



**SYLLABUS OUTLINE OF  
LINE and COUNTRY WESTERN DANCE  
QUALIFICATIONS**

**DISCO / FREESTYLE / ROCK 'N' ROLL FACULTY**

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# Contents

<b>General Information</b>	3
<b>Amateur Medal Tests</b>	
Introduction	4
Entry Conditions and General Information	4
Syllabus Content	7
Method of Assessment	9
<b>Professional Teaching Examinations</b>	
Introduction	10
Associate	10
<b>Higher Professional Examinations</b>	
Licentiate	14
Professional Dancing Diplomas	16
Method of Assessment	17
<b>Line and Country Western Dance Styles and Movements</b>	18
<b>Reasonable Adjustments</b>	19
<b>Results and Certification</b>	19

## General Information

Dance Sport examinations cover Modern Ballroom, Latin American, Sequence, Disco/Freestyle, Rock 'n' Roll, Country Western, Street Dance and Club Dance. These dance genres provide a wide diversity in both teaching and learning in dance education. On the one level they form the basis of what may sometimes be referred to as 'social' dancing and there is a range of examinations that provides those learning to dance as a recreational activity, the scope to develop quality within performance. At other levels students may pursue their training further through the range of examinations in order to develop the higher artistic and technical skills necessary for competition dancing, stage performance or dance teaching. The examinations offered in all Dance Sport genres enable teachers in differing situations to provide a safe and structured programme for pupils of all ages and abilities.

These examinations include:

<b>Amateur Medal Tests</b>	<b>Introductory Tests</b> <b>One Dance Tests</b> <b>Medal Series – Bronze, Silver, Gold</b> <b>Supplementary and Higher Awards (Gold Stars, Imperial Dance Awards, Supreme Award, Annual Award)</b>
<b>Professional Examinations</b>	<b>Associate</b>
<b>Higher Professional Examinations</b>	<b>Licentiate</b> <b>Professional Dancing Diplomas</b>

This syllabus outline gives information about the examinations structure for Line & Country Western examinations only. Syllabi for the other Dance Sport genres are obtainable from ISTD Headquarters and the ISTD web-site. Separate syllabi for some other genres are also available for the Diploma in Dance Instruction and Diploma in Dance Education.

### Examination Entry – All Levels

1. Teachers entering candidates for ISTD examinations in Dancesport should hold the appropriate ISTD teaching qualifications. Further information can be obtained either from the UK Examinations Department or International Development Co-ordinator as appropriate.
2. Application forms for UK examination sessions are available from ISTD Headquarters or downloadable from the website at [www.istd.org/examinations/ukexaminations](http://www.istd.org/examinations/ukexaminations) and completed forms should be received at Headquarters at least 12 weeks prior to the date required.
3. There must be an interval of at least 3 months from the date of the original examination if the candidate wishes to retake it for any reason.

## Amateur Medal Tests

### Introduction

Medal Tests and Awards in Line & Country Western are designed to be accessible to any age group and seek to:

- Promote an appreciation and enjoyment of Line & Country Western, with a view to developing technical and artistic qualities
- Introduce an understanding of the various styles of Line & Country Western.
- Motivate candidates and build self-confidence by providing carefully staged goals
- Provide a structured approach for teachers to measure the progress of individual candidates

The medal test system builds up progressively, ensuring that steps and skills learned at lower levels prepare for more complex and higher quality movements as the candidate makes progress. The Introductory Tests start at Under 6 and go through to Pre-Bronze. The Medal Series then progress from Bronze through to Gold and then Higher Awards.

An outline of the different levels for Line & Country Western examinations is given below and further detail is given in the Syllabus Content.

<b>Introductory Tests</b> Under 6 Test 1, 2, 3, 4 Under 8 Test 1, 2, 3, 4 Social Dance Test 1, 2, 3, 4 Pre Bronze Dance Test 1, 2, 3, 4  <b>Medal Series</b> Bronze 1 Bronze 2 Silver Gold  <b>Supplementary and Higher Awards</b> Gold Stars 1, 2, 3 Imperial Dance Awards 1, 2, 3 (supplementary) Supreme Award Annual Award (supplementary)	<b>One Dance Tests</b>  Social Dance Test Pre Bronze Dance Test  Bronze Silver Gold  Gold Star 1, 2, 3
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### Entry Conditions and General Information

Amateur tests are conducted with the object of improving the standard of dancing. The award and the certificate received do not in any way qualify successful candidates to teach dancing, nor may they be used for advertising purposes.

