

3660 KEATS FOXTROT (JUNIOR SILVER DANCE TEST)

Music	- Foxtrot 4/4
Tempo	- 25 measures of 4 beats per minute - 100 beats per minute
<u>Pattern</u>	- <u>Optional</u>
Duration	- The time required to skate 4 sequences is 1:07 min.

The dance begins with the partners in open hold with their shoulders and hips close together. *Step 2* is a crossed behind chassé for both partners. *Step 4a* is a cross rolled three turn for the man after which the partners are in closed hold. *Step 4* for the lady commences with a cross roll then she extends her free leg behind for the full 4 counts, accentuating count 3 with a knee bend corresponding to the man's knee action for his change of foot. She must be careful to avoid lunging. On *steps 4b and 5* the man's free foot leaves the ice in front and is then drawn down beside the skating foot in preparation for the next step.

Step 5 is a cross roll three turn for the lady while the man skates a RBO edge. *Step 7* is a progressive for both partners. The partners remain in closed hold until the end of *step 8*. Then the man should be at the side of the lady (almost in outside hold) with their right shoulders opposite for his cross roll three turn (*step 9*).

The closed hold is resumed for *step 10*. The man skates a progressive during *step 11* while the lady prepares for the mohawk. On *step 11* the lady does not swing the free leg, but after extending it behind, merely brings the free foot down beside the skating heel (keeping the free foot well turned out), then performs an outside closed mohawk on count 1. To facilitate the lady's mohawk, good edges must be skated on *steps 10 and 11*. ~~If the lady skates step 11 as a flat, cutting across the arc of the man's steps 11a and 11b, she cannot rotate her shoulders parallel to the print to perform the mohawk.~~

On *step 12*, the free legs of both the partners swing up together, then are drawn down evenly so that, by the end of count 4, they are at the heel of the skating foot ready for *step 13*. *Step 13* should be stepped close to the heel of the skating foot. *Step 14* is an open stroke stepped close beside the skating foot. *Steps 13 and 14* should be strong inside edges.

The Foxtrot must be danced, not stepped. There must be soft knee action and flow. The free foot must always be placed on the ice close beside the skating foot. The dance is designed to be skated on deep edges with semi-circular lobes.

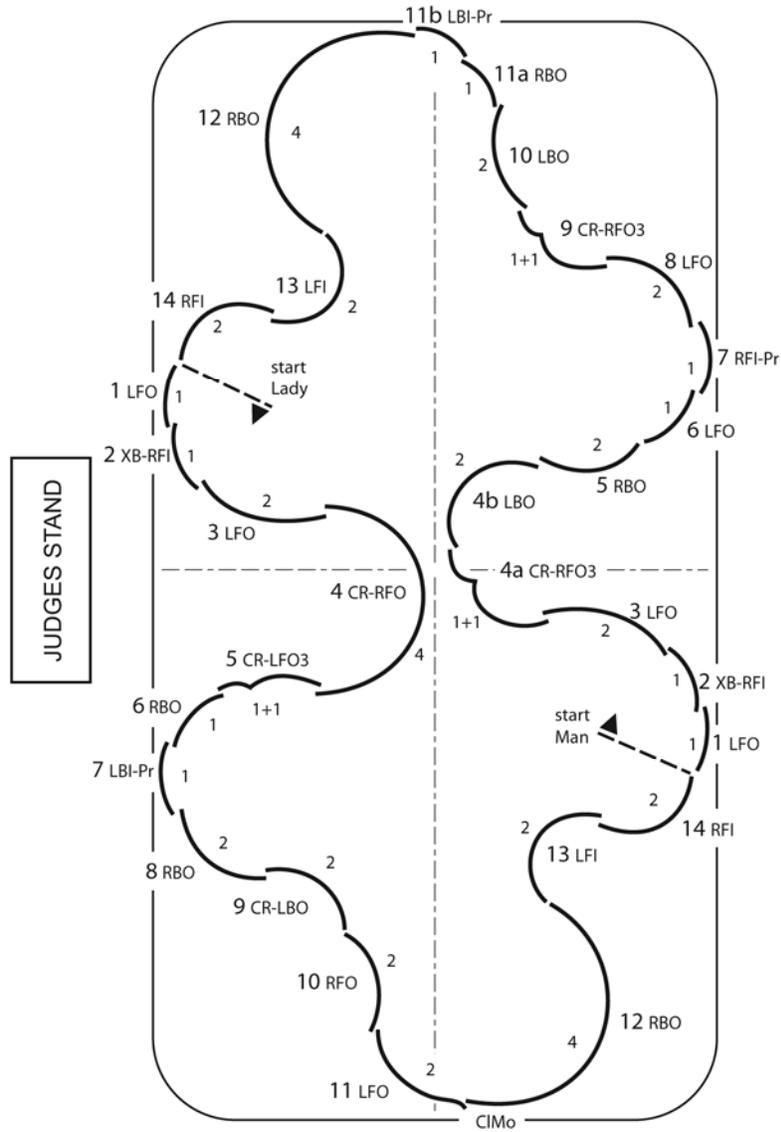
Inventors	- Eric van der Weyden and Eva Keats
First performance	- London, Westminster Ice Rink, 1933

