



OFFICIAL
BALLROOM AND
LATIN AMERICAN
DANCE SYLLABUS

Originally compiled in 2007 by South Africa Dance Foundation –

Technical Committee

SOUTH AFRICAN DANCE FOUNDATION

TECHNICAL COMMITTEE

Acknowledgements:

Imperial Society of Teachers of Dancing

International Dance Teachers Association

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To be strictly implemented as from the 1st July 2008

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GENERAL COMPETITION RULES

1. Adjudicators' decision is final and no correspondence or verbal discussion will be considered.
2. Prize giving for Juveniles must commence by 8:00pm.
3. Prize giving for Juniors must commence by 10:00pm.
4. Competitors may not take the floor after the music has commenced without the permission of the Chairman of Adjudicators.
5. Competitors are at risk of being disqualified if leaving the floor during a section.
6. Lifts are not permitted in any category with the exception of Exhibition or Show Dance.
7. Definition of a lift – any movement during which one of the dancers has both feet off the floor at the same time, for more than one beat, with the assistance or support of the partner.

Competition Sections

Grade **Ballroom** **Latin**

Medallist/Star Grade Sections

Tiny Tots Organisers choice of dance/s to be clearly stated on entry form

All Girls Organisers choice of dance/s to be clearly stated on entry form

Beginner W & RF C & J

Bronze W & Q C & J

Silver W.T & Q C.R & J

Gold W.T.SF & Q C.S.R & J

1. Open Syllabus EG. VW, PD

Organisers may also choose to run a separate one dance section of their choice for Bronze, Silver & Gold Sections.

OPEN DRESS SECTION FOR FESTIVAL

*Novice W.T.VW.SF & Q C.S.R.PD &J

Pre-Champ W.T.VW.SF & Q C.S.R.PD &J

Champ W.T.VW.SF & Q C.S.R.PD &J

*VW and PD Written Syllabus work only

OPEN DRESS SECTIONS FOR CHAMPIONSHIPS

Rising Stars W.T.VW.SF & Q C.S.R.PD &J

Champ W.T.VW.SF & Q C.S.R.PD &J

Professional W.T.VW.SF & Q C.S.R.PD &J

ABBREVIATIONS:

BALLROOM

W = WALTZ

SF = SLOW FOXTROT

T = TANGO

Q = QUICK STEP

VW = VIENNESE WALTZ

LATIN

C = CHA CHA

S = SAMBA

R = RUMBA

J = JIVE

PD = PASO DOBLE

AMATEUR STATUS
AND
PROMOTIONAL POINTS SYSTEM

SOUTH AFRICAN DANCE FOUNDATION AMATEUR
STATUS AND PROMOTION

1. POINTS:

Points are awarded to finalists only.

At least 3 Couples must have competed for points to be awarded where sections are combined due to too few couples, actual place may be awarded points not a result for each age group that was combined.

All promotions work on a point system.

1 st place.....25
2 nd place.....20
3 rd place.....15
4 th place.....10
5 th to 8 th place...5

Rising Star finalists (open to all grades up to and including Pre-Championship) will receive 10 bonus points if a final is reached from a Semi-final or more rounds.

Any points obtained over and above the points required for promotion, will be forfeited in the next grade.

2. ADVANCING TO NEXT GRADE:

BEGINNER –Couple must obtain a total of 25points before advancing to Bronze.

BRONZE- Couple must obtain a total of 50points before advancing to Silver

SILVER - Couple must obtain a total of 65points before advancing to Gold.

GOLD – Couple must obtain a total of 80points before advancing to Novice.

NOVICE- Couple must obtain a total of 80points before advancing to Pre-Champ.

PRE-CHAMP- Couple must obtain a total of 120points before advancing to Championship.

CHAMP- Status not affected by placing or finals reached.

The SADF Highly recommends Medal Tests, as it is their intention to include them in the requirement for promotions in the future.

3. COUPLES CHANGING AGE GROUPS:

BEGINNER, BRONZE, SILVER, GOLD & NOVICE

Couples status will remain the same and retain accumulated points in the next age group.

PRE-CHAMPIONSHIP & CHAMPIONSHIP

May be re-graded one grade lower (couples option) no points will be retained from previous age group.

4. PARTNERSHIP CHANGES:

Status of the highest graded partner will determine the status of the new partnership. No points will be retained in the new partnership. The status secretary must be advised in writing of the change in partnership.

5. AGE GROUPS:

Age is taken of the eldest in the partnership on the day of the competition. **Should the Competition run over more than 1 day, the age is taken on 1st day of the Competition for the duration of the competition.**

Tiny Tot – Under 8 yrs

Juvenile – Under 12 yrs

Junior – Under 16 yrs

Youth – Under 21 yrs

Adult – 21 yrs and over

Senior – Under 35yrs

Master – 35 yrs and over

DRESS CODE

RECOGNISED PROMOTIONAL SYSTEM BY THE SADF.

Points to be awarded from results of the competitions from the 1st January 2008.

PASSED AT THE GENERAL MEETING OF THE SAD&DSC (now SADF) ON 5TH MARCH 2006.

MEDALLIST/STAR GRADE SECTIONS

ALL AGE GROUPS

Male

Trousers

Plain black

Under foot strap optional

NOT ALLOWED:

Jeans or a Jeans style trousers.

Elaborate materials with shiny patterns in the weave.

Belt

Optional- Black Only (no large or decorative buckles)

Socks

Compulsory – Black Only

Shirt

Long sleeved lounge shirt or school shirt.

Fitted body shirt (Latin only)

Plain white only – no shiny or patterned materials

Must be tucked into trousers.

NOT ALLOWED:

Dress shirt or Wing-tip collars

T-shirt with patterns under shirt.

Rolled up sleeves

Open-necked shirt.

Neck Tie or bow-tie

Compulsory Ballroom: Black only

Latin: May match colour of ladies dress

Necktie- plain- metallic tie clip optional

Cummerbund

Optional Ballroom: Black only

Latin: may match bow-tie & colour of ladies

Dress Shoes

Black Dance Shoe or shoe of similar design

Leather, suede or patent leather

Decoration

NOT ALLOWED

Jewellery

NOT ALLOWED

Female

Dress or Top and skirt

Level Hem

BALLROOM – may be mid calf length

LATIN – approx 4 fingers above knee or just below knee.

