

JOURNEY DANCESPORT

APPROVED FIGURES, ELEMENTS & RESTRICTIONS



Syllabus Guidebook

Journey Dancesport

Syllabus FIGURES, ELEMENTS & RESTRICTIONS

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JOURNEY DANCESPORT SYLLABUS

The following syllabus listings are provided as a guideline to Athletes, Coaches, Organizers, Invigilators and Chairs of Adjudicators to govern the material limitations that can be danced in a given RESTRICTED SYLLABUS EVENT.

- No continuity style in Bronze Smooth.
- In the American Style dances any pattern or figure may be danced as long as it is not in conflict with American Style USA Dance Approved Figures, Elements & Restrictions.
- Spirals are not permitted in the Bronze level.
- One under arm or solo turn at a time is the maximum allowed in the Bronze level
- Elements and figures unique to one dance or style may not be used in another dance, unless specified.
- A single curtsey facing partner in Viennese Waltz is allowed.
- No embellishments of standard figures. No change of levels, foot flicks, syncopations or delayed timings unless specifically approved.
- Start in the appropriate hold and position for the syllabus figure being danced.
- All figures must be danced with the timing(s) given in the syllabus.
- All figures must be danced with the hold and Dance Position given in the syllabus.
- When “no Hold” is allowed in American Smooth syllabus events, partners must not be further apart than a comfortable arm’s length.

➤ **AMERICAN STYLE SMOOTH**

➤ **American Style WALTZ**

- **American Style Waltz – Bronze Level**
- Left Closed/Box (Reverse) Turn - Right Closed/Box (Natural) Turn
- Forward Progressive/Change Step, right foot or left foot
- Follower’s Under Arm Turn to the Right, two Measures/6 beats or Left (Reverse), 3 count pivot turn.
- Balance Steps/Hesitations, Fifth Position Breaks
- Closed Twinkles: to and from PP and CPP, Progressive Forward and Back
- Cross Body Lead from LF Forward Hesitation or from 1-3 of Left Closed/Box (Reverse] Turn)
- Natural Spin Turn (same as International Style)
- Forward Twist to Left from P.P.
- Syncopated Promenade Chasse (may end in PP or Closed)
- Simple Grapevine or Zigzag (No Syncopation)
- In & Out change steps/Butterfly

- **American Style Waltz – Bronze Level Restrictions**
- 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 before regaining normal hold for a minimum of two consecutive bars. 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, shadow, tandem, solo or same foot figures. 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. Whisks, 5th Position Breaks are allowed.
- No picture lines or figures (i.e. contra check, chair, oversways, lunges, etc.)
- One under arm or solo turn is the maximum allowed in the Bronze level.
- No syncopations other than chasse from Promenade - No syncopated under arm turns
- No dips or drops. No knee drops or sit drops, floor slashes, etc. No Sitting Hens, Horse & Carts, Pot Stirs.
- Both feet must remain close to the floor at all times (no aerial rondes, develop, etc.)

- **American Style Waltz - Silver Level**

- Open Left Box Turn & Open Right Box Turn
- Open Twinkles – Single, Progressive, Passing, Flip-Flops
- Grapevine to Left or Right – single or double hand hold
- Running Steps
- Traveling Crosses
- Syncopated Locks
- Syncopated Under Arm Turns - One syncopation (One split beat) per measure
- Fallaway Reverse Turn Slip Pivot, Fallaway Grapevine
- Weaves, Quick Left Turns
- Chair and Slip Pivot, Wing, Hairpins
- Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Fencing Lines are permissible, but these may not be held longer than two measures of music.
- Kicks, Rondes, Developes – no more than waist high
- Standing Spins – Up to 2 measures with 1 syncopation allowed
- Continuous Partnership Pivots – Up to 2 measures with 1 syncopation allowed
- Swivels: Fans, Gem, Zig Zag, Outside

- **American Style Waltz Restrictions - Silver Level**

- Partners may not completely separate for more than one measure. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 50% of any routine.
- No more than 8 measures of music may be danced in Open, Side by Side, or Shadow Position, before returning to a Promenade or Closed Dance Position for at least 2 measures of music.
- No dips or drops. No knee drops or sit drops, floor slashes, etc. No Sitting Hens, Horse & Carts, Pot Stirs.
- Picture lines not allowed: No Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway, Oversways. No lifts.

- **American Style Waltz - Gold Level**
- Continuous “partnership” pivots are allowed
- Shadow Position, Tandem, and Side by Side figures without hold
- Picture Lines.

- **American Style Waltz Restrictions – Gold Level**
- Partners may completely separate. Open Work is limited to single or double hand holds, Shadow Positions, or no hold and may not last for more than eight (8) consecutive measures before regaining a hold for a minimum of two consecutive bars.
- No lifts.

