



## U.S.I.S.T.D. American Style Ballroom Gold Syllabus

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Foxtrot	F	T	L/ F	T	Waltz	F	T	L/ F	T
Running Weave to Throwaway					Tornillo				
Contra Check to Grapevine and Apart Turn					Open Right Turn to Arabesque				
Whirlpool					Side by Side Combination				
Underarm Combination					Fallaway Reverse to Tele Ronde				
Side by Side Variation					Same Foot Lunge to Throwway Oversway				
Contra Check					1-3 Open Left Turn				
Open Left Turn to Contra Check					1-3 Open Left Turn to Rev. Pivot to Contra Check to PP				
Curved Walks to Contra Check					1-3 Open Left Turn to Lady's Left Underarm				
Chasse to the Right to Contra Check					1-3 Open Left Turn, Chasse to PP				
Side Hover to Contra Check					1-3 Open Left Turn, RF Back Contra Check				
Promenade Ronde to Contra Check									
Throwaway Oversway commenced in PP									
Chasse in PP to Throwaway Oversway to Grapevine									
Throwaway Oversway commenced with RF Back									
1-3 Open Left Turn to Throwaway Oversway to Hover									
Viennese Waltz					Tango				
Underarm Passes					Viennese Cross to Contra Check and Rudolph Ronde				
Promenade and Counter Promenade Runs					Outside Swivel to Stalks to Inverted Swivel				
Open Right Turn to Developpe					Promenade Turn to X Lines				
Traveling Crosses					Inverted Swivel to Shadow Viennese Crosses				
Traveling Crosses - Short Version #1					Outside Spin to Side by Side Points				
Traveling Crosses - Short Version #2					Tango Shadow Grapevine				
Open Runs and Turns									
Underarm Turns to Swivels									
Peabody					Comments				
Quick Open Left Turn to Reverse Pivot & Progressive Swivels									
Weave to Promenade Run with Lady's Underarm Turn									
Shadow Twinkles									
Shadow Open Left Turn									
Grapevine Variation									