



AirDance Christmas Ball

COMPETITION RULES

AIR DANCE

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AIR DANCE

GENERAL RULES

1. Purposes and Goals

AirDance Christmas Ball is an annual dance event established and organized by AirDance Company Ltd. for popularization of ballroom dancing in Poland and worldwide, organizing dance industry activity in a good will goals and at the highest level.

2. Status

Airdance Christmas Ball is Open to World dance festival for different dance styles and age categories with possible inclusion of ranking or title events from different international dance organizations.

3. TV/Video rights.

In the event of television coverage or production of a video recording for commercial purposes of any competition at AirDance Christmas Ball, all competitors agree that the rights to any fees from such television or video recording will vest solely with the Organiser and no Competitors or Associations shall have any claim against the Organizer, television company or video producer at any such event.

4. Responsibility

All participants, competitors and adjudicators should know, match and execute the AirDance Christmas Ball Competition Rules.

5. Organizer's discretion

Organizer determines all Fees for competitors and officials (Adjudicators, vendors, stuff, etc.) and may change the Competition Rules, if necessary and at its own discretion.

COMPETITORS SECTION

6. Status of AirDance Christmas Ball

6.1 AirDance Christmas Ball is Open to World dance festival, means dancers from any dance organization and country may participate. Organizers may restrict number of entries after registration dead line, when needed.

6.2 When World or European title or ranking competitions from international organizations are running at AirDance Christmas Ball, then rules of these organizations are apply for allowance of participants.

6.3 When National title or ranking events of any Polish dance organizations are running at AirDance Christmas Ball, then only couples from Poland are allowed to participate.

7. Styles & Order of Dances.

7.1 Ballroom:

Waltz, Tango, Viennese Waltz, Slow Foxtrot, Quickstep.

7.2 Latin:

Cha Cha Cha, Samba, Rumba, Paso Doble, Jive.

7.3 Ten Dance:

Waltz, Tango, Viennese Waltz, Slow Foxtrot, Quickstep, Cha Cha Cha, Samba, Rumba, Paso Doble, Jive.

7.4 Open To The World Categories

For all Open to The World title competitions will be 5 dances presented from the First Round

7.5 Smooth:

Waltz, Tango, Foxtrot, Viennese Waltz

7.6 Rhythm:

Cha Cha, Rumba, Swing, Balero, Mambo

8. Tempos and Recommended length of music.

8.1 Please see APPENDIX D

9. Solo Events in Ballroom and Latin-American Styles

9.1 Age categories shall be the same as listed in Rule 10-14.

9.2 Juveniles will be restricted to the Syllabus shown in to the rules in the Competitors Section. See APPENDIX A.

9.3 In Solo Ballroom events dancers may choose to dance with or without normal hold.

9.4 In Solo Juvenile and Junior Latin American events dancers may not use inappropriate gestures and mannerisms. This will be at the Chairperson's discretion.

9.5 Fees for Solo events are determined by Organizer.

10. Age Categories.

10.1 Age categories are determined by the date of birth.

10.2 Juveniles

Juveniles I - Under 8

Juveniles II - Under 10

Juveniles III - Under 12

10.3 Juniors

Junior I Under 14

Junior II Under 16

10.3.1 Juvenile I, Juvenile II, Junior I, Junior II can additionally dance one age category above theirs.

10.4 Youth

Youth I Under 19

Youth II Under 21

10.4.1 Youth I and Youth II are allowed to dance in the Amateur Category.

10.4.2 Youth I can additionally dance in Youth II.

10.5 The above are only allowed to dance in their own age category, if the events have combined age categories; Juvenile I+II (8-11 years of age), Junior I+II (12-15 years of age), Youth I+II (16-20 years of age).

10.6. Amateur - Over 16

10.7. Professional – Over 16

10.8. Seniors

Senior I - Over 35

At least one partner must be over 35 years and the other partner must not be younger than 30.

Senior II - Over 45

At least one partner must be over 45 years and the other partner must not be younger than 40.

Senior III - Over 55

At least one partner must be over 55 years and the other partner must not be younger than 50.

Senior IV – Over 65

At least one partner must be over 65 years and the other partner must not be younger than 60.

10.8.1 Seniors can also dance one age category below theirs.

10.9 Pro/Am (Teacher/Student)

Pro/Am (Teacher/Student) AA - Under 13yo

Pro/Am (Teacher/Student) A0 - 13 to 18yo

Pro/Am (Teacher/Student) A1 - 19 to 30yo

Pro/Am (Teacher/Student) A2 - 31 to 40yo

Pro/Am (Teacher/Student) A3 – 41to 50yo

Pro/Am (Teacher/Student) B1 – 51 to 60yo

Pro/Am (Teacher/Student) B2 - 61 to 70yo

Pro/Am (Teacher/Student) C1 - 71 to 80yo

Pro/Am (Teacher/Student) C2 - over 81yo

10.9.1 If required, age groups can be combined in the following manner:

Pro/Am (Teacher/Student) Teen – Under 19yo

Pro/Am (Teacher/Student) A – 19 to 35yo

Pro/Am (Teacher/Student) B - 36 to 50yo

Pro/Am (Teacher/Student) C - 51+ 60yo

Pro/Am (Teacher/Student) D - 61+70yo

Pro/Am (Teacher/Student) E - 71+ yo

Pro/Am (Teacher/Student) Open Category (All age groups combined)

10.10 Students in the Pro/Am (Teacher/Student) categories can dance in the age category below theirs but cannot dance in the category above theirs. This does not allow Category A couples to dance in the Category J, Under 16 events.

10.11 At Pro/Am and Teacher/Student events dancers will be restricted to the Syllabus in Bronze, Silver, Gold levels as shown in to the rules in the Competitors Section. See APPENDIX A, APPENDIX B, APPENDIX C for different dance styles Syllabus.

11. Definition of Pro/Am, Pro (Professional/Amateur Teacher), Am (Student)

11.1 Am (Student); A dancer with no qualifications as a Professional or Amateur within Ballroom Dancing, who dances with a teacher than is registered as a Professional or Amateur dancer.

11.2 Pro (Professional/Amateur Teacher); A dancer who must have declared they are registered as a Professional or Amateur Dancer.

11.3 In Pro/Am categories only, both Professional and Amateur Teachers are allowed to dance in one united category in all above mentioned Styles, where they are the teachers of the Am (Student) and are competing in Pro/Am events as a Pro/Am couple.

12. Age Category Complaints.

If the organiser receives a written and signed complaint, concerning a dancer competing in the wrong age category, that dancer will be asked for his/her passport as proof of age.

13. Additional Age Categories.

The Organizer may, at its discretion, grant competitions for any new or different age groupings or for split age groups without the need for further age classification rule changes. Fees to be determined by the Organizer.

14. Couples Events in Ballroom and Latin-American Styles

In all Juveniles Couples Events in all age and styles categories Juveniles Syllabus are applied. See APPENDIX A, APPENDIX B, APPENDIX C.

15. Showdance Rules.

15.1 Dances

In Ballroom Show Dance events the dances must be selected from one up to all of the five regular Ballroom dances, and in the Latin American Show Dance events from one up to all of the five regular Latin-American competition dances. It is the duty of the Adjudicators to assess the Character of each style as part of their assessment. Dancers must perform the same show and choreography throughout the rehearsal and the competition.

15.2. Time

The time of the show must be up to a maximum of 4.5 minutes. The time limit must not be exceeded under any circumstances. The time limit is to include when the music commences and/or when a participant walks on to the floor and their final exit which includes the audience applause.

15.3 Lifts

Three lifts are permitted for the whole performance including entry and/or exit lifts.

15.3.1 Definition of a Lift

A movement in which one of the partners is elevated with assistance of the partner to any height, sustained there for 2 seconds and set down on the floor.

