

The Dancer's Notebook



This binder was created to facilitate recording your dance steps using easy-to-remember abbreviations that you will find very simple to follow when practicing your steps. Carry your binder along with you to class and to practice – you'll see how easy this system is to follow; we hope it'll help you get the most out of your dancing for a long-time to come!

THE DANCE STEPS AND FIGURES PAGES

This is where you will record each dance figure using simple abbreviations

DANCE	write in the dance for this figure ie: Rumba
FIGURE	write in the name and number of the figure ie: 1. Box
TIMING	ie: for Social or American style: S Q Q
FOOTWORK	ie: R L R (for woman) L R L (for man)
DIRECTION	ie: B S C (for woman) F S C (for man)
RISE & FALL	ie: for Basic Waltz – D U U
NOTES	ie: for Basic Waltz – (for woman) ¼ turn to R; toe – inside foot – close. (or any other notes you wish to add) For example you can add head positioning, notes about hand position as well, sliding of the foot, toe-heel positions, pivots, brush to foot, oversway

Now all you need is this list of abbreviations.

ABBREVIATIONS

You can always make more up yourself that will help you remember your steps! Before long, you won't need to refer to the abbreviations at all. Happy Dancing!

S	slow	Q	quick	F	forward
L	left	B	back	D	down
S	side	C	close	XB	cross behind
U	up	XF	cross in front	PP	promenade position
UA	underarm turn	ST	solo turn	LOD	line of dance
CBMP	contrabody movement position	FW	facing wall	FC	facing center
FLOD	facing LOD	DW	diagonal wall	SIP	step in place
DC	diagonal center	R	right		



Bronze American Smooth

U.S.I.S.T.D. Syllabus Steps

Bronze American Waltz					
		Figure	Timing	L/F	Technique
1.	Left and Right Foot Closed Changes				
2.	Left Turn A, B and C				
3.	Right Turn A, B and C				
4.	Hesitation A and B				
5.	Cross Body Lead				
6.	Simple Twinkle				
7.	Twinkle with Promenade Chasse Ending				
8.	Twinkles Forward				
9.	Twinkles Back				
10.	Twist to Left from Promenade Position				
Recognized Variations					
V1.	Box with Right Underarm Turn				
V2.	Promenade Turn				
Bronze American Tango					
		Figure	Timing	L/F	Technique
1.	Basic A and B				
2.	Promenade Basic				
3.	Corte				
4.	Promenade to Fan				
5.	Corte with Roll Out				
6.	Turning Corte to Outside Swivel				
7.	Continuous Basic				
8.	Basic Left Turn				
9.	Contra Rock to Circular Fans				
10.	Oversway				

Bronze American Foxtrot					
		Figure	Timing	L/F	Technique
1.	Forward Basic				
2.	Quarter Turns A and B				
3.	Left Rock Turn				
4.	Swing Step				
5.	Promenade Walk A and B				
6.	Cross Body Lead				
7.	Simple Twinkle				
8.	Twinkle with Promenade Chasse Ending				
9.	Twinkles Forward				
10.	Twinkles Back				
11.	Promenade Turn				
Recognized Variations					
V1.	Left Turn A, B and C				
V2.	Left Turn A, B and C				
V3.	Right Turn A, B, and C				
V4.	Twist to Left from Promenade Position				





Bronze American Waltz

U.S.I.S.T.D. Syllabus Steps

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Bronze American Tango

U.S.I.S.T.D. Syllabus Steps



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Bronze American Foxtrot

U.S.I.S.T.D. Syllabus Steps



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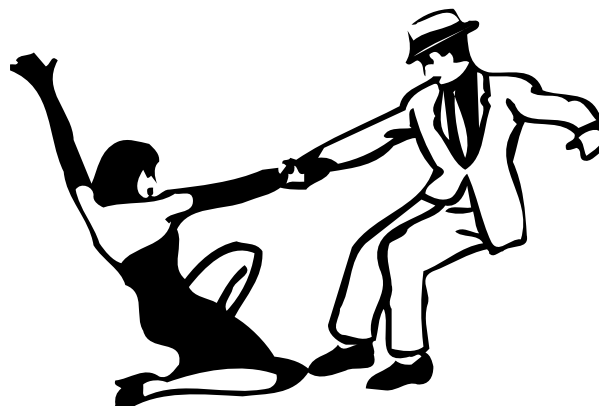