Dances used in tests may be choreographed by teachers or selected from the hundreds of published dance scripts available. This freedom of choice will allow teachers to:

- choose dances suitable for specific age groups and different types of classes.
- introduce into their Medal Test system new dances choreographed and published to the latest Country Western music
- select dances particularly popular in the local Line and Country Western Dance scene.

## **Age Divisions**

Tests are conducted in seven divisions:-

- 1 Under 6
- 2 Under 8
- 3 Juvenile division for candidates under 12 years of age
- 4 Junior division for candidates of 12 and under 16 years of age
- 5 Adult division for candidates of 16 and under 50 years of age
- 6 Senior division for candidates of 50 years of age and over
- 7 Student division for candidates of 16 years and over intending to become professional or professionals in another genre.\*

\* Candidates must be 16 years of age or over. Requirements are as for Adult Division but a higher standard of dancing is expected. A professional in any Dance Sport Dance genre may take Student Division tests. Student Division candidates may commence at Bronze level or at a higher level at the discretion of the teacher. Holders of a Student medal are NOT eligible to enter Adult amateur medallist competitions.

## **Categories**

Candidates have the following options when entering for amateur medal tests:

1. Solo Entry
2. Couples Tests
3. Team Tests

### **Couples Tests**

The partnership is assessed as a couple but two report forms are issued. Both dancers receive a certificate and award. Candidates need not have taken the appropriate test individually but the tests must be taken in sequence.

When entering Couples medal tests on the timetable, teachers should write 'C' for Couple as appropriate.

### **Team/Formation Medal Tests**

Tests for Teams of six to sixteen amateur dancers in any age division may be taken at all levels. Teams may comprise male or female dancers in any ratio. It is not necessary that each team member hold an individual medal at the appropriate level. The dress worn by the team need not be uniform, although this is desirable. The highest age of a candidate is the division in which the team should be entered.

One joint Report Form will be issued and each dancer will receive a certificate and medal. The teacher may request a team trophy on payment of an additional fee.

### **Prior Learning**

No prior learning is required for the Introductory Tests. Medal Tests must be passed in sequence from Bronze to Gold, Gold Stars to Supreme.

Candidates who hold the Bronze medal or higher of a teaching organisation recognised by the British Dance Council may commence with the ISTD Silver medal.

Teachers of competitive dancers who wish to enter the Medal Test system but who have not taken a UK Dance Sport examination should apply to the relevant Faculty Chairperson, with a brief CV of the prospective candidate, together with a recommendation, so that their level of entry may be assessed.

### **Partnering**

Candidates must provide their own partners who may be amateur or professional.

### **Time Limits**

<u>Two candidates at a time</u>		<u>One candidate at a time</u>	
Number of dances	Time	Number of dances	Time
1 dance	5 minutes	1 dance	3 minutes
2 dances	6 minutes	2 dances	5 minutes
3 dances	9 minutes	3 dances	7 minutes
4 dances	11 minutes	4 dances	9 minutes

### **Use of CDs**

Teachers and candidates will use their own choice of music throughout the examinations. Music operators should be seated at a discreet distance from the Examiner where possible.

### **Dress Requirements**

Suitable attire, which is appropriate to the age and gender of the candidate, should be worn with appropriate footwear, laces tied and secure. The chosen attire should enable the Examiner to see clearly the action of the body, legs and head.

Candidates must remain in the room. Jewellery or body-piercing should not be worn.

### **Number Cards**

Number cards should be worn on the front of all candidates for ease of identification.

**Reasonable Adjustments** may be made to the examinations where candidates have particular needs. Further details are given on page 19.

## **Syllabus Content for Amateur Medal Tests and Awards**

### **Note: Markers and Prompters**

A marker, who should not impede the Examiner's view, may be used for Bronze level and below candidates.

### **Introductory Tests**

In the Under 6, Under 8, Social Dance and Pre-Bronze Tests, dances from different genres may be used e.g. a candidate might choose to dance a Line or Country Western dance and Cha Cha Cha (Latin American) or a Disco/Freestyle routine with Veleta (Classical Sequence). When entering mixed genres, the teacher should enter the tests as 'IDF' (Imperial Dancesport Faculties) on the timetable.

