



## WYKAZ FIGUR SMOOTH

### BASIC

International Ballroom FIGURY DOPUSZCZONE w Smooth

(BASIC = Bronze + Silver, uporządkowane)

### WALTZ

#### Bronze

- Forward Closed Change Step (LF or RF)\*
- Natural Turn\*
- Reverse Turn\*
- Natural Spin Turn
- Chassé from Promenade
- Reverse Corte

#### Silver

- Closed Impetus
- Rev Corte
- Rev Pivot
- Whisk
- Hesitation Change
- Outside Change\*
- Back Whisk
- Basic Weave
- Double Rev Spin
- Back Lock
- Progressive Chassés\* (W = Fwd LF, Q = Back RF)
- Weave from PP
- Closed Telemark
- Open Telemark
- Wing
- Open Impetus\*
- Cross Hesitation



- O/S Spin
- Turning Lock
- Drag Hesitation\*
- Contra Check
- Cld Wing
- Hover Corte\*
- Fallaway Whisk

## TANGO

### Bronze

- Walks\*
- Progressive Side Step
- Progressive Link
- Closed Promenade
- Rock Turn
- Open Reverse Turn (OP)\*
- Back Corte
- Open Reverse Turn, Follower in Line
- Progressive Side Step Reverse Turn
- LF RF Rocks
- Natural Twist Turn
- Natural Promenade Turn
- Promenade Link/Reverse Promenade Link
- Outside Swivel\*
- Brush Tap

### Silver

- Open Promenade
- Four Step
- Back Open Promenade
- Fallaway Promenade
- Four Step Change
- Brush Tap



## FOXTROT

### Bronze

- No International Foxtrot figures are allowed in Bronze Smooth Foxtrot.
- Waltz figures are allowed with “SQQ” timing.

### Silver

- Feather Step\*
- Three Step\*
- Natural Turn\*
- Reverse Turn
- Cld Impetus
- Feather Finish\*
- Natural Weave
- Change of Direction
- Basic Weave
- Closed Telemark
- Open Telemark
- Feather Ending from PP\*
- Top Spin
- Hover Telemark\*
- Natural Telemark
- Hover Cross
- Open Passing Natural Turn\*
- O/S Swivel\*
- Open Impetus\*
- Reverse Wave
- Natural/Reverse Weave from PP
- Natural Twist Turn w/ Hover or Weave Ending or Cld/Open Impetus End
- Curved Feather
- Back Feather
- Natural Zig Zag
- Natural Hover Telemark
- Bounce Fallaway w/ Weave Ending\*



