

# ТАНЦОВА СПОРТСКА ФЕДЕРАЦИЈА НА МАКЕДОНИЈА



## Rules for Competitions **SMOOTH DANCE**



# Smooth Dance

(Length of music for competition and tempo)

Smooth Dances	Minimum	Maximum	BPM
Waltz	90 Seconds	120 Seconds	28-30
Tango	90 Seconds	120 Seconds	30
Foxtrot	90 Seconds	120 Seconds	30-32
Viennese Waltz	90 Seconds	120 Seconds	53-54

## Syllabus Smooth Dance (Bronze – Silver - Gold)

The following syllabus listings are provided as a guideline to Athletes, Coaches, Organizers, Invigilators and Chairpersons of Adjudicators to govern the material limitations that can be danced in a given “restricted Syllabus event”.

### Waltz

#### Bronze

- Left Closed/Box (Reverse) Turn - Right Closed/Box (Natural) Turn
- Forward Progressive/Change Step, right foot or left foot
- Lady’s Underarm Turn to the Right - two Measures/6 beats
- Balance Steps/Hesitations, Fifth Position Breaks (in closed or double hand hold only)
- Closed Twinkles Forward or Backward
- Cross Body Lead from LF forward Hesitation or from 1-3 Left Closed/Box (Reverse Turn)
- Natural Spin Turn (same as International Style)
- Forward Twist to Left from P.P.
- Syncopated Promenade Chasse (must end in P.P.)
- Simple Grapevine or Zigzag (No Syncopation)
- In & Out change steps/Butterfly

#### Restrictions

- Partners may not completely separate. Open Work is limited to single or double hand holds, and may not last for more than eight (8) consecutive measures (24 beats)
- Open work may not comprise more than 25% of any routine
- No continuity style in Bronze Waltz, feet must be closed on three except on -allowed figures
- No foot changes/fakes, partners must always be on opposite feet
- No consecutive pivots left or right, one (1) pivot is allowed
- No open left or right box turns
- No fallaway actions of any kind
- No picture lines or figures (i.e. contra check, chair, oversways, lunges, etc.)
- No solo, shadow, or same foot figures
- No syncopations other than chasse from Promenade - No syncopated underarm turns
- Progressive twinkles must finish by the sixth (6th) measure of music (18 beats) with the feet closed. (counting from when they are started)
- Both feet must remain close to the floor at all times (no aerial ronde, etc.)

## Silver

- Continuity styling (open footwork) or closed Foot Positions are allowed
- Consecutive "partnership" pivots are allowed, up to two measures, but may include only 1 syncopation
- Shadow Position, Tandem, and Side by Side figures with hold
- Picture Lines. Only Contra Checks and Oversways are permissible, but these may not be held longer than two measures of music
- Fallaway actions
- Grapevine or Zigzag may be syncopated
- Syncopated Underarm Turns

### Restrictions

- Partners may not completely separate for more than 1 measure
- No more than 8 measures of music may be danced in Open, Side by Side, or Shadow Position, before returning to a Promenade or Closed Dance Position for at least 2 measures of music
- No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for man or lady are allowed
- No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc.
- No lifts
- No aerial ronde, etc.

## Gold

- Continuous "partnership" pivots are allowed
- Shadow Position, Tandem, and Side by Side figures without hold
- Picture Lines

### Restrictions

- Partners may completely separate
- No more than 8 measures of music may be danced in Open, Side by Side, or Shadow Position, before returning to a Promenade or Closed Dance Position for at least 2 measures of music
- No lifts

## Tango

### Bronze

- Tango Walks - All Slows
- Forward Basic, Closed or O.P. (SSQQS timing only)
- Promenade turning to left or right (SSQQS timing only)
- Corte or Simple Oversway
- Open Fan
- Open Fan to Same Foot Rocks
- Right Side Fan/Outside Swivel
- Rocks - closed or P.P. pos. (may be danced w/ or w/o turn to left or right in any direction)
- Single Pivot from P.P.
- Linking action to and from P.P.
- Left/Reverse Turn (Open or Closed)
- Under Arm Turn Left or Right from Open Fan

