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# **AUSTRALIAN DANCING SOCIETY**

**LIMITED**  
A.B N. 49 005 166 950

## **SYLLABUS OF MEDAL EXAMINATIONS**

**MODERN BALLROOM  
LATIN AMERICAN  
STREET LATIN  
NEW VOGUE  
ENGLISH OLD TIME  
ROCK AND ROLL**

## **FOREWORD**

The Australian Dancing Society was founded in 1942 by the late Mr. Mickey Powell, who, through his own personal efforts, succeeded in gaining world recognition and prestige for ballroom dancing in Australia.

As president of the ADS, he gained the first world professional championship to be held in Australia, further enhanced the reputation of the society.

The ADS, from its Victorian origins, has expanded to become a truly national body, with democratically elected committees in all mainland states, as well as representatives in Tasmania and the Northern Territory.

The society's members and examiners include the leading authorities and teachers in Australia, maintaining a high standard in all tests and examinations contained within this syllabus.

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## **GENERAL INFORMATION AND RULES OF ENTRY FOR TESTS AND EXAMINATIONS**

1. Order forms and price lists for practical tests are available from the Medal Examination Coordinator in each state.
2. Order forms must be lodged with the appropriate fees with the Medal Examination Coordinator at least three weeks (or other period as advised), prior to date of tests.
3. Partners for examinations and tests must be arranged by the studio concerned, and may be professional or amateur.
4. There shall be an interval of at least thirty days between a candidate failing and retaking an examination.
5. Medal test trophies and awards may not be displayed to indicate teaching qualifications.
6. The examiners decision will be final in all tests and examinations, and no correspondence or discussion will be entered into in regard to the examiners report

### **PRACTICAL DANCE TESTS**

1. Medals and trophy tests must be taken in order as listed on the chart opposite, although the rosettes, social dance certificates, sash tests, bars and composite tests are optional.
2. Rosette tests are designed for children at a simple social class level, and technical aspects are optional. Candidates fifteen years and above should enter for the Social Dance Certificate at this standard. No report form will be issued for Rosette or Social Dance Certificate.
3. Candidates may submit for practical dance tests in any of three age groups listed below, although candidates for:  
    Rosette           tests should be under fifteen years of age as mentioned above.  
    Junior:           Under 16 years of age.  
    Adult:            Over 16 years but under 35 years of age.  
    Senior:           Over 35 years of age.
4. Candidates may continue on to the next higher-level test when moving from one age group to another, or they may recommence at any lower level than that already attained.
5. All practical dance tests may be conducted in private or public.
6. Costume is desirable for Gold Medal and higher levels.
7. Candidates may submit for Gold Medal, Star and Premier Star levels in individual dances at separate sessions if desired.

### **MARKS**

All practical dance tests, with the exception of Rosette and Social Dance Certificate, and including Oscar, Annual Oscar, Professional Oscar and Mickey Powell Award will be marked as follows:

Below 65%	Not to required standard.
65% to 74%	Pass
75% to 84%	Commended Pass
85% to 94%	Highly Commended Pass
95% to 100%	Honors

### **TEMPI** (In bars per minute)

- Modern:           Waltz 30 - 31, Foxtrot 30, Tango 33, Quickstep 50, Slow Rhythm 30-32, Quick Rhythm 48 - 52, Viennese Waltz 60 (may be 50 to 60).
- Latin:            Rumba 27-28, Samba 50, Cha Cha Cha 30, Paso Doble 60 - 62, Jive 44-46.
- Street Latin:    Mambo 44-54, Salsa 44-48, Lambada 54-64, Merengue 34-38.
- New Vogue:      Waltzes 48 - 56, Foxtrots (4/4) 28-32, Marches 50-56, Tangos 28 -32, Quickstep 48 -49
- English Old Time: Waltzes 40 - 42, Saunters 28, Two Steps 44-48, Tangos 32, Gavottes & Schottisches 24.
- Rock and Roll:   Slow Rock 32-34, Quick Rock 44 - 48.

## PRACTICAL TEST DANCES SUMMARY

\* This chart to be read in conjunction with the relevant test details and lists of dances and specified figures.

