

ISD INTERNATIONAL BALLROOM SYLLABUS

BRONZE WALTZ

FIGURE	TIMING	NOTES
LONG SIDE		
NATURAL TURN	1,2,3,4,5,6	COMMENCE FACING DIAGONAL WALL
CLOSED CHANGE, N TO R	1,2,3	
REVERSE TURN	1,2,3,4,5,6	
WHISK	1,2,3	
CHASSÉ FROM PP	1,2&3	
HESITATION CHANGE	1,2,3,4,5,6	
SHORT SIDE		
REVERSE TURN	1,2,3,4,5,6	
WHISK	1,2,3	
CHASSÉ FROM PP	1,2&3	
NATURAL SPIN TURN	1,2,3,4,5,6	
4-6 REVERSE TURN	1,2,3	
CLOSED CHANGE, R TO N	1,2,3	

ISD INTERNATIONAL BALLROOM SYLLABUS

SILVER WALTZ

FIGURE	TIMING	NOTES
LONG SIDE		
NATURAL SPIN TURN	1,2,3,4,5,6	COMMENCE FACING DIAGONAL WALL
4-6 REVERSE TURN	1,2,3	
1-3 REVERSE TURN	1,2,3	
BASIC WEAVE ENDING IN PP	1,2,3,4,5,6	
CHASSÉ FROM PP	1,2&3	
1-3 NATURAL TURN	1,2,3	UNDERTURNED, END BACKING DC
OPEN IMPETUS	1,2,3	MAN'S HEEL TURN ¼ TURN TO NEW DC
SHORT SIDE		
WEAVE FROM PP**	1,2,3,4,5,6	*END IN PP: FOLLOW WITH CHASSÉ FROM PP *END CLOSED: FOLLOW WITH NATURAL TURN
CHASSÉ FROM PP	1,2&3	
1-3 NATURAL TURN	1,2,3	
CLOSED IMPETUS	1,2,3	
4-6 REVERSE TURN	1,2,3	
CLOSED CHANGE R TO N	1,2,3	

ISD INTERNATIONAL BALLROOM SYLLABUS

GOLD WALTZ

FIGURE	TIMING	NOTES
LONG SIDE VERSION A		
NATURAL SPIN TURN	1,2,3,4,5,6	COMMENCE FACING DIAGONAL WALL
4-6 REVERSE TURN	1,2,3	
FALLAWAY REVERSE SLIP PIVOT	1&2,3	
DOUBLE REVERSE SPIN	1,2&3	
PROGRESSIVE CHASSÉ TO R	1,2&3	
OUTSIDE SPIN TURN	1,2,3	
LONG SIDE VERSION B		
NATURAL SPIN TURN	1,2,3,4,5,6	COMMENCE FACING DIAGONAL WALL
4-6 REVERSE TURN	1,2,3	
DOUBLE REVERSE SPIN	1,2&3	
PROGRESSIVE CHASSÉ TO R	1,2&3	
BACK LOCK	1,2&3	
OUTSIDE SPIN TURN	1,2,3	
SHORT SIDE		
TURNING LOCK TO R	1&2,3	
WEAVE FROM PP	1,2,3,4,5,6	
1-3 NATURAL TURN	1,2,3	
CLOSED IMPETUS	1,2,3	
LEFT WHISK	1,2,3, 4,5&6	MAN'S RF BACK ON 1 FOLLOWED BY UNTWIST / LADY RUNS ROUND
OPEN IMPETUS	1,2,3	
CHASSE FROM PP	1,2&3	

ISD INTERNATIONAL BALLROOM SYLLABUS

BRONZE QUICKSTEP

FIGURE	TIMING	NOTES
LONG SIDE		
QUARTER TURN TO R	SQQS	COMMENCE FACING DIAGONAL WALL
PROGRESSIVE CHASSÉ	SQQS	
FORWARD LOCK	SQQS	
NATURAL TURN AND BACK LOCK	SQQSQQS	
TIPPLE CHASSÉ TO R (AT CORNER)	SQQSQQS	
SHORT SIDE		
NATURAL TURN WITH HESITATION	SQQSSS	
CHASSÉ REVERSE TURN	SQQ	
PROGRESSIVE CHASSÉ	SQQS	
FORWARD LOCK	SQQS	
NATURAL SPIN TURN	SQQSSS	
PROGRESSIVE CHASSÉ	SQQS	

