

Golden Rose
INTERNATIONAL CHAMPIONSHIP

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Basic Syllabus & Dress Rules

Reference: DanceSportAustralia

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Championship based on basic syllabus, but no limitation.

WALTZ

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
6. Chasse from Promenade Position
7. Outside Change
8. Natural Hesitation Change
9. Reverse Corte
10. Double Reverse Spin
11. Back Whisk
12. Progressive Chasse to Right
13. Basic Weave
14. Reverse Pivot
15. Closed Impetus Turn
16. Closed Telemark
17. Open Telemark
18. Cross Hesitation
19. Wing
20. Closed Wing
21. Outside Spin
22. Drag Hesitation
23. Backward Lock
24. Weave from Promenade Position
25. Turning Lock Left
26. Turning Lock Right
27. Open Impetus Turn
28. Left Whisk
29. Contra Check
30. Fallaway Reverse and Slip Pivot
31. Fallaway Whisk
32. Hover Corte
33. Open Natural Turn
34. Running Weave from PP
35. Running Spin Turn
36. Overturned Running Spin Turn
37. Running Cross Chasse
38. Curved Feather
39. Running Finish
40. Outside Swivel
41. Progressive Chasse to Left
42. Bounce Fallaway Weave Ending
43. Quick Open Reverse

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TANGO

1. Walks
2. Progressive Side Step
3. Progressive Link
4. Open Reverse Turn, Lady outside
5. Open finish
6. Closed Promenade
7. Open Promenade
8. Back Corte
9. Basic Reverse Turn
10. Rock Turn
11. Rock Back on LF
12. Rock Back on RF
13. Open Reverse Turn, Lady in line
14. Progressive Side Step Reverse Turn
15. Natural Twist Turn
16. Natural Promenade Turn
17. Back Open Promenade
18. Promenade Link
19. Four Step
20. Fallaway Four Step
21. Fallaway Promenade
22. Outside Swivels
23. Brush Tap
24. Four Step Change
25. Oversway
26. The Chase
27. Fallaway Reverse and Slip Pivot
28. Five Step
29. Contra Check
30. Whisk
31. Back Whisk
32. Mini Five Step
33. Quick Open Reverse
34. Telemark to PP
35. Outside Spin
36. Reverse Pivot
37. IN - OUT

Championship based on basic syllabus, but no limitation.

QUICKSTEP

1. Quarter Turn to Right
2. Quarter Turn to Left
3. Natural Turn
4. Natural Turn with Hesitation
5. Natural Spin Turn
6. Progressive Chasse
7. Forward Lock
8. Back Lock
9. Chasse Reverse Turn
10. Running Finish
11. Natural Pivot Turn
12. Tipple Chasse to Right
13. Zig Zag and Back Lock
14. Reverse Pivot
15. Cross Chasse
16. Double Reverse Spin
17. Change of Direction
18. Progressive Chasse to Right
19. Closed Impetus Turn
20. Natural Turn and Back Lock
21. Quick Open Reverse
22. Cross Swivel
23. Fish Tail
24. Four Quick Run
25. The V6
26. Running Right Turn
27. Open Natural Turn
28. Open Impetus
29. Closed Telemark
30. Open Telemark
31. Wing
32. Six Quick Run
33. Rumba Cross
34. Tippy to Right
35. Tippy to Left
36. Hover Corte
37. Outside Change
38. Outside Spin
39. Natural Pivot
40. Whisk
41. Back Whisk
42. Natural Turing Lock
43. Running Cross Chasse
44. Weave From PP (see Waltz)
45. Natural Fallaway Turn (see Waltz)
46. Running Spin Turn (see Waltz)

Championship based on basic syllabus, but no limitation.

VIENNESE WALTZ

1. Natural Turn 2. Reverse Turn 3. Forward Change Steps - Natural to Reverse
4. Forward Change Steps – Reverse to Natural
5. Backward Change Steps – Natural to Reverse
6. Backward Change Steps – Reverse to Natural
7. Reverse Fleckerl
8. Natural Fleckerl
9. Contra Check

Championship based on basic syllabus, but no limitation.