Plain material – Colour optional – may use two colours
Cut outs and Straps on back of dress only

Full panties – must cover buttocks at all times
Panties MUST be the same colour as dress
Bra and Bra cups must be worn where necessary

NOT ALLOWED:

Metallic or see through materials
Flesh coloured see through material
Tangos or G-string

Shoes

Dance shoe or shoe of similar design

Juveniles: Block heel only, no higher than 3.5cm.
Short white socks optional.

Juniors: Suggested heel height 2”.

Tights

Not compulsory

NOT ALLOWED: Mesh tights

Decoration

NOT ALLOWED

Hairstyle

Must be neatly done.

Small scrunchie covering bun optional

NOT ALLOWED:

Hair ornaments, coloured or glittered hairspray

Make-up

Light make-up is allowed for Juveniles

Other age groups: Make-up should be tastefully applied (Not Overdone!!!)

Jewellery

No elaborate costume jewellery. Small ear studs may be worn

OPEN SECTIONS
JUVENILES

BOYS:

Trousers, belt, socks, tie, cummerbund

BALLROOM: Black or Midnight Blue

Shoes

As for Medal Sections

Shirt

Ballroom: As for Medal Sections or dress shirt.
Metallic cufflinks are optional.

Waist Coat

Optional

Latin: As for Medal Sections or long sleeved top is optional.

Decoration

NOT ALLOWED

Jewellery

NOT ALLOWED

GIRLS:

Dress

Competition dress with no decoration
Combination of different colours, lace materials, lace applications
and fringing may be used.

The area between the hip line and panty line must be covered.

See through materials must be lined except on sleeves.

Panties must be full and cover buttocks at all times.

Panties must be same colour as outfit.

NOT ALLOWED:

Tangas or G-strings.

See through or metallic materials

Shoes

As for medal sections

Decoration

NOT ALLOWED:

Metallic thread, sequins, diamante, rhinestones, fluorescent paint,
feathers or anything similar.

Hairstyles

Hair must be neatly done.

Small hair ornaments optional

Make-up

As for Medal Sections

Jewellery

No elaborate costume jewellery

**OPEN SECTIONS
JUNIORS**

BOYS:

Outfit

Latin: As for Adult

Ballroom: Black or Midnight Blue trousers and waistcoat or jacket, worn with white long sleeved shirt & black

Bowtie/necktie (metallic tie clip optional) or white dress shirt & white bowtie

Or

Tail suit (black or midnight blue) with all correct accessories.

Shoes

Ballroom: Black patent leather or leather low heel.

Latin: Leather, suede or patent leather show – heel optional.

Cummerbund

Is mandatory if tail suit is worn, otherwise optional.

FEMALE:

Outfit

As for Youth/Adult

Shoes

Suggested maximum heel height 2" Slim (not compulsory)

OPEN DRESS SECTIONS

YOUTH, ADULT, SENIOR, MASTERS

MALE:

Outfit

Trousers

Latin: Black, midnight blue, or to match ladies outfit.

Under foot strap optional.

Shirt

Optional

See through materials may be used as decoration/inserts for top.

Combinations of different materials are optional.

Waistcoat, jacket or bolero jacket

Same colour as trousers are optional

Tie, bowtie or scarf – optional

Ballroom: Tail suit.

Full tail suit, Black or midnight blue with all accessories (dress shirt, bowtie, studs, etc)

Waist coat or well fitted jacket allowed.

Decoration

No restriction

Shoes

Ballroom: Patent leather low heel

Latin: No restriction

Jewellery

The chairman of adjudicators has the right to ask dancers to remove an item of jewellery if it presents a danger to the competitors.

FEMALE:

Outfit

Latin:

Competition dress

When standing the skirt of the outfit must cover the panty.

NOT ALLOWED:

High cut panties, Tangos, G-string

If outfit is two-piece, top may not only be a bra.

(Must have decorative material on it)

Flesh see through materials must be lined over breast and panty area.

Ballroom:

Competition dress

Shoes

Correct Ballroom or Latin shoes

Colour – optional

Jewellery

The chairman of adjudicators has the right to ask dancers to remove an item of jewellery if it presents a danger to the competitors.

COMPETITION SYLLABUS FOR **MEDALLIST/** **STAR GRADE SECTIONS**

RULES

BALLROOM RULES

1. All precede and follows as per ISTD and/or IDTA Technique books only.
2. All syllabus figures to be shown in their entirety, unless otherwise indicated in the Technique books.
3. No introduction to routines may be danced in any Medallist/Star Grade Section.

LATIN AMERICAN RULES

1. All precede and follows as per ISTD and/or IDTA Technique books **ONLY**.
2. All syllabus figures to be shown in their entirety, unless otherwise indicated in the Technique books.
3. Development as per ISTD may be applied in correct grades. Technique of Latin Dancing Supplement (IDTA) may be applied in correct Grades.

4. COMMENCING POSITION

- 4.1 Beginner Section – Commence in closed hold.
- 4.2 Bronze Section – Close hold or open position with left to right hand hold.
- 4.3 Silver Sections – Any of the above plus open position with Right to Right hand hold.
- 4.4 Gold Sections – Any of the above plus Shadow position side by side. Open facing without hold.

5. ARMS

- 5.1 Beginner Sections – arms may not be lifted higher than shoulder level.
 - 5.2 Bronze Section – Arms may not be lifted higher than shoulder level.
 - 5.3 Silver Section - Arms may not be lifted higher than shoulder level.
 - 5.4 Gold Sections – Arm position optional.
6. No introductions to routines may be danced in any Medallist/Star Grade Section.

