

Scottish Dance Teachers' Alliance

Ballroom Branch



EDITION: MAY 2018

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Ballroom and Latin Professional Syllabi

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Conditions and Information

- **Syllabus Edition: May 2018**

This syllabus can be used in conjunction with Edition 2018 from 1st May 2018 and is compulsory from 1st June 2018.

Classes of Membership are Associate, Member and Fellow and are awarded to candidates who have passed the necessary examination. Candidates must provide two references.

ASSOCIATE: Candidates must be 17 years of age or over.

MEMBER: Candidates must be 21 years of age or over with a minimum of two years' experience as a teacher, prior to their application.

FELLOW: Candidates must have been full Members of the faculty concerned for a minimum of three years.

The Executive Council can accept candidates with shorter lengths of experience.

Application to join the Alliance must be made on the official form and accompanied by the appropriate fee. This should be sent to the office secretary at **least 21 days** before the date of the examination.

Candidates will be responsible for the hall rent, supplying the music and a partner for their examination.

The annual subscription and an entrance fee is payable with the application. Members joining late in the year will have their annual subscription credited for the following year.

Candidates who are unsuccessful in an examination may have their annual subscription and entrance fee refunded if they do not wish to re-sit the examination.

Examinations

Candidates may sit one examination covering all appropriate dances or undertake the qualification using the modular system.

Examination duration when taken as one exam:

Associate: One hour and 15 minutes
Member: One hour and 30 minutes
Fellow: Two hours and 30 minutes

When taken as modular examinations:

Module 1: This first module will last 45 minutes.

Modules 2-4 (5): The subsequent separate modules lasting 30 minutes.

The first compulsory modules will be Waltz for Ballroom and Rumba for Latin.

All modules must be completed within a period no longer than two years.

Membership of the Alliance will not be granted until the candidates have been successful in all modules.

Annual subscription will not be charged until the candidates have been successful in modules.

Candidates will be marked Unsuccessful, Passed, Commended or Highly Commended in both demonstration and theory in each dance. The lowest mark will determine the final result.

Candidates who are unsuccessful in an examination may not enter again for the same examination until the expiration of three months from the date of the previous examination.

The SDTA Appeals Policy can be found on our website www.sdta.co.uk.

Examiners are not permitted to disclose the results of the examination.

The election of a candidate shall become void and monies paid to the Alliance forfeited should it be, at any time, established to the satisfaction of the Executive Council that details given on the application form are not in accordance with fact.

No member of the Alliance may join a teachers' organisation which is an examining body not affiliated to or approved by the British Dance Council or the Scottish Official Board of Highland Dancing.

Ballroom Faculty Syllabus

The conditions and information on page 2 and 3 must be read and strictly adhered to.

All examinations consist of two parts: demonstration and theory.

Candidates in all grades will be required to demonstrate the four Ballroom dances (in one exam or one in each of the modular exams) with their own partner, showing a majority of the figures required in the standard in which they are being examined. Candidates may elect to dance as Leader or Follower, but will be expected to be competent in both Leader and Follower steps. They will be required to dance solo the routines listed in Appendix 1 with music, as Leader and as Follower. They must supply their own music, which should comply with the current requirements, e.g. correct tempo.

An oral examination in theory and technique as described in the most current edition of "TECHNIQUE OF BALLROOM DANCING" by Guy Howard.

Associate

Candidates should be able to explain the following terms:

1. Time signature
2. Beat value
3. Tempo
4. Rhythm
5. Hold

Candidates should be able to give the following for each figure:

1. Step number
2. Positions of feet
3. Footwork
4. Alignment
5. Amount of turn
6. Rise and fall
7. CBM
8. Sway
9. Timing (123 in waltz and slows and quicks in other dances)
10. Precedes and follows to all figures

Member

In addition to all the requirements of the Associate level examination, candidates must be able to prove their ability as an experienced teacher.

Fellow

In addition to all the requirements for Associate and Member level examination, candidates are required to have a more thorough knowledge of the following:

1. Body positions and hold
2. Describe methods of coaching for professional examinations

The following charts set out the figures for each level. For Member, candidates may be asked to demonstrate or describe figures from the Associate level and for Fellow from both Associate and Member level.

