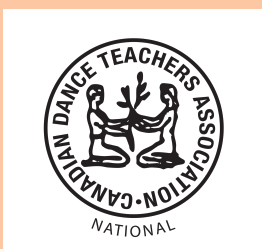


# FELLOW



**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](http://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
2 ¼ hours	2 ¼ hours

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

# FELLOW LEVEL - BALLROOM/STANDARD

**Candidates must have held the Licentiate qualification a minimum of three (3) years to be able to enter for the Fellow Level Examination .**

**The specified figures from the STEP LISTS are:**

- Waltz 1 – 30, including Named Variations
- Viennese Waltz 1 – 9 , all figures including the Fleckerls and the Contra Check
- Tango 1 – 27, including Named Variations
- Foxtrot 1 – 25, including Named Variations
- Quickstep 1 – 27, including Named Variations

## PRACTICAL DEMONSTRATION

The presentation and level of dancing is expected to be of a high quality for this examination.

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

- A comprehensive understanding of the technique and the application of the technical principles is expected at this level.
- Questions will be on any of the general principles and technique of any figure in the syllabus up to and including the Named Variations.
- To show how syllabus figures may be developed.

## TEACHING ABILITY

For this discipline's five dances, candidates are required to:

- Show practical methods and technical principles of teaching any figure(s) in any dance(s) selected by the Examiner
- Provide suggestions on how common faults may be corrected

# FELLOW LEVEL - LATIN

Candidates must have held the Licentiate qualification a minimum of three (3) years.

Length of Examination is two and one-quarter hours (2 ¼ hours).

The specified figures from the STEP LISTS are:

- Samba 1-31
- Cha Cha Cha 1-29
- Rumba 1-26
- Paso Doble 1-30
- Jive 1-27

## PRACTICAL DEMONSTRATION

- Candidates must demonstrate to music, with a partner as Leader or Follower the Cha Cha Cha, Jive, Paso Doble, Rumba and Samba using a selection of the specified figures.
- They may choose to demonstrate in the role of their choice as a Leader or Follower.
- Candidates must dance to music the opposite role (Leader or Follower) with or without a partner.
- Candidates must dance solo to music, as Leader and Follower, an amalgamation of two or three of the specified figures of the Examiner's choice in any of the discipline's dances.
- The presentation and level of dancing is expected to be of a high quality for this examination

## THEORY AND TECHNICAL ANALYSIS

- A comprehensive understanding of the technique and the application of the technical principles is expected at this level, including the developments listed and all precedes and follows.
- A full description of a figure may be requested.
- Questions will be on any of the general principles and technique of any figure(s) in the syllabus.
- To provide suggestions on how syllabus figures may be developed.
- To show how syllabus figures may be developed.

## TEACHING ABILITY

candidates are required to:

- Show practical methods and technical principles of teaching any figure(s) in any dance(s) selected by the Examiner
- Provide suggestions on how common faults may be corrected

# STEP LISTS FOR FELLOW 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
  - \* Whisk side of room Man turn  $\frac{1}{4}$  or Whisk side of room Man turn  $\frac{1}{8}$
  - \* Progressive Chasse to Right end backing LOD or DC
17. Weave from PP \* Weave from PP may end in PP
18. Closed Telemark
19. Open Telemark and Cross Hesitation \* Open Telemark and Cross Hesitation may overturn
20. Open Telemark and Wing
21. Open Impetus and Cross Hesitation
22. Open Impetus and Wing
23. Outside Spin \* Underturned Outside Spin
24. Turning Lock \* Turning Lock may end in PP
  - \*\* Drag Hesitation
  - \* Overturned Natural Spin turn
25. Left Whisk \* Left Whisk on 1
26. Contra Check
27. Closed Wing
28. Turning Lock to Right
29. Fallaway Reverse and Slip Pivot
30. Hover Corte
  - \*\* Fallaway Whisk

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 FELLOW LEVEL (BALLROOM / STANDARD) cont'd.

