



EADA

The voice of English Amateur Dancers

EADA AMATEUR COACHING SCHEME

SYLLABUS

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DEFINITIONS AND ASSUMPTIONS

- At all levels above Level 1, candidates must have full knowledge of everything included in the previous levels and will be examined on the whole syllabus.
- The up-to-date tempos as detailed in the latest version of the British Dance Council Rule Book must be used and known.
- A full knowledge of the EADA and British Dance Council Rule Books as they affect the Amateur competitor shall be required.
- It is not necessary for the Amateur to study both Ballroom and Latin American styles, or be of the same level in each style. However if only one style is being studied then only that style may be coached.
- The Amateur must be a Full EADA Member in order to be eligible for the EADA Coaching Scheme and be of at least Pre-Championship level in the style to be studied.

EADA would like to express their thanks to the following for their assistance in the production of this document:

- Anne Linguard, ISTD
- Roy Sharpe

CONTACT DETAILS

EADA Coaching Scheme Administrator:

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STUDY BOOKS

Ballroom

- Ballroom Technique – ISTD
- Technique of Ballroom Dancing – Guy Howard for IDTA
- Viennese Waltz – BDC but published by the individual teachers bodies
- For Further reading - Ballroom Dancing – Alex Moore

Latin American

- Revised Technique of Latin American Dancing – ISTD, 5 separate books
- The Laird Technique of Latin Dancing, along with the supplement – Walter Laird for IDTA

Classical Sequence

- A guide to the theory and technique of classical sequence dancing – compiled by the British Dance Council Sequence Advisory Committee
- Classical Sequence Championship Charts - compiled by the British Dance Council Sequence Advisory Committee

APPLICATION

In order to be eligible to apply to join the EADA Coaching Scheme candidates must comply with the following:

- they must be aged 16 or over on the date of application;
- they must be a full EADA member registered at Pre-championship or Championship level in the genre in which they wish to coach;
- they must agree to comply with the conditions as set out in the Terms of Contract.

Applications should be made to the EADA Coaching Scheme Administrator. Once the amateur's application has been accepted, they may only assist a professionally qualified dance teacher within an educational establishment and will be required to pass their Level 1 examination within 12 months.

SYLLABUS

Level 1

Candidates must be aged 16 years or over:

Ballroom & Latin American

Practical Demonstration

The candidates will be required to demonstrate all dances as listed in the Syllabus, using the Figures listed and which may include additional figures from Level 2, with a partner to music on the role of their choice (ie: as 'Man' or 'Lady'), or demonstrate both roles with a partner if desired. The partner may not be a professional.

Theory (Oral Examination)

The candidate will be expected to briefly define the following terms:

1. Foot positions
2. Alignment (including "direction")
3. Amount of turn
4. Rise & fall (Ballroom only)
5. Footwork
6. CBM
7. CBMP
8. Sway

Simple descriptions must be given of:

1. Forward and backward walks – Ballroom
2. Hold
3. Time and tempo of each dance
4. One 'precede' and 'follow' to each specified figure.

The technical analysis and solo demonstration must be given of the specified figures as Man and Lady, confined to:-

1. Foot positions
2. Alignment
3. Amount of turn
4. Rise & fall (Ballroom only)
5. Footwork
6. Timing
7. Counting in beats and bars
8. Simple description (Latin American)

Ballroom – Candidates must be able to describe and demonstrate solo Rhythm Dancing to 4/4 music at Foxtrot tempo.

Classical Sequence

Practical Demonstration

The candidates will be required to demonstrate all dances as listed in Appendix C with a partner to music in the role of their choice (i.e. as ‘Man’ or ‘Lady’), or demonstrate both roles with a partner if desired. The partner may not be a professional.

Theory (Oral Examination)

The candidate will be expected to briefly define the following terms:

1. Foot positions
2. Alignment (including ‘direction’)
3. Amount of turn
4. Rise & fall
5. Footwork
6. CBM
7. CBMP
8. The five basic foot positions

Simple descriptions must be given of:

1. Forward and backward walks
2. Hold
3. Time and tempo of each dance
4. Balance, poise and deportment.

Level 2

Candidates must be aged 17 years or over.

Ballroom & Latin American

Practical Demonstration

As in Level 1, demonstrating figures listed in Level 2 Syllabus – this may include figures from Level 3.

