



AIDA International Style Standard Bronze Syllabus

Name _____

Teacher _____

Waltz	Figure	Timing	L/F	Technique	Quickstep	Figure	Timing	L/F	Technique
1. Left Foot and Right Foot Closed Changes					1. Quarter Turn to Right				
2. Natural Turn					2. Natural Turn				
3. Reverse Turn					3. Natural Turn with Hesitation				
4. Natural Spin Turn					4. Natural Pivot Turn				
5. Whisk					5. Natural Spin Turn				
6. Chasse From PP					6. Progressive Chasse				
7. Closed Impetus					7. Chasse Reverse Turn				
8. Hesitation Change					8. Forward Lock				
9. Outside Change					9. Closed Impetus				
10. Reverse Corte					10. Back Lock				
11. Back Whisk					11. Reverse Pivot				
12. Basic Weave					12. Progressive Chasse To Right				
13. Double Reverse Spin					13. Tipple Chasse to Right				
14. Reverse Pivot					14. Running Finish				
15. Back Lock					15. Natural Turn and Back Lock				
16. Progressive Chasse to Right					16. Double Reverse Spin				
Fox-trot					17. *Heel pivot				
1. Feather					18. *Zig-Zag Back Lock Running Finish				
2. Three Step					19. *Cross Chasse				
3. Natural Turn					20. *Change of Direction				
4. Reverse Turn (incorporating Feather Finish)					*These figures may also be danced in Medal Tests and in Closed Syllabus Competitions.				
5. Closed Impetus and Feather Finish					Tango				
6. Natural Weave					1. Walk				
7. Change of Direction					2. Progressive Side Step				
8. Basic Weave					3. Progressive Link				
Viennese Waltz					4. Closed Promenade				
1. Reverse Turn					5. Rock Turn				
2. Natural Turn					6. Open Reverse Turn, Lady Outside				
3. RF Forward Change Step					7. Back Corte				
4. LF Forward Change Step					8. Open Reverse Turn, Lady in Line				
6. LF Backward Change Step					9. Progressive Side Step Reverse Turn				
7. RF Backward Change Step					10. Open Promenade				
					11. Left Foot and Right Foot Rocks				
					12. Natural Twist Turn				
					13. Natural Promenade Turn				
Teachers Comments									



AIDA International Style Standard Silver Syllabus

Name _____

Teacher _____

Waltz	Figure	Timing	L/F	Technique	Quickstep	Figure	Timing	L/F	Technique
17. Weave from PP					21. Quick Open Reverse Turn				
18. Closed Telemark					22. Fishtail				
19. Open Telemark and Cross Hesitation					23. Running Right Turn				
20. Open Telemark and Wing					24. Four Quick Run				
21. Open Impetus and Cross Hesitation					25. The V.6				
22. Open Impetus and Wing					26. Closed Telemark				
23. Outside Spin					Viennese Waltz				
24. Turning Lock					8. Reverse Fleckerl				
25. *Drag Hesitation									
*These figures may also be danced in Medal Tests and in Closed Syllabus Competitions.									
Foxtrot					Tango				
9. Closed Telemark					14. Promenade Link				
10. Open Telemark and Feather Ending					15. Four Step				
11. Top Spin					16. Back Open Promenade				
12. Hover Feather					17. Outside Swivels				
13. Hover Telemark					18. Fallaway Promenade				
14. Natural Telemark					19. Four Step Change				
15. Hover Cross					20. Brush Tap				
16. Open Telemark Natural Turn, Outside Swivel & Feather Ending									
17. Open Impetus									
18. Weave from PP									
19. Reverse Wave									
Teachers Comments									



AIDA International Style Standard Gold Syllabus

Name _____

Teacher _____

Waltz	Figure	Timing	L/F	Technique	Quickstep	Figure	Timing	L/F	Technique
26. Left Whisk					27. Cross Swivel				
27. Contra Check					28. Six Quick Run				
28. Closed Wing					29. Rumba Cross				
29. Turning Lock to Right					30. Topsy to Right and Left				
30. Fallaway Reverse and Slip Pivot					31. Hover Corte				
31. Hover Corte					*These figures may also be danced in Medal competitions.				
32. *Fallaway Whisk									
Foxtrot					Tango				
20. Natural Twist Turn					21. Fallaway Four Step				
21. Curve Feather to Back Feather					22. Oversway				
22. Natural Zig-Zag from PP					23. Basic Reverse Turn				
23. Fallaway Reverse and Slip Pivot					24. The Chase				
24. Natural Hover Telemark					25. Fallaway Reverse and Slip Pivot				
25. Bounce Fallaway with Weave Ending					26. Five Step				
Viennese Waltz					27. Contra Check				
8. Natural Fleckerl									
9. Check from Reverse Fleckerl to Natural Fleckerl									
Teachers Comments									