

## INTERNATIONAL STYLE STANDARD GOLD PROGRAM

International Style

### Waltz - (Gold)

Full Gold	Intermediate Gold		Fig	FP	T	L/F	S	
		28	Running Spin Turn					
		29	Fallaway Slip Pivot					
		30	Contra Check					
		31	Fallaway Natural Turn					
		32	Fallaway Whisk					
		33	Turning Lock to Right					
		34	Closed Wing					
		35	Hover Corte					
		35	Hover Corte Optional Alternative					
36	Left Whisk							

International Style

### Tango - (Gold)

Full Gold	Intermediate Gold		Fig	FP	T	L/F	S
		23	Fallaway Four Step				
		24	Fallaway Slip Pivot				
		25	Contra Check				
		26	Chase				
		27	Chasse' to the Right				
		28	Oversway				
		29	Mini Five Step				
		30	Five Step				

### DVIDA EXPERT ADVICE FOR WALTZ, TANGO & FOXTROT Gold Level

As the variety of the figures increases, the Student/s should be moving with a strong melodious swing, creating good lines. There should be a positive sense of control through good balance and body shape. The footwork and foot positions should be neat and precise, the turns seeming effortless. The Student/s should be confident when dancing in front of others, adding to a positive sense of achievement. At the conclusion of this level, the Student/s should feel ready to tackle the more advanced figures that will come at the next level.

**Fig** Figures

**FP** Foot Positions

**T** Timing

**L/F** Lead or follow

**S** Style

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# Foxtrot - (Gold)

**Fig FP T L/F S**

<b>Full Gold</b>	<b>Intermediate Gold</b>	24 Bounce Fallaway with Weave Ending					
		25 Curved Feather to Back Feather					
		26 Curved Three Step					
		27 Extended Reverse Wave					
		28 Fallaway Reverse and Slip Pivot					
		29 Natural Zig Zag from Promenade Position					
		30 Natural Hover Telemark					

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# Quick Step - (Gold)

**Fig FP T L/F S**

<b>Full Gold</b>	<b>Intermediate Gold</b>	24 Rumba Cross					
		25 Hover Corte					
		26 Topsy Chasse to the Right					
		27 Topsy Chasse to the Left					
		28 Zig Zag Back Lock Running Finish					
		29 Six Quick Run					
		30 Running Spin Turn					
		31 Cross Chasse					
32 Change of Direction							

International Style

# Viennese Waltz

**Fig FP T L/F S**

<b>Full Gold</b>	(Gold)					
	7 Reverse Fleckerel					
	8 Contra Check					
	9 Natural Fleckerel					

## DVIDA EXPERT ADVICE FOR VIENESSE WALTZ

### Gold Level

At this level, the introduction of the spot turning Fleckerels make this dance very different. The ability to turn seemingly in place for an extended period of time takes much practice and great concentration. The balance required both individually and together becomes even more important in these figures. There should be a continuation of improvement in the quality of movement and swing and the Student/s should feel very comfortable with their easy progress around the floor.

**Fig** Figures    **FP** Foot Positions    **T** Timing    **L/F** Lead or follow    **S** Style

