



## American Smooth Ballroom Medal Program

| Waltz |  | Pattern              | Lead Follow | Foot work | Styling | Level  |
|-------|--|----------------------|-------------|-----------|---------|--------|
| 1.    | Left and Right Foot Closed Changes                         |                      |             |           |         | BRONZE |
| 2.    | Left Turn A, B & C   |                      |             |           |         |        |
| 3.    | Right Turn A, B & C  |                      |             |           |         |        |
| 4.    | Hesitation A & B   |                      |             |           |         |        |
| 5.    | Cross Body Lead  |                      |             |           |         |        |
| 6.    | Simple Twinkle   |                      |             |           |         | BAR    |
| 7.    | Twinkle with Promenade Chasse Ending                       |                      |             |           |         |        |
| 8.    | Twinkles Forward   |                      |             |           |         |        |
| 9.    | Twinkles Back  |                      |             |           |         |        |
| 10.   | Twist to Left from Promenade Position                      |                      |             |           |         | BAR    |
| 1.    | Box with Right Underarm Turn                               | Recognised Variation |             |           |         |        |
| 2.    | Promenade Turn   | Recognised Variation |             |           |         |        |
| 11.   | Open Simple Twinkle  |                      |             |           |         | SILVER |
| 12.   | Open Twinkle with Promenade Chasse                         |                      |             |           |         |        |
| 13.   | Open Twinkles Forward                                      |                      |             |           |         |        |
| 14.   | Open Twinkles Back   |                      |             |           |         |        |
| 15.   | Open Left Turn   |                      |             |           |         |        |
| 16.   | Open Right Turn  |                      |             |           |         |        |
| 17.   | Single Wrap  |                      |             |           |         |        |
| 18.   | Shadow Open Left Turn                                      |                      |             |           |         |        |
| 19.   | Single Wrap to Shadow Right Turns                          |                      |             |           |         | BAR    |
| 20.   | Syncopated Right Underarm Turn                             |                      |             |           |         |        |
| 1.    | Grapevine  | Recognised Variation |             |           |         |        |
| 2.    | Promenade and Counter Promenade Runs                       | Recognised Variation |             |           |         |        |
| 3.    | Curved Three Steps   | Recognised Variation |             |           |         |        |
| 4.    | Fallaway Reverse Turn, Slip Pivot, Syncopated Curved Three | Recognised Variation |             |           |         |        |
| 5.    | Open Left Turn to Cross Swivels                            | Recognised Variation |             |           |         |        |
| 21.   | Tornillo   |                      |             |           |         | GOLD   |
| 22.   | Open Right Turn to Arabesque                               |                      |             |           |         |        |
| 23.   | Side by Side Combination                                   |                      |             |           |         |        |
| 24.   | Fallaway Reverse to Tele Ronde                             |                      |             |           |         |        |
| 25.   | Same Foot Lunge to Throwaway Oversway                      |                      |             |           |         |        |
| 26.   | 1 – 3 Open Left Turn                                       |                      |             |           |         |        |
| (a)   | - to Reverse Pivot to Contra Check to PP                   |                      |             |           |         |        |
| (b)   | - to Lady's Left Underarm Turn                             |                      |             |           |         |        |
| (c)   | - Chasse to PP   |                      |             |           |         |        |
| (d)   | - RF Back Contra Check                                     |                      |             |           |         |        |
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| Tango |  | Pattern | Lead Follow | Foot work | Styling | Level                      |
|-------|--|---------|-------------|-----------|---------|----------------------------|
| 1.    | Basic A and B                                  |         |             |           |         | B<br>R<br>O<br>N<br>Z<br>E |
| 2.    | Promenade Basic                                |         |             |           |         |                            |
| 3.    | Corte  |         |             |           |         |                            |
| 4.    | Corte with Roll Out                            |         |             |           |         |                            |
| 5.    | Promenade to Fan                               |         |             |           |         |                            |
| 6.    | Turning Corte to Outside Swivel                |         |             |           |         | B<br>A<br>R                |
| 7.    | Continuous Basic                               |         |             |           |         |                            |
| 8.    | Basic Left Turn                                |         |             |           |         |                            |
| 9.    | Contra Rock to Circular Fans                   |         |             |           |         |                            |
| 10.   | Oversway                                       |         |             |           |         |                            |
| 11.   | Open Left Turn to Quick fans                   |         |             |           |         | S<br>I<br>L<br>V<br>E<br>R |
| 12.   | Same Foot Fans                                 |         |             |           |         |                            |
| 13.   | Double Ronde                                   |         |             |           |         |                            |
| 14.   | Shadow Open Left Turn                          |         |             |           |         |                            |
