

MEDAL TESTS

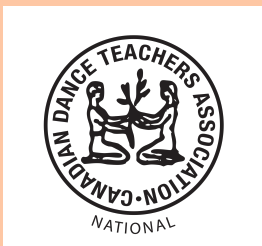


BALLROOM & SPECIALTY DANCE

BALLROOM

STUDENT MEDAL TEST

HANDBOOK



FEBRUARY 2023

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Medal Program for Students

The CDTA Medal Program is a program which allows the students to be evaluated by a professional examiner. This evaluation gives feedback on the progress of the student. This program is designed to allow a student at any level to be examined. The progression will be from Pre-Bronze to Gold Star level in both Standard and Latin. This program helps students set goals as they progress throughout their dance. Students are encouraged to be confident in one level before moving up to the next level. This program keeps student motivated to learn and gives the student a great sense of achievement of each completed level. The requirements for each medal are based on those described in the Imperial Society of Teachers of Dancing (ISTD) Ballroom Syllabus found at www.istd.org

The student can take the test either with their partner or with their Professional teacher. The student will receive an evaluation sheet with comments and a grade. If the student is successful at the level that they are being examined for, the student will receive in addition to their evaluation sheet, a medal and certificate. (For 1 dance exams, no medal will be awarded).

The student will be expected to dance up to 90 seconds per dance. If both students are being examined, every dance will be danced twice.

As for every successive level of exam, the complexity of the figures and the quality of dance is expected to increase with each level.

ENTRY GUIDELINES

Medal Tests Requests must be submitted by CDTA-accredited teachers in good standing as the Applicant on behalf of their student Candidates. Applicant teachers should collect all monies and submit one payment. Please note, the exam fees cover the examiner's time examining but not the Examiner's expenses. These will be collected from the teacher separately after exams.

EXAM DATES

Exams are held during the year.

- Exam entries and payment must be submitted or postmarked by the following dates. (Please check that this postmark is legible before mailing.)
 - February 1 for examinations in mid-March to mid-May
 - April 1 for examinations in mid-May to mid-July
 - September 1 for examinations in mid-October to mid-November
- Outside of the above time frames, exam entries must be received 6 weeks in advance.

IN-PERSON vs VIDEOED EXAMS

- Examinations are available with 'Examiner on location', or by Video submission. To have an Examiner on location, a minimum entry fee of \$300 and 3 hours of exam time must be met.
- For Videoed examinations, please read **CDTA Ballroom Exams Video Setup** at end of this document.

Cancellations

For Candidates who are unable to attend their examinations due to injury, illness, or other, the Applicant Teacher may submit a video for examination at a later date, to be determined with Exam Registrar.

Re-taking examinations

Candidates who have not been successful are encouraged to continue their studies and retake the exam after a three month waiting period.

Examination entry fees are non-refundable, except in extenuating circumstances, and at the discretion of the Exam Registrar.

MARKING SYSTEM

During the examination, the Examiner will allocate a Grade for each dance. An overall mark, (if more than one dance is presented) will be allocated. Each dance required for the level must have a minimum of a "Passing Grade" in order for the student to be successful in the exam.

Retry	Below 65%
Pass	65% to 74%
Commended	75% to 84%
Highly Commended	85% to 94%
Honors	95% and over

ENTRY FORMS AND FEES

Exam Entry Forms (Part A and B) can be downloaded from the website. Both must be submitted with payment for exams. Please note the exam fees are low and do not cover any expenses for the session.

Entry Form Part A – (fillable PDF) - includes name of studio, list candidates' names, level and type of exam being taken, as well as drop down menu for Teacher to identify dances being examined, and a column for Examiner to insert final marks (after examinations are complete).

Entry Form Part B – (fillable Excel or Numbers Form) - includes studio info, summary of numbers of candidates in each level, total fees for exams, and timings to be scheduled for each exam. Once the number of students at each level, and how they are dancing (solos or as a couple), is entered, this form automatically computes total exam fees owing (for students' exams and for Administration and extra examiner costs), and total hours needed for exams.