## VIENNESE WALTZ

### Bronze

- Natural Turn\*
- Reverse Turn\*
- Forward Change Steps
- Back Change Steps

### Silver

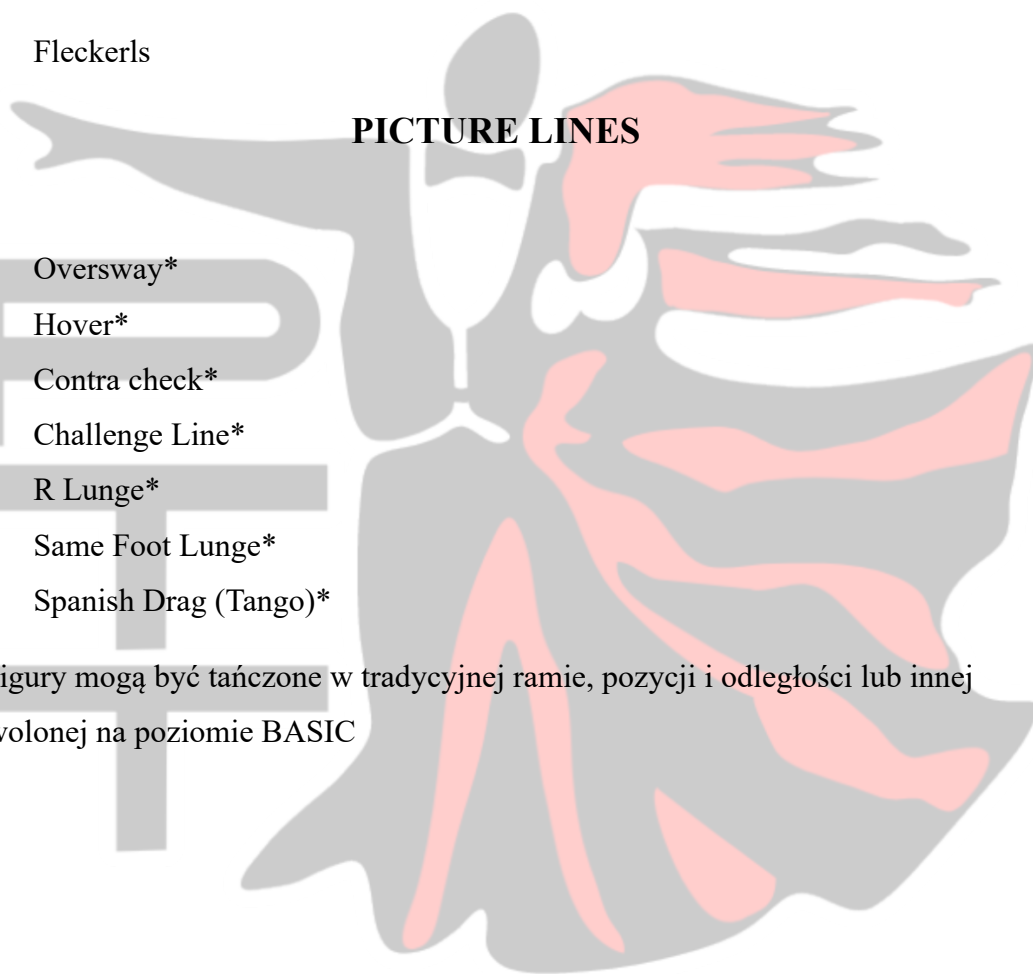
- Fleckerls

### PICTURE LINES

### Silver

- Oversway\*
- Hover\*
- Contra check\*
- Challenge Line\*
- R Lunge\*
- Same Foot Lunge\*
- Spanish Drag (Tango)\*

\* - Figury mogą być tańczone w tradycyjnej ramie, pozycji i odległości lub innej dozwolonej na poziomie BASIC





Wykaz figur dla BASIC w Smooth  
(BASIC = Bronze + Silver, uporządkowane)

