

## Smooth Timings Quick Reference Guide

The number of weight changes in relation to beats of music: S=2 beats, Q=1 beat, &=a half beat, (S) (Q) (&) indicate no weight change  
See individual dance charts for timings allowed. Some specific exceptions and restrictions are also noted below.

	BRONZE	SILVER	GOLD
<b>WALTZ</b> ¾ Three Beats per Bar	<ul style="list-style-type: none"> <li>• 123, 1(23)</li> <li>• 12&amp;3 <i>Chasses Only</i></li> </ul>	<ul style="list-style-type: none"> <li>• Bronze Timings</li> <li>• 1(2)3 <i>Foot Change/Hovers</i></li> <li>• 1&amp;23, 123&amp;</li> <li>• <i>One syncopation per bar</i></li> </ul>	<ul style="list-style-type: none"> <li>• Bronze and Silver Timings</li> <li>• 1&amp;2&amp;3, 12&amp;3&amp; Non-Turning figures in Right Shadow Position, Chasses, Locks and Runs in <i>allowable Holds</i>,</li> <li>• Double Underarm and Free Turns.</li> <li>• 1&amp;2&amp;3&amp; <i>Advanced Standing Spin/Runaround only</i></li> </ul>
<b>TANGO</b> 4/4 Four Beats per Bar	<ul style="list-style-type: none"> <li>• SSQQ(S), SQQ, QQS, QQQQ, SS</li> <li>• QQ(&amp;S) Brush tap <i>Open Fan only</i></li> <li>• Limit 4 consecutive Qs</li> <li>• <i>Foot Change Shadow Rocks only</i></li> </ul>	<ul style="list-style-type: none"> <li>• Bronze Timings</li> <li>• <i>One syncopation per bar</i></li> <li>• QQ&amp;, QQ&amp; <i>Viennese Crosses only</i></li> <li>• Q&amp;Q&amp; <i>Double Underarm Turn only</i></li> <li>• QQ(&amp;S) Brush Tap may replace any Tango Close</li> </ul>	<ul style="list-style-type: none"> <li>• Bronze and Silver Timings</li> <li>• Q&amp;Q&amp;S, SQ&amp;Q&amp; <i>Chasses, Double locks, and Free Turns</i></li> </ul>
<b>FOXTROT</b> 4/4 Four Beats per Bar	<ul style="list-style-type: none"> <li>• SSQQ, SQQ, QQS, QQQQ</li> <li>• QQ Extra Chasses and Side Steps</li> <li>• SSSS <i>Walks and Side Rocks only</i></li> <li>• 8 consecutive Qs <i>Grapevine only</i></li> <li>• SQ&amp;Q <i>Promenade Chasse only</i></li> </ul>	<ul style="list-style-type: none"> <li>• All Bronze Timings</li> <li>• S&amp;QQ Bounce Fallaway</li> <li>• SQ&amp;Q Chasses, Locks and Underarm Turns</li> <li>• S(Q)Q Foot Change, Hovers/Canter</li> <li>• SQ&amp;Q, SQQ&amp;</li> <li>• <i>One syncopation per bar</i></li> </ul>	<ul style="list-style-type: none"> <li>• Bronze and Silver Timings</li> <li>• &amp;SS, S&amp;S, SS&amp;, QQ&amp;</li> <li>• Q&amp;Q&amp; Non-Turning Figures in <i>Right Shadow Position</i>, Chasse, Locks and Runs in <i>allowable Holds</i></li> <li>• Double Underarm/Free Turns. <i>Q&amp;Q&amp;</i></li> <li>• Q&amp;Q&amp;Q&amp;Q&amp; <i>Advanced Standing Spin /Runaround only</i></li> </ul>
<b>V. WALTZ</b> ¾ Three Beats per Bar	<ul style="list-style-type: none"> <li>• 123, 1(23), 1(2)3</li> <li>• <b>No syncopations allowed</b></li> </ul>	<ul style="list-style-type: none"> <li>• 123, 1(23), 1(2)3</li> <li>• <b>No syncopations allowed</b></li> </ul>	<ul style="list-style-type: none"> <li>• Hesitations using 1 or 2 beats per bar</li> <li>• <b>No syncopations allowed</b></li> </ul>
<b>General</b>	<ul style="list-style-type: none"> <li>• Where Same Foot is allowed in Tango a foot change using 1 syncopation or a hesitation may be used</li> <li>• 1 syncopation per bar= 1 &amp; count per bar</li> </ul>	<ul style="list-style-type: none"> <li>• Where Same Foot is allowed a foot change timing using 1 syncopation, a Hesitation or a Hover/Canter timing may be used</li> <li>• 1 syncopation per bar= 1 &amp; count per bar</li> <li>• 2 syncopations per bar=2 &amp; counts per bar</li> </ul>	<ul style="list-style-type: none"> <li>• Where Same Foot is allowed a foot change timing using 1 syncopation, a Hesitation or a Hover/Canter timing may be used</li> <li>• 1 syncopation per bar = 1 &amp; count per bar</li> <li>• 2 syncopations per bar=2 &amp; counts per bar</li> <li>• 3 syncopations per bar=3 &amp; counts Per bar</li> </ul>