- **American Style TANGO**

- **American Style Tango – Bronze Level**
- Tango Walks - All Slows
- Forward Basic, Closed or O.P. (SSQQS timing only)
- Promenade turning to left or right (SSQQS timing only)
- Corte
- Open Fan
- Open Fan to Same Foot Rocks
- Right Side Fan/Outside Swivel
- Rocks - closed or P.P. pos.(may be danced w/ or w/o turn to left or right in any direction)
- Single Pivot from P.P.
- Linking action to and from PP (Progressive Link, Promenade Link)
- Left/Reverse Turn (Open or Closed)
- Under Arm Turn Left or Right from Open Fan
- Twist Turn to Left or right from P.P.
- Running Step/Progressive Side Step or argentine walks (basic w/alternative timing)

- **American Style Tango – Bronze Restrictions**
- Partners may not completely separate. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 25% of any routine.
- No foot changes/fakes, shadow, solo, or same foot figures. Partners must always be on opposite feet, except for #6 above
- No shadow, solo, or same foot figures except for #6 above
- No more than six (6) consecutive quicks including the Tango Close
- No syncopations except brush-point (&S) as in the Open Fan
- Although the Corte is permitted, other picture lines/figures (i.e. contra check, chairs, oversways, lunges, etc.) are not allowed
- No fallaway actions
- No consecutive pivots left or right, one (1) pivot is allowed

- Both feet must remain close to the floor at all times (no aerial rondes, develop, ganchos, or hooks, etc.)
- No dips or drops. No knee drops or sit drops, floor slashes, etc.. No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for Leader or Follower are allowed.
- No lifts.

➤ **American Style Tango – Silver Level**

- Open Right Turn
- Syncopated Locks & Chasses
- Fallaway actions
- Syncopated Under arm Turns – up to two syncopations allowed
- Chair and Slip Pivot
- Fallaway Reverse And Slip Pivot
- Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Spanish Drags, Fencing Lines are permissible, but these may not be held longer than two measures of music.
- Swivels: Fans, Zig Zag, Outside, Inside
- Kicks, Rondes, Developes' no more than waist high
- Ganchos/Hooks, Leg Crawls
- Continuous Partnership Pivots – up to 2 measures with 1 syncopation allowed
- Standing Spin – up to 2 measures with 1 syncopation allowed
- Back to Back, Traveling Cross
- Viennese Crosses

➤ **American Style Tango – Silver Level Restrictions**

- Partners may not completely separate for more than one measure. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 50% of any routine.
- No Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways
- No more than 8 measures of music may be danced in Open, Side by Side, or Shadow Position, before returning to hold for at least 2 measures of music.
- No dips or drops. No knee drops or sit drops, floor slashes, etc.. No Sitting Hens, Horse & Carts, Pot Stirs.
- No lifts.

➤ **American Style Tango – Gold Level**

- Continuous “partnership” pivots are allowed
- Shadow Position, Tandem, and Side by Side figures without hold
- Picture Lines.

American Style Tango – Gold Level Restrictions

- Partners may completely separate. Open Work is limited to single or double hand holds, Shadow Positions, or no hold and may not last for more than eight (8) consecutive measures before regaining a normal hold for a minimum of two consecutive bars.
- No lifts.

American Style FOXTROT

American Style Foxtrot – Bronze Level

- Forward Basic, Closed or O.P. - (with or without quarter turn) - SSQQ
- Back Basic, Closed or O.P. - (with or without quarter turn) - SSQQ
- Promenade - SSQQ
- Rock Turn/Ad Lib to Left or Right - SSQQ
- Follower's Under arm Turn to the Right - two Measures/8 beats - SQQSQQ
- Left Closed Box/Reverse Turn - SQQ
- Cross Body Lead - SQQ
- Closed Twinkles: to and from PP and CPP, Progressive Forward and Back. - SQQ
- Single Promenade Pivot - SSQQ
- Syncopated Promenade Chasse - SQ&Q
- Forward twist to left from promenade - SSQQ
- Sway step/Side Balance - SSQQ
- Promenade Under Arm Turn to Right or Left - SSQQ
- Simple Grapevine or Zigzag (8 quicks max. No Syncopations)

American Style Foxtrot – Bronze Level Restrictions

- 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 before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 25% of any routine.
- No continuity style in Bronze Foxtrot except Grapevines and Chasses
- 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 (#14) or extra chasses/side steps.
- No consecutive pivots right or left, one (1) pivot is allowed
- No open left or right box turns
- No syncopations other than chasse from Promenade - No syncopated under arm turns
- No picture lines or figures (i.e. oversways, contra check, chair, lunges, etc.)
- No fallaways of any kind or slip pivot from fallaway (Whisk, 5th position breaks are allowed)
- No solo, shadow, or same foot figures
- No more than eight (8) quicks, or 2 measures, of a grapevine/zig zag action and must be followed with a closed figure.
- Both feet must remain close to the floor at all times (no aerial rondes, developes, etc.)
- No dips or drops. No knee drops or sit drops, floor slashes, etc. No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for Leader or Follower are allowed.
- No lifts.

➤ **American Style Foxtrot – Silver Level**

- American Style Open Left Turn
- Open Right Turn
- Open Twinkles – Single, Progressive, Passing, Flip-Flops
- Running Steps
- Syncopated Locks
- Syncopated Under arm Turns one syncopation per measure
- Chair and Slip Pivot, Wing, Hairpins
- Traveling Cross
- Weaves
- Continuous "partnership" pivots are allowed, up to two measures, but may include only one syncopation.
- Shadow Position, Tandem, and Side by Side figures with hold.
- Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Fencing Lines are permissible, but these may not be held longer than two measures of music.
- Fallaway actions, Fallaway Reverse Turn Slip Pivot
- Kicks, Rondes, Developes' no more than waist high
- Standing Spin - Up to 2 measures with 1 syncopation allowed
- Swivels: Fans, Gem, Zig-Zag, Outside

➤ **Foxtrot – Silver Level Restrictions**

- Partners may not completely separate for more than one measure. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 50% of any routine.
- No dips or drops. No knee drops or sit drops, floor slashes, etc.. No Sitting Hens, Horse & Carts, Pot Stirs
- No Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways
- No lifts.

