

### IDSCA Smooth Syllabus Figures

		Waltz	Foxtrot	Tango	V. Waltz
<b>Bronze</b>	<b>Beginner</b>	1A Box Step 1B Box with Underarm Turn 2 Progressive 3A Left Turning Box 3B Right Turning Box	1 Basic 2 Promenade 3A Rock Turn to Left 3B Rock Turn to Right	1A Straight Basic 1B Curving Basic 2A Promenade Turning Left 2B Promenade Turning Right 3 Single Corte 4 Progressive Rocks	1 Balance Steps 2A Fifth Position Breaks 2B Fifth Position Breaks with Underarm Turn
		4A Balance Steps 4B Balance and Box 5 Simple Twinkle 6 Two Way Underarm Turn 7 Face to Face - Back to Back	4 Sway Step 5A Sway Underarm Turn 5B Promenade Underarm Turn 6A Zig Zag in Line 6B Zig Zag Outside Partner 7 Box Step	5A Open Fan 5B Open Fan with Underarm Turn 6 Running Steps 7 Double Corté 8A Reverse Turn 8B Reverse Turn with Outside Swivel	3 Reverse Turn 4 Closed Twinkle
	<b>Intermediate</b>	8A Reverse Turn 8B Reverse Turn with Underarm Turn 9A Natural Turn 9B Natural Turn with Underarm Turn 10 Progressive Twinkles 11 Turning Twinkles	8 Twinkle 9 Promenade Twinkles 10A Turning Twinkles to Outside Partner 10B Turning Twinkles to Outside Partner with 11 Grapevine	9 Right Side Fans 10 Contra Rocks 11A Change of Places 11B Change of Places Variation	5A Crossbody Lead 5B Crossbody Lead with Underarm Turn 6 Hand to Hand 7A Forward Progressive Changes 7B Backward Progressive Changes
	<b>Full</b>	12 Grapevine 13 Promenade Chassé 14 Twinkle & Weave* 15 Waterfall	12 Promenade Twist 13 Promenade Pivot 14A Running Steps in Basic Rhythm* 14B Running Steps in Box Rhythm* 15 Twinkle & Weave with Grapevine*	12 Twist Turn to Right 13 Reverse Turn with Underarm Turn 14 Promenade Pivot 15 Shadow Rocks	8 Right Turn 9 Change of Place* 10 Curtsey & Bow
<b>Silver</b>	<b>Beginner</b>	16A Open Left Box 16B Open Left Box with Underarm Turn 17 Open Right Turn 18 Open Right Turn with Syncopated Underarm Turn 19 Twinkle Connection 20 Check & Developé' 21 Flip Flops	16 Open Left Box 17 Open Right Turn 18 Grapevine 19 Weave from Promenade 20 Chair & Slip Pivot 21 Hover Corte' 22A Hairpin from Open Left Box 22B Hairpin from Promenade Position	16 Flicks 17 Oversway & Ronde 18 Curls 19 Fallaway & Ronde 20 Change of Place (Silver Level) 21 Spanish Drag 22 Outside Underarm Turn to Shadow Position	11 Right Turn with Underarm Turn 12 Left Turn with Underarm Turn 13 Flairs 14 Turning Open Breaks 15 Shadow Runs 16 Reverse Underarm Turn
	<b>Intermediate</b>	22 Progressive Twinkles 23A Hairpin from Open Left Box 23B Hairpin from Promenade Position 24 Fallaway & Weave 25 Shadow Progressive Twinkles 26 Oversway	23 Fallaway & Weave 24A Same Foot Lunge 24B Same Foot Lunge with Weave Ending 25 Shadow Points 26 Outside Swivel	23 Shadow Envelope's 24 Swivel Fans 25 Fallaway Whisk & Underarm Turns 26 Handshake Back Fans	17 Advanced Hand to Hand Combination 18 Shadow Right Turns
	<b>Full</b>	27 Check to Open Fallaway 28 Alternating Underarm Turns 29 Pivots from Promenade 30 Shadow Right Turns	27 Check to Open Grapevine 28 Shadow from Hairpin & Open Right 29 Pivot from Promenade 30 Gem	27 Cobra Fans 28 Fallaway Slip Pivot 29 Traveling Right Lunges 30 Shadow Reverse & Drag	19 Standing Spins 20 Open Right Turns
<b>Gold</b>	<b>Beginner</b>	31 Shadow Swithing Spirals 32 Hinge to Shadow 33 Shadow Running Telemark 34 Syncopated Pivots 35 Left Side Grapevine & Spiral	31 Left Side Grapevines & Weave 32 Continuous Hairpins 33 Passing Changes 34 Hinge & Free Spin to Shadow 35 Shadow Switching Grapevine	31 Double Ronde to Shadow 32 Shadow Viennese Crosses 33 Promenade Taps & Right Side Curl 34 Fallaway to Hammerlocks 35 Left Side Check	21 Swivel & Ronde 22 Canter Pivots 23 Reverse Turns with Free Spins 24 Shadow Passing Right Turns 25 Right Side Ronde & Developé'
	<b>Full</b>	36 Contra Check & Ronde 37A Standing Spin 37B Standing Spin Alternative Ending 38 Wrap Around & Hairpin 39 Overturned Shadow Right Turns 40 Developé' & Double Ronde	36 Advanced Gem 37 Lock & Lunge 38 Oversway & Ronde to Shadow 39 Whisk & Weave 40 Shadow Hairpins	36 Pivots to Shadow Switches 37 Shadow Corte' & Fallaway 38 Stalks to Skater's Waltz 39 Oblique Line to Waist Wrap 40 Teleronde to Throwaway Oversway	26 Shadow Canter Grapevines 27 Horse & Cart 28 Barrel Turns 29 Roll In & Out 30 Advanced Standing Spin