3660 KEATS FOXTROT

Hold	Step No.	Man's Step	Number of Beats of Music			Lady's Step
Open	1	LFO		1		LFO
	2	XB-RFI		1		XB-RFI
	3	LFO		2		LFO
Closed	4a	CR-RFO3	1+1		4	CR-RFO
	4b	LBO	2			
	5	RBO	2		1+1	CR-LFO3
	6	LFO		1		RBO
	7	RFI-Pr		1		LBI-Pr
*	8	LFO		2		RBO
Closed	9	CR-RFO3	1+1		2	CR-LBO
	10	LBO		2		RFO
	11a	RBO	1		2	LFO
	11b	LBI-Pr	1			
Open	12	RBO		4		RBO
	13	LFI		2		LFI
	14	RFI		2		RFI

*Partial outside hold at end of step 8

3660 KEATS FOXTROT
International Dance - Optional Pattern



Music - Foxtrot 4/4
Tempo - 25 measures of 4 beats per minute
- 100 beats per minute

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3661 HARRIS TANGO (JUNIOR SILVER DANCE TEST)

Music	- Tango 4/4
Tempo	- 27 measures of 4 beats per minute - 108 beats per minute
<u>Pattern</u>	- <u>Optional</u>
Duration	- The time required to skate 2 sequences is 58 seconds.

Very erect carriage must be maintained throughout this dance. The partners should skate close together. Neat footwork and good flow are essential. The pace must be maintained without obvious effort or visible pushing. The dance consists of quick crossed steps skated on shallow curves interspersed between slower rolls skated on strong curves, followed by a promenade skated in open position.

At the end of the introductory steps the partners should be in outside hold with the lady to the right. The man makes two quick cross steps (*steps 1 & 2*), the first crossed in front, the second crossed behind (a crossed chassé sequence). The lady skates a similar sequence, the first crossed behind and the second in front. These quick steps are followed by a 4 beat roll (*step 3**) during which the couple assumes closed hold. During or at the end of the roll, the partners return to outside position but this time the lady is on the left. The next lobe consists of the same sequences skated on the opposite feet.

The third lobe starts with a shallow front-crossed right outside rocker for the man on *step 7* followed by two quick cross steps (*steps 8 & 9*), the first crossed behind, the second in front. The lady crosses behind on *step 7*, then steps forward for two steps, crossing on the second step. *Step 10* is another roll in which the couple assume closed hold. During or at the end of the roll, the partners return to outside hold with the lady on the left. The next lobe consists of another double cross step and roll sequence.

* The couple does not need to be in closed hold for the full 4 counts of steps 3, 6, 10, and 13 but may change sides from outside to outside in the middle of these rolls, be in closed hold for fewer counts or even briefly. Either technique/interpretation is acceptable.

On *step 14* the lady skates a cross roll into a three turn. The man also skates a cross roll before stepping forward onto an RFO swing roll (*step 15*) into closed hold while she skates LBO swing roll. The promenade follows with the partners in open hold, skating two quick and then two slow steps. Each partner then executes a closed swing mohawk (*steps 20 & 21*), inside for the man and outside for the lady, with each edge held for 4 beats. On *step 22* the lady steps forward to execute an inside three turn after one beat, holding the exit edge for 5 beats. The man skates a chassé sequence followed by a 4 beat roll (*steps 22 a, b, c*). The first part of *step 22* is skated in open hold. After the lady's three turn the partners are in closed hold but they complete the step in outside position ready to restart the dance.

