



American Smooth Ballroom Medal Program

Waltz			Lead Follow	Foot work	Styling	Level
1.	Left and Right Foot Closed Changes					
2.	Left Turn A, B & C					В
3.	Right Turn A, B & C					R O
4.	Hesitation A & B					N Z E
5.	Cross Body Lead					
6.	Simple Twinkle					
7.	Twinkle with Promenade Chasse Ending					
8.	Twinkles Forward					
9.	Twinkles Back					B A R
10.	Twist to Left from Promenade Position					K
1.	Box with Right Underarm Turn	Re	cognise	d Variat	ion	
2.	Promenade Turn	Re	cognise	d Variat	ion	
11.	Open Simple Twinkle					
12.	Open Twinkle with Promenade Chasse					
13.	Open Twinkles Forward					
14.	Open Twinkles Back					S
15.	Open Left Turn					L
16.	Open Right Turn					E R
17.	Single Wrap					
18.	Shadow Open Left Turn					
19.	Single Wrap to Shadow Right Turns					
20.	Syncopated Right Underarm Turn					
1.	Grapevine	Re	cognise	d Variat	ion	
2.	Promenade and Counter Promenade Runs	Recognised Variation		ion	B A	
3.	Curved Three Steps		cognise			R
<u>4.</u> 5.	Fallaway Reverse Turn, Slip Pivot, Syncopated Curved Three Open Left Turn to Cross Swivels		cognise			-
21.	Tornillo	Ke	cognise	a variai	ion	
22.						-
	Open Right Turn to Arabesque					_
23.	Side by Side Combination					
24.	Fallaway Reverse to Tele Ronde					-
25.	Same Foot Lunge to Throwaway Oversway					G O
26.	1 – 3 Open Left Turn					L D
(a)	- to Reverse Pivot to Contra Check to PP					_
(b)	- to Lady's Left Underarm Turn - Chasse to PP					-
(c)						_
(d)	- RF Back Contra Check					

	Tango	Pattern	Lead Follow	Foot work	Styling	Level
1.	Basic A and B					
2.	Promenade Basic					В
3.	Corte					R O
4.	Corte with Roll Out					N Z E
5.	Promenade to Fan					
6.	Turning Corte to Outside Swivel					
7.	Continuous Basic					
8.	Basic Left Turn					B A R
9.	Contra Rock to Circular Fans					K
10.	Oversway					
11.	Open Left Turn to Quick fans					S
12.	Same Foot Fans					I L
13.	Double Ronde					V E
14.	Shadow Open Left Turn					R
15.	Pivots to Open Same Foot Lunge					
16.	Corte to Leg Hooks					
17.	Promenade Flicks and Twist to Trap					B A
18.	Rock Turn to Turning Lock					R
19.	Fallaway to Open Check					
20.	Viennese Cross to Contra Check & Rudolph Ronde					
21.	Outside Swivel to Stalks to Inverted Swive					
22.	Promenade Turn to X lines					G
23.	Inverted Swivel to Shadow Viennese Crosses					O L D
24.	Outside Spin to Side by Side Points					
25.	Tango Shadow Grapevine					-
	333					

	Foxtrot	Pattern	Lead Follow	Foot work	Styling	Level
1.	Forward Basic					
2.	Quarter Turns A & B					
3.	Left Rock Turn					B R
4.	Swing Step					O N Z
5.	Promenade Walk A & B					E
6.	Cross Body Lead					
7.	Simple Twinkle					
8.	Twinkle with Promenade Chasse Ending					
9.	Twinkles Forward					
10.	Twinkles Back					-
11.	Promenade Turn					B A
1.	Left and Right Foot Closed Changes	Re	cognisec	Variat	ion	R
2.	Left Turn A, B & C Right Turn A, B & C		cognised			-
3.	Twist to Left from Promenade Position		cognised			
4.	Open Simple Twinkle		cognised			
5.	Open Twinkle with Promenade Chasse	Re	cognised	l Variat	on	
6.	Open Twinkles Forward Open Twinkles Back		cognised			
7.	Open Left Turn Open Right Turn		cognised			S I
8.	Grapevine	Re	cognised	l Variat	on	V E
12.	Promenade and Counter Promenade Runs					R
13.	Curved Three Steps					
14.	Fallaway Reverse Turn, Slip Pivot, Sync' Curved 3					
15.	Open Left Cross Turn to Cross Swivels					
1.	Single Wrap		cognised			B A
2.	Shadow Open Left Turn		cognised			R
3.	Single Wrap to Shadow Right Turns		cognised			-
1 4.	Syncopated Right Underarm Turns	Ke	cognised	variat	on	
16.	Running Weave to Throwaway					
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					G
23.	Curved Walks to Contra Check					0
24.	Chasse to the Right to Contra Check					D
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					
	pro 1 1 manual y 2 anay 10 mare.					

Viennese Waltz			Lead Follow	Foot work	Styling	Level
1.	Left Turn					
2.	Right Turn					B R
3.	Hesitations Forward and Back					O N Z
4.	Side Hesitations					E
5.	Progressive Forward and Back Hesitations					
6.	Fifth Position Breaks					
7.	Progressive Fifth Position Breaks					
8.	Cross Body Lead to Left Underarm Turn					B A R
9.	Underarm Turn to the Right					
10.	Left Underarm Turn to In and Out Hesitations					
11.	Progressive Fifth Position with Hand Change					
12.	Left Turns with Lady's Underarm Turns					S I
13.	Canter Turns					L V E
14.	Back to Back Box					R
15.	Promenade Hesitation Run					
16.	Turning Hesitation to Back Lock					
17.	Shadow Turns to Right					
18.	Fan Kicks					B A
19.	Ronde to Throwaway					R
20.	Underarm Spin to Throwaway					
21.	Underarm passes					
22.	Promenade and Counter Promenade Runs					1
23.	Open Right Turn to Develope					-
24.	Travelling Crosses					G O
25.	Travelling Crosses – Short Version # 1					L
26.	Travelling Crosses – Short Version # 2					
27.	Open Runs and Turns					
28.	Underarm Turns to Swivels					-
						-

	Peabody	Pattern	Lead Follow	Foot work	Styling	Level
1.	Eight Count Right Turn					
2.	Six Count Right Turn					В
3.	Eight Count Left Turn					R O
4.	Six Count Left Turn					N Z E
5.	Running Steps					
6.	Lock and Run					
7.	Twinkles Forward					
8.	Twinkles Back					B A
9.	Right Underarm Turn					R
10.	Left Underarm Turn					
11.	Double Lock					
12.	Offset Grapevine					S I
13.	Promenade Grapevine					L V
14.	Fallaway Grapevine					E R
15.	Continuous Forward Locks					
16.	Left Rock Spin					
1 <i>7</i> .	Right Pivots					- D
18.	Promenade and Counter Promenade Runs					B A R
19.	Grapevine to Side By Side					-
20.	Quick Open Left Turn & Progressive Swivels					
21.	Weave to Promenade Run with Lady's Underarm Turn					
22.	Shadow Twinkles					G O L
23.	Shadow Open Left Turn					D
24.	Grapevine Variation					-
	The same					

	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.