

# AMATEUR TEACHER



## BALLROOM/LATIN AMATEUR TEACHER EXAMINATION REQUIREMENTS



FEBRUARY 2023

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# GENERAL INFORMATION

This examination is provided to Competitive Amateurs who wish to pursue teaching while still competing. Preparing for this exam will allow the candidate to attain a higher understanding of knowledge and technique which will give them a solid basis to instruct students.

If the Amateur Instructor is planning to instruct in both Standard & Latin-American, an examination must be passed in both styles.

## Examination Guidelines

- Candidates must be at least 16 years of age.
- A CDTA Examiner conducts all examinations in-person at a designated examination centre.
- All Candidates will receive a written report from the Examiner. Successful candidates will also receive a certificate allowing them to teach. (Please note, this does not give them professional status.)
- During the examination, if a candidate is unsuccessful in any portion of the exam, the Examiner has the discretionary authority to end the examination, prior to fulfilling the time allotment.
- The Examiner's decision is final and no correspondence or verbal discussion may be entered into regarding the Examiner's report.
- In every category of CDTA examination, there shall be an interval of at three (3) months between a candidate being unsuccessful in an examination and retaking such examination.

## Entry Procedures

- The Examination Entry Form can be found on page 11.
- Examinations are held in March, July and November. Applications and fees for Amateur Teacher exams must be received no later than thirty (30) days prior to the date of the examination. A minimum of fourteen (14) days' notice of cancellation is required. Candidates who fail to attend at the appointed time will forfeit their fees.
- Candidates must arrange to bring their own partners, either a Professional or a Student.
- Candidate must bring their own music and provide someone to play the music as required.
- The recommended attire for Candidates is:
  1. a suit, or sport coat and white shirt and tie.
  2. a dress or a skirt and blouse. (Dress or skirt length must allow for the Examiner to see the legs and feet.)
  3. dressy trousers and blouse

**Note:** tail suits, ballgowns, jumpsuits or other costume-type clothing are not suitable.

**Note:** To further understand examination preparation it is strongly recommended that Candidates study with a Trainer who is a qualified Teacher. The Trainer can also evaluate Candidate's knowledge, demonstrations and overall examination preparedness.

\*\*If you have any questions, please email the CDTA Exam Registrar at [exams@cdtanational.ca](mailto:exams@cdtanational.ca)

## The Examination

This examination is made up of two sections:

### 1. PRACTICAL DEMONSTRATION

- Demonstration to music is the first requirement. The Candidate must pass this section to continue with the examination. A “classic” demonstration is expected.
- Candidate may choose to be examined as a Leader or Follower.

### 2. THEORY AND TECHNICAL ANALYSIS (Oral Examination)

- Questions are confined to the level of the examination becoming more challenging as Candidates progress.
- Technique and theory are based on these Reference Books:
  - Imperial Society of Teachers of Dancing (ISTD) [www.istd.org](http://www.istd.org)
    - The Ballroom Technique ISTD
    - ISTD Latin American Technique - Rumba
    - ISTD Latin American Technique - Cha Cha Cha
    - ISTD Latin American Technique - Paso Doble
    - ISTD Latin American Technique - Samba
    - ISTD Latin American Technique - Jive
  - Social Rhythm – Teach Yourself Ballroom Dancing (if not available, use the list below)
    - Rhythm dancing figures (Social Foxtrot) Slow or Quick
      - Quarter Turn Right and Left
      - Natural Rock turn (Pivot)
      - Reverse Pivot Turn
      - Back Corte
      - Sidestep
      - Promenade Walk and Chasse
      - Additional figures may be used

### Method of Marking

Separate grades are given in each dance in two sections: Practical Demonstration and Theory/Technical Analysis. The grade in each section is based on an average of all dances in that section. The lower score in either section determines the final grade. A Candidate who does not dance on time to the music during any portion of the demonstration may be graded as unsuccessful.