BRONZE SMOOTH WALC

<b>Hold may not be released while dancing Bronze</b> <b>No Fallaway movements allowed while dancing Bronze</b> <b>Listed Holds, Positions &amp; Proximities are allowed except where noted</b> <b>HOLDS:</b> Traditional Hold, Bronze Alternative Traditional Hold, Frame Holds, Double and Single Hand Hold. Handshake Hold allowed during Progressive Change Steps, Progressive Twinkles and Waterfall only. ( <i>Partners' Position and Proximity will determine choice of Holds</i> ) <b>POSITIONS:</b> Closed Position, Right and Left Outside Partner, Open Facing Position, Promenade & Counter Promenade Positions, Back to Back, Right & Left Side Positions, Right Angle, Followers Underarm Turns Right & Left <b>PROXIMITIES:</b> Contact, Close and Extended (with a Hold)		
<b>Figures and Feet</b>	<b>Timing</b>	<b>Notes</b>
Partners are on opposite feet throughout	<i>Timing for all figures is 123 unless noted</i>	
1 Left Closed Box/Reverse Turn		CP, OFP
2 Right Closed Box/Natural Turn		CP, OFP
3 Progressive Change Step Forward or Backward		CP, OFP, <i>Handshake Hold Allowed (R to R and L to L)</i>
4 Closed Finish Forward or Backward, Right or Left Foot		
5 Balance Steps, Hesitations	1(23)	
6 Fifth Position Breaks, Open Break, Back Break		
7 Fifth Position Breaks, Open Break, Back Break with UATs Turns to R or L		<i>Must be followed with a Closed Finish</i>
8 Followers Underarm Turn to the Right	Limit 2 bars for UA turn	<i>Must be followed with a Closed Finish</i>
9 Simple Twinkle		
10 Progressive Twinkles Forward or Backward		CP, ROP, LOP, OFP, <i>Handshake Hold Allowed (R to R and L to L)</i>
11 Turning Twinkles		
12 Twinkle Combinations e.g., <i>In and Out Change Steps, Butterfly, Flip Flop, Hand to Hand Back to Back</i>		
13 Cross Body Lead from LF Forward Hesitation or 1-3 Left Closed Box/Reverse Turn		CP, OFP, PP <i>Must be followed with a Closed Finish</i>
14 Cross Body Lead and Left Underarm Turn w Open Break or Hesitation		CP, OFP, PP
15 Forward Twist to Left from Promenade Positions		<i>Must be followed with a Closed Finish</i>
16 Natural Spin Turn (as International Style)		CP <i>Must be followed with a Closed Finish</i>
17 Closed Impetus (as International Style)		CP <i>Must be followed with a Closed Finish</i>
18 Pivot from P.P. or Closed Position	Limit one bar	CP, PP <i>Must be followed with a Closed Finish</i>
19 Progressive Chasse to Right <i>no turn or up to 1/4 turn L</i>	12&3	CP, OFP <i>Must be followed with a Closed Finish</i>
20 Promenade Chasse	12&3	PP <i>Must be followed with a Closed Finish</i>
21 Grapevine or Zigzag		CP, ROP, LOP, OFP <i>Must be followed with a Closed Finish</i>
22 Open Break and Back Spot Turn		OFP, CP
23 Waterfall	Limit 6 bars	<i>Handshake Hold Allowed (R to R and L to L)</i> <i>(Transitions Through Right and Left Shadow on Opposite Feet)</i>



## SILVER SMOOTH WALC

<p><b>Hold may not be released while dancing Bronze.</b>  <b>No Fallaway movements allowed while dancing Bronze.</b>  <b>Listed Hold, Positions &amp; Proximities are allowed except where noted.</b>  <b>HOLDS:</b> Traditional Hold, Bronze Alternative Traditional Hold, Frame Holds, Double and Single Hand Hold, Right Shadow Holds (<i>Partners' Position &amp; Proximity will determine choice of Holds</i>)  <b>POSITIONS:</b> Closed Position, Right and Left Outside Partner, Open Facing Position, Promenade &amp; Counter Promenade Positions, Back to Back, Right &amp; Left Side Positions, Right Angle  <b>PROXIMITIES:</b> Contact, Close and Extended (with a Hold)</p>			
<p><b>Figures and Feet</b>  Partners are on opposite feet for all figures  Exception: Shadow Walks &amp; Rocks</p>		<p><b>Timing</b>  Timings allowed: SSQQ(S), SQQ, QQS, QQQQ (no more than 4 consecutive quicks), QQ(&amp;S) Allowed only for the Brush Tap in Open Fan in LSP</p>	<p><b>Notes</b></p>
1	Tango Walks	SS	
2	Tango Close	QQ(S)	
3	Forward Basic in line	SSQQ(S)	CP
4	Forward Basic in Outside Partner	SSQQ(S)	CP, ROP, LOP
5	Linking action to and from Promenade Position	QQ, SQ(Q), QQ(S)	CP, PP
6	Progressive Side Step	QQS	CP
7	Running Step/Argentine Walks	QQSSQQQQ(S)	CP
8	Corte	SS	CP
9	Rocks-May be danced LRL or RLR in any direction with or w/o turn	SQQ, QQS	CP, PP
10	Left/Reverse Turn, Open or Closed with Closed Finish Only	QQSQQS	CP ROP
11	Promenade turning to Right or Left	SSQQ(S)	PP to CP
12	Open Fan w Brush Tap, Swivel and Basic Finish	SSQQ(&S) SSQQ(S)	PP, LSP, CP
13	Right Side Fan/Outside Swivel	QQS	CP, OP, PP
14	Followers UAT to Left from Open Fan Position	SSQQ(S)	LSP, CP or PP
15	Followers UAT to Right from Open Fan Position	SSQQ(S)	LSP, CP or PP
16	Change of Place from Open Fan	QQS	LSP. RSP Hand Hold must be maintained
17	Twist Turn to Right from Promenade Position	SQQSQQ	PP, CP
18	Twist Turn to Left from Promenade Position	SSQQQQ(S)	PP, CP
19	Single Pivot from Promenade Position or Closed Position	SSQQSSQQ(S)	PP, CP
20	Shadow Walks & Rocks with Foot Change to and from Same Foot Position	Combinations of Allowed Timings	Right Same Foot Shadow Position



