BLACKPOOL DANCE FESTIVAL

JUVENILE / RESTRICTED SYLLABAI

The restricted syllabus figures in this document will be used by competitors in Championships or Competitions as stated within the Blackpool Dance Festival rule book.

Ballroom / Latin Couples – Please refer to the tables below

Ballroom / Latin Solo Dancers – Given that dance figures listed below are related to partnered choreography, solo dancers in ballroom and latin are not required to demonstrate preceding or following figures allowing a more flowing choreography, including directional changes and solo transitions that would not normally be possible with a partner. However, dancers must maintain technique, character and nature of each style of dance.

The following movements are **not-permitted**

- High Kicks above hip height
- Floor work including during the introduction of music
- Acrobatic or gymnastic elements
- No more than two consecutive spins

Sequence Couples – To be danced as per the script

Sequence Solo Dancers - Solo dancers are required to perform each dance in accordance with the recognised script, including the specified technique and alignments. However they will not be restricted to using only the arm positions that would normally be used when dancing with a partner.

Champions of Tomorrow/ ProAm Champions – Please refer to; https://www.proamchampions.co.uk/rules

BALLROOM RESTRICTED SYLLABUS FIGURES

	WALTZ		FOXTROT		TANGO		QUICK STEP		VIENNESE WALTZ
1	Natural Turn	1	Feather Step	1	Walk	1	Quarter turn to R	1	Closed Changes Forward
2	Reverse Turn	2	Three Step	2	Progressive Side Step	2	Progressive Chasse	**2**	Closed Changes Backwards
3	Closed Changes	3	Natural Turn	3	Progressive Link	3	Natural Turn	**3**	Natural Turn
4	Back Lock	4	Reverse Turn with Feather Finish	4	Closed Promenade	4	Natural Turn with Hesitation	**4**	Reserve Turn
5	Back Whisk	5	Closed Impetus	5	Natural Promenade Turn	5	Natural Pivot Turn	**5**	Contra Check
6	Double Reverse Spin	6	Natural Weave	6	Rock Turn	6	Natural Spin Turn	**6**	Natural Fleckerl
7	Chasse from PP	7	Basic Weave	7	LF and RF Rocks	7	Chasse Reverse Turn	**7**	Reverse Fleckerl
8	Drag Hesitation	8	Change of Direction	8	Back Corte	8	Forward Lock		
9	Natural Spin Turn	9	Closed Telemark	9	Open Promenade	9	Backward Lock		**Steps 1-4 all ages**
10	Outside Change	10	Open Telemark and Feather Ending	10	Open Reverse Turn, Lady Outside	10	Reverse Pivot		**Steps 5-7 dancers 12 and over**
11	Progressive Chasse to R	11	Reverse Wave	11	Open Reverse Turn, Lady in Line	11	Double Reverse Spin		
12	Reverse Corte	12	Open Impetus	12	Progressive Side Step Reverse Turn	12	Natural Turn and Back Lock		
13	Reverse Pivot	13	Hover Feather	13	Natural Twist Turn	13	Running Finish		
14	Whisk	14	Hover Telemark	14	Four Step	14	Progressive Chasse to R		
15	Closed Impetus	15	Natural Telemark	15	Back Open Promenade	15	Closed Impetus		
16	Hesitation Change	16	Weave from PP	16	Outside Swivels	16	Tipple Chasse to R		
17	Basic Weave	17	Hover Cross	17	Brush Tap	17	Quarter Turn to L (Heel Pivot)		
18	Closed Wing	18	Natural Weave from PP	18	Fallaway Promenade	18	Cross Chasse		
19	Open Impetus and Cross Hesitation	19	Natural Twist Turn	19	Four Step Change	19	Zig Zag, Back Lock, Running Finish		
20	Open Impetus and Wing	20	Curved Feather to Back Feather	20	Promenade Link	20	Change of Direction		
21	Open Telemark and Cross Hesitation	21	Fallaway Reverse and Slip Pivot	21	Basic Reverse Turn	21	Quick Open Reverse		
22	Open Telemark and Wing	22	Natural ZigZag from PP	22	The Chase	22	Four Quick Run		
23	Outside Spin	23	Natural Hover Telemark	23	Oversway	23	Running Right Turn		
24	Turning Lock	24	Bounce Fallaway with Weave Ending	24	Fallaway Reverse and Slip Pivot	24	V6		
25	Weave from PP			25	Fallaway Four Step	25	Fishtail		
26	Closed Telemark			26	Five Step	26	Closed Telemark		
27	Turning Lock to R			27	Contra Check	27	Cross Swivel		
28	Left Whisk					28	Six Quick Run		
29	Fallaway Reverse and Slip Pivot					29	Rumba Cross		
30	Contra Check					30	Tipsy to Right and Left		
31	Hover Corte					31	Hover Corte		

