

American Smooth Juvenile Syllabus

Restrictions and Exceptions

Recommended Tempos:

American Smooth Waltz 28-30 BPM

American Smooth Tango 28-30 BPM

American Smooth Foxtrot 30-32 BPM

American Smooth Viennese-Waltz 52-54 BPM

1. Holds allowed: Ballroom Hold, Alternate Hold, Frame Hold, Single or Double Hand Hold, Handshake Hold (Double Hand or Single Hand), Shadow Hold (lady in front).
2. Proximities allowed: In Contact, Close proximity, Extended proximity, Apart (Apart proximity is allowed for 1 bar of music only and has to be followed by 2 bars in any position and proximity in physical contact).
3. Feet must be closed on basic actions with no continuity unless figure with continuity is listed.
4. Only one syncopation per a bar of music can be used (exceptions - V-Waltz where no syncopations are allowed).
5. No entrances (exceptions - V-Waltz Curtsey and Bow).
6. Couples must start in hold on opposite feet.
7. Couples must dance the first 4 bars in Ballroom Hold (in contact or close proximity).
8. Couples must return to Ballroom Hold at least once within every 8 bars of music.
9. Costumes for American Smooth shall be restricted as per the BDC Juvenile ballroom dress rules.

The above is in addition to the current set of rules provided by the British Dance Council.

The latest editions, and any future editions of the following technique books are the basis for restricted syllabus:

Associated Board of Dance (Dance Vision) / International Dance Teachers Association / National Association of Teachers of Dancing

American Smooth Waltz

1. All Twinkles : Simple, Forward, Back, Outside Partner Right and Left, Turning, Counter Promenade, Promenade, Fallaway, Closed Finish, Star.
2. Balance Steps and Hesitations
3. Promenade and Counter Promenade Breaks / 5th Position Breaks / Whisks
4. Open Breaks with Underarm Turn
5. Running Steps (left and right foot)
6. Crossbody Lead
7. Left Box/Grand Box with Underarm Turn
8. Natural and Reverse Turn (underarm turn allowed)
9. Feather Step
10. Three Step
11. Developpe or Kick (no higher than waist height for a maximum of 1 bar)
12. Grapevine (one syncopation allowed)
13. Chair and slip pivot
14. Hairpin
15. Chasse to Left or Right (followers underarm turn allowed)
16. Waterfall Twinkle/ Switching Shadow Forward Progressive Twinkles
17. Promenade Crossbody Check to Left Side
18. Runaround (Limit 2 bars with 1 syncopation per bar)
19. Shadow Runs
20. Crossbody Check to Syncopated Turn to Left
21. Switch Underarm Turn
22. Three Step Turn with or without Spiral

Commonly known step variations:

1. Side by Side Changes Forward and Backward (Face to Face and Back to Back)
2. 2 Way Underarm Turn
3. Flip Flops
4. Progressive Twinkle Forward and Back

Allowed figures from Ballroom Syllabus:

Fallaway and Slip Pivot , Promenade Chasse, Right and Left Box/Grand Box, Change Steps (left and right foot), Open Impetus, Turning Lock to Left, Closed & Open Telemark, Double Reverse Spin, Forward & Back Whisk, Outside Change to OP or PP, Outside Spin, Basic weave, Weave from PP and Turning Lock to Right.

All figures listed can be danced with the corresponding proximities and holds listed on page one.

American Smooth Tango

1. Walks
2. Tango Close
3. Twinkles (turning, forward)
4. Forward Basic/Closed Basic (in line, outside partner)
5. Running Step / Argentine Walks
6. Change of Places (all variations)
7. Corte
8. Progressive Side Step
9. Rocks on Right or Left Foot With or Without Turn
10. Promenade Turning to Right or Left (no syncopation)
11. Check to Left Side Position / Open Fan (with or with our brush tap)
12. Swivels (two maximum at one time) and Fans
13. Followers Underarm Turn to Left or Right From Open Fan Position
14. Shadow Walks & Rocks from Same Foot Position
15. Open Right Turn
16. Promenade Chasse with Underarm Turn
17. Grapevines to Left and Right
18. Shadow to Open Facing and closed to Shadow
19. Chair or Ronde and Slip Pivot
20. Explosions
21. Viennese Crosses (2 syncopations allowed over 1 bar of music)
22. Back Chasse with Underarm Turn to Shadow Position
23. Locks, Crosses, Chasses (1 syncopation allowed)
24. Promenade Stalk to Closed Finish
25. Curl Underarm Turn
26. Switch Underarm Turn
27. Ronde with Pass Behind Back
28. Three Step Turn with or without Spiral

Allowed figures from Ballroom Syllabus:

Reverse Turn (open or closed finish), Progressive Link, Four Step, Five Step, Single Pivot, Reverse Outside Swivel, Chasse & Whisk, Fallaway, Four Step, Four Step Change, Progressive Side Step, Fallaway Reverse Turn Slip Pivot, Contra Check Twist Turn.

