

# PROFESSIONAL SYLLABUS - AMERICAN SMOOTH

Please read carefully the details regarding professional examinations given in this syllabus.

Associate and Licentiate American Smooth examinations for candidates already qualified and hold a full IDTA Ballroom qualification, in the level applied for.

## DEMONSTRATION

Candidates will be required to dance with a partner to music the four American Smooth dances; Waltz, Tango, Foxtrot and Viennese Waltz to a standard appropriate to the level of the examination being taken. The majority of figures used should be selected from those included in the relevant syllabus.

## SOLO DEMONSTRATION TO MUSIC

Candidates will be required to dance solo to music, whilst giving the timing, an amalgamation of three figures in two dances selected by the Examiner from the Associate syllabus. This will include starting a class to music. For Licentiate examinations, the figures may be from both the Associate and Licentiate syllabus.

## THEORY

The technique and theory required is that described in the American Smooth Technique by Sehyoung Jang Ph.D and Adele Jang Fellow (AKA: Dr. Jang and Adele Don).

During the technical section of the examination, candidates will be asked to dance selected figures from the syllabus solo giving the count for each figure.

Full descriptions of figures or technical information confined to one column heading at a time will not be required. All figures selected by the Examiner must be demonstrated whilst giving the correct timing.

It is important that these solo demonstrations are presented using accurate technique since the quality achieved will be reflected in the marks awarded in this section.

## TEACHING ABILITY

During the course of the examination the candidate's ability to teach will be assessed.

Teaching Ability will be marked separately and will affect the result of the examination.

## **ASSOCIATE AMERICAN SMOOTH (60 mins)**

### **DEMONSTRATION**

Candidates will be required to dance with a partner to music, the four American Smooth dances; Waltz, Tango, Foxtrot and Viennese Waltz to a standard appropriate to the level of examination being taken. The majority of the figures used should be selected from those included in the Associate syllabus.

### **SOLO DEMONSTRATION TO MUSIC**

Candidates will be required to dance solo to music, whilst giving the timing, an amalgamation of three figures in two dances selected by the Examiner from the Associate syllabus. This will include starting a class to music.

### **THEORY**

Candidates will be required to have a thorough knowledge of the figures in the Associate syllabus. Candidates will be required to dance a selection of the syllabus figures solo whilst giving the timing of step numbers.

Candidates will be required to demonstrate their ability to apply the following principles in respect of each dance and figure as Leader (man) and Partner (lady): Poise, Balance, Feet Positions, Footwork, Alignment, Amount of Turn, Rise and Fall, CBM, CBMP, Sway, Timing and Dance Position.

Candidates will be asked to explain the American Smooth Dance Positions, Connections, Distance and Lines relevant to the figures listed in this syllabus. Knowledge of Precedes and Follows will be required.

### **TEACHING ABILITY**

During the course of the examination the candidate's ability to teach will be assessed. Teaching Ability will be marked separately and will affect the result of the examination.

## **ASSOCIATE SYLLABUS FIGURES**

### **WALTZ**

1. Reverse Grand Box
2. Natural Grand Box
3. Twinkle Star
4. Promenade Chasse
5. Check Cross Body Lead
6. Cross Body Lead from Reverse Turn
7. Progressive Twinkle Forward
8. Progressive Twinkle Backward
9. Promenade Passing Three
10. Promenade Underarm Turn (UAT)
11. Reverse Grand Box with Right Underarm Turn
12. Butterfly Wing
13. Crisscross Twinkles
14. Fan Twinkles

## **ASSOCIATE SYLLABUS FIGURES Continued**

### **TANGO**

1. Closed Basic
2. Craft Basic
3. Basic to Promenade
4. Promenade to Close
5. Back Corte Sway
6. Reverse Quick Turn with Back Corte (Outside Swivel)
7. Promenade Right Turn ended in Closed
8. Promenade Right Turn ended in PP
9. Progressive Promenade Right Pivot
10. Outside Left Turn
11. Outside Swivel
12. Fan from PP
13. Closing Fan from Side by Side
14. Closed to Side by Side
15. Switch Outside Underarm Turn (1/2 Turn)

### **FOXTROT**

1. Basic Forward
2. Basic Back
3. Fox Quarter Turns
4. Check Reverse Turn
5. Check Natural Turn
6. Promenade
7. Promenade Outside Underarm Turn
8. Promenade Inside Underarm Turn
9. Double Sway
10. Promenade Zig Zag
11. Promenade Natural Pivot
12. Promenade Check Twist
13. Basic Grapevine

