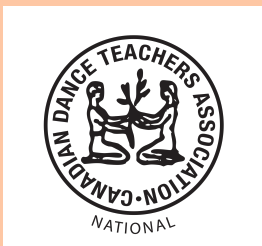


ASSOCIATE



BALLROOM & SPECIALTY DANCE

**BALLROOM
PROFESSIONAL
EXAMINATION
MANUAL**



FEBRUARY 2023

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GENERAL INFORMATION

Professional examinations are made up of three 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 suitable for the exam level, 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
 - The Ballroom Technique
 - Latin American Technique Part 1 Rumba
 - Latin American Technique Part 2 – Cha Cha Cha
 - Latin American Technique Part 3 – Paso Doble
 - Latin American Technique Part 4 – Samba
 - Latin American Technique Part 5 – Jive
 - The Viennese Waltz by Harry Smith-Hampshire, 1985 - Revisionist Press
 - 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

3. TEACHING ABILITY

- The Candidate’s ability to teach is assessed during the examination.

LENGTH OF EXAMINATION

Ballroom/Standard	Latin
1 ½ hours	1 ¾ hours

For complete exam guidelines, please refer to “CDTA Ballroom Professional Examination Handbook”.

ASSOCIATE LEVEL - BALLROOM/STANDARD

The specified figures from the STEP LISTS are:

- Waltz 1 – 16
- Tango 1 – 13
- Foxtrot 1 – 8
- Quickstep 1 – 16
- Rhythm Dancing

PRACTICAL DEMONSTRATION

The Candidate must demonstrate:

- with a partner
- to music
- choosing either the Leader or Follower role
- the required dances (Foxtrot, Quickstep, Tango, Waltz, and Quick Rhythm dancing)
- using the specified figures

The Candidate must also:

- dance the opposite role (Leader or Follower) to music with or without a partner.
- start an imaginary class to music [Examiner's choice of dance(s)].

The Candidate must also dance:

- solo
- to music
- Leader or Follower steps (Examiner's choice)
- an amalgamation of two or three specified figures (Examiner's choice)
- in any or all required dances (Examiner's choice)

THEORY AND TECHNICAL ANALYSIS

Candidates are required to:

- Show a technical understanding of the specified figures or parts of figures as requested.
- Demonstrate with balance and deportment during the presentation of any of the following principles in any of the specified figures.
 1. Tempo
 2. Time signature
 3. Hold
 4. Counting in beats and/or beats and bars

5. Feet Positions
6. Alignment or Direction
7. Amount of Turn
8. Rise and Fall
9. Footwork
10. Sway
11. CBM
12. CBMP
13. Forward and Backward Walks
14. Description of Figures
15. Two precedes and follows to each specified figure

TEACHING ABILITY

Candidates are required to:

- Answer questions on class teaching methods in the Waltz and/or Rhythm Dancing

ASSOCIATE LEVEL - LATIN

The specified figures from the STEP LISTS are:

- Samba 1 – 16
- Cha Cha Cha 1 – 15
- Rumba 1 – 16
- Paso Doble 1 – 16
- Jive 1 – 14

PRACTICAL DEMONSTRATION

The Candidate must demonstrate:

- with a partner
- to music
- choosing either the Leader or Follower role
- the required dances (Cha Cha Cha, Jive, Paso Doble, Rumba, and Samba)
- using a selection of the specified figures.

The Candidate must also:

- dance the opposite role (Leader or Follower) to music with or without a partner.
- start an imaginary class to music [Examiner's choice of dance(s)].

The Candidate must also dance:

- solo
- to music
- Leader or Follower steps (Examiner's choice)
- an amalgamation of two or three specified figures (Examiner's choice)
- in any or all required dances (Examiner's choice)

THEORY AND TECHNICAL ANALYSIS

The Candidate must demonstrate technical knowledge and general principles for specified figure(s) for any dance.