Bronze American Rhythm

U.S.I.S.T.D. Syllabus Steps

Bronze American Cha Cha					
		Figure	Timing	L/F	Technique
1.	Cha-Cha-Cha Basic				
2.	Forward and Back Basic				
3.	Cross Over Breaks and Switch Turn				
4.	Right Underarm Turn				
5.	Right Left Right Underarm Turns				
6.	Three Cha Chas				
7.	Cross Body Lead				
8.	Outside Breaks				
9.	Cross Over into Side Step into Back and Forward Runs				
10.	Left Side Pass				
Recognized Variations					
V1.	Fifth Position Breaks				
V2.	Chase Turns				
V3.	R Underarm Turn to Advanced Hip Twist				
V4.	Shadow Breaks to Lady Spiral Turn				
V5.	Right Side Pass				
V6.	Back Spot Turns				
V7.	Peek - a - Boo				
Bronze American Swing					
1.	Swing Basic				
2.	Throwaway				
3.	Right and Left Underarm Turns				
4.	Sweetheart				
5.	American Spin				
6.	Four Kicks				
7.	Peek - a - Boo				
8.	Lindy Whip Turn				
9A.	Lindy Whip Turn with R Underarm Turn				
9B.	Lindy Whip Turn with L Underarm Turn				
9C.	Lindy Whip Turn with Hand Change Turn				
10.	Back Pass				
11.	Hitch Kick				

Bronze American Rumba					
		Figure	Timing	L/F	Technique
1.	Box				
2.	Right Underarm Turn				
3.	Side Breaks				
4.	Progressive Rocks				
5.	Fifth Position Breaks				
6.	Cross Body Lead				
7.	Cross Body Lead into Cuban Walks Back				
8.	Cross Body Lead into Outside Breaks				
9.	Open Break Right Underarm Turn into Cross Over Breaks				
10.	Forward and Back Spot Turns				
Recognized Variations					
V1.	Cross Over Breaks and Switch Turn				
V2.	Right Left Right Underarm Turns				
V3.	Right Underarm Turn to Advanced Hip Twist				
V4.	Shadow Breaks to Lady Spiral Turn				
V5.	Back Spot Turns				
V6.	Right Side Pass				



Bronze American Cha Cha

U.S.I.S.T.D. Syllabus Steps



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Bronze American Swing

U.S.I.S.T.D. Syllabus Steps

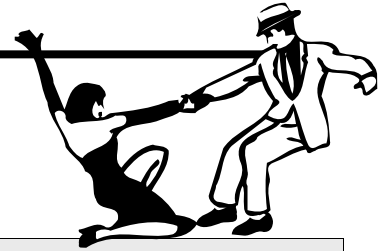


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Bronze American Rumba

U.S.I.S.T.D. Syllabus Steps



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Silver American Smooth

U.S.I.S.T.D. Syllabus Steps

Silver American Waltz					
		Figure	Timing	L/F	Technique
1.	Open Simple Twinkle				
2.	Open Twinkle with Promenade Chasse Ending				
3.	Open Twinkles Forward				
4.	Open Twinkles Back				
5.	Open Left				
6.	Open Right Turn				
7.	Single Wrap				
8.	Shadow Open Left Turn				
9.	Single Wrap to Shadow Right Turns				
10.	Syncopated Right Underarm Turn				
Recognized Variations					
11.	Grapevine				
12.	Promenade and Counter Promenade Runs				
13.	Curved Three Steps				
14.	Fallaway Reverse Turn Slip Pivot Syncopated Curved Three				
15.	Open Left Turn to Cross Swivels				

Silver American Tango					
		Figure	Timing	L/F	Technique
1.	Open Left Turn to Quick Fans				
2.	Same Foot Fans				
3.	Double Ronde				
4.	Shadow Open Left Turn				
5.	Pivots to Open Same Lunge				
6.	Corte to Leg Hooks				
7.	Promenade Flicks and Twist to Trap				
8.	Rock Turn to Turning Lock				
9.	Fallaway to Open Check				

