



SYLLABUS

STANDARD BALLROOM

1 Rules & Regulations

- 1.1 The figures that are outlined in this syllabus are for competitors dancing in DFI competitions. (Competitors who compete abroad will have to align themselves with that organisations syllabus).
- 1.2 DFI syllabus applies to ; competitors that are competing as; solo/couple/teams.
- 1.3 DFI syllabus applies to all age categories, ie; Minors, Juveniles, Juniors, Youth, Adult, Seniors.
- 1.4 Minor 1 and Minor 2 are permitted, under DFI rules to dance the syllabus as their level permits, ie E Class may only dance E Class figures.
- 1.5 Juvenile competitors may only dance the figures as stated in this syllabus as their level permits, ie D Class may only dance D Class figures, etc.
- 1.6 Junior/Youth/Adult/Senior competitors may only dance the figures as stated in this syllabus and as their level permits up to C Level.
- 1.7 Junior/Youth/Adult/Senior competitors may compete in B Level and upwards competitions using Open Choreography and any figures that are outlined in this syllabus.

SLOW WALTZ

E CLASS

1.1 Minor 1:

1 – Box Step (No Rotation)

1.3 Minor 2:

1 – Box Step (No Rotation)

2 – Closed change on Right Foot

3 – Closed Change on Left Foot

1.3 JUVENILE/JUNIOR/YOUTH/ADULT/SENIOR:

1 - Close change on right foot

2 - Close change on left foot

3 - Box Step (No Rotation)

D CLASS:

1- Close change on right foot

2- Close change on left foot

3- Natural Turn

4- Reverse turn

5- Progressive Chasse to Right

6- Whisk

7- Back Whisk

8- Outside Change

9- Basic Weave

10- Chasse from PP

11- Backward Locks

12- Open Natural Turn

13- Hesitation Change

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- 14- Natural Spin Turn
- 15- Reverse Corte
- 16- Running Finish (See Quickstep)
- 17- Progressive Chasse to Left (see Quickstep)

C CLASS & ABOVE: As D Class plus:

- 18- Double Reverse Spin
- 19- Telemark
- 20- Telemark to PP
- 21- Weave from PP
- 22- Impetus
- 23- Impetus to PP
- 24- Drag Hesitation
- 25- Outside Spin
- 26- Natural Turning Lock
- 27- Reverse Turning Lock
- 28- Outside Swivel (see foxtrot)
- 29- Wing
- 30- Wing from PP
- 31- Cross Hesitation from PP
- 32- Reverse Pivot
- 33- Fallaway Natural Turn
- 34- Running Weave from PP
- 35- Running Spin Turn
- 36- Overturned Running Spin Turn
- 37- Running Cross Chasse
- 38- Fallaway Reverse And Slip Pivot
- 39- Left Whisk
- 40- Contra Check
- 41- Hover Corte
- 42- Curve Feather (see Foxtrot)
- 43- Bounce Fallaway Weave Ending (see Foxtrot)
- 44- Quick Open Reverse (see Foxtrot)

TANGO

SOLOS & COUPLES

MINORS/JUVENILES/JUNIORS/YOUTH/ADULT/SENIORS

D CLASS:

- 1- Tango Walks
- 2- Tap – Alternative Entries to PP
- 3- Progressive Side-Step
- 4- Brush Tap
- 5- Progressive Link
- 6- Closed Promenade
- 7- Open Promenade
- 8- Back Corte
- 9- Basic Reverse Turn
- 10- Open Reverse Turn
- 11- Rock on Left Foot
- 12- Rock on Right Foot
- 13- Natural Rock Turn
- 14- Natural Twist Turn from PP
- 15- Natural Turn from PP
- 16- Four Step
- 17- Outside Swivel (Methods 1,2 & 3)

C Class Upwards: Including D Class

- 18- Promenade Link turned to R
- 19- Promenade Link Turned to L
- 20- Back Open Promenade
- 21- Fallaway in Promenade
- 22- Whisk
- 23- Back whisk
- 24- Progressive Side-Step Reverse Turn
- 25- Fallaway Four Step
- 26- Four Step Change
- 27- Five Step
- 28- Mini Five Step
- 29- Quick Reverse Turn
- 30- Fallaway Reverse & Slip Pivot
- 31- Telemark to PP
- 32- Open Natural Turn
- 33- Outside spin
- 34- Natural Twist Turn
- 35- Chase

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36- Chase Alternative Endings

37- Oversway

38- Drop Oversway

39- Oversway Alternative endings

40- Contra check

41- Reverse pivot

42- In - Out

QUICKSTEP

SOLOS & COUPLES

MINORS/JUVENILES/JUNIORS/YOUTH/ADULT/SENIORS

D CLASS:

