

# IDTA

## Waltz

### **BRONZE**

Back Whisk  
Chasse from P.P.  
Hesitation Change  
L.F. Close Change  
Natural Spin Turn  
Natural Turn  
Outside Change  
Progressive Chasse to R.  
Reverse Turn  
Reverse Corte  
R.F. Closed Change  
Weave  
Whisk

### **SILVER**

Backward Lock Step  
Cross Hesitation after P.P.  
Drag Hesitation  
Double Reverse Spin  
Forward Lock Step  
Open Impetus Turn  
Open Telemark into Cross Hesitation  
Open Telemark and Wing  
Outside Spin

Telemark  
Turning Lock  
Underturned Outside Spin  
Weave from P.P.  
Wing following Open Impetus Turn

### **GOLD**

Closed Wing  
Contra Check  
Fallaway Whisk  
Left Whisk

## Tango

### **BRONZE**

Back Corte  
Basic Reverse Turn  
Closed Promenade  
Natural Promenade Turn  
Natural Rock Turn  
Natural Twist Turn  
Open Promende  
Open Reverse Lady Outside Open Finish  
Open Reverse Turn Lady-in-line Finish  
Progressive Link  
Progressive Side Step  
Progressive Side Step Reverse Turn  
Rock on L.F.  
Rock on R.F.

### **SILVER**

Brush Tap  
Fallaway Promenade  
Four Step  
Four Step Change

Outside Swivel  
Promenade Link

### **GOLD**

Back Open Promenade  
Chase  
Drop or Tilt Sway  
Fallaway Four Step  
Oversway

## Vienese Waltz

### **BRONZE**

Natural Turn  
Reverse Turn  
Closed Changes Forward

### **SILVER**

Closed Changes Backward

### **GOLD**

Reverse Fleckerl  
Natural Fleckerl  
Contra Check

## **Foxtrot**

### **BRONZE**

Change of Direction  
Feather Step  
Impetus Turn  
Natural Turn  
Open Telemark Feather Ending  
Reverse Turn  
Reverse Weave  
Three Step  
Weave

### **SILVER**

Hover Feather  
Hover Telemark  
Natural Telemark  
Natural Twist Turn  
Natural Weave  
Open Telemark Natural Turn Outside Swivel  
Feather Ending  
Top Spin at a Corner  
Weave from P.P.

### **GOLD**

Back Feather  
Curved Feather  
Fallaway Reverse and Slip Pivot  
Hover Cross  
Natural Hover Telemark  
Natural Zig-zag from P.P.

## **Quickstep**

### **BRONZE**

Backward Lock Step  
Change of Direction  
Chasse Reverse Turn  
Forward Lock Step  
Impetus Turn  
Natural Pivot Turn  
Natural Spin Turn  
Natural Turn at a Corner  
Natural Turn with Hesitation  
Progressive Chasse  
Progressive Chasse to R.  
Quarter Turns to Left  
Quarter Turns to R.  
Quick Open Reverse  
Tipple Chasse to R.  
Zig-zag Back Lock Running Finish

### **SILVER**

Cross Swivel  
Double Reverse Spin  
Fish-Tail  
Four Quick Run  
Natural Turn Back Lock Running Finish  
Open Impetus Turn  
Running Right Turn  
V-6

### **GOLD**

Hover Corte  
Rumba Cross  
Six Quick Run  
Topsy

# ISTD

## Waltz

### **PRE-BRONZE**

Closed Changes  
Natural Turn  
Reverse Turn  
Natural Spin Turn  
Whisk  
Chasse from PP

### **BRONZE**

Closed Impetus  
Hesitation Change  
Outside Change  
Reverse Corte  
Back Whisk  
Basic Weave  
Double Reverse Spin  
Reverse Pivot  
Back Lock  
Progressive Chasse to R

### **SILVER**

Weave from PP  
Closed Telemark  
Open Telemark and Cross Hesitation  
Open Telemark and Wing  
Open Impetus and Cross Hesitation  
Open Impetus and Wing

Outside Spin  
Turning Lock  
Drag Hesitation

### **GOLD**

Left Whisk  
Contra Check  
Closed Wing  
Turning Lock to R  
Fallaway Reverse and Slip Pivot  
Hover Corte  
Fallaway Whisk

## Tango

### **PRE-BRONZE**

Walk  
Progressive Side Step  
Progressive Link  
Closed Promenade  
Rock Turn  
Open Reverse Turn, Lady Outside  
Back Corte

### **BRONZE**

Open Reverse Turn, Lady in Line  
Progressive Side Step Reverse Turn  
Open Promenade  
LF and RF Rocks  
Natural Twist Turn  
Natural Promenade Turn

### **SILVER**

Promenade Link  
Four Step  
Back Open Promenade

Outside Swivels  
Fallaway Promenade  
Four Step Change  
Brush Tap

### **GOLD**

Fallaway Four Step  
Oversway  
Basic Reverse Turn  
The Chase  
Fallaway Reverse and Slip Pivot  
Five Step  
Contra Check  
Note: An Open Finish may replace a Closed Finish at any time.

## Viennese Waltz

### **BRONZE**

Natural Turn  
Reverse Turn  
Closed Changes Forward  
Closed Changes Backward

### **SILVER**

Reverse Fleckerl

### **GOLD**

Natural Fleckerl  
Contra Check

## **Foxtrot**

### **PRE-BRONZE**

Feather  
Three Step  
Natural Turn  
Reverse Turn with Feather Finish  
Closed Impetus with Feather Finish

### **BRONZE**

Natural Weave  
Change of Direction  
Basic Weave

### **SILVER**

Closed Telemark  
Open Telemark and Feather Ending  
Top Spin  
Hover Feather  
Hover Telemark (and to PP)  
Natural Telemark  
Hover Cross  
Open Telemark, Natural Turn, Outside Swivel,  
Feather Ending  
Open Impetus  
Weave from PP  
Reverse Wave  
Natural Weave from PP

### **GOLD**

Natural Twist Turn  
Curved Feather to Back Feather  
Natural Zig Zag from PP  
Fallaway Reverse and Slip Pivot  
Natural Hover Telemark  
Bounce Fallaway with Weave Ending

## **Quickstep**

### **PRE-BRONZE**

Quarter Turn to R  
Natural Turn  
Natural Turn with Hesitation  
Natural Pivot Turn  
Natural Spin Turn  
Progressive Chasse  
Chasse Reverse Turn  
Forward Lock  
Quarter Turn to Left (Heel Pivot)

### **BRONZE**

Closed Impetus  
Backward Lock  
Reverse Pivot  
Progressive Chasse to R  
Tipple Chasse to R  
Running Finish  
Natural Turn and Back Lock  
Double Reverse Spin  
Zig Zag, Back Lock, Running Finish  
Cross Chasse  
Change of Direction

### **SILVER**

Quick Open Reverse  
Fishtail  
Running Right Turn  
Four Quick Run  
V6  
Closed Telemark

### **GOLD**

Cross Swivel

Six Quick Run  
Rumba Cross  
Tipsy to Right and Left  
Hover Corte