



Sequence Dance Program

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| Level One | | Pattern | Lead Follow | Foot work | Styling | Level |
|-----------|-----------------------|---------|-------------|-----------|---------|---|
| 1. | Emmerdale Waltz | | | | | C H O I C E O F T H R E E D A N C E S |
| 2. | Catherine Waltz | | | | | |
| 3. | Tango Solaire | | | | | |
| 4. | Balmoral Blues | | | | | |
| 5. | Mayfair Quickstep | | | | | |
| 6. | Alpine Stroll | | | | | |
| 7. | Jacqueline Cha Cha | | | | | |
| 8. | Sally Anne Cha Cha | | | | | |
| 9. | Shadow Samba | | | | | |
| 10. | Shadow Salsa | | | | | |
| 11. | Rumba One | | | | | |
| 12. | Jetta Jive | | | | | |
| 13. | Paso La Paz | | | | | |
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| Level Two | | Pattern | Lead Follow | Foot work | Styling | Level |
| 1. | New Vogue Waltz | | | | | C H O I C E O F F O U R D A N C E S |
| 2. | Argentine Stroll | | | | | |
| 3. | Crystal Blues | | | | | |
| 4. | Crystal Quickstep | | | | | |
| 5. | Saunter Caprice | | | | | |
| 6. | Spindle Quickstep | | | | | |
| 7. | Coca Bola Cha Cha | | | | | |
| 8. | Sling Shot Cha Cha | | | | | |
| 9. | Fiesta Samba | | | | | |
| 10. | Mambo Magic | | | | | |
| 11. | Rosalie Rumba | | | | | |
| 12. | Queen of Hearts Rumba | | | | | |
| 13. | Let's Jive | | | | | |
| 14. | Paso Deena | | | | | |
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| Level Three - Modern Waltz Rhythm | | Pattern | Lead Follow | Foot work | Styling | Level |
|-----------------------------------|------------------|---------|-------------|-----------|---------|-------|
| 1. | Emmerdale Waltz | | | | | |
| 2. | Catherine Waltz | | | | | |
| 3. | Engagement Waltz | | | | | |
| 4. | New Vogue Waltz | | | | | |
| 5. | Opus No. 5 | | | | | |
| 6. | Banbury Waltz | | | | | |
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| Level Three – Tango (Argentine) Rhythm | | Pattern | Lead Follow | Foot work | Styling | Level |
|--|---------------------|---------|-------------|-----------|---------|-------|
| 1. | Argentine Stroll | | | | | |
| 2. | Argentine Obsession | | | | | |
| 3. | Tango Solaire | | | | | |
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| Level Three - Foxtrot Rhythm | | Pattern | Lead Follow | Foot work | Styling | Level |
|------------------------------|------------------|---------|-------------|-----------|---------|-------|
| 1. | Stardust Foxtrot | | | | | |
| 2. | Crystal Blues | | | | | |
| 3. | Balmoral Blues | | | | | |
| 4. | Saunter Caprice | | | | | |
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| Level Three - Quickstep Rhythm | | Pattern | Lead Follow | Foot work | Styling | Level |
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| 1. | Spindle Quickstep | | | | | |
| 2. | Crystal Quickstep | | | | | |
| 3. | Alpine Stroll | | | | | |
| 4. | Mayfair Quickstep | | | | | |
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| Level Three – Cha Cha Rhythm | | Pattern | Lead Follow | Foot work | Styling | Level |
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| 1. | Sally Anne Cha Cha | | | | | |
| 2. | Jacqueline Cha Cha | | | | | |
| 3. | Arouba Cha Cha | | | | | |
| 4. | Eltel Cha Cha | | | | | |
| 5. | Coca Bola Cha Cha | | | | | |
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| Level Three – Samba/Mambo Rhythm | | Pattern | Lead Follow | Foot work | Styling | Level |
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| 1. | Shadow Samba | | | | | |
| 2. | Fiesta Samba | | | | | |
| 3. | Mambo Magic | | | | | |
| 4. | Mambo Mia | | | | | |
| 5. | Shadow Salsa | | | | | |
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| Level Three - Rumba Rhythm | | Pattern | Lead Follow | Foot work | Styling | Level |
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| 1. | Rumba One | | | | | |
| 2. | Rosalie Rumba | | | | | |
| 3. | Queen of Hearts Rumba | | | | | |
| 4. | Seronata | | | | | |
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| Level Three - Jive Rhythm | | Pattern | Lead Follow | Foot work | Styling | Level |
|---------------------------|-----------------|---------|-------------|-----------|---------|-------|
| 1. | Rock Crazy Jive | | | | | |
| 2. | Hot Spot Jive | | | | | |
| 3. | Jetta Jive | | | | | |
| 4. | Let's Jive | | | | | |
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| Level Three – Paso Doble Rhythm | | Pattern | Lead Follow | Foot work | Styling | Level |
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| 1. | Paso La Paz | | | | | |
| 2. | Paso Deena | | | | | |
| 3. | Paso La Passe | | | | | |
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| Dances for Medal Tests | |
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| Level 1 | Choice of 3 dances from dance list |
| Level 2 | Choice of 4 dances from dance list |
| Level 3 | Choice of 5 dances from any of the Rhythms listed |
| NOTE: Due to the large body of dances available in this dance style candidates are permitted to repeat the Exam Levels in order to work through all of the dances if they wish. | |
| 1 and 2 Dance Certificate Examinations | |
| Bronze | Single Dance (figures as per Bronze Medal syllabus) All Medallist Dance Styles – Must be dances available to Bronze Medallists |
| Silver | 1 or 2 Dances (figures as per Silver Medal syllabus) All Medallist Dance Styles – Must be dances available to Silver Medallists |
| Gold | 2 dances (unrestricted syllabus) 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. | |
| Composite Examinations | |
| Bronze | 3 dances (made up of any dance or dances) Figures as per Bronze Medal syllabus |
| Silver | 4 dances (made up of any dance or dances) Figures as per Silver Medal syllabus |
| Gold | 4 dances (made up of any dance or dances) 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. | |
| Cabaret Examinations | |
| Bronze | Any style or combination of recognised dance styles; and is restricted to Bronze/Bronze Star/Bar/Crest requirements |
| Silver | Any style or combination of recognised dance styles; and is restricted to Silver/Silver Star/Bar/Crest requirements |
| Open | Any style or combination of recognised dance styles; and is unrestricted syllabus |
| 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. | |