TEST OR EXAMINATION	MODERN	NEW VOGUE	LATIN AMERICAN	ENGLISH OLD TIME	STREET LATIN	ROCK AND ROLL
Rosette and Social Dance Certificate	One dance from any of the above styles and including line dances, novelty dances, progressive dances, etc. (See page 4 for further details.)					
Bronze Sash	Any 1 dance	Any 1 dance from 1 to 7	Any 1 dance	Any dance from 1 to 3	Any Street Latin dance	Slow or Quick Rock
Silver Sash <i>(may be composite)</i>	Any 1 or 2 dances	Any 1 or 2 from 1 to 15	Any 1 or 2 dances	Any 1 or 2 from 1 to 7	Any 1 or 2 dances	Slow & Quick Rock
Gold Sash <i>(may be composite)</i>	Two from standard 4	Any 2 from 1 to 42	Any two dances	Any 2 from 1 to 23	Any two dances	Slow & Quick Rock
Bronze Composite	Three dances from at least two styles (See lists of dances & specified figures)					
Silver Composite	Three dances from at least two styles (See lists of dances & specified figures)					
Gold Composite	Three dances from at least two styles (See lists of dances & specified figures)					
Star Composite	Four dances from at least two styles (See lists of dances & specified figures)					
Premier Star Composite	Four dances from at least two styles (See lists of dances & specified figures)					
Bronze Medal	Any three dances	3 min. from 1 to 7	Any three dances	Dances 1 to 3	Any three dances	Slow & Quick Rock
Bronze Bar	Any three dances	3 min. from 1 to 9	Any three dances	3 dances from 1 to 5	Any three dances	Slow & Quick Rock
Silver Medal	Standard four	4 min from 8 to 15	Any four dances	Dances 4 to 7	Four dances	Slow & Quick Rock
Silver Bar	Standard four	4 min from 8 to 17	Any four dances	Any 4 dances from 4 to 9	Four dances	Slow & Quick Rock
Gold Medal <i>May be one dance tests</i>	Standard 4 or add VW.	5 min from 14 to 28	5 dances	No.3 plus 4 from 8 to 12	Four dances	Slow & Quick Rock
Gold Bar	Standard 4 or add VW.	5 min from 14 to 23	5 dances	5 dances from 8 to 14	Four dances	Slow & Quick Rock
Star <i>May be one-dance tests.</i>	Standard 4 or add VW.	5 min from 14 to 30	5 dances	5 dances from 9 to 16	Four dances	Slow & Quick Rock
Premier Star <i>May be one dance tests</i>	Standard 4 or add VW	5 min from 29 to 42	5 dances	5 dances from 11 to 20	Four dances	Slow & Quick Rock
Oscar	Standard 4 or add VW	5 min from 29 to 42	5 dances	5 dances from 16 to 23	Four or five dances	Slow & Quick Rock
Annual Oscar	Standard 4 or add VW.	See page	5 dances	6 dances from 16 - 23	Four or five dances	Slow & Quick Rock
Professional Oscar and Mickey Powell Award	See pages 14, 15 & 17 for details					N/A

## MODERN SPECIFIED FIGURES

### WALTZ

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
6. Chasse from Prom. Pos.
7. Closed Impetus
8. Hesitation Change
9. Outside Change
10. Reverse Corté
11. Back Whisk
12. Basic Weave
13. Double Reverse Spin
14. Reverse Pivot
15. Back Lock
16. Progressive Chasse to Right
17. Weave from Prom. Pos.
18. Closed Telemark
19. Open Telemark & Cross Hesitation
20. Open Telemark & Wing
21. Open Impetus & Cross Hesitation
22. Open Impetus & Wing
23. Outside Spin
24. Turning Lock
25. Left Whisk
26. Contra Check
27. Closed Wing
28. Turning Lock to Right
29. Fallaway Reverse & Slip Pivot
30. Hover Corté

1. Feather Step
2. Three Step
3. Natural Turn
4. Reverse Turn (incorporating Feather Finish)
5. Closed Impetus & Feather Finish
6. Natural Weave
7. Change of Direction
8. Basic Weave
9. Closed Telemark
10. Open Telemark & Feather Ending
11. Top Spin
12. Hover Feather
13. Hover Telemark
14. Natural Telemark
15. Hover Cross
16. Open Telemark, Natural Turn, Outside Swivel & Feather Ending
17. Open Impetus
18. Weave from Prom. Pos.
19. Reverse Wave
20. Natural Twist Turn
21. Curved Feather to Back Feather
22. Natural Zig-Zag from Prom. Pos.
23. Fallaway Reverse & Slip Pivot
24. Natural Hover Telemark
25. Bounce Fallaway with Weave Ending

Rosette Social Dance Certificate	Any figure/s Figs. 1 to 8
Bronze Sash & Composite	Figs. 1 to 8
Silver Sash & Composite	Figs. 1 to 18
Gold Sash & Composite	Figs. 1 to 30
Bronze Medal	Figs. 1 to 8
Bronze Bar	Figs. 1 to 12
Silver Medal	Figs. 1 to 18
Silver Bar	Figs. 1 to 24
Gold Medal	Figs. 1 to 30

*(Above are recommended figures from which  
Routines should be selected)*

### FOXTROT

Rosette Social Dance Certificate	Any figure/s Figs. 1 to 8
Bronze Sash & Composite	Figs. 1 to 8
Silver Sash & Composite	Figs. 1 to 16
Gold Sash & Composite	Figs. 1 to 25
Bronze Medal	Figs. 1 to 8
Bronze Bar	Figs. 1 to 10
Silver Medal	Figs. 1 to 16
Silver Bar	Figs. 1 to 19
Gold Medal	Figs. 1 to 25

