

Quick Reference Guide for American Smooth				
	HOLDS	POSITIONS	PROXIMITY	FEET
	Points of contact between the partners	Relationship between the partners bodies	Distance between the partners bodies	The dancer's body weight relative to his or her own feet and the relationship between partners
Bronze	<ul style="list-style-type: none"> • Traditional • Alternative/Traditional (Bronze) • Frame Holds • Double Hand Hold • Single Hand Hold • Combinations of Frame Hold and Hand Holds are allowed <p><i>Exception: Handshake Hold allowed in Waltz Progressive Change Steps, Progressive Twinkles, Waterfall</i></p>	<ul style="list-style-type: none"> • Closed Position • Outside Partner Right & Left • Open Facing Position • Promenade Positions • Counter Promenade Positions • Back to Back/V Shape • Right & Left Side Position • 90-degree/Right Angle Position <p><i>Exceptions: Right Shadow Position Shadow Tango Rocks Only, Transition through Left Shadow Waltz Waterfall only</i></p>	<ul style="list-style-type: none"> • Body Contact • Close (with Hold) • Extended (with Hold) 	<ul style="list-style-type: none"> • Opposite Feet • Feet must close, no Continuity Style The following elements that end with feet apart must be followed with a closed finish: <i>Spin Turn, Closed Impetus, Chasses, Locks, Grapevines, Lady's Cross Body Lead and Twist from PP, UATS, Pivots</i> • <i>Exception; Tango Rocks in Right Shadow Position on Same Foot</i>
Silver	<ul style="list-style-type: none"> • Bronze Holds • Alternative Traditional Hold (Silver) • Crossed Hand Hold (sustained) • Handshake Hold • Shadow Holds • No Hold <i>Limit 1 bar</i> 	<ul style="list-style-type: none"> • Bronze Positions. • Fallaway and Counter Fallaway Movements • 90-degree/Right Angle Position • Right Shadow Position (Lady in Front) • Right and Left Contra Positions (Opposite feet only) • <i>Exceptions</i> <i>Waltz: Same foot 'Shadow Switches' Limit 1 bar in Left Shadow.</i> <i>Fox Trot: Left Side Position Same Foot Grapevine Limit 4Q</i> 	<ul style="list-style-type: none"> • Bronze Proximities • Apart Limit 1 bar 	<ul style="list-style-type: none"> • Opposite Feet • Continuity Style • Same Foot allowed in Same Foot Lunge and Sustained Right Shadow Position only • <i>Waltz: Left Shadow in "Shadow Switches"</i>
Gold	<ul style="list-style-type: none"> • All Bronze & Silver Holds • Hammerlock • Hand(s) to body • No Hold Limit 4 bars W/T/F • No Hold Limit 8 bars VW 	<ul style="list-style-type: none"> • Bronze & Silver Positions. • Right Shadow Position, Lady in Front or Behind • Left Shadow Position, Lady in Front or Behind • Right and Left Side <i>Position Opposite or Same Foot</i> • Tandem Positions <i>Opposite or Same Foot</i> • Right and Left Contra Positions <i>Opposite or Same Foot</i> 	<ul style="list-style-type: none"> • Bronze & Silver Proximities • Apart Limit 4 bars W, T, FT, Limit 8 Bars in VW • Away Limit 2 bars W, T, FT Limit 4 bars VW 	<ul style="list-style-type: none"> • Opposite Feet • Continuity Style • Same Foot <i>as noted in individual dance charts</i>