### **VIENNESE WALTZ**

1. Progressive Forward Hesitation (LF & RF)
2. Progressive Back Hesitation (LF & RF)
3. Side Hesitation (LF & RF)
4. LF Forward Closed Change
5. RF Forward Closed Change
6. RF Back Closed Change
7. LF Back Closed Change
8. Left Viennese Cross Turn (Left Turn)
9. Right Viennese Closed Turn (Right Turn)
10. Viennese Cross with Cross Body Lead
11. Forward Closed Break with Inside Underarm Turn
12. Fifth Position Sway
13. Fifth Position Sway with Outside Underarm Turn
14. Sweet Touch

**NOTE: VW Figures 1-7 above must also be known in Waltz timing**

## **LICENTIATE AMERICAN SMOOTH (75 mins)**

### **DEMONSTRATION**

Candidates will be required to dance with a partner to music, the four American Smooth dances; Waltz, Tango, Foxtrot and Viennese Waltz to a standard appropriate to the level of examination being taken. The majority of the figures used should be selected from those included in the Associate and Licentiate syllabus.

### **SOLO DEMONSTRATION TO MUSIC**

Candidates will be required to dance solo to music, whilst giving the timing, an amalgamation of three figures in two dances selected by the Examiner from the Associate and Licentiate syllabus. This will include starting a class to music.

### **THEORY**

Candidates will be required to have a thorough knowledge of the figures in the Associate and Licentiate syllabus. Candidates will be required to dance a selection of the syllabus figures solo whilst giving the timing of step numbers.

Candidates will be required to demonstrate their ability to apply the following principles in respect of each dance and figure as Leader (man) and Partner (lady): Poise, Balance, Feet Positions, Footwork, Alignment, Amount of Turn, Rise and Fall, CBM, CBMP, Sway, Timing and Dance Position.

Candidates will be asked to explain the American Smooth Dance Positions, Connections, Distance and Lines relevant to the figures listed in this syllabus. Knowledge of Precedes and Follows will be required.

### **TEACHING ABILITY**

During the course of the examination the candidate's ability to teach will be assessed. Teaching Ability will be marked separately and will affect the result of the examination.

### **LICENTIATE SYLLABUS FIGURES**

In addition to the Associate figures listed in each dance

#### **WALTZ**

15. Sweet Twinkle Star
16. Back Promenade Twinkle Star
17. Waterfall Twinkle
- 18 Progressive Cross Swivel (LF & RF)
19. Canter Right and Left Underarm Turn
20. Natural Spin Pivot Turn
21. Passing Reverse Turn
22. Passing Natural Turn
23. Open Weave Turn from PP
24. Open Natural Turn from PP
25. Three Step Turn (R & L)
26. Three Step Spiral Turn
27. Open Canter
28. Shadow Passing Reverse Turn
29. Shadow Passing Natural Turn

## **LICENTIATE SYLLABUS FIGURES Continued**

### **TANGO**

16. Switch Outside Underarm Turn (Full Turn)
17. Switch Inside Underarm Turn (1/2 Turn)
18. Promenade Check Twist
19. Promenade Rock
20. Interchange Chasse Turn
21. Back Corte with Outside Underarm Turn
22. Fan to Shadow Cuddle
23. Shadow Walks Fan
24. Passing Reverse Turn with Inside Underarm Turn on R Side

### **FOXTROT**

14. Open Finish Basic
15. Reverse Turn with Inside Underarm Turn
16. Natural Closed Wing
17. Right and Left Underarm Turn
18. Passing Reverse Turn with Inside Underarm Turn
19. Passing Natural Turn with Outside Underarm Turn
20. Open Twinkle followed by Continuity Feather Ending
21. Chasse to Right with Underarm Turn
22. Promenade and Counter Promenade Wrap
23. Canter Promenade to Shadow Promenade (PSP)
24. Reverse Zig Zag to the Right
25. Grand Wing with Reverse Curve Three
26. Progressive Chasse with Left Underarm Turn

### **VIENNESE WALTZ**

15. Bow and Curtsy
16. Back Check into PP ending
17. Scatter CPP to Promenade Link
18. Closed to Side by Side
19. Canter Side Switch
20. Canter Change Place from Side by Side
21. Natural Cross Top from Fifth Position Sway
22. Viennese Cross with Inside Underarm Turn
23. Right Turn with Outside Underarm Turn
24. Canter for Three Step Left Turn
25. Canter Natural followed by Reverse UAT
26. Weave and Canter Outside Change ending in PP
27. Canter Closed Promenade followed by Canter Forward
28. Canter Natural Pivot Turn