

# ISTD (Imperial Society of Teachers of Dancing) Syllabus

## International Standard

International Foxtrot  
Quickstep  
International Waltz  
International Tango  
Viennese Waltz

## International Latin

International Rumba  
International Cha-Cha  
International Samba  
Jive  
Paso Doble

## American Standard

American Foxtrot  
American Waltz  
American Tango

## American Rhythm

American Rumba  
American Cha-Cha  
Mambo  
Merengue  
American Samba  
Swing

# ISTD Syllabus for International Standard

## **International Foxtrot**

### **Bronze**

1. Feather
2. Three Step
3. Natural Turn
4. Reverse Turn w/Feather Finish

5. Closed Impetus with Feather Finish
6. Natural Weave
7. Change of Direction
8. Basic Weave
9. Reverse Wave

### **Silver**

10. Closed Telemark
11. Open Telemark and Feather Ending
12. Top Spin
13. Hover Feather
14. Hover Telemark and to P.P.
15. Natural Telemark
16. Hover Cross
17. Open Telemark, Natural Turn, Outside Swivel, Feather Ending
18. Open Impetus
19. Weave from PP
20. Natural Twist Turn
21. Natural Weave from PP

### **Gold**

22. Natural Twist Turn with Natural Weave or Closed or Open
23. Curved Feather to Back Feather
24. Natural Zig Zag from PP
25. Fallaway Reverse and Slip Pivot
26. Natural Hover Telemark
27. Bounce Fallaway with Weave Ending

## **Quickstep**

### **Bronze**

- 1. Quarter Turn to Right**
- 1a. Quarter Turn to Left (Heel Pivot)**
- 2. Natural Turn**
- 3. Natural Turn with Hesitation**
- 4. Natural Pivot Turn**
- 5. Natural Spin Turn**
- 6. Progressive Chasse**
- 7. Chasse Reverse Turn**
- 8. Forward Lock**
- 9. Closed Impetus**
- 10. Backward Lock**
- 11. Reverse pivot**

12. Progressive Chasse to Right
13. Tipple Chasse to Right
14. Running Finish
15. Natural Turn, Backward Lock
16. Double Reverse Spin
17. Zig-Zag, Back Lock, Running Finish
18. Cross Chasse
19. Change of Direction

#### **Silver**

20. Quick Open Reverse
21. Fishtail
22. Running Right Turn
23. Four Quick Run
24. V-6
25. Closed Telemark
26. Cross Swivel

#### **Gold**

27. Six Quick Run
28. Rumba Cross
29. Topsy to Right and Left
30. Hover Corte

### **International Waltz**

#### **Bronze**

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
6. Chasse from P.P.
7. Closed Impetus
8. Hesitation Change
9. Outside Change
10. Reverse Corte
11. Back Whisk
12. Basic Weave
13. Double Reverse Spin
14. Reverse Pivot
15. Back Lock
16. Progressive Chasse to Right

**Silver**

- 17. Weave from P.P.**
- 18. Closed Telemark**
- 19. Open Telemark/Cross Hesitation**
- 20. Open Telemark and Wing**
- 21. Open Impetus/Cross Hesitation**
- 22. Open Impetus and Wing**
- 23. Outside Spin**
- 24. Turning Lock**
- 25. Drag Hesitation**

**Gold**

- 26. Left Whisk**
- 27. Contra Check**
- 28. Closed Wing**
- 29. Turning Lock to Right**
- 30. Fallaway Reverse and Slip Pivot**
- 31. Hover Corte**
- 32. Fallaway Whisk**

**International Tango**

**Bronze**

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

**Silver**

- 14. Promenade Link**
- 15. Four Step**
- 16. Back Open Promenade**
- 17. Outside Swivels**

- 18. Fallaway Promenade**
- 19. Four Step Change**
- 20. Brush Tap**
- 21. Basic Reverse Turn**

**Gold**

- 22. Fallaway Four Step**
- 23. Overstay**
- 24. The Chase**
- 25. Fallaway Reverse, Slip Pivot**
- 26. Five Step**
- 27. Contra Check**

## **Viennese Waltz**

**Bronze**

- 1. Natural Turn**
- 2. Reverse Turn**
- 3. Closed Changes Forward**

**Silver**

- 4. Closed Changes Backward**

**Gold**

- 5. Reverse Fleckerl**
- 6. Natural Fleckerl**
- 7. Contra Check**

## **ISTD Syllabus for International Latin**

### **International Rumba**

**Bronze**

- 1. Basic Movement**
- 2. Fan**
- 3. Alemana**
- 4. Hockey Stick**
- 5. Progressive Walks, Forward & Back**
- 6. Natural Top**