EXAMINER EXPENSE FORM

Studios are responsible for payment of the examiner's expenses travel (ferry, \$.60/km mileage, flights, etc. as applicable) and meal expenses. After exams, the teacher will receive an Examiner Expense invoice from CDTA. The teacher will submit the payment to CDTA by e-transfer. Once received, all certificates and medals will be sent to the studio.

CANDIDATE GUIDELINES

- Requirements per medal test level: Choreography of the level that is being tested must include at least 75% of the figures from the step list of the level being tested.
 - Pre-Bronze Medal One dance (excluding V Waltz) (5 min per candidate)
 - Bronze Medal Two dances (excluding V Waltz) (10 min per candidate)
 - Silver Medal Three dances (excluding V Waltz) (15 min per candidate)
 - Gold Medal Four dances (20 min per candidate)
 - Gold Star Five dances (25 min per candidate)

**** Note:** One-dance tests may be taken at each level. (Allow 5 min per candidate)

For videoed exams, please allow extra time at beginning of day to set up.

Allow a 5-10 minute break between couples for in-person exams if more than one set is being examined in the session.

- All Candidates receive a Feedback Form.
- Successful candidates also receive a Certificate and Medal.
- A couple being tested together is required to dance each dance twice.
- Candidates must bring their own partners, either a Professional (I.e., their teacher or a paid partner), or a fellow student.
- Candidates must bring their own music and provide someone to play the music as required.
- The recommended attire for Candidates is:
 - a suit, or sport coat and white shirt and tie. (Optional: a vest may be worn if jacket not suitable for dancing.)
 - a dress or a skirt and blouse. (Dress or skirt length must allow for the Examiner to see the legs and feet.)
 - dressy trousers and blouse

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

TEACHER GUIDELINES

Documentation

1. The Teacher must submit an Exam Schedule to the Exam Registrar at least 3 weeks before the session date.
2. The Examiner will be appointed by the Exam Registrar.
3. After the exam session, the Examiner will send Feedback Forms, Results Summary and completed Examiner Expense form to the Exam Registrar.
4. The Exam Registrar will send the Examiner Expense form to the Teacher to remit to CDTA. Once paid, the Registrar will send the Candidates' Feedback Forms, Medals and Certificates to the Teacher.
5. The Teacher will deliver Feedback Forms, Certificates, and Medals to the Candidates.
6. For inquiries and clarifications, the Exam Registrar is the Teacher's contact.
7. Examiners may not be contacted directly unless requested to do so.
8. The Examiner's decision is final.

For all CDTA Medal Test lists, the word “Leader” replaces “Man” and the word “Follower” replaces “Lady”

MEDAL TEST REQUIREMENTS

DANCE STEP LISTS

STEP LIST - BALLROOM (STANDARD) - FOXTROT

PRE-BRONZE:

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

BRONZE (plus all steps above from Pre-Bronze):

6. Natural Weave
7. Change of Direction
8. Basic Weave

SILVER (plus all steps above from Pre-Bronze and Bronze):

- * 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

GOLD (plus all steps above from Pre-Bronze, Bronze, and Silver):

- 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

GOLD STAR:

(Same as for GOLD, but to be presented with a higher standard)

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

STEP LIST - BALLROOM (STANDARD) - QUICKSTEP

PRE-BRONZE:

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

BRONZE (plus all steps above from Pre-Bronze):

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

SILVER (plus all steps above from Pre-Bronze and Bronze):

- * Checked Underturned Tipple Chasse
17. Quick Open Reverse
18. Fishtail
19. Running Right Turn
20. Four Quick Run
21. V6
22. Closed Telemark

GOLD (plus all steps above from Pre-Bronze, Bronze, and Silver):

