

# CANADIAN DANCESPORT FEDERATION

## GOLD STAR STEP LIST - BALLROOM FIGURES

### Amateur & Professional Medal Tests

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CDF Technical Committee

You can find a detailed description of the figures listed below in the book published by Geoffrey Hearn entitled < A Technique of ADVANCED BALLROOM FIGURES >

**Important note:** A minimum of five (5) of the figures listed below must be used, in each dance, for a Gold Star Medal Test.

#### WALTZ

1. Running Spin Turn 1 2 3 1 & 2 3 (or 1 2 & 3)
2. Running Weave from Promenade Position 1 & 2 3
3. Running Feather from Promenade Position 1 & 2 3 (or 1 2 & 3)
4. Side Cross (from Closed or Promenade Position) 1 2 3
5. Quick Weave from Promenade Position 1 & 2 3
6. Reverse Impetus 1 2 3 (you may follow with Chassé Roll to Right)
7. Chassé Roll to Right 1 2 & 3 (follow with Open Impetus)
8. Hover Cross to Promenade Position 1 2 3 1 2 3
9. Hover Cross with Weave Ending 1 2 3 1 & 2 3 (continue with steps 4-6 of Weave from PP - 1 2 3)
10. Inverted Swivel to Développé - commences with Fallaway Reverse Turn (into corner) 1 & 2 3 1 and may be followed with Hover to PP or Curved Feather (2 3)
11. Quick Open Natural Turn and Outside Spin 1 2 3 & 1 & - end with steps 5 & 6 of Natural Spin Turn - you could also end Spin Turn in Promenade Position (2 3)
12. Oversway - 1 2 3 1 - followed with Hover to PP - 2 3 - (you may precede with Quick Weave from PP 1 & 2 3) – The Oversway may also be commenced in Promenade Position

#### FOXTROT

1. Running Feather from Promenade Position S & Q Q (or S Q & Q)
2. Side Cross (from Closed or Promenade Position) S Q Q
3. Reverse Impetus S Q Q
4. Chassé Roll to Right S Q & Q (follow with Open Impetus)
5. Hover Cross to Promenade Position S Q Q S Q Q
6. Hover Cross with Weave Ending S Q Q Q Q Q continue with steps 4-7 of Weave from Promenade Q Q Q Q

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7. Inverted Swivel to Développé (commences with Fallway Reverse Turn into corner) S & S S S (continue into steps 2 & 3 of Curved Feather or Hover to PP - Q Q)
8. Quick Open Natural Turn and Outside Spin S Q Q & Q Q (continue with Feather Step or Curved Feather S Q Q / or you could continue the Outside Spin with RF fwd in CBMP + LF diag fwd in PP - Q Q - as Waltz above)
9. Extended Weave Q Q Q Q Q Q Q Q (commence with a Curved Feather - S Q Q)
10. Four Feathers S Q Q S & Q Q Q Q Q Q
11. Travelling Hover Cross to Continue Forward into a Feather Step S Q Q & S Q Q or S Q Q Q Q Q
12. Oversway from PP S S S (can also start in Closed pos.) follow with Hover to Promenade Q Q - It is possible to change the rhythm by adding or subtracting the number of beats used in this figure

#### QUICKSTEP

1. Running Spin Turn S Q Q S Q Q S (or S S Q Q) (you may follow with Outside Change ending in Closed or Promenade Position)
2. Running Feather from Promenade Position S Q Q S (or S & Q Q)
3. Side Cross from Closed or Promenade Position S Q Q
4. Turning Lock to Right ended in PP or Closed Pos. Q Q S S or Q Q Q Q
5. Quick Weave from Promenade Position S & Q Q
6. Hover Cross to Promenade Position S Q Q S Q Q
7. Hover Cross with Weave Ending S Q Q S S Q Q
8. Peppercot (Forward or Backward) S & Q & Q Q Q (may also commence in Promenade Position)
9. Scatter (Continuous) Chassés to Right S & S & Q & Q & Q Q
10. Scatter (Continuous) Chassés to Left Q & Q & Q Q
11. Pendulum Points Q Q Q Q (come out in PP on 4<sup>th</sup> <Q> / you may use the alternative rhythm of S S Q Q Q Q)
12. Woodpecker Actions & S & S & Q Q Q Q (a popular way is to precede the Woodpecker Actions with steps 1-4 of Tipple Chassé to right & to continue with the Pendulum Points or 3-7 of Backward Peppercot). This figure may be turned to the right throughout or just over steps 5-9 to end on a new alignment

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#### TANGO

1. Quarter Beats Q & Q & S
2. Back Checks from Promenade Position S Q Q Q Q Q ending with steps 5-6 of a Quick Basic Reverse Turn (Q &) or continue into Oversway (Q) + change of sway (S) – then you may follow with all the endings to the Oversway given in the ISTD Technique Book or continue into the **Right Lunge**
3. Right Lunge (S) + transfer weight back to LF (Q) + Reverse Pivot (Q) - (besides the Oversway an easy way to precede a Right Lunge is to dance a Promenade Link - closing with weight on the 3<sup>rd</sup> step and continue into step 1 of the Right Lunge)
4. Spanish Drag from a Right Lunge (S S S & S)
5. Lock Step in Promenade Position Q & Q S (from a Whisk position in PP or a step to side in PP < S >)
6. Syncopated Side Cross from Promenade Position S Q Q &
7. Fan Action – from Promenade Position with a Closed Finish - S Q & Q Q S
8. Checked Natural Turn - dance steps 1-3 of Natural Promenade Turn S Q Q into checked Natural Turn Q Q S (Reverse Pivot on <S>)
9. Stop Lock to Lock Action and 4-6 Syncopated Basic Reverse Turn Q & QS & Q Q & (precede with Natural Promenade Turn (S Q Q) + RF fwd into steps 1-2 of a Natural Check Q Q)
10. Left Side Walks – From DC - precede with steps 1-2 of Four Step turning ¼ left Q Q + LF back in CBMP - lady OP (Q) RF closes to LF preparing to step OP on L side ¼ right (Q) continue with the Left Side Walks (S S) – Follow with Reverse Outside Swivel commenced outside partner on left side Q Q S Q Q
11. Inverted Swivel to Développé (commences with Fallaway Reverse Turn into corner) S & Q Q S + tap to side in PP (&)
12. Rudolph Fallaway from a Natural Pivot (suggested near a corner) - Precede with steps 1-3 of an overturned Natural Promenade Turn (S Q Q) into Rudolph Fallaway & Slip Pivot (S Q Q)

**N.B.: You may include as Precedes and Follows any of the figures listed in the ISTD Ballroom Technique Book**

**< A Technique of ADVANCED BALLROOM FIGURES > may be ordered from:**

- [www.dsi-london.com](http://www.dsi-london.com)
- [Peter and Viki VanHogezand, Edmonton, AB / e-mail: VanHogezand@Shaw.ca](mailto:VanHogezand@Shaw.ca)