➤ **American Style Foxtrot – Gold Level**

- Continuous "partnership" pivots are allowed
- Shadow Position, Tandem, and Side by Side figures without hold
- Picture Lines

➤ **American Style Foxtrot – Gold Level Restrictions**

- Partners may completely separate. Open Work is limited to single or double hand holds, Shadow Positions, or no hold and may not last for more than eight (8) consecutive measures before regaining a hold for a minimum of two consecutive bars.
- No lifts.

➤ **American Style VIENNESE WALTZ**

➤ **American Style Viennese Waltz – Bronze Level**

- Left Turns/Reverse Turns
- Right Turns/Natural Turns
- Progressive/Change Steps
- Balance Steps/Hesitations/Fifth Position Breaks
- Cross Body Lead
- Under arm Turn from Fifth Position Break or Cross Body Lead.
- Closed Twinkles
- In & Out Change steps/ butterfly
- Left box w/Follower's left or right under arm turn

➤ **American Style Viennese Waltz – Bronze Level Restrictions**

- 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 before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 25% of any routine.
- Syncopations are not permitted
- No open left or right box turns
- No continuous 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
- Both feet must remain close to the floor at all times (no aerial rondes, etc.)
- No dips or drops. No knee drops or sit drops, floor slashes, etc.. No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for Leader or Follower are allowed.
- No lifts.

➤ **American Style Viennese Waltz – Silver Level**

- Left and Right Turns with Under arm Turns
- Progressive Fifth Positions
- Open Left Turn
- Open Right Turn
- Open Twinkles – Single, Progressive, Passing, Flip-Flop
- Spot Turn Combinations
- Chair and Slip Pivot
- Canter Lilts and Canter Spins
- Continuous "partnership" pivots, including Canter Pivots, up to two measures, but may only include one syncopation.
- Shadow Position, Tandem, and Side by Side figures with hold.
- Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions Hovers, Fencing Lines are permissible, but these may not be held longer than two measures of music.
- Fallaway Position

- Standing Spin – up to 2 measures with 1 syncopation allowed
- Kicks, Rondes, Developes’ no more than waist high
- Swivels: Fans, Gem, Outside, Reverse
- Parallel Runs, Traveling Cross
- Figures employing consecutive “Canter Rhythm” **Definition:** "Canter Rhythm" a hesitation on either beat 2 or 3 of a Waltz in 3/4 time.

- **American Style Viennese Waltz – Silver Level Restrictions**
- Partners may not completely separate for more than one measure. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 50% of any routine.
- No dips or drops. No knee drops or sit drops, floor slashes, etc.. No Sitting Hens, Horse & Carts, Pot Stirs
- No Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways
- No lifts

- **American Style Viennese Waltz – Gold Level**
- Continuous “partnership” pivots are allowed
- Shadow Position, Tandem, and Side by Side figures without hold
- Picture Lines.

- **American Style Viennese Waltz – Gold Level Restrictions**
- Partners may completely separate. Open Work is limited to single or double hand holds, Shadow Positions, or no hold and may not last for more than eight (8) consecutive measures before regaining a hold for a minimum of two consecutive bars.
- No lifts.

- **AMERICAN STYLE RHYTHM**

- **American Style CHA CHA**

- **American Style Cha Cha – Bronze Level**
- Basic Step (Closed, Single or Double Handhold)
- Cross Over Breaks - (single only - no timing changes)
- Offset Breaks - O.P. (FORWARD & BACKWARD)
- Open Break
- Follower's Under arm Turn left or right
- Walk Around Turns (May be danced under arm or free turn to Right or Left)
- Chase Turns ½ Turn or Full
- Cross Over Break with Swivel
- Fifth Position Breaks
- Cross Body Lead - May end in Closed, Open or Open Counter Promenade Positions
- Three Cha Chas - chasses may be danced forward or back or side

- Back spot turn / Natural Top
- Parallel Breaks/Sweetheart/Cuddle - Same foot is allowed on this pattern with Leader's timing of 2341.
- Apart Back and Forward Runs or There and Back

- **American Style Cha Cha – Bronze Level Restrictions**
- Allowable timings as follows: 234&1 or 234&1 2&3 4&1 for the three Cha Cha Cha's, and 2341 for the leader on figure # 13. No other timings are allowed. No guapacha or other timing changes are allowed at the bronze level.
- No syncopated turns except for the Under arm Turn Left if danced on 4&1
- Partners may not completely separate for more than one measure of music except Chase Turns and Apart Back and Forward Runs. When separated with "no hold" partners should never be further apart than a comfortable arm's length.
- No double under arm turns, no foot changes or fakes, partners must always be on opposite feet except for #13 above
- Both feet must remain close to the floor at all times. (No aerial rondes', developes', hopping, skipping actions, freezes/holds or picture lines allowed,)
- No Lifts
- No open solo work
- No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
- No entrances allowed. Partners must start in a closed or open facing hold.