- Twist Turn to Left or right from P.P.
- Running Step/Progressive Side Step or argentine walks (basic w/alternative rhythm)

### Restrictions

- No foot changes/ fakes, partners must always be on opposite feet, except for #6 above
- No shadow, solo, or same foot figures except for #6 above
- No more than four (4) consecutive quicks
- No syncopations except brush-point (&S) in the Open Fan
- Although the Corte/Simple Oversway is permitted, other picture lines / figures (i.e. contra check, chairs, oversways, lunges, etc.) are not allowed
- No fallaway actions of any kind
- No consecutive pivots left or right, one (1) pivot is allowed
- Partners may not completely separate. Open Work is limited to single or double hand holds, and may not last for more than 32 consecutive beats, (16 measures counted in 2/4 time)
- Both feet must remain close to the floor at all times (no aerial ronde, etc.)
- No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for man or lady are allowed
- No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc.
- No lifts.

## Silver

- Continuous "partnership" pivots are allowed, up to two measures, but may include only 1 syncopation
- Shadow Position, Tandem, and Side by Side figures with hold
- Fallaway actions
- Syncopated actions
- Locking Actions
- Corte Variations
- Foot Changes
- Lady's Solo Turns

### Restrictions

- Partners may not completely separate for more than 1 measure
- The following Picture Lines are permissible, but they may not be held longer than two measures of music: Oversway, Contra Check, Hinge, Chair, Right Lunge, Same Foot Lunge, Open Same Foot Lunge, Throwaway, Open Throwaway
- No more than 8 measures of music may be danced in Open, Side by Side, or Shadow Position, before returning to Hold for at least 2 measures of music
- No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for man or lady are allowed
- No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc.
- No lifts
- No aerial ronde, etc.

## Gold

- Continuous "partnership" pivots are allowed
- Shadow Position, Tandem, and Side by Side figures without hold
- Picture Lines

### Restrictions

- Partners may completely separate
- No more than 8 measures of music may be danced in Open, Side by Side, or Shadow

Position, before returning to a Promenade or Closed Dance Position for at least 2 measures of music

- No lifts

## Foxtrot

### Bronze

- Forward Basic, Closed or O.P. - (with or without quarter turn) - SSQQ
- Back Basic, Closed or O.P. - (with or without quarter turn) - SSQQ
- Promenade - SSQQ
- Rock Turn/Ad Lib to Left or Right - SSQQ
- Lady's Underarm Turn to the Right - two Measures/8 beats - SQQSQQ
- Left Closed Box/Reverse Turn - SQQ
- Cross Body Lead - SQQ
- Closed Twinkle, may be danced in any direction, must close feet - SQQ
- Single Promenade Pivot - SSQQ
- Syncopated Chasse - SQQSQ&QSQQ
- Forward twist to left from promenade - SSQQ
- Sway step/Side Balance - SSQQ
- Promenade Underarm Turn - SSQQ
- Simple Grapevine or Zigzag (8) quicks max. No Syncopations)

### Restrictions

- Partners may not completely separate. Open Work is limited to single or double hand holds, and may not last for more than eight (8) consecutive measures (32 beats)
- Open work may not comprise of more than 25% of any routine
- No continuity style in Bronze Foxtrot
- No foot changes/fakes, partners must always be on opposite feet
- Timing is limited to SSQQ or SQQ in Bronze Foxtrot, except for Grapevine actions
- Continuous quicks are not permitted except in the Simple Grapevine (#14) or extra chasses/side steps
- No consecutive pivots right or left, one (1) pivot is allowed
- No open left or right box turns
- No syncopations other than chasse from Promenade - No syncopated underarm turns
- No picture lines or figures (i.e. oversways, contra check, chair, lunges, etc.)
- No fallaways of any kind or slip pivot from fallaway
- No solo, shadow, or same foot figures
- No more than eight (8) quicks, or 2 measures, of a grapevine/zig zag action and it must finish with the feet closed
- Progressive twinkles must finish by the end of the sixth (6th) measure of music (24 beats) with the feet closed
- Both feet must remain close to the floor at all times (no aerial ronde, etc.)
- No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for man or lady are allowed
- No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc.
- No lifts