### **Under 6 and Under 8 Tests 1, 2, 3, 4**

These tests are designed to encourage our very young pupils and to get them started on the medal test 'ladder'. There is no technical requirement and Parts 2, 3 and 4 do not require a higher standard of dancing than Part 1. Fun dances may be used. Lively movement and the beginnings of timing awareness should be encouraged.

### **Social Dance Tests 1, 2, 3, 4**

These are introductory tests at a social level, which may be taken by candidates of any age group. Three dances should be shown in each test and a minimum of four Figures shown in each dance. Technical accuracy is not expected and Tests 2, 3 and 4 do not require a higher standard of dancing than Test 1. Any dance in vogue may be used. Staying in time with the music and the beginnings of rhythmic expression are of primary importance.

### **Pre-Bronze Dance Tests 1, 2, 3, 4**

These tests may be taken by candidates of any age group. The dancing should show the beginnings of technical awareness. Tests 2, 3 and 4 do not require a higher standard of dancing than Test 1. Two dances should be shown in each test and a minimum of four Figures shown in each dance.

### **One Dance Tests**

These are tests at Social Dance, Pre-Bronze, Bronze, Silver and Gold standard in any Line or Country Western Dance. They do not qualify the candidate to enter a full medal test at a higher grade.

### **Medal Series (Bronze 1, Bronze 2, Silver, Gold)**

Tests must be passed sequentially from Bronze to Gold. (Bronze 2 is an optional examination) Candidates may enter for both the Bronze and Silver medals at the same session, but each higher test must be taken at a separate session. Candidates take this option at their own risk as the Silver result will become void if the Bronze result is unsuccessful. Bronze 2 does not require a higher standard of dancing than Bronze 1.

Candidates moving from one age division to the next, may either commence at Bronze or Silver level or may continue their medals in order e.g. Juvenile Gold to Junior Gold Star etc.

In order to use the medal system to best advantage, candidates who have passed the Bronze test should be encouraged to take a second Bronze test showing a different routine before moving on to Silver.

## Higher Awards

### Gold Star 1, 2, 3

A minimum of eight actions and /or movements should be shown for all Gold Star and above tests. The standard of choreography should progress and contain less repetitive actions for higher grade tests. A high standard of technical accuracy, control and rhythmic expression will be expected at this grade. There must be an interval of six months between Gold Stars, (three months for under sixteen's). The dancing throughout the Gold Stars and Imperial Dance Award should show a gradual progression toward the ultimate goal of Supreme Award.

### Imperial Dance Award 1, 2, 3

These are optional awards, which follow on from the Gold Stars. The requirements and required interval between tests are as for Gold Star.

### Supreme Award

Candidates for this prestigious award will be expected to show an appropriately high standard of technical accuracy, style and rhythmic expression.

### Annual Award

This award was introduced to encourage candidates to maintain their standard of dancing at Supreme Award level and may be taken twice a year.

## Choreography - Bronze and above

Dances used in tests may be choreographed by teachers or selected from the hundreds of published dance scripts available. This freedom of choice will allow teachers to:

- Choose dances suitable for specific age groups and different types of classes.
- To introduce into their Medal Test system new dances choreographed and published to the latest Country Western music
- To select dances particularly popular in the local Line and Country Western Dance scene.

Steps and Actions should be taken from the Terminology section of this Syllabus Outline. Teachers may use non Country music for part of each test if they wish, but approximately  $\frac{2}{3}$  of each test should be performed to Country music. In high grade tests each dance must represent a different dance Style/Movement.

Bronze 1	two dances	(minimum four Basic Steps / Actions)
Bronze 2	two dances	(minimum four Basic Steps / Actions)
Silver	three dances	(minimum six Basic Steps / Actions)
Gold*	four dances	(minimum eight Basic Steps / Actions)
Gold Star*	five dances	(minimum eight Basic Steps / Actions)
Imperial Dance Award*	five dances	(minimum eight Basic Steps / Actions)
Supreme Award*	five dances	(minimum eight Basic Steps / Actions)
Annual Award*	five dances	(minimum eight Basic Steps / Actions)

\* Each dance in these examinations should represent a different dance Style / Movement as described in the 'Dance Styles And Movements' listed at end of this Syllabus Outline. In these

tests, after performing the routine as written twice, candidates may, if they wish, freestyle according to normal rules, adding styling, embellishments or alternative footwork, providing that the basic pattern and rhythm remain unaltered.

