



## Medallist Exam Syllabus (Ballroom Section)

### LEVELS 1 – 3: One Dance Exam

Dances: Slow Waltz, Tango, Quickstep

Syllabus: Associate

This is a starter or beginner grade. Candidate may stay in this grade for up to 3 exams.

Candidates must move up a minimum of one level every 12 months.

Syllabus figures:

SLOW WALTZ	TANGO	QUICKSTEP
LF Closed Change	Walk	Quarter Turn to Right
RF Closed Change	Right Foot Walk to PP	Progressive Chasse
Natural Turn	Progressive Side Step	Natural Turn
Reverse Turn	Progressive Link	Natural Spin Turn
Outside Change	Promenade Link	Natural Turn with Hesitation
Whisk	Closed Promenade	Forward Lock Step
Back Whisk	Back Open Promenade	Backward Lock Step
Reverse Corte	Basic Reverse Turn	Progressive Chasse to Right
Natural Spin Turn	Open Reverse Turn Partner-in-	Chasse Reverse Turn
Hesitation Change	line Closed Finish	Reverse Pivot
Chasse from Promenade Pos	Open Reverse Turn Partner	Running Finish
Weave in Waltz Time (After 1 –	Outside Open Finish	Change of Direction
3 Reverse Turn)	Back Corte	
Progressive Chasse to Right	Rock Back on Right Foot	
Backward Lock Step	Rock Back on Left Foot	
Forward Lock Step		
Reverse Pivot		

Only the figures, amounts of turns, and entries and exits that are used in the Associate Syllabus may be used.

## LEVELS 4 – 5: Two Dance Exam

Dances: Slow Waltz, Tango, Foxtrot, Quickstep

Syllabus: Licentiate

This is a Novice grade. Candidate may stay in this grade for up to 2 exams.

Candidates must move up a minimum of one level every 12 months.

Syllabus figures:

SLOW WALTZ	TANGO	FOXTROT	QUICKSTEP
(As Level 1 – 3) Plus; Double Reverse Spin Closed Telemark Open Telemark and Cross Hesitation Open Telemark to Wing Closed Impetus Open Impetus followed by a Cross Hesitation Open Impetus Followed by a Wing Outside Spin Turning Lock to the Left Weave from Promenade Pos. after a Whisk Weave from Promenade Pos. after an Open Impetus	(As Level 1 – 3) Plus; Four Step Natural Promenade Turn Progressive Side Step Reverse Turn Natural Rock Turn Natural Twist Turn Outside Swivel (After an Open Prom.) Outside Swivel (Turning to the Left) Outside Swivel (After Steps 1 -2 of a Reverse Turn) Fallaway Promenade	Feather Step Three Step Reverse Turn Natural Turn Reverse Wave Weave (After 1 – 4 of Reverse Wave) Natural Weave Change of Direction Open Telemark Feather Ending  Hover Feather Natural Telemark Natural Twist Turn Hover Telemark Top Spin Closed Impetus  Weave from PP (After Open Impetus) Closed Telemark  Open Telemark Natural Turn Outside Swivel with a Feather Ending	(As Level 1 – 3) Plus; Tipple Chasse to Right (At a corner) Tipple Chasse to Right (After Step 4 of a Backward Lock Step) Quick Open Reverse Turn Cross Swivel Fish Tail Four Quick Run V Six  Zig Zag, Backward Lock Step and Running Finish  Running Right Turn Double Reverse Spin

Only the figures, amounts of turns, and entries and exits that are used in the Associate & Licentiate Syllabus may be used.

## LEVELS 6 –7: Three Dance Exam

Dances: Slow Waltz, Tango, Foxtrot, Quickstep

Syllabus: Fellowship

This is a Silver grade. Candidate may stay in this grade for up to 2 exams.

Candidates must move up a minimum of one level every 12 months.

Syllabus Figures:

SLOW WALTZ	TANGO	FOXTROT	QUICKSTEP
(As Level 4 – 5) Plus; Turning Lock to Right Left Whisk Contra Check Closed Wing Fallaway Reverse and Slip Pivot	(As Level 4 – 5) Plus; Brush Tap Fallaway four Step Oversway The Chase Four Step Change Five Step	(As Level 4 – 5) Plus; Curved Feather to Back Feather Fallaway Reverse Turn and Slip Pivot Natural Zig-Zag from PP Hover Cross Natural Hover Telemark	(As Level 4 – 5) Plus; Six Quick Run Hover Corte Rumba Cross Tipsy

Only the figures, amounts of turns, and entries and exits that are used in the Associate, Licentiate & Fellowship Syllabus may be used.

## **LEVELS 8 –9: Four Dance Exam**

Dances: Slow Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep

Syllabus: Unrestricted Syllabus from Technique Book

This is a Gold grade. Candidate may stay in this grade for up to 2 exams.

Candidates must move up a minimum of one level every 12 months.

## **LEVEL 10: Five Dance Exam**

Dances: Slow Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep

Syllabus: \*Open Competitive Syllabus and Unrestricted Syllabus from Technique Book

This is an Open grade. Candidate may stay in this grade for as long as deemed necessary – there is no time restriction.

\*Open syllabus - Syllabus as per DFI rules and guidelines.