



Ballroom Restricted Syllabus Figures

Waltz	Tango	Slow Foxtrot	Viennese Waltz	Quickstep
1 Back Lock	1 Back Corte	1 Basic Weave	1 Closed Change Backwards	1 Backward Lock
2 Back Whisk	2 Basic Reverse Turn	2 Change of Direction	2 Closed Change Forwards	2 Change of Direction
3 Basic Weave	3 Closed Promenade	3 Closed Impetus & Feather Finish	3 Natural Turn	3 Chasse Reverse Turn
4 Chasse from PP	4 LF & RF Rocks	4 Closed Telemark	4 Reverse Turn	4 Closed Impetus
5 Closed Changes	5 Natural Promenade Turn	5 Feather		5 Double Reverse Spin
6 Closed Impetus	6 Natural Twist Turn	6 Hover Feather		6 Forward Lock
7 Closed Telemark	7 Open Promenade	7 Natural Turn		7 Natural Pivot Turn
8 Double Reverse Spin	8 Open Reverse Turn, Lady in Line	8 Natural Weave		8 Natural Spin Turn
9 Drag Hesitation	9 Open Reverse Turn, Lady Outside	9 Natural Weave from PP		9 Natural Turn
10 Hesitation Change	10 Progressive Link	10 Open Impetus		10 Natural Turn & Back Lock
11 Hover Corte	11 Progressive Side Step	11 Open Telemark & Feather Ending		11 Natural Turn with Hesitation
12 Natural Spin Turn	12 Progressive Side Step Reverse Turn	12 Reverse Turn with Feather Finish		12 Progressive Chasse
13 Natural Turn	13 Promenade Link	13 Reverse Wave		13 Progressive Chasse to Right
14 Outside Change	14 Rock Turn	14 Three Step		14 Quarter Turn to Left (Heel Pivot)
15 Progressive Chasse to Right	15 Walk	15 Weave from PP		15 Quarter Turn to Right
16 Reverse Corte	16 Back Open Promenade	16 Bounce Fallaway with Weave Ending		16 Reverse Pivot
17 Reverse Pivot	17 Brush Tap	17 Continuous Reverse Wave		17 Running Finish
18 Reverse Turn	18 Contra Check	18 Curved Feather to Back Feather		18 Running Right Turn
19 Weave from PP	19 Double Chasse	19 Fallaway Reverse & Slip Pivot		19 Tipple Chasse to Right
20 Whisk	20 Fallaway Four Step	20 Hover Cross		20 Zig Zag, Back Lock, Running Finish
21 Closed Wing	21 Fallaway Promenade	21 Hover Telemark (and to PP)		21 Closed Telemark
22 Contra Check	22 Fallaway Reverse & Slip Pivot	22 Natural Hover Telemark		22 Cross Chasse
23 Fallaway Reverse & Slip Pivot	23 Five Step	23 Natural Telemark		23 Cross Swivel
24 Left Whisk	24 Four Step	24 Natural Twist Turn		24 Fish Tail
25 Open Impetus & Cross Hesitation	25 Four Step Change	25 Natural Zig Zag from PP		25 Four Quick Runs
26 Open Impetus & Wing	26 Outside Swivels	26 Open Telemark & Feather Ending, Open Natural Turn, Outside Swivel, Feather		26 Hover Corte
27 Open Telemark & Cross Hesitation	27 Oversway	27 Top Spin		27 In & Out Runs
28 Open Telemark & Wing	28 Chasse	28 Progressive Chasse to Right		28 Quick Open Reverse
29 Outside Spin		29 Extended Weave		29 Rumba Cross
30 Turning Lock				30 Six Quick Runs
31 Turning Lock to Right				31 Tipsy to Right & Left
32 Running Spin Turn				32 V6

* All figures listed above may be found in any worldwide technique of Ballroom/Latin American Dancing

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Latin American Restricted Syllabus Figures

