

## IDTA Medal Routines – Examination Date: 29/7/2017

### BRONZE WALTZ & One Dance Test

(Long side of room)

Start facing toward corner

Starting Man's LF, 3 x Change Steps

Under turned Natural Turn (end facing diag centre), Change Step

Reverse Turn, Whisk and Chasse

(Short Side)

Natural Spin Turn ending with 456 of Reverse Turn

Change Step

Begin Routine again

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### BRONZE QUICKSTEP

(Long side of room)

Start facing diag wall

2 Walks Forward

¼ Turn to Right, Progressive Chasse and Lock Step

(Rpt if necessary) ¼ Turn to Right, Progressive Chasse and Lock Step

(Short Side)

Natural Spin Turn, Progressive Chasse and Lock Step

(Long side of room)

Natural Turn with Hesitation

Chasse Reverse Turn, followed by Fish Tail

(Short Side)

Natural Spin Turn, Progressive Chasse and Lock Step

Natural Spin Turn

Begin Routine again

## SILVER WALTZ

### (Long Side)

Natural Turn/Open Impetus (Diag Centre) to Weave

Natural Turn (end facing diag centre), Change Step

Reverse Turn, Change Step

### (Short Side)

Natural Turn with Hesitation

Chasse to Right with Outside Change

### (Long Side)

Natural Turn with Whisk in Corner

Wing, Open Telemark, followed by Chasse

Natural Spin Turn, end with 456 of Reverse Turn

Reverse Turn, Whisk and Chasse

### (Short Side)

Under turned Natural Turn

Change Step, Reverse Turn, Change Step

Begin Routine again

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## SILVER FOXTROT

### (Long Side)

Start (Diag Centre) 2 x Walks, Feather Step, Reverse Turn

Feather Finish, 3 Step

### (Short Side)

Natural Turn with Open Impetus

Weave followed by Change of Direction

### (Long Side)

2 x Walks, Feather Step, Telemark (end Promenade Pos. facing Wall)

Natural Turn ending with Outside Swivel for Lady, exit with Feather Step

Quick Open Reverse (SQ&QQS), Feather Finish, 3 Step

### (Short Side)

Natural Turn with Open Impetus

Weave followed by Change of Direction

Begin Routine again

## SILVER QUICKSTEP

### (Long Side)

Start facing diag corner (Long side of room)

Under Turned Natural Spin Turn, Progressive Chasse

Quick Open Reverse (SSQQS) followed by a 4 Quick Run (includes Lock Step)

### (Short Side)

Over Turned Natural Spin Turn followed by V6 (ends with Outside Change)

followed by Fish Tail

### (Long Side)

First 3 of a Natural Turn (ending backing LOD, weight on Man's LF, SQQS)

Back Lock and Running Finish, ¼ Turn to Right, Progressive Chasse and Lock Step

### (Short Side)

Natural Spin Turn, Progressive Chasse and Lock Step

Begin Routine again