

# 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 (Follower 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 Curtsy 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 British Dance Council 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 / Open Breaks with Underarm Turn
4. Running Steps (left and right foot)
5. Crossbody Lead
6. Left Box/Grand Box with Underarm Turn
7. Natural and Reverse Turn (underarm turn allowed)
8. Feather Step
9. Three Step
10. Develope or Kick (no higher than waist height for a maximum of 1 bar)
11. Grapevine (one syncopation allowed)
12. Chair and Slip Pivot
13. Hairpin
14. Chasse to Left or Right (followers underarm turn allowed)
15. Waterfall Twinkle/ Switching Shadow Forward Progressive Twinkles
16. Promenade Crossbody Check to Left Side
17. Runaround (Limit 2 bars with 1 syncopation per bar)
18. Crossbody Check to Syncopated Turn to Left
19. Switch Underarm Turn
20. 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 Reverse 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 without 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 / Closed to Shadow
19. Chair or Ronde and Slip Pivot
20. Explosions
21. Back Chasse with Underarm Turn to Shadow Position
22. Promenade Stalk to Closed Finish
23. Curl Underarm Turn
24. Switch Underarm Turn
25. Ronde with Pass Behind Back
26. 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, Viennese Cross (1 syncopation allowed), Four Step, Four Step Change, Locks, Crosses, Chasses (1 syncopation allowed), Progressive Side Step, Fallaway Reverse and 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. Crossbody Lead
9. Open Breaks
10. Promenade Crossbody Twist
11. Grapevine or Zigzag (no more than 8 quicks)
12. Open Right and Left Turn
13. Back Chasse with Syncopated Underarm Turn
14. Develope or Kick (no higher than waist high for a maximum of 1 bar)
15. Forward and Backward Locks
16. Chair and Slip Pivot
17. Contra Check, Explosion and Hover
18. Swivels, Ronde and Single Step Taps/Points
19. Runaround (Limit 2 bars with 1 syncopation per bar)
20. Hairpin
21. Change of Places (all variations)
22. Rock with Switch Underarm Turn
23. 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, Running Steps Forward & Backward, Reverse Wave, 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. Canter Pivot Left or Right (no more than 2 turns)
15. Grapevines
16. Spot Turn (Natural and Reverse)
17. Open/Passing Reverse and Open Natural Turns
18. Running Steps/Travelling Cross on Left or Right Foot
19. Canter Lilt
20. Chair and Slip Pivot
21. Kicks, Swivels, Rondes, Fans, Zig-Zag, Explosion
22. Runaround (basic timing)
23. Foot Change to Same Foot Leader or Follower
24. 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.