ISD INTERNATIONAL BALLROOM SYLLABUS

SILVER QUICKSTEP

FIGURE	TIMING	NOTES
LONG SIDE		
NATURAL SPIN TURN	SQQSSS	COMMENCE FACING DIAGONAL WALL
PROGRESSIVE CHASSÉ	SQQS	
QUICK OPEN REVERSE W/ REVERSE. PIVOT ENDING	SSQQS	
FOUR QUICK RUN	QQQQS	
NATURAL TURN WITH HESITATION	SQQSSS	
SHORT SIDE VERSION A		
DOUBLE REVERSE SPIN	SSQQ	
CROSS CHASSÉ	SQQ	
FISH TAIL	SQQQQS	
1-3 NATURAL TURN	SQQ	
TIPPLE CHASSÉ TO R (AT CORNER)	SQQSQQS	
SHORT SIDE VERSION B		
CHASSÉ REVERSE TURN	SQQ	
PROGRESSIVE CHASSÉ	SQQS	
1-3 NATURAL TURN	SQQ	
TIPPLE CHASSÉ TO R (AT CORNER)	SQQSQQS	

ISD INTERNATIONAL BALLROOM SYLLABUS

GOLD QUICKSTEP VERSION A

FIGURE	TIMING	NOTES
LONG SIDE		
NATURAL SPIN TURN	SQQSSS	COMMENCE FACING DIAGONAL WALL
PROGRESSIVE CHASSÉ	SQQS	
QUICK OPEN REVERSE	SSQQ	
HOVER CORTÉ	SSSS	
TIPSY TO R	Q&Q	
TIPSY TO L	Q&Q	
TIPPLE CHASSÉ TO R	QQSQQS	
NATURAL TURN WITH HESITATION	SQQSSS	
SHORT SIDE		
CROSS CHASSÉ	SQQ	
FISH TAIL	SQQQQS	
RUNNING RIGHT TURN	SQQSSSSQQS	

ISD INTERNATIONAL BALLROOM SYLLABUS

GOLD QUICKSTEP VERSION B

FIGURE	TIMING	NOTES
LONG SIDE		
NATURAL SPIN TURN	SQQSSS	COMMENCE FACING DIAGONAL WALL
PROGRESSIVE CHASSÉ	SQQS	
QUICK OPEN REVERSE	SSQQS	
FOUR QUICK RUN	QQQQS	
NATURAL PIVOT TURN	SQQS	
SHORT SIDE		
QUARTER TURN TO R	SQQS	
SIX QUICK RUN	QQQQQQ	
RUNNING RIGHT TURN	SQQSSSSQQS	

ISD INTERNATIONAL BALLROOM SYLLABUS

BRONZE TANGO

FIGURE	TIMING	NOTES
LONG SIDE		
LF & RF WALKS	SS	
PROGRESSIVE LINK	QQ	
CLOSED PROMENADE	SQQS	
OPEN REVERSE TURN, LADY OUTSIDE	QQSQQS	
WALK ON LF	S	
ROCK TURN	SQQSQQS	
REPEAT FIGURES 1-6		
SHORT SIDE		
LF & RF WALKS	SS	
PROGRESSIVE LINK	QQ	
CLOSED PROMENADE	SQQS	
OPEN REVERSE TURN, LADY OUTSIDE, OUTSIDE ENDING TO PP	QQSQQS&	
NATURAL PROMENADE TURN	SQQS	
ROCK ON LEFT FOOT	QQS	
ROCK ON RIGHT FOOT	QQS	
BACK CORTÉ	SQQS	

