

Waltz

- PRE-BRONZE
 1. Closed Changes
 2. Natural Turn
 3. Reverse Turn
 4. Natural Spin Turn
 5. Whisk
 6. Chasse from PP
- BRONZE
 7. Closed Impetus
 8. Hesitation Change
 9. Outside Change
 10. Reverse Corte
 11. Back Whisk
 12. Basic Weave
 13. Double Reverse Spin
 14. Reverse Pivot
 15. Back Lock
 16. Progressive Chasse to R
- SILVER
 17. Weave from PP
 18. Closed Telemark
 19. Open Telemark and Cross Hesitation
 20. Open Telemark and Wing
 21. Open Impetus and Cross Hesitation
 22. Open Impetus and Wing
 23. Outside Spin
 24. Turning Lock
- xx. Drag Hesitation
- GOLD
 25. Left Whisk
 26. Contra Check
 27. Closed Wing
 28. Turning Lock to R
 29. Fallaway Reverse and Slip Pivot
 30. Hover Corte
- xx. Fallaway Whisk

Foxtrot

- PRE-BRONZE
 1. Feather
 2. Three Step
 3. Natural Turn
 4. Reverse Turn with Feather Finish

- 5. Closed Impetus with Feather Finish
- BRONZE
 - 6. Natural Weave
 - 7. Change of Direction
 - 8. Basic Weave
- SILVER
 - 9. Closed Telemark
 - 10. Open Telemark and Feather Ending
 - 11. Top Spin
 - 12. Hover Feather
 - 13. Hover Telemark (and to PP)
 - 14. Natural Telemark
 - 15. Hover Cross
 - 16. Open Telemark, Natural Turn, Outside Swivel, Feather Ending
 - 17. Open Impetus
 - 18. Weave from PP
 - 19. Reverse Wave
- xx. Natural Weave from PP
- GOLD
 - 20. Natural Twist Turn
 - 21. Curved Feather to Back Feather
 - 22. Natural Zig Zag from PP
 - 23. Fallaway Reverse and Slip Pivot
 - 24. Natural Hover Telemark
 - 25. Bounce Fallaway with Weave Ending

Quickstep

- PRE-BRONZE
 - 1. Quarter Turn to R
 - 2. Natural Turn
 - 3. Natural Turn with Hesitation
 - 4. Natural Pivot Turn
 - 5. Natural Spin Turn
 - 6. Progressive Chasse
 - 7. Chasse Reverse Turn
 - 8. Forward Lock
- xx. Quarter Turn to Left (Heel Pivot)
- BRONZE
 - 9. Closed Impetus
 - 10. Backward Lock
 - 11. Reverse Pivot
 - 12. Progressive Chasse to R
 - 13. Tiple Chasse to R
 - 14. Running Finish
 - 15. Natural Turn and Back Lock

- 16. Double Reverse Spin
- xx. Zig Zag, Back Lock, Running Finish
- xx. Cross Chasse
- xx. Change of Direction
- SILVER
 - 17. Quick Open Reverse
 - 18. Fishtail
 - 19. Running Right Turn
 - 20. Four Quick Run
 - 21. V6
 - 22. Closed Telemark
- GOLD
 - 23. Cross Swivel
 - 24. Six Quick Run
 - 25. Rumba Cross
 - 26. Tipsy to Right and Left
 - 27. Hover Corte

Tango

- PRE-BRONZE
 - 1. Walk
 - 2. Progressive Side Step
 - 3. Progressive Link
 - 4. Closed Promenade
 - 5. Rock Turn
 - 6. Open Reverse Turn, Lady Outside
 - 7. Back Corte
- BRONZE
 - 8. Open Reverse Turn, Lady in Line
 - 9. Progressive Side Step Reverse Turn
 - 10. Open Promenade
 - 11. LF and RF Rocks
 - 12. Natural Twist Turn
 - 13. Natural Promenade Turn
- SILVER
 - 14. Promenade Link
 - 15. Four Step
 - 16. Back Open Promenade
 - 17. Outside Swivels
 - 18. Fallaway Promenade
 - 19. Four Step Change
 - 20. Brush Tap
- GOLD

21. Fallaway Four Step
22. Oversway
23. Basic Reverse Turn
24. The Chase
25. Fallaway Reverse and Slip Pivot
26. Five Step
27. Contra Check

Note: An Open Finish may replace a Closed Finish at any time.

Viennese Waltz

- BRONZE
 1. Natural Turn
 2. Reverse Turn
 3. Closed Changes Forward
 4. Closed Changes Backward
- SILVER
 5. Reverse Fleckerl
- GOLD
 6. Natural Fleckerl
 7. Contra Check