The Candidate must apply the following principles to the specified figure(s) in each dance

1. Basic Action; Body positions and Holds
2. Time Signature, Tempo, Rhythm and Counting in beats and bars
3. Foot Positions; Alignment (where applicable)
4. Amount of turn; Footwork; Leads (where applicable)
5. Two precedes and follows to each specified figure

TEACHING ABILITY

The Candidate must answer simple questions on Class Teaching methods in any of the required dances.

STEP LISTS FOR ASSOCIATE 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
7. Closed Impetus
8. Hesitation Change
9. Outside Change * Outside Change may end in PP
10. Reverse Corte
11. Back Whisk * Back Whisk with turn
12. Basic Weave * Basic Weave may end in PP
13. Double Reverse Spin
14. Reverse Pivot
15. Back Lock
16. Progressive Chasse to Right

VIENNESE WALTZ (Harry Smith – Hampshire)

1. Natural Turn
2. Forward Change Steps - Natural to Reverse
3. Forward Change Steps - Reverse to Natural
4. Reverse Turn

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
*Open Finish
8. Open Reverse Turn, Lady in Line
9. Progressive Side Step Reverse Turn
10. Open Promenade
11. Left Foot and Right Foot Rocks * LF Rock Outside Partner in CBMP * LF Rock OP in CBMP with ¼ turn R
12. Natural Twist Turn * Natural Twist Turn ended in Closed Position
13. Natural Promenade Turn * Natural Promenade Turn with Rock Ending

STEP LISTS FOR ASSOCIATE LEVEL (BALLROOM / STANDARD) cont'd.

FOXTROT

1. Feather Step
2. Three Step
3. Natural Turn
4. Reverse Turn and Feather Finish
5. Closed Impetus and Feather Finish
6. Natural Weave
7. Change of Direction
8. Basic Weave

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
9. Closed Impetus
10. Back Lock
11. Reverse Pivot
12. Progressive Chasse to Right
13. Tipple Chasse to Right (at corner) * Tipple Chasse to Right (along side of room)
14. Running Finish
15. Natural Turn and Back Lock
16. Double Reverse Spin
 - ** Zig Zag, Back Lock and Running Finish
 - ** Cross Chasse
 - ** Change of Direction

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

** Refers to allowed figure that can be danced at that level.

STEP LISTS FOR ASSOCIATE 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)
8. Traveling Bota Fogos Back
9. Bota Fogos to PP and CPP
10. Criss Cross Voltas
11. Solo Spot Voltas
12. Foot Changes 1-3, Same Foot Figures (Rhythm Bounce, Samba Walks, Traveling Bota Fogos Forward, Shadow Traveling Voltas)
13. Shadow Traveling Voltas
14. Reverse Turn
15. Corta Jaca
16. Closed Rocks

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

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
 - *Alternative for Compact Chasse (Cucaracha style)
 - *Shoulder to Shoulder Developments
 10. Fan
 11. Alemana
 12. Hockey Stick
 13. Natural Top
 14. Natural Opening Out Movement
 15. Closed Hip Twist

STEP LISTS FOR ASSOCIATE LEVEL

(LATIN) cont'd.

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
 - * Shoulder to Shoulder Developments
 - * Progressive Walks Forward in Left Side or Right Side Position
10. Fan
11. Alemana (including from Open Position)
12. Hockey Stick
13. Natural Top
14. Opening Out to Right and Left
15. Natural Opening Out Movement
16. Closed Hip Twist

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

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. Deplacement
 6. Promenade Link/Promenade Close
 7. Promenade
 8. Ecart
 9. Separation
 10. Separation with Lady's Caping Walks
 - * Slip Appel (Man back, Lady Forward)
 - * Attack (method of dancing Deplacement)
 - * Slip Attack (method of dancing Deplacement)
 - * Slip Ecart
 11. Fallaway Ending to Separation
 12. Huit
 13. Sixteen
 14. Promenade and Counter Promenade
 15. Grand Circle
 16. Open Telemark

STEP LISTS FOR ASSOCIATE LEVEL (LATIN) cont'd.

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)
*Double Link
*Fallaway Rock Development
9. American Spin
10. Walks * Chasses
11. Stop and Go
12. Mooch
13. Whip
14. Whip Throwaway

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