BALLROOM SYLLABUS

WALTZ

BEGINNER

1. Closed Changes
2. Natural turn
3. Reverse turn
4. Whisk
5. Chasse (from Promenade position)
6. Outside Change
7. Natural Spin Turn Under turned at corner

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

WALTZ

BRONZE

1. Any of the previous figures
2. Outside Change (may be ended in Promenade Position)
3. Impetus Turn/Closed Impetus
4. Hesitation Change
5. Reverse Corte
6. Back Whisk
7. Back Lock
8. Progressive Chasse to Right (can be turned up to ½)
9. Weave from Promenade position/after Whisk/Outside Change ended in Promenade Position
10. Basic Weave/Weave in Waltz time
11. Natural Spin Turn
12. Reverse Pivot

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

WALTZ

SILVER

1. Any of the previous figures
2. All Weave types ended in Promenade Position
3. Open Impetus Turn
4. Double Reverse Spin Turn
5. Telemark/Closed Telemark
6. Open Telemark and Cross Hesitation
7. Open Telemark/Open Telemark followed by Wing
8. Open Impetus and Cross Hesitation/Cross Hesitation preceded by Open Impetus Turn
9. Open Impetus and Wing/Wing preceded by Open Impetus Turn
10. Outside Spin
11. Under turned Outside Spin
12. Turning Lock/Turning Lock to Left (maybe ended in Promenade Position)
13. Drag Hesitation
14. Under-turned Outside Spin
15. Natural Spin Turn – Over-turned

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

WALTZ

GOLD

1. Any of the previous figures
2. Turning Lock to Right
3. Left Whisk
4. Contra Check
5. Closed Wing
6. Fallaway Reverse and Slip Pivot
7. Hover Corte
8. Fallaway Whisk
9. Running Natural Spin Turn
10. Fallaway Natural Turn
11. Passing Natural Turn
12. Open Natural Turn

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

TANGO

BEGINNER

1. Walk
2. Open Reverse Turn Lady Outside/Open Reverse Turn Lady with Open Finish
3. Progressive Link
4. Closed Promenade
5. Rock Turn/Natural Rock Turn
6. Back Corte
7. Progressive Side Step

Any Closed Finish may be changed to an Open Finish in any Figure

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

TANGO

BRONZE

1. Any of the previous figures
2. Open Reverse Turn Lady in Line (Open or Closed Finish)
3. Progressive Side Step Reverse Turn
4. Open Promenade
5. Left Foot and Right Foot Rocks/Rock on Left Foot and Rock on Right Foot
6. Natural Twist Turn
7. Natural Promenade Turn
8. Natural Promenade Turn to Rock Turn/Natural Promenade Turn to Natural Rock Turn
9. Four Step

Any Closed Finish may be changed to an Open Finish in any Figure

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

TANGO

SILVER

1. Any of the previous figures
2. Promenade Link
3. Mini Five Step (IDTA/Five Step (ISTD)
4. Back Open Promenade
5. Outside Swivels (All Methods)
6. Fallaway Promenade
7. Four Step Change
8. Brush Tap

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

TANGO

GOLD

1. Any of the previous figures
2. Fallaway Four Step
3. Oversway
4. Basic Reverse Turn
5. The Chase
6. Fallaway Reverse and Slip Pivot
7. Five Step (IDTA)
8. Contra Check
9. Oversway (Drop or Tilt)
10. Whisk (IDTA)
11. Back Whisk (IDTA)
12. Open Telemark (IDTA)
13. Outside Spin (IDTA)
14. Reverse Pivot (IDTA)

Any Closed Finish may be changed to an Open Finish in any Figure

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

FOXTROT

BEGINNER

1. Feather Step/Feather Finish/ Feather Finish method 2
2. Three Step
3. Reverse Turn (incorporating Feather Finish)
4. Natural Turn
5. Closed Impetus and Feather Finish/Impetus Turn

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

FOXTROT

BRONZE

1. Any of the previous figures
2. Open Impetus
3. Basic Weave/Weave after 1-4 of Reverse Wave
4. Natural Weave
5. Weave from Promenade Position/Weave from Promenade Position preceded by Open Impetus
6. Change of Direction

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

FOXTROT

SILVER

1. Any of the previous figures
2. Feather Step (including Method 2a – 5 ISTD)
3. Telemark/Closed Telemark
4. Open Telemark and Feather Ending
5. Top Spin
6. Hover Feather
7. Hover Telemark
8. Natural Telemark
9. Over Cross
10. Open Telemark, Passing Natural Turn, Outside Swivel and Feather end/Open Telemark, Natural Turn, Outside Swivel and Feather Ending, Weave from Promenade Position or 1-3 Feather ending and Topspin
11. Reverse Wave (all methods allowed)
12. Open Telemark followed by Weave from Promenade Position.
13. Quick Open Reverse
14. Reverse Pivot
15. Quick Natural Weave from Promenade Position (Running Weave)

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

FOXTROT

GOLD

1. Any of the previous
2. Natural Twist Turn (alternative endings – Closed or Open Impetus or Natural Weave endings)
3. Curved Feather to Back Feather/Back Feather/Curved Feather
4. Natural Zig-Zag from Promenade Position
5. Natural Hover Telemark
6. Bounce Fallaway with Weave ending
7. Fallaway Reverse & Slip Pivot
8. Double Reverse Spin
9. Curved Feather from Promenade Position
10. Extended Reverse Wave
11. Curved Three Step
12. Whisk
13. Back Whisk
14. Outside Spin

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

QUICKSTEP

BEGINNER

1. Quarter Turn to Right
2. Quarter Turn to Left/Heel Pivot
3. Progressive Chasse
4. Natural Turn/Natural Turn at a Corner
5. Natural Pivot Turn
6. Natural Spin Turn – under-turned
7. Chasse Reverse Turn
8. Forward Lock
9. Natural Turn with Hesitation
10. Outside Change

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

QUICKSTEP

BRONZE

1. Any of the previous figures
2. Impetus/Closed Impetus
3. Back Lock/Backward Lock
4. Reverse Pivot
5. Progressive Chasse to Right
6. Running Finish
7. Natural Turn Back Lock/Natural Turn Back Lock and Running Finish
8. Cross Chasse
9. Tipple Chasse to Right/ Tipple Chasse to Right at corner
10. Tipple Chasse to Right alongside of Room
11. Tipple Chasse to left
12. Change of Direction
13. Whisk
14. Back Whisk