## BRONZE SMOOTH TANGO

**Hold may not be released while dancing Bronze.**  
**No Fallaway movements allowed while dancing Bronze.**  
**Listed Hold, Positions & Proximities are allowed except where noted.**  
**HOLDS:** Traditional Hold, Bronze Alternative Traditional Hold, Frame Holds, Double and Single Hand Hold, Right Shadow Holds (*Partners' Position & Proximity will determine choice of Holds*)  
**POSITIONS:** Closed Position, Right and Left Outside Partner, Open Facing Position, Promenade & Counter Promenade Positions, Back to Back, Right & Left Side Positions, Right Angle  
**PROXIMITIES:** Contact, Close and Extended (with a Hold)

<b>Figures and Feet</b>		<b>Timing</b>	<b>Notes</b>
Partners are on opposite feet for all figures Exception: Shadow Walks & Rocks		Timings allowed: SSQQ(S), SQQ, QQS, QQQQ (no more than 4 consecutive quicks), QQ(&S) Allowed only for the Brush Tap in Open Fan in LSP	
1	Tango Walks	SS	
2	Tango Close	QQ(S)	
3	Forward Basic in line	SSQQ(S)	CP
4	Forward Basic in Outside Partner	SSQQ(S)	CP, ROP, LOP
5	Linking action to and from Promenade Position	QQ, SQ(Q), QQ(S)	CP, PP
6	Progressive Side Step	QQS	CP
7	Running Step/Argentine Walks	QQSSQQQ(S)	CP
8	Corte	SS	CP
9	Rocks-May be danced LRL or RLR in any direction with or w/o turn	SQQ, QQS	CP, PP
10	Left/Reverse Turn, Open or Closed with Closed Finish Only	QSSQQS	CP ROP
11	Promenade turning to Right or Left	SSQQ(S)	PP to CP
12	Open Fan w Brush Tap, Swivel and Basic Finish	SSQQ(&S) SSQQ(S)	PP, LSP, CP
13	Right Side Fan/Outside Swivel	QQS	CP, OP, PP
14	Followers UAT to Left from Open Fan Position	SSQQ(S)	LSP, CP or PP
15	Followers UAT to Right from Open Fan Position	SSQQ(S)	LSP, CP or PP
16	Change of Place from Open Fan	QQS	LSP. RSP Hand Hold must be maintained
17	Twist Turn to Right from Promenade Position	SQQSQQ	PP, CP
18	Twist Turn to Left from Promenade Position	SSQQQQ(S)	PP, CP
19	Single Pivot from Promenade Position or Closed Position	SSQQSSQQ(S)	PP, CP
20	Shadow Walks & Rocks with Foot Change to and from Same Foot Position	Combinations of Allowed Timings	Right Same Foot Shadow Position



## SILVER SMOOTH TANGO

**Listed Holds, Positions and Proximities are allowed except where noted**

**HOLDS:** All Bronze Holds, Alternative Traditional Hold (*Silver*), Cross Hand Hold (sustained), Handshake Holds, Shadow Holds, No Hold (one bar only) (*Partners' Position and Proximity will determine choice of Holds*)