A short selection of figures will be requested to be danced solo to music. Candidates must start an imaginary class to music.

Theory (Oral Examination)

Technical analysis and solo demonstration of the specified figures using basic principles 1-8 listed in Level 1 above, also:

9. Counting in ‘slows’ and ‘quicks’ (Ballroom)

10. Sway (Ballroom)
11. CBM (Ballroom)
12. Description of figures (Latin American)

Candidates must give at least 2 'precedes' and 'follows' to each figure.

The candidate must have an understanding of balance and deportment and also be able to answer simple questions on class teaching methods for beginners.

Classical Sequence

Practical Demonstration

Dances as listed in Appendix C.

Candidates must start an imaginary class to music.

Theory (Oral Examination)

Technical analysis and solo demonstration of the specified figures using basic principles 1-8 listed in Level 1 above, also:

9. Counting in 'slows' and 'quicks'
10. Fallaway position
11. Pas glissade
12. Pas glissé
13. Pas de basque
14. Jeté, fouetté, plié, coupé

The candidate must have an understanding of balance and deportment, and also be able to answer simple questions on class teaching methods for Beginners.

Level 3

Candidates must be 21 years of age or over and have held Level 2 in the same genre for at least 2 years.

Ballroom & Latin American

Practical Demonstration

This will be similar to Level 2; only any suitable figures may be danced, but some specified figures must be included. The candidate must demonstrate the appropriate level of solo dancing to music and start an imaginary class as at Level 2.

Theory (Oral Examination)

As Level 2: an analysis and solo demonstration of the specified figures using basic principles listed, plus the additional specified figures and all 'precedes' and 'follows' listed. Practical methods of teaching all grades and age groups must be given.

Classical Sequence

Practical Demonstration

Dances as listed in Appendix C.

Candidates must also start an imaginary class to music as with Level 2.

Composite Figures:

1. Balance
2. Pas de gavotte
3. Pas de mazurka
4. Pas de zephyr
5. Pas de valse
6. Twinkle
7. Tour de main

Level 4

The candidate must have held Level 3 in the same genre for at least 3 years.

Ballroom & Latin American

Practical Demonstration

As Level 3. The presentation of the dancing must be of a high quality.

The appropriate level of solo to music and starting an imaginary class as Level 3.

Theory (Oral Examination)

As Level 3 plus the additional specified figures. The depth of knowledge of all aspects of technique and teaching must be of a high quality.

Classical Sequence

Practical Demonstration

As Level 3. The presentation of the dancing as listed in Appendix C must be of a high quality.

The appropriate level of solo to music and starting an imaginary class as Level 3.

Theory (Oral Examination)

The depth of knowledge of all aspects of technique and teaching must be of a high quality.

1. Counting in beats and bars the dances as listed
2. Musical beat values
3. Remaining technical terms
4. Remaining composite figures

DEGREE OF INDEPENDENCE AT THE VARIOUS LEVELS

Candidates having been **successful** at

- Level 1** may only assist a professionally qualified dance teacher within their dance school or in an educational establishment
- Level 2** may in addition act as a representative and under the guidance of a professionally qualified dance teacher in educational establishments and leisure centres. They may also run general sports coaching sessions at the request of EADA, but still under supervision.
- Level 3** will be awarded their Level 3 Coaching Certificate and may in addition coach individual couples up to and including intermediate level on the premises, and with the permission of a professionally qualified dance teacher. In addition they may run Dancesport coaching sessions for EADA.
- Level 4** will be awarded their Level 4 Coaching Certificate and may in addition coach individual couples of all grades on the premises and with the permission of a professionally qualified teacher.

APPENDIX A - EADA SYLLABUS BALLROOM

WALTZ

Level 1

1. Closed Changes RF & LF
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk (fwd)
6. Chasse from PP
Syncopated Chasse
7. Hesitation Change

Level 2

8. Closed Impetus
9. Outside Change
10. Reverse Corte
11. Back Whisk
12. Basic Weave
Weave in Waltz time
13. Double Reverse Spin
14. Reverse Pivot
15. Back Lock
Backward Lock Step
16. Progressive Chasse to R