Cha Cha Cha	Samba	Rumba	Paso Doble	Jive
1 Alemana	1 Basic Movements	1 Alemana	1 Basic Movement	1 American Spin
2 Basic Movements	2 Botafogo to PP & CPP	2 Basic Movements	2 Chasse to R or L (Incl Elevations)	2 Basic in Place
3 Closed Hip Twist	3 Closed Rocks	3 Closed Hip Twist	3 Displacement (Attack)	3 Change of Hands Behind Back
4 Fan	4 Contra Botafogos	4 Cuban Rocks	4 Drag	4 Change of Place L to R
5 Hand to Hand (R & L Side)	5 Corta Jaca	5 Cucarachas (LF & RF)	5 Ecart (Fallaway Whisk)	5 Change of Place R to L
6 Hockey Stick	6 Shadow Botafogos	6 Fan	6 Fallaway Ending to Separation	6 Chugging
7 Natural Opening Out	7 Criss Cross Voltas	7 Hand to Hand (R & L Side)	7 Fregolina	7 Fallaway Rock
8 Natural Top	8 Reverse Turn	8 Hockey Stick	8 Grand Circle	8 Fallaway Throwing
9 New York (to L or R Side)	9 Rhythm Bounce	9 Natural Opening Out	9 Huit	9 Hip Bump
10 Open Hip Twist	10 Samba Walks (Side, Prom, Stationary)	10 Natural Top	10 Le Passe	10 Link
11 Shoulder to Shoulder	11 Shadow Circular Volta	11 New York (to L or R Side)	11 Open Telemark	11 Moomch
12 Spot Turns to R & L	12 Shadow Traveling Volta	12 Open Hip Twist	12 Promenade	12 Stop & Go
13 Three CCC (Fwd & Bk)	13 Solo Spot Volta	13 Opening Out to R & L	13 Promenade to CPP	13 Walks
14 Time Steps	14 Travelling Botafogos Backward	14 Progressive Walks Fwd & Bk	14 Promenade Link	14 Whip (Including Double Whip)
15 Advanced Hip Twist	15 Travelling Botafogos Forward	15 Shoulder to Shoulder	15 Separation	15 Throwing Whip
16 Aida	16 Volta Movements	16 Side Steps	16 Separation with Lady Caping Walk	16 Catapult
17 Chase	17 Whisk (Incl L underarm)	17 Spot Turns to L & R	17 Sixteen	17 Chicken Walks
18 Cuban Breaks (incl Split)	18 Argentine Crosses	18 Aida	18 Sur Place	18 Curly Whip
19 Follow the Leader	19 Back Rocks	19 Fencing Line (Fence)	19 Banderillas	19 Miami Special
20 Foot Changes	20 Cruzados Walks & Locks	20 Hip Twists (Adv, Circular, Cont)	20 Chasse Cape (Incl Outside Turn)	20 Reverse Whip
21 Hip Twist Spiral	21 Foot Changes	21 Opening Out from Reverse Top	21 Coup de Pique	21 Rolling Off The Arm
22 Open Out from Reverse Top	22 Maypole	22 Reverse Top	22 Fallaway Reverse Turn	22 Shoulder Spin
23 Reverse Top	23 Natural Roll	23 Sliding Doors	23 Flamenco Taps	23 Simple Spin
24 Side Steps	24 Open Rocks	24 Spiral Turns (Curl, Rope Spin)	24 Left Foot Variation	24 Spanish Arms
25 Spiral Turns (Curl, Rope Spin)	25 Plait	25 Three Alemanas	25 Spanish Lines	25 Stalking Walks, Flicks & Break
26 Sweetheart	26 Promenade & Counter Promenade Runs	26 Three Threes	26 Syncopated Separation	26 Toe Heel Swivels
27 There & Back	27 Reverse Roll		27 Travelling Spins from CPP	27 Windmill
28 Turkish Towel	28 Rolling off the Arm		28 Travelling Spins from PP	
29 Cross Basic	29 Roundabout		29 Twist Turn	
	30 Samba Locks		30 Twists	
	31 Three Step Turn			
	32 Side Samba Chasse			

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