Waltz

Associate

1. LF Closed Change (reverse to natural)
2. RF Closed Change (natural to reverse)
3. Natural Turn
4. Reverse Turn
5. Whisk
6. Chasse from Promenade Position
7. Natural Spin Turn
8. Underturned Natural Spin Turn
9. Natural Turn with Hesitation
10. Reverse Corte
11. Back Whisk
12. Outside Change
13. Weave in Waltz Time

Member

14. Closed Telemark
15. Open Telemark
16. Open Telemark followed by Wing
17. Open Telemark followed by Cross Hesitation
18. Open Impetus Turn
19. Open Impetus Turn followed by Wing
20. Open Impetus Turn followed by Cross Hesitation
21. Open Impetus Turn followed by Weave
22. Whisk followed by Weave
23. Underturned outside Spin
24. Turning Lock to Left
25. Reverse Pivot
26. Progressive Chasse to Right
27. Backward Lock Step (Leader and Follower)
28. Forward Lock Step (Leader and Follower)

Fellow

29. Double Reverse Spin
30. Outside Spin
31. Turning Lock to Right
32. Left Whisk
33. Fallaway Natural Turn
34. Running Spin Turn
35. Closed Wing
36. Contra Check

Tango

Associate

1. Progressive Side Step
2. Progressive Link
3. Closed Promenade
4. Open Promenade
5. Basic Reverse Turn
6. Open Reverse Turn Follower in Line
7. Open Reverse Turn Follower Outside
8. Progressive Side Step Reverse Turn
9. Natural Rock Turn
10. Back Corte
11. Rock on LF
12. Rock on RF
13. Natural Promenade Turn

Member

14. Natural Promenade Turn to Natural Rock Turn
15. Natural Twist Turn
16. Promenade Link
17. Four Step
18. Brush Tap
19. Outside Swivel to Right
20. Outside Swivel to Left
21. Reverse Outside Swivel

Fellow

22. Fallaway Promenade
23. Four Step Change
24. Back Open Promenade
25. Chase
26. Oversway
27. Five Step
28. Reverse Five Step

Slow Foxtrot

Associate

1. Feather Step
2. Reverse Turn
3. Three Step
4. Natural Turn
5. Closed Impetus Turn
6. Feather Finish
7. Reverse Wave
8. 1-4 Reverse Wave followed by Weave
9. Change of Direction
10. Natural Weave

Member

11. Closed Telemark
12. Open Telemark
13. Open Telemark Feather ending
14. Feather ending
15. Open Telemark Passing Natural Turn Outside Swivel Feather Ending
16. Open Impetus Turn
17. Open Impetus Turn followed by Weave from PP
18. Top Spin
19. Natural Telemark
20. Hover Telemark
21. Quick Natural Weave from PP
22. Natural Twist Turn
23. Quick Open Reverse Turn

Fellow

24. Reverse Pivot
25. Open Telemark followed by Weave from PP
26. Hover Cross
27. Curved Feather
28. Back Feather
29. Curved Feather from PP
30. Fallaway Reverse Turn and Slip Pivot
31. Lifting Fallaway with Weave Ending
32. Natural Zig Zag from PP
33. Extended Reverse Wave
34. Curved Three Step

Quickstep

Associate

1. Quarter Turn to Right
2. Natural Turn at a Corner
3. Natural Pivot Turn
4. Natural Spin Turn
5. Underturned Natural Spin Turn at a Corner
6. Natural Turn with Hesitation
7. Progressive Chasse
8. Forward Lock Step
9. Backward Lock Step
10. Progressive Chasse to Right
11. Reverse Turn
12. Quick Open Reverse Turn
13. Tiple Chasse to Right at a Corner
14. Tiple Chasse to Right along side of room

Member

15. Running Finish
16. Tiple Chasse to Left
17. Reverse Pivot
18. Closed Telemark
19. Open Impetus Turn
20. Open Telemark
21. Passing Natural Turn
22. Four Quick Run
23. Running Right Turn
24. Natural Turn Backward Lock Step Running Finish
25. V6

Fellow

26. Double Reverse Spin
27. Cross Swivel
28. Fishtail
29. Six Quick Run
30. Hover Corte
31. Topsy to Right
32. Topsy to Left
33. Rumba Cross
34. Running Cross Chasse

FURTHER STUDY

Viennese Waltz

Viennese Waltz may be taken as a separate Module. No examination can be taken unless the Candidate holds a minimum of Associate Ballroom Qualification. Theory and Technique as described in "Viennese Waltz" by Harry Smith-Hampshire or other similar syllabus will be used.

Figures

1. Natural Turn
2. Reverse Turn
3. Forward Change Step, Natural to Reverse
4. Forward Change Step, Reverse to Natural
5. Backward Change Step, Natural to Reverse
6. Backward Change Step, Reverse to Natural
7. Reverse Fleckerl
8. Natural Fleckerl
9. Contra Check
10. Reverse Pivot

Latin Faculty Syllabus

The conditions and information on page 2 and 3 must be read and strictly adhered to. All examinations consist of two parts: demonstration and theory.

