

Quickstep Syllabus

Bronze and Below - 1 - 20

Silver - 1 - 26

Gold - 1 - 31

- 1 Quarter turn to R
- 2 Progressive Chasse
- 3 Natural Turn
- 4 Natural Turn with Hesitation
- 5 Natural Pivot Turn
- 6 Natural Spin Turn
- 7 Chasse Reverse Turn
- 8 Forward Lock
- 9 Backward Lock
- 10 Reverse Pivot
- 11 Double Reverse Spin
- 12 Natural Turn and Back Lock
- 13 Running Finish
- 14 Progressive Chasse to R
- 15 Closed Impetus
- 16 Tipple Chasse to R
- 17 Quarter turn to L (Heel Pivot)
- 18 Cross Chasse
- 19 Zig Zag, Back Lock, Running Finish
- 20 Change of Direction

- 21 Quick Open Reverse
- 22 Four Quick Run
- 23 Running Right Turn
- 24 V6
- 25 Fishtail
- 26 Closed Telemark

- 27 Cross Swivel
- 28 Six Quick Run
- 29 Rumba Cross
- 30 Topsy to Right and Left
- 31 Hover Corte