

# *Merlion International Dancesport Championships 2009*

## Specific Dance Syllabus listed by the Singapore Ballroom Dance Teachers' Association

### Standard Section : Pre-Medallist

WALTZ	TANGO	QUICKSTEP	FOXTROT	V. WALTZ
1. Closed Changes 2. Natural Turn 3. Reverse Turn 4. Natural Spin Turn 5. Whisk 6. Chasse from PP 7. Outside Change	1. Walk 2. Progressive Side Step 3. Progressive Link 4. Closed Promenade 5. Rock Turn 6. Open Reverse Turn (Lady Outside) 7. Back Corte 8. 5 Steps	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. Chsse Reverse Turn 8. Forward Lock	1. Feather Step 2. Three Steps 3. Natural Turn 4. Reverse Turn (incorporating Feather Finish) 5. Closed Impetus & Feather Finish 6. Whisk 7. Back Whisk	1. Natural Turn 2. Reverse Turn 3. Forward Change 4. Backward Change

### Latin Section : Pre-Medallist

CHA CHA	SAMBA	RUMBA	PASO DOBLE	JIVE
1. Closed Basic 2. Open Basic 3. Spot Turn 4. New York 5. Three Cha Chas 6. Lady Underarm Turn 7. Hand to Hand 8. Time Step 9. Fan 10. Alemana	1. Reverse Basic Movement 2. Whisk 3. Lady Underarm Turn 4. Forward Samba Walk 5. Side Samba Walk 6. Shadow Bota Fogo 7. Travelling Volta (Criss Cross) 8. Solo Spot Volta Turn 9. Stationery Samba Walk	1. Closed Basic 2. Open Basic 3. Spot Turn 4. New York 5. Progressive Walk 6. Lady Underarm Turn 7. Hand to Hand 8. Fan 9. Alemana 10. Cucaracha	1. Sur Place 2. Basic Movement 3. Appel 4. Chasse to Left & Right (with or without Elevation) 5. Separation 6. Deplacement (incorporating the Attack) 7. Promenade Link 8. Fallaway ending to Separation 9. Huit 10. Sixteen 11. Promenade 12. Promenade Close	1. Basic in Place 2. Basic (Fallaway Rock) 3. Change of Place (Right to Left) 4. Change of Place (Left to Right) 5. Change of Hand 6. Link 7. Fallaway Throwaway 8. American Spin Turn (Left & Right Hand Hold)

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### Standard Section – Medallist Categories

WALTZ	TANGO	FOXTROT	QUICKSTEP	V. WALTZ
1. Closed Changes	1. Walk	1. Feather	1. Quarter Turn to Right	1. Natural Turn
2. Natural Turn	2. Progressive Side Step	2. Three Step	2. Natural Turn	2. Reverse Turn
3. Reverse Turn	3. Progressive Link	3. Natural Turn	3. Natural Turn with Hesitation	3. RF forward change step : Natural to Reverse
4. Natural Spin Turn	4. Closed Promenade	4. Reverse Turn (incorporating Feather Finish)	4. Natural Pivot Turn	4. LF forward change step : Reverse to Natural
5. Whisk	5. Rock Turn	5. Closed Impetus & Feather Finish	5. Natural Spin Turn	5. LF backward change Step : Natural to Reverse
6. Chasse from PP	6. Open Reverse Turn (Lady Outside)	6. Natural Weave	6. Progressive Chasse	6. RF backward change Step : Reverse to Natural
7. Closed Impetus	7. Back Corte	7. Change of Direction	7. Chasse Reverse Turn	7. Reverse Fleckerl
8. Hesitation Change	8. Open Reverse Turn (Lady In Line)	8. Basic Weave	8. Forward Lock	8. Natural Fleckerl
9. Outside Change	9. Progressive Side Step Reverse Turn	9. Closed Telemark	9. Closed Impetus	9. Check from Reverse Fleckerl
10. Reverse Corte	10. Open Promenade	10. Open Telemark	10. Back Lock	
11. Back Whisk	11. LF and RF Rocks	11. Top Spin	11. Reverse Pivot	
12. Basic Weave	12. Natural Twist Turn	12. Hover Feather	12. Progressive Chasse to R	
13. Double Reverse Spin	13. Natural Promenade Turn	13. Hover Telemark	13. Tipple Chasse to Right	
14. Reverse Pivot	14. Promenade Link	14. Natural Telemark	14. Running Finish	
15. Back Lock	15. Four Step	15. Hover Cross	15. Natural Turn & Back Lock	
16. Progressive Chasse to Right	16. Back Open Promenade	16. Open Telemark, Natural Turn, Outside Swivel & Feather Ending	16. Double Reverse Spin	
17. Weave from PP	17. Outside Swivels	17. Open Impetus	17. Quick Open Reverse	
18. Closed Telemark	18. Fallaway Promenade	18. Weave from PP	18. Fishtail	
19. Open Telemark & Cross Hesitation	19. Four Step Change	19. Reverse Wave	19. Running Right Turn	
20. Open Telemark & Wing	20. Brush Tap		20. Four Quick Run	
21. Open Impetus & Cross Hesitation	21. Five Steps		21. V6	
22. Open Impetus & Wing			22. Closed Telemark	
23. Outside Spin				
24. Turning Lock				

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### Latin Section - Medallist Categories