## Scoring for Amateur Teacher Examinations

Maximum marks in each dance 100%

Highly Commended 85%

Commended 75%

Pass 65%

- **Specified Figures (Ballroom):** Waltz 1-6; Tango 1-7; Foxtrot 1-5; Quickstep 1-8;
- Rhythm Dancing
- **Specified Figures (Latin):** Rumba 1-9; Cha-Cha 1-9; Samba 1-7; Paso Doble 1-10; Jive 1-8
- **Duration of Examination:** 1.25 hour

## LENGTH OF EXAMINATION

Ballroom/Standard	Latin
1 ¼ hour	1 ¼ hours

The “Amateur Teacher Examination Entry Form” can be found on page 11 of this Manual.

# AMATEUR TEACHER LEVEL – BALLROOM / STANDARD

The specified figures from the STEP LISTS are:

- Waltz 1 – 6
- Tango 1 – 7
- Foxtrot 1 – 5
- Quickstep 1 – 8
- Rhythm Dancing

## PRACTICAL DEMONSTRATION

The Candidate is required to:

- Demonstrate to music, with a partner a selection of the specified figures at Student Teacher Level. Demonstrate to music in the opposite role with or without a partner.
- Required dances are: Waltz, Foxtrot, Quickstep, Tango and Slow Rhythm
- The candidate may choose to demonstrate in the role of their choice as a Leader or Follower.
- Start an imaginary class in time to music; the dance(s) of the Examiner's choice.

## THEORY AND TECHNICAL ANALYSIS

Candidates are required to know:

- Time Signature and Tempo of each dance.
- One precede and follow for each specified figure.
- To briefly define the following terms:
  1. Feet Positions
  2. Alignment/Direction in Tango
  3. Amount of Turn
  4. Rise and Fall
  5. Footwork
  6. CBM
  7. CBMP
  8. Sway
- Give a Simple Description of:
  1. Forward and Backward Walks
  2. Hold

- Give a technical analysis and solo demonstration of the specified figures as Leader or Follower as requested, confined to:
  1. Feet Positions
  2. Alignment/Direction in Tango
  3. Amount of Turn
  4. Rise and Fall
  5. Footwork
  6. Timing
  7. Counting in beats and bars

# AMATEUR TEACHER LEVEL - LATIN

The specified figures from the STEP LISTS are:

- Samba 1 – 7
- Cha Cha Cha 1 – 9
- Rumba 1 – 9
- Paso Doble 1 – 10
- Jive 1 – 8

## PRACTICAL DEMONSTRATION

The Candidate is required to:

- Demonstrate to music, with a partner a selection of the specified figures at Student Teacher Level. Demonstrate to music in the opposite role with or without a partner.
- Required dances are: Rumba, Samba, Cha Cha, Paso Doble and Jive.
- The candidate may choose to demonstrate in the role of their choice as a Leader or Follower.
- Start an imaginary class in time to music; the dance(s) of the Examiner's choice.

## THEORY AND TECHNICAL ANALYSIS

Candidates are required to know:

- Time Signature and Tempo of each dance.
- One precede and follow for each specified figure.
- To briefly define the following terms:
  1. Body positions
  2. Foot Positions
  3. Amount of turn
  4. Count
- Give a Simple Description of:
  1. Basic actions of each dance as required
  2. Body positions
  3. Hold and poise
- Give a technical analysis and solo demonstration of the specified figures as Leader or Follower as requested, confined to:
  1. Foot Positions
  2. Alignment when applicable
  3. Amount of Turn
  4. Lead
  5. Footwork
  6. Timing/rhythm and count in beats or beats and bars



# STEP LISTS FOR AMATEUR TEACHER LEVEL (BALLROOM / STANDARD)

## WALTZ

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk \* Whisk at corner Man turning 1/4
6. Chasse from Promenade Position

## TANGO

1. Left Foot and Right Foot Walk \* RF Walk to PP
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade \* Closed Promenade - Man turning ¼ to Right
5. Rock Turn
6. Open Reverse Turn, Lady Outside
7. Back Corte

## FOXTROT

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

## QUICKSTEP

1. Quarter Turn to Right \* Heel Pivot
2. Natural Turn
3. Natural Turn with Hesitation
4. Natural Pivot Turn
5. Natural Spin Turn
6. Progressive Chasse \* Small room - may follow with an extra S back and Progressive Chasse to new LOD
7. Chasse Reverse Turn
8. Forward Lock

Note: \* Refers to an alternative method to dancing the figure at that level.