- **American Style Cha Cha – Silver Level**
- Open Boxes
- Back to Back, Paseo, Aida, Grapevines
- In addition to the timings allowed at the bronze level, Guapacha and/or Syncopated Figures using no more than 2 bars/measures of music are allowed.
- Half Moon
- Challenge
- Twinkles
- Swivels, Push Away actions, Knee Lift
- Foot Flicks, Rondes, and Developes' no more than waist high
- Leader's Foot Changes
- Forward Spot/ Reverse Top

- **American Style Cha Cha – Silver Level Restrictions**
- No more than 8 bars/measures of music may be danced in Open, Shadow, Apart (or no hold) or Side by Side Position, before returning to a Closed, or Open Position, for at least 2 bars/measures of music.
- No Picture Lines may be used
- No Lifts
- No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
- No entrances allowed. Partners must start in a closed or open facing hold.
- Continuous partnership pivots are allowed up to two measures.

- **American Style Cha Cha – Gold Level**
- Partners may completely separate for eight measures of music.
- Tandem Position figures may be used
- Picture Lines may be used

- **American Style Cha Cha – Gold Level Restrictions**
- No more than 8 measures of music may be danced in Open, Side by Side, apart (not hold) or Shadow Position, before returning to a Dance position with hold for at least 2 measures of music.
- No lifts.

- **American Style RUMBA**

- **American Style Rumba – Bronze Level**
- Box Step
- Cuban Walks - Closed and Open (may be danced in side by side position)
- Follower's Under arm Turn to Right or Left
- Rock Steps & Breaks (Forward, side or back)
- Cross Body Lead/Turn
- Fifth Position Breaks
- Open Break - May end in Closed, Open or Open Counter Promenade Positions
- Cross Over Breaks
- Offset Breaks O.P. (FORWARD & BACKWARD)
- Walk Around Turn (May be danced under arm or free turn to Right or Left)
- Back Spot Turns/ Natural Top

- **American Style Rumba – Bronze Level Restrictions**
- Partners may not completely separate for more than one measure of music
- The timing for Bronze Rumba may be either SQQ or QQS
- No other timing is permitted, no foot changes or fakes, partners must always be on opposite feet
- Both feet must remain close to the floor at all times. (No rondes', developes', etc.)
- No Picture Lines may be used
- No Lifts
- One Under arm or solo turn is the maximum allowed
- No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
- No entrances allowed. Partners must start in a closed or open facing hold.

- **American Style Rumba – Silver Level**
- Open Box Step
- Quick Under arm Turns, Follower's Pivot Turns, and double under arm turns.
- Grapevine

- Fencing Lines
- Back to Back, Paseo, Aida
- Parallel Walks
- Spiral Actions: Rope Spinning, Curl, Spiral
- Swivels
- Solo Spin Exits. (SQQ or QQS timing allowed)
- Fallaway, Shadow, Contact, Side by Side and Left Angle figures, with hold
- Leader's Foot Changes
- Figures incorporating Foot Swivels
- Rondes' and developes' actions are allowed – no more than waist high
- Syncopated Figures using no more than 2 bars/measures of music are allowed
- Forward Spot/ Reverse Top

- **American Style Rumba – Silver Level Restrictions**
- Partners may not completely separate for more than four measures of music.
- Continuous partnership pivots are allowed up to two measures but may include only one syncopation
- No Picture Lines may be used
- No Lifts or drops.
- No open solo work
- No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc.
- No entrances allowed. Partners must start in a closed or open facing hold.

- **American Style Rumba – Gold Level**
- Partners may completely separate for a maximum of eight measures of music
- Tandem Position figures may be used
- Picture Lines may be used

- **American Style Rumba – Gold Level Restrictions**
- No more than 8 measures of music may be danced in Open, Side by Side, apart (no hold) or Shadow Position, before returning to a Dance position with hold for at least 2 measures of music.
- No lifts.

- **American Style EAST COAST SWING**

- **American Style Swing – Bronze Level**
- Basic w/ or w/o Turn left or right
- Follower's Under arm Turn to Right
- Follower's and Leader's Under arm Turn to Left
- Throwaway
- Tuck in Turn/American Spin/Follower's Free Spin
- Continuous Tuck in Turn
- Back Pass/change hands behind back

- Sweetheart/Cuddle/Wrap
- Lindy Whip - up to four quicks
- Hitch Kicks
- Lindy Whip with under arm turn L or R - up to 4 quicks
- Stop and Go/Peek-a-Boo
- Back Walks & Points
- Swing Walks/Promenade Walks/Jive Walks
- Sugar Foot Swivels – no more than 4 quicks

- **American Style East Coast Swing – Bronze Level Restrictions**
- Partners may not separate completely for more than one measure of music
- No side by side work is allowed in Bronze
- One under arm turn or solo turn is the maximum allowed
- No hopping, skipping actions are allowed
- No continuous chasses, for example 1&2&3&4&
- No more than 4 consecutive chasses, 1&2, 3&4, 5&6, 7&8
- No foot changes or fakes, partners must always be on opposite feet
- Both feet must remain close to the floor at all times. (No aerial rondes', developes', etc.)
- Use of hand shake holds, double hand holds are permitted
- No Picture Lines may be used
- No Lifts
- No open solo work
- No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
- No entrances allowed. Partners must start in a closed or open facing hold.
- No swivel action figures such as Swing swivels, Chicken walks, Toe-Heel Swivels, (except for Sugar Foot swivels)

- **American Style East Coast Swing – Silver Level**
- Lindy Wraps, Whip Turns (incorporating Left and Right Under arm Turns and Hand Changes)
- Fallaway, Apart, Shadow and Side by Side figures
- Figures incorporating Foot Swivels, Chicken Walks, Toe-Heel Swivels, Fallaway, Boogie Woogie Solo Spins
- Figures incorporating Kick Steps, hopping, skipping actions, and Freezes/Holds – no more than 4 beats
- Manhattan
- Head Loops, Miami Special
- Sailor Shuffles
- Side Passes
- Boogie Walks
- Pushaway actions
- Continuous syncopated figures using no more than 2 bars/measures of music.
- Double under arm Turns
- Leader's Foot Changes
- Foot Flicks, Rondes' and developes' actions –no more than waist high are allowed.
- Progressive & Continuous chasses actions are allowed.

