

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 lessons and to practices – 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!

CONSIDER THIS:

A space is left for notes after every step. You can write in whatever is most valuable for you, however here are some subject-areas to consider while writing in your notes.

TIMING	ie: for 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
OTHER NOTES	ie: for Basic Waltz – (for woman) ¼ turn to R; toe – inside foot – close. You can also add notes for lead/follow, head positioning, hand position, sliding of the foot, toe-heel positions, pivots, brush to foot, oversway or lunge positioning, etc.

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 Waltz

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

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

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



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

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



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 Cha Cha

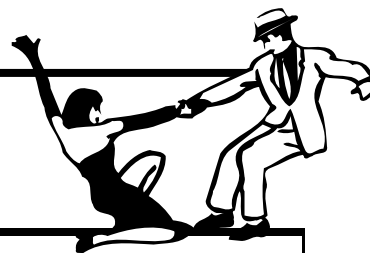
U.S.I.S.T.D. Syllabus Steps



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

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



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 Right Underarm Turn
9B.	Lindy Whip Turn with Left Underarm Turn
9C.	Lindy Whip Turn with Hand Change Turn
10.	Back Pass
11.	Hitch Kick

Bronze American Rumba

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



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



Silver American Waltz

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

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

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



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

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



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 Cha Cha

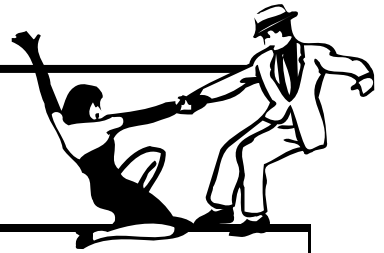
U.S.I.S.T.D. Syllabus Steps



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 Swing

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



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 Rumba

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



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