23. Cross Swivel
24. Six Quick Run
25. Rumba Cross * 1-5 Natural Turn to face LOD
26. Tippy to Right and Left * 1-4 Tipple Chasse to Right and Tippy to Left
27. Hover Corte

GOLD STAR:

(Same as for GOLD, but to be presented with a higher standard)

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 LIST – BALLROOM (STANDARD) - TANGO

PRE-BRONZE:

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

BRONZE (plus all steps above from Pre-Bronze):

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

SILVER (plus all steps above from Pre-Bronze and Bronze):

- | | |
|-------------------------|--------------------------|
| 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 | |

GOLD (plus all steps above from Pre-Bronze, Bronze, and Silver):

- | | |
|-------------------------------------|------------------------------|
| 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 | |

GOLD STAR:

(Same as for GOLD, but to be presented with a higher standard)

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

STEP LIST - BALLROOM (STANDARD) - WALTZ

PRE-BRONZE:

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

BRONZE (plus all steps above from Pre-Bronze):

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

SILVER (plus all steps above from Pre-Bronze and Bronze):

- * Whisk side of room Leader turn $\frac{1}{4}$ or Whisk side of room Leader 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

GOLD (plus all steps above from Pre-Bronze, Bronze, and Silver):

- * 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

GOLD STAR:

(Same as for GOLD, but to be presented with a higher standard)

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 LIST - BALLROOM (STANDARD) – VIENNESE WALTZ

(Harry Smith – Hampshire)

BRONZE:

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

SILVER (plus all steps above from Bronze):

5. Backward Change Steps - Natural and Reverse
6. Backward Change Steps - Reverse to Natural

GOLD (plus all steps above from Bronze and Silver):

7. Reverse Fleckerl
8. Natural Fleckerl
9. Contra Check

GOLD STAR:

A combination of Open figures and Syllabus figures from all levels, up to and including Gold, must be included. This level requires a higher standard than the Gold level.

MEDAL TEST REQUIREMENTS

DANCE STEP LISTS

STEP LIST (LATIN) – CHA CHA CHA

PRE-BRONZE:

- * 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

BRONZE (plus all steps above from Pre-Bronze):

- * 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

SILVER (plus all steps above from Pre-Bronze and Bronze):

- * 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

STEP LIST (LATIN) – CHA CHA CHA (cont'd.)

GOLD (plus all steps above from Pre-Bronze, Bronze, and Silver):

- * Follower's Runaway Chasse
- * Fan Development with Guapacha Timing
- * Alemana from Open Position with R/R hold
- * Natural Top with Follower's Underarm Turn to Left during steps 6-7
- * Cross Basic with Follower's Spiral Turn on 5
- 24. Advanced Hip Twist/May use Leader'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

GOLD STAR:

(Same as for GOLD, but to be presented with a higher standard)

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

STEP LIST (LATIN) - JIVE

PRE-BRONZE:

- * 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
 - 6. Change of Places Left to Right
 - 7. Change of Places Behind Back
 - 8. Hip Bump (Left Shoulder Shove)
- * Hand Change Method 1 & 2
 - * Hand Change Method 1
 - * Alternative Use of Hands

BRONZE (plus all steps above from Pre-Bronze):

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

SILVER (plus all steps above from Pre-Bronze and Bronze):

- * 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 Follower's Spin
 - * Walks with Leader's Merengue Action
 - 15. Reverse Whip
 - 16. Windmill
 - 17. Spanish Arms
 - 18. Rolling Off the Arm
 - 19. Simple Spin
 - 20. Miami Special
- * Spin Ending

GOLD (plus all steps above from Pre-Bronze, Bronze, and Silver):

- * Overturned Fallaway Throwaway with Follower's Locks or Fwd Runs
 - * Overturned Change of Places Left to Right with Follower's Locks or Fwd Runs
 - * Stop and Go with Follower'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
 - 22. Shoulder Spin
 - 23. Toe Heel Swivels
 - 24. Chugging
 - 25. Chicken Walks
 - 26. Catapult
 - 27. Stalking Walks, Flicks into Break
- * Opening Out Entry
 - * Break Ending

