



	PRESENTATIONAL ELEMENTS			MOVING ELEMENTS	
	HOLDS	POSITIONS	PROXIMITIES	FEET	TIMING
BRONZE	<ul style="list-style-type: none"> Ballroom Hold Alternate Hold (Bronze) Frame Hold Double Hand Hold Single Hand Hold <p>May use a combination of Single-Hand and Frame Holds (Combination Hold)</p>	<ul style="list-style-type: none"> Closed Outside Partner Right and Left Promenade Counter-Promenade Open Facing Right Angle/90 degrees Left or Right Side (Opposite Foot) Inverted Left or Right Side Back-to-Back 	<ul style="list-style-type: none"> Body Contact Close Extended <p>Must maintain any Bronze hold(s) in all proximities</p>	<ul style="list-style-type: none"> Opposite Foot only Feet must close, (no passing feet) except in allowed Apart Feet Figures*; feet must close on following figure <p>*Single-Step Figures, Breaks, Crossbody Figures, Chassés, Grapevines [Half and Full], Pivots, Underarm Turns, and Change of Places</p>	<ul style="list-style-type: none"> Bronze Timing—see <i>Timing Chart</i> for each dance One syncopation per bar allowed in <i>Chassés</i> with no turn, or up to ¼ turn, in Waltz and Foxtrot
SILVER	<p>All Bronze Holds, plus:</p> <ul style="list-style-type: none"> Alternate Hold (Silver) Crossed Hand Hold (sustained) Handshake Hold (Right or Left) Shadow Hold No Hold—Apart Proximity only, up to one bar per occurrence 	<p>All Bronze Positions, plus:</p> <ul style="list-style-type: none"> Add Fallaway movement Same Foot Lunge Shadow Right (Follower in front) Contra Right or Left (Opposite Foot) 	<p>All Bronze Proximities, plus:</p> <ul style="list-style-type: none"> Apart (No Hold)—up to one bar per occurrence 	<p>All Bronze Feet, plus:</p> <ul style="list-style-type: none"> Passing Feet Same Foot allowed in Same Foot Lunge and sustained Shadow Right Position only 	<p>All Bronze Timings, plus:</p> <p>See <i>Timing Chart</i> for each dance</p> <ul style="list-style-type: none"> One syncopation allowed per bar. In Shadow Right, syncopation is allowed only in <i>Chassés/Locks/Runs</i> with no turn, or up to ¼ turn Foot Change Timing allowed—one syncopation or fake/canter per bar <i>Picture Lines</i>—up to two bars on one foot
GOLD	<p>All Bronze & Silver holds, plus:</p> <ul style="list-style-type: none"> Hammerlock Hold—Double or Single Hands to Body No Hold—Apart or Away Proximity (see <i>Proximities</i> column for times allowed) 	<p>All Bronze & Silver positions, plus:</p> <ul style="list-style-type: none"> Shadow Left Left Side, Right Side, and Tandem, Same Foot Contra Right or Left, Same Foot Opposite Shadow Right and Left 	<p>All Bronze & Silver proximities, plus:</p> <ul style="list-style-type: none"> Apart (No Hold)—up to four consecutive bars in W, T, F; eight bars in VW Away—up to two consecutive bars in W, T, F; four bars in VW 	<p>All Bronze & Silver feet, plus:</p> <ul style="list-style-type: none"> Same Foot allowed in all positions 	<p>All Bronze & Silver timings, plus:</p> <p>See <i>Timing Chart</i> for each dance</p> <ul style="list-style-type: none"> Up to one syncopation per bar allowed in figures with turn in Shadow Right, or Apart Proximity Two syncopations per bar allowed in <i>Double Underarm/Free Turns</i>, <i>Tango Viennese Crosses</i> Syncopations on every beat allowed in <i>Runarounds/Standing Spins</i> in Waltz and Foxtrot <i>Picture Lines</i>—up to four bars allowed
OPEN	<ul style="list-style-type: none"> No restrictions on holds used or time spent in any hold, including No Hold Entrances are allowed 	<ul style="list-style-type: none"> No restrictions on positions, all levels allowed including Dips, Drops, Backbends, Sit Spins, Off-Balance positions 	<ul style="list-style-type: none"> No restrictions on distance or amount of time in any proximity 	<ul style="list-style-type: none"> Lifts are not allowed, if supported by partner at least one foot must always remain on the floor Jumps, Hops, Skips are allowed Kicks, Rondés, Développés at any height 	<ul style="list-style-type: none"> No restrictions on timing
EXCEPTIONS	<p>Bronze exceptions:</p> <ul style="list-style-type: none"> *Handshake Hold—Waltz <i>Change Steps</i>, <i>Progressive Twinkles OP</i>, <i>PP/CPP</i> only *Shadow Hold—Tango <i>Shadow Walks and Rocks</i> only 	<p>Bronze exceptions:</p> <ul style="list-style-type: none"> *Shadow Right Position—Tango <i>Shadow Walks and Rocks</i> <p>Silver exceptions:</p> <ul style="list-style-type: none"> *Left Side Same Foot—Foxtrot <i>Grapevine</i> up to four quicks *Shadow Left—Waltz <i>Shadow Switch Twinkles</i>, one bar only in SH/L 		<p>Bronze exceptions:</p> <ul style="list-style-type: none"> *Same Foot—Tango <i>Shadow Walks and Rocks</i> in Shadow Right Position <p>Silver exceptions:</p> <ul style="list-style-type: none"> *Left Side Same Foot—Foxtrot <i>Grapevine</i> four quicks only 	<p>Silver exceptions:</p> <ul style="list-style-type: none"> *Two syncopations per bar—Tango allowed in <i>Double Underarm/Free Turns</i>, and <i>Viennese Crosses</i> (in Ballroom Hold only) for one bar only
DEFINITIONS	<p>Hold = the point(s) of contact between the partners (primarily the hands).</p>	<p>Position = the relationship of the partners' bodies and feet to one another.</p>	<p>Proximity = the distance between the partners' bodies.</p>	<p>Feet = which foot the weight is on in relation to the partner—Opposite Foot or Same Foot. Also, whether feet may close or pass at the end of the figure.</p>	<p>Timing = weight changes in relation to music. 123 requires three weight changes, 12&3 requires four weight changes. Parentheses indicate that there is no weight change on that count, i.e., QQ(S) would be two weight changes.</p>