### **Couples Tests**

Couples Tests may be taken as follows:-

- Line Dances as a couple in various dance Positions/Holds
- Partner Sequence Dances
- Couples / Freestyle Dances
- Single candidates may be entered for the Couples test partnered by a professional or another amateur not taking the test. Partners will NOT wear a number.

### **Team / Formation Tests**

- One routine only is required but the team may dance twice in order to accommodate reserves.
- Lifts, Drops, Aerial and Acrobatic moves are not allowed
- Routines must be based on dance using Syllabus Figures
- Pattern changes, complexity of dance moves, plus musical awareness and artistic interpretation should increase and develop with each level of test.
- Partner work may be all or part of the routine.

Time Limits for Team tests:

- Bronze / Silver - two minutes maximum
- Gold - three minutes with two rhythm changes
- Gold Star and Above - three minutes, no music restrictions but must include at least two rhythm changes

### **Method of Assessment/Mark Scheme for Amateur Medals and Tests**

Each dance must be passed at 65% in order for the examination to be successful overall. Maximum marks allocated for each dance is 100. The overall result is indicated as a percentage as follows:

Honours	85%
Commended	75%
Pass	65%
Unsuccessful on this occasion	0%-64%

All Amateur Medal Tests are assessed by the examiner as above. However for the Under 6, Under 8, Social Dance and Pre Bronze Dance Tests, the teacher can choose whether the examiner gives percentage marks or only an overall result of Unsuccessful on this Occasion, Pass, Commended or Honours. The teacher should inform the examiner at the beginning of the examination session which method of marking is preferred if entering candidates at these levels. The assessment of the candidate is carried out in the same way regardless of which method is selected.

## Professional Teaching Examinations

### Introduction

Candidates will be examined in the Theory, Demonstration and Teaching of Line and Country Western Dance. The ability to convey knowledge with confidence and clarity will be of prime importance. Voice projection, personality and appearance are particularly relevant to this dance style.

A good basic knowledge and demonstration showing country styling of authentic Western Dancing encompassing LINE, CIRCLE, PARTNER and COUPLES/FREESTYLE is required. Candidates should show an awareness of current trends in Western music, also use of non-country music and its effect on modern Western Dance choreography.

For all examinations and tests, which include Partner/Couples work, candidates must provide their own partners who may be amateur or professional.

The examination will be conducted using accepted Line and Country Western Dance terminology as listed in the 'Country Western Associate Examination Study Notes' available from ISTD Shop as well as the 'Country Western Associate Set Line Dances'.

The Examiner will require the following:-

- a) A list of the dances prepared and presented by the candidate for their Associate Examination in Line and Country Western Dance.
- b) Dance scripts for all Line and Partner Dances selected by the candidate for their Licentiate Examination.

### Associate Syllabus Content

Duration of examination is 75 minutes

Candidates must be 17 years of age or over.

The Examiner will require the candidate to present a portfolio containing lists and dance scripts of the dances they have studied for this examination. Lists giving the names of the following routines should be included.

LINE DANCES	Four Beginner Dances Four Improver Dance Four Intermediate Dances Own Choice Line Dance
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PARTNER DANCES	One Partner Dance One Party or Mixer Dance
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**PART ONE Line Dancing****Demonstration – Set Line Dances**

Candidates are required to select and study four dances from each of the three lists as shown below, (total of twelve dances). The dances chosen should include dances of different styles as described in 'LINE AND COUNTRY WESTERN DANCE STYLES and MOVEMENTS' listed at end of this Syllabus Outline. Dancing to music of their choice, candidates will perform one dance, (chosen by the Examiner), from each section of their selected Set Line Dances. Total: three Set Dances

**Beginners**

Electric Slide  
Free and Easy  
Freeze  
Fuzzy Duck Slide  
Cotton Eye Jo  
Ziggy  
Stompin' It Out  
Sorebone Strut  
California Freeze  
Black Velvet  
Cheyenne  
Texas Stomp  
Western Express  
Charmane aka Cowboy Strut  
Cowgirl Twist

**Improvers**

Latin Wiggle  
One Step Forward/ Two Steps Back  
Waltz Across Texas  
The Skip  
County Line  
Slappin' Leather  
Double Duchess Hustle  
Chattahoochie  
Hooked on Country  
Tush Push  
Grundy Gallop  
Saloon Scissor Stomp  
Kelly's Cannibals  
Circle 20

**Intermediate**

Cruisin'  
J.T. Jacks  
Watch Me  
No Way Jose  
Snap Jack  
CMT Jammin' Country Strut  
Ko Ko Mo  
Twister  
Easy Come, Easy Go  
Black Coffee  
Lamtarra Rumba  
Buffalo Bill  
Midnight Waltz  
Fly Like A Bird  
Crazy Legs  
Smokey Places  
Louisiana Hot Sauce

**One Dance**

Candidate's free choice, not from the set list, any style will be permitted for this routine, which may be performed to non-country music. \* The standard of this routine should be Gold/Intermediate level, not exceeding 64 beats. After performing this routine twice, candidates may, if they wish, freestyle according to normal rules, adding styling, embellishments or alternative footwork providing that the basic pattern and rhythm remain unaltered.

