

THE  
OPEN  
WORLDS



Syllabus & Dress Rules

# **BALLROOM SYLLABUS**

## **WALTZ**

BRONZE 1-16

SILVER 1-25

GOLD 1-35

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
6. Chasse from Promenade Position
7. Closed Impetus
8. Hesitation Change
9. Outside Change
10. Reverse Corte
11. Back Whisk
12. Basic Weave
13. Double Reverse Spin
14. Reverse Pivot
15. Backward Lock
16. Progressive Chasse to Right
17. Weave from Promenade Position
18. Closed Telemark
19. Open Telemark and Cross Hesitation
20. Open Telemark and Wing
21. Open Impetus and Cross Hesitation
22. Open Impetus and Wing
23. Outside Spin
24. Turning Lock
25. Drag Hesitation
26. Passing (Open) Natural Turn
27. Quick Wing
28. Closed Wing
29. Turning Lock to Right
30. Fallaway Reverse and Slip Pivot
31. Hover Corte
32. Fallaway Whisk
33. Left Whisk
34. Forward Lock
35. Running Spin Turn

## **TANGO**

BRONZE 1-13

SILVER 1-21

GOLD 1-32

1. Walk
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade

5. Rock Turn
6. Open Reverse Turn
7. Back Corte
8. Open Reverse Turn, Partner In Line
9. Progressive Side Step Reverse Turn
10. Open Promenade
11. Rock Back on Left Foot and Right Foot
12. Natural Twist Turn
13. Natural Promenade Turn
14. Promenade Link
15. Four Step
16. Fallaway Promenade
17. Back Open Promenade
18. Outside Swivels
19. Reverse Outside Swivel
20. Four Step Change
21. Brush Tap
22. Basic Reverse Turn
23. Mini Five Step
24. Open Telemark
25. Back Whisk
26. Passing (Open) Natural Turn
27. Fallaway Four Step
28. The Chase
29. Fallaway Reverse and Slip Pivot
30. Five Step
31. Reverse Pivot
32. Outside Spin

### **VIENNESE WALTZ**

BRONZE 1-3

SILVER 1-3

GOLD 1-5

1. Natural Turn
2. Reverse Turn
3. Change Step danced Forward or Backward
4. The Reverse and Natural Fleckerl
5. Contra Check (1 bar)

### **SLOW FOXTROT**

BRONZE 1-9

SILVER 1-21

GOLD 1-34

1. Feather Step
2. Three Step
3. Natural Turn
4. Reverse Turn incorporating Feather Finish
5. Closed Impetus and Feather Finish

6. Impetus Turn
7. Natural Weave
8. Change of Direction
9. Weave after 1-4 Reverse Wave (Basic Weave)
10. Reverse Wave
11. Closed Telemark - Telemark
12. Open Telemark, Feather Ending
13. Top Spin
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 Promenade Position
21. Natural Twist Turn
22. Reverse Pivot
23. Quick Open Reverse
24. Quick Natural Weave from Promenade Position
25. Curved Feather to Back Feather
26. Curved Feather
27. Back Feather
28. Curved Feather from Promenade Position
29. Natural Zig-Zag from Promenade Position
30. Fallaway Reverse & Slip Pivot
31. Natural Hover Telemark
32. Bounce Fallaway with Weave Ending
33. Extended Reverse Wave
34. Curved Three Step

### **QUICKSTEP**

BRONZE 1-17

SILVER 1-29

GOLD 1-35

1. Quarter turn to Right
2. Natural Turn
3. Natural Turn with Hesitation
4. Natural Pivot Turn
5. Natural Spin Turn
6. Progressive Chasse
7. Chasse Reverse Turn
8. Forward Lock Step
9. Backward Lock Step
10. Closed Impetus
11. Reverse Pivot
12. Progressive Chasse to Right
13. Tipple Chasse to Right
14. Tipple Chasse to Left
15. Change of Direction

16. Outside Change
17. Double Reverse Spin
18. Open Running Finish and to Promenade Position
19. Natural Turn and Back Lock
20. Zig Zag, Back Lock and Running Finish
21. Running Cross Chasse
22. Quick Open Reverse
23. Fishtail
24. Running Right Turn
25. Four Quick Run
26. V.6
27. Closed Telemark
28. Open Impetus
29. Outside Spin
30. Passing (Open ) Natural Turn
31. Cross Swivel
32. Six Quick Run
33. Rumba Cross
34. Topsy to Right and Left
35. Hover Corte

