



IDSF Syllabus

IDSF Syllabus.....	1
Technique	2
Figures	2
Alignments, Positions, Amount of Turns	2
Precedes and Follows	2
Standard Dances	2
Waltz.....	2
Tango.....	2
Viennese Waltz.....	3
Latin American Dances	3
Holds.....	3
Guapacha timing in Cha-Cha-Cha.....	3
List of Figures in Standard	4
Waltz.....	4
Foxtrot	4
Quickstep.....	5
Tango.....	6
Viennese Waltz.....	7
List of Figures in Latin	8
Cha Cha Cha.....	8
Rumba.....	9
Paso Doble.....	9
Samba	10
Jive.....	11



Technique

- The latest edition of the following technique books are the base for restricted syllabus:
- Technique of Latin Dancing by Walter Laird (IDTA)
- Technique of Latin Dancing - SUPPLEMENT by Walter Laird (IDTA - first edition 1997)
- The revised Technique of Latin American Dancing (ISTD)
- The revised Technique by Alex Moore
- The Ballroom Technique by the Imperial Society (ISTD)
- Technique of Ballroom Dancing by Guy Howard (IDTA)

As a base for all Latin American Figures the technique and principles explained in Technique of Latin Dancing by Walter Laird are recommended.

Figures

Any figures including notes, special notes and amalgamations are allowed except those figures listed in section “Standard Dances”.

Alignments, Positions, Amount of Turns

Alignments, commencing and ending positions and amount of turns have to be danced as described in the charts or notes. It is not allowed to dance only parts of the figures unless otherwise stated in the technique book.

Precedes and Follows

As precedes and follows any connections are allowed, as long as they follow the above mentioned rules (alignment, amount of turn, commencing and ending positions).

Standard Dances

Waltz

All the specified figures including:

- Open Natural Turn from PP (as an independent figure)

except:

- Contra Check
- Left Whisk

Tango

All the specified figures except:

- Oversway
- Contra Check
- Quickstep

Including:



- Open Natural Turn from PP (as an independent figure)
- Running finish may be ended in PP

Viennese Waltz

Specified figures:

- Natural Turn
- Reverse Turn
- Change from Natural to Reverse Turn forward or backward
- Change from Reverse to Natural Turn forward or backward

Latin American Dances

Holds

Permissible holds are as described in the technique books.

Free arms should be used naturally.

The duration of figures which are allowed to be danced without hold can be four bars in Cha-Cha-Cha and four bars in Samba, not counting the foot changes.

Guapacha timing in Cha-Cha-Cha

Syllabus figures that lend themselves to the use of Guapacha timing are:

- Close and Closed Basic
- Cross Basic
- Time step
- Check from Open CPP and Open PP
- Turkish Towel
- Fan



List of Figures in Standard

Waltz

Closed change R to L
Closed change L to R
Natural Turn
Open / Passing / Natural Turn
Reverse Turn
Whisk
Back Whisk
Fallaway Whisk
Natural Spin Turn
Quick Natural Spin Turn
Running Natural Spin Turn
Chasse From Pp
Progressive Chasse to R
Hesitation Change
Basic Weave
Weave From Pp
Outside Change
Double Reverse Spin
Telemark
Open Telemark
Impetus Turn
Open Impetus Turn
Wing
Closed Wing
Cross Hesitation
Outside Spin
Underturned Outside Spin
Backward Lock Step
Turning Lock to L
Turning Lock to R
Fallaway Natural Turn
Fallaway Reverse Slip Pivot
Reverse Pivot
Reverse Corte
Hover Corte
Drag Hesitation

Foxtrot

Feather Step
Feather Ending
Curved Feather
Curved Feather From Pp
Back Feather
Hover Feather



Reverse Turn
Feather Finish
Three Step
Curved Three Step
Whisk
Back Whisk
Change Of Direction
Open Natural Turn
Outside Swivel
Telemark
Open Telemark
Natural Turn
Natural Telemark
Hover Telemark
Natural Hover Telemark
Naturaltwist Turn
Natural Twist Turn With Natural Weave Ending
Natural Twist Turn with Closed Impetus and Feather Finish Ending
Natural Twist Turn with Open Impetus Ending
Impetus Turn
Open Impetus Turn
Reverse Wave
Extended Reverse Wave
Weave
Weave From Pp
Natural Weave
Quick Natural Weave From Pp (Running Weave)
Quick Open Reverse
Top Spin
Hover Cross
Reverse Pivot
Fallaway Reverse Slip Pivot
Bounce Fallaway With Weave Ending
Natural Zig Zag From Pp
Double Reverse Spin
Outside Spin

Quickstep

Quarter Turn To R
Quarter Turn To L
Forward Lock Step
Backward Lock Step
Natural Turn
Natural Turn With Hesitation
Natural Pivot Turn
Natural Spin Turn
Running Right Turn
Running Finish



Natural Turn Back Lock Step Running Finish
Zig Zag, Back Lock Step Running Finish
Progressive Chasse
Chasse To R
Tipple Chasse To R
Tipple Chasse To L
Tipsy To R
Tipsy To L
Outside Change
Whisk
Back Whisk
Chasse Reverse Turn
Quick Open Reverse
Reverse Pivot
Fallaway Reverse Slip Pivot
Impetus
Open Impetus
Telemark
Open Telemark
Open Natural Turn
Four Quick Run
Six Quick Run
Cross Chasse
Running Cross Chasse
Cross Swivel
Fish Tail
V 6
Change Of Direction
Hover Corte
Outside Spin
Rumba Cross