Level 3

17. Closed Telemark
Telemark
18. Open Telemark, Cross Hesitation
19. Open Telemark, Wing
20. Closed Impetus
Impetus Turn
21. Open Impetus, Cross Hesitation
22. Open Impetus, Wing
23. Drag Hesitation
24. Weave from PP
Weave from PP after Whisk
Weave from PP after Open
Impetus
25. Outside Spin
26. Turning Lock
Turning Lock to L
27. Turning Lock to R
28. Forward Lock Step
29. Open Impetus

Level 4

30. Left Whisk
31. Contra Check
32. Closed Wing
33. Fallaway Reverse & Slip Pivot
34. Hover Corte
35. Fallaway Natural Turn
36. Running Spin Turn
37. Fallaway Whisk (after 1-3 Natural
Turn)

FOXTROT

Level 1

1. Walk
2. Feather Step
3. Three Step
4. Natural Turn
5. Reverse Turn
6. Change of Direction
7. Closed Impetus and Feather Finish
Impetus Turn

Level 2

8. Natural Weave
9. Basic Weave
Weave after 1-4 Reverse Wave
10. Reverse Wave

Level 3

11. Closed Telemark
Telemark
12. Open Telemark, Feather Ending
13. Top Spin
Top Spin after Feather Finish (all alignments)
14. Hover Feather
15. Hover Telemark
16. Natural Telemark

17. Hover Cross
18. Open Telemark, Natural Turn,
Outside Swivel, Feather Ending
19. Open Impetus
pen Impetus Turn
20. Weave from PP
Weave from PP after Open
Impetus
21. Reverse Wave
22. Natural Twist Turn
23. Reverse Pivot
24. Quick Open Reverse
25. Quick Natural Weave (Running
Weave)

Level 4

26. Curved Feather to Back Feather
Curved feather
Back Feather
Curved Feather from PP
27. Natural Zig-zag from PP
28. Fallaway Reverse & Slip Pivot
29. Natural Hover Telemark
30. Bounce Fallaway with Weave
Ending
31. Extended Reverse Wave
32. Curved Three Step

QUICKSTEP

Level 1

1. Walk
2. Quarter Turn to R
3. Progressive Chasse
4. Natural Turn
Natural Turn at a corner
5. Natural Turn with Hesitation
6. Natural Pivot Turn
7. Natural Spin Turn
8. Forward Lock (note that as all figures must be known as Man and Lady, Lady's steps will actually be Back Lock)
Lock Steps (fwd and back)

Level 2

9. Reverse Pivot
10. Back Lock (this included here as there is no 'precede' for this figure at Level 1)
11. Progressive Chasse to R
12. Tipple Chasse to R
Tipple Chasse to R (after 1-3 Natural Turn at corner)
Tipple Chasse to R (after 4 of Back Lock)
13. Running Finish
14. Natural Turn & Back Lock
Natural Turn, Back Lock, Running Finish
15. Double Reverse Spin
16. Closed Impetus
Impetus Turn
17. Quick Open Reverse
18. Zig-Zag, Back Lock, Running Finish

Level 3

19. Fishtail
20. Running Right Turn
21. Four Quick Run
22. V6
V6 (after 1-3 Natural Turn)
23. Closed Telemark
24. Tipple Chasse to L
25. Cross Swivel
26. Running Cross Chasse
27. Passing Natural Turn

Level 4

28. Six Quick Run
29. Rumba Cross
Rumba Cross (after 1-5 Natural Turn ended facing LOD)
30. Topsy to R & L
Topsy followed by 2-4 of Forward Lock
31. Hover Corte

TANGO

Level 1

1. Walk
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade
5. Rock Turn
Natural Rock Turn
6. Back Corte
7. Basic Reverse Turn
8. Open Reverse Turn, Lady Outside
Open Reverse Turn, Lady Outside,
Open Finish
9. Open Reverse Turn, Lady In Line
Open Reverse Turn, Lady In Line,
Closed Finish

Level 2

10. Progressive Side Step Reverse
Turn
11. Open Promenade and Open Finish
12. LF & RF Rocks
Rock on LF, Rock on RF
13. Natural Twist Turn
14. Natural Promenade Turn

Level 3

15. Promenade Link
16. Four Step
17. Back Open Promenade
18. Outside Swivel (4 methods)
19. Fallaway Promenade
20. Four Step Change
21. Brush Tap
22. Natural Promenade Turn to Rock
Turn at corner and along side of
room

Level 4

23. Fallaway Four Step
Fallaway Four Step and/or at
corner
24. Oversway
Oversway - including Drop or Tilt
Oversway
25. The Chase
26. Fallaway Reverse & Slip Pivot
27. Five Step
28. Mini Five Step
29. Contra Check

VIENNESE WALTZ

Level 2

Practical demonstration only

1. Natural Turn
2. Reverse Turn
3. Forward and Backward Change Steps

Level 3

Practical demonstration and theory (oral examination)

As Level 2.

