



PACIFIC BALLROOM DANCE

SILVER FOXTROT - #1

Long Side

Timing

Alignment

Prep Step

7,8

DC

Feather Step

SQQ

DC

Open Telemark,
Feather Ending

SQQ, SQQ

DC to DW

Three Step

SQQ

F DW

1 -3 Natural Turn

SQQ

F DW,

Open Impetus

SQQ

B LOD, E DC

Weave From P.P.

SQQQQQQ

F DC, E DW

Three Step

SQQ

F DW

Hover Cross

SQQQQQQ

F DW, E DC New LOD

Short Side

Open Telemark Feather Ending

SQQ, SQQ

F DC, E DW

Reverse Wave

SQQ, SQQ,SS

F DW end Back W

Feather Step

SSQQ

F DC new LOD

Restart

*Based on ISTD Syllabus



PACIFIC BALLROOM DANCE

SILVER FOXTROT - #2

Long Side

| | <u>Timing</u> | <u>Alignment</u> |
|------------------------------|------------------------|------------------|
| Prep Step | 7,8 | DC |
| *Feather Step | SQQ | DC |
| Open Telemark Feather Ending | SQQ, SQQ | DC, E DW |
| Hover Telemark | SQQ | DW to DC |
| Feather (outside partner | SQQ | DC |
| Reverse Wave | SQQ, SQQ | DC, E B DW |
| Open Impetus | SQQ | B DW. P DC |
| Weave from PP | SQQQQQQ | P DC, E DW |
| Change of direction | SS (add S) phrasing | DW to DC N LOD |

Short Side

| | | |
|--|------------------|----------------|
| Feather Step | SSQQ | F DC |
| Open Telemark, Natural turn, to Outside Swivel and Feather Ending | SQQ, SQQ SSQQ | F DC, F DC |
| Reverse Turn | SQQ, SQQ | DC to DW |
| Top Spin | QQQQ | DW To DW N LOD |
| Change of Direction | SS | DC Long Side |

* Feather restart will depend on alternate side and pattern used

Restart

*Based on ISTD Syllabus



SILVER QUICKSTEP - #1

Long-side

| <u>Long-side</u> | <u>Timing</u> | <u>Alignment</u> |
|-------------------------|----------------|---------------------|
| Prep Step (if Starting) | 7,8 | F DW |
| Natural Spin Turn | SQQ, SSS | F DW, B DC |
| V6 Overturned to DC | QQS, SQQ, SQQS | B DC, F LOD |
| Quick Open Reverse | (S)SQQ | F DC, B LOD |
| Four Quick Run | SQQQ QS | B LOD, F DW |
| Running Right Turn | SQQS, SSS, QQS | F DW, F LOD new LOD |

Into Corner Short Side

| | | |
|---------------------|------------|-------------------|
| *Forward Lock | SQQS | F LOD |
| Fishtail | SQQQ QS | pointing DC, F DW |
| 1-3 Natural Turn | SQQ, | F DW, |
| Closed Impetus | SSS | B DC |
| Reverse Pivot | S | F DC or LOD |
| *Double Reverse X 2 | SSQQ. SSQQ | F DC/LOD x2, E DW |
| Cross Chasse | SQQ | F DW |
| *Forward Lock | SQQS | F DW New LOD |

Restart

*Add or delete figure if needed for floor size

*Based on ISTD Syllabus



SILVER QUICKSTEP - #2

| <u>Long-side</u> | <u>Timing</u> | <u>Alignment</u> |
|--|---------------|-----------------------|
| Prep Step (if Starting) | 7,8 | F DW |
| Natural Spin Turn | SQQ, SSS | F DW , E DW |
| Reverse Pivot | S | to DC |
| *Double Reverse Spin | SSQQ | to DC |
| Progressive Chasse to R to DC | SQQS | B DC |
| 6-12 V6(Weave action to forward lock) | SQQ, SQQS | B DC, E DW |
| Running Right Turn (Around Corner) *Forward Lock | SQQSSSSQQS | F DW to DC new LOD |
| <u>Into Corner Short Side</u> | | |
| Quick Open Reverse | (S)SQQ | F DC New LOD |
| Progressive Chasse | SQQS | B DC , F DW |
| Natural Pivot Turn x2 | SQQS | F DW , E F DW new LOD |
| *Forward Lock | SQQS | DW new LOD |

Restart

*Double Reverse Spin – add or delete figure as needed

*Forward Lock - add or delete figure as needed

*Based on ISTD Syllabus



PACIFIC BALLROOM DANCE

SILVER TANGO - #1

| <u>Long Side</u> | <u>Timing</u> | <u>Alignment</u> |
|--|----------------|---|
| Prep Step | 7,8 | B Wall |
| 2 Walks | SS | F Wall |
| Progressive Link | QQ | F LOD |
| Open Promenade | SQQS | F DC |
| Open Reverse Turn lady Outside(Open Finish) | QQS, QQS | F DC, E LOD |
| Reverse Turn Outside swivel #4 | QQS, QQ | LOD, E DW |
| Brush Tap | QQ&S | DW, E DW |
| Four Step | QQQQ | F DW, E pointing DC |
| Reverse Promenade Link (¼ to DC) | SQQ | F DC |
| Reverse Turn Lady In-Line Closed finish | QQS,QQS | F DC, E DW |
| Progressive Link | QQ | DW |
| Natural Twist Turn | SQQS, QQ | Moving LOD, pointing DW E. DW New LOD |
| <u>Into Short Side</u> | | |
| Closed Promenade | SQQS | moving DW, E F Wall |
| Back Rock Left | QQS | B DC |
| Back Rock Right | QQS | B DC |
| Back Corté | SQQS | B DC. E Facing DW |
| & to P.P. | & | pointing DW |
| Fallaway Promenade | SQQS, QQ | B and E DW, PP |
| Natural Promenade Turn with Rock turn ending | SQQS, QQS, QQS | DW, E Facing DW new LOD |
| 4 step Change | QQ&S | Optional around corner Ends DW/W New LOD |