Silver American Foxtrot					
		Figure	Timing	L/F	Technique
1.	Open Simple Twinkle				
2.	Open Twinkle with Promenade Chasse Ending				
3.	Open Twinkles Forward				
4.	Open Twinkles Back				
5.	Open Left				
6.	Open Right Turn				
7.	Grapevine				
8.	Promenade and Counter Promenade Runs				
9.	Curved Three Steps				
10.	Fallaway Reverse Turn Slip Pivot Syncopated Curved Three				
11.	Open Left Turn to Cross Swivels				
Recognized Variations					
12.	Single Wrap				
13.	Shadow Open Left Turn				
14.	Single Wrap to Shadow Right Turns				
15.	Syncopated Right Underarm Turn				



Silver American Waltz

U.S.I.S.T.D. Syllabus Steps



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Silver American Tango

U.S.I.S.T.D. Syllabus Steps



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Silver American Foxtrot

U.S.I.S.T.D. Syllabus Steps



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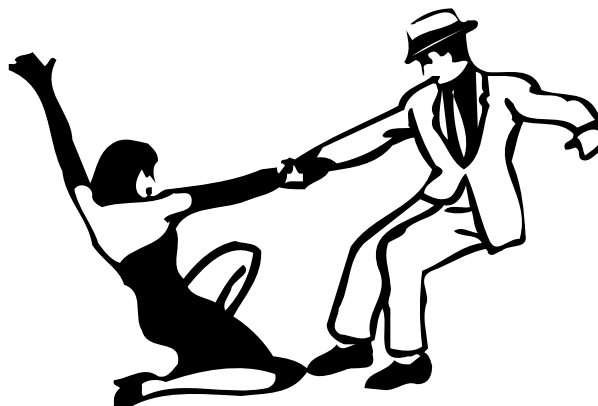
Silver American Rhythm

U.S.I.S.T.D. Syllabus Steps

Silver American Cha Cha					
		Figure	Timing	L/F	Technique
1.	Cross Over Breaks with Apart Turns				
2.	Grapevine to Fencing				
3.	Syncopated Cross Over Breaks into Knee Lift with Right Underarm Turn				
4.	Underarm Chase to Side Pass				
5.	Opening Out to Side Checks				
6.	Three Chas with Solo Turns				
7.	Foot Change from LF Cross Over Breaks ending in Right Side by Side				
7A.	Foot Change from Right Side by Side ending in Closed or Open Facing				
8.	Foot Change from RF Cross Over Breaks ending in Left Side by Side				
8A.	Foot Change from Left Side by Side ending in Closed or Open Facing				
9.	Left and Right Underarm Turns to Passing Changes				
10.	Side by Side Variation				

Silver American Rumba					
		Figure	Timing	L/F	Technique
1.	Open Box				
2.	Snap Cross				
3.	Quick Underarm Turns Right and Left				
4.	Sliding Doors Variation				
5.	Quick Underarm Turn to Wraparound				
6.	Grapevine to Spiral				
7.	Sit Checks Left and Right				
8.	Grapevine to Left Underarm Turn to Solo Spin				
9.	Rope Spinning to Left Underarm Turn				
10.	Curl to Shadow Foot Swivels to Same Foot Lunge				

Silver American Swing					
		Figure	Timing	L/F	Technique
1.	Sailor Shuffles				
2.	Chicken Walks				
3.	Crossover Back to Back				
4.	Catapult				
5.	Promenade Walks				
6.	Double Underarm Turn to Open Tuck-In				
7.	Toe Heel Swivels				
8.	Sweetheart with Double Underarm Turn				
9.	Passing Triples				
10.	Boogie Walks in Right Shadow				



Silver American Cha Cha

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Silver American Swing

U.S.I.S.T.D. Syllabus Steps

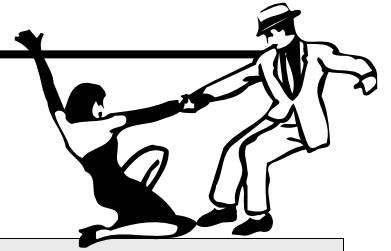


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Silver American Rumba

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