



Standard/Ballroom Medal Program

Waltz		Pattern	Lead Follow	Foot work	Styling	Level
1.	Closed Changes					B R O N Z E
2.	Natural Turn					
3.	Reverse Turn					
4.	Outside Change					
5.	Natural Spin Turn					
6.	Natural Hesitation					
7.	Whisk					
8.	Chasse from Promenade Position					
9.	Reverse Corte					B A R
10.	Double Reverse Spin					
11.	Back Whisk					
12.	Basic Weave					
13.	Progressive Chasse to Right					S I L V E R
14.	Reverse Pivot					
15.	Closed Impetus Turn					
16.	Drag Hesitation					
17.	Back Lock					
18.	Cross Hesitation					
19.	Wing					
20.	Turning Lock to Left					
21.	Weave from PP					
22.	Outside Spin					
23.	Closed Telemark					B A R
24.	Open Telemark					
25.	Open Impetus					
26.	Left Whisk					
27.	Fallaway Whisk					B A R
28.	Contra Check					
29.	Closed Wing					
30.	Turning Lock to Right end in Promenade Position					
31.	Fallaway Reverse and Slip Pivot					
32.	Hover Corte					

Tango		Pattern	Lead Follow	Foot work	Styling	Level
1.	Walks					BRONZE
2.	Progressive Side Step					
3.	Progressive Link					
4.	Closed Promenade					
5.	Basic Reverse Turn					
6.	Reverse Turn Partner in Line (Open or Closed Finish)					
7.	Reverse Turn Partner Outside (Open or Closed Finish)					
8.	Back Corte					
9.	Rock Turn					
10.	Open Promenade					
11.	Progressive Side Step, Reverse Turn					
12.	Rock Back on Left Foot or Right Foot				SILVER	
13.	Natural Promenade Turn					
14.	Natural Twist Turn					
15.	Promenade Link					
16.	Outside Swivel from Open Finish					
17.	Four Step					
18.	Back Open Promenade					
19.	Swivel from 2 of Reverse Turn					
20.	Fallaway Promenade					
21.	Brush Tap				BAR	
22.	Fallaway Four Step					
23.	The Owersway					
24.	Four Step Change					
25.	The Chase					
26.	Fallaway Reverse and Slip Pivot					
27.	Five Step					
28.	Contra Check					

Quickstep		Pattern	Lead Follow	Foot work	Styling	Level
1.	Quarter Turns to Right and Left					B R O N Z E
2.	Natural Turn					
3.	Natural Turn with Hesitation Ending					
4.	Natural Pivot Turn					
5.	Natural Spin Turn					
6.	Progressive Chasse					
7.	Forward Lock Step					
8.	Chasse Reverse Turn					
9.	Back Lock					
10.	Zig Zag Back Lock					B A R
11.	Running Finish					
12.	Tipple Chasse to Right					
13.	Cross Chasse					
14.	Double Reverse Spin					
15.	Change of Direction					
16.	Reverse Pivot					
17.	Progressive Chasse to Right					
18.	Closed Impetus Turn					
19.	Natural Turn, Back Lock, Running Finish					S I L V E R
20.	Quick Open Reverse					
21.	Cross Swivel					
22.	Fishtail					
23.	Four Quick Run					
24.	Running Right Turn					
25.	V6					
26.	Closed Telemark					
27.	Open Telemark					
28.	Open Impetus					B A R
29.	Six Quick Run					
30.	Rumba Cross					
31.	Tipsy to Right and Left					
32.	Hover Corte					
33.	Open Natural Turn					
34.	Wing					
35.	Outside Spin					

Dances for Medal Tests	
Bronze	Waltz, Slow Rhythm, Quickstep
Bronze Bar	Waltz, Tango, Foxtrot, Quickstep, Slow Rhythm (select any 4 dances)
Silver	Waltz, Tango, Foxtrot, Quickstep
Silver Bar	Waltz, Tango, Foxtrot, Quickstep
Gold	Waltz, Tango, Foxtrot, Quickstep
Gold Bar	Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep
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.	