

**GOLD Standard**  
**WALTZ**

----- PART 1 -----

**Group 1**  
Natural Turn - Open Impetus -  
Chasse to DC - Closed Wing -  
Open Telemark - Chasse to DW - Curved  
Feather - Open Impetus

**Group 2**  
Natural Turn - Open Impetus -  
Weave to end in p.p. -  
Hover Cross - Weave Ending

**Group 3**  
Overtuned Natural Spin Turn - Turning Lock  
to the Right

**Group 4a**  
Natural Turn & Hesitation -  
Reverse Turn - Hover Corte -  
Outside Spin - Natural Turn

**Group 4b**  
Natural Turn - Open Impetus -  
Weave to end in p.p. -  
Hover Corte - Outside Change

**Group 5a**  
Natural turn and hesitation -  
Reverse turn - Left Whisk -  
Untwist - Back whisk -Chasse

**Group 5b**  
Whisk - Weave to end in p.p. -  
Left Whisk - Untwist -  
Back Whisk - Chasse

**Group 5c**  
Natural Spin Turn - Turning Lock -  
Left Whisk - Contra Check - Chasse

----- PART 2 -----

**Group 6**  
Fallaway Reverse Slip Pivot -  
Double Reverse Spin - Contra Check

**Group 7a**  
Natural Turn & Hesitation -  
Reverse Turn - Contra Check

**Group 7b**  
Natural Spin Turn - Double Reverse Spin -  
Contra Check

**Group 7c**  
Natural Spin Turn - Fallaway Reverse Slip  
Pivot - Double Reverse Spin - Contra Check

**Group 8**  
Natural Spin Turn - Fallaway Reverse Slip  
Pivot - Open Telemark -  
Open Natural Turn - Outside Spin - Turning  
Lock to the Right

**Group 9**  
Check and Slip Pivot

**GOLD Standard**  
**QUICKSTEP**

**Group 1**  
Natural Spin Turn  
V6  
Walk & Chasse to the Right  
Six Quick Run

**Group 2**  
Natural Spin Turn  
V6  
Quick Open Reverse Turn  
Four Quick Run  
Tipsy to Left and Right  
Forward Lock

**Group 3**  
Natural Turn & Hesitation  
Reverse Turn  
Reverse Pivot  
Cross Chasse

**Group 4**  
Natural Spin Turn  
V6  
Quick Open Reverse Turn  
Reverse Pivot  
Double Reverse Spin  
Cross Swivel  
Fishtail

**Group 5**  
Natural Turn  
Open Impetus  
Open Natural Turn &  
Running Finish to p.p.

**Group 6**  
Natural Turn  
Heel Pull  
The Six Quick Twinkle  
Quick Open Reverse Turn

WALTZ

QUICKSTEP

**GOLD Standard**  
SLOW FOXTROT

----- PART 1 -----

**Group 1a**

Feather Step - Reverse Turn -  
Hover Telemark - Feather Step

**Group 1b**

Feather Step - Reverse Turn -  
Hover Telemark - Basic Weave

**Group 1c**

Feather Step - Reverse Turn -  
Hover Telemark to p.p. -  
Overturned Natural Weave

**Group 2a**

Feather Step - Reverse Turn -  
Three Step - Curved Feather -  
Back Feather - Feather Finish

**Group 2b**

Feather Step - Reverse Turn -  
Three Step - Curved Feather -  
Open Imeptus

**Group 2c**

Feather Step - Open Telemark - Curved  
Feather - Open Impetus

**Group 3**

Continuous Reverse Wave

----- PART 2 -----

**Group 4**

Feather Finish - Three Step -  
Natural Hover Cross - Reverse Turn

**Group 5**

Feather Step  
Bounce Fallaway & Weave Ending

**Group 6a**

Natural Twist Turn with  
Open Impetus Ending

**Group 6b**

Natural Twist Turn with  
Natural Weave Ending

**Group 7**

Feather Step  
Fallaway Reverse Slip Pivot  
Reverse Wave

**Group 8**

Feather Finish  
Three Step  
Natural Telemark

**GOLD Standard**  
VIENNESE WALTZ

**Lesson 1**

Introduction to the Fleckerls

**Lesson 2**

Entry to Reverse Fleckerls

**Lesson 3**

The Reverse Fleckerls

**Lesson 4**

Contracheck and Natural Pivot

**Lesson 5**

The Natural Fleckerls

**Lesson 6**

Exit to Natural Turns

**GOLD Standard**  
TANGO

**Group 1**

Five Step

**Group 2**

Walks and Progressive Link  
Fallaway Promenade  
Natural Twist Turn

**Group 3**

Walks and Progressive Link  
Chase & Chasse  
Progressive Link vs. Whisk ending

**Group 4**

Fallaway Reverse Slip Pivot  
Basic Reverse Turn  
Contra Check  
Closed Promenade

**Group 5**

Fallaway Reverse Slip Pivot at corner  
Open Reverse Turn

**Group 6**

Closed Promenade  
Challenge line  
Oversway  
Recover to p.p.  
Closed Promenade

**Group 7**

Open Telemark  
Oversway  
Chasse  
Whisk  
Promenade Link

**Group 8**

Fallaway Reverse Slip Pivot  
Open Telemark  
Oversway  
Natural Pivot  
Chasse  
Whisk  
Promenade link

SLOW  
FOXTROT

VIENNESE  
WALTZ

TAN