15.3.2 The time limit should not exceed 15 seconds per lift.

15.4 Music

The invitation for a Show Dance Competition must advise the couples of possible sound carriers. The sound carriers for a Show Dance Competition will always be:

15.4.1 Compact Disc.

13.4.2 mp3 Player/ iPod/ iPad.

15.4.3 USB Audio media.

15.5 The Competition

Conditions must be the same for all couples throughout the show including entrance and exit. Rehearsal option will be provided on request depends of schedule availability.

15.6 Props.

A prop can be used by the couple.

15.7 Marking system

The normal system of marking will be applied. (i.e. In the Final the adjudicators will place the couples in order of merit).

16. Additional duties of the Chairperson in Showdance events (for information only)

16.1. The Chairperson will hold a meeting with all couples present to remind the couples of the rules of the Showdance event with particular reference to time limits, lifts and Props.

16.2. The Chairperson will hold a meeting with all Adjudicators prior to the start of the event to inform them of their duties to ensure that the performances meet the requirements of the style of dance.

16.3. The Chairperson must inform the Adjudicators and the relevant couples of any disqualification immediately following the round being completed with the reason for disqualification.

17. Juvenile Costume Rules

17.1 Make Up.

Make Up applied to Juveniles should be natural and in good taste and appropriate to the age group.

17.2 Sponsorship Logos.

Three sponsor logos are permitted per couple but must not exceed a total of 40 square centimetres.

17.3 Jewellery

Only jewellery of a personal/religious nature maybe worn. This should be around the neck and inside the clothing.

Earrings not exceeding 2cm can be worn.

Decorative bracelets are NOT permitted.

Dress rings and wristwatches are NOT permitted.

18. BOYS.

18.1 Trousers.

18.1.1 Colour; Black or Dark Blue Only.

18.1.2 High Waist optional.

18.1.3 Underfoot Strap optional.

18.1.4 Satin side stripes are allowed.

18.2 Shirts.

18.2.1 Plain white or black long sleeved collared shirt only (no wing collars).

18.2.2 No pleats or ribbing.

18.2.3 Sleeves to be worn at wrist length.

18.2.4 Black or dark blue vests are allowed, but sweaters and jackets are not allowed.

18.2.5 Tie must be worn - black colour only, may be either straight or bow style.

18.2.6 Socks - Black or dark blue colour only.

18.2.7 Shoes- Heel height not to exceed 1.5 inches (must be black).

18.3 Materials.

18.3.1 Fabrics must be plain. ie: cotton, polyester, cotton/polyester blend, wool blend. No satin or shiny fabrics.

18.3.2 No rhinestones, glitter, metallic thread, patterns or sequins allowed.

18.3.3 Decorations are not allowed.

19. GIRLS.

19.1 Girls are permitted to wear.

19.1.1 A top with a simple skirt

Or

19.1.2 A simple dress with an attached undergarment

Or

19.1.3 leotard top with a skirt.

19.2 Skirts.

19.2.1 A plain or pleated skirt with a minimum of x1 to maximum of x3 half circles is allowed.

19.2.2 One plain, simple underskirt is allowed but this must be no fuller or longer than the top layer. The underskirts must be the same or of a similar colour to the top skirt.

19.2.3 No godets or extra panels may be inserted into the skirt.

19.2.4 No uneven hem lines, frills, splits, openings, lace, or sequins. Horsehair/Crinoline may be used as part of the construction but not as a trim.

19.2.5 Length of skirt must not be shorter than 3 inches above the knee cap and no longer than 3 inches below the knee cap.

19.2.6 At least one of the layers of the skirts must be a solid colour. (Not sheer.)

19.3 Necklines.

Boat, high neck, v-neck, sweetheart, 'peter pan' collar, and regular collar are allowed. Simple edging or trim, as well as a simple ruffle around the collar of not more than two inches, is allowed on the neckline.

19.4 Belting.

Gathering or shirring is permissible from the waist down for a maximum of two inches, provided it is part of the dress itself and not an accessory.

19.5 Materials.

19.5.1 Fabrics must be one constant colour throughout.

19.5.2 No rhinestones, glitter, metallic thread, pearls, patterns, sequins, or similar materials allowed.

19.5.3 No use of feathers, fringes, bows, belts, frills or sequins.

19.5.4 No flesh colour fabric.

19.5.5 Any use of colour coordinated 'see through' fabric must be lined from waist to shoulder; for use on arms no lining is needed.

19.6 Accessories.

Armbands, Neckbands and Gloves are not permitted.

19.7 Hair Decoration

A flower or a bow not exceeding 10cm may be worn in the hair. Tiaras, headbands or diamond decoration are NOT permitted.

19.8 Shoes.

19.8.1 Heel height not to exceed 1.5 inches, and must be block heel style if a dance shoe. If the shoe comes with rhinestones on the buckle then they are allowed. If the shoe comes with glitter on the shoe then it is allowed.

19.9 Socks.

19.9.1 White ankle socks (these may have a small amount of lace) Must be worn.

19.9.2 No Fishnet Tights.

ADJUDICATORS SECTION

20. Adjudicators Licence.

20.1. The AirDance Christmas Ball organizers inviting adjudicators based on their professional recognition, integrity, experience and awaiting for their discipline, fairness and support towards event.

20.2. For competitions running under the Rules of international organizations at AirDance Christmas Ball, adjudicators should be approved by these organizations accordingly.

20.3. All adjudicators must be licensed with one of the international dance organizations (WDO, WDSF, WDC) or recognized national dance organizations.

21. Adjudicators Country Representation:

21.1. At Airdance Christmas Ball an Adjudicator represents a country according to his/her Adjudicator's License.

22. Professional Competitors Adjudicating.

32.1 Professional Competitors wishing to adjudicate events must be licensed as adjudicators. They are not allowed to adjudicate Pro and Pro-Am competitions.

23. Chairperson of Adjudicators.

23.1 The Organiser inviting the Chairperson of adjudicators. For competitions running under the Rules of another international organizations at AirDance Christmas Ball, a Chairperson should be approved by these organizations accordingly.

23.2 The Chairperson for AirDance Christmas Ball will be Non-Voting. The Non-Voting Chairperson will stand in for a Voting Adjudicator in cases of necessity.

23.3 The Chairperson must hold a scrutineering license. The scrutineer may not serve as a Chairperson of adjudicators.

23.4 In all cases of competition issues, which are not regulated by this Rules, the decision of the Chairperson of Adjudicators is final.

24. Adjudicators dress code

For morning and day time events Adjudicators dress code is business, for evening and Gala events is formal (black tie, evening dress).

25. Equality.

25.1 The AirDance Christmas Ball organizers declare about not unlawfully discrimination against any participant on the grounds of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, political opinion, religion or belief, sex or sexual orientation ("the protected characteristics").

25.2 Any AirDance Christmas Ball participants agreed to act under these Rules and shall be subject to the condition that he/she shall not unlawfully discriminate against any other person on the grounds of a protected characteristic.

25.3 It is suggested the Chairperson of Adjudicators reads out the following statement.

"The Organiser of Airdance Christmas Ball has adopted a policy of equity which prohibits discrimination on the grounds of gender, marital status, race, colour, disability, sexuality, religion or political opinion."

25.4 When conducting the Adjudicator's meeting before the commencement of competitions the Chairperson is required to remind all adjudicators to adhere to the adopted equity policy above and if needed, to remind the Adjudicators of the guidelines above.

25.5 Guidelines:

25.5.1 An adjudicator is expected to adjudicate without fear or favour, assessing what they see on that day and not be influenced by any previous performance.

25.5.2 It is unprofessional to converse with another competitor, adjudicator or a member of the public whilst adjudicating. This could be unfairly interpreted as seeking to influence another adjudicator or coach a competitor.

