



# English Old Time Dance Program

© Australian Institute of Dancing Inc'

Bronze		Pattern	Lead Follow	Foot work	Styling	Level
1.	Lilac Waltz					
2.	Brittania Saunter or Balmoral Blues					
3.	Boston Two Step or Polka					
4.	Natural Waltz – 8 Bars					

Bronze Barre		Pattern	Lead Follow	Foot work	Styling	Level
1.	Lilac Waltz or Waltz Camay					
2.	Brittania Saunter or Balmoral Blues					
3.	Boston Two Step or Mayfair Quickstep					
4.	Natural and Reverse Waltz Including Forward Pas De Valse (16 bars)					

Silver		Pattern	Lead Follow	Foot work	Styling	Level
1.	Fylde Waltz					
2.	Gainsborough Glide					
3.	Lola Tango					
4.	Rialto Two Step or Military Two Step					
5.	Natural and Reverse Waltz Including Forward Pas De Valse (16 bars)					

Silver Barre		Pattern	Lead Follow	Foot work	Styling	Level
1.	Fylde Waltz					
2.	Gainsborough Glide					
3.	Tango Serida					
4.	Rialto Two Step or Military Two Step					
5.	Natural and Reverse Waltz Including Forward Pas De Valse (16 bars)					

Gold		Pattern	Lead Follow	Foot work	Styling	Level
1.	Veleta					
2.	Saunter Reve or Wedgewood Blue					
3.	Tango Solaire or Tango Serida					
4.	Premier Two Step					
5.	Natural and Reverse Waltz Including Forward & Backward Pas De Valse (16 bars)					

Gold Barre		Pattern	Lead Follow	Foot work	Styling	Level
1.	Veleta					
2.	Saunter Reve or Crinoline Gavotte					
3.	Tango Solaire or Magenta Tango					
4.	Premier Two Step					
5.	Natural and Reverse Waltz Including Forward & Backward Pas De Valse (16 bars)					

<b>Medal Test Requirements</b>		
Waltz	42 – 44 bpm Minuet Style 40 bpm and below	3 Chorus minimum (96 Bars)
Foxtrot	Saunter Style 28 bpm Gavotte Style 24 bpm	2 Chorus minimum (64 Bars)
Quickstep		3 Chorus minimum (96 Bars)
Tango		2 Chorus minimum (64 Bars)
<b>1 and 2 Dance Certificate Examinations</b>		
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.		
<b>Composite Examinations</b>		
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.		
<b>Cabaret Examinations</b>		
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.		