



IDC Ballroom Syllabus

WALTZ

• PRE-BRONZE

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
6. Chasse from PP

• BRONZE

7. Closed Impetus
8. Hesitation Change
9. Outside Change
10. Reverse Corte
11. Back Whisk
12. Basic Weave

TANGO

• PRE-BRONZE

1. Walk
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade
5. Rock Turn
6. Open Reverse Turn, Lady Outside
7. Back Corte

• BRONZE

8. Open Reverse Turn, Lady in Line
9. Progressive Side Step Reverse Turn
10. Open Promenade
11. LF and RF Rocks
12. Natural Twist Turn
13. Natural Promenade Turn

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VIENNESE WALTZ

- **BRONZE**

1. Natural Turn
2. Reverse Turn
3. Closed Changes Forward
4. Closed Changes Backward

QUICKSTEP

- **PRE-BRONZE**

1. Quarter Turn to the Right
2. Progressive Chasses to the Left
3. Natural Turn
4. Natural Turn with hesitation
5. Natural Spin Turn at the corner
6. Natural Spin Turn along the side of the room
7. Natural Pivot Turn
8. Forward Lock Step
9. Chasses Reverse Turn
10. Backward Lock Step

- **BRONZE**

11. Progressive Chasses to the Right
12. Open Quick Reverse Turn
13. Tipple Chasses at the Corner
14. Tipple Chasses along the side of the room

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