25.5.3 It is the Adjudicators responsibility to hold a current license and to be prepared to produce this license to the Chairperson of the Panel before any competition.

25.5.4 An adjudicator who is not present for the first dance of any round, or arrives late on the floor, may not adjudicate the remainder of that round.

25.5.5 A Chairperson has the added responsibility of ensuring that all members of the Panel act in a proper manner and abide by the rules. It should also be remembered that the Organiser or the Chairperson has the right to ask an adjudicator to step down if they consider that they are, for any reason, not performing their duties in a proper manner.

25.5.6 It is the responsibility of the adjudicator to fully understand how they should mark any competition and, if in doubt, to seek assistance from the Chairperson, Scrutineer (for PC equipment) and, if necessary, the Organiser.

25.5.7 Adjudicators are expected to be dressed in attire befitting the dignity of the occasion. Daytime attire should be smart, evening attire should be formal. Jeans or trainers are unacceptable.

25.5.8 Airdance Christmas Ball Organisers considers that it is unprofessional and inappropriate for adjudicators to stream, place photos or comments on competitors performances on social media until completion of event.

26. Skating System.

Skating System must be used to assess the marks, this is excluding the 10 Dance Competitions.

27. Access to the Marks.

Only the Chairperson of Adjudicators and Scrutineer shall have access to the marks until the end of the competition. Chairperson must sign results of all competitions by his signature. After the competition the organiser has to submit the marks to administrator and may publish marks on their website.

28. Recalls.

The Chairperson must ask for at least 50% of the number of couples to be recalled in each round. If the number of couples that are actually recalled by the adjudicators would require an additional round, then the Chairperson is allowed to recall less than 50% of the couples. If the Chairperson asks for a 50% recall for a second round and the actual number is more than 50%, the Chairperson may still call for a 50% recall of his original desired number of couples.

29. Ten Dance calculation of placing.

Ten Dance Championships are to be contested over single dances, with individual recalls and single dance final placings, points gained in semi-final or other rounds forming the basis of calculation of the position attained by couples not reaching the final round.

30. Final Round.

The Chairperson must ask to recall 6 couples into the Final.

Due to the mathematical possibility a minimum of 4, and up to 9 couples can be recalled to the Final round if couples are tied on the same marks. The Chairperson will make the final decision on the number of couples recalled.

9 couples will only be recalled in the situation that 9 couples are tied equally into the final.

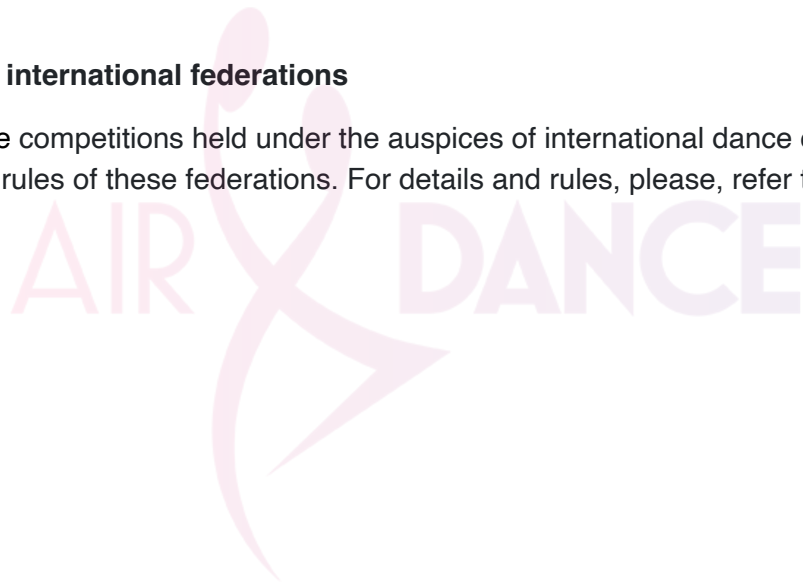
31. Adjudicators and Immediate Family.

Adjudicators must not judge the same Competition Category on any occasion, when they are members of immediate family (1st Cousin or closer), a permanent member of the same household,

or current dance partners in relation to each other or any competitor. It is the duty of an Adjudicator to inform the Chairperson if this is the case.

32. Events under international federations

All ranking and title competitions held under the auspices of international dance organizations follow the general rules of these federations. For details and rules, please, refer to the respective federation.



APPENDIX A

JUVENILES, PRO/AM AND TEACHER/STUDENT BALLROOM AND LATIN AMERICAN SYLLABUS

WALTZ

1. Closed changes
2. Natural turn
3. Reverse turn
4. Natural spin turn
5. Whisk
6. Chasse from PP
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. Backward lock
16. Progressive Chasse to R
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
25. Drag Hesitation
26. Passing (Open) Natural turn
27. Quick Wing
28. Closed wing
29. Turning lock to right
30. Fallaway reverse and slip pivot
31. Hover Corte
32. Fallaway whisk
33. Left whisk

Beginner 1~6

Bronze 1~16

Silver 1~25

Gold 1~33

TANGO

1. Walk
2. Progressive side step
3. Progressive link
4. Closed promenade
5. Rock turn
6. Open reverse turn
7. Back Corte
8. Open reverse turn, lady in line
9. Progressive side step reverse turn
10. Open promenade
11. Rock back on L.F. and R.F.
12. Natural twist turn
13. Natural promenade turn
14. Promenade link
15. Four step
16. Fallaway promenade
17. Back open promenade
18. Outside swivels
19. Reverse outside swivel
20. Four step change
21. Brush tap
22. Basic reverse turn
23. Mini five step
24. Open telemark
25. Back whisk
26. Passing (Open) natural turn
27. Fallaway four step
28. The chase
29. Fallaway reverse and slip pivot
30. Five step
31. Reverse Pivot
32. Outside Spin

Beginner 1~8

Bronze 1~13

Silver 1~21

Gold 1~32

VIENNESE WALTZ

- 1.) Natural Turn
- 2.) Reverse Turn
- 3.) Change step danced forward or backward.

Beginner, Bronze, Silver, Gold.

Only the additional figures can be danced in unrestricted categories:

- 4.) The Reverse and Natural Fleckerl
- 5.) Contra Check (1 bar)

SLOW FOXTROT

1. Feather Step
2. Three Step
3. Natural Turn
4. Reverse Turn incorporating Feather Finish
5. Closed Impetus and Feather Finish
6. Impetus Turn
7. Natural Weave
8. Change of Direction
9. Basic Weave
10. Weave after 1-4 Reverse Wave
11. Reverse Wave
12. Closed Telemark - Telemark
13. Open Telemark, Feather Ending
14. Top Spin - Top Spin after Feather Finish (all alignments)
15. Hover Feather
16. Hover Telemark
17. Natural Telemark
18. Hover Cross
19. Open Telemark, Natural Turn, Outside Swivel, Feather Ending
20. Open Impetus Turn
21. Weave from PP
22. Natural Twist Turn
23. Reverse Pivot
24. Quick Open Reverse
25. Quick Natural Weave from PP
26. Curved Feather to Back Feather
27. Curved Feather
28. Back Feather
29. Curved Feather from PP
30. Natural Zig-zag from PP
31. Fallaway Reverse & Slip Pivot
32. Natural Hover Telemark
33. Bounce Fallaway with Weave ending
34. Extended Reverse Wave
35. Curved Three Step

