

# Syllabus Requirement Form

## Pre-Bronze \*This is a non testing level, progress check only

- Frame (Poise and Posture)
- Footwork: Heels/Toes
- Timing  
\*Able to count timing out loud

## Bronze 1

- Frame - closed, promenade position, LSP, RSP, Open, Counter promenade position, RSP/Shadow Pos. \*(Poise and Posture)
- Footwork - closed feet/ankle articulation
- Timing - explain timing of each dance
- Alignments - Tracking of Legs
- 3 dance exam requirement ballroom (W,T,FT,QS) Latin (S,CC,R,J) Student Choice

## Bronze 2

- Frame - add in closed position & counter promenade position, Fall-away Position \*(Poise and Posture)
- CBM - (4 ranges of motion), explain/compare to CBMP
- Footwork - explain pivot action/footwork
- Timing - syncopations/alternate timings
- Alignments
- 3 dance exam requirement ballroom (W,T,FT,QS) Latin (S,CC,R,J) Students choice