**POSITIONS:** All Bronze Positions, Fallaway Movements, Right Shadow Position Lady in Front, Contra Position (*opposite feet only*)

**PROXIMITIES:** All Bronze Proximities, Apart (*Limit 1 bar*)

<b>Figures and Feet</b> Partners are on opposite feet, Same Foot Allowed in Specified Figures		<b>Timing</b> All Bronze Timings QQ(&S) <i>Brush Tap may replace any Tango Close</i> 1 and 2 syncopations per bar where specified	<b>Notes</b>
1	Open Left Turn	QQS QQS	CP, ROP, LOP, OFF, PP, CPP
2	Open Right Turn	QQS, QQS	CP, ROP, LOP, OFF, PP, CPP
3	Syncopated Locks & Chasses <i>May be danced with no turn or up to ¼ turn</i>	Q&QS	CP, ROP, LOP, OFF
4	Progressive Figures: Running Steps, Traveling Cross, Back to Back	Limit 1 syncopation per bar	
5	Syncopated Underarm Turns	Limit 1 bar with 2 syncopations per bar	
6	Grapevines to Left and Right	QQQQ	CP, ROP, LOP, OFF, PP, CPP
7	Fallaway Reverse Turn Slip Pivot	SSSS, SSQQ, QQQQ, S+QQ	
8	Chair and Slip Pivot	SQQ, S(S)QQ	CP, PP, FALL
9	Body & Picture Lines: Contra Check, Oversway, Explosions, Right & Left Lunges, Spanish Drag, Same Foot Lunge	Limit 2 bars	All on Opposite feet except Same Foot Lunge
10	Swivels: Outside Fans, Inside Fans, Zig-Zags, Gem, Floor Rondes	S(S), S&S, QQQQ, QQ&S	
11	Kicks, Rondes, Developés, Aerial Rondes ( <i>No more than waist high</i> )	Limit 1 Bar	All on Opposite feet except Same Foot Lunge
12	Gauchos & Hooks, Leg Crawls, Step Points		
13	Continuous Partnership Pivots	Limit 2 bars	CP, Traditional and Alt Traditional Hold
14	Viennese Crosses	QQ+QQ+ Limit 1 bar	CP
15	Change to Same Foot <i>Leader or Follower</i>	S(Q)Q, SQ+Q	CL, RShP, LSP
16	Right Shadow Same Foot Figures: Open Left & Right Turns, Grapevines, Progressive Figures	No Syncopations Limit 8 consecutive bars including entrance and exit to Same Foot Position	Right Shadow Holds
17	Right Shadow Same Foot Chasses and Locks with no turn or up to ¼ turn	Limit 1 syncopation per bar Limit 8 consecutive bars including entrance and exit to Same Foot Position	Right Shadow Holds
Following are allowed Figures from International Style: Four Step, Five Step, Reverse Outside Swivel, Chasse & Whisk, Fallaway, Four Step, Four Step Change		International Style Timings accepted	Traditional Holds



## BRONZE SMOOTH FOXTROT

**Hold may not be released while dancing Bronze**

**No Fallaway movements allowed while dancing Bronze**

**Listed Holds, Positions & Proximities are allowed except where noted**

**HOLDS:** Traditional Hold, Bronze Alternative Traditional Hold, Frame Holds, Double and Single Hand Hold (*Partners' Position and Proximity will determine choice of Holds*)

**POSITIONS:** Closed Position, Right and Left Outside Partner, Open Facing Position, Promenade & Counter Promenade Positions, Back to Back, Right & Left Side Positions, Right Angle, Followers Underarm Turns Right & Left

**PROXIMITIES:** Contact, Close and Extended (with a Hold)

### Figures and Feet

Partners are on opposite feet for all figures.