Beginner 1~5

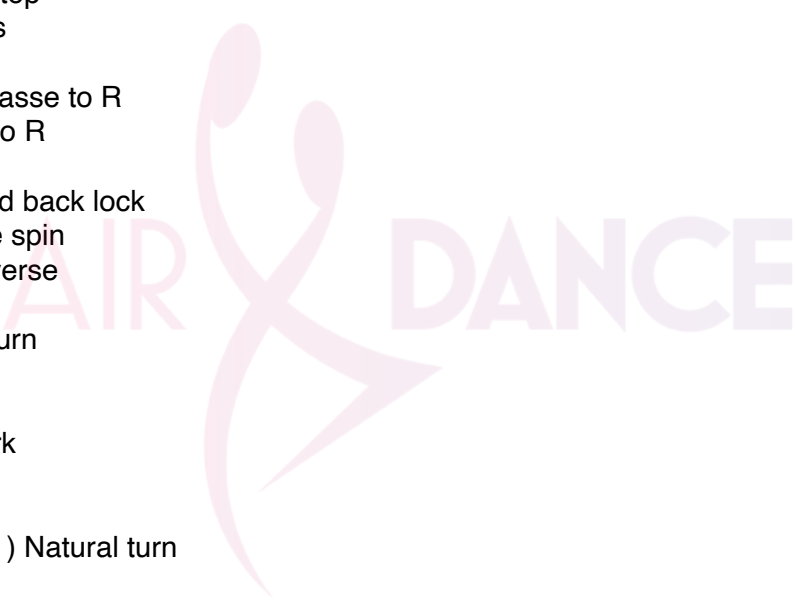
Bronze 1~9

Silver 1~19

Gold 1~ 35

QUICKSTEP

1. Quarter turn to R
2. Natural turn
3. Natural turn with hesitation
4. Natural pivot turn
5. Natural spin turn
6. Progressive chasse

- 
- AIR X DANCE
7. Chasse reverse turn
 8. Forward lock step
 9. Backward lock step
 10. Closed impetus
 11. Reverse pivot
 12. Progressive chasse to R
 13. Tipple chasse to R
 14. Running finish
 15. Natural turn and back lock
 16. Double reverse spin
 17. Quick open reverse
 18. Fishtail
 19. Running right turn
 20. Four quick run
 21. V.6
 22. Closed telemark
 23. Open impetus
 24. Outside spin
 25. Passing (Open) Natural turn
 26. Curved feather
 27. Cross swivel
 28. Six quick run
 29. Rumba cross
 30. Topsy to R and L
 31. Hover Corte
 32. Quarter turn to left
 33. Change of direction
 34. Cross chasse
 35. Outside change
 36. Tipple chasse to left
 37. Zig Zag, back lock and running finish

Beginner 1~8

Bronze 1~16

Silver 1~22

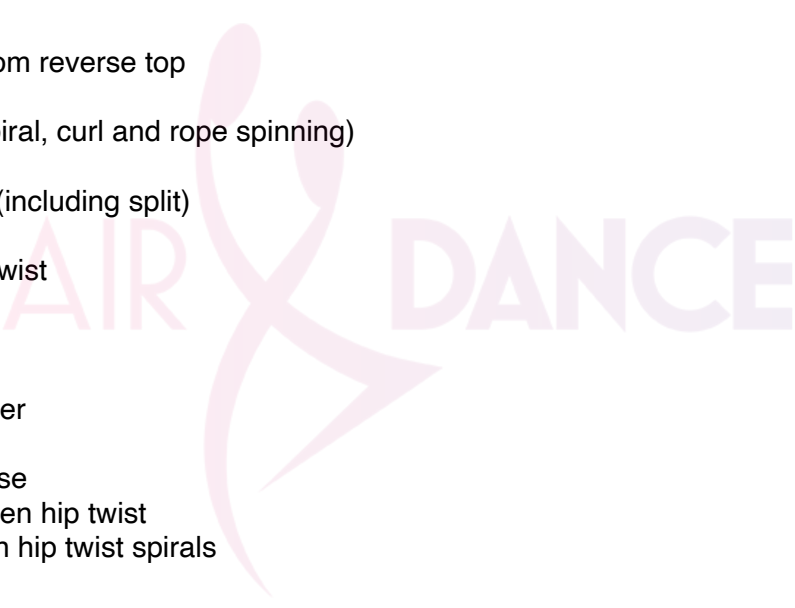
Gold 1~37

CHA CHA CHA



AIR X DANCE

1. Basic movements (closed, open and in place)
2. New York (to left or right side position)
3. Spot turns to left or right (including switch turns and underarm turns)
4. Shoulder to shoulder (left side and right side).
5. Hand to hand (to right or left side)
6. Fan
7. Alemana
8. Hockey stick
9. Time steps
10. Three cha cha chas
11. Side steps (to left or right)
12. There and back
13. Natural top

- 
- A large, faint, pink watermark logo is centered on the page. It features a stylized figure in a dynamic pose, with the word 'AIR' to its left and 'DANCE' to its right, separated by a large 'X' shape.
14. Natural opening out movement
 15. Closed hip twist
 16. Open hip twist
 17. Reverse top
 18. Opening out from reverse top
 19. Aida –
 20. Spiral turns (spiral, curl and rope spinning)
 21. Cross basic
 22. Cuban breaks (including split)
 23. Chase
 24. Advanced hip twist
 25. Hip twist spiral
 26. Turkish towel
 27. Sweetheart
 28. Follow my leader
 29. Foot changes
 30. Runaway chasse
 31. Syncopated open hip twist
 32. Close and open hip twist spirals

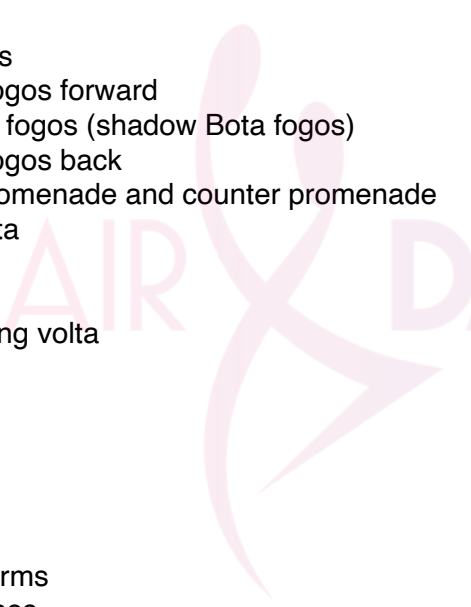
Beginner 1~10

Bronze 1~15

Silver 1~23

Gold 1~32

SAMBA

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- A large, faint, pink watermark logo is centered on the page. It features a stylized figure in a dynamic pose, with the word 'AIR' to its left and 'DANCE' to its right, separated by a large 'X' shape.
1. Basic movements (natural, reverse and progressive)
 2. Whisks (also with lady's underarm turns)
 3. Samba walks
 4. Rhythm bounce
 5. Volta movements
 6. Traveling bota fogos forward
 7. Criss cross bota fogos (shadow Bota fogos)
 8. Traveling bota fogos back
 9. Bota fogos to promenade and counter promenade
 10. Criss cross volta
 11. Solo spot volta
 12. Foot changes
 13. Shadow traveling volta
 14. Reverse turn
 15. Corta Jaca
 16. Closed rocks
 17. Open rocks
 18. Back rocks
 19. Plait
 20. Rolling of the arms
 21. Argentine crosses
 22. Maypole
 23. Shadow circular volta
 24. Samba side chasses
 25. Contra boto fogos

26. Roundabout
27. Natural roll
28. Reverse roll
29. Promenade and counter promenade
30. Three step turn
31. Samba locks
32. Cruzados walks and locks
33. Drag
34. Dropped Volta