LATIN RESTRICTED SYLLABUS FIGURES

	CHA CHA CHA		SAMBA		RUMBA		PASO DOBLE		JIVE
1	Basic Movements (Closed, Open, In Place)	1	Basic Movements (Natural, Reverse, Side and Progressive)	1	Basic Movements (Closed, Open, In Place, Alternative)	1	Basic Movement	1	Basic in Place
2	New York (to Left or Right Position)	2	Whisks (and with Lady's underarm turn)	2	Alemana	2	Sur Place	2	Fallaway Rock
3	Hand to Hand (to Right and Left Side Position)	3	Samba Walks (promenade, Side and Stationary)	3	Hand to Hand (to Right and Left Side Position)	3	Chasses to Right or Left (including Elevations)	3	Fallaway Throwaway
4	Alemana	4	Rhythm Bounce	4	New York (to left and Right Side Position)	4	Deplacement (also Attack)	4	Link
5	Fan	5	Volta Movements	5	Shoulder to Shoulder (Left Side and Right Side)	5	Drag	5	Change Places Right to Left
6	Hockey Stick	6	Travelling Bota Fogos Forward	6	Spot Turns to Left and Right	6	Promenade Link (also Promenade Close)	6	Change of Places Left to Right
7	Spot Turns to Right and Left	7	Criss Cross Bota Fogos (Shadow Bota Fogos)	7	Cucarachas (LF and RF)	7	Promenade	7	Change of Hands Behind Back
8	Shoulder to Shoulder (Left Side and Right Side)	8	Travelling Bota Fogos Back	8	Cuban Rocks	8	Ecart (Fallaway Whick)	8	American Spin
9	Three Cha Cha Chas (Forward and Back)	9	Criss Cross Voltas	9	Progressive Walks Forward and Back	9	Separation	9	Hip Bump (Left Shoulder Shove)
10	Time Steps	10	Bota Fogos to Promenade and Counter Promenade	10	Side Steps (to Left or Right)	10	Separation with lady's Caping Walk	10	Stop and Go
11	There and Back	11	Solo Spot Volta	11	Closed Hip Twist	11	Fallaway ending to Separation	11	Walks
12	Closed Hip Twist	12	Shadow Travelling Volta	12	Fan	12	Huit	12	Mooch
13	Natural Top	13	Foot Changes	13	Hockey Stick	13	Sixteen	13	Whip
14	Natural Opening Out Movement	14	Closed Rocks	14	Natural Opening Out Movement	14	Grand Circle	14	Whip Throwaway
15	Side Steps (to Left or Right)	15	Corta Jaca	15	Natural Top	15	Open Telemark	15	Rolling off the Arm
16	Spiral Turns (Spiral, Curl and Rope Spinning)	16	Reverse Turn	16	Opening Out to Right and Left	16	Promenade and Counter Promenade	16	Spanish Arms
17	Open Hip Twist	17	Open Rocks	17	Open Hip Twist	17	La Passe	17	Simple Spin
18	Reverse Top	18	Back Rocks	18	Reverse Top	18	Coup de Pique	18	Windmill
19	Opening Out from Reverse Top	19	Rolling off the Arm	19	Opening Out from Reverse Top	19	Fallaway Reverse Turn	19	Reverse Whip
20	Aida	20	Maypole	20	Aida	20	Left Foot Variation	20	Miami Special
21	Cuban Breaks (including Split Cuban Breaks)	21	Shadow Circular Volta	21	Spirals (Spiral, Curl, Rope Spinning)	21	Twist Turn	21	Curly Whip
22	Cross Basic	22	Argentine Crosses	22	Sliding Doors	22	Spanish Lines	22	Shoulder Spin
23	Chase	23	Plait	23	Three Threes	23	Flamenco Taps	23	Toe Heel Swivels
24	Advanced Hip Twist	24	Promenade and Counter Promenade Runs	24	Three Alemanas	24	Banderillas	24	Chicken Walks
25	Hip Twist Spiral	25	Cruzados Walks and Locks	25	Fencing	25	Fregolina (also Farol)	25	Catapult
26	Turkish Towel	26	Natural Roll	26	Hip Twists (advanced, Continuous, Circular)	26	Twists	26	Chugging
27	Sweetheart	27	Reverse Roll			27	Travelling Spins from PP	27	Stalking Walks, Flicks and Break
28	Follow My Leader	28	Roundabout			28	Travelling Spins from CPP		
29	Foot Changes	29	Samba Locks			29	Syncopated Separation		
		30	Contra Bota Fogos			30	Chasse Cape (including Outside Turn)		