# STEP LISTS FOR AMATEUR TEACHER LEVEL (LATIN)

## SAMBA

1. Basic Movements: Natural, Reverse, Side, Progressive
2. Whisks to Left and Right (including Lady's Underarm Turn)
3. Samba Walks: Promenade, Side, Stationary (including Lady's Underarm Turn)
4. Rhythm Bounce on LF or RF
5. Volta Movements \* Traveling Without Turn
6. Traveling Bota Fogos Forward
7. Criss Cross Bota Fogos (Shadow Boto Fogos)

## CHA CHA CHA

- \* RF and LF Side Chasse, Compact Chasse, Split Cuban Break Chasse
  - \* Simple Chasse Forward and Backward
  - \* Forward and Backward Locks and Runs
1. Basic Movements (Closed, Open, In Place)
  2. New York to Left Side and Right Side
  3. Spot, Switch and Underarm Turns to Left and Right
  4. Shoulder to Shoulder, Left side and Right side
  5. Hand to Hand to Left Side and Right-Side Position including Alternative Hold
  6. Three Cha Cha Chas – Method 1 - 4
  7. Side Steps to Left or Right
  8. There and Back
  9. Time Steps Left Foot and Right Foot

## RUMBA

1. Basic Movements (Closed, Open, In Place, LF / RF Alt. Basic)
2. LF and RF Cucarachas
3. New York to Left Side or Right Side Position
4. Spot, Switch and Underarm Turns to Left and Right
5. Left Side and Right Side Shoulder to Shoulder
6. Hand to Hand to Left Side or Right Side Position (Including Alternative Hold)
7. Progressive Walks Forward and Back
8. Side Steps to Left or Right
9. Cuban Rocks

Note: \* Refers to an alternative method to dancing the figure at that level.

# STEP LISTS FOR AMATEUR TEACHER LEVEL (LATIN) cont'd.

## PASO DOBLE

- \* The Appel
- \* Slip Appel (Man and Lady both back)
- 1. Sur Place (may end in PP)
- 2. Basic Movement Forward or Backward (may end in PP)
- 3. Chasses to Right and Left \* Chasse to L ended in PP, Chasses to R and L with Elevation
- 4. Drag
- 5. Displacement
- 6. Promenade Link/Promenade Close
- 7. Promenade
- 8. Ecart
- 9. Separation
- 10. Separation with Lady's Caping Walks

## JIVE

- \* Chasses: Side, Compact, Forward, Backward, Turning
- 1. Basic in Place
- 2. Fallaway Rock including all Alternative Methods
- 3. Fallaway Throwaway
- 4. Link
- 5. Change of Places Right to Left \* Hand Change Method 1 & 2
- 6. Change of Places Left to Right \* Hand Change Method 1
- 7. Change of Places Behind Back \* Alternative Use of Hands
- 8. Hip Bump (Left Shoulder Shove)

Note: \* Refers to an alternative method to dancing the figure at that level.



**BALLROOM & SPECIALTY DANCES DIVISION**  
**BALLROOM EXAMINATION ENTRY FORM**  
**AMATEUR TEACHER**

Email questions, e-transfers, and scanned form to: <a href="mailto:exams@cdtanational.ca">exams@cdtanational.ca</a>	<b>OR</b> , mail completed form with cheque (payable to CDTA National) to: <b>Exam Registrar</b> <b>15-700 Regency Drive</b> <b>Sherwood Park, AB, T8A 6N3</b>
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Candidate First and Last Name \_\_\_\_\_

Birthdate \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

**Check the discipline(s) for which you are requesting examination.**

International-Style:  Ballroom/Standard.  Latin

**Examination Entry Fee: \$125.00**

**Requested Exam Month:**  March  July  November  Other (add \$100) \_\_\_\_\_

**Entry Fee submitted by:**

e-transfer to [exams@cdtanational.ca](mailto:exams@cdtanational.ca)

cheque payable to 'CDTA National' (enclosed)

**Candidate's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Name of endorsing Trainer/Mentor:**

Name \_\_\_\_\_ Email \_\_\_\_\_