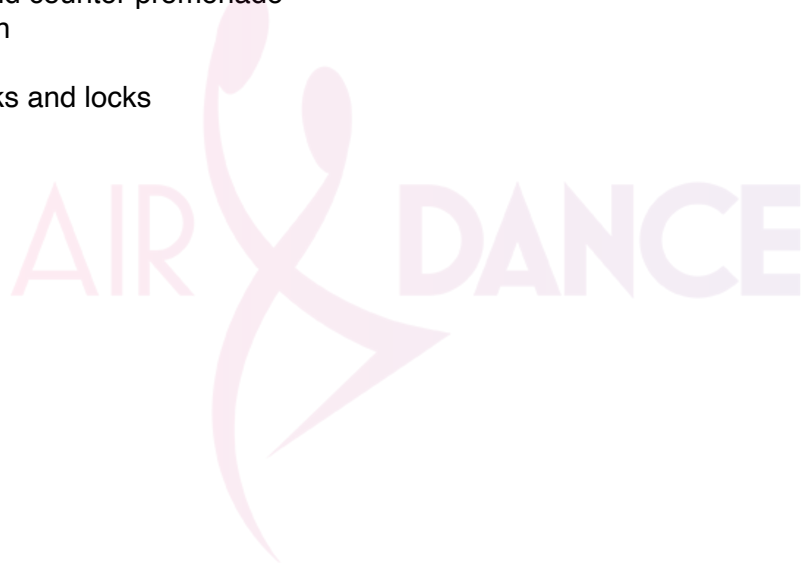
Beginner 1~7

Page 29

Bronze 1~16

Silver 1~23

Gold 1~34



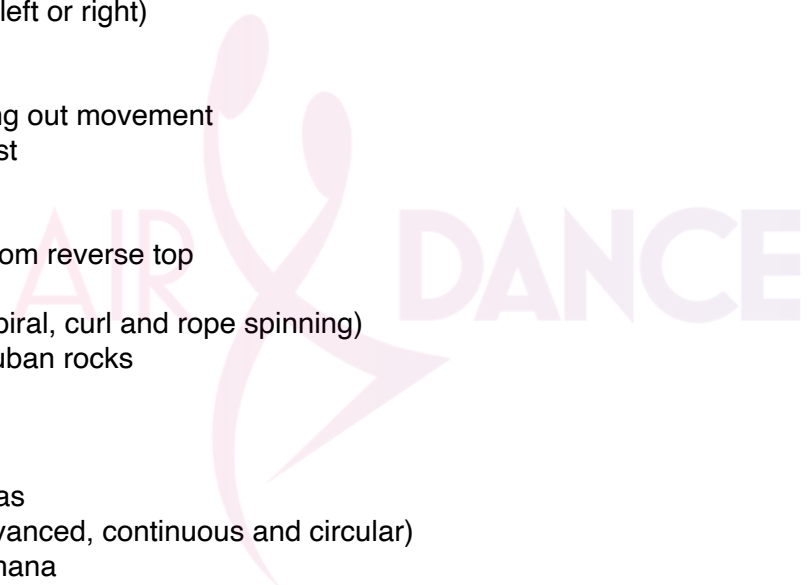
RUMBA

1. Basic movements (closed, open, in place and alternative)
2. New York (to left or right side position)
3. Spot turns to left or right (including lio switch turns and underarm turns)
4. Hand to hand (to right or left side position)
5. Fan
6. Alemana
7. Hockey stick
8. Shoulder to shoulder (left side and right side)
9. Opening out to right and left
10. Cucarachas (LF and RF)
11. Progressive walks forward and backward)
12. Side steps (to left or right)
13. Cuban rocks
14. Natural top
15. Natural opening out movement
16. Closed hip twist
17. Open hip twist
18. Reverse top
19. Opening out from reverse top
20. Aida
21. Spiral turns (spiral, curl and rope spinning)
22. Syncopated cuban rocks
23. Sliding doors
24. Fencing
25. Three threes
26. Three Alemanas
27. Hip twists (Advanced, continuous and circular)
28. Runaway Alemana
29. Syncopated Open Hip Twist

Beginner 1~8

Bronze 1~16

Silver 1~20



PASO DOBLE

1. Basic Movement – March – Sur Place
2. Chasses to R & L – including Elevations
3. Drag
4. Deplacement – (Attack)
5. Promenade Link – including Promenade Close
6. Ecart
7. Fallaway Whisk
8. Appel
9. Huit
10. Promenade
11. Separation
12. Fallaway Ending to Separation
13. Sixteen
14. Promenade & Counter Promenade
15. Grand Circle
16. Alternative Entries to PP
17. Open Telemark
18. Twist Turn
19. La Passe
20. Banderillas
21. Fallaway Reverse
22. Coup de Pique
23. Coup de Pique – changing from LF to RF - from RF to LF - syncopated
24. LF Variation
25. Spanish Line
26. Flamenco Taps
27. Syncopated Separation
28. Methods of Changing Feet
29. Travelling Spins from PP
30. Travelling Spins from CPP
31. Fregolina – including the Farol
32. Twists
33. Chasse Cape – including Outside Turn
34. Chasse Cape

Beginner 1~ 9



Bronze 1~17

Silver 1~26

Gold 1~34

JIVE

1. Basic in place
2. Fallaway rock
3. Fallaway throwaway
4. Link (with alternatives to 1-2 of link:

- 
- 
- 4a. Flick (or point), ball change.
 - 4b. Hesitation, ball change.
 - 4c. Hesitation, close, forward.
 - 4d. Hesitation, half close, forward.
 - 5. Change of places right to left
 - 6. Change of places left to right
 - 7. Change of hands behind back
 - 8. Hip bumps (left shoulder shove)
 - 9. American spin
 - 10. Stop and go
 - 11. Walks
 - 12. Mooch
 - 13. Whip
 - 14. Whip throwaway
 - 15. Reverse whip
 - 16. Windmill
 - 17. Spanish arms
 - 18. Rolling of the arms
 - 19. Simple spin
 - 20. Miami special
 - 21. Chicken walks
 - 22. Curly Whip
 - 23. Shoulder Spin
 - 24. Toe Heel Swivels
 - 25. Chugging
 - 26. Catapult
 - 27. Stalking Walks, Flicks and Walks

Beginner 1~8

Bronze 1~14

Silver 1~20

Gold 1~27



APPENDIX B

SMOOTH SYLLABUS

BRONZE SMOOTH WALTZ

- 1A. Box Step
- 1B. Box Step with Underarm Turn
- 2. Progressive
- 3A. Left Turning Box
- 3B. Right Turning Box
- 4A. Balance Steps
- 4B. Balance and Box
- 5. Simple Twinkle
- 6. Two Way Underarm Turn
- 7. Face to Face - Back to Back
- 8A. Reverse Turn
- 8B. Reverse Turn with Underarm Turn
- 9B. Natural Turn with Underarm Turn
- 10. Progressive Twinkles
- 11. Turning Twinkles
- 13. Promenade Chassé
- 14. Twinkle & Weave*
- 15. Waterfall
- Bonus Figure: Fallaway & Box
- Bonus Figure: Open Break with Underarm Turn