Candidates in all grades will be required to demonstrate the five Latin dances (in one exam or one in each of the modular exams) with their own partner, showing a majority of the figures required in the standard in which they are being examined. All candidates may elect to dance as Leader or Follower, but will be expected to be competent in both Leader and Follower steps. They will be required to dance solo the routines listed in Appendix 2 with music, as Leader and as Follower. They must supply their own music, which should comply with the current requirements, e.g. correct tempo.

An oral examination in theory and technique as described in the most current edition of "IMPERIAL SOCIETY OF TEACHERS OF DANCING".

Associate

Candidates should be able to explain the following terms:

1. Time Signature
2. Beat Value
3. Tempo
4. Rhythm
5. Hold
6. Cuban Cross
7. Forward Walks (Rumba and Cha Cha Cha)
8. Backward Walks (Rumba and Cha Cha Cha)
9. Pressed Forward Walks (Rumba and Cha Cha Cha)
10. Pressed Backward Walks (Rumba and Cha Cha Cha)
11. Extended Forward Walks (Rumba and Cha Cha Cha)
12. Types of Chasse (Cha Cha Cha and Jive)
13. Bounce (Samba)

Candidates should be able to give the following for each figure:

1. Step number
2. Foot positions
3. Alignment (Paso Doble and Samba)
4. Amount of turn
5. Footwork
6. Lead
7. Action used when required
8. Count
9. Counts in beats and bars

Member

In addition to all the requirements of the Associate level examination, candidates should be able to:

1. Explain arm positions used
2. Describe the standard positions used in the Associate and Member Syllabus
3. Dance the Associate and Member Syllabus figures solo, whilst giving the timing and beat value of each step
4. Give precedes and follows of all figures
5. Candidates will be required to show a more thorough knowledge of the fundamental principles and may be asked to explain teaching methods

Fellow

In addition to the requirements for the Associate and Member examinations, candidates should be able to:

1. Explain the use of contact arms and leads and standard positions used in the syllabus
2. Describe methods of coaching for professional examinations

The following charts set out the figures for each level. For Member candidates may be asked to demonstrate or describe figures from the Associate level, and for Fellow from both Associate and Member level.

Cha Cha Cha

Associate

1. Basic Movements (Closed, Open and In Place)
2. New York (To Left Side or Right Side Position)
3. Spot Turns to Left and Right (including Switch Turns and Underarm Turns)
4. Shoulder to Shoulder (Left Side and Right Side)
5. Hand to Hand (To Right and Left Side Position)
6. Three Cha Cha Chas (Forward and Back)
7. Side Steps (to Left and Right)
8. There and Back
9. Time Steps
10. Fan
11. Alemana
12. Hockey Stick
13. Natural Top
14. Natural Opening Out Movement
15. Closed Hip Twist

Member

16. Open Hip Twist
17. Reverse Top
18. Opening Out from Reverse Top
19. Aida
20. Spiral Turns (Spiral, Curl and Rope Spinning)
21. Cross Basic
22. Cuban Breaks (Including Split Cuban Breaks)
23. Chase

Fellow

24. Advanced Hip Twist
25. Hip Twist Spiral
26. Turkish Towel
27. Sweetheart
28. Follow My Leader
29. Foot Changes

Samba

Associate

1. Basic Movements (Natural, Reverse, Side and Progressive)
2. Whisks (also with Follower's Underarm Turn)
3. Samba Walks (Promenade, Side and Stationary)
4. Rhythm Bounce
5. Volta Movements
6. Travelling Bota Fogos Forward
7. Criss Cross Bota Fogos (shadow Bota Fogos)
8. Travelling Bota Fogos Back
9. Bota Fogos to Promenade and Counter Promenade
10. Criss Cross Voltas
11. Solo Spot Volta
12. Foot Changes
13. Shadow Travelling Volta
14. Reverse Turn
15. Corta Jaca
16. Closed Rocks

Member

17. Open Rocks
18. Back Rocks
19. Plait
20. Rolling off the Arm
21. Argentine Crosses
22. Maypole
23. Shadow Circular Volta

Fellow

24. Contra Bota Fogos
25. Roundabout
26. Natural Roll
27. Reverse Roll
28. Promenade and Counter Promenade Runs
29. Three Step Turn
30. Samba Locks
31. Cruzados Walks and Locks

Rumba

Associate

1. Basic Movement (Closed, Open, In Place and Alternative)
2. Cucarachas (LF and RF)
3. New York (To Left and Right Side Position)
4. Spot Turns to Left and Right (Including Switch and Underarm Turns)
5. Shoulder to Shoulder (Left Side and Right Side)
6. Hand to Hand (To Left and Right Side Position)
7. Progressive Walks Forward or Back
8. Side Steps (To Left or Right)
9. Cuban Rocks
10. Fan
11. Alemana
12. Hockey Stick
13. Natural Top
14. Opening Out to Right and Left
15. Natural Opening Out Movement
16. Closed Hip Twist