### IDSCA BRONZE RESTRICTIONS

<ul style="list-style-type: none"> <li>* Partners may not completely separate. Open work is limited to single or double hand holds, and may not last for more than eight (8) consecutive measures (24 beats)</li> <li>* Open work may not comprise more than 25% of any routine</li> <li>* No continuity style in Bronze Waltz, feet must be closed on three except on allowed figures</li> <li>* No foot changes/fakes, partners must always be on opposite feet</li> <li>* No consecutive Pivots Left or Right, one (1) Pivot is allowed</li> <li>* No Open Left or Right Box Turns</li> <li>* No Fallaway actions of any kind</li> <li>* No picture lines or figures (i.e. Contra Check, Chair, Oversways, Lunges, etc.)</li> <li>* No solo, shadow, or same foot figures</li> <li>* No syncopations other than Chasse from Promenade - No syncopated Underarm Turns</li> <li>* Progressive Twinkles must finish by the sixth (6th) measure of music (18 beats) with the feet closed. (counting from when they are started)</li> <li>* Both feet must remain close to the floor at all times (no aerial Ronde, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>* Partners may not completely separate. Open work is limited to single or double hand holds, and may not last for more than eight (8) consecutive measures (32 beats)</li> <li>* Open work may not comprise of more than 25% of any routine</li> <li>* No continuity style in Bronze Foxtrot</li> <li>* No foot changes/fakes, partners must always be on opposite feet</li> <li>* Timing is limited to SSQQ or SQQ in Bronze Foxtrot. Except for Grapevine actions</li> <li>* Continuous quicks are NOT permitted except in the Simple Grapevine or extra Chasses/Side Steps</li> <li>* No consecutive Pivots Left or Right, one (1) Pivot is allowed</li> <li>* No Open Left or Right Box T turns</li> <li>* No syncopations other than Chasse from Promenade - No syncopated Underarm Turns</li> <li>* No picture lines or figures (i.e. Contra Check, Chair, Oversways, Lunges, etc.)</li> <li>* No Fallaways of any kind or Slip Pivot from Fallaway</li> <li>* No solo, shadow, or same foot figures</li> <li>* No more than eight (8) quicks, or 2 measures, of a Grapevine/Zig Zag action and it must finish with the feet closed</li> <li>* Progressive Twinkles must finish by the end of the sixth (6th) measure of music (24 beats) with the feet closed</li> <li>* Both feet must remain close to the floor at all times (no aerial Ronde, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>* No foot changes/fakes, partners must always be on opposite feet</li> <li>* No shadow, solo, or same foot figures</li> <li>* No more than four (4) quicks consecutively</li> <li>* No syncopations except brush-point (&amp;S) in the Open Fan</li> <li>* Although the Corte/Simple Oversway is permitted, other picture lines / figures (i.e. Contra Check, Chairs, Oversways, Lunges, etc.) are not allowed</li> <li>* No Fallaway actions of any kind</li> <li>* No consecutive Pivots Left or Right, one (1) Pivot is allowed</li> <li>* Partners may not completely separate. Open work is limited to single or double hand holds, and may not last for more than 32 consecutive beats, (16 measures counted in 2/4 time)</li> <li>* Both feet must remain close to the floor at all times (no aerial Ronde, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>* Partners may not completely separate</li> <li>* Open work may not comprise of more than 25% of any routine</li> <li>* Syncopations are not permitted</li> <li>* No Open Left or Right Box T turns</li> <li>* No consecutive Pivots Right or Left, one (1) Canter Pivot is allowed</li> <li>* No Fallaways of any kind or Slip Pivot from Fallaway</li> <li>* Partners must remain on opposite feet at all times</li> <li>* No solo, shadow, or same foot figures</li> <li>* Partners may not completely separate. Open Work is limited to single or double hand holds, and must finish by the eighth (8th) measure of music (24 beats) from where the action is commenced</li> <li>* Both feet must remain close to the floor at all times (no aerial Ronde, etc.)</li> </ul>
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### IDSCA SILVER RESTRICTIONS

<ol style="list-style-type: none"> <li>Continuity styling (open footwork) is now allowed but not required</li> <li>Continuous "partnership" Pivots are allowed, up to two measures, but may only include 1 syncopation</li> <li>Picture lines are permissible, but may not be held longer than two measures of music</li> </ol>	<ol style="list-style-type: none"> <li>Continuity styling (open footwork) is now allowed but not required</li> <li>Continuous "partnership" Pivots are allowed, up to two measures, but may only include 1 syncopation</li> <li>Picture lines are permissible, but may not be held longer than two measures of music</li> </ol>	<ol style="list-style-type: none"> <li>Continuous "partnership" Pivots are allowed, up to two measures, but may only include 1 syncopation</li> <li>Picture lines are permissible, but may not be held longer than two measures of music</li> </ol>	<ol style="list-style-type: none"> <li>Continuous "partnership" Pivots are allowed, up to two measures, but may only include 1 syncopation</li> <li>Picture lines are permissible, but may not be held longer than two measures of music</li> </ol>
<p>The following restrictions apply to all Silver American Smooth dances.</p> <ul style="list-style-type: none"> <li>* Partners may not completely separate for more than 1 measure</li> <li>* Single or double hand hold in facing and shadow positions may not comprise more than 50% of any routine</li> <li>* No dips or drops below the waist level. No knee drops, or sit drops</li> <li>* No Sitting Hens, Horse &amp; Carts, Pot Stirs, or Standing Spins for man or lady are allowed</li> <li>* No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc</li> </ul>			