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

QUICKSTEP

SILVER

1. Any of previous figures
2. Under-turned Tipple Chasse
3. Double Reverse Spin
4. Quick Open Reverse
5. Fishtail
6. Running Right Turn
7. Four Quick Run
8. V6
9. Telemark/Closed Telemark
10. Zig-Zag Back Lock & Running Finish
11. Open Impetus Turn
12. Open Telemark
13. Outside Spin
14. Passing Natural Turn/Open Natural Turn

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

QUICKSTEP

GOLD

1. Any of previous figures
2. Cross Swivel
3. Six Quick Run
4. Rumba Cross
5. Topsy to Right
6. Topsy to Left
7. Hover Corte
8. Fallaway Reverse & Slip Pivot
9. Running Cross Chasse

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

VIENNESE WALTZ

BRONZE TO GOLD

1. Reverse Turn
2. Natural Turn
3. Forward and Backward Closed Changes

NO ENRIES ALLOWED

VIENNESE WALTZ

AMALGAMATION OF FLECKERL

OPEN SECTIONS

- 4 Bars of Reverse Turn
- 4 Bars of Fleckerl
 - Contra Check
- 6 Bars Natural Fleckerl
 - Exit with Natural Turn
 - Then continue with Natural Turn

CHA CHA CHA

BEGINNER

1. Basic Movement (Closed and in place)
2. Time Step
3. Switch Turns
4. Underarm Turns Right and Left
5. New York (Open Counter Promenade into Open Promenade)
6. Hand to Hand
7. Three Cha Cha Cha's (Forward and Backward and in Counter Promenade and Open Promenade Position)
8. Shoulder to Shoulder
9. There and Back

LATIN SYLLABUS

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

CHA CHA CHA

BRONZE

1. Any of the previous figures
2. Shoulder to Shoulder (from Hockey Stick)
3. Open Basic
4. Side Steps (Left and Right)
5. Spot Turns (Left and Right)
6. Fan (From Closed hold Compact Chasse only)
7. Alemana
8. Hockey Stick (Compact Chasse Only)
9. Natural Top (in Full)
10. Natural Opening Out Movement
11. Closed Hip Twist (ISTD only)

No slip ronde or hip twist chasse allowed in Bronze

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

CHA CHA CHA

SILVER

1. Any of the previous figures
2. Closed Hip Twist
3. Open Hip Twist
4. Reverse Top
5. Opening out of Reverse Top
6. Aida
7. Spiral
8. Curl
9. Rope Spinning
10. Cross Basic (no Guapacha timing, no Underarm Turn)
11. Cuban breaks (Including Split Cuban Breaks)
12. Ronde, Twist & Slip Chasse

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

RUMBA

BEGINNER

1. Basic Movement (Closed, In Place & Alternative)
2. Cucarachas (left and right foot)
3. New York (Open Counter Promenade into Promenade Position)
4. Hand to Hand
5. Progressive walks forward and back
6. Spot Turn Left and Right Switch Turn (including Underarm Turn)

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

RUMBA

BRONZE

1. Any of the previous figures
2. Fan (from Closed Hold)
3. Alemana (Fan, Open position with left to right hand hold)
4. Hockey stick (standard and overturned)
5. Natural Top (in full)
6. Cuban rocks (open facing with left to right hand hold)
7. Shoulder to shoulder (Closed Hold or without hold or double hand hold)
8. Opening out to Right and Left
9. Natural Opening out movement
10. Closed Hip Twist
11. Spot and Switch turns (Left and Right)

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

RUMBA

SILVER

1. Any of the previous figures
2. Open Hip Twist
3. Reverse Top
4. Opening out from Reverse Top
5. Aida
6. Spiral
7. Curl
8. Rope Spinning
9. Hockey Stick
10. Natural Top in full including Underarm Turn or Natural Top steps 7 to 9
11. Cuban Rocks in Open Position
12. Shadow Walks

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

RUMBA

GOLD

1. Any of the previous figures
2. Syncopated Cuban Rocks
3. Alemana (Right to Right hand hold)
4. Sliding Doors
5. Fencing (Including various Spin Endings)
6. Three Threes
7. Three Alemanas
8. Advanced Hip Twist
9. Continuous Hip Twist
10. Circular Hip Twist
11. Advanced Opening Out

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

SAMBA

BEGINNER

1. Basic Movements (Natural, Reverse, Side, Progressive and Outside)
2. Whisks (with ladies Under Arm Turn/Volta Spot Turn)
3. Samba Walks (Promenade, Side and Stationary)
4. Criss Cross Volta
5. Travelling Bota Fogos Forward
6. Criss Cross Bota Fogos/Shadow Bota Fogos

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

SAMBA

BRONZE

1. Any of the previous figures
2. Shadow Bota Fogos/Criss Cross Bota Fogos
3. Travelling Bota Fogos
4. Bota Fogos to Counter Promenade position
5. Solo Spot Volta
6. Shadow Travelling Volta/Travelling Volta in Right Shadow Position
7. Foot Changes
8. Reverse Turn
9. Corta Jaca (Basic version in Closed hold)
10. Closed Rocks

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

SAMBA

SILVER

1. Any of the previous figures
2. Open Rocks
3. Back Rocks
4. Plait
5. Rolling Off the Arm
6. Argentine Crosses
7. Maypole/Continuous Volta Spot Turn
8. Shadow Circular Volta
9. Samba Side Chasses
10. Corta Jaca Forward and Back allowing for arm height change.