Inventors	- Paul Kreckow and Trudy Harris
First Performance	- London, Hammersmith Ice Rink, 1932

3661 HARRIS TANGO

Hold	Step No.	Man's Step	Number of Beats of Music		Lady's Step	
Outside	1	XF-RFO		1	XB-LBO	
	2	XB-LFI		1	XF-RBI	
Closed to Outside	3	RFO		4	LBO	
	4	XF-LFO		1	XB-RBO	
	5	XB-RFI		1	XF-LBI	
Closed to Outside	6	LFO		4	RBO	
	7	XF-RFO-Rk (shallow)	1+1		2	XB-LBO
	8	XB-LBO		1	RFO	
	9	XF-RBI		1	XB-LFI	
Closed to Outside	10	LBO		4	RFO	
	11	XB-RBO		1	XF-LFO	
	12	XF-LBI		1	XB-RFI	
Closed to Outside	13	RBO		4	LFO	
	14	CR-LBO	2		1+1	CR-RFO3
Closed	15	RFO- <u>SwR</u>		4	LBO – <u>SwR</u>	
Open	16	LFO		1	RFI	
	17	RFI		1	LFO	
	18	LFO		2	RFI	
	19	RFI		2	LFO	
	20	LFI Sw-CIMo		4		RFO Sw-CIMo
	21	RBI- <u>SwR</u>		4		LBO- <u>SwR</u>
	22a	LFO	1		1+5	RFI3
	22b	RFI-Ch	1			
Closed	22c	LFO	4			

3662 AMERICAN WALTZ (JUNIOR SILVER DANCE TEST)

Music	- Waltz 3/4
Tempo	- 66 measures of 3 beats per minute - 198 beats per minute
<u>Pattern</u>	- <u>Set</u>
Duration	- <u>The time required to skate 2 sequences is 58 seconds.</u>

The American Waltz consists of a series of semi-circular lobes skated ~~alternately~~ towards and away from the midline. These lobes are joined at the ends by 6 beat outside swing rolls. ~~Two lobes are directed towards the midline except that on ice surfaces less than 56 meters (185 ft.) in length it is permissible to skate only one lobe towards the midline. This is the only pattern option permitted.~~ The lobes nearest the end/short barrier are positioned so that their ends are closer to the midline, making it possible for a single 6 beat roll to connect them. ~~The start and finish of all other lobes should be equidistant from the midline.~~ All steps should be of equal curvature so that each group of three steps forms a large semi-circle with each lobe starting directly towards or away from the midline.

The steps of each lobe are the same except that they are skated alternately left and right depending on the direction of the lobe. Although the sequence of steps is the simplest of any ice dance, because of the amount of rotation generated by the couple it is among the most difficult to skate correctly. In order to rotate smoothly, it is necessary for the partners to keep their shoulders parallel with the center of rotation between them, rather than having one partner whip around the other on the swing three turns. The rotation must be continuous and even, rather than sudden jerks with pauses between.

Each step of the American Waltz is held for 6 beats (2 measures) which gives considerable length to each step. ~~A double swing of the free foot is used to emphasize the duration of the step — first it trails, then, approximately on the count of 4, it moves past the skating foot into an extended position, then returns beside the skating foot in time to become the new skating foot.~~ The swing of the free foot/leg must be from the hip without any bending of the free leg knee. ~~Turning the free foot out from the hip makes the dance look better and keeps the hips in a better skating position.~~ The threes must be turned with the feet close together, but without pause in the motion of the free foot. The free foot should not pass the skating foot before the three is turned. While maintaining close waltz hold throughout, the partners must synchronize their free leg swings with each other as well as with the music, turning the swing threes on count 4. These types of turns are known as “American Waltz Type Three Turns”. ~~Although these movements can be readily increased or decreased during the rolls, on the turns the motion of the free leg is complicated by the turning action on count 4. The swing must not be so strong or wide that it interferes with making a clean turn. If the free foot passes before the turn, it produces a kicked three or even a forced counter. Therefore, each skater must match the free leg movements to those possible for the partner.~~

The transition from one foot to the other is accompanied by a bending of the skating knee. This action coincides with the major accent (count 1) and serves to emphasize it. The knee action that adds lilt to the dance must be well controlled and gradual or the dance may become bouncy with the skater losing flow and balance. The dancers must stand upright using a nicely controlled body weight change when simultaneously starting a new lobe.