*(Above are recommended figures from which  
routines should be selected)*

### TANGO

1. Open Finish
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade
5. Rock Turn
6. Open Reverse Turn, Lady Outside
7. Back Corte
8. Open Reverse Turn, Lady in Line
9. Progressive Side Step Reverse Turn
10. Open Promenade
11. LF. & R.F. Rocks
12. Natural Twist Turn
13. Natural Promenade Turn
14. Promenade Link
15. Four Step
16. Back Open Promenade
17. Outside Swivels (Methods 1, 2 & 3)
18. Fallaway Promenade
19. Four Step Change
20. Brush Tap
21. Fallaway Four Step
22. Oversway
23. Basic Reverse Turn
24. The Chase
25. Fallaway Reverse and Slip Pivot
26. Five Step
27. Contra Check

## QUICKSTEP

1. Quarter Turn to Right
2. Natural Turn
3. Natural Turn with Hesitation.
4. Natural Pivot Turn
5. Natural Spin Turn.
6. Progressive Chasse
7. Chasse Reverse Turn
8. Forward Lock
9. Closed Impetus
10. Back Lock
11. Reverse Pivot
12. Progressive Chasse to Right
13. Tipple Chasse to Right  
(At corner & Along Side of Room)
- 13a. Under-turned Tipple Chasse
14. Running Finish
15. Natural Turn & Back Lock
16. Double Reverse Spin
17. Quick Open Reverse
18. Fishtail
19. Running Right Turn
20. Four Quick Run
21. V6
22. Closed Telemark
23. Cross Swivel
24. Six Quick Run
25. Rumba Cross
26. Tippy to Right & Tippy to Left
27. Hover Corte

Rosette	Any figure/s
Social Dance Certificate	Figs. 1 to 7
Bronze Sash & Composite	Figs. 1 to 7
Silver Sash & Composite	Figs. 1 to 13
Gold Sash & Composite	Figs. 1 to 27
Bronze Medal	Figs. 1 to 7
Bronze Bar	Figs. 1 to 10
Silver Medal	Figs. 1 to 13
Silver Bar	Figs. 1 to 20
Gold Medal	Figs. 1 to 27

*(Above are recommended figures from which routines should be selected)*

Rosette	Any figure/s
Social Dance Certificate	Figs. 1 to 8
Bronze Sash & Composite	Figs. 1 to 8
Silver Sash & Composite	Figs. 1 to 16
Gold Sash & Composite	Figs. 1 to 27
Bronze Medal	Figs. 1 to 8
Bronze Bar	Figs. 1 to 13
Silver Medal	Figs. 1 to 16
Silver Bar	Figs. 1 to 22
Gold Medal	Figs. 1 to 27

*(Above are recommended figures from which routines should be selected)*

## VIENNESE WALTZ

1. Natural Turn
2. Reverse Turn
3. Right Foot Change Step (Forward & Backward)
4. Left Foot Change Step (Forward & Backward)
5. Natural Fleckerl
6. Reverse Fleckerl
7. Check from Reverse Fleckerl to Natural Fleckerl

Rosette	Any figure/s
Social Dance Certificate	Figs. 1 to 4
Bronze Sash & Composite	N/A
Silver Sash & Composite	N/A
Gold Sash & Composite	N/A
Bronze Medal	N/A
Bronze Bar	N/A
Silver Medal	N/A
Silver Bar	N/A
Gold Medal	Figs. 1 to 7

*(Above are recommended figures from which routines should be selected)*

## RHYTHM DANCING

1. Quarter Turns to Right & Left
  2. Natural Rock (Pivot) Turn
  3. Reverse Rock (Pivot) Turn
  4. Reverse Turn
  5. Back Corte
  6. Side Step
  7. Promenade Walk & Chasse
- (Additional figures may be used if desired)

Rosette	Any figure/s
Social Dance Certificate	Figs. 1 to 7
Bronze Sash & Composite	Figs. 1 to 7
Silver Sash & Composite	Figs. 1 to 7
Gold Sash & Composite	N/A
Bronze Medal	Figs. 1 to 7
Bronze Bar	Figs. 1 to 7
Silver Medal	N/A
Silver Bar	N/A
Gold Medal	N/A

