



U.S.I.S.T.D. American Style Ballroom BRONZE Syllabus

Name _____

Teacher _____

Foxtrot	Figure	Timing	L/F	Technique	Waltz	Figure	Timing	L/F	Technique
1. Forward Basic					1. Left and Right Foot Closed Changes				
2. Quarter Turns A and B					2. Left Turn A, B and C				
3. Left Rock Turn					3. Right Turn A, B and C				
4. Swing Step					4. Hesitation A and B				
5. Promenade Walk A and B					5. Cross Body Lead				
6. Cross Body Lead					6. Simple Twinkle				
7. Simple Twinkle					7. Twinkle with Promenade Chasse Ending				
8. Twinkle with Promenade Chasse Ending					8. Twinkles Forward				
9. Twinkles Forward					9. Twinkles Back				
10. Twinkles Back					10. Twist to Left from Promenade Position				
11. Promenade Turn					Recognized Variations				
Recognized Variations					1. Box with Right Underarm Turn				
1. Left and Right Foot Closed Changes					2. Promenade Turn				
2. Left Turn A, B and C					Peabody				
3. Right Turn A, B and C					1. Eight Count Right Turn				
4. Twist to Left from Promenade Position					2. Six Count Right Turn				
Tango					3. Eight Count Left Turn				
1. Basic A and B					4. Six Count Left Turn				
2. Promenade Basic					5. Running Steps				
3. Corte					6. Lock and Run				
4. Corte with Roll Out					7. Twinkles Forward				
5. Promenade to Fan					8. Twinkles Back				
6. Turning Corte to Outside Swivel					9. Right Underarm Turn				
7. Continuous Basic					10. Left Underarm Turn				
8. Basic Left Turn					Teacher's Comments				
9. Contra Rock to Circular Fans									
10. Oversway									
Viennese Waltz									
1. Left Turn									
2. Right Turn									
3. Hesitations Forward and Back									
4. Side Hesitations									
5. Progressive Forward and Back Hesitations									
6. Fifth Position Breaks									
7. Progressive Fifth Position Breaks									
8. Cross Body Lead to Left Underarm Turn									
9. Right Underarm Turn									
10. Left Underarm Turn to In and Out Hesitations									