



Social Dance Program

Waltz		Pattern	Lead Follow	Foot work	Styling	Level
1.	Closed Changes					S O C I A L
2.	Reverse Turn					
3.	Natural Turn					

Slow Rhythm		Pattern	Lead Follow	Foot work	Styling	Level
1.	Rhythm Basic					S O C I A L
2.	Quarter Turns					
3.	Natural Turn					
4.	Reverse Turn					
5.	Promenade Step					
6.	Side Step					

Quickstep		Pattern	Lead Follow	Foot work	Styling	Level
1.	Quarter Turns					S O C I A L
2.	Progressive Chasse					
3.	Natural Turn					

Tango		Pattern	Lead Follow	Foot work	Styling	Level
1.	Basic - SOCIAL					S O C I A L
2.	Promenade Basic - SOCIAL					
3.	Back Dip - SOCIAL					
1.	Walk - INTERNATIONAL					
2.	Progressive Side Step - INTERNATIONAL					
3.	Progressive Link - INTERNATIONAL					
4.	Closed Promenade - INTERNATIONAL					

Square Rumba		Pattern	Lead Follow	Foot work	Styling	Level
1.	Basic Square (Natural or Reverse)					S O C I A L
2.	Side Breaks					
3.	Side Breaks with Underarm Turn for Lady					
4.	Progressive Walks					
5.	Underarm Turn					

Cuban Rumba		Pattern	Lead Follow	Foot work	Styling	Level
1.	Basic					S O C I A L
2.	Fan					
3.	Overtured Hockey Stick					
4.	New Yorker					
5.	Spot Turn to Left					

Samba		Pattern	Lead Follow	Foot work	Styling	Level
1.	Reverse Basic					S O C I A L
2.	Whisks					
3.	Samba Walks in PP					

Cha Cha		Pattern	Lead Follow	Foot work	Styling	Level
1.	Basic					S O C I A L
2.	New Yorker					
3.	Spot Turn to Left					
4.	Hand to Hand					
5.	6 – 10 of Alemana Turn					

Jive		Pattern	Lead Follow	Foot work	Styling	Level
1.	Falloway Rock					S O C I A L
2.	Change of Places – Right to Left					
3.	Change of Places – Left to Right					
4.	Link Rock					
5.	American Spin					

Paso Doble		Pattern	Lead Follow	Foot work	Styling	Level
1.	Basic					S O C I A L
2.	Sur Place					
3.	The Huit					
4.	Separations					
5.	The Promenades					

Viennese Waltz		Pattern	Lead Follow	Foot work	Styling	Level
1.	Reverse Turns					S O C I A L
2.	Change Steps					
3.	Natural Turns					

Disco/Club Styles		Pattern	Foot work	Styling	Level
Solo movements relevant to current trends and rhythms					

Barn Dance		Pattern	Lead Follow	Foot work	Styling
Social Sequence					

Social Grading	
Grade 1	Choice of any three (3) dances
Grade 2	Choice of any three (3) of the remaining dances
Grade 3	Choice of any three (3) dances other than those used in Grades 1 & 2
The candidate is required to show an understanding of pattern and timing	
1 and 2 Dance Certificate Examinations	
Bronze	Single Dance (figures as per Bronze Medal syllabus) All Medallist Dance Styles – Must be dances available to Bronze Medallists
Silver	1 or 2 Dances (figures as per Silver Medal syllabus) All Medallist Dance Styles – Must be dances available to Silver Medallists
Gold	2 dances (unrestricted syllabus) All Medallist Dance Styles
The candidate will be assessed at medal test standards and will receive an examination report form plus the appropriate Bronze, Silver or Gold Certificate signed by the Examiner on the day of examination.	
Composite Examinations	
Bronze	3 dances (made up of any dance or dances) Figures as per Bronze Medal syllabus
Silver	4 dances (made up of any dance or dances) Figures as per Silver Medal syllabus
Gold	4 dances (made up of any dance or dances) Unrestricted syllabus
The candidate will be assessed at medal test standards and will receive an examination report form plus the appropriate Bronze, Silver or Gold Certificate signed by the Examiner on the day of examination.	
Cabaret Examinations	
Bronze	Any style or combination of recognised dance styles; and is restricted to Bronze/Bronze Star/Bar/Crest requirements
Silver	Any style or combination of recognised dance styles; and is restricted to Silver/Silver Star/Bar/Crest requirements
Open	Any style or combination of recognised dance styles; and is unrestricted syllabus
These examinations are designed for candidates who have completed all levels of medal examinations or those who wish to incorporate with their medals an exam that is not as technical and allows both student and teacher an opportunity for creativity.	