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

SAMBA

GOLD

1. Any of the above previous figures
2. Contra Bota Fogos
3. Roundabout/Circular Voltas
4. Natural Roll, Natural Roll with Spiral Turn
5. Reverse Roll with Spiral Turn
6. Promenade & Counter Promenade Runs
7. Three Step Turn
8. Samba Locks
9. Cruzados Walks and Locks
10. Reverse Turn with Underarm Turn
11. Corta Jaca – all listed options
12. Dropped Volta

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

PASO DOBLE

BEGINNER

1. Sur Place
2. Basic Movement
3. Appel
4. Chasse and Elevations Right and Left
5. Promenade Link (Including Promenade Close)
6. Ecart/Fallaway Whisk
7. Huit

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

PASO DOBLE

BRONZE

1. Any of the previous figures
2. Drag
3. Displacement/ Attack
4. Separation
5. Separation with Lady's Caping Walks
6. Fallaway Ending to Separation
7. Sixteen
8. Promenade and Counter Promenade
9. Grand Circle
10. Open Telemark

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

PASO DOBLE

SILVER

1. Any of the previous figures
2. La Passe
3. Banderillas
4. Twist Turn
5. Fallaway Reverse Turn
6. Coup de Pique
7. Left Foot Variation
8. Spanish Lines
9. Flamenco Taps
10. Methods of Changing Feet

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

PASO DOBLE

GOLD

1. Any of the previous figures
2. Syncopated Separation
3. Syncopated Appel
4. Syncopated Chasse
5. Travelling Spins from Promenade Position
6. Travelling spins from Counter Promenade Position
7. Fregolina (Including Farol)
8. Twists
9. Chasse Cape (Including Outside Turn)
10. Coup de Pique Couplet
11. Syncopated Coup de Pique
12. Advanced method of Flamenco Taps

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

JIVE

BEGINNER

1. Basic in Place
2. Fallaway Rock/Basic in Fallaway
3. Link
4. Change of Places from Right to Left and Left to Right
5. Change of Hands Behind Back
6. American Spins

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

JIVE

BRONZE

1. Any of the previous figures
2. Fallaway Throwaway
3. Hip Bump (Left Should Shove)
4. Promenade Walks Slow and Quick
5. Stop and Go
6. Mooch
7. Whip
8. Throwaway Whip/Whip Throwaway

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

JIVE

SILVER

1. Any of the previous figures
2. Whip (Double Cross)
3. Reverse Whip
4. Windmill
5. Spanish Arms
6. Rolling off the Arms Right to Left and Hold
7. Simple Spin
8. Miami Special

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

JIVE

GOLD

1. Any of the previous figures
2. Rolling off the Arm with Right to Right Hand Hold with Sin Ending
3. Overturned Fallaway Throwaway
4. Curly Whip
5. Shoulder Spin
6. Toe Heel Swivels
7. Chugging
8. Chicken Walks
9. Catapult
10. Stalking Walks, Flicks and Break
11. Kick Ball Changes/Flick Ball Changes
12. American Spin (With Double Spin)
13. Overturned Change of Place left to right
14. Change of Place Right to Left with Lady Double Spin

Any of the above listed figures may be danced (i.e. not compulsory to show all figures)

SOUTH AFRICAN DANCE FOUNDATION

MEDAL TEST STRUCTURE

SADF MEDAL TEST RULES AND REGULATIONS

- The candidate may dance with a teacher or an Amateur partner to demonstrate the dance/s.
- The routine must include compulsory listed figures pertaining to that dance or grade.
- At Bronze or Silver there must be a minimum of 3 months between each Test and a minimum of 3 months when progressing from Bronze to Silver or Silver to Gold.
- At Gold Grade and above there must be a minimum of 6 months between tests.
- A Maximum of 4 candidates per examiner are permitted to simultaneously demonstrate for Bronze and Silver grades.
- A maximum of 2 candidates per examiner are permitted to simultaneously demonstrate for Gold and upward grades.
- Compulsory starting grade for all Medal Test candidates must commence from PreBronze grade from 8 years and onwards (At age group 4-7 the candidate will be required to commence with the Bana Star Awards)

- Be required to commence with the Bana Star Awards
- Candidate must pass examinations in strict sequential order.
- The required dress code is as per Competition/Medallist Star grade dress code.
- The Examiners decision is final and no verbal discussion or written correspondence will be considered.

Medal Test Evaluation System: -

- The candidate will be awarded with a percentage mark for each dance/grade
- Medal Test Grades percentage break down:

***All Grades Percentage Breakdown**

Pass:	65%-74%
Commended:	75% - 84%
Highly Commended:	85% - 89%
Honours:	90% - 100%

BANA STAR AWARDS

TINY TOTS AND SPECIAL NEEDS CANDIDATES

Optional commencement Grades for Tiny Tots and Special Needs candidates

Tiny Tots: - The candidate must be between 4-7 years of age to qualify for the Bana Star Awards

Special Needs: - Any age group candidate is permitted to qualify the Bana Star Awards

Requirement for Bana Star Award Qualification:

The candidate is required to demonstrate a single dance per Bana Star Award, the order and selection of the dance being demonstrated per award is as per candidate's choice.

The candidate is permitted to dance more than one Bana Star Award per examination; a maximum of 4 dances per examination is permitted.

SADF MEDAL TEST GRADES

BRONZE:

1. Pre-Bronze: compulsory 5 Latin American and 4 Ballroom Dances
2. Bronze Bar: Compulsory 5 Latin American and 4 Ballroom Dances
3. Bronze Medal: Compulsory 5 Latin and 4 Ballroom Dances

Minimum of Three Months between Grades

The awarding of an Amateur Medal at any level is not a Teachers Professional Qualification

SILVER:

1. Silver Bar: Compulsory 5 Latin American and 4 Ballroom Dances
2. Silver Medal: Compulsory 5 Latin American and 4 Ballroom Dances

Minimum of Three Months between Silver Tests

Minimum of Three Months between Silver and Gold Grades

SADF MEDAL TEST GRADES

GOLD:

1. Gold Bar: Compulsory 5 Latin American and 4 Ballroom Dances
2. Gold Medal: Compulsory 5 Latin American and 5 Ballroom Dances
3. Gold Supreme: Compulsory 5 Latin American and 5 Ballroom Dances

Minimum of 6 Months between Gold Tests

SADF CHAIRMAN AWARDS:

Compulsory 5 Latin American and 5 Ballroom Dances

BANA STAR AWARDS
LATIN AMERICAN

Cha Cha Cha:

1. Time Step
2. Basic Movement in Place
3. Basic Movement (Closed without Turn)

Samba:

1. Natural Top/Reverse Top (Basic movement having been danced without a Bounce using the count 1,2 instead of 1 a 2)
2. Natural Basic and / Reverse
3. Basic/ Basic Movement (Natural and Reverse)

Rumba:

1. Time step/ Basic in Place
2. Basic Movement

Jive:

1. Basic in Place
2. Basic in Fallaway/ Fallway Rock

Paso Doble:

1. Sur Place
2. Sur Place with Elevation
3. Basic Movement

BANA STAR AWARDS

BALLROOM

Waltz:

1. Closed Change
(Right Foot and Left Foot Closed Changes)
2. Natural Turn

Quickstep:

1. Quarter Turn to Right
2. Progressive Chasse
3. Forward Lock/Forward Lock Step

Tango:

1. Forward Walk on Left Foot
2. Rock Turn/Natural Rock Turn

Rhythm / Social Foxtrot:

Two Walks Forward, Side Closed

Two Walks Back, Side Closed (Type of Quarter Turns)

COMPULSORY LISTED FIGURES

PRE-BRONZE GRADE

LATIN AMERICAN

Cha-Cha-Cha:

1. Time-step/Basic Movement in Place
2. Basic movement
3. New York to Left or Right Side Position/ Checks
From open PP and Open CPP
4. Spot Turn to Left or Right
5. Hand to Hand
6. Shoulder to Shoulder
7. Underarm Turn to Left or Right

Rumba:

1. Time Step/ Basic Movement in Place
2. Basic Movement
3. New York to Left or Right/ Side Position/
Checks from open PP and Open CPP
4. Spot Turn Left or Right (Including Switch Turns)
5. Underarm Turn or Left or Right
6. Hand to Hand

7. Shoulder to Shoulder (Close Hold/ Without Hold/ Double Hold)

COMPULSORY LISTED FIGURES

PRE-BRONZE GRADE

LATIN AMERICAN

Samba:

1. Natural Basic
2. Reverse Basic/Basic Movement (Natural and Reverse)
3. Progressive Basic Movement/ Basic Movement (Progressive)
4. Samba Whisk to Left and Right
Whisk with Lady's Underarm turn/ Volta spot turn
5. Samba Walks (Promenade, Side & Stationary)

Paso Doble:

1. Sur Place (Including Elevations)
2. Ecart/ Fallaway Whisk
3. Basic Movement
4. Separation (Danced Twice)
5. Promenade Link (Including Promenade Close)
6. Chasse & Elevations Right & Left
7. Appel

Jive:

1. Basic in Place
2. Basic in Fallaway/ Fallaway Rock
3. Link
4. Change of Places from Right to Left and Left to Right
5. Change of Places Left to Right

COMPULSORY LISTED FIGURES

PRE-BRONZE GRADE

BALLROOM

Waltz:

1. Closed Changes/ Right Foot and Left Foot
Closed Change
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn (Under turned at a corner)
5. Whisk
6. Chasse from PP

Quickstep:

1. Quarter Turn to Right
2. Quarter Turn to Left/ Heel Pivot
3. Progressive Chasse
4. Forward Lock Step
5. Natural Turn/ Natural Turn at a corner
6. Natural Pivot Turn
7. Natural Spin Turn (Under Turned at a Corner)

Tango:

1. Forward Walk on Left Foot and Right Foot
2. Rock Turn/ Natural Rock turn Back Corte
3. Progressive Side Step
4. Open Reverse Turn Lady Outside (With Closed Finish)

Rhythm/ Social Foxtrot:

1. Quarter Turn to Right
2. Quarter Turn to Left
3. Rock Turn
4. Side Rocks/ Brush Step
5. Promenade/ Conversation piece

COMPULSORY LISTED FIGURES

BRONZE BAR GRADE

Candidates must demonstrate all figures listed as per Pre-Bronze plus the following compulsory listed figures to be included in each dance.

LATIN AMERICAN

Cha-Cha-Cha:

1. Fan (From Closed Hold Compact Chasse only)
2. Hockey Stick (Compact Chasse only)
3. Alemana

Rumba:

1. Fan (From Closed Hold only)
2. Hockey Stick (Standard & Overturned)
3. Alemana from Fan or Open Position with L to R Hand Only)
4. Cuban Rocks (Open Facing with L to R Hand only)
5. Natural Opening Out Movement

Samba:

1. Criss Cross Volta
2. Travelling Bota Fogos Forward
3. Criss Cross Bota Fogos/ Shadow Bota Fogos
4. Travelling Bota Fogos
5. Reverse Turn
6. Travelling Voltas

Paso Doble:

1. Drag
2. Displacement/ Attack
3. Separation with Lady's Caping Walks
4. Sixteen
5. Huit

Jive:

1. Change of Hands behind Back
2. Promenade Walks consisting of 2 Slow and 4 Quick
3. American Spin
4. Stop and Go
5. Whip

COMPULSORY LISTED FIGURES

BRONZE BAR GRADE

BALLROOM

Waltz:

1. Outside Change
2. Hesitation Change
3. Progressive Chasse to Right (Can be turned up to ½)
4. Back Lock
5. Impetus Turn/ Closed Impetus

Quickstep:

1. Chasse Reverse Turn
2. Outside Change
3. Impetus Turn/ Closed Impetus Turn
4. Back Lock/ Backward Lock Step
5. Progressive Chasse to Right
6. Running
7. Whisk

Tango:

1. Progressive Link
2. Closed Promenade
3. Open Reverse Turn, Lady in Line.
4. Open Promenade
5. Left Foot and Right Foot Rocks/ Rock on Left Foot and Right Foot

Any Closed Finish may be changed to an Open Finish on any Figure

Foxtrot:

1. Feather Step
2. Reverse Turn
3. Three Step
4. Natural Turn
5. Change of Direction

COMPULSORY LISTED FIGURES

BRONZE MEDAL GRADE

Candidates must demonstrate all figures listed as per Pre-Bronze Grade and Bronze Bar Grade plus the following compulsory listed figures to be included in each dance.