### Silver

- Continuity styling (open footwork) or closed Foot Positions are allowed
- Continuous "partnership" pivots are allowed, up to two measures, but may include only 1 syncopation

- Shadow Position, Tandem, and Side by Side figures with hold
- Picture Lines - only Contra Checks and Oversways are permissible, but these may not be held longer than two measures of music
- Fallaway actions

#### Restrictions

- Partners may not completely separate for more than 1 measure
- No more than 8 measures of music may be danced in Open, Side by Side, or Shadow Position, before returning to a Promenade or Closed Dance Position for at least 2 measures of music
- No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for man or lady are allowed
- No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc.
- No lifts
- No aerial ronde, etc.

### Gold

- Continuous "partnership" pivots are allowed
- Shadow Position, Tandem, and Side by Side figures without hold
- Picture Lines

#### Restrictions

- No more than 8 measures of music may be danced in Open, Side by Side, or Shadow Position, before returning to a Promenade or Closed Dance Position for at least 2 measures of music
- No lifts

## Viennese Waltz

### Bronze

- Left Turns/Reverse Turns
- Right Turns/Natural Turns
- Progressive/Change Steps
- Balance Steps/Hesitations/Fifth Position Breaks
- Cross Body Lead/Turn
- Underarm Turn from Fifth Position Break or Cross Body Lead
- Closed Twinkle (May be danced in any direction or alignment)
- In & Out Change steps/ butterfly
- Left box w/lady's left or right underarm turn

#### Restrictions

- Partners may not completely separate
- Open work may not comprise of more than 25% of any routine
- Syncopations are not permitted
- No open left or right box turns
- No consecutive pivots right or left, one (1) canter pivot is allowed
- No fallaways of any kind or slip pivot from fallaway
- Partners must remain on opposite feet at all times
- No solo, shadow, or same foot figures

- Partners may not completely separate. Open Work is limited to single or double hand holds, and must finish by the eighth (8th) measure of music (24 beats) from where the action is commenced
- Both feet must remain close to the floor at all times (no aerial ronde, etc.)
- No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for man or lady are allowed
- No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc.
- No lifts

## **Silver**

- Continuity styling (open footwork) or closed Foot Positions are allowed
- Continuous "partnership" pivots are allowed, up to two measures, but may only include 1 syncopation
- Shadow Position, Tandem, and Side by Side figures with hold
- Picture lines are permissible, but may not be held longer than two measures of music
- Fallaway actions
- Figures employing consecutive "Canter Rhythm" Definition: "Canter Rhythm" a hesitation on either beat 2 or 3 of a Waltz in 3/4 time

## **Restrictions**

- Partners may not completely separate for more than 1 measure
- No more than 8 bars/measures of music may be danced in Open, Side by Side or Shadow Position, before returning to a Closed or Promenade Position, for at least 2 bars/measures of music
- No Tandem Position figures may be used
- No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for man or lady are allowed
- No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc.
- No lifts
- No aerial ronde, etc.

## **Gold**

- Continuous "partnership" pivots are allowed
- Shadow Position, Tandem, and Side by Side figures without hold
- Picture Lines Restrictions
- No more than 8 measures of music may be danced in Open, Side by Side, or Shadow Position, before returning to a Promenade or Closed Dance Position for at least 2 measures of music
- No lifts

## **Acknowledgements**

The information in this chapter is adapted from an excerpt from the USA Dance DanceSport Rulebook, provided to define the Discipline for adoption by other WDSF Member Federations.