



U.S.I.S.T.D. American Style Ballroom Silver Syllabus

Name _____ Teacher _____

Foxtrot	Figure	Timing	L/F	Technique	Waltz	Figure	Timing	L/F	Technique
1. Open Simple Twinkle					1. Open Simple Twinkle				
2. Open Twinkle with Promenade Chasse Ending					2. Open Twinkle with Promenade Chasse Ending				
3. Open Twinkles Forward					3. Open Twinkles Forward				
4. Open Twinkles Back					4. Open Twinkles Back				
5. Open Left					5. Open Left				
6. Open Right Turn					6. Open Right Turn				
7. Grapevine					7. Single Wrap				
8. Promenade and Counter Promenade Runs					8. Shadow Open Left Turn				
9. Curved Three Steps					9. Single Wrap to Shadow Right Turns				
10. Fallaway Reverse Turn Slip Pivot Syncopated Curved Three					10. Syncopated Right Underarm Turn				
11. Open Left Turn to Cross Swivels					Recognized Variations				
Recognized Variations					11. Grapevine				
12. Single Wrap					12. Promenade and Counter Promenade Runs				
13. Shadow Open Left Turn					13. Curved Three Steps				
14. Single Wrap to Shadow Right Turns					14. Fallaway Reverse Turn Slip Pivot Syncopated Curved Three				
15. Syncopated Right Underarm Turn					15. Open Left Turn to Cross Swivels				
Tango					Peabody				
1. Open Left Turn to Quick Fans					1. Double Back Lock				
2. Same Foot Fans					2. Offset Grapevine				
3. Double Ronde					3. Promenade Grapevine				
4. Shadow Open Left Turn					4. Fallaway Grapevine				
5. Pivots to Open Same Foot Lunge					5. Continuous Forward Locks				
6. Corte to Leg Hooks					6. Left Rock Spin				
7. Promenade Flicks and Twist to Trap					7. Right Pivots				
8. Rock Turn to turning Lock					8. Promenade and Counter Promenade Runs				
9. Fallaway to Open Check					9. Grapevine to Side by Side				
Viennese Waltz					Teacher's Comments				
1. Progressive Fifth Position with Hand Change									
2. Left Turns with Lady's Underarms Turns									
3. Canter Turns									
4. Back to Back Box									
5. Promenade Hesitation Run									
6. Turning Hesitation to Back Lock									
7. Shadow Turns to Right									
8. Fan Kicks									
9. Ronde to Throwaway									
10. Underarm Spin to Throwaway									