NOTE: The following elements use passing feet and must be followed with a Closed Finish: Grapevine, Chasse, Promenade Pivot, Lady's UAT, Lady's part Crossbody Lead & Twist from PP

### Timing

SSQQ, SQQ, QQS, QQQQ,  
SQQ Chasses Only  
SSSS Walks or Side Rocks  
QQ extra Chasses/Side Steps  
8 consecutive quicks *Grapevine only*

### Notes

		Timing	Notes
1	Forward Basic and Back Basic, no turn or 1/4 to Right or Left	SSQQ	CP, OFP, ROP, LOP
2	Left Closed Box/Reverse Turn	SQQ	CP, OFP
3	Right Closed Box Turn/Natural Turn	SQQ	CP, OFP
4	Left Rock Turn (Ad Lib)	SSQQ	CP, OFP
5	Right Rock Turn to Right (Ad Lib)	SSQQ	CP, OFP
6	Underarm Turn to the Right	Limit 2 Bars	<i>Must be followed with a Closed Finish</i>
7	Sway Step/Side Balance with or without Underarm Turns	SSQQ	CP, OFP
8	Promenade Basic with or without Underarm Turns	SSQQ	PP
9	Simple Twinkle	SQQ	CP, PP, OFP
10	Closed Finish Forward or Backward, Right or Left Foot	SQQ	From any Position
11	Progressive Twinkles Forward or Backward	SQQ	CP, ROP, LOP, OFP
12	Turning Twinkles	SQQ	PP, CPP
13	Combination Twinkles e.g., <i>In and Out Change Steps, Butterfly, Flip Flop, Hand to Hand/Back to Back</i>	SQQr	
14	Cross Body Lead from Left Rock Turn	SSQQ	<i>CP, OFP, PP Must be followed with Closed Finish</i>
11'	Cross Body Lead from Left Closed Box to Underarm Turn & Open Break	SQQ	<i>CP, OFP, PP Must be followed with Closed Finish</i>
`	Promenade Chasse	SQ&Q SQQ	<i>PP Must be followed with a Closed Finish</i>
17	Single Pivot from Promenade Position or Closed Position	SSQQ, SQQ	<i>CP, PP Must be followed with a Closed Finish</i>
18	Forward Twist to Left from Promenade	SSQQ	<i>Must be followed with a Closed Finish</i>
19	Simple Grapevine or Zigzag	Limit 8 Qs	<i>CP, ROP, LOP, OFP Must be followed with a Closed Finish</i>



## SILVER SMOOTH FOXTROT

**Listed Holds, Positions & Proximities are allowed except where noted**

**HOLDS:** All Bronze Holds, Alternative Traditional Hold(Silver), Cross Hand Hold(sustained), Handshake Holds, Shadow Holds, Hold may be released in Silver for 1 bar only(No Hold) (*Partners' Position and Proximity will determine choice of Holds*)

**POSITIONS:** All Bronze Positions, Right Shadow Position Lady in Front, Contra Position(*opposite feet only*), Same Foot Left Side Position(Grapevine only) Fallaway Movements

**PROXIMITIES:** All Bronze Proximities, Apart *one bar limit*

**Figures and Feet** Partners are on opposite feet. Continuity Style, Bronze Figures may be danced with Continuity Style, Same Foot Allowed in Specified Figures. Same Foot Left Side Position in Grapevine Limit 4 Qs