*(Above are recommended figures from which routines should be selected)*

# LATIN SPECIFIED FIGURES

## RUMBA

1. Basic Movement
2. Fan
3. Alemana
4. Hockey Stick
5. Progressive Walks Forward & Back
6. Hand to Hand
7. New York \*
8. Spot Turns
9. Underarm Turns to Left & Right \*
10. Natural Top
11. Natural Opening Out Movement
12. Side Step
13. Closed Hip Twist
14. Cucarachas
15. Cuban Rocks (Side) \*
16. Shoulder to Shoulder (Simple) \*
17. Alternative Basic for Man & Lady \*
18. Reverse Top
19. Opening Out From Reverse Top
20. Aida
21. Spiral
22. Open Hip Twist
23. Curl \*
24. Shoulder to Shoulder (from Hockey Stick)
25. Alternative Basic
26. Kiki Walks
27. Sliding Doors
28. Fencing
29. Rope Spinning
30. Three Threes
31. Advanced Hip Twists
32. Three Alemanas \*
33. Opening Out from Right & Left \*
34. Continuous Hip Twists \*
35. Alemana with Right to Right Hand Hold \*
36. Syncopated Cuban Rocks \*

Rosette Social Dance Certificate	Any figure/s Figs. 1 to 8
Bronze Sash & Composite	Figs. 1 to 8
Silver Sash & Composite	Figs. 1 to 22
Gold Sash & Composite	Figs. 1 to 36
Bronze Medal	Figs. 1 to 8
Bronze Bar	Figs. 1 to 14
Silver Medal	Figs. 1 to 22
Silver Bar	Figs. 1 to 29
Gold Medal	Figs. 1 to 36

*(Above are recommended figures from which routines should be selected)*

## SAMBA

1. Basic Movements (Natural, Reverse & Alternative)
2. Progressive Basic Movement
3. Outside Basic Movement
4. Whisks to Right and Left
5. Samba Walks in Promenade Position
6. Traveling Bota Fogos
7. Bota Fogos to Promenade & Counter Promenade Position
8. Reverse Turn
9. Corta Jaca
10. Side Basic Movement \*
11. Rhythm Bounce \*
12. Voltas to Right & Left (simple method) \*
13. Lady's Spot Volta to Right & Left \*
14. Closed Rocks
15. Side Samba Walk
16. Volta movements (Criss Cross, Maypole Solo spot Volta)
17. Shadow Bota Fogos
18. Argentine Crosses
19. Stationary Samba Walks
20. Open Rocks
21. Back Rocks
22. Plait
23. Foot Changes
24. Contra Bota Fogos
25. Rolling off the Arm
26. Natural Roll
27. Volta Movements (Closed Volta, Traveling & Circular Voltas in Right Shadow Position, Roundabout)
28. Promenade & Counter Promenade Runs
29. Traveling Locks in Open Counter Promenade or Open Promenade Position
30. Cruzados Locks in Shadow Position \*

Rosette Social Dance Certificate	Any figure/s Figs. 1 to 8
Bronze Sash & Composite	Figs. 1 to 8
Silver Sash & Composite	Figs. 1 to 18
Gold Sash & Composite	Figs. 1 to 30
Bronze Medal	Figs. 1 to 8
Bronze Bar	Figs. 1 to 13
Silver Medal	Figs. 1 to 18
Silver Bar	Figs. 1 to 24
Gold Medal	Figs. 1 to 30

*(Above are recommended figures from which routines should be selected)*

## CHA CHA CHA

1. Basic Movement
2. New York
3. Spot Turns
4. Fan
5. Alemana
6. Shoulder to Shoulder (Simple method)
7. Hockey Stick
8. Three Cha Cha Chas
9. Hand to Hand
10. Natural Top
11. Natural Opening Out Movement
12. Closed Hip Twist
13. Time Steps
14. Basic in Place
15. Side Basic
16. Forward & Back Run
17. Open Basic
18. Shoulder to Shoulder (from Hockey Stick)
19. Reverse Top
20. Opening Out from Reverse Top
21. Aida
22. Spiral
23. Open Hip Twist
24. Curl \*
25. Rope Spinning
26. Advanced Hip Twists
27. Cross Basic
28. Cuban Breaks
29. Turkish Towel
30. Sweetheart
31. Follow my Leader
32. Hip Twist Spirals
33. Foot Changes

Rosette	Any figure/s
Social Dance Certificate	Figs. 1 to 9
Bronze Sash & Composite	Figs. 1 to 9
Silver Sash & Composite	Figs. 1 to 28
Gold Sash & Composite	Figs. 1 to 33
Bronze Medal	Figs. 1 to 9
Bronze Bar	Figs. 1 to 17
Silver Medal	Figs. 1 to 24
Silver Bar	Figs. 1 to 28
Gold Medal	Figs. 1 to 33

