

GLOBAL SMOOTH SYSTEM ELEMENTS CHART



SMOOTH	PRESENTATIONAL ELEMENTS			MOVING ELEMENTS	
	HOLDS	POSITIONS	PROXIMITIES	FEET	TIMINGS
BRONZE	<ol style="list-style-type: none"> 1. Traditional Ballroom 2. Alternate (Bronze) 3. Frame 4. Double Hand 5. Single Hand Left or Right <p>(Combination Holds are allowed e.g. ½ Frame Hold, ½ Single Hand Hold)</p>	<ol style="list-style-type: none"> 1. Closed 2. Outside Partner — Right and Left 3. Promenade 4. Counter-Promenade 5. Open Facing 6. Right Angle/90 degrees 7. Left or Right Side — Opposite Foot only 8. Inverted Left Side (CPP) or Right Side (PP) 9. Back to Back 	<ol style="list-style-type: none"> 1. Body Contact — with hold 2. Close — with hold 3. Extended — with hold 	<ol style="list-style-type: none"> 1. Opposite Foot only 2. Feet must close, no Passing Feet. A Closed Finish must follow Apart Feet Figures (e.g. Fans, Breaks, Cross-Body Leads, Chassés, Grapevines, Pivots, UATs, Change of Places) 	<ol style="list-style-type: none"> 1. Bronze Timing — see timing chart for each dance 2. One syncopation per bar allowed only in Chassés with no turn or up to ¼ turn (Waltz and Foxtrot)
SILVER	<p><i>All Bronze Holds allowed</i></p> <ol style="list-style-type: none"> 6. Alternate (Silver) Right or Left 7. Crossed Hand 8. Handshake Right or Left 9. Shadow 10. No Hold — Apart Proximity only max. 1 bar per occurrence 	<p><i>All Bronze Positions allowed</i></p> <p>Add Fallaway movements</p> <ol style="list-style-type: none"> 10. Same Foot Lunge 11. Right Shadow— Follower in front/ Leader behind 12. Contra Position — Opposite Foot only 	<p><i>All Bronze Proximities allowed</i></p> <ol style="list-style-type: none"> 4. Apart - max. 1 bar per occurrence 	<p><i>All Bronze Proximities allowed</i></p> <ol style="list-style-type: none"> 3. Passing Feet (Continuity Style) 4. Same Foot allowed in Same Foot Lunge and sustained Right Shadow Position only 	<p><i>All Bronze Timings allowed</i></p> <p>See Timing Chart for details for each dance</p> <ol style="list-style-type: none"> 3. One syncopation per bar only (in Right Shadow Position syncopation is allowed only in Chassés/ Locks/ Runs with no turn or max. ¼ turn) 4. Foot Change Timing allowed — 1 syncopation or fake/ canter per bar 5. Picture Lines — max. 2 bars with the weight on one foot
GOLD	<p><i>All Bronze & Silver Holds allowed</i></p> <ol style="list-style-type: none"> 11. Hammerlock — Double or Single 12. Hands to Body 13. No Hold — Apart or Away Proximities (see Proximities column for time allowed) 	<p><i>All Bronze & Silver Positions allowed</i></p> <ol style="list-style-type: none"> 13. Right Shadow — Follower in front or behind 14. Left Shadow — Follower in front or behind 15. Left/Right Side and Contra — Same Foot 16. Tandem — Follower in front or behind <p>(Follower behind aka Opposite Shadow)</p>	<p><i>All Bronze & Silver Proximities allowed</i></p> <ol style="list-style-type: none"> 5. Apart — max. 4 consecutive bars in W, T, F, 8 bars in VW 6. Away — max. 2 consecutive bars in W, T, F, 4 bars in VW 	<p><i>All Bronze & Silver Feet allowed</i></p> <ol style="list-style-type: none"> 1. Same Foot allowed in all positions 	<p><i>All Bronze & Silver Timings allowed</i></p> <p>See Timing Chart for details for each dance</p> <ol style="list-style-type: none"> 6. One syncopation per bar allowed on turning figures in Right Shadow and Apart turning figures 7. Two syncopations per bar, max. 1 bar allowed in non-turning figures in Right Shadow, Chassés/Locks/Runs in any Bronze/Silver hold, Double UATs/ Free Turns, Tango Viennese Crosses (max. 2 bars in any allowable hold) 8. Syncopations on every beat allowed in Runarounds/ Standing Spins only 9. Picture Lines — max.4 bars with weight on one foot
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 away from partner 	<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, Developés may be any height • Embellishments allowed 	<ul style="list-style-type: none"> • No restrictions on timing
SYLLABUS EXCEPTIONS	<p>Bronze exceptions:</p> <ul style="list-style-type: none"> • Handshake — Waltz Progressive Twinkles OP, PP/CPP only • Shadow — Tango Rocks only 	<p>Bronze exception:</p> <ul style="list-style-type: none"> • Shadow — Tango Rocks only <p>Silver exceptions:</p> <ul style="list-style-type: none"> • Left Shadow — Waltz Shadow Switches, 1 bar only • Left Side Position Same Foot — Foxtrot Grapevine 4 quicks only 		<p>Bronze exceptions:</p> <ul style="list-style-type: none"> • Same Foot — Tango Shadow Rocks only 	<p>Silver exceptions:</p> <ul style="list-style-type: none"> • Two syncopations per bar allowed in Tango Double Syncopated UAT, Viennese Crosses (in Traditional Hold/ Closed Position) for max. 1 bar
DEFINITIONS	Holds are defined as the point(s) of contact between the partners	Positions refers to the relationship of the partners' bodies and feet to one another	Proximity refers to the distance between the partners	Feet refers to which foot the weight is on in relation to the partner. Partners can be on the opposite foot or on the same foot. Feet may close or pass in the figures	Timing refers to the weight changes in relation to the music, e.g. 1,2,3 would require three weight changes, 1,2&3 would require four. See the Timing Chart for specific timings allowed in each dance for Bronze, Silver and Gold