LATIN AMERICAN

Cha-Cha-Cha:

1. Natural Top (In Full)
2. Natural Opening Out Movement
3. Closed Hip Twist (ISTD only)

Rumba:

1. Natural Top (In Full)
2. Opening Out to Right and Left
3. Closed Hip Twist

Samba:

1. Bota Fogos to PP & CPP
2. Solo Spot Volta
3. Foot Changes

4. Corta Jaca
5. Closed Rocks

Paso Doble:

1. Fallaway Ending in Separation
2. Promenade to Counter Promenade/
Promenades
3. Grand Circle
4. Open Telemark

Jive:

1. Fallaway Throwaway
2. Hip Bump/ Shoulder Shaft
3. Mooch
4. Throwaway Whip/Whip Throwaway

COMPULSORY LISTED FIGURES

BRONZE MEDAL GRADE

BALLROOM

Waltz:

1. Outside Change Ended in PP
2. Basic Weave/ Weave in Waltz Time
3. Back Whisk
4. Reverse Corte
5. Weave from PP (Taken after a Whisk)
6. Natural Spin Turn
7. Reverse Pivot

Quickstep:

1. Tipple Chasse to Right/ Tipple Chasse to Right at Corner Tipple Chasse to Right alongside of Room
2. Tipple Chasse to left
3. Change of Direction
4. Natural Turn, Back Lock/ Natural Turn, Back Lock & Running Finish
5. Cross Chasse
6. Reverse Pivot
7. Natural Spin Turn

Tango:

1. Natural Twist Turn
2. Natural Promenade Turn
3. Natural Promenade Turn to Rock Turn/ Natural Promenade to Natural Rock Turn
4. Four Step
5. Progressive Side Step Reverse Turn

Foxtrot:

1. Impetus Turn/ Closed Impetus and Feather Finish
2. Basic Weave/ Basic Weave after 1-4 of Reverse Weave
3. Natural Weave
4. Weave from PP/ Weave from PP Preceded By Open Promenade
5. Open Impetus
6. Feather Ending

COMPULSORY LISTED FIGURES

SILVER BAR GRADE

Candidates must demonstrate a minimum total of 8 figures listed as per Pre-Bronze Grade, Bronze Grade and Bronze Medal plus the following compulsory listed figures to be included in each dance.

LATIN AMERICAN

Cha-Cha-Cha:

1. Closed Hip Twist
2. Open Hip Twist
3. Reverse Top
4. Opening Out from Reverse Top
5. Aida
6. Spiral including Curl

Rumba:

1. Open Hip Twist
2. Reverse Top
3. Opening Out from Reverse Top
4. Aida
5. Spiral including Curl

Samba:

1. Open Rocks
2. Back Rocks
3. Plait
4. Rolling of the Arm

Paso Doble:

1. La Passe
2. Banderillas
3. Twist Turn
4. Fallaway Reverse Turn
5. Spanish Line

Jive:

1. Double Cross Whip/Double Whip
2. Reverse Whip
3. Windmill
4. Spanish Arms

COMPULSORY LISTED FIGURES

SILVER BAR GRADE

BALLROOM

Waltz:

1. Weave Ended in PP (all types)
2. Open Impetus
3. Double reverse Spin Turn
4. Telemark/ Closed Telemark
5. Open Telemark & Cross Hesitation/ Open Telemark followed by Cross Hesitation
6. Open Telemark & Wing/ Open Telemark followed by Wing
7. Open Telemark & Cross Hesitation/ Cross Hesitation Preceded by Open
8. Open Impetus & Wing / Wing preceded by Open Impetus
9. Underturned Outside Spin

Quickstep:

1. Under turned Tiple Chasse to Right
2. Double Reverse Spin Turn
3. Quick Open Reverse Turn

4. Fish Tail
5. Running Right Turn
6. Four Quick Turn

Tango:

1. Promenade Link
2. Back Open Promenade
3. Brush Tap
4. Four Step Change

Foxtrot:

1. Feather Step (Including method 2a – 5 ISTD)
2. Telemark/ Closed Telemark
3. Open Telemark & Feather ending
4. Top Spin
5. Hover Feather
6. Hover telemark

COMPULSORY LISTED FIGURES

SILVER MEDAL GRADE

Candidates must demonstrate a minimum total of 4 figures listed as per Pre-Bronze Grade, Bronze Bar Grade and Bronze Medal and all figures from Silver plus the following compulsory listed figures to be included in each dance.

LATIN AMERICAN

Cha-Cha-Cha:

1. Rope Spinning
2. Cross basic (no Guapacha Timing, No Underarm Turn)
3. Cuban Breaks (Including Split Cuban Breaks)
4. Ronde, Twist & Slip Chasse

Rumba:

1. Rope Spinning
2. Natural Top (In Full Including Underarm Turn/ 7-9 of Natural Top)
3. Cuban Rocks in Open Position
4. Shadow Walks/ Kiki Walks

Samba:

1. Argentine Crosses
2. Maypole
3. Continuous Volta Spot Turn
4. Shadow Circular Volta
5. Samba Side Chasse
6. Corta jaca (Forward & Backward allowing for Arm Height Change)

Paso Doble:

1. Coup de Pique
2. Left Foot Variation
3. Flamenco Taps
4. Methods of Changing Feet

Jive:

1. Rolling off the Arm (Right to Left Hand Hold)
2. Simple Spin
3. Miami Special

COMPULSORY LISTED FIGURES

SILVER MEDAL GRADE

BALLROOM

Waltz:

1. Turning Lock/ Turning Lock to Left (may be ended in PP)
2. Outside Spin
3. Drag Hesitation

Quickstep:

1. V6
2. Telemark/ Closed Telemark
3. Zig Zag, Back Lock & Running Finish
4. Open Impetus Turn
5. Open Telemark
6. Outside Spin
7. Open Passing Natural Turn (which can be Followed by Running Finish)

Tango:

1. Mini Five Step (IDTA)/ Five Step (ISTD)
2. Fallaway Promenade
3. Outside Swivels (All Methods)

Foxtrot:

1. Natural Telemark
2. Hover Cross
3. Open Telemark, Natural Turn, Outside Swivel and Feather Ending
4. Reverse Wave (All Methods Allowed)
5. Open Telemark Followed by Weave from PP

COMPULSORY LISTED FIGURES

GOLD BAR GRADE

Candidates must demonstrate a minimum total of 3 figures listed as per Bronze Medal as well as 6 Figures listed under Silver Bar or Silver Medals plus the following compulsory listed figures to be included in each dance.

