

# AIDA AMERICAN STYLE BRONZE BALLROOM FIGURES ALLOWED IN NDCA COMPETITIONS

Dear Members,

There is some confusion in regards to what you can dance at NDCA competitions in the American Style Bronze Syllabus. Below is a list of AIDA Syllabus figures that you can dance at NDCA competitions. For more details regarding rules and regulations for NDCA sanctioned events please see their website at [www.ndca.org](http://www.ndca.org)

We hope you find this list helpful in preparing for Competitions and we wish you every success.

## Foxtrot

1. Forward Basic
2. Quarter Turns A and B
3. Left Rock Turn
4. Swing Step
5. Promenade Walk A and B
6. Cross Body Lead
7. Simple Twinkle
8. Twinkle with Promenade Chasse Ending
9. Twinkles Forward
10. Twinkles Back
11. Promenade Turn

### Recognized Variations

1. Left and Right Foot Closed Changes
2. Left Turn A, B and C
3. Right Turn A, B and C
4. Twist to Left from Promenade Position

## Waltz

1. Left and Right Foot Closed Changes
2. Left Turn A, B and C
3. Right Turn A, B and C
4. Hesitation A and B
5. Cross Body Lead
6. Simple Twinkle
7. Twinkle with Promenade Chasse Ending
8. Twinkles Forward
9. Twinkles Back
10. Twist to Left from Promenade Position

### Recognized Variations

1. Box with Right Underarm Turn
2. Promenade Turn

## Tango

1. Basic A and B
2. Promenade Basic
3. Corte
4. Promenade to Fan
5. Turning Corte to Outside Swivel
6. Continuous Basic
7. Basic Left Turn

## Viennese Waltz

1. Left Turn
2. Right Turn
3. Hesitations Forward and Back
4. Side Hesitations
5. Progressive Forward and Back Hesitations
6. Fifth Position Breaks
7. Progressive Fifth Position Breaks
8. Cross Body Lead to Left Underarm Turn
9. Right Underarm Turn
10. Left Underarm Turn to In and Out Hesitations

## Peabody

1. Eight Count Right Turn
2. Six Count Right Turn
3. Eight Count Left Turn
4. Six Count Left Turn
5. Running Steps
6. Lock and Run
7. Twinkles Forward
8. Twinkles Back
9. Right Underarm Turn
10. Left Underarm Turn

**See**  
**Bronze American Smooth**  
**Restrictions**  
**on the next page**



## AMERICAN STYLE BRONZE BALLROOM RESTRICTIONS

### Bronze American Smooth Restrictions

- \* No continuity style in Bronze with the exception of Left Reverse Turns in Tango.
- \* Partners may not completely separate.
- \* Open work is limited to single or double hand holds and must not comprise of more than 25% of any routine.
- \* No syncopations in Bronze with the exception of the chasse from Promenade in Waltz and Foxtrot and the brush tap in the Tango open fans.
- \* No more than one pivot (left or right) is allowed.
- \* No Fallaway actions in Bronze with the exceptions of Whisks and Fifth Position Breaks.
- \* Continuous quicks are limited to eight in Foxtrot and four in Tango.
- \* No foot changes or same foot movements with the exception of Shadow Rocks in Tango. Couples must always be on opposite feet.
- \* No shadow positions with the exception of Shadow Rocks in Tango.
- \* No picture lines allowed in Bronze with the exception of the Corte in Tango.
- \* Both feet must remain close to the floor. (No aerial rondes, developes, or high kicks)

# AIDA AMERICAN STYLE BRONZE RHYTHM FIGURES ALLOWED IN NDCA COMPETITIONS

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## Rumba

1. Box
2. Right Underarm Turn
3. Side Breaks
4. Progressive Rocks
5. Fifth Position Breaks
6. Cross Body Lead
7. Cross Body Lead into Cuban Walks Back
8. Cross Body Lead into Outside Breaks
9. Open Break R Underarm Turn into Cross Over Breaks

### Recognized Variations

1. Cross Over Breaks and Switch Turn
2. Right Left Right Underarm Turns
3. Back Spot Turns
4. Right Side Pass

## Cha-Cha-Cha

1. Cha-Cha-Cha Basic
2. Forward and Back Basic
3. Cross Over Breaks and Switch Turn
4. Right Underarm Turn
5. Three Cha Chas Forward and Back
6. Cross Body Lead
7. Outside Breaks
8. Left Side Pass

### Recognized Variations

1. Fifth Positions Breaks
2. Chase Turns
3. Back Spot Turns
4. Peek -a- Boo

## Swing

1. Swing Basic
2. Throwaway
3. Underarms Turns Right and Left
4. Sweetheart
5. American Spin
6. Four Kicks
7. Peek -a- Boo
8. Lindy Whip Turn
- 9A. Lindy Whip with Right Underarm Turn
- 9B. Lindy Whip with Left Underarm Turn
- 9C. Lindy Whip with Hand Change Turn
10. Back Pass
11. Hitch kick

## Mambo

- 1a. Mambo Basic
- 1b. Progressive Basic
- 2a. Forward and Backward Breaks
- 2b. Side Breaks
3. Cross Body Lead
4. Right Underarm Turn
5. Fifth Position Breaks
6. Cross Body to Right Side Pass
7. Cross Over Breaks and Switch Turn
8. Chase Turns

### Recognized Variations

1. Back Spot Turns
2. Outside Breaks
3. Right Left Right Underarm Turns
4. Open Break R Underarm Turn into Cross Over Breaks

## Bolero

1. Bolero Basic
2. Cross Body Lead
3. Open Break
4. Right Underarm Turn
5. Fifth Position Breaks
6. Outside Breaks
7. Cross Over Break and Switch Turn
8. Left Side Pass
9. Back Spot Turn

### Recognized Variations

1. Side Breaks
2. Open Break R Underarm Turn into Cross Over Breaks
3. Right Left Right Underarm Turns

**See**  
**Bronze American Rhythm**  
**Restrictions**  
**on the next page**



## AMERICAN STYLE BRONZE RHYTHM RESTRICTIONS

### Bronze American Rhythm Restrictions

- \* Partners may not completely separate for more than one measure of music with the exception of chase turns in Cha Cha and Mambo.
- \* No side-by-side work is allowed.
- \* Open work is limited to single or double hand holds.
- \* No double underarm turns are allowed.
- \* No syncopated spins are allowed with the exception of the Left Underarm Turn on the 4&1 count in the Cha Cha.
- \* No foot changes are allowed. Partners must always be on opposite feet with the exception of Parallel/Sweetheart Breaks in Cha Cha and Mambo.
- \* Both feet must remain close to the floor. (No aerial rondes, developes, or high kicks)
- \* Basic timing in all rhythm dances must be adhered to with no timing changes. Exceptions are as follows:  
Cha Cha -- 2&3 counts in the Three Chas Forward and Back are allowed but no guapacha timing allowed.  
Rumba -- SQQ or QQS, no other timing permitted. No syncopations.  
East Coast Swing -- No continuous chasses allowed. (1&2&3&4)  
Only four quick's in Lindy Whips.  
Only four consecutive chasses in continuous Tuck Ins  
Bolero -- Only SQQ timing is allowed. No syncopations.  
Mambo -- Only 2,3,4 timing is allowed. No syncopations.