Foxtrot

1. Feather Step
2. Three Step
3. Natural Turn
4. Reverse Turn(Including Feather Finish)
5. Change of Direction
6. Basic Weave
7. Reverse Wave
8. Closed Impetus Turn and Feather Finish
9. Natural Weave
10. Weave from Promenade Position
11. Hover Feather
12. Hover Telemark
13. Natural Telemark
14. Natural Twist Turn
15. Top Spin
16. Double Reverse Spin
17. Closed Telemark
18. Open Telemark and Feather Ending
19. Open Natural Turn
20. Outside Swivel
21. Natural Zig Zag from Promenade position
22. Hover Cross
23. Curved Feather to Back Feather
24. Open Impetus
25. Hover Telemark to Promenade Position
26. Fallaway Reverse and Slip Pivot
27. Natural Hover Telemark
28. Bounce Fallaway with Weave Ending
29. Outside Spin
30. Heel Pull Finish
31. Whisk
32. Back Whisk
33. Double Reverse Spin
34. Curved Three Step
35. Curved Feather from PP
36. Quick Open Reverse
37. Extended Reverse Weave
38. Reverse Pivot
39. Hover Corte
40. Progressive Chasse to Right

Championship based on basic syllabus, but no limitation.

CHA CHA CHA

1. Basic Movements-Closed, Open, In Place
2. Spot Turns – to Right, to Left
3. Underarm Turns - to Right, to Left
4. Switch Turns – to Right, to Left
5. New York – to Left Side Position, to Right Side Position
6. Hand to Hand–to Left Side Position, to Right Side Position
7. Fan
8. Hockey Stick
9. Alemana
10. Three Cha Cha Cha's
11. Natural Top
12. Natural Opening Out Movement
13. Shoulder to Shoulder – to Right Side, to Left Side
14. Time Steps
15. Cross Basic
16. Hip Twists – Closed, Open, Advanced
17. Aida
18. Spiral
19. Cuban Break - Left Foot, Right Foot, Split
20. Sweetheart
21. Curl
22. Hip Twist Spiral
23. Turkish Towel
24. Foot Changes
25. Reverse Top
26. Opening Out from Reverse Top
27. Rope Spinning
28. Follow My Leader
29. Side Step to Left, to Right
30. There and Back
31. Chase
32. Syncopated Open Hip Twist
33. Continuous Overtuned Lock
34. Swivels
35. Walks & Whisks

Championship based on basic syllabus, but no limitation.

SAMBA

1. Basic Movement - Natural, Reverse, Side, Alternative
2. Whisks to Left, to Right
3. Samba Walks - Promenade, Side, Stationary
4. BotaFogos –Travelling Forward, Back, Criss Cross (Shadow), Promenade Position to Counter Promenade Position, Contra
5. Volta Movements - Travelling Volta's to Right, Left, Solo Spot, Criss Cross, Shadow Travelling, Maypole, Shadow Circular, Roundabout to R, to L.
6. Rocks - Closed, Open, Back
7. Progressive Basic Movement
8. Reverse Turn
9. Natural Roll
10. Corta Jaca
11. Foot Changes
12. Plait
13. Argentine Crosses
14. Samba Locks
15. Promenade to Counter Promenade Runs
16. Cruzado Walks and Locks
17. Rolling Off The Arm
18. Three Step Turn
19. Rhythm Bounce on LF, on RF
20. Reverse Roll
21. Side Samba Chasse
22. Continuous Cruzados Locks
23. Same Position Corta Jaca
24. Carioca Runs

Championship based on basic syllabus, but no limitation.

RUMBA

1. Basic Movements – Closed, Open, In Place, Alternative
2. Progressive Walks Forward or Back, Forward in Right Shadow (kiki), Forward in R or L Side Position
3. Spot Turns – to Left, Right
4. Switch Turns – to Right, Left
5. Under Arm Turns - Right, Left
6. New York – to Left Side or Right Side Position
7. Hand to Hand – to Right Side, to Left Side
8. Alemana
9. Fan
10. Hockey Stick
11. Natural Top
12. Natural Opening Movement
13. Side Step to Right or Left
14. Cucarachas RF or LF
15. Shoulder to Shoulder – Left Side or Right Side
16. Reverse Top Aida
17. Hip Twists – Closed, Open, Advanced
18. Spiral
19. Cuban Rocks
20. Opening out to Right and Left
21. Curl
22. Opening out from Reverse Top
23. Sliding Doors
24. Rope Spinning
25. Three Almena's
26. Continuous Hip Twists
27. Circular Hip Twists
28. Fencing
29. Three Threes
30. Syncopated Open Hip Twist
31. Advanced Sliding Doors
32. Swivels
33. Overturned Basic

Championship based on basic syllabus, but no limitation.

PASO DOBLE

1. Basic Movement
2. Sur Place
3. Appel
4. Chasses to Right, Left.(including Elevations)
5. Deplacement
6. Attack
7. Separation
8. Huit
9. Promenade to Counter Promenade
10. Promenade
11. Promenade Close
12. Promenade Link
13. Separation with Lady's Caping Walks
14. Fallaway Ending to Separation
15. Syncopated Separation
16. Sixteen
17. Grand Circle
18. Ecart (Fallaway Whisk)
19. Methods of Changing Feet
20. Left Foot Variation
21. Coup de Pique
22. Drag
23. Twist Turn
24. Twists
25. La Passé
26. Banderillas
27. Fallaway Reverse Turn
28. Open Telemark
29. Chasse Cape
30. Travelling Spins from Promenade Position
31. Travelling Spins from Counter Promenade Position
32. Spanish Line in Inverted Open Promenade Position or Open Counter Promenade Position
33. Flamenco Taps
34. Fregolina (also Farol)

Championship based on basic syllabus, but no limitation.