- 7. Natural Opening Out Movement**
- 8. Closed Hip Twist**
- 9. Side Step**
- 10. Cucarachas**
- 11. Hand to Hand**
- 12. Spot Turns**
- 13. Cuban Rocks**
- 14. New York**
- 15. Shoulder to Shoulder - Simple**
- 16. Alternative Basic for Man & Lady**

#### **Silver**

- 17. Reverse Top**
- 18. Opening Out from Reverse Top**
- 19. Spiral**
- 20. Open Hip Twist**
- 21. Curl**
- 22. Shoulder to Shoulder - Advanced**
- 23. Aida**

#### **Gold**

- 24. Alternative Basic**
- 25. Kiki Walks**
- 26. Sliding Doors**
- 27. Fencing**
- 28. Rope Spinning**
- 29. Three Threes**
- 30. Advanced Hip Twist**
- 31. Three Alemanas**
- 32. Opening Out to R. and L.**
- 33. Continous Hip Twists**
- 34. Alemana w/R to R Hand Hold**
- 35. Underarm Turns to L & R**
- 36. Syncopated Cuban Rocks**

## **International Cha-Cha**

#### **Bronze**

- 1. Basic Movement**
- 2. Fan**
- 3. Alemana**
- 4. Hockey Stick**

- 5. Three Cha-Chas**
- 6. Natural Top**
- 7. Natural Opening Out**
- 8. Closed Hip Twist**
- 9. Hand to Hand**
- 10. Spot Turns**
- 11. Time Steps**
- 12. New York**
- 13. Basic in Place**
- 14. Shoulder to Shoulder - Simple**
- 15. Side Step**
- 16. Forward and Back Run**
- 17. Open Basic**

#### **Silver**

- 18. Shoulder to Shoulder - Advanced**
- 19. Reverse Top**
- 20. Opening Out from Reverse Top**
- 21. Aida**
- 22. Spiral**
- 23. Open Hip Twist**
- 24. Curl**

#### **Gold**

- 25. Rope Spinning**
- 26. Advanced Hip Twist**
- 27. Cross Basic**
- 28. Cuban Breaks**
- 29. Turkish Towel**
- 30. Sweetheart**
- 31. Follow My Leader**
- 32. Hip Twist Spirals**
- 33. Foot Changes**

## **International Samba**

#### **Bronze**

- 1. Basic Movement**
- 2. Alternative Basic**
- 3. Progressive Basic**
- 4. Whisks to R and L**
- 5. Samba Walks in PP**

- 6. Travelling Botafogos**
- 7. Botafogos PP & CPP**
- 8. Reverse Turn**
- 9. Corta Jaca**
- 10. Side Basic**
- 11. Rhythm Bounce**
- 12. Voltas Right and Left**
- 13. Lady's Spot Volta**
- 14. Outside Basic**

#### **Silver**

- 15. Closed Rocks**
- 16. Side Samba Walk**
- 17. Volta Movements (Silver)**
- 18. Shadow Botafogos**
- 19. Argentine Crosses**

#### **Gold**

- 20. Stationary Samba Walks**
- 21. Open Rocks**
- 22. Back Rocks**
- 23. Plait**
- 24. Foot Changes**
- 25. Contra Botafogos**
- 26. Rolling Off the Arm**
- 27. Natural Roll**
- 28. Volta Movements**
- 29. PP & CPP Runs**
- 30. Cruzados Locks in Shadow Position**
- 31. Travelling Locks in Open CPP**

### **Jive**

#### **Bronze**

- 1. Fallaway Rock**
- 2. Fallaway Throwaway**
- 3. Link & Link Rock**
- 4. Change of Places L to R**
- 5. Change of Places R to L**
- 6. Change of Hands Behind the Back**
- 7. American Spin**
- 8. The Walks**

- 9. The Whip**
- 10. Chasse L & R**
- 11. Basic in Place**
- 12. Left Shoulder Shove**
- 13. Kick Ball Change**

#### **Silver**

- 14. Whip Throwaway**
- 15. Stop and Go**
- 16. Windmill**
- 17. Spanish Arms**
- 18. Rolling off the Arm**
- 19. Reverse Whip**

#### **Gold**

- 20. Simple Spin**
- 21. Chicken Walks**
- 22. Curly Whip**
- 23. Toe Heel Swivels**
- 24. Flicks into Break**
- 25. Change of Places R to L with Lady's Spin**
- 26. Overturned Change of Places L to R**

## **Paso Doble**

#### **Bronze**

- 1. Sur Place**
- 2. Basic Movement**
- 3.. Appel**
- 4. Chasse to R & L**
- 5. Promenade Link**
- 6. Deplacement**
- 7. Seperation**
- 8. Fallaway Ending to #7**
- 9. Huit**
- 10. Sixteen**
- 11. Drag**
- 12. Separation with Lady's Caping Walk**
- 13. The Promenades**