GOLD STAR:

(Same as for GOLD, but to be presented with a higher standard)

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

STEP LIST (LATIN) – PASO DOBLE

PRE-BRONZE:

- * 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 Follower's Caping Walks

BRONZE (plus all steps above from Pre-Bronze):

- * Slip Appel (Leader back, Follower Forward)
- * Attack (method of dancing Displacement)
- * Slip Attack (method of dancing Displacement)
- * Slip Ecart
- 11. Fallaway Ending to Separation
- 12. Huit
- 13. Sixteen
- 14. Promenade and Counter Promenade
- 15. Grand Circle
- 16. Open Telemark

SILVER (plus all steps above from Pre-Bronze and Bronze):

- * 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)

GOLD (plus all steps above from Pre-Bronze, Bronze, and Silver):

- * 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)

GOLD STAR:

(Same as for GOLD, but to be presented with a higher standard)

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

STEP LIST (LATIN) - RUMBA

PRE-BRONZE:

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

BRONZE (plus all steps above from Pre-Bronze):

- * 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

SILVER (plus all steps above from Pre-Bronze and Bronze):

- * Development of LF and RF Alternative Basic Movement
 - * Spot / Switch Turn to Left (Follower 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
 21. Spiral Turns; Spiral; Underturned Spiral, Curl, Rope Spinning, Rope Spinning from Progressive Walks Back
- * Aida from Step 3 of Curl or Spiral

GOLD (plus all steps above from Pre-Bronze, Bronze, and Silver):

- * Press Line Development of Cucarachas
 - * Progressive Walks Forward in Right Shadow Position (Kiki Walks)
 - * Syncopated Cuban Rocks
 - * Alemana from Open Position in Right to Right Hold
 - * Follower's Underarm Turn to Left during 4-5 of Natural Top
 - * Aida ending 4
- * Fan Development with Alternative timing
 - * 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 Leader's press Line
* Advanced Hip Twist in Right to Right hold

GOLD STAR:

(Same as for GOLD, but to be presented with a higher standard)

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

STEP LIST (LATIN) - SAMBA

PRE-BRONZE:

1. Basic Movements: Natural, Reverse, Side, Progressive
2. Whisks to Left and Right (including Follower's Underarm Turn)
3. Samba Walks: Promenade, Side, Stationary (including Follower'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 Bota Fogos)

BRONZE (plus all steps above from Pre-Bronze):

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

SILVER (plus all steps above from Pre-Bronze and Bronze):

- * 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

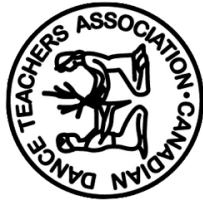
GOLD (plus all steps above from Pre-Bronze, Bronze, and Silver):

- * 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 - Follower'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

GOLD STAR:

(Same as for GOLD, but to be presented with a higher standard)

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



CANADIAN DANCE TEACHERS' ASSOCIATION BALLROOM (STANDARD) ENTRY FORM - PART A CANDIDATE ENTRY LIST

Please click on arrows for drop down menu; then click on selection.

Studio Name: _____ Phone Number: _____ Email: _____

Exam Session: _____ Year: _____ Exam Location: _____
(If choosing "Other", please submit Special Conditions of Exam form.)

