

If you compete in Juvenile, or Beginner / Novice Grade in other age groups, you are only allowed to dance certain figures.

## What figures can you dance?

To be absolutely certain it is best to check with your teacher or coach. However, if the step appears in the syllabus of either the ISTD or the IDTA, you should be OK. Steps from the ISTD Syllabus are listed in this guide

Unless it says so in the technique book, you have to dance the complete figure not just a bit of it, and you can't change the alignments, amount of turn and so on. You also need to take into account what steps go before and after, the 'precedes and follows'. Each figure has its own list of these, so if in doubt ask your teacher. It is important to note that you can only dance the figures in the dance they are listed for. So for example, you are allowed to dance a Fishtail in Quickstep, but not in Tango. In Latin the maximum you can go without hold is 5 Bars.

Please note that in Championships, the organiser can decide to make one of the dances in each round up to and including the Semi a restricted step event. The dance for each round is selected by the organiser and it won't be the same dance twice unless there are more than five rounds.

## Lists of steps permitted for each dance taken from the ISTD syllabus

### Viennese Waltz

#### Steps specifically allowed

Reverse Turn  
Natural Turn  
Right Foot Change Step  
Left Foot Change Step  
Left Foot Backward Change Step  
Right Foot Backward Change Step

## Waltz

### Steps within Syllabus

Back Lock  
 Back Whisk  
 Basic Weave  
 Chasse from Promenade Position  
 Closed Changes  
 Closed Impetus  
 Closed Telemark  
 Closed Wing  
 Double Reverse Spin  
 Fallaway Reverse and Slip Pivot  
 Hesitation Change  
 Hover Corte  
 Natural Spin Turn  
 Natural turn  
 Open Impetus and Wing  
 Open Telemark and Cross Hesitation  
 Open Telemark and Wing  
 Outside Change  
 Outside Spin  
 Progressive Chasse to Right  
 Reverse Corte  
 Reverse Pivot  
 Reverse Turn  
 Turning Lock  
 Turning Lock to Right  
 Weave from Promenade Position  
 Whisk

### Steps specifically not allowed

Contra Check  
 Left Whisk  
 Oversway

## Foxtrot

### Steps within Syllabus

Basic Weave  
 Bounce Fallaway with Weave Ending  
 Change of Direction  
 Closed Impetus and Feather Finish  
 Closed Telemark  
 Curved Feather to Back Feather  
 Fallaway Reverse and Slip Pivot  
 Feather  
 Hover Cross  
 Hover Feather  
 Hover Telemark  
 Natural Hover Telemark  
 Natural Telemark  
 Natural Turn  
 Natural Twist Turn  
 Natural Weave  
 Natural Zig Zag from Promenade Position  
 Open Impetus  
 Open Telemark and Feather Ending  
 Open Telemark, Natural Turn, Outside  
 Swivel & Feather Ending  
 Reverse Turn (incorporating Feather Finish)  
 Reverse Weave  
 Three Step  
 Top Spin  
 Weave from Promenade Position

### Steps specifically not allowed

Contra Check  
 Oversway

## Tango

### Steps within Syllabus

Back Corte  
 Back Open Promenade  
 Basic Reverse Turn  
 Brush Tap  
 Closed Promenade  
 Fallaway Four Step  
 Fallaway Promenade  
 Fallaway Reverse and Slip Pivot  
 Five Step  
 Four Step  
 Four Step Change  
 Left Foot and Right Foot Rocks  
 Natural Promenade Turn  
 Natural Twist Turn  
 Open Promenade  
 Open Reverse Turn, Lady in Line  
 Open Reverse Turn, Lady Outside  
 Outside Swivels  
 Oversway  
 Progressive Link  
 Progressive Side Step  
 Progressive Side Step Reverse Turn  
 Promenade Link  
 Rock Turn  
 The Chase  
 Walk

### Steps specifically not allowed

Contra Check  
 Oversway  
 Left Whisk

## Quickstep

### Steps within Syllabus

Back Lock  
 Chasse Reverse Turn  
 Closed Impetus  
 Closed Telemark  
 Cross Swivel  
 Double Reverse Spin  
 Fishtail  
 Forward Lock  
 Four Quick Run  
 Hover Corte  
 Natural Pivot Turn  
 Natural Spin Turn  
 Natural Turn  
 Natural Turn & Back Lock  
 Natural Turn with Hesitation  
 Progressive Chasse  
 Progressive Chasse to Right  
 Quarter Turn to Right  
 Quick Open Reverse  
 Reverse Pivot  
 Rumba Cross  
 Running Finish (which may end in Promenade)  
 Running Right Turn  
 Six Quick Run  
 Tipple Chasse to Right  
 Tippy to Right and Left  
 V6