# **LATIN SYLLABUS**

## **CHA CHA CHA**

BRONZE 1-15

SILVER 1-23

GOLD 1-32

1. Basic Movements (Closed, Open and In Place)
2. New York (to Left or Right Side Position)
3. Spot Turns to Left or Right (including Switch Turns and Underarm Turns)
4. Shoulder to Shoulder (Left Side and Right Side).
5. Hand to Hand (to Right or Left Side)
  6. Fan
  7. Alemana
  8. Hockey Stick
  9. Time Steps
  10. Three Cha Cha Chas
11. Side Steps (to Left or Right)
12. There and Back
13. Natural Top
14. Natural Opening Out Movement
  15. Closed Hip Twist
  16. Open Hip Twist
  17. Reverse Top
18. Opening Out from Reverse Top
  19. Aida
20. Spiral Turns (Spiral, Curl and Rope Spinning)
  21. Cross Basic
22. Cuban Breaks (including Split)
  23. Chase
  24. Advanced Hip Twist
  25. Hip Twist Spiral
  26. Turkish Towel
  27. Sweetheart
  28. Follow My Leader
  29. Foot Changes
  30. Runaway Chasse
31. Syncopated Open Hip Twist
32. Close and Open Hip Twist Spirals

## **SAMBA**

BRONZE 1-16

SILVER 1-24

GOLD 1-35

1. Basic Movements (Natural, Reverse and Progressive)
2. Whisks (also with Follower's Underarm Turns)
  3. Samba Walks
  4. Rhythm Bounce
  5. Volta Movements
6. Traveling Bota Fogos Forward
7. Criss Cross Bota Fogos (Shadow Bota Fogos)

8. Traveling Bota Fogos Back
9. Bota Fogos to Promenade and Counter Promenade Position
  10. Criss Cross Volta
  11. Solo Spot Volta
  12. Foot Changes
13. Shadow Traveling Volta
  14. Reverse Turn
  15. Corta Jaca
  16. Closed Rocks
  17. Open Rocks
  18. Back Rocks
  19. Plait
20. Rolling Of The Arms
21. Argentine Crosses
  22. Maypole
23. Shadow Circular Volta
24. Samba Side Chasses
25. Contra Botofogos
  26. Roundabout
  27. Natural Roll
  28. Reverse Roll
29. Promenade and Counter Promenade Position
  30. Three Step Turn
  31. Samba Locks
32. Cruzados Walks and Locks
  33. Drag
  34. Dropped Volta
35. Continuous Cruzados Locks in Shadow

## **RUMBA**

BRONZE 1-16

SILVER 1-22

GOLD 1-30

1. Basic Movements (Closed, Open, In Place and Alternative)
2. New York (to Left or Right Side Position)
3. Spot Turns to Left or Right (including Switch Turns and Underarm Turns)
  4. Hand to Hand (to Right or Left Side Position)
    5. Fan
    6. Alemana
    7. Hockey Stick
8. Shoulder to Shoulder (Left Side and Right Side)
  9. Opening Out to Right and Left
  10. Cucarachas (Left Foot and Right Foot)
11. Progressive Walks (Forward and Backward)
  12. Side Steps (to Right or Left)
    13. Cuban Rocks
    14. Natural Top
  15. Natural Opening Out Movement
    16. Closed Hip Twist
    17. Open Hip Twist
    18. Reverse Top

19. Opening Out from Reverse Top
20. Aida
21. Spiral Turns (Spiral, Curl and Rope Spinning)
22. Syncopated Cuban Rocks
23. Sliding Doors
24. Fencing
25. Three Threes
26. Three Alemanas
27. Hip Twists (Advanced, Continuous and Circular)
28. Runaway Alemana
29. Syncopated Open Hip Twist
30. Alemana Checked to Counter Promenade Position

