



Bronze American Style Smooth Syllabus

Name _____

Teacher _____

Foxtrot					Waltz				
	Figure	Timing	L/F	Technique		Figure	Timing	L/F	Technique
1.					1.				
2.					2.				
3.					3.				
4.					4.				
5.					5.				
6.					6.				
7.					7.				
8.					8.				
9.					9.				
10.					10.				
11.					Recognized Variations				
Recognized Variations					1.				
1.					2.				
2.					Peabody				
3.					1.				
4.					2.				
Tango					3.				
1.					4.				
2.					5.				
3.					6.				
4.					7.				
5.					8.				
6.					9.				
7.					10.				
8.					Teacher's Comments				
9.									
10.									
11.									
Viennese Waltz									
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									



NADTA American Style Smooth Silver Syllabus

Name _____

Teacher _____

Foxtrot	Figure	Timing	L/F	Technique	Waltz	Figure	Timing	L/F	Technique
1. Open Simple Twinkle					1. Open Simple Twinkle				
2. Open Twinkle w/ Promenade Chasse Ending					2. Open Twinkle with Promenade Chasse Ending				
3. Open Twinkles Forward					3. Open Twinkles Forward				
4. Open Twinkles Back					4. Open Twinkles Back				
5. Open Left					5. Open Left				
6. Open Right Turn					6. Open Right Turn				
7. Grapevine					7. Single Wrap				
8. Promenade and Counter Promenade Runs					8. Shadow Open Left Turn				
9. Curved Three Steps					9. Single Wrap to Shadow Right Turns				
10. Fallaway Reverse Turn Slip Pivot Syncopated Curved Three					10. Syncopated Right Underarm Turn				
11. Open Left Turn to Cross Swivels					Recognized Variations				
Recognized Variations					11. Grapevine				
12. Single Wrap					12. Promenade and Counter Promenade Runs				
13. Shadow Open Left Turn					13. Curved Three Steps				
14. Single Wrap to Shadow Right Turns					14. Fallaway Reverse Turn Slip Pivot Syncopated Curved Three				
15. Syncopated Right Underarm Turn					15. Open Left Turn to Cross Swivels				
Tango					Peabody				
1. Open Left Turn to Quick Fans					1. Double Lock				
2. Same Foot Fans					2. Offset Grapevine				
3. Double Ronde					3. Promenade Grapevine				
4. Shadow Open Left Turn					4. Fallaway Grapevine				
5. Pivots to Open Same Lunge					5. Continuous Forward Locks				
6. Corte to Leg Hooks					6. Left Rock Spin				
7. Promenade Flicks and Twist to Trap					7. Right Pivots				
8. Rock Turn to turning Lock					8. Promenade and Counter Promenade Runs				
9. Fallaway to Open Check					9. Grapevine to Side by Side				
Viennese Waltz					Teacher's Comments				
1. Progressive Fifth Position with Hand Change									
2. Left Turns with Lady's Underarms Turns									
3. Canter Turns									
4. Back to Back Box									
5. Promenade Hesitation Run									
6. Turning Hesitation to Back Lock									
7. Shadow Turns to Right									
8. Fan Kicks									
9. Ronde to Throwaway									
10. Underarm Spin to Throwaway									



NADTA Gold American Style Smooth Syllabus

Name _____

Teacher _____

Foxtrot	F	T	L/ F	T	Waltz	F	T	L/F	T
1. Running Weave to Throwaway					1. Tornillo				
2. Contra Check to Grapevine and Apart Turn					2. Open Right Turn to Arabesque				
3. Whirlpool					3. Side by Side Combination				
4. Underarm Combination					4. Fallaway Reverse to Tele Ronde				
5. Side by Side Variation					5. Same Foot Lunge to Throwaway Oversway				
Section Two of the book is comprised of an Elements and (Suggestive Amalgamations) *									
6. Element 1 Contra Check					Element 1 Steps 1-3 Open Left Turn				
# 1- Open Left Turn to Contra Check*					# 1- 1-3 Open Left Turn to Rev. Pivot to Contra Check to PP*				
# 2 - Curved Walks to Contra Check*					# 2 1-3 Open Left Turn to Lady's Left Underarm*				
# 3 - Chasse to the Right to Contra Check*					# 3 1-3 Open Left Turn, Chasse to PP*				
# 4 Side Hover to Contra Check*					# 4 1-3 Open Left Turn, RF Back Contra Check*				
# 5 Promenade Ronde to Contra Check*									
7. Element 2 Throwaway Oversway commenced in PP									
#1 Chasse in PP to Throwaway Oversway to Grapevine *									
8. Element 3 Throwaway Oversway commenced with RF Back									
1-3 Open Left Turn to Throwaway Oversway to Hover *									
Viennese Waltz					Tango				
1. Underarm Passes					1. Viennese Cross to Contra Check and Rudolph Ronde				
2. Promenade and Counter Promenade Runs					2. Outside Swivel to Stalks to Inverted Swivel				
3. Open Right Turn to Developpe					3. Promenade Turn to X Lines				
4. Traveling Crosses					4. Inverted Swivel to Shadow Viennese Crosses				
5. Traveling Crosses - Short Version #1					5. Outside Spin to Side by Side Points				
6. Traveling Crosses - Short Version #2					6. Tango Shadow Grapevine				
7. Open Runs and Turns									
8. Underarm Turns to Swivels									
Peabody					Comments				
1. Quick Open Left Turn to Reverse Pivot & Progressive Swivels									
2. Weave to Promenade Run with Lady's Underarm Turn									
3. Shadow Twinkles									
4. Shadow Open Left Turn									
5. Grapevine Variation									