SILVER SMOOTH WALTZ

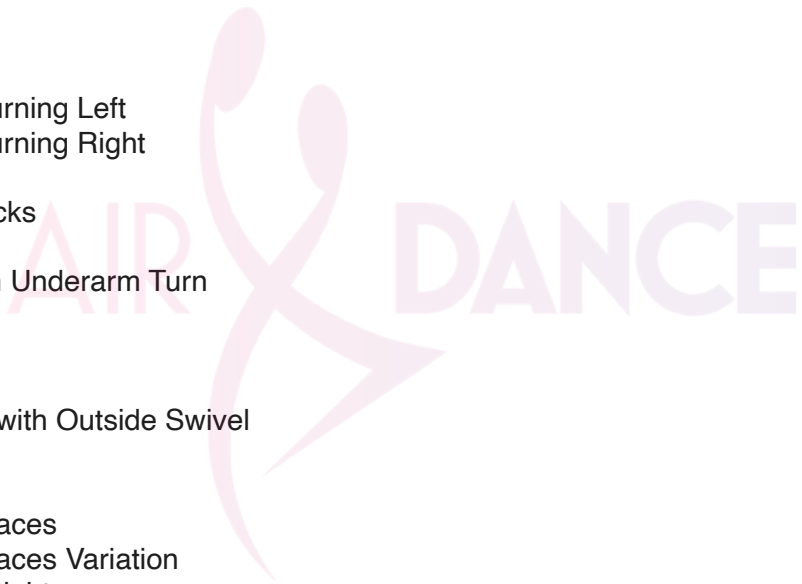
- 1A. Open Left Box
- 1B. Open Left Box with Underarm Turn
- 2. Open Right Turn
- 3. Open Right Turn with Syncopated Underarm Turn
- 4. Twinkle Connection
- 5. Check & Develope'
- 6. Flip Flops

- 
- 7. Progressive Twinkles
 - 8A. Hairpin from Open Left Box
 - 8B. Hairpin from Promenade Position
 - 9. Fallaway & Weave
 - 10. Progressive Shadow Twinkles
 - 11. OverSway
 - 12. Check to Open Fallaway
 - 13. Alternating Underarm Combination
 - 14. Pivots from Promenade
 - 15. Shadow Right Turns
 - Bonus Figure: Grapevine to Shadow

GOLD SMOOTH WALTZ

- 1. Shadow Switching Spirals
- 2. Hinge to Shadow
- 3. Shadow Running Telemark
- 4. Syncopated Pivots
- 5. Left Side Grapevine & Spiral
- 6. Contra Check & Ronde
- 7A. Standing Spin
- 7B. Standing Spin Alternative Ending
- 8. Wrap Around & Hairpin
- 9. Overturned Shadow Right Turns
- 10. Develope' & Double Ronde

BRONZE SMOOTH TANGO

- 
- 1A. Basic Straight
 - 1B. Basic Curving
 - 2A. Promenade Turning Left
 - 2B. Promenade Turning Right
 - 3. Single Corte'
 - 4. Progressive Rocks
 - 5A. Open Fan
 - 5B. Open Fan with Underarm Turn
 - 6. Running Steps
 - 7. Double Corte'
 - 8A. Reverse Turn
 - 8B. Reverse Turn with Outside Swivel
 - 9. Right Side Fans
 - 10. Contra Rocks
 - 11A. Change of Places
 - 11B. Change of Places Variation
 - 12. Twist Turn to Right
 - 13. Reverse Turn with Underarm Turn
 - 14. Promenade Pivot
 - 15. Shadow Rocks
 - Bonus Figure: Checked Promenade

Bonus Figure: Continuous Left Rock Turn

SILVER SMOOTH TANGO

1. Flicks
 2. Oversway & Ronde
 3. Curls
 4. Fallaway Ronde
 5. Change of Place (Silver Level)
 6. Spanish Drag
 7. Outside Underarm Turn to Shadow Position
 8. Shadow Envelope's
 9. Swivel Fans
 10. Fallaway Whisk & Underarm Turn
 11. Handshake Back Fans
 12. Cobra Fans
 13. Fallaway Slip Pivot
 14. Traveling Right Lunges
 15. Shadow Reverse & Drag
- Bonus Figure: Double Ronde & Curl

GOLD SMOOTH TANGO

1. Double Ronde to Shadow
2. Shadow Viennese Crosses
3. Promenade Taps & Right Side Curl
4. Fallaway to Hammerlocks
5. Left Side Check
6. Pivots to Shadow Switches
7. Shadow Corte' & Fallaway
8. Stalks to Skater's Walks
9. Oblique Line to Waist Wrap
10. Teleronde & Throwaway OverSway

BRONZE SMOOTH FOXTROT

1. Basic
2. Promenade
- 3A. Rock Turn to Left (Left Rock Turn)
- 3B. Rock Turn to Right (Right Rock Turn)
4. Sway Step
- 5A. Sway Underarm Turn
- 5B. Promenade Underarm Turn
- 6A. Zig Zag in Line
- 6B. Zig Zag Outside Partner
7. Box Step
8. Twinkle
9. Promenade Twinkles

- 10A. Turning Twinkles to Outside Partner
- 10B. Turning Twinkles to Outside Partner with Underarm Turn
- 11. Grapevine
- 12. Promenade Twist
- 13. Promenade Pivot
- 14A. Running Steps in Basic Rhythm
- 14B. Running Steps in Box Rhythm
- 15. Twinkle & Weave with Grapevine
- Bonus Figure: Fallaway Twinkles

SILVER SMOOTH FOXTROT

- 1. Open Left Box
- 2. Open Right Turn
- 3. Grapevine
- 4. Weave from Promenade
- 5. Chair & Slip Pivot
- 6. Hover Corte'
- 7A. Hairpin from Open Left Box
- 7B. Hairpin from Promenade Position
- 8. Fallaway & Weave
- 9A. Same Foot Lunge
- 9B. Same Foot Lunge with Weave Ending
- 10. Shadow Points
- 11. Outside Swivel
- 12. Check to Open Grapevine
- 13. Shadow from Hairpin & Open Right
- 14. Pivot from Promenade
- 15. Gem
- Bonus Figure: Curved Running Steps & Ronde

GOLD SMOOTH FOXTROT

- 1. Left Side Grapevines & Weave
- 2. Continuous Hairpins
- 3. Passing Changes
- 4. Hinge & Free Spin to Shadow
- 5. Shadow Switching Grapevine
- 6. Advanced Gem
- 7. Lock & Lunge
- 8. OverSway & Ronde to Shadow
- 9. Whisk & Weave
- 10. Shadow Hairpins

BRONZE AMERICAN VIENNESE WALTZ

- 1. Balance Steps
- 2A. Fifth Position Breaks
- 2B. Fifth Position Breaks with Underarm Turn
- 3. Left Turn (Reverse Turn)
- 4. Closed Twinkle
- 5A. Cross Body Lead

- 5B. Cross Body Lead with Underarm Turn
- 6. Hand to Hand
- 7A. Forward Progressive Changes
- 7B. Backward Progressive Changes
- 8. Right Turn
- 9. Change of Place
- 10. Curtsey and Bow
- Bonus Figure: 1) Curtsey and Bow Variation
- Bonus Figure: 2) Underarm Turns Right and Left
- Bonus Figure: 3a) Hesitation Options: Cross Body Lead with Underarm Turn
- Bonus Figure: 3b) Hesitation Options: Hand to Hand
- Bonus Figure: 3c) Hesitation Options: Swivel & Side Hesitation
- Bonus Figure: 3d) Hesitation Options: Swivel & Hesitation
- Bonus Figure: 3e) Hesitation Options: Change of Place with Man's Hesitation
- Bonus Figure: 4a) Change of Place Options: Man's Chasse'
- Bonus Figure: 4b) Change of Places Options: Chasse' with Same Hand Hold
- Bonus Figure: 4c) Change of Place Options: With Inside Underarm Turn
- Bonus Figure: 4d) Change of Place Options: 1/2 Turn in Place

SILVER SMOOTH VIENNESE WALTZ

- 1. Right Turn with Underarm Turn
- 2. Left Turn with Underarm Turn
- 3. Flairs
- 4. Turning Open Breaks
- 5. Shadow Runs
- 6. Reverse Underarm Turn
- 7. Advanced Hand to Hand Combination
- 8. Shadow Right Turns
- 9. Standing Spins
- 10. Open Right Turns
- Bonus Figure: Flip Flops