LATIN AMERICAN

Cha-Cha-Cha:

1. Alemana (R to R Hand Hold)
2. Chase (ISTD)
3. Advanced Hip Twist
4. Hip Twist Spiral (ISTD & IDTA)

Rumba:

1. Syncopated Cuban Rocks
2. Alemana (Including Various Spin Endings)
3. Sliding Doors

Samba:

1. Roundabout/ Circular Voltas
2. Contra Bota Fogos
3. Samba Locks
4. Cruzados Walks & Locks
5. Reverse Turn with Underarm Turn

Paso Doble:

1. Syncopated Separation
2. Syncopated Appel
3. Syncopated Chasse
4. Travelling Spins from PP

Jive:

1. Rolling off the Arm (R to R Hand Hold with Spin Ending)
2. Overturned Fallaway Throwaway
3. Curly Whip
4. Shoulder Spin

COMPULSORY LISTED FIGURES

GOLD BAR GRADE

BALLROOM

Waltz:

1. Turning Lock to Right
2. Left Whisk
3. Closed Wing

Quickstep:

1. Cross Swivel
2. Six Quick Run
3. Hover Corte

Tango:

1. Fallaway Four Step
2. Five Step (IDTA)
3. Whisk
4. Open Telemark
5. Back Whisk
6. Basic Reverse Turn (1 Bar Syncopated only)

Foxtrot:

1. Quick Open Reverse
2. Reverse Pivot
3. Quick Natural Weave
4. Natural Zig Zag from PP
5. Whisk
6. Back Whisk
7. Outside Spin

COMPULSORY LISTED FIGURES

GOLD MEDAL GRADE

Candidates must demonstrate a minimum total of 6 figures listed as per Silver Bar or Silver Medal and all Figures listed under Gold Bar plus the following compulsory listed figures to be included in each dance.

LATIN AMERICAN

Cha-Cha-Cha:

1. Turkish Towel
2. Sweetheart
3. Follow My Leader

Rumba:

1. Fencing (Including Various Spin Endings)
2. Three Threes
3. Three Alemanas
4. Advanced Hip Twist

Samba:

1. Natural Roll and with Spiral Turns (IDTA)
2. Reverse Roll and with Spiral Turns (IDTA)
3. Promenade & Counter Promenade Runs

Paso Doble:

1. Travelling Spins from CPP
2. Fregolina (Incorporating the Farol)
3. Twists

Jive:

1. Tow Heel Swivels
2. Chugging
3. Catapult
4. Stalking Walks, Flicks & Break
5. Chicken Walks

COMPULSORY LISTED FIGURES

GOLD MEDAL GRADE

BALLROOM

Waltz:

1. Contra Check
2. Fallaway Reverse & Slip Pivot
3. Hover Corte
4. The Fallaway Whisk

Quickstep:

1. Rumba Cross
2. Topsy to Right
3. Topsy to Left

Tango:

1. Over sway
2. The Chase
3. Contra Check
4. Reverse Pivot

Foxtrot:

1. Natural Twist Turn (alternative endings – closed or open Impetus or Natural Weave ending)
2. Curved Feather to Back Feather/ Back Feather/ Curved Feather
3. Natural Hover Telemark
4. Bounce Fallaway with Weave Ending
5. Curved Three Step
6. Curved Feather from PP

COMPULSORY LISTED FIGURES

GOLD MEDAL GRADE

Candidates must demonstrate all Figures listed under Gold Bar & Gold Medal plus the following compulsory listed figures to be included in each dance.

LATIN AMERICAN

Cha-Cha-Cha:

1. Foot Changes
2. Cross Basic (with Underarm Turn and Guapacha Timing)
3. Runaway Chasse
4. Syncopated Open Hip Twist
5. Advanced Hip Twist

Rumba:

1. Continuous Hip Twist
2. Circular Hip Twist
3. Advanced Opening Out

Samba:

1. Three Step Turn
2. Corta Jaca (All Listed Options)
3. Dropped Volta

Paso Doble:

1. Chasse Cape (Including Outside Turn)
2. Coup de Pique Couplet, Syncopated Coup de Pique
3. Advanced Method of Flamenco Taps

Jive:

1. Flick/Kick Ball Changes
2. Double Spin (American Spins or Right or Left Turns)
3. Overturned Change of Place Left to Right
4. Change of Place Right to Left with Lady's Double Spin

GOLD SUPREME MEDAL

(Medal & SADF Certificate Award)

BALLROOM

Waltz:

1. Running Natural Spin Turn
2. Fallaway Natural Spin Turn
3. Passing Natural Turn/ Open Natural Turn

Quickstep:

1. Fallaway Reverse & Slip Pivot
2. Running Cross Chasse

Tango:

1. Fallaway Reverse & Slip Pivot
2. Oversway (Drop or Tilt)
3. Outside Spin

Foxtrot:

1. Fallaway Reverse & Slip Pivot
2. Double Reverse Spin
3. Extended Reverse Wave
4. Outside Spin

SOUTH AFRICAN DANCE

FOUNDATION

CHAIRMAN'S AWARD

Candidates routine contents must consist of a minimum of 60% listed Syllabus Figures as per Technique Book accompanied by 40% development on certain listed Figures. A very sound understanding of Basic Figures is required for each dance, with a clear understanding and characterisation of each dance.

LATIN AMERICAN

BALLROOM