The expression of waltz music is characterized primarily by evenness of flow between points of major and minor emphasis ~~which alternate. The points of emphasis are not greatly marked and continuous flow is predominant.~~ Any abrupt motions are out of place in this dance. The points of major emphasis, count

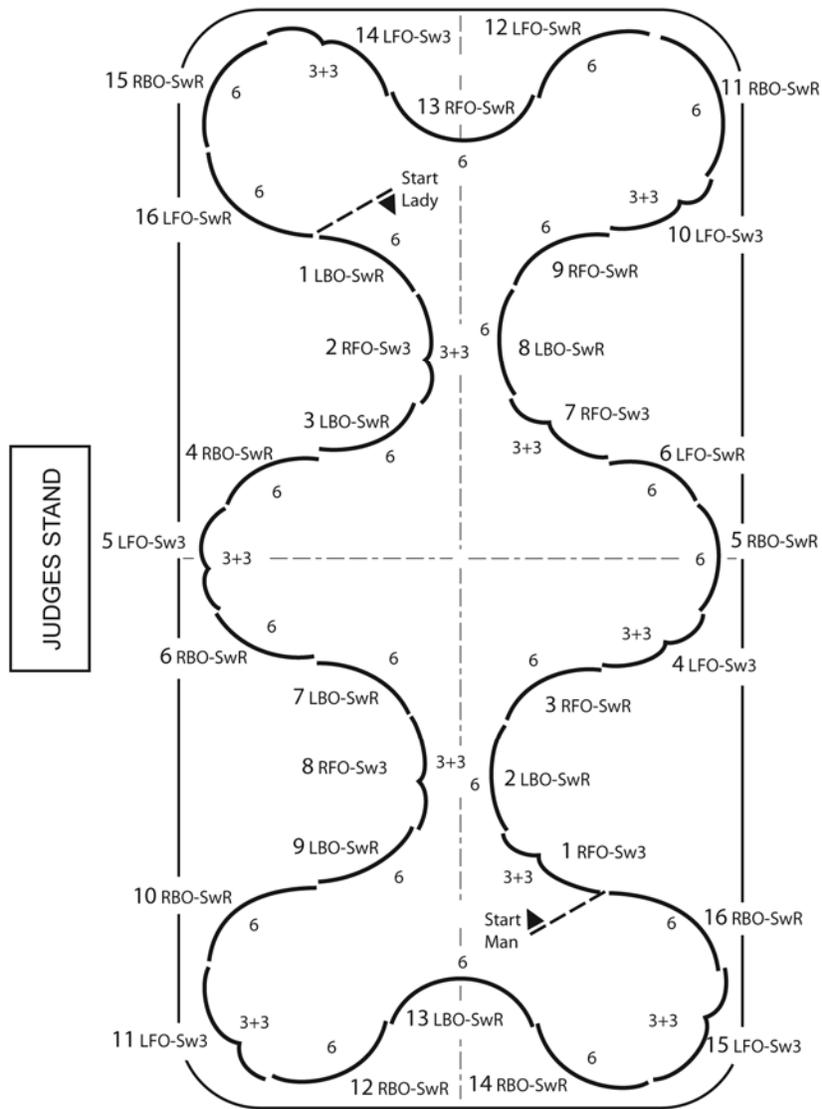
1, are marked by the change of feet and bending of the skating knee. Some of these points coincide with the start of a new lobe and are also emphasized by the change of direction of rotation and lean. The points of minor emphasis (count 4) are marked by turns but are not otherwise emphasized. ~~Thus the turning of the three should be as inconspicuous as possible. While a knee bend is desirable to accentuate count 1, a second knee bend on count 4 is not permitted.~~

