

DVIDA American Smooth Bronze Syllabus Figures

*Indicates figure is allowable in NDCA Competitions. Revised August 2011

	Waltz	Foxtrot	Tango	V. Waltz
Bronze I	1A. Box Step (Straight)* 1B. Box with Underarm Turn* 2. Progressive* 3A. Left Turning Box* 3B. Right Turning Box*	1. Basic* 2. Promenade* 3A. Rock Turn to Left* 3B. Rock Turn to Right*	1A. Straight Basic* 1B. Curving Basic* 2A. Promenade Turning Left* 2B. Promenade Turning Right* 3A. Single Corté* 3B. Double Corté*	1. Balance Steps* 2A. Fifth Position Breaks* 2B. Fifth Position Breaks with Underarm Turn*
Bronze II	4A. Balance Steps* 4B. Balance and Box* 5. Simple Twinkle* 6. Two-Way Underarm Turn* 7. Face to Face – Back to Back*	4. Sway Step* 5A. Promenade Underarm Turn* 5B. Sway Underarm Turn* 6A. Zig Zag In Line* 6B. Zig Zag Outside Partner* 7. Box Step*	4. Progressive Rocks* 5A. Open Fan* 5B. Open Fan with Underarm Turn* 6. Running Steps* 7. Checked Promenade	3. Reverse Turn* 4. Closed Twinkle*
Bronze III	8. Reverse Turn* 9. Natural Turn* 10. Progressive Twinkles* 11. Turning Twinkles*	8. Twinkle* 9. Fallaway Twinkles 10. Promenade Twinkles* 11. Turning Twinkles to Outside Partner*	8A. Reverse Turn* 8B. Reverse Turn with Outside Swivel* 9. Right Side Fans* 10. Contra Rocks* 11. Continuous Left Rock Turn*	5A. Crossbody Lead* 5B. Crossbody Lead with Underarm Turn* 6. Hand to Hand* 7A. Forward Progressive Changes* 7B. Backward Progressive Changes*
Full Bronze	12. Grapevine* 13. Promenade Chasse* 14. Fallaway and Box 15. Twinkle and Weave	12. Grapevine* 13. Promenade Twist* 14. Promenade Pivot* 15A. Running Steps in Basic Rhythm 15B. Running Steps in Box Rhythm	12. Twist Turn to the Right* 13. Check and Corté* 14. Promenade Pivot* 15. Oversway* (We believe this step to be allowed as a Simple Oversway. Subject to challenge by or with Invigilator)	8. Right Turn* 9. Change of Place* (In order for this figure to be allowed the Man will do a Chassé and always have one or other of the Lady's hands. Only the Lady turns) 10. Curtsey & Bow

NDCA Restrictions

Waltz	Foxtrot	Tango	V. Waltz
<ul style="list-style-type: none"> * Partners may not completely separate. Open work is limited to single or double hand holds, and may not last for more than eight (8) consecutive measures (24 beats) * Open work may not comprise more than 25% of any routine * No continuity style in Bronze Waltz, feet must be closed on three except on allowed figures * No foot changes/fakes, partners must always be on opposite feet * No consecutive Pivots Left or Right, one (1) Pivot is allowed * No Open Left or Right Box Turns * No Fallaway actions of any kind * No picture lines or figures (i.e. Contra Check, Chair, Oversways, Lunges, etc.) * No solo, shadow, or same foot figures * No syncopations other than Chassé from Promenade - No syncopated Underarm Turns * Progressive Twinkles must finish by the sixth (6th) measure of music (18 beats) with the feet closed. (counting from when they are started) * Both feet must remain close to the floor at all times (no aerial Rondé, etc.) 	<ul style="list-style-type: none"> * Partners may not completely separate. Open work is limited to single or double hand holds, and may not last for more than eight (8) consecutive measures (32 beats) * Open work may not comprise of more than 25% of any routine * No continuity style in Bronze Foxtrot * No foot changes/fakes, partners must always be on opposite feet * Timing is limited to SSQQ or SQQ in Bronze Foxtrot. Except for Grapevine actions * Continuous quicks are NOT permitted except in the Simple Grapevine or extra Chassés/Side Steps. * No consecutive Pivots Left or Right, one (1) Pivot is allowed * No Open Left or Right Box Turns * No syncopations other than Chassé from Promenade - No syncopated Underarm Turns * No picture lines or figures (i.e. Contra Check, Chair, Oversways, Lunges, etc.) * No Fallaways of any kind or Slip Pivot from Fallaway * No solo, shadow, or same foot figures * No more than eight (8) quicks, or 2 measures, of a Grapevine/Zig Zag action and it must finish with the feet closed * Progressive Twinkles must finish by the end of the sixth (6th) measure of music (24 beats) with the feet closed * Both feet must remain close to the floor at all times (no aerial Rondé, etc.) 	<ul style="list-style-type: none"> * No foot changes/ fakes, partners must always be on opposite feet * No shadow, solo, or same foot figures * No more than four (4) quicks consecutively * No syncopations except brush-point (&S) in the Open Fan * Although the Corté/Simple Oversway is permitted, other picture lines / figures (i.e. Contra Check, Chairs, Oversways, Lunges, etc.) are not allowed * No Fallaway actions of any kind. * No consecutive Pivots Left or Right, one (1) Pivot is allowed * Partners may not completely separate. Open work is limited to single or double hand holds, and may not last for more than 32 consecutive beats, (16 measures counted in 2/4 time) * Both feet must remain close to the floor at all times (no aerial Rondé, etc.) 	<ul style="list-style-type: none"> * Partners may not completely separate * Open work may not comprise of more than 25% of any routine * Syncopations are not permitted * No Open Left or Right Box Turns * No consecutive Pivots Right or Left, one (1) Canter Pivot is allowed * No Fallaways of any kind or Slip Pivot from Fallaway * Partners must remain on opposite feet at all times * No solo, shadow, or same foot figures * Partners may not completely separate. Open Work is limited to single or double hand holds, and must finish by the eighth (8th) measure of music (24 beats) from where the action is commenced. * Both feet must remain close to the floor at all times (no aerial ronde, etc.)