

# AMERICAN STYLE SMOOTH GOLD PROGRAM

American 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>	1 Open Left Whisk					
		2 Chasse to Shadow					
		3 Shadow Telespin					
		4 Shadow Curve & Back Lock					
		5 Double Leg Ronde'					
	6 Flip & Spin						
	7 Syncopated Pivots						
	8 Syncopated Open Natural Turn in Shadow Position						
	9 Free Turn to Fallaway						
	10 Contra Check Combination						

American Style

## Foxtrot - (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>	1 Open Grapevines					
		2 Continuous Hairpins					
		3 Passing Changes					
		4 Oversway to Shadow					
		5 Half Turns in Shadow					
		6 Advanced Gem					
		7 Curve & Roll					
		8 Hairpins in Shadow					
		9 Check & Sway					
		10 Hinge to Shadow					

**Fig** Figures

**FP** Foot Positions

**T** Timing

**L/F** Lead or follow

**S** Style

American Style  
**Tango - (Gold)**

**Fig FP T L/F S**

Full Gold	Intermediate Gold	1	Fig	FP	T	L/F	S
		Ronde' to Shadow					
		Shadow Back Lock					
		Viennese Turn in Shadow Position					
		Pivot & Spiral					
	Skaters Walks						
	Advanced Drag						
	Back Checks						
	Roll to Oblique Line						
	Open Check						
TeleRonde' to Throwaway Oversway							

American Style  
**Viennese Waltz - (Gold)**

**Fig FP T L/F S**

Full Gold	Intermediate Gold	1	Fig	FP	T	L/F	S
		Open Right Turn to Shadow					
		Open Right Turn in Shadow Position					
		Left Turn Connection					
		Barrel Roll					
	Shadow Skips						
	Arabesque Combination						
	Double Leg Ronde'						
	Roll In and Out						
	Tandem Turns to Brush Hops						
Progressive Forward Checks							

**DVIDA EXPERT ADVICE**

**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. Even though some figures require solo movements from the Man and Lady, 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