#### **Silver**

- 14. Promenades**

- 15. Grand Circle**
- 16. Open Telemark**
- 17. Ecart**
- 18. LaPasse**
- 19. Twist Turn**

**Gold**

- 20. Fallaway Reverse**
- 21. Syncopated Separation**
- 22. Banderillas**
- 23. Twists**
- 24. Coup De Pique**
- 25. Left Foot Variation**
- 26. Fregolina**
- 27. Chasse Cape**
- 28. Travelling Spins from PP**
- 29. Travelling Spins from CPP**
- 30. Spanish Lines**
- 31. Flamenco Taps**

## **ISTD Syllabus for American Standard**

### **American Foxtrot**

**Bronze**

- 1. Forward Basic**
- 2. Quarter Turns**
- 3. Left Rock Turn**
- 4. Swing Step**
- 5. Promenade Walk**
- 6. Left Box Turn**
- 7. Right Box Turn**
- 8. Simple Twinkle**
- 9. Right Rock Turn**
- 10. Promenade Turn**

**Silver**

- 1. Progressive Basic**
- 2. Open Left Box Turn**
- 3. Advanced Twinkle**
- 4. Open Left Rock Turn**

5. Open Swing Step
6. Open Right Turn
7. Twinkle and Twist
8. Grapevine
9. Twinkle and Pivots
10. Fallaway and Rock

## **American Waltz**

### **Bronze**

1. Forward Change Steps
2. Left Box Turn
3. Right Box Turn
4. Simple Twinkle
5. Hesitations
6. Hesitation Combinations
7. Promenade Hesitation
8. Promenade Turn
9. Twinkle and Walk Around
10. Left Cross Turn

### **Silver**

1. Progressive Basic
2. Open Left Box Turn
3. Advanced Twinkle
4. Progressive Twinkle
5. Left Side Rock and Spin
6. Open Right Turn
7. Twinkle and Twist
8. Twinkle and Fallaway
9. Twinkle and Pivot
10. Fallaway and Rock

## **American Tango**

### **Bronze**

1. Basic and Outside Basic
2. Promenade Basic

3. Promenade to Fan
4. Progressive Rockes
5. Continuous Basic
6. Corte
7. Turning Rocks
8. Outside Swivels
9. Turning Corte
10. Promenade Turns

#### **Silver**

1. Corte and Walk Around
2. Rock and Ronde
3. Left Turn and Fans
4. Promenade Turn to Corte
5. Continuous Ronde
6. Back Turning Rocks
7. Quick Change
8. Turning Rock to Same Foot Lunge
9. Double Ronde
10. Overaway

## **ISTD Syllabus for American Rhythm**

### **American Rumba**

#### **Bronze**

1. Rumba Box Step
2. Underarm Turn
3. Rumba Rocks
4. Progressive Walks
5. Outside Breaks
6. Back Breaks
7. Open Break/Underarm Turn
8. Cross Body Lead
9. Open Walk
10. Back Spot Turn

#### **Silver**

1. Back to Back
2. Pide Pass
3. Forward Spot Turn
- 4... Side by Side Progressive Walks

- 5. Side by Side Rocks**
- 6. Back Spot/Underarm Turn Right**
- 7. Back Spot/Underarm Turn Left**
- 8. Wrap Around**
- 9. Back Spot Spiral**
- 10. Free Turns with Breaks**

## **American Cha-Cha**

### **Bronze**

- 1. Basic Cha-Cha**
- 2. Cross Over Breaks**
- 3. Outside Breaks**
- 4. Back Breaks**
- 5. Open Break**
- 6. Progressive Break**
- 7. The Chase**
- 8. Underarm Turn**
- 9. Cross Body Lead**
- 10. Kick Swivels**

### **Silver**

- 1. Underarm Turn with Spin**
- 2. Back Spot Turn**
- 3. Forward Spot Turn**
- 4. Three Cha-Chas**
- 5. Side by Side Triples**
- 6. Stop and Go**
- 7. Sweetheart**
- 8. Fallaway Swivel**
- 9. Promenade Swivels**
- 10. Back Spot with Underarm Turns**

## **Mambo**

### **Bronze**

- 1. Mambo Basic**
- 2. Passing Basic**

- 3. Cross Over Breaks**
- 4. Open Break with Underarm Turn**
- 5. Back Spot Turn**
- 6. Mambo Breaks**
- 7. Kick Swivels**
- 8. Stop and Go**
- 9. Cross Body Lead**
- 10. Fallaway Swivel**

#### **Silver**

- 1. Forward Spot Turn**
- 2. Back Spot with Underarm Turn Right**
- 3. Back Spot with Underarm Turn Left**
- 4. Side by Side**
- 5. Open Hip Twist**
- 6. Spin Whip**
- 7. Advanced Hip Twist**
- 8. Spins**
- 9. Time Steps**
- 10. Chase Turn to Cross Turn**

