



BRITISH DANCE COUNCIL

APPENDIX 6 — SOLO BALLROOM

Appendix 6 - Solo Ballroom Syllabus

The restricted syllabus figures referred to in this appendix will be used by competitors in Solo Championships and competitions organised under British Dance Council rules that are subject to rules listed below

- (a) Juveniles (see Rule 7)
- (b) Juniors, Beginner and Novice Grades (see Rule 11)
- (c) Youth and Adult Beginners and Novices (see Rule 11)
- (d) Junior, Youth, Adult, Amateur and Professional Championships that are subject to rule 97 (see rule (97))

A. TECHNIQUE

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

Syllabus:

- a) The Revised Technique by Alex Moore
- b) The Ballroom Technique of the Imperial Society (ISTD)
- c) Technique of Ballroom Dancing by Guy Howard (IDTA)
- d) The UKA Ballroom Book
- e) ABD Ballroom Technique Book
- f) NATD Ballroom Technique Book

B. FIGURES AND ROLES

Any figures listed in the mentioned technique books are allowed including notes and special notes except those listed in section E

Competitors may elect to dance the permitted figures as either Leader or Follower, but once selected, the role must be maintained throughout the dance.

All competitors must maintain a standard ballroom hold throughout the duration of the dance.

C. ALIGNMENTS, POSITIONS, AMOUNTS OF TURN

Alignments, commencing and ending positions and amounts of turn have to be danced as described in the charts/notes. It is not allowed to dance parts of the figure unless otherwise stated in the above technique books.

D. PRECEDES AND FOLLOWS

All precedes and follows are allowed, as long as they follow the above rules, alignment, amount of turn, commencing and finishing positions).

All dancers will be allowed a grace of four bars for an introduction before syllabus work is required. However, this should be restricted to age-appropriate Ballroom dance figures only.

E. BALLROOM DANCES

WALTZ

All the specified figures including: Open Natural Turn from PP (as an independent figure) Except:

- a) Contra Check
- b) Left Whisk
- c) Oversway

FOXTROT

All the specified figures except:

- a) Contra Check
- b) Oversway

TANGO

All the specified figures except:

- a) Oversway Natural Turn
- b) Contra Check
- c) Left Whisk

QUICKSTEP

All the specified figures including:

- a) Open Natural Turn (Passing Natural Turn) from PP (as an independent figure)

VIENNESE WALTZ

Specified figures:

- a) Reverse Turn
- b) Natural Turn
- c) RF Forward Change Step - Natural to Reverse
- d) LF Forward Change Step - Reverse to Natural
- e) LF Backward Change Step - Natural to Reverse
- f) RF Backward Change Step - Reverse to Natural



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Waltz

1. Closed Changes RF & LF
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk fwd (& at corner)
6. Chasse from PP - Syncopated
7. Hesitation Change Impetus Turn
8. Progressive Chasse to R
9. Closed Impetus
10. Outside Change
11. Reverse Corte
12. Back Whisk
13. Basic Weave
- 13a Weave in Waltz time Finish (all alignments)
14. Double Reverse Spin
15. Drag Hesitation
16. Backward Lock Step
17. Forward Lock Step
18. Reverse Pivot
19. Closed Telemark
20. Open Telemark, Cross Hesitation
21. Open Telemark, Wing
22. Open Impetus Turn
23. Open Impetus, Cross Hesitation
24. Open Impetus, Wing
25. Weave from PP
26. Weave from PP after Open Impetus
27. Weave from PP after Whisk
28. Outside Spin
29. Under turned Outside Spin
30. Turning Lock
31. Turning Lock to Right
32. Closed Wing
33. Fallaway Reverse & Slip Pivot
34. Hover Corte
35. Fallaway Natural Turn
36. Running Spin Turn
37. Fallaway Whisk (after 1-3 Natural Turn)

Foxtrot

1. Walk
2. Feather Step
3. Three Step
4. Natural Turn
5. Reverse Turn
6. Change of Direction
7. Closed Impetus and Feather Finish
8. Natural Weave
9. Basic Weave
- 9a. Weave after 1-4 Reverse Wave
10. Reverse Wave
11. Closed Telemark - Telemark
12. Open Telemark, Feather Ending
13. Top Spin – Top Spin after Feather
14. Hover Feather
15. Hover Telemark
16. Natural Telemark
17. Hover Cross
18. Open Telemark, Natural Turn, Outside Swivel, Feather Ending
19. Open Impetus Turn
20. Weave from PP
21. Natural Twist Turn
22. Reverse Pivot
23. Quick Open Reverse
24. Quick Natural Weave from PP
25. Curved Feather to Back Feather
26. Curved Feather
27. Back Feather
28. Curved Feather from PP
29. Natural Zig-zag from PP
30. Fallaway Reverse & Slip Pivot
31. Natural Hover Telemark
32. Bounce Fallaway with Weave Ending
33. Extended Reverse Wave
34. Curved Three Step



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Tango

1. Walk
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade
5. Open Promenade / Open Finish
6. Natural Rock Turn, Closed or Open Finish – Rock turn, Closed or Open Finish
7. Back Corte, Closed or Open Finish
8. Basic Reverse Turn, Closed or Open Finish
9. Open Reverse Turn, Partner Outside, Closed or Open Finish
10. Open Reverse Turn, Follower In Line, Closed or Open Finish
11. Progressive Side Step Reverse Turn, Closed or Open Finish
12. Rock on LF, Rock on RF
13. Natural Twist Turn
14. Natural Promenade Turn
15. Promenade Link
16. Four Step
17. Back Open Promenade
18. Outside Swivel (4 methods)
19. Fallaway Promenade
20. Four Step Change
21. Brush Tap
22. Natural Promenade Turn to Rock Turn (at corner and along side of room)
23. Fallaway Four Step - Fallaway Four Step (at corner and along side of room)
24. The Chase
25. Fallaway Reverse & Slip Pivot
26. Five Step
27. Mini Five Step

Viennese Waltz

1. Natural Turn
2. Reverse Turn
3. Forward and Backward Change Steps

Quickstep

1. Walk
2. Quarter Turn to R
3. Progressive Chasse
4. Natural Turn (at a corner)
5. Natural Turn with Hesitation
6. Natural Pivot Turn
7. Natural Spin Turn
8. Progressive Chasse to R
9. Forward Lock
10. Backward Lock
11. Reverse Pivot
12. Tiple Chasse to R
13. Tiple Chasse to R (after 1-3 Natural Turn at corner)
14. Tiple Chasse to R (after 4 of Back Lock)
15. Running Finish & Open Running Finish (to PP)
16. Natural Turn & Back Lock, Tiple chasse to Right
17. Natural Turn & Back Lock, Running Finish
18. Double Reverse Spin
19. Closed Impetus
20. Impetus Turn
21. Quick Open Reverse
22. Zig-Zag, Back Lock, Running Finish
23. Fishtail
24. Running Right Turn
25. Four Quick Run
26. V6
27. Closed Telemark
28. Tiple Chasse to L
29. Cross Swivel
30. Running Cross Chasse
31. Passing Natural Turn (Open Natural Turn)
32. Six Quick Run
33. Rumba Cross
34. Topsy to R & Topsy to L
35. Topsy followed by 2-4 of Forward Lock
36. Hover Corte