*(Above are recommended figures from which routines should be selected)*

## PASO DOBLE

1. Sur Place
2. Basic Movement
3. Appel
4. Chasses to Right or Left (with or without Elevation)
5. Promenade Link
6. Deplacement (including Attack)
7. Separation
8. Fallaway Ending to Separation
9. Huit
10. Sixteen
11. Drag
12. Separation with Lady's Caping Walks 13. Promenade
14. Promenades
15. Grand Circle
16. Open Telemark
17. Ecart
18. La Passe
19. Twist Turn
20. Fallaway Reverse
21. Syncopated Separation
22. Banderillas
23. Twists
24. Coup de Pique
25. Left Foot Variation
26. Fregolina
27. Chasse Cape
28. Traveling Spins from Promenade Position
29. Traveling Spins from Counter Promenade Position
30. Spanish Lines
31. Flamenco Taps

Rosette	Any figure/s
Social Dance Certificate	Figs. 1 to 10
Bronze Sash & Composite	Figs. 1 to 10
Silver Sash & Composite	Figs. 1 to 19
Gold Sash & Composite	Figs. 1 to 31
Bronze Medal	Figs. 1 to 10
Bronze Bar	Figs. 1 to 15
Silver Medal	Figs. 1 to 19
Silver Bar	Figs. 1 to 25
Gold Medal	Figs. 1 to 31

*(Above are recommended figures from which routines should be selected)*



## STREET LATIN

1. As the technique, styling and timing of the Street Latin dances varies, all authentic rhythmic interpretations will be accepted, provided that they maintain the essence of the style.
2. Examiners can expect to be briefed prior to the tests by the studio proprietor or teacher presenting the candidates on the details of the technique or style taught in that school.
3. Emphasis in marking will be given to musicality, interpretation and styling. Choreography and audience appeal will be important aspects at the higher levels.
4. Figures other than those listed in the Specified Figures list may be used, provided that they comply with the above criteria.
5. Costume is desirable from gold medal onwards.

## SPECIFIED FIGURES

### MAMBO

1. Basic Movement
2. Basic Movement with Underarm Turn
3. Side Basic Movement
4. Side Basic Movement with Underarm Turn
5. New York
6. Shoulder to Shoulder
7. Hand to Hand
8. Open Break with Underarm Turn
9. Cuban Walks
10. Fallaway Scallop
11. Sweetheart
12. Crossovers
13. Trompo
14. Open Cuban Walks
15. Closed Hip Twist
16. Open Curl
17. Press Line Turn
18. Opening Out Drop
19. Rope Spinning
20. Advanced Fallaway Scallop
21. Swivels
22. Abanico Spirals
23. Knee Lift Twist
24. Mambo Farrago
25. Motoneta

Rosette	Any figure/s
Social Dance Certificate	Figs. 1 to 10
Bronze Sash & Composite	Figs. 1 to 10
Silver Sash & Composite	Figs. 1 to 18
Gold Sash & Composite	Figs. 1 to 25
Bronze Medal	Figs. 1 to 10
Bronze Bar	Figs. 1 to 14
Silver Medal	Figs. 1 to 18
Silver Bar	Figs. 1 to 22
Gold Medal	Figs. 1 to 25

*(above are recommended figures from which*

*routines should be selected)*

### SALSA

1. Basic Movement
2. Basic Movement with Underarm Turn
3. Side Basic Movement with Underarm Turn
4. Fallaway Basic Movement
5. Cucarachas
6. Side by Side Turn
7. Stop and Go
8. Rotation Turns
9. Rope Spinning
10. La Pasada
11. Side Drag
12. Opening Out to Right
13. Latin Wrap
14. Garza Turns
15. Spanish Arms
16. Garza Jumps
17. Crossovers
18. Trompo
19. Sorpresa
20. Punta Taco
21. Advanced Hip Twist with Underarm Turn
22. Molino
23. Spiral Spins
24. Promenade Swivels
25. Freeze & Spin

Rosette	Any figure/s
Social Dance Certificate	Figs. 1 to 10
Bronze Sash & Composite	Figs. 1 to 10
Silver Sash & Composite	Figs. 1 to 18
Gold Sash & Composite	Figs. 1 to 25
Bronze Medal	Figs. 1 to 10
Bronze Bar	Figs. 1 to 14
Silver Medal	Figs. 1 to 18
Silver Bar	Figs. 1 to 22
Gold Medal	Figs. 1 to 25

*(above are recommended figures from which*

*routines should be selected)*

## **LAMBADA**

1. Basic Movement
2. Basic Movement with Underarm Turn
3. Turning Basic Movement
4. Side Break Turns
5. Walks Forward & Backward
6. Tilt
7. Gallina Touch
8. Side by Side Turn
9. Separation Turn
10. Crossed Hands Knee Twist
11. Dip
12. Traveling Dip
13. Train Step
14. Double Rolling off the Arms
15. Turn Behind the Back
16. Body Roll
17. Whip Spin
18. Wrap and Sits
19. Points and Sits
20. Pull and Push
21. Rotonda
22. Natural Roll
23. Rotary Dips
24. Over the Knee Twist
25. Roller Slide