### **Merengue**

#### **Bronze**

- 1. Chasse to Left**
- 2. Forward Walk**
- 3. Promenade Walk**
- 4. Left Rock Turn**
- 5. Separation**
- 6. Back Breaks**
- 7. Open Break Underarm Turn to Right**
- 8. Open Break Underarm Turn to Left**
- 9. Chasse to Left and Right**
- 10. Open Rocks**

#### **Silver**

- 1. Back Spot Turn**
- 2. Syncopated Chasse**
- 3. The Freeze**
- 4. Forward Spot Turn**
- 5. Back Spot with Underarm Turn Left**
- 6. Back Spot with Underarm Turn Right**
- 7. Promenade Swivels**

8. Wrap Around
9. Pendulum and Grapevine
10. Flick Breaks

## **American Samba**

### **Bronze**

1. Samba Basic
2. Whisks
3. Samba Walks
4. Simple Twinkle
5. Samba Box Step
6. Chasse Right and Left
7. Open Break and Underarm Turn
8. Back Spot Turn
9. Progressive Twinkle
10. Opening Out

### **Silver**

1. Kick
2. Twinkles to PP and CPP
3. Back Samba Walks
4. Solo Turns
5. Syncopated Twinkle
6. Criss Cross
7. Shadow Twinkles
8. Rolling Off the Arm
9. Maypole Left and Right
10. Closed Swivels

## **Swing**

### **Bronze**

1. Swing Basic
2. Throwaway
3. Closing Link
4. Underarm to Left
5. Underarm to Right

- 6. Four Kicks**
- 7. Change of Hands**
- 8. Whip Throwaway**
- 9. Windmill**
- 10. Stop and Go**

**Silver**

- 1. Kick Ball Change**
- 2. Underarm Turns with hand Change**
- 3. Hesitation**
- 4. Back Shuffle**
- 5. Whip and Underarm Turn Left**
- 6. Whip and Underarm Turn Right**
- 7. American Spin**
- 8. Rolling Off the Arm**
- 9. Spin Whips**
- 10. Toe Heel Swivels**

**Compiled by Ming Zeng 03122008**

## American versus International?

And the battle goes on and on. There are so many misconceptions and so many people take it so far that it looks as if that these are two different animals (for the lack of a better word). It really all depends on you. I feel that it distorts the whole picture and presents an off-balance view of ballroom dancing.

**What is American Style?** In the early 1900s, America was taken over by a dance craze and everybody was doing fox-trot, waltzes and tango in their living rooms and open outdoors alike to His Masters Voice. Then came Arthur Murray, Freddie Astaire and Ginger Rogers, presenting the artistic side with beauty and grace that very few can match. Murray and Astaire became successful in franchising dance studios all over America and standardized a syllabus, which became the American Style.

**What is International Style?** During the same period the dances were being studied in England and were given an English form with a little more emphasis on hold, foot positions and footwork. Interestingly enough, G.R. Anderson, an American and an English lady, Josephine Bradley, shook the world by showing SLOW FOXTROT that was never seen before. They won the most prestigious trophy, "The Star Ball," in London in the 30s. A faster version of Foxtrot became Quickstep and so developed an English style with diagonal lines in all other ballroom dances. Mr. Walter Laird is credited with the Latin development in England. The world took over and accepted this style and so came the term "the International Style."

Are the two styles different? Well, well, well-YES and NO! The two styles are different in figures and patterns, etc., but any good teacher or top-level dancer will tell you that the technique is more or less the same. Let's consider some aspects in ballroom category.

### **Hold, Posture and Balance, Lead and Follow:**

Any difference in the two styles? Hardly. Someone may say that in American style we hold the lady more apart, like when doing a magic step forward (Arthur Murray syllabus). Actually it is done as a matter of convenience for an absolute novice or two strangers dancing the first time together. The general principles of hold, posture and balance, connection, tone and lead and follow provide the same basis in any style of dancing. The man is erect, the lady is slightly offset to man's right, so they won't step on each other's toes. She is slightly (only slightly) poised back and to her left. Everyone should agree that hold, posture, balance and lead and follow will not be different.

### **Figures and Patterns:**

This is where a lot of differences can be identified. However, recently, I have noticed more and more borrowing from one another. I see many top-level international couples using open work to introduce their showcase routine. They also end it with some exotic American style or theatrical patterns which are very pleasing to the audience. By the same token I know that American style competitors constantly take coaching from International teachers to work on their technique and produce a better quality of dance. In competitive dancing though there is usually a demarcation line and couples should adhere to strict rules.

So, shall I end this by saying let's just keep dancing happily and strive to achieve a higher level of dancing just as we do in tennis or golf, or whatever. Let's leave a lot of room for personal freedom and choice but not loose sight of quality!

Exerpted from [Dancesport UK, Tid-bits](#)