### **PASO DOBLE**

BRONZE 1-17

SILVER 1-26

GOLD 1-33

1. Basic Movement – March – Sur Place
2. Chasses to Right & Left – including Elevations
3. Drag
4. Displacement – (Attack)
5. Promenade Link – including Promenade Close
6. Ecart
7. Fallaway Whisk
8. Appel
9. Huit
10. Promenade
11. Separation
12. Fallaway Ending to Separation
13. Sixteen
14. Promenade & Counter Promenade Position
15. Grand Circle
16. Alternative Entries to Promenade Position
17. Open Telemark
18. Twist Turn
19. La Passe
20. Banderillas
21. Fallaway Reverse
22. Coup de Pique
23. Coup de Pique – changing from Left Foot to Right Foot - from Right Foot to Left Foot - Syncopated
24. Left Foot Variation
25. Spanish Line
26. Flamenco Taps
27. Syncopated Separation
28. Methods of Changing Feet
29. Travelling Spins from Promenade Position
30. Travelling Spins from Counter Promenade Position
31. Fregolina – including the Farol
32. Twists
33. Chasse Cape – including Outside Turn



## JIVE

BRONZE 1-16

SILVER 1-21

GOLD 1-29

1. Basic in Place
2. Fallaway Rock
3. Fallaway Throwaway
4. Link with alternatives to 1-2 of Link:
  - 4a. Flick (or Point), Ball Change.
  - 4b. Hesitation, Ball Change.
  - 4c. Hesitation, close, Forward.
  - 4d. Hesitation, half close, Forward.
5. Change of Places Right to Left
6. Change of Places Left to Right
7. Change of Hands Behind Back
8. Hip Bumps (Left Shoulder Shove)
  9. American Spin
  10. Stop and Go
  11. Walks
  12. Mooch
  13. Whip
14. Double Cross Whip
15. Whip Throwaway
16. Windmill
17. Reverse Whip
18. Spanish Arms
19. Rolling of the arms
20. Simple Spin
21. Miami Special
22. Chicken Walks
23. Curly Whip
24. Shoulder Spin
25. Toe Heel Swivels
26. Chugging
27. Catapult
28. Stalking Walks, Flicks and Walks
- 29 Double Spin (Change of Place)

# AMERICAN SMOOTH SYLLABUS

## SILVER WALTZ

- 1A. Box Step
- 1B. Box Step with Underarm Turn
2. Progressive
- 3A. Left Turning Box
- 3B. Right Turning Box
- 4A. Balance Steps
- 4B. Balance and Box
5. Simple Twinkle
6. Two Way Underarm Turn
7. Face to Face - Back to Back
- 8A. Reverse Turn
- 8B. Reverse Turn with Underarm Turn
- 9A. Natural Turn
- 9B. Natural Turn with Underarm Turn
10. Progressive Twinkles
11. Turning Twinkles
12. Grapevine
13. Promenade Chassé
14. Twinkle & Weave\*
15. Waterfall
- Bonus Figure: Fallaway & Box
- Bonus Figure: Open Break with Underarm Turn

## GOLD WALTZ

- 1A. Open Left Box
- 1B. Open Left Box with Underarm Turn
2. Open Right Turn
3. Open Right Turn with Syncopated Underarm Turn
4. Twinkle Connection
5. Check & Develope'
6. Flip Flops
7. Progressive Twinkles
- 8A. Hairpin from Open Left Box
- 8B. Hairpin from Promenade Position
9. Fallaway & Weave
10. Progressive Shadow Twinkles
11. OverSway
12. Check to Open Fallaway
13. Alternating Underarm Combination
14. Pivots from Promenade
15. Shadow Right Turns
16. Shadow Switching Spirals
17. Hinge to Shadow
18. Shadow Running Telemark
19. Syncopated Pivots
20. Left Side Grapevine & Spiral
21. Contra Check & Ronde
22. Standing Spin
23. Standing Spin Alternative Ending
24. Wrap Around & Hairpin
25. Overtuned Shadow Right Turns
26. Develope' & Double Ronde
- Bonus Figure: Grapevine to Shadow

## **SILVER TANGO**

- 1A. Basic Straight
- 1B. Basic Curving
- 2A. Promenade Turning Left
- 2B. Promenade Turning Right
3. Single Corte'
4. Progressive Rocks
- 5A. Open Fan
- 5B. Open Fan with Underarm Turn
6. Running Steps
7. Double Corte'
- 8A. Reverse Turn
- 8B. Reverse Turn with Outside Swivel
9. Right Side Fans
10. Contra Rocks
- 11A. Change of Places
- 11B. Change of Places Variation
12. Twist Turn to Right
13. Reverse Turn with Underarm Turn
14. Promenade Pivot
15. Shadow Rocks
- Bonus Figure: Checked Promenade
- Bonus Figure: Continuous Left Rock Turn

