

# INTERNATIONAL STYLE STANDARD GOLD PROGRAM

International Style

## Waltz - (Gold)

			<b>Fig</b>	<b>FP</b>	<b>T</b>	<b>L/F</b>	<b>S</b>
<b>Full Gold</b>	<b>Intermediate Gold</b>	28. Running Natural Spin Turn					
		29. Fallaway Reverse Slip Pivot					
		30. Contra Check					
		31. Fallaway Natural Turn					
		32. Fallaway Whisk					
		33. Turning Lock to Right					
		34. Left Whisk					
		35. Hover Corté					
		36. Closed Wing					

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## Tango - (Gold)

			<b>Fig</b>	<b>FP</b>	<b>T</b>	<b>L/F</b>	<b>S</b>
<b>Full Gold</b>	<b>Intermediate Gold</b>	23 Fallaway Four Step					
		24 Fallaway Slip Pivot					
		25 Contra Check					
		26 Chase					
		27 Chasse' to the Right					
		28 Oversway					
		29 Mini Five Step					
				30 Five Step			

### DVIDA EXPERT ADVICE FOR WALTZ, TANGO & FOXTROT Gold Level

As the variety of the figures increases, the Student/s should be moving with a strong melodious swing, creating good lines. There should be a positive sense of control through good balance and body shape. The footwork and foot positions should be neat and precise, the turns seeming effortless. The Student/s should be confident when dancing in front of others, adding to a positive sense of achievement. At the conclusion of this level, the Student/s should feel ready to tackle the more advanced figures that will come at the next level.

**Fig** Figures

**FP** Foot Positions

**T** Timing

**L/F** Lead or follow

**S** Style

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# Foxtrot - (Gold)

**Fig FP T L/F S**

<b>Full Gold</b>	<b>Intermediate Gold</b>	24. Bounce Fallaway with Weave Ending					
		25. Curved Feather to Back Feather					
		26. Curved Feather from Promenade Position					
		27. Curved Three Step					
		28. Extended Reverse Wave					
		29. Fallaway Reverse and Slip Pivot					
		30. Natural Zig Zag from Promenade Position					
		31. Natural Hover Telemark					

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# Quick Step - (Gold)

**Fig FP T L/F S**

<b>Full Gold</b>	<b>Intermediate Gold</b>	24. Rumba Cross					
		25. Hover Corté					
		26. Topsy Chassé to the Right					
		27. Topsy Chassé to the Left					
		28. Zig Zag Back Lock Running Finish					
		29. Six Quick Run					
		30. Running Spin Turn					
		31. Cross Chassé					
		32. Running Cross Chassé					
		33. Passing Natural Turn					
34. Change of Direction							

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# Viennese Waltz

**Fig FP T L/F S**

<b>Full Gold</b>	(Gold)					
	7 Reverse Fleckerel					
	8 Contra Check					
	9 Natural Fleckerel					

## DVIDA EXPERT ADVICE FOR VIENESSE WALTZ

### Gold Level

At this level, the introduction of the spot turning Fleckerels make this dance very different. The ability to turn seemingly in place for an extended period of time takes much practice and great concentration. The balance required both individually and together becomes even more important in these figures. There should be a continuation of improvement in the quality of movement and swing and the Student/s should feel very comfortable with their easy progress around the floor.

**Fig** Figures    **FP** Foot Positions    **T** Timing    **L/F** Lead or follow    **S** Style