**Timing** - All Bronze Timings  
1 syncopation where listed  
S(Q)Q Foot Change, Hovers

**Notes**

1	Open Left Box Turn & Open Right Box Turn	SQQ	CP, ROP, LOP, OFP, PP, CPP
2	Open Right Turn from PP	SQQ	PP, CP, ROP
3	Running Steps Forward & Backward, Reverse Wave	SQQ, SSQQ	CP, OP, OFP
4	Twinkles: Single, Progressive, Passing	SQQ	CP, ROP, LOP, OFP, PP, CPP
5	Traveling Cross, Progressive Figures	SQQ	
6	Syncopated Underarm Turns Right and Left	1 syncopation per bar	
7	Solo Turns Right and Left	1 syncopation per bar	No Hold (1 Bar)
8	Forward and Backward Locks	1 syncopation per bar	CP, ROP, LOP, OFP
9	Grapevines to Left or Right	1 syncopation per bar	CP, ROP, LOP, OFP, PP, CPP
10	Chair and Slip Pivot	SQQ, S(S)QQ	PP, Fallaway Movement, CP
11	Wing	Man S(QQ) Lady SQQ	PP, CP, ROP, LOP
12	Fallaway Reverse Turn Slip Pivot	SSQQ, QQQQ, 1 Syncopation per bar	CP, Fallaway Movement
13	Bounce Fallaway	S&QQQQQQ	
14	Weaves, Natural and Reverse	QQQQ, QQQQQQ	
15	Body and Picture Lines: Oversway, Contra Check, Right & Left Lunges, Explosion, Hover, Same Foot Lunge	Limit 2 bars	All on Opposite Feet except Same Foot Lunge
16	Kicks, Developés, Aerial Rondes ( <i>No more than waist high</i> )	Limit 1 bar	All on Opposite Feet except Same Foot Lunge
17	Swivels, Outside Fans, Inside Fans, Gems, Zig-Zags, Step Points, Floor Rondes	S(S), S&S, QQQQ, QQ&S	
18	Basic Runaround - <i>Same Foot or Opposite Feet</i>	Limit 2 bars with 1 syncopation per bar	Traditional and Alt Traditional Hold Both partners running forward
19	Continuous Partnership Pivots	Limit 2 bars (no syncopations)	CP, Traditional and Alt Traditional Hold
20	Basic Hairpin <i>i.e., 4-6 Open Left Box Checked/ Checked Continuity endings</i>	SQQ only	CP, PP, ROP
21	Foot Change to Same Foot Leader or Follower	S(Q)Q, SQ&Q	
22	Right Shadow Same Foot Figures ( <i>Open Left &amp; Right Box Turns, Twinkles, Running Steps, Grapevines</i> )	No syncopations, Limit 8 consecutive bars including entrance & exit to Same Foot Position	Shadow Holds
22	Right Shadow Chasses and Locks on the Same Foot ( <i>up to ¼ turn</i> )	1 syncopation per bar	Shadow Holds
23	Same Foot Grapevine in Left Side Position	QQQQ one bar only	LSP
Allowed Figures from International Style: Quick Open Reverse, Closed & Open Telemark, Natural Twist Turn, Outside Spin, Closed & Open Impetus, Outside Swivel, Back Feather		International Timings Accepted	Traditional Hold



## BRONZE SMOOTH VIENNESE WALTZ

<p><i>Hold may not be released while dancing Bronze</i>  <i>No Fallaway movements allowed while dancing Bronze</i>  <i>Listed Holds, Positions &amp; Proximities are allowed except where noted</i>  <b>HOLDS:</b> Traditional Hold, Bronze Alternative Traditional Hold, Frame Holds, Double and Single Hand Hold (<i>Partners' Position and Proximity will determine choice of Holds</i>)  <b>POSITIONS:</b> Closed Position, Right and Left Outside Partner, Open Facing Position, Promenade &amp; Counter Promenade Positions, Back to Back, Right &amp; Left Side Positions, 90-degree/Right Angle  <b>PROXIMITIES:</b> Contact, Close and Extended (with a Hold)</p>			
<b>Figures and Feet</b> Partners are on opposite feet for all figures.		<b>Timing</b> 123 unless noted 1(2)3, 1(23)	<b>Notes</b>
1	The Curtsy	Limit 4 bars	<i>The Curtsy may begin without hold at the start of the dance. If used in the body of the dance a hand hold must be maintained. From OFP or RSP</i>
2	Left Turns/Reverse Turns		CP, OFP
3	Right Turns/Natural Turns		CP, OFP
4	Progressive Change Steps Forward		CP, OFP
5	Progressive Change Steps Backward		CP, OFP
6	Balance Steps, Hesitations	1(23)	
7	Fifth Position Breaks, Open Breaks, Back Breaks		
8	Left or Right Underarm Turns from Hesitations, Fifth Position or Open Break		
9	Simple Twinkle and Closed Finish		CP, PP
10	Progressive Twinkles Forward or Backward		CP, ROP, LOP, OFP
11	Turning Twinkles		
12	Combination Twinkles e.g., <i>In and Out Change Steps, Butterfly, Flip Flop, Hand to Hand, Back to Back</i>		
13	Cross Body Lead and Left Underarm Turn w Open Break or Hesitation ending (Twirl)	Limit 4 bars	CP, PP, LSP
14	Cross Body Lead and Left Underarm Turn ending in Left Side Position	Limit 4 bars	CP, PP, LSP <i>Must</i>
15	Changes of Place	1(2)3 1(23)	<i>Hold must be maintained</i>
16	Canter Pivot Left or Right	1(2)3 Limit one bar	CP
17	Back Spot Turn from Open Break w/wo Underarm Turn	123	<i>Must be followed with a closed finish</i>



