

Gold Standard Syllabus

Waltz

1. Natural Spin Turn (123456)
2. Turning Lock to the Right (1&23)
3. Progressive Chasse (1&23)
4. Quick Open Reverse (12&3)
5. Hover Corte (123456)
6. Back Whisk (123)
7. Wing (123)
8. Drag Hesitation (123)
9. Back Lock (1&23)
10. Closed Impetus (123)

11. Turning Lock (Left) (1&23)
12. Left Whisk (123)
13. Contra Check (123)
14. Progressive Chasse (123)
15. ½ Natural
16. Open Impetus & Wing (123456)

17. Progressive Chasse to the Right (1&23)
18. Outside Change (123)
19. Natural Spin Turn (123456)
20. Reverse Pivot (&)
21. Double Reverse Spin (12&3)
22. Fallaway Reverse and Slip Pivot (1&23)
23. Reverse (123)
24. Left Whisk (123)
25. Untwist (123)
26. Outside Spin (123)
27. Natural (123)
28. Open Impetus (123)
29. Weave from Promenade Position (123456)

Tango

1. DW Two Walks (SS)
2. DC Reverse Outside Swivel (QQSS)
3. W Back Corte (S)
4. BLOD Open Tango Finish (QQS)
5. DW Five Step (QQS&S)

6. DC in PP Promenade Link (SQQ)
7. DC Fallaway Reverse and Slip Pivot (QQQQ)
8. LOD Basic Reverse Turn (QQSQQS)
9. DW Oversway (QQSS)
10. DW Two Pivots (QQ)
11. Right Chasse (Q&Q)
12. Whisk (S)
13. Promenade Link (Second Half) (QQ)
14. Progressive Link (QQ)
15. LOD in PP Back Open Promenade (SQQSQQ)
16. W Contra Check (SS)
17. The Chase (SQQSQQ)
18. Right Chasse (Q&Q)

19. Progressive Link (QQ)
20. Closed Promenade (SQQS)

Foxtrot

1. Feather SQQ
2. Bounce Fallaway S&QQ
3. Weave Ending QQQQ
4. Three Step SQQ
5. Natural Twist Turn SQ&QS
6. Hover Feather QQ
7. Fallaway QQQQ
8. Reverse Turn + Back Check SQQS

9. Basic Weave QQQQQQ
10. Three Step SQQ
11. Curved Feather SQQ
12. Open Impetus SQQ

Optional: Hover Cross in any Corner SQQ
QQQQ (ends DC, follow with any
reverse-turning figure)

Quickstep

1. Natural Pivot Turn SQQS DW
2. Natural Spin Turn SQQSSS BDC
3. Progressive Chasse to the Right
SQQSS
4. Quick Open Reverse SQQ
5. Reverse Pivot S
6. Double Reverse SSQQ LOD
7. Cross Swivel SQQ BDW
8. Running Finish SQQ
9. Natural Pivot Turn SQQSS
10. Rumba Cross QQS
11. Topsy to Left SQ&Q
12. Topsy to Right Q&Q LOD (Corner)

13. Forward Lock QQS
14. Natural Spin Turn SQQSSS
15. V6 QQSS
16. Six Quick Run QQQQQQ