



**Dance
Promoters'
Association** ®

Juvenile Solo Ballroom & Latin Syllabus

This syllabus is designed for solo ballroom and Latin dancers, removing the traditional restrictions associated with partnered choreography. As the dancer is not required to demonstrate preceding or following figures for a partner, choreography may flow more freely and creatively while still maintaining the character, technique, and essence of each dance style.

The syllabus allows for enhanced artistic expression, including varied arm styling, directional changes, and solo transitions that would not normally be possible in a partnered format.

Emphasis should remain on correct footwork, posture, timing, rhythm, and authentic movement quality for both Ballroom and Latin dances.

To preserve stylistic integrity and technical appropriateness, certain movements remain **non-permitted**, including:

- High kicks above hip height
- Floor work including during the introduction of music
- Acrobatic or gymnastic elements
- No more than two consecutive spins

Aim: To balance freedom and structure, encouraging individuality and performance quality while upholding the traditional foundations of Ballroom and Latin dance.