



## ***International Waltz***

### **Pre-Bronze**

- 1. Closed Changes (Left and Right)
- 2. Natural Turn
- 3. Reverse Turn
- 4. Natural Spin Turn
- 5. Whisk
- 6. Chasse from Promenade Position

### **Bronze**

- 7. Closed Impetus
- 8. Hesitation Change
- 9. Outside Change
- 10. Reverse Corte
- 11. Back Whisk
- 12. Basic Weave
- 13. Double Reverse Spin
- 14. Reverse Pivot
- 15. Back Lock
- 16. Progressive Chasse to Right

### **Silver**

- 17. Weave from Promenade Position
- 18. Closed Telemark
- 19. Open Telemark and Cross Hesitation
- 20. Open Telemark and Wing
- 21. Open Impetus and Cross Hesitation
- 22. Open Impetus and Wing
- 23. Outside Spin
- 24. Turning Lock

### **Gold**

- 25. Left Whisk
- 26. Contra Check
- 27. Closed Wing
- 28. Turning Lock to Right
- 29. Fallaway Reverse and Slip Pivot
- 30. Hover Corte

## ***International Foxtrot***

### **Pre-Bronze**

- 1. Feather
- 2. Three Step
- 3. Natural Turn
- 4. Reverse Turn
- 5. Closed Impetus and Feather Finish

### **Bronze**

- 6. Natural Weave
- 7. Change of Direction
- 8. Basic Weave

### **Silver**

- 9. Closed Telemark
- 10. Open Telemark and Feather Ending
- 11. Top Spin
- 12. Hover Feather
- 13. Hover Telemark
- 14. Natural Telemark
- 15. Hover Cross
- 16. Open Telemark, Natural Turn, Outside Swivel and Feather Ending
- 17. Open Impetus
- 18. Weave from Promenade Position
- 19. Reverse Wave

### **Gold**

- 20. Natural Twist Turn
- 21. Curved Feather to Back Feather
- 22. Natural Zig-Zag from Promenade Position
- 23. Fallaway Reverse and Slip Pivot
- 24. Natural Hover Telemark
- 25. Bounce Fallaway with Weave Ending