

# GLOBAL SMOOTH SYSTEM ELEMENTS CHART



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