Restart

*Based on ISTD Syllabus



SILVER TANGO - #2

| <u>Long Side</u> | <u>Timing</u> | <u>Alignment</u> |
|---------------------------------|---------------|--------------------------|
| Prep Step (If Starting) | 7,8 | |
| 2 Walks | SS | F DC |
| 1-4 Progressive Side Step | QQSS | F LOD |
| LF Back Rock | SQQS | B LOD |
| RF Back Rock | QQS, QQS | B LOD |
| Back Corte | SQQS | B LOD |
| Outside Swivel #2 | SQQ | F DW, E DC |
| Open Reverse turn, Lady outside | QQS, QQS | F DC, E DW |
| Closed Finish | | |
| Progressive Link | QQ | F DW |
| Fallaway Promenade | SQQS, QQ | P DW, P DW |
| <u>Into Short Side</u> | | |
| Natural Twist Turn into corner | SQQS,QQ | P DW, E Fac Wall New LOD |
| Back Corte' | SQQS | B DC, End DW |
| & to P.P. or Progressive Link | (&), (QQ) | P DW |
| Open Promenade | SQQS | F DW, B DC |
| Four Step | QQQQ | F DW , E DC along LOD |
| Back open Promenade | SQQS | P DC, F DW Short side |
| Four Step Change | QQ&S | F DW E DW New LOD |
| *Brush Tap (Optional) | QQ&S | F DW |

Restart

*Based on ISTD Syllabus



PACIFIC BALLROOM DANCE

SILVER VIENNESE WALTZ

Long Side

Timing

Alignment

Start with Balance Step or Curtsey
to start for ease of movement

123, 456

F LOD

Change step Left (Forward & Back)

123

F LOD

Change step Right (Forward & Back)

123

F LOD

Reverse Turn

123, 456

F DW, E DW

Natural Turn

123, 456

F DC, E DC

*Instructor will choose sequence

*Based on ISTD Syllabus



SILVER WALTZ - #1

| <u>Long Side</u> | <u>Timing</u> | <u>Beg/End Alignment</u> |
|------------------------------|----------------------|---------------------------------|
| Preparation Step (Left Foot) | 6 | DW |
| Natural Spin Turn | 123,456 | F DW/B DC |
| Turning lock to P.P. | 1&23 | F DC/P DW |
| Chasse from Promenade P.P. | 12&3 | F DW (moving along LOD) |
| 1-3 Natural Turn | 123 | F DW |
| Open Impetus | 456 | B LOD |
| Weave From P.P. to P.P. | 123, 456 | Pointing DC, End DW |
| Chasse From P.P. | 12&3 | Pointing DW |
| 1-3 Natural turn | 123 | DW |
| <u>Short Side</u> | | |
| Open Impetus to Wing | 123,456 | Backing LOD, pointing DC |
| Double Reverse Spin | 12&3 | Facing DC |
| Double Reverse Spin | 12&3 | Facing LOD |
| Chasse to Right | 12&3 | Facing DC |
| Back Lock | 12&3 | Backing DW |
| Outside Spin | 123 | Backing DC |
| 456 of Reverse | 123 | Backing DC, E F DW |
| Left Foot Change Step | 123 | F DW |

Restart

*Based on ISTD Syllabus



SILVER WALTZ - #2

| <u>Long Side</u> | <u>Timing</u> | <u>Alignment</u> |
|---------------------------------|----------------------|--------------------------|
| Prep Step (If Starting) | 6 | F DW |
| Natural Spin Turn | 123, 456 | F DW, E B LOD |
| Reverse Pivot | & | B LOD, Pointing DC |
| Double Reverse | 12&3 | F LOD |
| Closed Telemark | 456 | F LOD, E P DW |
| 1-3 Natural Turn | 123 | F DW to B LOD |
| Open Impetus | 456 | B LOD to P DC |
| Weave From P.P. ended in P.P. | 123,456 | P DC, E P DW |
| Chassé From P.P. | 12&3 | P DW |
| 1-3 Natural Turn | 456 | F DW , E B LOD |
| Closed Impetus | 123, | B DW, E F DW |
| Reverse Pivot | & | B DC AG LOD , DW New LOD |
| Drag Hesitation (across Corner) | 456 | F DW, E B DW new LOD |
| <u>Short side</u> | | |
| Under turned Outside Spin | 123 | B DW, B DC New LOD |
| Turning lock to P.P. or closed | 4&56 | B DC, Pointing DW or F |
| Chassé for P.P. | 12&3 | P DW, |
| 1-3 Natural Turn | 123 | F DW, E B LOD |
| Open Impetus | 456 | B LOD E Pointing DC |
| Wing | 456 | pointing DW moving LOD |
| Whisk from Wing Pos. nto Corner | 123 | F DW |
| Chassé from P.P. | 45&6 | new LOD |

Restart