



American Smooth Ballroom Medal Program

Waltz		Pattern	Lead Follow	Foot work	Styling	Level
1.	Left and Right Foot Closed Changes					B R O N Z E
2.	Left Turn A, B & C					
3.	Right Turn A, B & C					
4.	Hesitation A & B					
5.	Cross Body Lead					
6.	Simple Twinkle					B A R
7.	Twinkle with Promenade Chasse Ending					
8.	Twinkles Forward					
9.	Twinkles Back					
10.	Twist to Left from Promenade Position					
1.	Box with Right Underarm Turn	Recognised Variation				S I L V E R
2.	Promenade Turn	Recognised Variation				
11.	Open Simple Twinkle					
12.	Open Twinkle with Promenade Chasse					
13.	Open Twinkles Forward					
14.	Open Twinkles Back					B A R
15.	Open Left Turn					
16.	Open Right Turn					
17.	Single Wrap					
18.	Shadow Open Left Turn					
19.	Single Wrap to Shadow Right Turns					G O L D
20.	Syncopated Right Underarm Turn					
1.	Grapevine	Recognised Variation				
2.	Promenade and Counter Promenade Runs	Recognised Variation				
3.	Curved Three Steps	Recognised Variation				
4.	Fallaway Reverse Turn, Slip Pivot, Syncopated Curved Three	Recognised Variation				
5.	Open Left Turn to Cross Swivels	Recognised Variation				
21.	Tornillo					G O L D
22.	Open Right Turn to Arabesque					
23.	Side by Side Combination					
24.	Fallaway Reverse to Tele Ronde					
25.	Same Foot Lunge to Throwaway Oversway					
26.	1 – 3 Open Left Turn					G O L D
(a)	- to Reverse Pivot to Contra Check to PP					
(b)	- to Lady's Left Underarm Turn					
(c)	- Chasse to PP					
(d)	- RF Back Contra Check					
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Foxtrot		Pattern	Lead Follow	Foot work	Styling	Level
1.	Forward Basic					B R O N Z E
2.	Quarter Turns A & B					
3.	Left Rock Turn					
4.	Swing Step					
5.	Promenade Walk A & B					
6.	Cross Body Lead					
7.	Simple Twinkle					B A R
8.	Twinkle with Promenade Chasse Ending					
9.	Twinkles Forward					
10.	Twinkles Back					
11.	Promenade Turn					
1.	Left and Right Foot Closed Changes	Recognised Variation				
2.	Left Turn A, B & C Right Turn A, B & C	Recognised Variation				
3.	Twist to Left from Promenade Position	Recognised Variation				
4.	Open Simple Twinkle	Recognised Variation				
5.	Open Twinkle with Promenade Chasse	Recognised Variation				
6.	Open Twinkles Forward Open Twinkles Back	Recognised Variation				
7.	Open Left Turn Open Right Turn	Recognised Variation				B A R
8.	Grapevine	Recognised Variation				
12.	Promenade and Counter Promenade Runs					
13.	Curved Three Steps					
14.	Fallaway Reverse Turn, Slip Pivot, Sync' Curved 3					
15.	Open Left Cross Turn to Cross Swivels					
1.	Single Wrap	Recognised Variation				B A R
2.	Shadow Open Left Turn	Recognised Variation				
3.	Single Wrap to Shadow Right Turns	Recognised Variation				
4.	Syncopated Right Underarm Turns	Recognised Variation				
16.	Running Weave to Throwaway					G O L D
17.	Contra Check to Grapevine and Apart Turn					
18.	Whirlpool					
19.	Underarm Combination					
20.	Side by Side Variation					
21.	Contra Check					
22.	Open Left Turn to Contra Check					
23.	Curved Walks to Contra Check					
24.	Chasse to the Right to Contra Check					
25.	Promenade Ronde to Contra Check					
26.	Side Hover to Contra Check					
27.	Throwaway O'sway Commenced in PP					
28.	Chasse in PP to Throwaway O'sway to Grapevine					
29.	Throwaway O'sway commenced with R't foot Back					
30.	1-3 Open Left Turn to Throwaway O'sway to Hover					

Dances for Medal Tests	
Bronze	Waltz, Foxtrot, Tango, Viennese Waltz (Peabody is optional)
Bronze Bar	Waltz, Foxtrot, Tango, Viennese Waltz (Peabody is optional)
Silver	Waltz, Foxtrot, Tango, Viennese Waltz (Peabody is optional)
Silver Bar	Waltz, Foxtrot, Tango, Viennese Waltz (Peabody is optional)
Gold	Waltz, Foxtrot, Tango, Viennese Waltz (Peabody is optional)
Gold Bar	Waltz, Foxtrot, Tango, Viennese Waltz (Peabody is optional)
1 and 2 Dance Certificate Examinations	
Bronze	Single Dance (figures as per Bronze Medal syllabus) All Medallist Dance Styles – Must be dances available to Bronze Medallists
Silver	1 or 2 Dances (figures as per Silver Medal syllabus) All Medallist Dance Styles – Must be dances available to Silver Medallists
Gold	2 dances (unrestricted syllabus) All Medallist Dance Styles
The candidate will be assessed at medal test standards and will receive an examination report form plus the appropriate Bronze, Silver or Gold Certificate signed by the Examiner on the day of examination.	
Composite Examinations	
Bronze	3 dances (made up of any dance or dances) Figures as per Bronze Medal syllabus
Silver	4 dances (made up of any dance or dances) Figures as per Silver Medal syllabus
Gold	4 dances (made up of any dance or dances) Unrestricted syllabus
The candidate will be assessed at medal test standards and will receive an examination report form plus the appropriate Bronze, Silver or Gold Certificate signed by the Examiner on the day of examination.	
Cabaret Examinations	
Bronze	Any style or combination of recognised ballroom dance styles; and is restricted to Bronze/Bronze Star/Bar/Crest requirements
Silver	Any style or combination of recognised ballroom dance styles; and is restricted to Silver/Silver Star/Bar/Crest requirements
Open	Any style or combination of recognised ballroom dance styles; and is unrestricted
These examinations are designed for candidates who have completed all levels of medal examinations or those who wish to incorporate with their medals an exam that is not as technical and allows both student and teacher an opportunity for creativity.	