GOLD SMOOTH VIENNESE WALTZ

- 1. Swivel & Ronde
- 2. Canter Pivots
- 3. Reverse Turns with Free Spins
- 4. Shadow Passing Right Turns
- 5. Right Side Ronde & Develope'
- 6. Shadow Canter Grapevines
- 7. Horse & Cart
- 8. Barrel Turns
- 9. Roll In & Out
- 10. Advanced Standing Spin

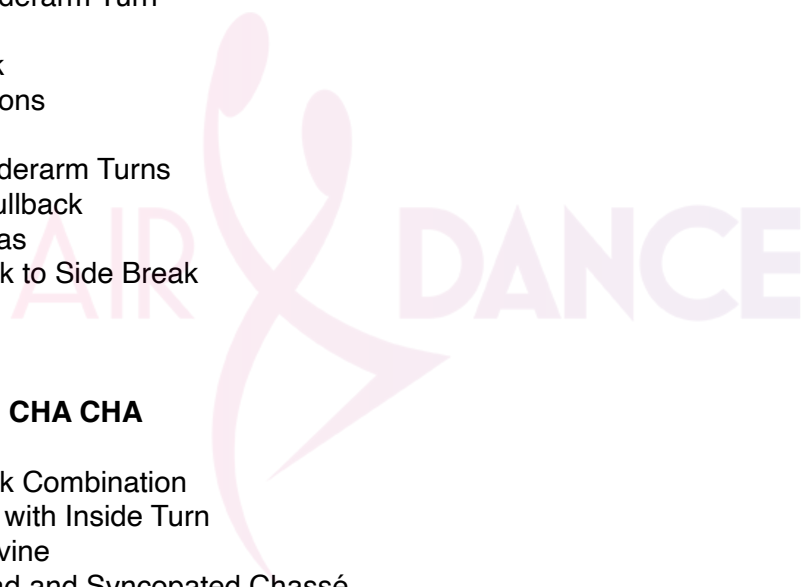


APPENDIX C

RHYTHM SYLLABUS

BRONZE RHYTHM CHA CHA

1. Basic in Place
2. Side Basic
3. Progressive Basic
4. Outside Partner Breaks
5. Crossover Break
6. Cross Body Lead
7. Open Break Underarm Turn
8. Chase Turn
9. Shoulder Check
10. Shadow Positions
11. Butterfly
12. Alternating Underarm Turns
13. Cross Body Pullback
14. Three Cha Chas
15. Crossover Flick to Side Break



SILVER RHYTHM CHA CHA

1. Cross-Over Flick Combination
2. Back Spot Turn with Inside Turn
3. Pullback Grapevine
4. Cross Body Lead and Syncopated Chassé
5. Cuban Breaks & Swivels
6. Open Turn and Wrap
7. Cross Over Twist & Kick
8. Left and Right Syncopation
9. Across the Back with Walk Around Turn

10. Syncopated Cross-Over Variation

GOLD RHYTHM CHA CHA

1. Open Box and Inside Turn
2. Cuban Breaks with Alternating Turns
3. Syncopated Crossovers and Swivels
4. Ladies Walk Around to Shadow Position
5. Crossover Grapevine & Promenade Run
6. Forward Run, Kick and Check
7. Crossover Spiral & Swivels
8. Change of Directions
9. Open Turn and 3 Cha's
10. Fifth position Left & Right

BRONZE RHYTHM RUMBA

1. Side Basic
2. Fifth Position Breaks
3. Box Step
4. Crossbody Lead
5. Outside Partner Breaks
6. Slow Underarm Turn
7. Open Break Underarm Turn
8. Crossover Break
9. Crossover & Side Rocks
10. Open Rumba Walks
11. Shoulder Check
12. Cradle Circle
13. Quick Underarm Turn & Loop
14. Open Circular Walks
15. Spot Turn Combination

SILVER RHYTHM RUMBA

1. Alternating Underarm Turns
2. Open Swivel Walks with Spot Turn
3. Cucaracha with In & Out Turns
4. Quick Underarm Turn and Rocks
5. Skater's Position to Face Loop
6. Spiral Swivels
7. Shadow Variations
8. Back Swivels and Cradle
9. Open Rumba Walks With Syncopated Turn
10. Traveling Swivels

GOLD RHYTHM RUMBA

1. Telemark & Overturned Back Break
2. Outside Turns to Rocks
3. Spiral & Shadow Positions
4. Snap Underarm Turn with Reverse Pivot
5. Men's Walk Around
6. Cuddle & Syncopated Outside Turn
7. Pivots & Swivels
8. Shadow Cucaracha & Alternating Slip Pivots
9. Overturned Fifth Positions
10. Overturned Back Break & Slow Turn

BRONZE RHYTHM SWING

1. Basic
2. Basic Turning to the Right
3. Basic Turning to the Left
4. Throwout
5. (Inside) Underarm Turn
6. Underarm Release from Basic
7. Tuck - Ins: A) from Handshake, B) Free Spin from Double Handhold, C) Underarm from Double Handhold
8. Alternating Underarm Turns
9. Shoulder Check
10. Cradle
11. Cradle to Hammer Lock
12. Sugar Push Throw Out
13. Double Face Loop
14. Opposition Break & Roll Out
15. Whirlpool

SILVER RHYTHM SWING

1. Wrist Spin
2. Face Loop & Pivot
3. Alternating Hammerlock
4. Man's Wrap & Swivels
5. Pivots
6. Side to Side & Running Step
7. Boogie Walks
8. Syncopated In & Out
9. Side by Side Turns
10. Cradle & Kicks

GOLD RHYTHM SWING

1. Double Turns to Point Steps
2. Swivels to Progressive Triples
3. Rotating Swivels and Opposition Break
4. Grapevine With Kick Ball Changes
5. He Goes, She Goes, They Go
6. Hip Pull Backs and Continuous Chassés
7. Pivots to Running Triples
8. Rolling Off The Arm Variation
9. Quick Turn to Stop & Go
10. Simple Spin & Sailor Shuffles

BRONZE RHYTHM BOLERO

- 1A. Basic Movement
- 1B. Turning Basic
2. Open Break and Underarm Turn
3. Underarm Pass
4. Left Side Pass
5. Crossover Break
6. Check and Circular Walks
7. Romantic Sways
8. Check Underarm Pass
9. Spot Turn Combination
10. Hip Twist and Spin

SILVER RHYTHM BOLERO

1. Open Check
2. Open Cross Body Lead with Syncopated Turns
3. Rondé & Shadow Swivels
4. Curl & Double Leg Rondé
5. Right Side Swivels & Rondé
6. Face Loop & Sway
7. Walks & Grapevine
8. Cradle & Man's Arm Bar
9. Cross-Over Swivels
10. Slow Spiral & Back Swivels

GOLD RHYTHM BOLERO

1. Rondé Fallaway & Ladies Back Drop
2. Leg Wrap & Drop
3. Slow Spiral & Sway
4. Rondé, Crossover & Spiral
5. Hammerlock & Alternating Spirals
6. Shadow Position & Telemark

7. Swivels Behind Man's Back
8. Lunge to Shadow Position
9. Ladies Head Roll with Crossover
10. Hammerlock to Shoulder Check

BRONZE RHYTHM MAMBO

1. Forward & Back Basic
2. Side Breaks
3. Side Breaks & Cross
4. Cross Body Lead
5. Open Break Underarm Turn
6. Crossover Break & Walk Around Turn
7. Shoulder Check
8. Promenade Swivel & Close
9. Alternating Underarm Turns
10. Rueda Basic
11. Cross Body Lead With Inside Turn
12. Back Spot Turn
13. Mambo Twist
14. Forward Spot Turn to Surprise
15. Crossover Swivels & Pullback