\*Country alternative music should be suggested.

**PART TWO Explanation of Dances and Teaching Technique**

- 1 Be prepared to call in full or call briefly with hints, any of the listed dances as requested by the Examiner
- 2 Teaching Techniques
  - a) Explain methods of teaching dances or Figures featured in the routines
  - b) Show understanding and teaching of poise, posture and balance
- 3 Method of approach to conduct and instruct a class, including suitability of dances for different levels, age groups and types of classes, knowledge of floorcraft and Dance Floor Etiquette

- 4 Knowledge of Basic Anatomy and understanding of Body Adaptations occurring as a result of movement and exercise, particularly in relation to dancers of very different ages  
Awareness of dangers: Knowledge of injury prevention and safety precautions in relation to dance training and also in relation to clothing, footwear etc

### **PART THREE Understanding of Line and Country Western Dance Terminology**

Candidates to explain, using own words, and demonstrate, with music if necessary, any of the following terms as requested by the Examiner:

#### **A Musical Knowledge**

ACCENT	PHRASE/PHRASING	SLOW, QUICK, AND
BAR – MUSICAL	RHYTHM	SYNCOPIATION
COUNT	RHYTHM BREAK	TEMPO
		TIME SIGNATURE

#### **B Dance Terminology**

ACCENT	CBMP	HOLD
ALIGNMENT	CENTRE	HOME/IN PLACE
AMALGAMATIONS	CHOREOGRAPHY	LOD and AGAINST LOD
BALANCE	DIAGONAL	1,2, and 4 WALL DANCES
BODY MOVEMENT	FOLLOW THROUGH	SPOTTING
CBM	FOOT POSITIONS	VARIATIONS

#### **C Basic Steps and Actions**

APPLEJACK	HITCH	SHUFFLE
BALL CHANGE	HITCH TURN	SLIDE
BRUSH	HOOK	SPIN
CAMEL WALK	HOP	STEP
CHARLESTON	JAZZ BOX/ SQUARE	STOMP
CHASSÉ	JAZZ JUMP	STROLL
CHUG	JUMP	STRUT (Heel or Toe)
CLOSE	JUMPING JACK	SUGAR FOOT
COASTER STEP	KICK	SWING
CROSS	KNEE DIP	SWITCH
CROSSOVER ROCKS	KNEE POPS	SWIVEL (Heel or Toe)
DIG	LEAP	SWIVET
DRAW/Drag	LOCK	TOGETHER/CLOSE
EXTENDED VINE/WEAVE	MONTEREY TURN	TOUCH/TAP
EXTEND/EXTENSION	PADDLE/PEG LEG TURN	TRAVELLING PIVOT
FAN (Heel or Toe)	PIVOT/MILITARY TURN	TURN/ROTATE
FLEX	POINT	TWINKLE
FLICK	ROCK STEP/ROCKING CHAIR	TWIST or
FLICK/KICK BALL CHANGE	SAILOR STEP	CROSS/UNWIND TURN
HEEL SPLIT (Pigeon)	SCISSORS	VINE/WEAVE
HEEL STOMP	SCOOT	WEIGHT CHANGE
	SCUFF	ZIG-ZAG

## **D Hand / Arm and Body Movements**

CLAP	RIPPLE	THRUST
FINGER SNAP/CLICK	SHIMMY	TORQUE
HIP BUMPS/ROLLS/GRINDS	SLAP	
ISOLATION	SWAY	

## **PART FOUR Knowledge of the Dance Industry**

Candidates will be expected to be aware of the responsibilities of a dance teacher concerning the following point: -