## **GOLD TANGO**

1. Flicks
2. Oversway & Ronde
3. Curls
4. Fallaway Ronde
5. Change of Place
6. Spanish Drag
7. Outside Underarm Turn to Shadow Position
8. Shadow Envelope's
9. Swivel Fans
10. Fallaway Whisk & Underarm Turn
11. Handshake Back Fans
12. Cobra Fans
13. Fallaway Slip Pivot
14. Traveling Right Lunges
15. Shadow Reverse & Drag
16. Double Ronde to Shadow
17. Shadow Viennese Crosses
18. Promenade Taps & Right Side Curl
19. Fallaway to Hammerlocks
20. Left Side Check
21. Pivots to Shadow Switches
22. Shadow Corte' & Fallaway
23. Stalks to Skater's Walks
24. Oblique Line to Waist Wrap
25. Teleronde & Throwaway OverSway
- Bonus Figure: Double Ronde & Curl

## **SILVER FOXTROT**

1. Basic
  2. Promenade
  - 3A. Rock Turn to Left (Left Rock Turn)
  - 3B. Rock Turn to Right (Right Rock Turn)
  4. Sway Step
  - 5A. Sway Underarm Turn
  - 5B. Promenade Underarm Turn
  - 6A. Zig Zag In Line
  - 6B. Zig Zag Outside Partner
  7. Box Step
  8. Twinkle
  9. Promenade Twinkles
  - 10A. Turning Twinkles to Outside Partner
  - 10B. Turning Twinkles to Outside Partner with Underarm Turn
  11. Grapevine
  12. Promenade Twist
  13. Promenade Pivot
  - 14A. Running Steps in Basic Rhythm
  - 14B. Running Steps in Box Rhythm
  15. Twinkle & Weave with Grapevine
- Bonus Figure: Fallaway Twinkles

## **GOLD FOXTROT**

1. Open Left Box
  2. Open Right Turn
  3. Grapevine
  4. Weave from Promenade
  5. Chair & Slip Pivot
  6. Hover Corte'
  - 7A. Hairpin from Open Left Box
  - 7B. Hairpin from Promenade Position
  8. Fallaway & Weave
  - 9A. Same Foot Lunge
  - 9B. Same Foot Lunge with Weave Ending
  10. Shadow Points
  11. Outside Swivel
  12. Check to Open Grapevine
  13. Shadow from Hairpin & Open Right
  14. Pivot from Promenade
  15. Gem
  16. Left Side Grapevines & Weave
  17. Continuous Hairpins
  18. Passing Changes
  19. Hinge & Free Spin to Shadow
  20. Shadow Switching Grapevine
  21. Advanced Gem
  22. Lock & Lunge
  23. Oversway & Ronde to Shadow
  24. Whisk & Weave
  25. Shadow Hairpins
- Bonus Figure: Curved Running Steps & Ronde

## **SILVER VIENNESE WALTZ**

1. Balance Steps
- 2A. Fifth Position Breaks
- 2B. Fifth Position Breaks with Underarm Turn
3. Left Turn (Reverse Turn)
4. Closed Twinkle
- 5A. Cross Body Lead
- 5B. Cross Body Lead with Underarm Turn
6. Hand to Hand
- 7A. Forward Progressive Changes
- 7B. Backward Progressive Changes
8. Right Turn
9. Change of Place
10. Curtsey and Bow
- Bonus Figure: 1) Curtsey and Bow Variation
- Bonus Figure: 2) Underarm Turns Right and Left
- Bonus Figure: 3a) Hesitation Options: Cross Body Lead with Underarm Turn
- Bonus Figure: 3b) Hesitation Options: Hand to Hand
- Bonus Figure: 3c) Hesitation Options: Swivel & Side Hesitation
- Bonus Figure: 3d) Hesitation Options: Swivel & Hesitation
- Bonus Figure: 3e) Hesitation Options: Change of Place with Leader's Hesitation
- Bonus Figure: 4a) Change of Place Options: Leader's Chasse'
- Bonus Figure: 4b) Change of Places Options: Chasse' with Same Hand Hold
- Bonus Figure: 4c) Change of Place Options: With Inside Underarm Turn
- Bonus Figure: 4d) Change of Place Options: 1/2 Turn in Place