Member

17. Open Hip Twist
18. Reverse Top
19. Opening Out from Reverse Top
20. Aida
21. Spiral Turns (Spiral, Curl, and Rope Spinning)

Fellow

22. Sliding Doors
23. Fencing
24. Three Threes
25. Three Alemanas
26. Hip Twists (Advanced, Continuous and Circular)

Jive

Associate

1. Basic in Place
2. Fallaway Rock
3. Fallaway Throwaway
4. Link
5. Change of Places Right to Left
6. Change of Places Left to Right
7. Change of Hands Behind Back
8. Hip Bump (Left Shoulder Shove)
9. American Spin
10. Walks
11. Stop and Go
12. Mooch
13. Whip
14. Whip Throwaway

Member

15. Reverse Whip
16. Windmill
17. Spanish Arms
18. Rolling off the Arm
19. Simple Spin
20. Miami Special

Fellow

21. Curly Whip
22. Shoulder Spin
23. Toe Heel Swivels
24. Chugging
25. Chicken Walks
26. Catapult
27. Stalking Walks, Flicks and Break

Paso Doble

Associate

1. Sur Place
2. Basic Movement
3. Chasses to Right or Left (including Elevations)
4. Drag
5. Displacement (also Attack)
6. Promenade Link (also Promenade Close)
7. Promenade
8. Ecart (Fallaway Whisk)
9. Separation
10. Separation with Follower's Caping Walks
11. Fallaway Ending to Separation
12. Huit
13. Sixteen
14. Promenade and Counter Promenade
15. Grand Circle
16. Open Telemark

Member

17. La Passe
18. Banderillas
19. Twist Turn
20. Fallaway Reverse Turn
21. Coupe de Pique
22. Left Foot Variation
23. Spanish Lines
24. Flamenco Taps

Fellow

25. Syncopated Separation
26. Travelling Spins from Promenade Position
27. Travelling Spins from Counter Promenade Position
28. Fregolina (also Farol)
29. Twists
30. Chasse Cape (including Outside Turn)

Appendix 1

Ballroom Faculty

Each candidate will be expected to dance solo to music as Leader and Follower.

When dancing all four dances, the candidate will dance solo all four Dances.

When dancing modules, the candidate will dance solo only the Dance in which they are being examined.

The following are the groups required to be danced:

WALTZ

LF Closed Change
Natural Turn
RF Closed Change
Reverse Turn
Whisk
Chasse from Promenade Position
Natural Spin Turn
4-6 of Reverse Turn

FOXTROT

Feather Step
Reverse Turn
Three Step
Natural Turn

TANGO

Two Walks LR
Progressive Side Step
Natural Rock Turn
Two Walks LR
Open Reverse Turn Lady Outside
Walk on LF

QUICKSTEP

Quarter Turn to Right
Progressive Chasse
Forward Lock Step
Natural Spin Turn
Progressive Chasse

Appendix 2

Latin Faculty

Each candidate will be expected to dance solo to music, as Leader and Follower.

When dancing all five dances the candidate will dance solo, all five Dances.

When dancing Modules, the candidate will dance solo, only the Dance in which they are being examined.

The following are the groups required to be danced:

CHA CHA CHA

Open Basic Movement
New York to Left Side Position
New York to Right Side Position
New York to Left Side Position
Spot/Switch Turn to Left
1-5 Closed Basic
Under Arm Turn to Right
Hand to Hand to Right Side Position
Hand to Hand to Left Side Position
Hand to Hand to Right Side Position
Spot/Switch Turn to Left

SAMBA

Natural Basic Movement
Whisk to Right
LF Samba Walk
Side Samba Walk
Travelling Volta to Right
Travelling Volta to Left
Whisk to Left
1-3 Natural Basic Movement
Bota Fogos to Promenade and Counter Promenade Position
Two Forward Samba Walks
Side Samba Walk
Criss Cross Bota Fogos

RUMBA

Open Basic Movement
New York to LSP
New York to RSP
New York to LSP
Spot/Switch Turn to Left
1-3 Closed Basic
Under Arm Turn to Right, Leader using RF Alternative Basic
Side Steps to Left
RF Cuban Rock
New York to LSP
Spot/Switch turn to Left.

JIVE

The candidate will only be asked to demonstrate individual steps.

PASO DOBLE

The candidate will only be asked to demonstrate individual steps.

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