- 1 Safety of staff and pupils.
- 2 Legal Requirements
  - a) Adequate insurance for Public Liability in relation to pupils and staff.
  - b) Knowledge of the relevant licences required for the performance of music.
  - c) Awareness of local council authorities regulations with regard to Music/Dancing Licence, Environmental Health, Fire Prevention standards etc.
  - d) Professional approach to booking arrangements
  - e) Professional conduct with regard to other teachers or professional organisations

## **PART FIVE Partner and Mixer Dances and Western Freestyle Couples**

- 1 Knowledge of the following Basic Dance Positions:

CLOSED WESTERN	SIDE BY SIDE
INDIAN	SKATERS
OPEN	SWEETHEART (aka SIDE BY SIDE)
PROMENADE (aka SWING POSITION)	VW
REVERSE INDIAN	WRAP
REVERSE WRAP	
- 2 Understand the following Terms:

ARCH	FRAME
CHASE	PREP
CUP AND PIN	RESISTANCE
- 3 Knowledge of Foot Positions in relation to Room Alignment
- 4 Demonstration
  - A Partner and Mixer Dance

Demonstrate with a partner and describe:
    - a) - One Partner Dance of candidate's choice
    - b) - One Party or Mixer Dance of candidate's choice.

B Western Freestyle Couples

Demonstrate with a partner Basic Steps of one of the following dances (candidate's choice):

CHA CHA CHA

TWO STEP

EAST COAST SWING

WALTZ

POLKA

**PART SIX Interpretation of Dance Script and Class Teaching**

- A Interpret a 16 beat dance script supplied by the Examiner, containing Figures and Steps listed in 'Terminology' section earlier in this Syllabus Outline
- B Introduce a small class, set the dance floor and count in a dance, which has been previously taught to the group. Call hints or counts as appropriate.
- C Teach Amalgamations (Script Interpretation as in A) to class.
- D Teach class a basic Partner Dance sequence, i.e. 8 Steps plus 4 Shuffles, with careful explanation of Holds.

**Licentiate Syllabus Content**

Duration of examination is 90 minutes

Candidates must be 21 years of age or over and have occupied a responsible position as a teacher of dancing for at least two years. Candidates must hold the ISTD Associate in Line and Country Western Dance.

**PART ONE Line Dancing**

- A The candidate will be required to prepare three dances of own choice, one of each of the levels shown. Candidates will be asked to perform and call two of these dances as selected by the Examiner.
  - a) Beginner (Social Dance / Pre-Bronze Tests)
  - b) Improver (Bronze / Silver Medal Test)
  - c) Intermediate / Advanced (Gold / Gold Star and Above Tests)

In the Intermediate / Advanced routine, after performing the dance as written for two repeats, candidates may, if they wish, freestyle according to normal rules, adding styling, embellishments or alternative footwork providing the basic pattern and rhythm remain unaltered.

Note: Each dance selected should represent a different dance Style / Movement as described in 'Dance Styles And Movements' listed at end of this Syllabus Outline.

- B Dance a Line Dance that can be adapted to a Partners Line Dance, show this with a partner.
- C Choreograph and perform a 32 beat Improver Line Dance using Syllabus Figures, any music chosen by the candidate may be used.

The Examiner will require a typewritten copy of the Dance Sheet for this routine, which must be written in the generally accepted manner for writing Line Dance scripts using ISTD Associate Syllabus terminology.

## **PART TWO Partner Dancing**

- A Demonstrate with a partner and explain an Intermediate Partner Dance. Explain Holds and teaching methods.
- B From a Partner Dance Script provided by the Examiner read the script and teach dance to a partner. The dance will consist of approximately 8 Steps and 4 Shuffles and will be choreographed to 4/4 music.

## **PART THREE Couples / Freestyle Dancing**

- A Demonstrate with a partner to music, as Leader or Follower, four of the following dances as selected by the Examiner using amalgamations of the Basic Figures listed. Other Figures may be included in the demonstration to music, but are not a requirement of this examination.
- B Demonstrate solo to music Syllabus Figures as requested by the Examiner, who may ask for demonstrations to be performed both as Leader or Follower.