Level 4

Practical demonstration and theory (oral examination)

4. Natural Fleckerl
5. Reverse Fleckerl
6. Contra Check

APPENDIX B – EADA SYLLABUS LATIN AMERICAN

RUMBA

Level 1

1. Basic Movement, Closed, Open, In Place, Alternative
2. Progressive Walks Forward or Back
Forward Walk
Backward Walk
3. Fan
4. Hockey Stick
5. New York to L & R Side Positions
Check from Open CPP or Open PP
6. Spot Turns to L or R, including Switch & Underarm Turns
7. Natural Top
8. Hand to Hand (to R & L Side Positions)
Hand to Hand
9. Cucarachas
10. Shoulder to Shoulder
11. Side Steps to L or R
12. Cuban Rocks

Level 2

13. Alemana
Alemana from Open Position with L to R Hand Hold
14. Opening Out to R & L
15. Natural Opening Out Movement
16. Closed Hip Twist
Close Hip Twist
17. Reverse Top
18. Open Hip Twist

Level 3

19. Opening Out from Reverse Top
20. Aida
Fallaway
21. Spiral Turns
 - a. Spiral
 - b. Curl
 - c. Rope Spinning
 - d. Spiral turned to Fan Position
22. Figures turned into Open CPP - Hockey Stick, Close(d) Hip Twist, Open Hip Twist, Spiral, Curl.
Alemana checked to Open CPP
23. Additional starting position for Alemana - from Open Position R to R Hand Hold
24. Advanced opening Out Movement

Level 4

25. Sliding Doors
26. Fencing
27. Three Threes
28. Three Alemanas
29. Hip Twists
 - e. Advanced
 - f. Continuous
 - g. Circular/Continuous Circular

SAMBA

Level 1

1. Basic Movements - Natural, Reverse, Side, Progressive
2. Whisks (also with Lady's Underarm Turn)
Samba Whisks to L & R
3. Walks - Promenade, Side, Stationary
4. Volta Movements
5. Rhythm Bounce
6. Bota Fogos - Travelling Forward, Criss Cross (Shadow)
7. Reverse Turn

Level 2

8. Bota Fogos - Travelling Back, to PP & CPP/Promenade Botafogos
9. Criss Cross Voltas
Travelling Voltas to R & L
10. Solo Spot Voltas
Volta Spot Turns to R & L for Lady
Continuous Volta Spot Turn to R & L
11. Foot Changes
Methods of Changing Feet 1&2
12. Shadow Travelling Volta
13. Corta Jaca
14. Closed Rocks
Close Rocks on RF & LF
15. Natural Roll

Level 3

16. Open Rocks
Open Rocks to R & L
17. Back Rocks
Backward Rocks on RF & LF
18. Plait
19. Rolling off the Arm
20. Argentine Crosses
21. Maypole
22. Shadow Circular Volta
Circular Voltas to L in R Shadow Position

Level 4

23. Contra Bota Fogos
24. Roundabout
Circular Voltas to R & L
25. Reverse Roll
26. Promenade & Counter Promenade
Runs
27. Methods of Changing Feet 3&4
28. Three Step Turn
29. Samba Locks
30. Cruzados Walks & Locks
Cruzados Walks
Cruzados Locks in Shadow Position

PASO DOBLE

Level 1

1. Basic Movement
2. Sur Place
3. Chasses to R & L - including Elevations
4. Drag
5. Deplacement - also Attack Attack
6. Promenade Link - including Promenade Close
7. Ecart
Fallaway Whisk
8. Appel
9. Huit
10. Promenade

Level 2

11. Separation
12. Fallaway Ending to Separation
13. Sixteen
14. Promenade & Counter Promenade
15. Grand Circle
16. Open Telemark
17. Twist Turn