- **American Style East Coast Swing – Silver Level Restrictions**
- No more than 8 bars/measures of music may be danced in Open, Shadow, Apart or Side by Side Position, before returning to a Closed, or Open Position hold, for at least 2 bars/measures of music
- No Picture Lines may be used
- No Lifts
- No open solo work
- No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc.
- No entrances allowed. Partners must start in a closed or open facing hold.
- Continuous partnership pivots are allowed up to two measures but may include only one syncopation.

- **American Style East Coast Swing – Gold Level**
- Partners may completely separate for eight measures of music.
- Tandem Position figures may be used
- Picture Lines may be used

- **American Style East Coast Swing – Gold Level Restrictions**
- No more than 8 measures of music may be danced in Open, Side by Side, apart (no hold) or Shadow Position, before returning to a Dance Position with hold for at least 2 measures of music.
- No lifts or drops.

➤ **American Style BOLERO**

- **American Style Bolero – Bronze Level**
- Basic
- Open Break (Leader may use Flex Point)
- Fifth Position Breaks
- Cross Over Breaks
- Cross Body Lead - May end in Closed, Open or Open Counter Promenade Positions
- Follower's Under arm Turns to Left and Right
- Free Walk Around Turn from Cross Over
- Side Passes Left and Right
- Open Cuban Walks, Open and Closed Positions - may be danced in side by side position
- Rock steps (May be danced in any direction)
- Back Spot Turn (Natural Top)

- **American Style Bolero – Bronze Level Restrictions**
- Partners may not completely separate for more than one measure of music
- Timing for Bolero must be SQQ. No other timing is permitted
- No foot changes or fakes. Partners must always be on opposite feet
- Both feet must remain close to the floor at all times. (No rondes \ developes', etc.)

- No Lifts
- No open solo work
- No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
- No entrances allowed. Partners must start in a closed or open facing hold.
- No hopping, skipping actions, freezes/holds allowed

- **American Style Bolero – Silver Level**
- Basic Step (including the “Drop, Drift” action)
- Syncopated figures, turns, spins, solo spin exits – no more than one syncopation per measure
- Follower’s Pivot Turns, spiraling actions, Rope Spinning, Curl, Spiral
- Grapevine
- Swivels
- Back to Back, Paseo, Aida
- Continuous and Double under arm turns
- Parallel Walks
- Forward Spot/Reverse Top
- Continuous Forward/Back Spot Turns with or without Follower’s Under arm turn
- Fallaway, Apart, Shadow and Side by Side figures
- Sit Checks, Knee Crawls and Rudolph Rondes, rondes’, and developes’ – no more than waist high
- Body Lines: Oversway, Contra Check, Same Foot Lunge, Right and Left Side Lunges, Explosion
- Leader’s Foot Changes

- **American Style Bolero – Silver Level Restrictions**
- No more than 8 bars/measures of music may be danced in Open, Shadow, or Side by Side Position, before returning to a Dance Position with hold for at least 2 bars/measures of music
- No Lifts
- No open solo work
- No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
- No entrances allowed. Partners must start in a closed or open facing hold.
- Continuous partnership pivots are allowed up to two measures but may include one syncopation

- **American Style Bolero – Gold Level**
- Partners may completely separate for eight measures of music.
- Tandem Position figures may be used
- Picture Lines may be used

- **American Style Bolero – Gold Level Restrictions**
- No more than 8 measures of music may be danced in Open, Side by Side, apart (no hold) or Shadow Position, before returning to a dance position with hold for at least 2 measures of music.
- No lifts.

➤ **American Style MAMBO**

➤ **American Style Mambo – Bronze Level**

- Basic, open, closed, progressive w/ or w/o turn to right or left
- Open Break
- Offset Breaks O.P. (FORWARD & BACKWARD)
- Fifth Position Breaks
- Cross Over Breaks
- Follower's Under arm Turn to Right and Left
- Walk Around Turn turns to left or right
- Cross Body Lead - May end in Closed, Open or Open Counter Promenade Positions
- Chase Turns ½ or full
- Side Breaks
- Promenade Walks
- Cross Over Break
- Progressive Walks
- Parallel Breaks/Sweetheart/Cuddle - same foot is allowed

➤ **American Style Mambo – Bronze Level Restrictions**

- Partners may not completely separate for more than one measure of music
- Couples must break on the *two* beat in Mambo. No other timing is permitted
- No foot changes or fakes. Partners must always be on opposite feet except 14 above
- Both feet must remain close to the floor at all times. (No rondes', developes', etc.)
- No Picture Lines may be used
- No Lifts
- One under arm or solo turn is the maximum allowed
- No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed.
- No dips or drops. No knee drops or sit drops, floor slashes, etc.
- No entrances allowed. Partners must start in a closed or open facing hold.
- No hopping, skipping actions, freezes/holds