WALTZ	Basic, Forward and Back Underarm Turn R (Outside Turn) Underarm Turn L (Inside Turn) Walkaround Right Wrap
TWO STEP	Basic Step Pattern Basic Progressing Forward and Back Underarm Turn R (Outside Turn) Underarm Turn L (Inside Turn) Walkaround Right Wrap
POLKA	Basic, Forward and Back Underarm Turn R (Outside Turn) Underarm Turn L (Inside Turn) Walkaround Polka Turn
EAST COAST SWING	Basic in Place and Turning Underarm Turn R (Outside Turn) Underarm Turn L (Inside Turn) Underarm Pass Side Pass (Various Holds) Sugar Push

Tuck Turn

WEST COAST SWING	Starter Step Throw Out Underarm Turn L (Aka R Side Pass) L Side Pass Sugar Push Tuck Turn Locked Whip/Basket Whip
CHA CHA CHA	Basic and Open Basic Back Break Underarm Turn R and L Walkaround (Spot Turn) Right and Left Side Crossovers (New York) Right and Left Parallel Breaks (Shoulder to Shoulder) 5 <sup>th</sup> Position Breaks (Hand to Hand)

#### **PART FOUR Theory**

- A Candidates must have an in depth knowledge of all of the Associate and Licentiate Line and Country Western Dance syllabi. Work may be included from the Associate Examination syllabus at the discretion of the Examiner.
- B Show an understanding of the style and technique of the listed Couples/Freestyle Dances including entries and exits to and from the Specified Figures, also time signatures and recommended speeds.
- C Teaching questions will be of a standard appropriate to a teacher with two years experience teaching Line and Country Western Dance. Candidates should have an understanding of the current trends in Line and Country Western Dance and music.

#### **Professional Dancing Diplomas**

Candidates should show a high standard of dance technique, artistic ability and rhythmic expression, working to a higher level for each diploma.

All examinations and tests, which include Partner/Couples work, candidates must provide their own partners who may be amateur or professional.

These Diplomas are awarded for proficiency in dancing. The candidate must hold a professional qualification of the Society in Line and Country Western Dance.

**CLASS III** Associates must commence at this grade. Optional for Licentiates and Fellows

**CLASS II** For all professional levels.

**CLASS I** For Licentiates and Fellows who have attained Class II.

The requirements are as follows:-

**CLASS III**

- One Beginner / Improver routine to medium tempo music.
- Three dances of differing rhythms, of own choice, selected from the list of 'Dance Styles and Movements' as shown at end of this Syllabus Outlines. One dance may be of Advanced level.

**CLASS II**

- Warm Up (Limbering Routine)
- Dance Routine (Up to Fellowship Figures)

**CLASS I**

- Warm Up (Limbering Routine)
- Dance Routine (No restriction)
- Cool Down Routine

NOTE: In all Professional Diplomas, after performing dances as written for two repeats, candidates may freestyle according to normal rules, adding styling, embellishments or alternative footwork, providing the basic pattern and rhythm remain unaltered.

**Method of Assessment for Professional levels - Associate, Licentiate, Diplomas**

**Method of Assessment**

The examination is divided into sections, and each section must be passed at 65% to pass the examination overall. The marks are added and the overall result is awarded as follows:

Highly Commended	85-100
Commended	75-84
Pass	65-74

Candidates are unsuccessful if they do not achieve the minimum mark in any one section.

**Line and Country Western Dance Styles and Movements**

Line and Country Western Dances are performed in many styles. It is necessary to show the appropriate interpretation of the rhythm and also the characteristic footwork, leg and body Actions generally associated with each particular style. For clarification and as a guide for examination purposes, dance styles are briefly defined as follows:-

- 1 LILT** – A dance containing patterns using a ‘lilt’ movement, such as the Actions used in Polka rhythm i.e. danced to the count of, ‘a1&2 a3&4’, stepping down on the beat of the music, rising on the ‘off beat’ to create the Lilt Action.

For reference, other dance styles having a similar rhythmic feeling and action are the East Coast Swing, Jive and Hip-Hop. Any dances using music with this type of rhythmical feeling would be danced with a ‘LILT’ Style.

- 2 SMOOTH** – Dances which use a basic ‘smooth’ movement without use of Rise and Fall, Lilt or any Latin Movements.

Foot patterns are danced with smooth passing steps with patterns usually changing with the phrase of the music.

For reference, dances based on the following would use ‘SMOOTH’ Style: Two Step, West Coast Swing, Tango and Hustle.

- 3 LATIN** – Dances with patterns using mostly ‘Latin’ Action. On counts 1 and 5, ‘Pauses/Holds’ occur and Break Steps are on count 2 and 6. ‘Latin’ dances feature a rotary and horizontal hip action with the upper body rib cage moving in opposition across the body’s centre.

For reference, dances using a ‘Latin’ Action include the Rumba, Cha Cha Cha, Mambo, Samba etc.