## **GOLD VIENNESE WALTZ**

1. Right Turn with Underarm Turn
2. Left Turn with Underarm Turn
3. Flairs
4. Turning Open Breaks
5. Shadow Runs
6. Reverse Underarm Turn
7. Advanced Hand to Hand Combination
8. Shadow Right Turns
9. Standing Spins
10. Open Right Turns
11. Swivel & Ronde
12. Canter Pivots
13. Reverse Turns with Free Spins
14. Shadow Passing Right Turns
15. Right Side Ronde & Develope'
16. Shadow Canter Grapevines
17. Horse & Cart
18. Barrel Turns
19. Roll In & Out
20. Advanced Standing Spin
- Bonus Figure: Flip Flops

# JUVENILES DRESS RULES

## BOYS

### Trousers

- Black or Dark Blue Only.
- High Waist optional.
- Underfoot Strap optional.
- Satin or Velvet side stripes are allowed.

### Shirts

- Plain white long sleeve collared shirt only. Wing collar shirts are not allowed.
- No pleats, frills or ribbing.
- Sleeves to be worn at wrist length.
- Black or dark blue vests are allowed. Sweaters and jackets are not allowed.
- Tie must be worn. Black colour only, may be either straight or bow style with no adornments.

### Materials

- Fabrics must be plain, for example - cotton, polyester, cotton/polyester blend, wool blend. No satin or shiny fabrics.
- No rhinestones, glitter, metallic thread, patterns or sequins allowed.
- Decorations and adornments are not allowed.

### Shoes

Heel height not to exceed 1.5 inches (must be black).

### Socks

Black or dark blue colour only.

### Jewellery

No jewellery is allowed. Items that hold religious or personal significance can be discreetly worn if approved by the invigilator.

### Sponsorship Logo's

A maximum of 3 logo's will be permitted per couple or per solo dancer.

### Medalist

For medallist events male competitors are not permitted to wear Tail Suits or Tail Jackets at any age or grade.

## GIRLS

A top with a simple skirt or simple dress with an attached under garment. Leotard top with a simple skirt.

### Skirts

- A plain or pleated circular skirt.
- The length of the skirt must not be shorter than 3 inches above the knee cap and no longer than 3 inches below the knee cap.
- A maximum of 2 underskirts are allowed but must be no fuller or longer than the top layer.
- The underskirt must be the same or of a similar colour to the top skirt.
- At least one of the layers of the skirt must be a solid colour.
- No godets or extra panels may be inserted into the skirt.
- No uneven hem lines. Horsehair/Crinoline may be used as part of the construction but not as a trim.
- Ribbon on the skirt is acceptable, but no other trim is allowed.
- Frills, splits, openings, lace, flowers or sequins will not be allowed.

### **Necklines**

- Boat, high neck, v-neck, sweetheart, 'peter pan' collar, and regular collar are allowed. Simple edging or trim is allowed on the neckline.
- No backless bodices permitted.

### **Materials**

- ALL fabrics used must be of the same colour throughout.
- Any use of mesh, lace or 'see through' fabric must be lined in a solid material of the same colour from the waist to the top of the bustline, as well as a corresponding height in the back. When mesh, lace, or any 'see through' fabric is used on the arms no lining is needed.
- No flesh colour fabric.
- No rhinestones, pearls, sequins, beads, feathers, metallic thread or similar adornments allowed.
- No use of fringes, belts and frills.

### **Accessories**

- Armbands, headbands, neckbands, decorative bracelets and gloves are not allowed.
- Only jewellery that hold religious or personal significance can be discreetly worn if approved by the invigilator.
- One small earring in each ear, no longer than 2cm will be permitted.

### **Hair Decoration**

- A single flower or bow not exceeding 10cm maybe worn in the hair.
- Tiaras, headbands or rhinestone decoration are NOT permitted.

### **Shoes**

- White shoes are preferable.
- Heel height not to exceed 1.5 inches of block heel style. Slim or Spanish heels are not permitted.
- If the shoe is manufactured with rhinestones on the buckle then they are allowed.
- If the shoe is manufactured in a glitter fabric this will be allowed.

### **Socks**

White ankle socks must be worn. Lace will be permitted. No Fishnet Tights.

### **Make-up**

Any application of Juvenile makeup should be kept age appropriate. The use of coloured hair or body glitter sprays is not allowed.

### **Sponsorship Logo's**

A maximum of 3 logo's will be permitted per couple or per solo dancer.