Rosette	Any figure/s
Social Dance Certificate	Figs. 1 to 10
Bronze Sash & Composite	Figs. 1 to 10
Silver Sash & Composite	Figs. 1 to 18
Gold Sash & Composite	Figs. 1 to 25
Bronze Medal	Figs. 1 to 10
Bronze Bar	Figs. 1 to 14
Silver Medal	Figs. 1 to 18
Silver Bar	Figs. 1 to 22
Gold Medal	Figs. 1 to 25

*(above are recommended figures from which routines should be selected)*

## **MERENGUE**

1. Basic Movement.
2. Basic Movement with Underarm Turn
3. Basic Movement Forward & Back
4. Walks forward & back
5. Agachada
6. Back to Back
7. Gallina Touch
8. Rotation Turns
9. Latin Wrap
10. Advanced Latin Wrap
11. Rotonda
12. Alternating Turns
13. Side Steps
14. Opening Out to Sits
15. Opening Out to Jumps
16. Turns Behind the Back
17. Double Stop & Go
18. Double Spot Turns
19. Criss Cross
20. Flicks & Kick
21. Snake Roll
22. Remolino
23. Rollo
24. Swingover
25. Tunnel

Rosette	Any figure/s
Social Dance Certificate	Figs. 1 to 10
Bronze Sash & Composite	Figs. 1 to 10
Silver Sash & Composite	Figs. 1 to 18
Gold Sash & Composite	Figs. 1 to 25
Bronze Medal	Figs. 1 to 10
Bronze Bar	Figs. 1 to 14
Silver Medal	Figs. 1 to 18
Silver Bar	Figs. 1 to 22
Gold Medal	Figs. 1 to 25

*(Above are recommended figures from which routines should be selected)*

## NEW VOGUE DANCES

1.	Tango Waltz	<b>ROSETTE or SOCIAL DANCE CERTIFICATE</b> Any dance selected from 1 to 42
2.	Military Two Step	<b>BRONZE SASH</b> Any dance selected from 1 to 7
3.	Parma Waltz	<b>SILVER SASH</b> Any 1 or 2 dances selected from 1 to 15
4.	Waltz Oxford	<b>GOLD SASH</b> Any 2 dances selected from 1 to 42
5.	Merrilyn	<b>BRONZE COMPOSITE</b> One or two new vogue dances selected from 1 to 7, or one dance may be candidates choice selected from 1 to 20.
6.	Evening Three Step	<b>SILVER COMPOSITE</b> One or two new vogue dances selected from 1 to 20.
7.	Circular Waltz	<b>GOLD COMPOSITE</b> One or two new vogue dances selected from 14 to 23
8.	Pride of Erin	<b>STAR COMPOSITE</b> One or two new vogue dances selected from 14 to 30
9.	Irene	<b>PREMIER STAR COMPOSITE</b> One or two new vogue dances selected from 29 to 37.
10.	Yvonne	<b>BRONZE MEDAL</b> Three dances minimum selected from 1 to 7, or 1 dance may be candidates' choice selected from 1 to 20.
11.	Gypsy Tap	<b>BRONZE BAR</b> Three dances minimum selected from 1 to 9, or 1 dance may be candidates' choice selected from 1 to 20.
12.	Militaire	<b>SILVER MEDAL</b> Four dances minimum selected from 8 to 15, or 1 dance may be candidates' choice selected from 1 to 20.
13.	Tangoette	<b>SILVER BAR</b> Four dances minimum selected from 8 to 17, or 1 dance may be candidates' choice selected from 1 to 20.
14.	New Vogue Quickstep	<b>GOLD MEDAL</b> Five dances minimum selected from 14 to 28, or 2 dances may be candidates choice selected from 29 to 42. (May be five single dance tests)
15.	Empress Waltz	<b>GOLD BAR</b> Five dances minimum selected from 14 to 23, or 2 dances that may be candidate's choice selected from 24 to 42. (May be five single dance tests)
16.	Hawaiian Waltz	<b>STAR</b> Five dances minimum selected from 14 to 30. (May be five single dance tests)
17.	Charmaine	<b>PREMIER STAR* &amp; OSCAR</b> Five dances minimum selected from 29 to 42. (*May be five single dance tests)
18.	Sparkle Two Step	<b>ANNUAL OSCAR</b> Five dances minimum selected from 29 to 42#.
19.	Barcelona	<b>PROFESSIONAL OSCAR TROPHY</b> Any five or six appropriate dances.#
20.	Tango Rock	<b>MICKEY POWELL AWARD</b> Five dances selected from 29 to 42 # #If desirous of using other dances, consult Secretary Committee of Examiners for approval.
21.	Nannette Waltz	
22.	Lita Waltz	
23.	Queen Elizabeth Waltz	
24.	Imperial Two Step	
25.	Danube	
26.	Venetian Schottische	
27.	Veola	
28.	Royal Empress Tango	
29.	Tango Terrific	
30.	Carousel	
31.	Lucille Waltz	
32.	Tracie Leigh Waltz	
33.	Joyette	
34.	Excelsior Schottische	
35.	Tina Tango	
36.	Whiplash Tango	
37.	Swing Waltz	
38.	Twilight Waltz	
39.	Barclay Blues	
40.	Saunter Caprice	
41.	La Bomba	
42.	Tango Masquerade	