| 15.   | Pivots to Open Same Foot Lunge                 |         |             |           |         | B<br>A<br>R                |
| 16.   | Corte to Leg Hooks                             |         |             |           |         |                            |
| 17.   | Promenade Flicks and Twist to Trap             |         |             |           |         |                            |
| 18.   | Rock Turn to Turning Lock                      |         |             |           |         |                            |
| 19.   | Fallaway to Open Check                         |         |             |           |         |                            |
| 20.   | Viennese Cross to Contra Check & Rudolph Ronde |         |             |           |         | G<br>O<br>L<br>D           |
| 21.   | Outside Swivel to Stalks to Inverted Swivel    |         |             |           |         |                            |
| 22.   | Promenade Turn to X lines                      |         |             |           |         |                            |
| 23.   | Inverted Swivel to Shadow Viennese Crosses     |         |             |           |         |                            |
| 24.   | Outside Spin to Side by Side Points            |         |             |           |         |                            |
| 25.   | Tango Shadow Grapevine                         |         |             |           |         |                            |
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| Foxtrot |   | Pattern | Lead Follow          | Foot work | Styling | Level  |
|---------|---|---------|----------------------|-----------|---------|--------|
| 1.      | Forward Basic                                     |         |                      |           |         | BRONZE |
| 2.      | Quarter Turns A & B                               |         |                      |           |         |        |
| 3.      | Left Rock Turn                                    |         |                      |           |         |        |
| 4.      | Swing Step  |         |                      |           |         |        |
| 5.      | Promenade Walk A & B                              |         |                      |           |         |        |
| 6.      | Cross Body Lead                                   |         |                      |           |         |        |
| 7.      | Simple Twinkle                                    |         |                      |           |         | BARR   |
| 8.      | Twinkle with Promenade Chasse Ending              |         |                      |           |         |        |
| 9.      | Twinkles Forward                                  |         |                      |           |         |        |
| 10.     | Twinkles Back                                     |         |                      |           |         |        |
| 11.     | Promenade Turn                                    |         |                      |           |         |        |
| 1.      | Left and Right Foot Closed Changes                |         | Recognised Variation |           |         | SILVER |
| 2.      | Left Turn A, B & C   Right Turn A, B & C          |         | Recognised Variation |           |         |        |
| 3.      | Twist to Left from Promenade Position             |         | Recognised Variation |           |         |        |
| 4.      | Open Simple Twinkle                               |         | Recognised Variation |           |         |        |
| 5.      | Open Twinkle with Promenade Chasse                |         | Recognised Variation |           |         |        |
| 6.      | Open Twinkles Forward   Open Twinkles Back        |         | Recognised Variation |           |         |        |
| 7.      | Open Left Turn   Open Right Turn                  |         | Recognised Variation |           |         |        |
| 8.      | Grapevine   |         | Recognised Variation |           |         |        |
| 12.     | Promenade and Counter Promenade Runs              |         |                      |           |         | BARR   |
| 13.     | Curved Three Steps                                |         |                      |           |         |        |
| 14.     | Fallaway Reverse Turn, Slip Pivot, Sync' Curved 3 |         |                      |           |         | BARR   |
| 15.     | Open Left Cross Turn to Cross Swivels             |         |                      |           |         |        |
| 1.      | Single Wrap                                       |         | Recognised Variation |           |         |        |
| 2.      | Shadow Open Left Turn                             |         | Recognised Variation |           |         |        |
| 3.      | Single Wrap to Shadow Right Turns                 |         | Recognised Variation |           |         | GOLD   |
| 4.      | Syncopated Right Underarm Turns                   |         | Recognised Variation |           |         |        |
| 16.     | Running Weave to Throwaway                        |         |                      |           |         |        |
| 17.     | Contra Check to Grapevine and Apart Turn          |         |                      |           |         |        |
| 18.     | Whirlpool   |         |                      |           |         |        |
| 19.     | Underarm Combination                              |         |                      |           |         |        |
| 20.     | Side by Side Variation                            |         |                      |           |         |        |
| 21.     | Contra Check                                      |         |                      |           |         |        |
| 22.     | Open Left Turn to Contra Check                    |         |                      |           |         |        |
| 23.     | Curved Walks to Contra Check                      |         |                      |           |         |        |
| 24.     | Chasse to the Right to Contra Check               |         |                      |           |         |        |
| 25.     | Promenade Ronde to Contra Check                   |         |                      |           |         |        |
| 26.     | Side Hover to Contra Check                        |         |                      |           |         |        |
| 27.     | Throwaway O'sway Commenced in PP                  |         |                      |           |         |        |
| 28.     | Chasse in PP to Throwaway O'sway to Grapevine     |         |                      |           |         |        |
| 29.     | Throwaway O'sway commenced with R't foot Back     |         |                      |           |         |        |