- 1- Basic movement – Quarter Turn and Progressive Chasse
- 2- Natural Turn
- 3- Reverse Turn
- 4- Progressive Chasse to Right
- 5- Progressive Chasse to Left
- 6- Cross Chasse
- 7- Quarter Turn to Right
- 8- Quarter Turn to Left
- 9- Outside Change
- 10- Natural Pivot
- 11- Running Finish
- 12- Backward Lock
- 13- Forward Lock
- 14- Open Natural Turn
- 15- Natural Spin Turn
- 16- Hesitation Change

C Class Upwards: Including D Class

- 17- Double Reverse Spin
- 18- Impetus
- 19- Impetus to PP
- 20- Telemark
- 21- Telemark to PP
- 22- Whisk
- 23- Back whisk
- 24- Open Reverse Turn
- 25- Tipple chasse to Right - At a Corner
- 26- Tipple chasse to Right - Along Line of Dance
- 27- Tipple chasse to Left
- 28- Four Quick Run
- 29- Zig Zag
- 30- V-6
- 31- Outside Spin
- 32- Weave from PP (see Waltz)
- 33- Reverse Pivot
- 34- Natural Turning Lock
- 35- Drag Hesitation
- 36- Cross Swivel

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- 37- Fishtail
- 38- Running Natural Turn
- 39- Running Cross Chasse
- 40- Six Quick Run
- 41- Tippy to Right
- 42- Tippy to Left
- 43- Rumba Cross
- 44- Hover Corte
- 45- Fallaway Natural Turn (see waltz)
- 46- Wing (see waltz)
- 47- Wing from PP (see Waltz)
- 48- Running Spin Turn (see Waltz)
- 49- Curved Feather (see Foxtrot)

SLOW FOX

C Class Upwards:

- 1- Feather Step
- 2- Three Step
- 3- Feather Finish
- 4- Feather Ending
- 5- Hover Feather
- 6- Natural Turn
- 7- Reverse Turn
- 8- Basic Weave
- 9- Natural Weave
- 10- Change of Direction
- 11- Heel Pull Finish
- 12- Whisk
- 13- Back Whisk
- 14- Open Natural Turn
- 15- Double Reverse Spin
- 16- Telemark
- 17- Telemark to PP
- 18- Hover Telemark
- 19- Hover Telemark to PP
- 20- Natural Telemark
- 21- Natural Hover Telemark
- 22- Impetus
- 23- Impetus to PP
- 24- Weave from PP
- 25- Hover Cross
- 26- Top Spin
- 27- Outside Swivel
- 28- Outside Spin
- 29- Reverse Wave
- 30- Natural Twist Turn
- 31- Natural Twist Turn with Natural Weave
- 32- Natural Twist Turn with Impetus and Feather Finish
- 33- Natural Twist Turn with Impetus to PP
- 34- Natural Zig Zag from PP
- 35- Curved Three Step
- 36- Curved Feather
- 37- Curved Feather from PP
- 38- Back Feather
- 39- Fallaway Reverse And Slip Pivot
- 40- Bounce Fallaway with Weave Ending
- 41- Running Weave from PP
- 42- Open Reverse Turn

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43- Extended Reverse Wave

44- Reverse Pivot

VIENNESE WALTZ

C Class Upwards:

- 1- Natural turn
- 2- Reverse Turn
- 3- RF Forward Change Step – Natural to Reverse
- 4- LF Forward Change Step – Reverse to Natural
- 5- LF Backward Change Step – Natural to Reverse
- 6- RF Backward Change Step – Reverse to Natural
- 7- Chasse Change Step
- 8- Continuous Spin
- 9- Reverse Pivots
- 10- Hesitation Change
- 11- Drag Hesitation
- 12- Natural Spin Turn
- 13- Telemark
- 14- Natural Spin Turn Reverse Pivot
- 15- Checked Natural Turn
- 16- Natural Back Check
- 17- Checked Reverse Turn
- 18- Reverse Back Check
- 19- Contra Check
- 20- Left Whisk
- 21- Running Weave
- 22- Natural Fleckerl
- 23- Reverse Fleckerl
- 24- Check From Reverse to Natural Fleckerl
- 25- Overturned Natural Spin Turn
- 26- Throwaway Oversway
- 27- Throwaway Oversway – Taken after 1-3 of Reverse Turn
- 28- Hover Reverse Turn
- 29- Running Feather
- 30- Running Feather – Opening to PP
- 31- Double Reverse Spin Overspin
- 32- Reverse Impetus into Right Lunge
- 33- Rudolph Fallaway
- 34- Ronde Twist Turn
- 35- Double Leg Ronde
- 36- Swivel to Promenade Pivot
- 37- Swivel to Promenade Link