30. Natural Opening Out Movement
31. Closed Hip Twist#
32. Open Hip Twist# - syncopated version not allowed as steps cannot be performed with bent knee
33. Aida (Fallaway) with Cuban Rock and Spot Turn or Progressive Walks Ending - cannot start from Spiral Cross position
34. Aida (Fallaway) with Side Cucaracha Ending - cannot start from Spiral Cross position
35. Advanced Opening Out Movement
36. Advanced Hip Twist# - man cannot use "Press Line"
37. Advanced Hip Twist with R to R Hand Hold# - man cannot use "Press Line"
38. Alemana with R to R Hand Hold

E-6 class is not allowed to end figures with Spiral or Rope Spinning movements, or start figures from Spiral Cross position

D class

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 cannot use "Press Line"
54. Three Threes ended in Fan Position - man cannot use "Press Line"
55. Three Alemanas - Lady not allowed to sit on left knee
56. Continuous Hip Twist - man cannot use "Press Line"
57. [Continuous] Circular Hip Twist - man cannot use "Press Line"
58. [Continuous] Circular Hip Twist with R to R hand Hold - man cannot use "Press Line"
59. Natural Top allowed for lady to perform underarm turn to left on steps 4-5
60. Swivels

D class is allowed to perform Habanera rhythm in Rumba during the second measure of 2-measure figures that end in Fan position, as well as in the last measure of Runaway Alemana - these figures are marked with a hash symbol #. E-6 class is not allowed to perform figures in this way!

9.11. Paso Doble

Juveniles II - "C" class

1. Basic Movement
2. Sur Place
3. Chasses to R
4. Chasses to L
5. Chasses with Elevations
6. Drag
7. Promenade Link
8. Displacement
9. Attack
10. Separation
11. Huit
12. Sixteen
13. Promenade to Counter Promenade
14. Promenade
15. Grand Circle
16. Promenade Close
17. Fallaway ending to Separation
18. Separation to Fallaway Whisk
19. Separation with Lady's Caping Walks
20. Separation with Lady's Caping Walks to Fallaway Whisk
21. Ecart (Fallaway Whisk)
22. Fallaway Reverse

23. Fallaway Reverse with Open Telemark
24. La Passe
25. Syncopated Separation
26. Spanish Line (Inverted Counterpromenade Position)
Spanish Line (Inverted Promenade Position)
27. Twists
28. Flamenco Taps
29. Development of Flamenco Taps
30. Chasse Cape
31. Endings to Chasse Cape
32. Travelling Spins from PP
33. Advanced Travelling Spins from PP
34. Travelling Spins from from CPP
35. Advanced Travelling Spins from from CPP
36. Open Telemark
37. Banderillas
38. Fregolina (Farol incorporating Fregolina)
39. Farol
40. Coup de Pique
41. Alternative Methods of Coup de Pique
42. Coup de Pique Couplet
43. Syncopated Coup de Pique
- Changes of Feet/Accent (Methods of changing feet) -44 – 48:
44. One beat hesitation
45. Syncopated Sur Place
46. Syncopated Chasse
47. Left Foot Variation
48. Coup de Piques
45. Alternative Entries to PP Methods 1, 2 and 3
46. Twist Turn

9.12. Samba

D class

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*, also allowed to dance without hold
38. Crusados Walks in Shadow position*, also allowed to dance without hold
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), without hold
52. Continuous Solo Spot Volta (Man Turns to L, Lady to R), 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

D class is allowed to:

- 1) Figures marked with an asterisk* can be danced in parallel position (Shadow, R Side, L Side, Tandem Positions) Lady and Man both dance in the same rhythm, starting with the same foot
- 2) Figures marked with a cross+ are suitable for dancing in Contra Position, with the same foot

- 3) In Volta figures marked with a hash#, the couple can use rhythm 1-2 a 1 a 2
- 4) It is recommended to replace the last 2 steps of Volta figures with Boto fogo steps 2-3 when the Volta is followed by a continuing figure that moves or rotates in the opposite direction.

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: Steps 1-2 cannot be repeated)
4. Change of Place Right to Left, ending in an open position
5. Change of Place Left to Right without Double Spin or Spin Ending
6. American Spin – led by the boy with either the left or right hand, releasing the hold
7. Left Shoulder Shove [Hip Bump]

Beginners III

8. Fallaway Throwaway – variations with chasse or lock step
9. Stop and Go – without releasing the hold
10. Change of Hands Behind Back (including alternative handhold variations)

E-4 Class

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]
17. Mooch

Till E-6 class it is allowed to change handholds during figures, as described in the technique books, provided the change occurs within one beat. Variations where the hold is released for longer are allowed only starting from E-6 class.

E-6 Class

18. Link, Link Rock (Steps 1-2 can be repeated)
19. Alternative Method of Dancing the Walks (with Merengue-style movement)
20. American Spin – the boy is allowed to spin the girl under the joined left hands
21. Simple Spin from Open Position
22. Change of Place Left to Right, ending in Open CPP
23. Stop and Go – with a change of hold

For E-6 class and above, the Link 1-2 steps may be substituted with:

- Flick (Kick) Ball Change
- Point, Ball Change
- Hesitation, Ball Change
- Hesitation, Close, Forward
- Hesitation, Half Close, Forward

These substitutions must follow the descriptions in ISTD and IDTA technique books (back kicks are not allowed).

D Class

23. Reverse Whip
24. Curly Whip
25. Simple Spin from Tandem Position
26. Overturned Change of Place Left to Right
27. Change of Place Left to Right with Laird Break
28. Fallaway Throwaway with a running steps
29. Overturned Fallaway Throwaway
30. Overturned Change of Place Left to Right
31. Miami Special
32. Windmill
33. Change of Place Right to Left 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 by 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
44. Shoulder Spin
45. Chugging
46. Catapult
47. Sugar Push