Teacher: _____ - _____ **Note:** Viennese Waltz can only be shown in Gold and Gold Star

(Page ____ of ____) *Please type using upper and lower case letters. Submit to: CDTA National Exam Registrar: exams@cdtanational.ca

First Name	Last Name	Birthdate D/M/Y	Level	Dances	Dances	Dances	Dances	Dances	Dances	Result
1			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	-
2			-	-	-	-	-	-	-	-
3			-	-	-	-	-	-	-	-
4			-	-	-	-	-	-	-	-
5			-	-	-	-	-	-	-	-
6			-	-	-	-	-	-	-	-
7			-	-	-	-	-	-	-	-
8			-	-	-	-	-	-	-	-
9			-	-	-	-	-	-	-	-
10			-	-	-	-	-	-	-	-
11			-	-	-	-	-	-	-	-
12			-	-	-	-	-	-	-	-
13			-	-	-	-	-	-	-	-
14			-	-	-	-	-	-	-	-
15			-	-	-	-	-	-	-	-
16			-	-	-	-	-	-	-	-

SAMPLE



CANADIAN DANCE TEACHERS' ASSOCIATION

BALLROOM (STANDARD) EXAM ENTRY FORM - PART B

FEE SUMMARY SHEET

Studio Name: SAMPLE Email: _____

Mailing Address for reports/certificates: _____

City, Prov, Postal Code: _____ Phone: _____

Studio Street Address: _____ Exam Location: _____

(Enter info in shaded fields:)

	# of entries	Fee	Total	Individual	Couple	Total	
MEDAL TESTS							
PreBronze (1 dance)		\$20	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Bronze (2 dances)		\$40	\$0.00	x 10 min	x 20 min	0:00	Hr/Min
Silver (3 dances)		\$60	\$0.00	x 15 min	x 30 min	0:00	Hr/Min
Gold (4 dances)		\$80	\$0.00	x 20 min	x 40 min	0:00	Hr/Min
Gold Star (5 dances)		\$100	\$0.00	x 25 min	x 50 min	0:00	Hr/Min
ONE-DANCE MEDAL TESTS							
Bronze 1		\$25	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Bronze 2		\$25	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Silver 1		\$25	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Silver 2		\$25	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Silver 3		\$25	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold 1		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold 2		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold 3		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold 4		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold Star 1		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold Star 2		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold Star 3		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold Star 4		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold Star 5		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
PLUS: Administration costs per entry							
**Total # of entries =	0	\$10	\$0.00				
TOTAL FEES			\$0.00				
TOTAL TIME:						0:00	Hr/Min

Payment Method: please check one

☐

E-transfer

☐

Cheque

Exam Preference: please check one

☐

Videod

☐

In Person

Preferred Date(s): _____ Impossible Date(s): _____

Date (M/D/Y): _____ Teachers Signature: _____

For office use only:

Exam Date: _____

Location: _____

Examiner: _____

Submit to: CDTA National Exam Registrar: exams@cdtanational.ca

Etransfer payment to: exams@cdtanational.ca

Mail to: 15-700 Regency Drive, Sherwood Park, AB T8A 6N3

(No Post-Dated Ch Revised: APR 2025



CANADIAN DANCE TEACHERS' ASSOCIATION
BALLROOM (LATIN) ENTRY FORM - PART A
CANDIDATE ENTRY LIST

Please click on arrows for drop down menu; then click on selection.

Studio Name: _____ Phone Number: _____ Email: _____

Exam Session: - _____ Year: _____ Exam Location: _____
(If choosing "Other", please submit Special Conditions of Exam form.)

Teacher: _____

(Page ____ of ____) *Please type using upper and lower case letters. Submit to: CDTA National Exam Registrar: exams@cdtanational.ca

First Name	Last Name	Birthdate D/M/Y	Level	Dances	Dances	Dances	Dances	Dances	Dances	Result
1			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
2			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
3			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
4			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
5			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
6			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
7			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
8			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
9			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
10			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
11			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
12			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
13			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
14			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
15			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾
16			- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾	- ▾

SAMPLE



CANADIAN DANCE TEACHERS' ASSOCIATION

BALLROOM (LATIN) EXAM ENTRY FORM - PART B

FEE SUMMARY SHEET

Studio Name: **SAMPLE** Email: _____
 Mailing Address for reports/certificates: _____
 City, Prov, Postal Code: _____ Phone: _____
 Studio Street Address: _____ Exam Location: _____