## ENGLISH OLD TIME DANCES

1. Waltz - Natural & Reverse  
min.12 bars of each plus Pas de Valse
2. Boston Two Step
3. Veleta
4. Lilac Waltz
5. Waverley Two Step
6. Lola Tango
7. Brittonia Saunter
8. Waltz - Natural & Reverse with  
forward & backward Nat. & Rev. Pas de  
Valse
9. Camellia Tango
10. Premier Two Step
11. Mayfair Quickstep
12. Balmoral Blues
13. Latchford Schottische
14. Tango Serida
15. Gainsborough Glide
16. Fylde Waltz
17. Rialto Two Step
18. Wedgewood Blue Gavotte
19. Tango Solair
20. Saunter Revé
21. Waltz Camay
22. Regis Waltz
23. La Mascotte

**ROSETTE or SOCIAL DANCE CERTIFICATE**  
Any dance selected from 1 to 23  
\*\*\*\*\*

**BRONZE SASH**  
Any dance selected from 1 to 3

**SILVER SASH**  
Any 1 or 2 dances selected from 1 to 7

**GOLD SASH**  
Any 2 dances selected from 1 to 23  
\*\*\*\*\*

**BRONZE COMPOSITE**  
One or two dances selected from 1 to 3

**SILVER COMPOSITE**  
One or two dances selected from 1 to 12

**GOLD COMPOSITE**  
One or two dances selected from 8 to 12

**STAR COMPOSITE**  
One or two dances selected from 8 to 23

**PREMIER STAR COMPOSITE**  
One or two dances selected from 8 to 23.  
\*\*\*\*\*

**BRONZE MEDAL**  
Dances 1, 2 and 3

**BRONZE BAR**  
Three dances selected from 1 to 5, 1 dance may be  
candidates' choice selected from 1 to 12.

**SILVER MEDAL**  
Dances 4, 5, 6 & 7, 1 dance may be candidates' choice  
selected from 1 to 12.

**SILVER BAR**  
Four dances minimum selected from 4 to 9, 1 dance  
may be candidates' choice selected from 1 to 12.

**GOLD MEDAL**  
No. 3 plus 4 dances selected from 8 to 12, or 2 dances  
may be candidates' choice selected from 1 to 23.  
(May be five single dance tests)

**GOLD BAR**  
Five dances selected from 8 to 14, or 2 dances may be  
candidates' choice selected from 8 to 23.

**STAR**  
Five dances selected from 9 to 16.  
(May be five single dance tests)

**PREMIER STAR**  
Five dances minimum selected from 11 to 20.  
(May be five single dance tests)  
\*\*\*\*\*

**OSCAR**  
Five dances minimum selected from 16 to 23 #

**ANNUAL OSCAR**  
Six dances selected from 16 to 23 #.

**PROFESSIONAL OSCAR TROPHY**  
Any 5 or 6 appropriate dances.

**MICKEY POWELL AWARD**  
Five dances selected from 16 to 23 #  
# If desirous of using other dances, consult Secretary,  
Committee of Examiners for approval.

# **ROCK AND ROLL**

## **General**

1. Any one of the various styles of Rock and Roll may be presented for examination, provided that it is one of the traditional and/or currently accepted Australian or international styles.
2. Patterns in addition to those specified may be used, including patterns based on Jive figures, although routines should not simply be Jive routines converted to Rock and Roll timing.
3. Timing will be an important part of assessment, with rhythmic interpretation also being a consideration.
4. Lifts and throws are optional for Gold and higher tests.
5. Costume is optional for all levels.