➤ **American Style Mambo – Silver Level**

- Open Basic
- Passes & Riff Turns
- Double Under arm Turns
- Spiral Actions: Rope Spinning, Curl, Spiral
- Head Loops/Neck Wraps
- Grapevine
- Half Moon
- Swivels
- Back to Back/Paseo/Aida
- Parallel Walks & Turns
- Continuous Forward/Back Spot Turns with or without Follower's under arm turn
- Kick Styling & Knee Lifts

- Skipping and Hopping actions and Freezes/Holds – no more than 4 beats
- Foot Flicks, Rondes, and Developes' actions
- Leader's Foot Changes

- **American Style Mambo – Silver Level Restrictions**
- No more than 8 bars/measures of music may be danced in Open, Shadow, Apart or Side by Side Position, before returning to a dance position with hold, for at least 2 bars/measures of music
- No Picture Lines may be used
- No Lifts
- No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower permitted.
- No dips or drops. No knee drops or sit drops, floor slashes, etc.
- No entrances allowed. Partners must start in a closed or open facing hold.
- Continuous partnership pivots are allowed up to two measures but may include only one syncopation

- **American Style Mambo – Gold Level**
- Partners may completely separate for eight measures of music.
- Tandem Position figures may be used
- Picture Lines may be used

- **American Style Mambo – Gold Level Restrictions**
- No more than 8 measures of music may be danced in Open, Side by Side, apart (no hold) or Shadow Position, before returning to a Promenade or Closed Dance Position for at least 2 measures of music.
- No lifts.

➤ **INTERNATIONAL STYLE STANDARD**

For the International Standard and Latin American dances, Journey Dancesport only recognizes the Imperial Society of Teachers of Dancing's "The Ballroom Technique" (for Waltz, Tango, Foxtrot, and Quickstep) and the "Latin American Cha Cha Cha", "Latin American Samba", "Latin American Rumba", "Latin American Paso Doble", and "Latin American Jive" manuals. "The Ballroom Technique" and Latin American manuals include precedes, follows, timing, hold and positions.

The following exceptions and or allowances will be made in the interest of adapting these syllabi in the best interest of competitive DanceSport.

Any follow may be used provided the timing or dance positions of the preceding figure and following figure are not changed. FIGURES MUST BE COMPLETED.

Figures must be danced in their entirety, with the exception of composite figures as listed below. Figures must be completed as provided in the syllabus books, with the exception of Composite Figures (figures that are composed of different figures (components) such as the V6 in Quickstep and the Open Telemark, Natural Turn to Outside Swivel and Feather Ending) where the singular component (figure) may be danced but must be completed with any precede or follow being an entire allowable figure (timing and dance position rules apply).

- Silver Fox Trot: Open Telemark Natural Turn, Outside Swivel and Feather Ending.
- Silver Quickstep: Running Right Turn

➤ **International Style WALTZ**

➤ **International Style Waltz - Bronze Level**

- Closed Changes
- Natural Turn
- Reverse Turn
- Natural Spin Turn
- Whisk
- Chasse from Promenade Position
- Closed Impetus
- Hesitation Change
- Outside Change
- Reverse Corte
- Back Whisk
- Basic Weave – Note: The Chasse from PP may be followed by the Basic Weave, as described in the Foxtrot, starting with a forward step on step one.

- Double Reverse Spin
- Reverse Pivot
- Back Lock
- Progressive Chasse to Right – Note: The Progressive Chasse to the R making ½ turn followed with an outside change is allowed at the Bronze Level.

- **International Style Waltz - Silver Level**

- Weave from Promenade Position
- Closed Telemark
- Open Telemark & Cross Hesitation
- Open Telemark & Wing
- Open Impetus & Cross Hesitation
- Open Impetus & Wing
- Outside Spin
- Turning Lock
- Drag Hesitation*

- **International Style Waltz – Gold Level**

- Left Whisk
- Contra Check – Note: The Contra Check may be held for one extra bar.
- Closed Wing
- Turning Lock to Right
- Fallaway Reverse & Slip Pivot
- Hover Corte
- Fallaway Whisk*

- **International Style TANGO**

- **International Style Tango –Bronze Level**

- LF or RF Walk
- Progressive Side Step
- Progressive Link
- Closed Promenade
- Rock Turn
- Open Reverse Turn, Follower Outside
- Back Corte
- Open Reverse Turn, Follower in Line
- Progressive Side Step Reverse Turn
- Open Promenade
- Left Foot and Right Foot Rocks
- Natural Twist Turn
- Natural Promenade Turn

- **International Style Tango – Silver Level**
- Promenade Link | Reverse Promenade Link
- Four Step
- Back Open Promenade
- Outside Swivel, Methods 1 – 4
- Fallaway Promenade
- Four Step Change
- Brush Tap

- **International Style Tango – Gold Level**
- Fallaway Four Step
- Oversway – Note: Oversway may be held for up to two extra Slows.
- Basic Reverse Turn
- The Chase
- Fallaway Reverse & Slip Pivot
- Five Step
- Contra Check- Note: Contra Check may be held for one extra bar.

➤ **International Style FOXTROT**

- Two additional timings may be used for the Foxtrot Heel Pulls: SQQ or SS(S)S.
- Parentheses around the timing indicate no weight change on that step
- It is understood and noted that the last step of each feather is also the first step of any following figure.
- No extended Weave actions in Bronze or Silver International Foxtrot. Weaves may be extended 2 counts in Gold.