<b>RUMBA</b>	<b>CHA CHA</b>	<b>SAMBA</b>	<b>PASO DOBLE</b>	<b>JIVE</b>
<ol style="list-style-type: none"> <li>1. Basic Movement (Closed, Open, In Place &amp; Alternative)</li> <li>2. Cucarachas (LF &amp; RF)</li> <li>3. New York (To Left or Rights Position)</li> <li>4. Spot Turns to Left or Right (including Switch and Underarm Turns)</li> <li>5. Shoulder to Shoulder (Left Side &amp; Right Side)</li> <li>6. Hand to Hand (to Right &amp; Left Side Position)</li> <li>7. Progressive Walks Forward &amp; Backward)</li> <li>8. Side Steps (to Left or Right)</li> <li>9. Cuban Rocks</li> <li>10.Fan</li> <li>11.Alemana</li> <li>12.Hockey Stick</li> <li>13.Natural Top</li> <li>14.Opening Out to Right &amp; Left</li> <li>15.Natural Opening Out Movement</li> <li>16.Closed Hip Twist</li> <li>17.Open Hip Twist</li> <li>18.Reverse Top</li> <li>19.Opening Out from Reverse Top</li> <li>20.Aida</li> <li>21.Spiral Turns (Spiral, Curl &amp; Rope Spinning)</li> </ol>	<ol style="list-style-type: none"> <li>1. Basic Movement (Closed, Open and In Place)</li> <li>2. New York (To Left or Right Side Position)</li> <li>3. Spot Turns to Left or Right (Including Switch Turns and Underarm Turns)</li> <li>4. Shoulder to Shoulder (Left &amp; Right Side)</li> <li>5. Hand to Hand (to Right and Left Side Position)</li> <li>6. Three Cha Cha Chas (Forward and Backward)</li> <li>7. Side Steps (to Left and Right)</li> <li>8. There and Back</li> <li>9. Time Steps</li> <li>10.Fan</li> <li>11.Alemana</li> <li>12.Hockey Stick</li> <li>13.Natural Top</li> <li>14.Natural Opening Out Movement</li> <li>15.Closed Hip Twist</li> <li>16.Open Hip Twist</li> <li>17.Reverse Top</li> <li>18.Opening Out from Reverse Top</li> <li>19.Aida</li> <li>20.Spiral Turns (Spiral, Curl &amp; Rope Spinning)</li> <li>21.Cross Basic</li> <li>22.Cuban Breaks (including Split Cuban Breaks)</li> <li>23.Chase</li> </ol>	<ol style="list-style-type: none"> <li>1. Basic Movement (Natural, Reverse, Side and Progressive)</li> <li>2. Whisks (also with Lady's Underarm turn)</li> <li>3. Samba Whisk (Promenade, Side and Stationery)</li> <li>4. Rhythm Bounce</li> <li>5. Volta Movements</li> <li>6 Travelling Bota Fogos (Forward &amp; Backward)</li> <li>7. Criss Cross Bota Fogos (Shadow Bota Fogos)</li> <li>8. Bota Fogos to Promenade Position and Counter Promenade</li> <li>9. Criss Cross Voltas</li> <li>10.Solo Spot Voltas</li> <li>11.Foot Changes</li> <li>12.Shadow Travelling Volta</li> <li>13.Reverse Turn</li> <li>14.Corta Jaca</li> <li>15.Closed Rocks</li> <li>16.Open Rocks</li> <li>17.Back Rocks</li> <li>18.Plait</li> <li>19.Rolling Off The Arm</li> <li>20.Argentine Crosses</li> <li>21.Maypole</li> <li>22.Shadow Circular Volta</li> </ol>	<ol style="list-style-type: none"> <li>1. Sur Place</li> <li>2. Basic Movement</li> <li>3. Chasse to Right or Left (including Elevations)</li> <li>4. Drag</li> <li>5. Displacement (also Attack)</li> <li>6. Promenade Link</li> <li>7. Promenade</li> <li>8. Ecart</li> <li>9. Separation</li> <li>10.Separation with Lady's Caping Walk</li> <li>11.Fallaway Ending to Separation</li> <li>12.Huit</li> <li>13.Sixteen</li> <li>14.Promenade and Counter Promenade</li> <li>15.Grand Circle</li> <li>16.Open Telemark</li> <li>17.La Passe</li> <li>18.Banderillas</li> <li>19.Twist Turn</li> <li>20.Fallaway Reverse Turn</li> <li>21.Coup de Pique</li> <li>22.Left Foot Variation</li> <li>23.Spanish Lines</li> <li>24.Flamenco Taps</li> </ol>	<ol style="list-style-type: none"> <li>1. Basic in Place</li> <li>2. Fallaway Rock</li> <li>3. Fallaway Throwaway</li> <li>4. Link</li> <li>5. Change of Places Right To Left</li> <li>6. Change of Places Left to Right</li> <li>7. Change of Hands Behind Back</li> <li>8. Hip Bump (Left Shoulder Shove)</li> <li>9. American Spin</li> <li>10.Walks</li> <li>11.Stop &amp; Go</li> <li>12.Mooch</li> <li>13.Whip</li> <li>14.Whip Throwaway</li> <li>15.Reverse Whip</li> <li>16.Windmill</li> <li>17.Spanish Arms</li> <li>18.Rolling off the Arms</li> <li>19.Simple Turn</li> <li>20.Miami Special</li> </ol>

