

# **International Adult Competition Compulsory Dances 2009-2010**

Masters Dance: Paso Doble (3 sequences);  
Westminster Waltz (2 sequences)

Adult Gold Dance: Paso Doble (3 sequences);  
Westminster Waltz (2 sequences)

Adult Silver Dance: European Waltz (2 sequences);  
Tango (2 sequences)

Adult Bronze Dance: 14-Step (3 sequences);  
Foxtrot (3 sequences)

## **RHYTHM FOR ORIGINAL DANCE FOR 2009/2010:**

Folk/Country Dance

Any variations of tempo or rhythm within a music chosen will be permitted.  
Vocal music is permitted.

Duration: 2 minutes and 40 seconds but may be less.

Guidelines will be published in the future.