Inventor - unknown
First Performance - unknown

3662 AMERICAN WALTZ

Hold	Step No.	Man's Step	Number of Beats of Music			Lady's Step
Closed	1	RFO <u>Sw</u> 3	3+3		6	LBO- <u>Sw</u> R
	2	LBO- <u>Sw</u> R	6		3+3	RFO <u>Sw</u> 3
	3	RFO- <u>Sw</u> R		6		LBO- <u>Sw</u> R
	4	LFO <u>Sw</u> 3	3+3		6	RBO- <u>Sw</u> R
	5	RBO- <u>Sw</u> R	6		3+3	LFO <u>Sw</u> 3
	6	LFO- <u>Sw</u> R		6		RBO- <u>Sw</u> R
	7	RFO <u>Sw</u> 3	3+3		6	LBO- <u>Sw</u> R
	8	LBO- <u>Sw</u> R	6		3+3	RFO <u>Sw</u> 3
	9	RFO- <u>Sw</u> R		6		LBO- <u>Sw</u> R
	10	LFO <u>Sw</u> 3	3+3		6	RBO- <u>Sw</u> R
	11	RBO- <u>Sw</u> R	6		3+3	LFO <u>Sw</u> 3
	12	LFO- <u>Sw</u> R		6		RBO- <u>Sw</u> R
	13	RFO- <u>Sw</u> R		6		LBO- <u>Sw</u> R
	14	LFO <u>Sw</u> 3	3+3		6	RBO- <u>Sw</u> R
	15	RBO- <u>Sw</u> R	6		3+3	LFO <u>Sw</u> 3
	16	LFO- <u>Sw</u> R		6		RBO- <u>Sw</u> R

3662 AMERICAN WALTZ
International Dance - Set Pattern



Music - Waltz 3/4
Tempo - 66 measures of 3 beats per minute
- 198 beats per minute

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3663 ROCKER FOXTROT (JUNIOR SILVER DANCE TEST)

Music	- Foxtrot 4/4
Tempo	- 26 measures of 4 beats per minute - 104 beats per minute
Pattern	- Set
Duration	- The time required to skate 4 sequences is 1:05 min.

The Rocker Foxtrot starts at the midline at one end of the ice surface and makes three lobes towards the edge and two towards the midline along each side. Thus one circuit of the ice surface requires two sequences of the dance.

Steps 1 to 4 that are the same for both partners are skated in open hold and consist of a crossed behind chassé followed by a progressive. *Step 5* for the lady is a 4 beat LFO swing rocker skated while the man performs 2 outside edges. The swing rocker is executed with a swing of the free leg and is turned after the free leg has passed the skating foot and is extended forward. The turn should be executed on clean outside to outside edges on beat 2 of the step so that the lady's sinking onto a softly bent knee afterwards will coincide exactly with the man's knee bend for his RFO edge on beat 3. After the swing rocker the lady's free leg must be swung forward to match the man's free leg. After the lady's swing rocker the pattern continues to approach the midline before curving away and care should be taken that both partners are on outside edges.

During the swing rocker the couple changes to closed hold which is maintained until *step 7b* when the couple resumes open hold for the remainder of the dance. The man must skate an open stroke for step 6 and should be in a position exactly opposite his partner at the beginning of the edge to execute his LFO3.

Step 8 is a cross roll. *Steps 10 and 11* are strong outside edges. *Steps 11 and 12* are outside closed mohawks for both partners. The free leg is first extended behind turned out and then is placed beside the heel of the skating foot, arriving exactly in time for the mohawk. The man must be careful not to curve his *step 11* too deeply since the lady must curve her edge at least as deeply in order to be in position beside him for the turn. To achieve the correct positions, the shoulders must be well checked entering the turn. The mohawk must be directed towards the side/long barrier to achieve a nicely rounded end pattern if the dance is to commence again at the midline. After the mohawk the partners continue a slow clockwise rotation through *steps 12 and 13* so as to be travelling forward on *step 14* for the restart of the dance. Both partners commence *step 13* crossed in front approximately at the center line.