| 30.     | 1-3 Open Left Turn to Throwaway O'sway to Hover   |         |                      |           |         |        |
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| Viennese Waltz |  | Pattern | Lead Follow | Foot work | Styling | Level                      |
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| 1.             | Left Turn                                    |         |             |           |         | B<br>R<br>O<br>N<br>Z<br>E |
| 2.             | Right Turn                                   |         |             |           |         |                            |
| 3.             | Hesitations Forward and Back                 |         |             |           |         |                            |
| 4.             | Side Hesitations                             |         |             |           |         |                            |
| 5.             | Progressive Forward and Back Hesitations     |         |             |           |         |                            |
| 6.             | Fifth Position Breaks                        |         |             |           |         | B<br>A<br>R                |
| 7.             | Progressive Fifth Position Breaks            |         |             |           |         |                            |
| 8.             | Cross Body Lead to Left Underarm Turn        |         |             |           |         |                            |
| 9.             | Underarm Turn to the Right                   |         |             |           |         |                            |
| 10.            | Left Underarm Turn to In and Out Hesitations |         |             |           |         | S<br>I<br>L<br>V<br>E<br>R |
| 11.            | Progressive Fifth Position with Hand Change  |         |             |           |         |                            |
| 12.            | Left Turns with Lady's Underarm Turns        |         |             |           |         |                            |
| 13.            | Canter Turns                                 |         |             |           |         |                            |
| 14.            | Back to Back Box                             |         |             |           |         |                            |
| 15.            | Promenade Hesitation Run                     |         |             |           |         | B<br>A<br>R                |
| 16.            | Turning Hesitation to Back Lock              |         |             |           |         |                            |
| 17.            | Shadow Turns to Right                        |         |             |           |         |                            |
| 18.            | Fan Kicks                                    |         |             |           |         |                            |
| 19.            | Ronde to Throwaway                           |         |             |           |         | G<br>O<br>L<br>D           |
| 20.            | Underarm Spin to Throwaway                   |         |             |           |         |                            |
| 21.            | Underarm passes                              |         |             |           |         |                            |
| 22.            | Promenade and Counter Promenade Runs         |         |             |           |         |                            |
| 23.            | Open Right Turn to Develope                  |         |             |           |         |                            |
| 24.            | Travelling Crosses                           |         |             |           |         | G<br>O<br>L<br>D           |
| 25.            | Travelling Crosses – Short Version # 1       |         |             |           |         |                            |
| 26.            | Travelling Crosses – Short Version # 2       |         |             |           |         |                            |
| 27.            | Open Runs and Turns                          |         |             |           |         |                            |
| 28.            | Underarm Turns to Swivels                    |         |             |           |         |                            |
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| <b>Dances for Medal Tests</b>   |  |
|---|--|
| Bronze  | Waltz, Foxtrot, Tango, Viennese Waltz (Peabody is optional)  |
| Bronze Bar  | Waltz, Foxtrot, Tango, Viennese Waltz (Peabody is optional)  |
| Silver  | Waltz, Foxtrot, Tango, Viennese Waltz (Peabody is optional)  |
| Silver Bar  | Waltz, Foxtrot, Tango, Viennese Waltz (Peabody is optional)  |
| Gold  | Waltz, Foxtrot, Tango, Viennese Waltz (Peabody is optional)  |
| Gold Bar  | Waltz, Foxtrot, Tango, Viennese Waltz (Peabody is optional)  |
| <b>1 and 2 Dance Certificate Examinations</b>   |  |
| Bronze  | Single Dance (figures as per Bronze Medal syllabus)<br>All Medallist Dance Styles – Must be dances available to Bronze Medallists  |
| Silver  | 1 or 2 Dances (figures as per Silver Medal syllabus)<br>All Medallist Dance Styles – Must be dances available to Silver Medallists |
| Gold  | 2 dances (unrestricted syllabus)<br>All Medallist Dance Styles   |
| The candidate will be assessed at medal test standards and will receive an examination report form plus the appropriate Bronze, Silver or Gold Certificate signed by the Examiner on the day of examination.  |  |
| <b>Composite Examinations</b>   |  |
| Bronze  | 3 dances (made up of any dance or dances)<br>Figures as per Bronze Medal syllabus  |
| Silver  | 4 dances (made up of any dance or dances)<br>Figures as per Silver Medal syllabus  |
| Gold  | 4 dances (made up of any dance or dances)<br>Unrestricted syllabus   |
| The candidate will be assessed at medal test standards and will receive an examination report form plus the appropriate Bronze, Silver or Gold Certificate signed by the Examiner on the day of examination.  |  |
| <b>Cabaret Examinations</b>   |  |
| Bronze  | Any style or combination of recognised ballroom dance styles;<br>and is restricted to Bronze/Bronze Star/Bar/Crest requirements    |
| Silver  | Any style or combination of recognised ballroom dance styles;<br>and is restricted to Silver/Silver Star/Bar/Crest requirements    |
| Open  | Any style or combination of recognised ballroom dance styles;<br>and is unrestricted   |
| These examinations are designed for candidates who have completed all levels of medal examinations or those who wish to incorporate with their medals an exam that is not as technical and allows both student and teacher an opportunity for creativity. |  |