## SILVER SMOOTH VIENNESE WALTZ

Listed Holds, Positions and Proximities are allowed except where noted

**HOLDS:** All Bronze Holds, Alternative Traditional Hold (Silver), Cross Hand Hold, Handshake Holds, Shadow Holds, Apart (No Hold ) limit 1 bar (Partners' Position and Proximity will determine choice of Holds)

**POSITIONS:** All Bronze Positions, Right Shadow Position Lady in Front, Contra Position (opposite feet only), Fallaway Movements.

**PROXIMITIES:** All Bronze Proximities, Apart limit one bar

<b>Figures and Feet</b>	<b>Timing</b>	<b>Notes</b>
Partners are on opposite feet, Continuity Style, Bronze Figures may be danced with Continuity Style, Same Foot Allowed only in Specified Figures	123 unless noted 1(2)3, 1(23)	
1 Open Left & Open Right Turns		CP, ROP, LOP, PP, CPP, OFP
2 Open Left and Open Right Turns with Underarm Turns		CP, OP,
3 Progressive Fifth Positions <i>Man may use Hesitation</i>	123, 1(23)	CP, PP, CPP , 90-degree/ Right Angle
4 Twinkles: Single Open Twinkle, Progressive Twinkles, Passing Twinkles		
5 Progressive Figures: Running Steps, Traveling Cross, Butterfly		
6 Spot Turn Combinations <i>Reverse and Natural</i>		CP, OFP
7 Canter Spins, Change of Places	123, 1(2)3	Apart (No Hold) limit 1 bar
8 Canter Lilt	1(2)3	
9 Chair and Slip Pivot	1(23), 1(2)3	CP, PP, FALL
10 Continuous Partnership Canter Pivots	1(2)3 limit 2 bars	CP, Traditional and Alt Traditional Hold
11 Body & Picture Lines: Contra Check, Explosions, Hovers, Oversway Right & Left Lunges, Same Foot Lunge	Limit 2 bars	All on Opposite feet except Same Foot Lunge
12 Kicks, Développés, Aerial Rondes ( <i>No more than waist high</i> )		All on opposite feet except Same Foot Lunge.
13 Basic Runaround Same Foot or Opposite Feet	123 1(2)3	Traditional and Alt Traditional hold Feet on floor, Both partners running forward
14 Swivels: Outside Fans, Inside Fans, Zig-Zags, Gem, Rondes	123, 1(2)3, 1(23)	
15 Foot Change to Same Foot <i>Leader or Follower</i>	1(2)3	CP, PP, Right Shadow Holds
16 Right Shadow Same Foot Figures e.g., Open Left and Right Turns, Running Steps, Canters, Lilt	123, Limit 8 consecutive bars includes change to and from Same Foot Position	Right Shadow Holds