SILVER RHYTHM MAMBO

1. Cross Body Lead Variations for Man & Lady: A) Man Flick, B) Man Check, C) Lady Roll, D) Lady Cross & Twist, E) Lady Knee Lift
2. Solo Variation
3. Underarm Turn & Swivels
4. Bobby's Break
5. Continuous Cross Body Lead with Breaks
6. Behind the Back Pass with Bobby's Ending
7. Mambo Wrap
8. Double Face Loop
9. Flick & Kick
10. Hammerlock & Swivels

GOLD RHYTHM MAMBO

1. Double Hand Hold Turns
2. Alternating Turns with Pullback
3. Reverse Shadow Position
4. Rondé with Lady Back Bend
5. Swivel to Bobby's Break
6. Open Box with Turns
7. Walk Around Swivels
8. Around the Back to Crossover
9. Right to Right Hand Hold with Turns
10. Side Breaks With Outside Turn

APPENDIX D

TEMPOS AND LENGTH OF MUSIC

LATIN AMERICAN Tempos and Length of music

I			II		
PROFESSIONAL-AMATEUR-YOUTH-JUNIOR-JUVENILE			SENIOR-AMATEUR/PROFESSIONAL-STUDENT/TEACHER		
ChaCha: BPM 28-30			ChaCha: BPM 28-30		
Minimum:	4+40 Bars	1.34 Minutes	Minimum:	4+32 Bars	1.10 Minutes
Maximum:	4+48 Bars	1.51 Minutes	Maximum:	4+40 Bars	1.23 Minutes
Samba: BPM 50-52			Samba: BPM 50-52		
Minimum:	4+64 Bars	1.30 Minutes	Minimum:	4+48 Minutes	1.05 Minutes
Maximum:	4+88 Bars	1.50 Minutes	Maximum:	4+64 Bars	1.30 Minutes
Rumba: BPM 24-26			Rumba: BPM 24-26		
Minimum:	4+40 Bars	1.30 Minutes	Minimum:	4+32 Bars	1.15 Minutes
Maximum:	4+48 Bars	2.00 Minutes	Maximum:	4+44 Bars	1.30 Minutes
Paso Doble: BPM 56-60			Paso Doble: BPM 56-60		
Minimum:	4+64 Bars	1.08 Minutes	Minimum:	4+56 Bars	1.05 Minutes
Maximum:	4+96 Bars	1.40 Minutes	Maximum:	79 Bars (Second highlight)	1.20 Minutes
<i>Espania Cani (Spanish Gypsy Dance)</i>			<i>Espania Cani (Spanish Gypsy Dance)</i>		
Minimum: To second highlight 79 Bars		1.20 Minutes	To second highlight: 79 Bars		1.20 Minutes
Maximum: Full Version 122 Bars		2.02 Minutes			
Jive: BPM 42-44			Jive: BPM 42-44		
Minimum:	4+48 Bars	1.15 Minutes	Minimum:	4+40 Bars	1.00 Minute
Maximum:	4+64 Bars	1.40 Minutes	Maximum:	4+48 Bars	1.15 Minutes

BALLROOM Tempos and Length of music

I			II		
PROFESSIONAL-AMATEUR-YOUTH-JUNIOR-JUVENILE			SENIOR-AMATEUR/PROFESSIONAL-STUDENT/TEACHER		
Waltz: BPM 28-30			Waltz: BPM 28-30		
Minimum:	4+40 Bars	1.34 Minutes	Minimum:	4+24 Bars	1.00 Minute
Maximum:	4+48 Bars	1.51 Minutes	Maximum:	4+40 Bars	1.33 Minutes
Tango: BPM 32-34			Tango: BPM 32-34		
Minimum:	4+48 Bars	1.40 Minutes	Minimum:	4+32 Bars	1.10 Minutes
Maximum:	4+56 Bars	1.52 Minutes	Maximum:	4+40 Bars	1.25 Minutes
Viennese Waltz: BPM 56-60			Viennese Waltz: BPM 56-60		
Minimum:	4+80 Bars	1.30 Minutes	Minimum:	4+56 Bars	1.02 Minutes
Maximum:	4+96 Bars	1.47 Minutes	Maximum:	4+80 Bars	1.27 Minutes
Slow Foxtrot: BPM 28-30			Slow Foxtrot: BPM 28-30		
Minimum:	4+40 Bars	1.34 Minutes	Minimum:	4+24 Bars	1.00 Minute
Maximum:	4+48 Bars	1.52 Minutes	Maximum:	4+40 Bars	1.33 Minutes
Quickstep: BPM 48-50			Quickstep: BPM 48-50		
Minimum:	4+72 Bars	1.35 Minutes	Minimum:	4+48 Bars	1.05 Minutes
Maximum:	4+88 Bars	1.55 Minutes	Maximum:	4+72 Bars	1.34 Minutes

SMOOTH Tempos and Length of music

I			II		
PROFESSIONAL-AMATEUR-YOUTH-JUNIOR-JUVENILE			SENIOR-AMATEUR/PROFESSIONAL-STUDENT/TEACHER		
Waltz: BPM 30-32			Waltz: BPM 28-30		
Minimum:	4+40 Bars	1.28 Minutes	Minimum:	4+24 Bars	1.00 Minute
Maximum:	4+48 Bars	1.50 Minutes	Maximum:	4+40 Bars	1.33 Minutes
Tango: BPM 30-32			Tango: BPM 30		
Minimum:	4+48 Bars	1.40 Minutes	Minimum:	4+32 Bars	1.10 Minutes
Maximum:	4+56 Bars	2.00 Minutes	Maximum:	4+40 Bars	1.25 Minutes
Viennese Waltz: BPM 54-56			Viennese Waltz: BPM 53-54		
Minimum:	4+88 Bars	1.36 Minutes	Minimum:	4+56 Bars	1.02 Minutes
Maximum:	4+104 Bars	1.52 Minutes	Maximum:	4+80 Bars	1.27 Minutes
Foxtrot: BPM 32-34			Foxtrot: BPM 30		
Minimum:	4+48 Bars	1.37 Minutes	Minimum:	4+24 Bars	1.00 Minute
Maximum:	4+56 Bars	1.52 Minutes	Maximum:	4+40 Bars	1.33 Minutes

RHYTHM Tempos and Length of music

I			II		
PROFESSIONAL-AMATEUR-YOUTH-JUNIOR-JUVENILE			SENIOR-AMATEUR/PROFESSIONAL-STUDENT/TEACHER		
Cha Cha Cha: BPM 30			Cha Cha Cha: BPM 28-30		
Minimum:	4+48 Bars	1.50 Minutes	Minimum:	4+24 Bars	1.00 Minute
Maximum:	4+56 Bars	2.00 Minutes	Maximum:	4+40 Bars	1.33 Minutes
Rumba: BPM 32-36			Rumba: BPM 30-32		
Minimum:	4+48 Bars	1.40 Minutes	Minimum:	4+32 Bars	1.10 Minutes
Maximum:	4+56 Bars	1.52 Minutes	Maximum:	4+40 Bars	1.25 Minutes
Swing: BPM 34			Swing: BPM 34		
Minimum:	4+88 Bars	1.36 Minutes	Minimum:	4+56 Bars	1.02 Minutes
Maximum:	4+104 Bars	1.52 Minutes	Maximum:	4+80 Bars	1.27 Minutes
Bolero: BPM 24-26			Bolero: BPM 24		
Minimum:	4+40 Bars	1.50 Minutes	Minimum:	4+24 Bars	1.00 Minute
Maximum:	4+48 Bars	2.10 Minutes	Maximum:	4+32 Bars	1.30 Minutes
Mambo: BPM 48-51			Mambo: BPM 47		
Minimum:	4+80 Bars	1.44 Minutes	Minimum:	4+48 Bars	1.05 Minutes
Maximum:	4+96 Bars	2.05 Minutes	Maximum:	4+72 Bars	1.34 Minutes