All figures listed can be danced with the corresponding proximities and holds listed on page one.

American Smooth Foxtrot

1. All Twinkles : Simple, Forward, Back, Outside Partner Right and Left, Turning, Counter Promenade, Promenade, Fallaway, Closed Finish, Star.
2. Forward Basic (in line or OP) and Back Basic (no turn or 1/4 to right or left)
3. Left/Right Closed Box/Grand Box (underarm turn to right allowed)
4. Reverse/Natural Turn (underarm turn allowed)
5. Left and Right Rock Turn
6. Sway Step With or Without Underarm Turn
7. Promenade With or Without Underarm Turn
8. Closed Finish Forward or Backward (right or left foot)
9. Crossbody Lead
10. Open Breaks
11. Promenade Crossbody Twist
12. Grapevine or Zigzag (no more than 8 quicks)
13. Open Right and Left Turn
14. Running Steps Forward & Backward, Reverse Wave
15. Traveling Cross
16. Back Chasse with Syncopated Underarm Turn
17. Developpe or Kick (no higher than waist height for a maximum of 1 bar)
18. Forward and Backward Locks
19. Chair and Slip Pivot
20. Contra Check, Explosion and Hover
21. Swivels, Ronde and Single Step Taps/Points
22. Runaround (Limit 2 bars with 1 syncopation per bar)
23. Hairpin
24. Change of Places (all variations)
25. Rock with Switch Underarm Turn
26. Three Step Turn with or without Spiral

Commonly known step variations:

1. In and Out Change Steps
2. Butterfly
3. Flip Flop
4. Hand to Hand
5. Back to Back

Allowed figures from Ballroom Syllabus:

Promenade Chasse, Quick Open Reverse, Closed & Open Telemark, Natural Twist Turn, Outside Spin, Weaves (natural and reverse), Closed & Open Impetus, Outside Swivel, Single Pivot, Back Feather, Feather Step, Three Step, Reverse Wave, Fallaway Reverse Turn Slip Pivot, Reverse Turn, Bounce Fallaway.

All figures listed can be danced with the corresponding proximities and holds listed on page one.

American Smooth Viennese Waltz

1. Curtsy and Bow
2. All Twinkles : Simple, Forward, Back, Outside Partner Right and Left, Turning, Counter Promenade, Promenade, Fallaway, Closed Finish, Fan, Crisscross.
3. Left Box With or Without Turn
4. Left Turns/Reverse Turns/Viennese Cross With or Without Underarm Turn
5. Right Turns/Natural Turns/Viennese Cross With or Without Underarm Turn
6. Switch Underarm Turn
7. Walks, Balance Steps, Hesitations
8. Fifth Position Breaks, Open Breaks, Back Breaks (all can be danced with left or right underarm turn)
9. Crossbody Lead (can be danced with left underarm turn)
10. Closed to Side by Side/Shadow
11. Changes of Place (all variations)
12. Shadow to Open Facing/Side by side
13. Canter Chasse (with or without turn)
14. Rock with Switch Underarm Turn
15. Canter Pivot Left or Right
16. Grapevines
17. Spot Turn (Natural and Reverse)
18. Open/Passing Reverse and Open Natural Turns
19. Running Steps/Traveling Cross on Left or Right Foot
20. Canter Lilt
21. Canter pivots (no more than 2 turns)
22. Chair and Slip Pivot
23. Kicks, Swivels, Rondes, Fans, Zig-Zag, Explosion
24. Runaround (basic timing)
25. Foot Change to Same Foot Leader or Follower
26. Three Step Turn with or without Spiral

Commonly known step variations:

1. In and Out Change Steps
2. Butterfly
3. Flip Flop
4. Hand to Hand
5. Back to Back

Allowed figures from Ballroom Syllabus:

Change Steps Left or Right Foot Forward and Back

All figures listed can be danced with the corresponding proximities and holds listed on page one.