JIVE

1. Basic in Place
2. Fallaway Rock
3. Change of Place Right to Left
4. Change of Place Left to Right
5. Link
6. Whip
7. Whip Throwaway
8. Walks - Slow, Quick
9. American Spin
10. Windmill
11. Spanish Arms
12. Stop to Go
13. Shoulder Spin
14. Change of Hands behind back
15. Fallaway Throwaway
16. Curly Whip
17. Simple Spin
18. Reverse Whip
19. Rolling off the arm
20. Chicken Walks
21. Toe Heel Swivel
22. Stalking Walks, Flicks and Break
23. Hip Bump (Left Shoulder Shove)
24. Mooch
25. Miami Special
26. Chugging
27. Catapult
28. Change of Place from R to L with
Double Spin
29. Rock to Simple Spin
30. Sugar Push
31. Ball Change

Championship based on basic syllabus, but no limitation.

The approved technique books for the syllabus are:

1. New Vogue Sequence Dancing - Neville Boyd OAM
2. Revised Technique of the New Vogue Championship Dances - Russ Hesketh

Notes

1. DSA recognises that there are differences between techniques now accepted and that such differences are matters of opinion.
2. DSA has not attempted to judge one method as being preferable to the other and further accepts that such judgement will remain the prerogative of the Coaches and Dancers.
3. Relative to both Competitions and Championships in;
 - Recreational Division - All age groups
 - Juvenile – All Events
 - Junior - Events that are being judged as individuals
 - Youth, Adult, Masters Grade C events
 - Competitors **MUST** adhere to the holds as printed in the publications accepted by DSA
4. Relative to both Competitions and Championships, competitors in;
 - Grade A events for Youth, Adult and Masters and Open events for Junior, Youth, Adult and Masters
 - Mixed Level events which include Grade A in Youth, Adult, Masters Divisions and Professional events
 - Are permitted a reasonable relaxation of hold for the purpose of style and expression. The Technique (e.g. alignment, timing, positions of feet, amount of turn etc) must be maintained in all instances.
5. Reasonable relaxation allows for a release or relocation of the hand contact whilst retaining the general line or shape of categorised hold. It does NOT extend to the adoption of a different hold or the use of “NO HOLD” where a hold is described as part of the technique in the publications accepted as reference manuals by DSA .

Restrictions on Competitor Dress

Introduction

Competitors dress restrictions are based on the following guiding principles:

- Dancesport has important artistic elements, which grooming and dress should enhance but not dominate.
- Adjudicators should not be distracted by unusual or outrageous grooming and dress, from assessing each couple's demonstration of their relative technical skill, artistry, and floorcraft.
- Further dress restrictions are imposed on juvenile competitors and lower grade couples so as to ensure that:
 - Entry into competition should be as accessible to as many people as possible.
 - The cost of entry should be as cheap as possible relative to the minimum standard of dress required for competition.
 - At the outset, the emphases for competitors should be on ability, not dress. As competitors move through the grades more emphasis is given to grooming and dress but never to the exclusion of ability. During the formative period of their introduction to dancesport, new
 - competitors and in particular juvenile competitors (as well as their parents and teachers), should have virtually no other consideration than to develop their technical ability.
 - The health of juvenile competitors does not suffer because of inappropriate footwear.

General Provisions

1. Couples who breach the competition dress rules while competing in an event are liable to disqualification from that event
2. Competitors in juvenile events must comply with all of the dress regulations set out in the 'Juvenile Dress Restriction', separate document.
3. The attention of parents of juvenile competitors is particularly drawn to these regulations, and to the fact that a breach of these rules is unfair to other competitors who have abided by the dress regulations.
4. Competitors in junior, youth, adult and masters events must comply with the "Dress Regulations" section for "Junior" and "Youth – Adult – Masters".

5. Competitors in all Recreational Division events must comply with the “Dress Regulations” section for “**Recreational Division Restricted Dress**”.
6. Formation teams have the following dress restrictions:
 - For Standard and New Vogue the men's attire must be midnight blue or black.
 - For Latin, the men's attire may include colours, but all of the men must have the same colour of attire. No props are allowed.