Tango

Tango Walk
Progressive Side Step
Brush Tap
Progressive Link
Alternative Entries To Pp
Closed Promenade
Open Promenade
Back Open Promenade
Fallaway Promenade
Natural Promenade Turn
Natural Promenade Turn Into Rock Turn
Natural Rock Turn
Rock On Lf
Rock On Rf
Back Corte



Progressive Side Step Reverse Turn

Four Step

Fallaway Four Step

Five Step

Mini Five Step

Basic Reverse Turn

Open Reverse Turn Lady In Line Closed Finish

Open Reverse Turn Lady Outside Open Finish

Four Step Change

Outside Swivel To L

Outside Swivel To R

Outside Swivel After 1-2 Of Reverse Turn

Promenade Link

Chase

Alternative Endings To Chase

Whisk

Back Whisk

Fallaway Reverse Slip Pivot

Reverse Pivot

Outside Spin

Open Telemark

Open Natural Turn

Viennese Waltz

Natural Turn

Reverse Turn

Change From Natural To Reverse

Change From Reverse To Natural



List of Figures in Latin

Cha Cha Cha

Close Basic
Open Basic
Basic In Place
Side Steps
Time Step
There And Back
Hand To Hand
Check From Open Cpp And Open Pp (New York)
Shoulder To Shoulder
Three Cha Chas
Aida
Spot Turn To L And R
Switch Turn To L And R
Underarm Turn To L And R
Cuban Break In Open Position
Cuban Break
Split Cuban Break In Open Cpp
Split Cuban Break From Open Cpp And Open Pp
Fan
Fan Developement
Hockey Stick
Alemana
Turkish Towel
Sweetheart
Follow My Leader
Chase
Closed Hip Twist
Natural Opening Out
Close Hip Twist (Advanced Hip Twist)
Opening Out To R
Close Hip Twist Spiral
Open Hip Twist
Open Hip Twist Spiral
Spiral
Curl
Rope Spinning
Cross Basic
Natural Top
Reverse Top
Opening Out From Reverse Top
Methods Of Changing Feet



Rumba

Basic Movement
Open Basic Movement
Alternative Basic Movement
Progressive Walks Fwd And Bwd
Side Steps
Cucharachas
Side Step And Cucharachas
Hand To Hand
Check From Open Cpp And Open Pp (New York)
Shoulder To Shoulder
Spot Turn To R And L
Switch Turn To R And L
Underarm Turn To R And L
Fallaway (Aida)
Cuban Rocks
Fencing
Sliding Doors
Three Threes
Fan
Fan Developement
Hockey Stick
Alemana
Three Alemanas
Natural Opening Out Movement
Advanced Opening Out Movement
Opening Out To R And L
Close Hip Twist
Advanced Hip Twist
Open Hip Twist
Continuous Hip Twist
Continuous Circular Hip Twist
Spiral
Curl
Rope Spinning
Natural Top
Reverse Top
Opening Out From Reverse Top

Paso Doble

Sur Place
Basic Movement
Chasse To R
Chasse To L
Deplacement
Attack



Drag
Promenade Close
Promenade Link
Promenade
Huit
Sixteen
La Passe
Banderillas
Spanish Line
Flamenco Taps
Separation
Separation With Fallaway Ending
Separation With Lady's Caping Walks
Syncopated Separation
Fallaway Whisk (Ecart)
Fallaway Reverse
Open Telemark
Promenade To Counter Promenade
Grand Circle
Travelling Spins From Pp
Travelling Spins From Cpp
Twist Turn
Twists
Chasse Cape
Endings To Chasse Cape
Farol
Fregolina
Left Foot Variation
Coup De Pique
Coup De Pique Couplet
Syncopated Coup De Pique
Alternative Entries To Pp
Foot Changes

Samba

Rhythm Bounce
Natural Basic Movement
Reverse Basic Movement
Side Basic Movement
Progressive Basic Movement
Outside Basic Movement
Whisks To R And L
Promenade Samba Walk
Side Samba Walk
Stationary Samba Walk
Cruzados Locks In Shadow Position
Samba Locks In Open Pp
Samba Locks In Open Cpp



Travelling Botafogos Fwd
Travelling Botafogos Bwd
Promenade Botafogos
Shadow Botafogos (Criss Cross Botafogos)
Same Foot Botafogos
Contra Botafogos
Simple Volta To R And L
Travelling Voltas To R And L (Criss Cross)
Shadow Travelling Volta
Shadow Circular Volta
Continuous Volta Spot Turn To R Or L (Maypole)
Volta Spot Turn To R Or L For Lady (Underarm Volta Spot Turn)
Solo Volta Spot Turn To R Or L
Circular Voltas To R And L (Roundabout)
Argentine Crosses
Reverse Turn
Rolling Off The Arm
Close Rocks
Open Rocks
Back Rocks
Corta Jaca
Natural Roll
Reverse Roll
Plait
Promenade To Counter Promenade Runs
Three Step Turn
Foot Changes

Jive

Basic In Place
Basic In Fallaway
Link
Advanced Link (Break)
Ball Change
Change Of Place R To L
Change Of Place R To L With Change Of Hands
Change Of Place L To R
Change Of Place L To R With Change Of Hands
Change Of Hands Behind Back
Miami Special
Left Shoulder Shove (Hip Bump)
Stop And Go
American Spin
Simple Spin
Shoulder Spin
Chugging
Catapult
Whip



Recognised by the IOC · Member of GAISF, ARISF and IWGA



Double Cross Whip
Throwaway Whip
Curly Whip
Reverse Whip
Fallaway Throwaway
Promenade Walks Slow And Quick
Chicken Walks
Windmill
Spanish Arms
Rolling Off The Arm
Toe Heel Swivels
Mooch
Flicks Into Break
Stalking Walks , Flicks And Break