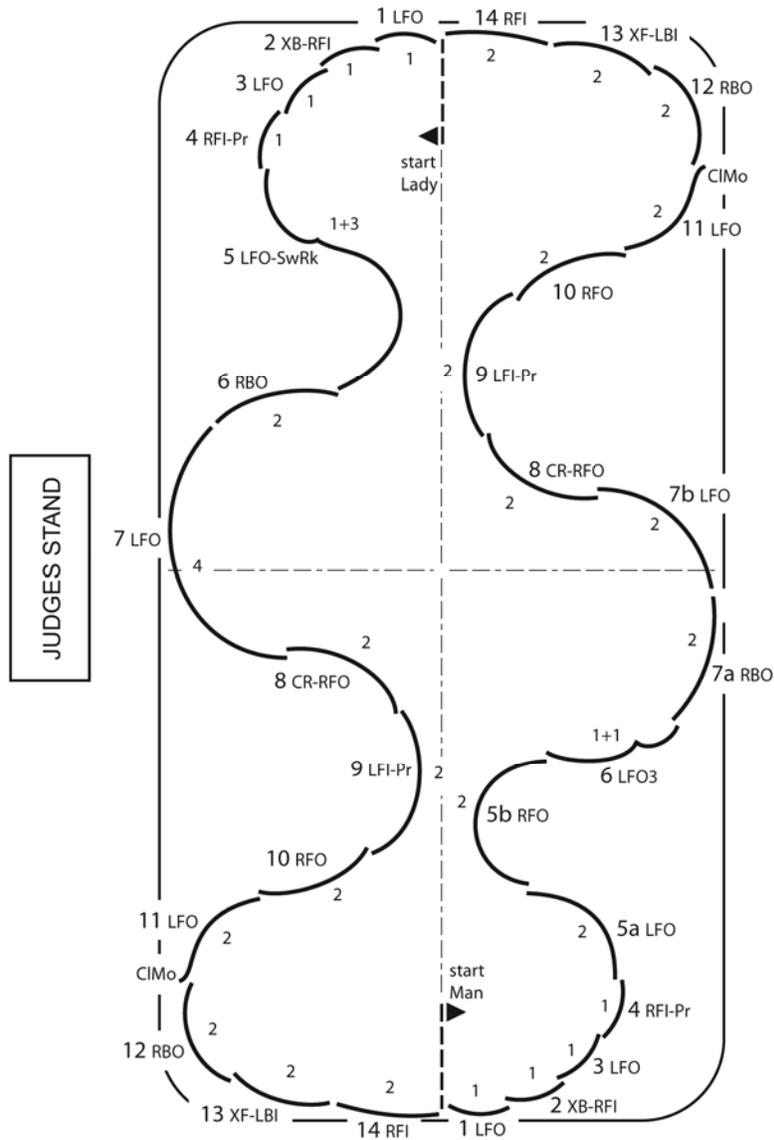
The Rocker Foxtrot should be skated with good knee action, change of lean and flow to enhance the character of a Foxtrot.

Inventors	- Eric van der Weyden and Eva Keats
First performance	- London, Streatham Ice Rink, 1934

3663 ROCKER FOXTROT

Hold	Step No.	Man's Step	Number of Beats of Music			Lady's Step
Open	1	LFO		1		LFO
	2	XB-RFI		1		XB-RFI
	3	LFO		1		LFO
	4	RFI-Pr		1		RFI-Pr
Closed	5a	LFO	2		1+3	LFO-SwRk
	5b	RFO	2			
	6	LFO3	1+1		2	RBO
Open	7a	RBO	2		4	LFO
	7b	LFO	2			
	8	CR-RFO		2		CR-RFO
	9	LFI-Pr		2		LFI-Pr
	10	RFO		2		RFO
	11	LFO CIMo		2		LFO CIMo
	12	RBO		2		RBO
	13	XF-LBI		2		XF-LBI
	14	RFI		2		RFI

3663 ROCKER FOXTROT
International Dance - Set Pattern



- | | |
|----------|---|
| Music | - Foxtrot 4/4 |
| Tempo | - 26 measures of 4 beats per minute |
| | - 104 beats per minute |
| Pattern | - Set |
| Duration | - The time required to skate 4 sequences is 1:05 min. |

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