Application of this Policy

It is the responsibility of parents and coaches to ensure that competitors adhere to and understands these dress restriction requirements. During the conduct of any registered event, it is the responsibility of the promoter to remind competitors of their obligations to adhere to the dress restrictions. Adherence to the requirements during the course of an event is the responsibility of the Chairman of Adjudicators. Competitors who do not comply with the requirements must be informed, and will not be permitted to compete in the next round of competition if they are unable to meet the requirements.

CONTENTS

- **Junior Grades C, B and A**
Details can be found on page 3.
- **Under 21, Adult, Masters Grades C, B and A, and Professional**
Details can be found on pages 4.
- **Recreational Division Competitor**
Details can be found on page 7.

JUNIOR Grades B, C and A

LATIN - STANDARD - NEW VOGUE

GIRLS

DRESS

As per **Youth –Adult -Masters.**

LATIN

BOYS

ATTIRE

As per **Youth-Adult-Masters.**

STANDARD & NEW VOGUE

TROUSERS & SHIRT:

Black trousers with conventional black or white long sleeved shirt, tie, and black vest.
or.

Lounge suit Black or Dark Grey with conventional long sleeved shirt and tie.

Metallic tie clip is allowed.

Black trousers and jacket with white dress shirt and white bow tie.

No jackets with tails allowed.

DECORATION:

No decoration is allowed.

SHOES:

Black low heeled shoes.

HAIRSTYLES:

Short hair is preferred. If the hair is long it has to be worn in a ponytail.

LATIN

LADIES

DRESS

Competition dress

The cut of the dress should be of a style and cut not to offend. No high cut panties, or tangas. When standing the skirt should cover the panties completely. It is preferable that the panties show as little as possible during dancing.

SHOES:

Ladies Latin sandal, soles, and heels should be in good repair and not cause any damage to the dance floor.

JEWELLERY:

The chairman can ask the competitor to remove an item of jewellery if it presents danger to the dancer or to other competitors.

MEN

ATTIRE

Black trousers preferred, with any colour shirt or top. No singlets allowed.

SHOES:

Men's Latin Shoes, heels, and soles should be in good repair and not cause any damage to the dance floor

HAIRSTYLE:

Short hairstyle is preferred. If the hair is long it has to be worn in a ponytail.

JEWELLERY:

The chairman can ask the competitor to remove an item of jewellery if it presents danger to the dancer or to other competitors.

STANDARD - NEW VOGUE:

LADIES

DRESS

Competition dress with decoration and of a cut and style not to offend

SHOES:

Ladies ballroom shoes/sandals, heels, and soles should be in good repair and not cause any damage to the dance floor.

JEWELLERY:

The chairman can ask the competitor to remove an item of jewellery if it presents danger to the dancer or to other competitors.

MEN

ATTIRE.

Tail suit black, Midnight Blue or Grey with all the accessories (dress shirt, bow tie, studs etc.) or.

Lounge or Dinner suit, Black, or Dark Grey with conventional Shirt and Tie, or.

Black trouser with conventional black or white long sleeved shirt, tie, and black vest.

SHOES:

Men's Ballroom Shoes, heels, and soles should be in good repair and not cause any damage to the dance floor

NOTE:

Competitors if competing in an WDSF Event, competitors must comply with the WDSF Dress Rule in force at that time

RESTRICTED DRESS FOR ALL RECREATIONAL DIVISION COMPETITOR'S

Youth, Adult and Masters

Note : Juvenile Recreational Division competitors are required to wear either the Dress defined in this section OR that which is applicable to Juvenile Grades B, C and A competitors.

MEN

ATTIRE (ALL STYLES)

To be classified as general daywear, eg trousers and shirt.
The wearing of Latin style trousers is allowed.
Not Allowed - T Shirts, singlets, Jeans and Baggies.

SHOES

Normal Day wear or Dance Shoes, heels and soles should be in good repair and not cause any damage to the dance floor
Not Allowed - Sneakers or Joggers.

LADIES

DRESS (ALL STYLES)

The wearing of competition attire is not allowed.
Not Allowed - Slacks and after five wear.

MATERIAL:

No metallic or diamante sequin materials are allowed.

DECORATION:

No decoration allowed (rhinestones, sequins, feathers, fringe, lace applications, pearls etc.)

HAIRSTYLES AND GENERAL MAKE_UP:

Sensible choice of hairstyle to be used. No diamantes, or similar, to be used on hair, hairpiece, comb, clip or any other item in or on hair. No hat cap or hair covering. For the purpose of neatness, hair can be tied with a rubber band, elastic or with what is commonly recognised as a scrunchy.

JEWELLERY:

Earrings, if worn, must be plain gold or silver studs, no evening dress earrings to be worn.
No diamante jewellery, bangles, necklaces to be worn.