## 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
5. Backward Change Steps - Natural and Reverse
6. Backward Change Steps - Reverse to Natural
7. Reverse Fleckerl
8. Natural Fleckerl
9. Contra Check

## 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ turn R |
| 12. Natural Twist Turn                | * Natural Twist Turn ended in Closed Position                                    |
| 13. Natural Promenade Turn            | * Natural Promenade Turn with Rock Ending  |
| 14. Promenade Link                    | * Reverse Promenade Link   |
| 15. Four Step                         | * Overturned Four Step   |
| 16. Back Open Promenade               |  |
| 17. Outside Swivel                    | * Methods 1-4  |
| 18. Fallaway Promenade                |  |
| 19. Four Step Change                  |  |
| 20. Brush Tap                         |  |
| 21. Fallaway Four Step                |  |
| 22. Oversway                          | * Endings 1-7, Drop Oversway   |
| 23. Basic Reverse Turn                |  |
| 24. The Chase                         | * Endings 1-4 After Step 5   |
| 25. Fallaway Reverse and Slip Pivot   |  |
| 26. Five Step                         | * Overturned Five Step   |
| 27. Contra Check                      |  |

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



# STEP LISTS FOR FELLOW 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
  - \* Basic Weave Overturned
  - \* Natural Weave from PP
9. Closed Telemark
10. Open Telemark and Feather Ending
11. Top Spin
12. Hover Feather
13. Hover Telemark \* Hover Telemark to PP
14. Natural Telemark
15. Hover Cross
16. Open Telemark, Natural Turn, Outside Swivel and Feather Ending
  - \* Underturned Outside Swivel
  - \* Outside Swivel after Feather Step, Feather Finish or Feather Ending
  - \* Open Natural Turn (steps 4-6 of Figure 16)
17. Open Impetus
18. Weave from PP
19. Reverse Wave \* Alignments A – E
20. Natural Twist Turn
  - \* Natural Twist with Natural Weave Ending
  - \* Natural Twist with Closed Impetus and Feather Finish Ending
  - \* Natural Twist with Open Impetus Ending
21. Curved Feather to Back Feather \* May commence in PP at corner
22. Natural Zig Zag from Promenade Position
23. Fallaway Reverse and Slip Pivot
24. Natural Hover Telemark
25. Bounce Fallaway with Weave Ending

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

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

## 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
  - \* Checked Underturned Tipple Chasse
17. Quick Open Reverse
18. Fishtail
19. Running Right Turn
20. Four Quick Run
21. V6
22. Closed Telemark
23. Cross Swivel
24. Six Quick Run
25. Rumba Cross \* 1-5 Natural Turn to face LOD
26. Topsy to Right and Left \* 1-4 Tipple Chasse to Right and Topsy to Left
27. Hover Corte

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 FELLOW 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
  - \* Circular Voltas to Left or Right
  - \* Shadow Traveling Volta Development
  - \* Foot Change 4 and 8 (Right Shadow to Promenade; Right Side to Right Shadow)
  - \* Corta Jaca as per Note 3 (Page 85)
17. Open Rocks
18. Back Rocks
19. Plait
20. Rolling off the Arm \* Endings 1, 2 & 3
21. Argentine Crosses
22. Maypole to Left or Right
23. Shadow Circular Volta
  - \* Foot Change: 5 a, b, c, d (Promenade to R Contra); 6 (R Contra to Promenade Position); 7 (R Contra to Open Counter Promenade Position); 8 (From Right Side Position to Right Shadow Position)
  - \* Traveling Volta Timing Development
  - \* Corta Jaca as per Note 4 (page 86)
  - \* Argentine Crosses Development - Lady's Underarm Turn
24. Contra Bota Fogos \* Hand Change Development
25. Roundabout
26. Natural Roll
27. Reverse Roll
28. Promenade and Counter Promenade Runs
29. Three Step Turn
30. Samba Locks
31. Cruzados Walks and Locks

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

# STEP LISTS FOR FELLOW LEVEL

## (LATIN) cont'd.

### 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
  - \* Chasse Alternatives: Ronde, Twist, Slip
  - \* Guapacha Timing
  - \* Spot / Switch Turn to Left Development (Lady to R)
  - \* Fan Development
  - \* 6-10 of Hockey Stick from 10 of Natural Top
- 16. Open Hip Twist
- 17. Reverse Top
- 18. Opening Out from Reverse Top
- 19. Aida with Ending 1 Or 2/Aida from 5 of Curl or Spiral
- 20. Spiral Turns including (Spiral; Curl, Rope Spinning), Underturned Spiral
- 21. Cross Basic
- 22. Cuban Breaks Left Foot and Right Foot, Split Cuban Breaks
- 23. Chase
  - \* Lady's Runaway Chasse
  - \* Fan Development with Guapacha Timing
  - \* Alemana from Open Position with R/R hold
  - \* Natural Top with Lady's Underarm Turn to Left during steps 6-7
  - \* Cross Basic with Lady's Spiral Turn on 5
- 24. Advanced Hip Twist/May use man's Press Line
- 25. Hip Twist Spiral \* 7-10 of Hip Twist Spiral after 6 of Open Hip Twist
- 26. Turkish Towel
- 27. Sweetheart
- 28. Follow My Leader
- 29. Foot Changes: Methods 1 – 4 \* Same Foot Figures: Closed Basic Movement (no turn), Open Basic Movement, Ronde Chasse, Twist Chasse, Spot or Switch Turns, Three Cha Cha Chas or Runs (Forward and Backward), Time Steps (with or without Guapacha Timing), Cuban Breaks, Split Cuban Breaks, Split Cuban Break Chasse