Level 3

18. La Passe
19. Banderillas
20. Fallaway Reverse
21. Coup de Pique
Coup de Pique - changing from LF to RF, and from RF to LF, Syncopated, Couplet
22. LF Variation
23. Spanish Lines
24. Flamenco Taps
25. Syncopated Separation
26. Methods of Changing Feet
Methods of Changing Feet 1,2&3

Level 4

27. Travelling Spins from PP
28. Travelling Spins from CPP
29. Fregolina - incorporating Farol
30. Twists
31. Chasse Cape - including Outside Turn
Chasse Cape
32. Alternative Entries to PP

JIVE

Level 1

1. Chasses to L & R
2. Basic in Place
3. Fallaway Rock
Basic in Fallaway
4. Fallaway Throwaway
5. Link
6. Change of Place(s) R to L
7. Change of Place(s) L to R
8. Change of Hands Behind the Back
9. Walks
Promenade Walks (Slow and Quick)
10. Hip Bump/ L Shoulder Shove
11. Whip

Level 2

12. American Spin
13. Stop & Go
14. Mooch
15. Whip Throwaway
Throwaway Whip

Level 3

16. Reverse Whip
17. Windmill
18. Spanish Arms
19. Rolling off the Arm
20. Simple Spin
21. Miami Special
22. Change of Place(s) R to L with
Double Spin
23. Overturned Change of Place(s) L
to R
24. Double Cross Whip
25. Curly Whip
26. Whip Throwaway
Throwaway Whip
27. Overturned Fallaway Throwaway
28. Ball Change

Level 4

29. Shoulder Spin
30. Toe Heel Swivels
31. Chugging
32. Chicken Walks
33. Catapult
34. Stalking Walks, Flicks & Break

CHA CHA CHA

Level 1

1. Basic Movement, Close(d), Open, In Place
2. Cha Cha Cha Chasses to L & R
3. Cha Cha Cha Locks - Fwd LRL & RLR, Back LRL & RLR
4. Time Steps
5. New York to L or R Side Position
Check from Open CPP
Check from Open PP
6. Spot Turns to L or R, including Switch and Underarm Turns
7. Shoulder to Shoulder to L & R Side
8. Hand to Hand to R & L Side Position
9. Three Cha Cha Chas Fwd & Back
10. Side Steps to L & R
11. There and Back
12. Fan
13. Hockey Stick

Level 2

14. Alemana
Alemana from Open Position L to R Hand Hold
Alemana finish A
15. Natural Top
Natural Top finish A
16. Natural Opening Out Movement
17. Closed Hip Twist

Level 3

18. Open Hip Twist
19. Reverse Top
20. Opening Out from Reverse Top
21. Aida
22. Spiral
Curl
Rope Spinning
23. Cross Basic
24. Cuban Breaks - including Split Cuban Breaks
Cuban Break - In Open Position, In Open CPP, Split in Open CPP, Split from Open CPP & Open PP
25. Chase
26. Rondé Chasse
27. Hip Twist Chasse
28. The following figures turned to Open CPP
Hockey Stick
Close(d) Hip Twist
Open Hip Twist
Alemana checked to Open CPP
29. Finish B to Natural Top
30. Finish B to Alemana
31. R to R Hand Hold in Open Position Alemana
32. Methods of Changing Feet 1 & 2

Level 4

33. Advanced Hip Twist
34. Hip Twist Spiral
35. Turkish Towel
36. Sweetheart
37. Follow my Leader
38. Foot Changes
Method of Changing Feet no. 3
39. Guapacha Timing
40. Close(d) Hip Twist Spiral
41. Open Hip Twist Spiral

APPENDIX C – CLASSICAL SEQUENCE

Level 1

1. Natural Waltz, Rotary and progressive turns
2. Saunter Revé
3. Tango Solair
4. Boston Two Step

Level 2

5. Natural and Reverse waltz turns in $\frac{3}{4}$ time
6. Britannia Saunter
7. Midnight Tango
8. Regis Waltz
9. Rialto Two Step

Level 3

10. Complete Waltz movements in all rhythms
11. Stardust Saunter
12. Tango Magenta
13. Fylde Waltz
14. Premier Two Step

Level 4

15. Tarantella Tango
16. Windsor Glide
17. Wedgewood Blue Gavotte
18. Countess Waltz
19. Kensington Two Step