### Steps specifically allowed

Open Natural Turn from Promenade Position (as an Independent figure)

## Cha Cha Cha

### Steps within Syllabus

Advanced Hip Twist  
Aida  
Alemana  
Basic Movement \*  
Chase  
Closed Hip Twist  
Cross Basic \*  
Cuban Breaks  
Fan \*  
Follow My Leader  
Hand to Hand  
Hip Twist Spiral  
Hockey Stick  
Natural Opening Out Movement  
Natural Top  
New York \*  
Open Hip Twist  
Opening Out from Reverse Top  
Reverse Top  
Shoulder to Shoulder  
Side Steps (to Left or Right)  
Spot Turns to Left or Right (inc Switch Turns)  
Spiral Turns (Spiral, Curl & Rope Spinning)  
Sweetheart  
There and Back  
Three Cha Cha Chas  
Time Steps \*  
Turkish Towel \*

Guapacha Timing  
Steps that have \* next to them, "lend themselves" to guapacha timing.

## Samba

### Steps within Syllabus

Argentine Crosses  
Back Rocks  
Basic Movements  
Bota Fogos to Promenade & Counter Promenade  
Closed Rocks  
Contra Bota Fogos  
Corta Jaca  
Criss Cross Bota Fogos ( Shadow Bota Fogos)  
Criss Cross Voltas  
Cruzados Walks and Locks  
Maypole  
Natural Roll  
Open Rocks  
Plait  
Promenade & Counter Promenade Runs  
Reverse Roll  
Reverse Turn  
Rhythm Bounce  
Rolling Off The Arm  
Roundabout  
Samba Locks  
Samba Walks (Promenade, Side and Stationary)  
Shadow Circular Volta  
Shadow Travelling Volta  
Solo Spot Volta  
Three Step Turn  
Travelling Bota Fogos Back  
Travelling Bota Fogos Forward  
Volta Movements  
Whisks ( Also with Lady's Under Arm Turn)

## Rumba

### Steps within Syllabus

Aida  
 Alemana  
 Basic Movement  
 Closed Hip Twist  
 Cuban Rocks  
 Cucarachas  
 Fan  
 Fencing  
 Hand to Hand  
 Hip Twists (Advanced, Continuous & Circular)  
 Hockey Stick  
 Natural Opening Out Movement  
 Natural Top  
 New York  
 Open Hip Twist  
 Opening Out from Reverse Top  
 Opening Out to Right and Left  
 Progressive Walks Forward or Back  
 Reverse Top  
 Shoulder to Shoulder  
 Side Steps  
 Sliding Doors  
 Spiral Turns (Spiral, Curl and Rope Spin)  
 Spot Turns (Inc switch a& Underarm turns)  
 Three Alemanas  
 Three Threes

## Paso Doble

### Steps within Syllabus

Banderillas  
 Basic Movement  
 Chasse Cape (including Outside Turn)  
 Chasses to Right or Left  
 Coup de Pique  
 Displacement & Attack  
 Drag  
 Ecart (fallaway Whisk)  
 Fallaway Ending to Separation  
 Fallaway Reverse Turn  
 Flamenco Taps  
 Fregolina (also farol)  
 Grand Circle  
 Huit  
 La Passe  
 Left foot Variation  
 Open Telemark  
 Promenade  
 Promenade and Counter Promenade  
 Promenade Link, Promenade close  
 Separation  
 Separation with Lady's Caping Walks  
 Sixteen  
 Spanish Lines  
 Sur Place  
 Syncopated Separation  
 Travelling Spins from Counter Promenade Position  
 Travelling Spins from Promenade Position  
 Twist Turn  
 Twists

## Jive

### Steps within Syllabus

American Spin  
 Basic in Place  
 Catapult  
 Change of Hands Behind Back  
 Change of Places Left to Right  
 Change of Places Right to Left  
 Chicken Walks  
 Chugging  
 Curly Whip  
 Fallaway Rock  
 Fallaway Throwaway  
 Hip Bump (Left Shoulder Shove)  
 Link  
 Miami Special  
 Mooch  
 Reverse Whip  
 Rolling Off the Arm  
 Shoulder Spin  
 Simple Spin  
 Spanish Arms  
 Stalking Walks, Flicks and Break.  
 Stop and Go  
 Toe Heel Swivels  
 Walks  
 Whip  
 Whip Throwaway  
 Windmill

Details were correct at the time of going to print but we do advise you check with your coach for any recent changes.

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