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

# STEP LISTS FOR FELLOW 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
  - \* Development of LF and RF Alternative Basic Movement
  - \* Spot / Switch Turn to Left (Lady to R) Development
  - \* Cuban Rock in Left Side Position
  - \* Fan Development
  - \* 4-6 Hockey Stick from 6 Natural Top
  - \* Opening Out to Left and Right Developments
17. Open Hip Twist
18. Reverse Top
19. Opening Out from Reverse Top
20. Aida and Endings 1, 2, and 3 \* Aida from Step 3 of Curl or Spiral
21. Spiral Turns; Spiral; Underturned Spiral, Curl, Rope Spinning, Rope Spinning from Progressive Walks Back
  - \* Press Line Development of Cucarachas
  - \* Progressive Walks Forward in Right Shadow Position (Kiki Walks)
  - \* Syncopated Cuban Rocks
  - \* Fan Development with Alternative timing
  - \* Alemana from Open Position in Right to Right Hold
  - \* Lady's Underarm Turn to Left during 4-5 of Natural Top
  - \* Aida ending 4
  - \* Spiral during Progressive (Kiki) walks in Right Shadow Position
22. Sliding Doors
23. Fencing (including Spin Endings 1, 2 and 3)
24. Three Threes with Fan Ending
25. Three Alemanas
26. Hip Twists: Advanced, Continuous, Circular 
  - \* Advanced Hip Twist with Man's press Line
  - \* Advanced Hip Twist in Right to Right hold

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

# STEP LISTS FOR FELLOW 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. 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
  - \* Sur Place with Elevations
  - \* Overturned Promenade and Counter Promenade
  - \* Methods of Changing Feet
- 17. La Passe
- 18. Banderillas
- 19. Twist Turn
- 20. Fallaway Reverse Turn
- 21. Coup de Pique (include Methods A and B)
- 22. Left Foot Variation
- 23. Spanish Lines (Inverted PP and CPP Position)
- 24. Flamenco Taps (Method 1)
  - \* Fallaway Reverse Turn with Open Telemark ending
  - \* Flamenco Taps Method 2
- 25. Syncopated Separation and Endings 1,2,3
- 26. Traveling Spins from Promenade Position
- 27. Traveling Spins from Counter Promenade Position
- 28. Fregolina / Farol
- 29. Twists
- 30. Chasse Cape and all endings (including Outside Turn)

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

# STEP LISTS FOR FELLOW 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
  - \* Chasses: Fwd or Bwd Locks, Fwd or Bwd Running
  - \* Overturned Fallaway Throwaway
  - \* Alternatives to 1-2 of Link: Flick (or Point) Ball Change, Hesitation Ball Change
  - \* Change of Places Right to Left with Lady's Spin
  - \* Walks with Man's Merengue Action
- 15. Reverse Whip
- 16. Windmill
- 17. Spanish Arms \* Spin Ending
- 18. Rolling Off the Arm
- 19. Simple Spin
- 20. Miami Special
  - \* Overturned Fallaway Throwaway with Lady's Locks or Fwd Runs
  - \* Overturned Change of Places Left to Right with Lady's Locks or Fwd Runs
  - \* Stop and Go with Lady's Turn Without Hold
  - \* Mooch: Method 1 (Boppy Hops), Method 2 (Flick Cross Action)
  - \* Spin Ending to Rolling off the Arm
  - \* Simple Spin from Tandem Position
- 21. Curly Whip \* Opening Out Entry
- 22. Shoulder Spin
- 23. Toe Heel Swivels \* Break Ending
- 24. Chugging
- 25. Chicken Walks
- 26. Catapult
- 27. Stalking Walks, Flicks into Break

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