



Syllabus Requirement Form

Silver

- Positions Frame (Poise and Posture) 13 dance
- Footwork *ankle articulation, Rise and Fall (W,T, FT, QS)
- Timing - Explain syncopation, Timing all Dances
- Demonstrate patterns separately - Solo demonstrations
- Alignments - Should be understood by both Gents and Ladies
- Sway/Shape/Swing - explain differences
- Characterization of each dance, compare/contrast technique
- 4 dance requirement ballroom (W,T,FT,QS) Latin (S,CC,R,J)

Gold

- Frame (Poise and Posture) and 13 dance positions
- Footwork - *ankle articulation, Rise and Fall (W,T, VW,FT, QS)
- Alignments - Should be understood by both Gents and Ladies
- Timing - Explain syncopation, Timing all Dances
- Sway/Shape/Swing - explain differences
- Solo demonstration man/ladies figures and routines
- Characterization of each dance, compare/contrast technique
- 5 dance requirement ballroom (W,T, VW, FT, QS) Latin (S,CC,R,PD,J)