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SILVER TANGO

FIGURE	TIMING	NOTES
LONG SIDE		
LF & RF WALKS	SS	
PROGRESSIVE LINK	QQ	
OPEN PROMENADE	SQQS	
OUTSIDE SWIVEL	SQQ	
OPEN REVERSE TURN, LADY OUTSIDE	QQSQQS	
FOUR STEP	QQQQ	
FALLAWAY PROMENADE	SQQSQQ	
NATURAL TWIST TURN	SQQSQQ	
SHORT SIDE		
CLOSED PROMENADE	SQQS	
OPEN REVERSE TURN, LADY OUTSIDE	QQSQQS	
PROGRESSIVE LINK	QQ	
NATURAL PROMENADE TURN	SQQS	
ROCK TURN LEFT FOOT	QQS	
ROCK TURN RIGHT FOOT	QQS	
BACK CORTÉ	SQQS	

ISD INTERNATIONAL BALLROOM SYLLABUS

GOLD TANGO

FIGURE	TIMING	NOTES
SHORT SIDE		
FIVE STEP	QQQSQ	COMMENCE FACING DIAGONAL WALL AGAINST LINE OF DANCE
PROMENADE LINK	SQQ	
BASIC REVERSE TURN	QQ&QQS	
BACK CORTÉ	SQQS	
FALLAWAY FOUR STEP	QQQQ	
LONG SIDE		
CLOSED PROMENADE	SQQS	
FALLAWAY REVERSE SLIP PIVOT	QQQQ	
LF & RF WALKS	SS	TURN TO END FACING DIAGONAL WALL AGAINST LINE OF DANCE
CONTRA CHECK	SS	
FALLAWAY PROMENADE	SQQSQQ	
THE CHASE WITH CHASSÉ, WHISK AND PROMENADE LINK ENDING	SQQQQQ&QSQQ	

ISD INTERNATIONAL BALLROOM SYLLABUS

BRONZE FOXTROT

FIGURE	TIMING	NOTES
LONG SIDE		
FEATHER STEP	SQQ	COMMENCE FACING DIAGONAL CENTER
REVERSE TURN (WITH FEATHER FINISH)	SQQSQQ	
THREE STEP	SQQ	
1-3 NATURAL TURN	SQQ	
CLOSED IMPETUS AND FEATHER FINISH	SQQSQQ	
SHORT SIDE		
REVERSE TURN (WITH FEATHER FINISH)	SQQSQQ	
THREE STEP	SQQ	
FEATHER STEP	SQQ	
CHANGE OF DIRECTION	SSSS	

ISD INTERNATIONAL BALLROOM SYLLABUS

SILVER FOXTROT

FIGURE	TIMING	NOTES
LONG SIDE		
FEATHER STEP	SQQ	COMMENCE FACING DIAGONAL CENTER
1-4 REVERSE TURN	SQQS	STEP 3 ENDS BACKING DW, CHECK ON STEP 4
BASIC WEAVE	QQQQQQ	
THREE STEP	SQQ	
1-3 NATURAL TURN	SQQ	
CLOSED IMPETUS AND FEATHER FINISH	SQQSQQ	
SHORT SIDE		
REVERSE TURN (WITH FEATHER FINISH)	SQQSQQ	
THREE STEP	SQQ	
HOVER CROSS	SQQQQQQ	(RESTART WITH 1-4 OF REVERSE TURN)

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GOLD FOXTROT

FIGURE	TIMING	NOTES
SHORT SIDE		
CURVED FEATHER	SQQ	COMMENCE FACING DIAGONAL WALL
BACK FEATHER	SQQ	
FEATHER FINISH	SQQ	OVERTURN TO FACE DIAGONAL CENTER
1-8 OPEN TELEMARK, NATURAL TURN TO OUTSIDE SWIVEL	SQQSQSS	
LONG SIDE		
BOUNCE FALLAWAY WITH WEAVE ENDING	QQQQQQQQ	
THREE STEP	SQQ	
HOVER CROSS	SQQQQQQ	
CLOSED TELEMARK	SQQ	