- 4 RISE AND FALL** – Dances which use a basic ‘Rise and Fall’ Action. Dependent on the time signature of the music, the dancer lowers on the accented beat by lowering through the knees, ankles and feet, gradually rising through feet, legs and body on the following steps to reach the climax of the rise. The foot patterns and Rise and Fall Movement re-commence with the following Figure, each group of steps danced with the phrase of the music.

Rise and Fall dances also use ‘Swing and Sway’ Movement. The movements complement and aid each other to produce controlled turns and flowing movements.

For reference, dances choreographed in Waltz, Bolero, Foxtrot and Quickstep rhythms use ‘Rise and Fall Action’.

- 5 NON- SPECIFIED** – Any dance, which is visually and musically acceptable, but not applying to the criteria in Styles 1 – 4 as listed. For example, Funky / Disco, Irish or other dances with a National flavour.

Further information and guidance on basic systems and figures is given in the ‘Line and Country Western Study Notes’ and Country Western Associate Set Line Dances’ available from the ISTD Shop, but the ISTD would like to make it clear that it is not compulsory to purchase these books in order to successfully pass any ISTD Line and Country Western examination.

## Reasonable Adjustments

### Candidates Who May Require Adjustments to the Assessment

The ISTD is committed to promoting an environment where all individuals are encouraged to achieve their full potential and develop their skills, encouraging its teachers to maintain an open approach towards the different talents and abilities offered by all their students. It is, therefore, required of all ISTD teaching members that they do not discriminate, either directly or indirectly, on the grounds of colour, race, nationality, ethnic origin, gender, mental or physical disability, marital status or sexuality, and pupils with disabilities should not be treated less or more favourably than able-bodied pupils simply because of their disability.

Disability takes the form of mental or physical impairments or both, and may be long or short term. The ISTD recognises that some students with a mental or physical impairment may need special adjustments to assessment conditions to allow them to demonstrate their knowledge in dance. The procedure should be used in all cases, every time the candidate enters for an examination, as the conditions, and necessary adjustments, may change.

If a teacher wishes to enter such a pupil for an examination, the ISTD would like to make it clear that although pupils with mental or physical impairments may require extra time in an examination, or special aids (e.g. special headphones if the pupil is deaf) in order to perform to the best of their ability, the *quality of the performance in an examination is to be equal to that of a non-disabled candidate*. The candidate cannot be marked on different criteria because of the restriction the impairment may cause them. This is mandatory in order to achieve a true and fair dance award.

If such a candidate is to be submitted for an examination, the teacher must apply to the Customer Services and Quality Assurance department for an 'Application for Reasonable Adjustments' form, or download it from the Customer Services section of the ISTD website, [www.istd.org](http://www.istd.org). This should be completed and returned, with a doctor's letter if relevant, to the Customer Services and Quality Assurance department, a minimum of three weeks prior to the examination entries being sent in to the Examinations department. This form may be submitted to the Faculty for advice, and the teacher and examiner will be informed of the adjustment agreed.

For further details see the Equal Opportunities policy on the ISTD website  
[www.istd.org/documents/istd-equal-opportunities-policy](http://www.istd.org/documents/istd-equal-opportunities-policy)

### Results and Certification

All ISTD examinations are single performances at one moment in time, with a detailed marking system awarded according to the assessment criteria and attainment descriptors given for each examination.

Examiners return the results and report sheets as soon as possible after the examination. The report sheets for each candidate are individually checked within the Quality Assurance department for administrative accuracy. Under normal circumstances the report sheets will be issued to the teacher within 10 working days of the examination for UK examinations. Any errors found are corrected by the examiner prior to further processing of the whole examination session, and may therefore extend these timings, although the department will make every effort to process these as rapidly as possible.

All results are entered, and checked for achieving the minimum pass levels, and correct levels of attainment against the total mark achieved.

Results are then cleared for the certificate issue, which should be within 6 to 8 weeks of the examination. Copies of all report sheets and results are held on archive for reference as necessary.

The ISTD is an approved awarding body and, as such, adheres to the criteria laid down for the regulation of its qualifications by the Regulatory Authorities, the Office of Qualifications and Examinations Regulation (Ofqual) for England and Northern Ireland, and the Welsh Assembly Government for Wales. Teachers in other countries should note that while the ISTD and all ISTD regulated examinations must meet these criteria, the Regulatory Authorities themselves have no remit outside England, Wales and Northern Ireland.

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