

## APPENDIX VI – NDCC Ballroom Syllabus Step List, Competitions & Medal Test

WALTZ-VALSE		TANGO		FOXTROT		QUICKSTEP	
Beginners - Débutants		Beginners - Débutants				Beginners - Débutants	
1	Closed Changes	1	Walk			1	Quarter Turn to Right
2	Natural Turn	2	Progressive Side Step			2	Heel Pivot ( Quarter Turn to Left )
3	Reverse Turn	3	Progressive Link			3	Progressive Chassé
4	Natural Spin Turn	4	Closed			4	Forward Lock
5	Whisk	5	Promenade Rock			5	Natural Spin Turn
6	Chassé from Promenade		Turn				
Pre-Bronze – Pré-Bronze		Pre-Bronze – Pré-Bronze		Pre- Bronze - Pré- Bronze		Pre-Bronze – Pré-Bronze	
7	Closed Impetus	6	Open Reverse Turn, Lady Outside	1	Feather Step	6	Natural Turn
8	Hesitation Change	7	Back Corte	2	Three Step	7	Natural Pivot Turn
9	Outside Change	8	Open Reverse Turn, Lady in Line	3	Natural Turn	8	Natural Turn with Hesitation
		9	Progressive Side Step Reverse Turn	4	Reverse Turn ( incl. Feather Finish )	9	Chassé Reverse Turn
				5	Closed Impetus and Feather Finish	10	Closed Impetus
						11	Back Lock
						12	Reverse Pivot
						13	Progressive Chassé to Right
Bronze		Bronze		Bronze		Bronze	
10	Reverse Corte	10	Open Promenade	6	Natural Weave	14	Tipple Chassé to Right
11	Back Whisk	11	Left Foot and Right Foot Rocks	7	Change of Direction	15	Running Finish
12	Basic Weave	12	Natural Twist Turn	8	Basic Weave	16	Zig-Zag Back Lock & Running Finish
13	Double Reverse Spin	13	Natural Promenade Turn			17	Cross Chassé
14	Reverse Pivot					18	Change of Direction
15	Back Lock					19	Natural Turn and Back Lock
16	Progressive Chassé to Right					20	Double Reverse Spin
Silver - Argent		Silver - Argent		Silver - Argent		Silver - Argent	
17	Weave from PP	14	Promenade Link	9	Closed Telemark	21	Quick Open Reverse
18	Closed Telemark	15	Four Step	10	Open Telemark and Feather Ending	22	Fishtail
19	Open Telemark and Cross Hesitation	16	Back Open	11	Top Spin Hover	23	Running Right Turn
20	Open Telemark and Wing	17	Promenade Outside	12	Feather Hover	24	Four Quick Run
21	Drag Hesitation	18	Swivels Fallaway	13	Telemark Natural	25	V 6
22	Open Impetus & Cross Hesitation	19	Promenade Four Step	14	Telemark Hover	26	Closed Telemark
23	Open Impetus & Wing	20	Change Brush Tap	15	Cross		
24	Outside Spin			16	Open Telemark Outside Swivel and Feather Ending		
25	Turning Lock			17	Open Impetus		
				18	Weave from PP		
				19	Reverse Wave		
Gold - Or		Gold - Or		Gold - Or		Gold - Or	
26	Left Whisk	21	Fallaway Four Step	20	Natural Twist Turn	27	Cross Swivel
27	Contra Check	22	Oversway	21	Curved Feather to Back Feather	28	Six Quick Run
28	Closed Wing	23	Basic Reverse Turn	22	Natural Zig-Zag from PP	29	Rumba Cross
29	Turning Lock to Right	24	The Chase	23	Fallaway Reverse and Slip Pivot	30	Tipsy to Right & Left
30	Fallaway Reverse & Slip Pivot	25	Fallaway Reverse & Slip Pivot	24	Natural Hover Telemark	31	Hover Corte
31	Fallaway Whisk	26	Five Step	25	Bounce Fallaway with Weave Ending		
32	Hover Corte	27	Contra Check				
Gold Star – Etoile d’Or		Gold Star – Etoile d’Or		Gold Star – Etoile d’Or		Gold Star – Etoile d’Or	
Steps 1 – 32 plus Gold Star groups Fig. 1 – 32 plus groupes Etoile d’Or		Steps 1 – 27 plus Gold Star groups Fig. 1 – 27 plus groupes Etoile d’Or		Steps 1– 25 plus Gold Star groups Fig. 1–25 plus groupes Etoile d’Or		Steps 1– 31 plus Gold Star groups Fig. 1 – 31 plus groupes Etoile d’Or	
VIENNESE WALTZ				VALSE VIENNOISE			
Bronze		Silver - Argent		Gold - Or		Gold Star-Etoile d’Or	
1	Change Steps Forward, Natural & Reverse	4	Change Steps Backward, Natural & Reverse	5	Reverse Fleckerl	Steps 1 – 7 Figures 1 - 7	
2	Natural Turn			6	Natural Fleckerl		
3	Reverse Turn			7	Contra Check		

Reference : The Ballroom Technique ISTD & The Viennese Waltz by Harry Smith Hampshire  
Reference: Gold Star Groups - Groupes Etoile d’Or, Ballroom Figures Technique by Geoffrey Hearn