- **International Style Foxtrot – Bronze Level**
- Feather
- Three Step
- Natural Turn
- Reverse Turn
- Closed Impetus & Feather Finish
- Natural Weave
- Change of Direction – Note: May be danced with an extra Slow
- Basic Weave

- **International Style Foxtrot –Silver Level**
- Closed Telemark
- Open Telemark & Feather Ending
- Top Spin

- Hover Feather
- Hover Telemark
- Natural Telemark
- Hover Cross
- Open Telemark, Natural Turn, Outside Swivel & Feather End –Note: A Closed or Open Impetus, may replace the Outside Swivel. The Outside Swivel may be danced with an extra slow.
- Open Impetus
- Weave from Promenade Position
- Reverse Wave

➤ **International Style Foxtrot –Gold Level**

- Natural Twist Turn
- Curved Feather to Back Feather- Note: Three steps of a Curved Feather may be followed with a Closed or Open Impetus, or Top Spin. Six steps of the Curved Feather and Back Feather is allowed, followed with a figure that commences moving forward.
- Natural Zig-Zag from Promenade Position
- Fallaway Reverse & Slip Pivot
- Natural Hover Telemark
- Bounce Fallaway with Weave Ending

➤ **International Style QUICKSTEP**

➤ **International Style Quickstep – Bronze Level**

- Quarter Turn to R
- Natural Turn
- Natural Turn with Hesitation
- Natural Pivot Turn
- Natural Spin Turn
- Progressive Chasse
- Chasse Reverse Turn
- Forward Lock
- Heel Pivot*
- Closed Impetus
- Back Lock
- Reverse Pivot
- Progressive Chasse to Right
- Triple Chasse to Right
- Running Finish
- Natural Turn & Back Lock
- Double Reverse Spin
- Zig-Zag Back Lock, Running Finish*
- Cross Chasse*
- Change of Direction*

- **International Style Quickstep – Silver Level**
- Checked / Underturned Tipple Chasse
- Quick Open Reverse
- Fishtail
- Running Right Turn – Note: The Running Right Turn is a composite figure. Steps 1-8 may be followed with a Tipple Chasse to the Right in place of the Running Finish or a Topsy to R in Gold.
- Four Quick Run
- V6
- Closed Telemark

- **International Style Quickstep – Gold Level**
- Cross Swivel
- Six Quick Run
- Rumba Cross
- Topsy to Right and Left
- Hover Corte – Note: Hover Corte may be held for one extra bar.

➤ **International VIENNESE WALTZ**

- **International Viennese Waltz – Bronze Level**
- Reverse Turn
- Natural Turn
- Forward Change
- Backward Change

- **International Viennese Waltz – Silver Level**
- Reverse Fleckerl

- **International Viennese Waltz – Gold Level**
- Natural Fleckerl
- Contra Check

➤ **INTERNATIONAL STYLE LATIN**

For the International Standard and Latin American dances, Journey Dancesport only recognizes the Imperial Society of Teachers of Dance “The Ballroom Technique” (for Waltz, Tango, Foxtrot, and Quickstep) and the “Latin American Cha Cha Cha”, “Latin American Samba”, “Latin American Rumba”, “Latin American Paso Doble”, and “Latin American Jive” manuals. “The Ballroom Technique” and Latin American manuals include precedes, follows, timing, hold and positions.

General Statement:

Any follow may be used provided it doesn't change the timing or dance position of the figure or the preceding figure. Figures must be completed (exception the Mooch in Jive).

➤ **International Style SAMBA**

- Hesitation Voltas are allowed at the Bronze and Silver Level
- Foot Changes using methods not listed in the manual are accepted.
- Figures allowed in right shadow position at the bronze and silver level are: voltas bota fogos, samba walks (not cruzado walks). At the gold level cruzado walks and corta jaca are allowed.

➤ **International Style Samba – Bronze Level**

- Basic Movement
- Whisks
- Samba Walks
- Rhythm Bounce
- Volta Movements (Traveling & Spot)
- Traveling Bota Fogos Forward
- Criss Cross Bota Fogos (Shadow Bota Fogos)
- Traveling Bota Fogos Back
- Bota Fogos to Promenade and Counter Promenade
- Criss Cross Voltas
- Solo Spot Volta
- Foot Changes
- Shadow Traveling Volta
- Reverse Turn
- Corta Jaca – Silver variation and the ability to turn is allowed at the Bronze level.
- Closed Rocks

➤ **International Style Samba – Silver Level**

- Open Rocks
- Back Rocks
- Plait
- Rolling off the Arm – Note: Alternative methods of preceding and ending not listed in the manual are acceptable.
- Argentine Crosses – Note: Followers Under Arm Turn to Left is allowed at the Silver level.
- Maypole
- Shadow Circular Volta
- Circular Volta

➤ **International Style Samba – Gold Level**

- Contra Bota Fogos
- Roundabout
- Natural Roll
- Reverse Roll
- Promenade and Counter Promenade Runs
- Three Step Turn
- Samba Locks
- Cruzados Walks and Locks

➤ **International Style CHA CHA CHA**

- Slip, Ronde, Twist and Split Cuban Break Chasses (4&1) for Leader or Follower may be substituted for compact, forward, back, and side chasses at the Bronze level, provided it doesn't change the timing or dance position of the figure.
- Guapacha timing is allowed in Silver and above on any figure. It is allowed also in the Bronze Time Step.