(Enter info in shaded fields:)

	# of entries	Fee	Total	Individual	Couple	Total	
MEDAL TESTS							
PreBronze (1 dance)		\$20	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Bronze (2 dances)		\$40	\$0.00	x 10 min	x 20 min	0:00	Hr/Min
Silver (3 dances)		\$60	\$0.00	x 15 min	x 30 min	0:00	Hr/Min
Gold (4 dances)		\$80	\$0.00	x 20 min	x 40 min	0:00	Hr/Min
Gold Star (5 dances)		\$100	\$0.00	x 25 min	x 50 min	0:00	Hr/Min
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Bronze 1		\$25	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Bronze 2		\$25	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Silver 1		\$25	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Silver 2		\$25	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Silver 3		\$25	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold 1		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold 2		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold 3		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold 4		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold Star 1		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold Star 2		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold Star 3		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold Star 4		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
Gold Star 5		\$30	\$0.00	x 5 min	x 10 min	0:00	Hr/Min
PLUS: Administration costs per entry							
**Total # of entries =	0	\$10	\$0.00				
TOTAL FEES			\$0.00				

TOTAL TIME: 0:00 Hr/Min

Payment Method: please check one

☐

E-transfer

☐

Cheque

Exam Preference: please check one

☐

Videod

☐

In Person

Preferred Date(s): _____ Impossible Date(s): _____

Date (M/D/Y): _____ Teachers Signature: _____

For office use only:

Exam Date: _____

Location: _____

Examiner: _____

Submit to: CDTA National Exam Registrar: exams@cdtanational.ca

Etransfer payment to: exams@cdtanational.ca

Mail to: 15-700 Regency Drive, Sherwood Park, AB T8A 6N3

(No Post-Dated Ch **Revised: APR 2025**)

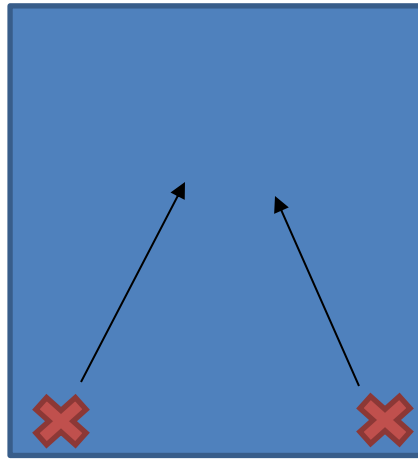
Videod Ballroom Medal Tests

Recommended Set-Up

To conduct recorded medal tests for Video submission, we recommend the following in order to attain the best possible viewing and listening opportunities for the examiner.

Camera(s) Placement

- 1) Camera Placement: It would be preferable to use 2 cameras to video if possible, with each camera placed in the corner. (see diagram). If only 1 camera is available, then place the camera in one of the corners.



Camera 1

AND/OR

Camera 2

- 2) Place Cameras on Tripods. It is recommended **not** to hold the camera with the hand and follow the couple as it makes the camera too jittery.
- 3) If using another device (i.e. Cell Phone, iPad, Laptop) in place of a camera, place the device(s) in the corners of the room. As with the camera setup, place the device on a tripod or table.
- 4) Ensure that the person being examined is in the full frame of the viewfinder. If part of the person is cut off, especially the feet, it makes it difficult to fairly assess the person being examined.



Sound

- 1) If using a sound system with individual speakers, place the speaker(s) close to the camera / device.
- 2) If using a portable sound system, place the system as close to a camera / device as possible.
- 3) If the camera / device has an input for an external microphone jack, try to set up an external microphone so that the sound is very clear to the examiner.

WIFI

- 1) If 5G is available, use that instead of 2.4G. If the wifi is stronger in one area of the room, place the camera(s) / device(s) in that corner.