## **SYLLABUS FIGURES**

- |                                |                                       |
|--------------------------------|---------------------------------------|
| 1. Open Basic                  | 21. Comb Pass                         |
| 2. Closed Basic                | 22. Wrap & Rollout with Advanced Exit |
| 3. Underarm Turnout            | 23. Whip                              |
| 4. Single Hold Turns           | 24. Lasso                             |
| 5. Single Loop                 | 25. Scoop                             |
| 6. Double Loop                 | 26. Man's Natural Loop                |
| 7. Free Spins                  | 27. Whip with Hand Change             |
| 8. Change of hands behind back | 28. Double Hold Two Way Turns         |
| 9. Reverse Double Loop         | 29. Loop & Change of Hands Loop       |
| 10. Single Hold Turns Together | 30. Pretzel                           |
| 11. Double Hold Turns Together | 31. Neckbrace                         |
| 12. Checked Loop               | 32. Single Hold Traveling Double Turn |
| 13. Wrap and Rollout           | 33. Double Whip                       |
| 14. Single Hold Double Turn    | 34. Extended Single Loop              |
| 15. Pushaway                   | 35. Slotted Whip                      |
| 16. Boogie Bends               | 36. Slotted Whip with Lindy Slip      |
| 17. Walkout                    | 37. Drop Back                         |
| 18. Loop and Kicks             | 38. Single Hold Double Spin           |
| 19. Back to Back Checked Loop  | 39. Traveling Free Spin               |
| 20. Single Hold Two Way Turns  | 40. Butterfly                         |

Rosette  
Social Dance Certificate

Any figure/s  
Figs. 1 to 8

Bronze Sash & Composite  
Silver Sash & Composite  
Gold Sash & Composite

Figs. 1 to 8  
Figs. 1 to 24  
Figs. 1 to 40

Bronze Medal  
Bronze Bar  
Silver Medal  
Silver Bar  
Gold Medal

Figs. 1 to 8  
Figs. 1 to 16  
Figs. 1 to 24  
Figs. 1 to 32  
Figs. 1 to 40

*Above are recommended figures from which routines should be selected. For levels above Gold specified figures may be included in routines, which may also be freestyle.*

## **EXHIBITION STYLE**

Exhibition Style tests are assessed on rhythm, deportment and poise, choreography and costume. Lifting ability for males. They are conducted at three levels:

1. **Elementary** : This first level can be compared to Gold standard in other styles.  
A maximum of three minutes of any of the standard ballroom rhythms.  
A maximum of four lifts.
2. **Intermediate**: This level can be compared to Star standard &  
A minimum of three minutes of standard ballroom rhythms or other music as selected. A minimum of three and a maximum of six lifts.  
Entries and exits will be assessed as part of the routine.
3. **Exhibition Star**: This level can be compared to Oscar standard. A minimum of three minutes of any appropriate rhythm or music. A minimum of six lifts. Entries and exits will be assessed as part of the routine.

## **ANNUAL OSCAR**

Pupils who have passed the Oscar Examination may re-submit for examination in that style at the same standard. See pages 14 & 15 for additional conditions for New Vogue and English Old Time.

## **PROFESSIONAL OSCAR TROPHY**

This is a five or six dance test in one or more styles open to any professional.

Candidate will be required to present in examination in keeping with a floorshow type performance and will be examined accordingly.

Candidate may choose any dances from the syllabus as follows:

1. Modern Ballroom: Five standard dances.
2. New Vogue: Any five or six appropriate dances.
3. Latin American: Five standard dances.
4. English Old Time: Any five or six appropriate dances.
5. Street Latin: Four standard dances plus one other Street Latin dance.
6. Any combination of 1 to 5: Five or six dances.

## **MICKEY POWELL AWARD**

This is a ten-dance test open to holders of Oscar Awards in two styles and may be danced for in either Junior, Adult or Senior age group.

Candidates are required to dance to Oscar standard, five dances in each of two styles chosen from the following:

- Modern Ballroom: Five standard dances.
- New Vogue: See New Vogue dances list on page 14.
- Latin American: Five standard dances.
- English Old Time: See English Old Time dances list on page 15.
- Street Latin: Four standard dances plus one other Street Latin dance.

The test must be taken in the one session, but the two styles may be danced at separate times. Different partners may be employed for the two sections.

This award may not be taken on the same day as an Oscar Award.

## **REFERENCE PUBLICATIONS & TECHNIQUE SOURCES**

### **MODERN BALLROOM**

The Ballroom Technique:	ISTD
Technique of Ballroom Dancing:	Guy Howard (IDTA)

### **NEW VOGUE**

Revised Technique of the New Vogue Championship Dances:	Russ Hesketh
New Vogue Sequence Dancing & The Viennese Waltz The Technique of the Championship & Competition Dances:	Neville Boyd
Syllabus Dances Technique Charts:	Australian Dancing Society

### **LATIN AMERICAN**

The Revised Technique of Latin American Dancing:	ISTD
Technique of Latin Dancing	Walter Laird (IDTA)

### **ENGLISH OLD TIME**

Charts of Official Board of Ballroom Dancing Ltd:	British Dance Council
A Guide to the Theory and Technique of Sequence (Old Time) Dancing:	OBBD

### **STREET LATIN**

Street Latin Technique:	Miguel Silva
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### **ROCK AND ROLL**

Technique and Syllabus figures of Rock and Roll:	Russ Hesketh
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