➤ **International Style Cha Cha Cha – Bronze Level**

- Basic Movements
- Alternative Basic – with the timing of 2 3 4&1, 2&3, 4&1 may be used.
- New York – Note: Silver and Gold Level: Both partners may dance a Ronde on count 3 with a sailor shuffle type chasse.
- Spot Turns Left and Right
- Shoulder to Shoulder
- Hand to Hand
- Three Cha Chas Forward and Backward
- Side Steps
- There and Back
- Time Steps
- The Cha Cha Chasse and Alternatives

- Compact Chasse
- Alternative Compact Chasse
- Cuban Cross Chasse
- Fan –The Fan Development is allowed at the Bronze Level
- Alemana
- Hockey Stick
- Natural Top
- Natural Opening Out Movement
- Closed Hip Twist - Note: The Advanced Hip Twist is allowed at the Bronze and Silver Levels.

➤ **International Style Cha Cha Cha –Silver Level**

- Open Hip Twist
- Reverse Top
- Opening Out from Reverse Top
- Aida
- Spiral Turns
- Cross Basic
- Cuban Breaks
- Chase
- Fan Development – Note: Fan Development is allowed at the Bronze Level.

➤ **International Style Cha Cha Cha –Gold Level**

- Advanced Hip Twist
- Hip Twist Spiral
- Turkish Towel
- Sweetheart
- Follow My Leader
- Foot Changes
- Follower's Runaway Chasse

➤ **International Style RUMBA**

- On any Natural Opening Out Movement, the Leader may step forward on Step 1, with the exception of the Opening Out to Right and Left.

➤ **International Style Rumba – Bronze Level**

- Basic Movements
- Open Basic – Follower may dance an Extended backward walk (delayed) using the timing as described for the Extended Forward Walk.
- Cucarachas
- New York
- Spot Turns Left and Right
- Shoulder to Shoulder
- Hand to Hand – Note: Step 3 of the Hand to Hand may be forward in line to end back at the Bronze Level.

- Progressive Walks Forward & Backward
- Side Steps
- Cuban Rocks
- Fan – Note: The Fan Development is allowed at the Bronze Level.
- Alemana
- Hockey Stick
- Natural Top
- Opening Out Right and Left
- Natural Opening Out Movement
- Closed Hip Twist – Note: The Advanced Hip Twist is allowed at the Bronze and Silver Levels because of the natural development of the rotation on step 3 and over 5&6.

➤ **International Style Rumba – Silver Level**

- Open Hip Twist
- Reverse Top
- Opening Out From Reverse Top
- Aida
- Spiral Turns: Spiral; Curl; Rope Spinning

➤ **International Style Rumba – Gold Level**

- Sliding Doors – Note: Leader must maintain a minimum of one hand hold on partner. Follower may dance an under arm turn to the right on steps 11 & 12.
- Fencing
- Three Threes
- Three Alemanas
- Hip Twists

➤ **International Style PASO DOBLE**

➤ **International Style Paso Doble – Bronze Level**

- Sur Place
- Basic Movement
- Chasse to Right and Left
- Drag
- Displacement
- Promenade Link
- Promenade
- Ecart
- Separation
- Separation with Follower's Caping Walks
- Fallaway Ending to Separation
- Huit
- Sixteen
- Promenade and Counter Promenade
- Grand Circle
- Open Telemark

➤ **International Style Paso Doble –Silver Level**

- La Passe
- Banderillas
- Twist Turn
- Fallaway Reverse Turn
- Coup de Pique
- Left Foot Variation
- Spanish Lines
- Flamenco Taps

➤ **International Style Paso Doble –Gold Level**

- Syncopated Separation
- Traveling Spins from Promenade Position
- Traveling Spins from Counter Promenade Position
- Fregolina (Farol)
- The Twists
- Chasse Cape, all endings

➤ **International Style JIVE**

- Flick Ball Change in any direction and Hesitation actions may be used at the Bronze Level.

➤ **International Style Jive – Bronze Level**

- Basic in Place
- Fallaway Rock
- Fallaway Throwaway
- The Link: Flick, Ball Change or Hesitation Ball Change
- Change of Places Right to Left
- Change of Places Left to Right
- Change of Hands Behind the Back
- Hip Bump (Left Shoulder Shove) – must start and end with a hold, but may release during the figure.
- American Spin
- The Walks
- Stop and Go – may release hold at all levels.
- Mooch – You may choose to dance only 10 steps of the Mooch. Steps 12 through 22 of a the mooch may be danced if preceded by steps 1 to 5 of the Fallaway Rock.
- Whip
- Whip Throwaway

- **International Style Jive – Silver Level**
- Reverse Whip – Note: Steps 6 and 7 may be repeated.
- Windmill
- Spanish Arms
- Rolling Off the Arm – Spin ending allowed at the Silver level.
- Simple Spin –Note: Sailor Shuffle may be used in place of the preceding Chasse. Leader may spin as Follower spins instead of his two steps in place.
- Miami Special
- Jive Alternatives
- Overturned Fallaway Throwaway

- **International Style Jive – Gold Level**
- Curly Whip
- Shoulder Spin
- Toe Heel Swivels
- Chugging
- Chicken Walks
- Catapult
- Stalking Walks, Flicks into Break
- Overturned Change of Places Left to Right

{ The End of Syllabus Section }