Trial

- 1) It is recommended to have a trial run of the camera(s) and sound equipment to ensure that it is functioning properly and the person being examined can be viewed properly throughout the entire dance.

Filming Requirements

- 1) When dancing, the couples should show each dance for about 1.5 minutes, making several revolutions around the room.

Uploading and Sending the Videos

It is best to film each dance separately. Upon completion, upload the videos to Dropbox, Google, or other storage format. Make sure each video is labelled, with dancer(s) name, medal test level, and title of dance they are showing. Then share each video with Exam Registrar by creating and sending a video link to her. Exam Registrar will then test each link out to make sure they work, then forward them to the Examiner.



SAMPLE

Bronze Medal Ballroom (Standard) Evaluation Sheet

Ballroom and Specialty Dances Division

Candidate Name:

Session Date:

Examiner Name:

Dance	(insert choice)	(insert choice)
Frame / Posture		
Rhythm / Musicality		
Footwork / Technique		
General Comments		
Grade		

Overall
Grade

☐ Retry
Below 65%

☐ Pass
65% to 74%

☐ Commended
75% to 84%

☐ Highly Commended
85% to 94%

☐ Honours
95% and up

Examiner's Signature

Date



SAMPLE

Silver Medal Ballroom (Standard) Evaluation Sheet

Ballroom and Specialty Dances Division

Candidate Name:

Session Date:

Examiner Name:

Dance	(insert choice)	(insert choice)	(insert choice)
Frame / Posture			
Rhythm / Musicality			
Footwork / Technique			
General Comments			
Grade			

Overall
Grade

☐ Retry
Below 65%

☐ Pass
65% to 74%

☐ Commended
75% to 84%

☐ Highly Commended
85% to 94%

☐ Honours
95% and up

Examiner's Signature

Date



SAMPLE



Gold Medal Ballroom (Latin) Evaluation Sheet
Ballroom and Specialty Dances Division

Candidate Name:

Session Date:

Examiner Name:

Dance	(insert choice)	(insert choice)	(insert choice)	(insert choice)
Frame / Posture				
Rhythm / Musicality				
Footwork / Technique				
General Comments				
Grade				

Overall ☐ Retry ☐ Pass ☐ Commended ☐ Highly Commended ☐ Honours
Grade Below 65% 65% to 74% 75% to 84% 85% to 94% 95% and up

Examiner's Signature

Date



SAMPLE

Gold Star Medal Ballroom (Standard) Evaluation Sheet

Ballroom and Specialty Dances Division

Candidate Name:

Session Date:

Examiner Name:

Dance	(insert choice)	(insert choice)	(insert choice)	(insert choice)
Frame / Posture				
Rhythm / Musicality				
Footwork / Technique				
General Comments				
Grade				

Overall Grade

☐ Retry
Below 65%

☐ Pass
65% to 74%

☐ Commended
75% to 84%

☐ Highly Commended
85% to 94%

☐ Honours
95% and up

Examiner's Signature

Date



SAMPLE

Gold Star Medal Ballroom (Latin) Evaluation Sheet

Ballroom and Specialty Dances Division

Candidate Name:

Session Date:

Examiner Name:

Dance	(insert choice)	(insert choice)	(insert choice)	(insert choice)
Frame / Posture				
Rhythm / Musicality				
Footwork / Technique				
General Comments				
Grade				

Overall
Grade

☐ Retry
Below 65%

☐ Pass
65% to 74%

☐ Commended
75% to 84%

☐ Highly Commended
85% to 94%

☐ Honours
95% and up

Examiner's Signature

Date



Ballroom Medal Tests
Results Summary

SAMPLE

Ballroom and Specialty Dances Division

CDTA Examiner:

Session Location:

Session Date:

CDTA Teacher:

	Candidate's Name	Test Type (i.e. Bronze Standard)	Grade
1			
2			
3			
4			
5			
6			
7			
8			

Examiner's Signature:

Date: