

3664 PASO DOBLE

(SENIOR SILVER DANCE TEST)

Music	- Paso Doble 2/4
Tempo	- 56 measures of 2 beats per minute - 112 beats per minute
Pattern	- Optional
Duration	- The time required to skate 3 sequences is 51 sec.

The Paso Doble is a dramatic and powerful Spanish dance requiring good body control and precise footwork. It can be expressed in terms of its origins from the music of bull fighting or in Flamenco style.

Steps 1 to 15 are skated in outside hold with the woman to the man's right. The dance starts with a progressive sequence followed by two chassé sequences. *Steps 8 and 9* are most unusual slip steps, (sometimes called "slide steps") for both the woman (skating backward) and the man (skating forward). They are skated on the flat with both blades on the ice and with the free foot sliding closely past the skating foot to full extension. There are two optional ways to perform these steps: one option is to skate with the knee(s) of the weight bearing leg(s) bent as they slide across the ice, and the other option is to skate with the knee(s) of both of the weight bearing legs straight

On *step 10* the free foot must be lifted distinctly from the ice. The following change of edge on *step 11* should be boldly skated to produce a pronounced outward bulge of the pattern. The man crosses in front on *step 12*, then skates a progressive sequence leading into a cross behind open mohawk. The woman skates a series of cross steps to coordinate with his. After the man's mohawk the partners assume closed hold.

Step 17 is the first 2 beat edge of the dance. The man extends his free leg in front and the woman extends her free leg behind. The man then skates a backward edge, a front cross step, then a 2 beat back edge before stepping forward into open hold for chassé and progressive sequences. Meanwhile his partner skates a cross behind chassé followed by two chassés and a progressive sequence. The first of her two chassés is skated while the man pauses 2 beats on *step 20*. *Steps 21 to 24* are performed together. Care must be taken to ensure that the partners remain in closed hold to the end of *step 20*.

Probably the most difficult portion of the dance is the cross rolling movement on *step 26 to 28*. The deeper these outside edges are the better, which necessitates very supple knee action owing to the fast tempo of the dance. On the last cross roll the free legs are swung to the front and both partners remain on the right forward outside edge. Then only as they bring their free legs back to the heel, (for the man to prepare to push, and the woman to execute a quick open swing mohawk on the "and" between counts 4 and 1), they change to a very short RFI edge. This places her in outside hold again for the restart of the dance.

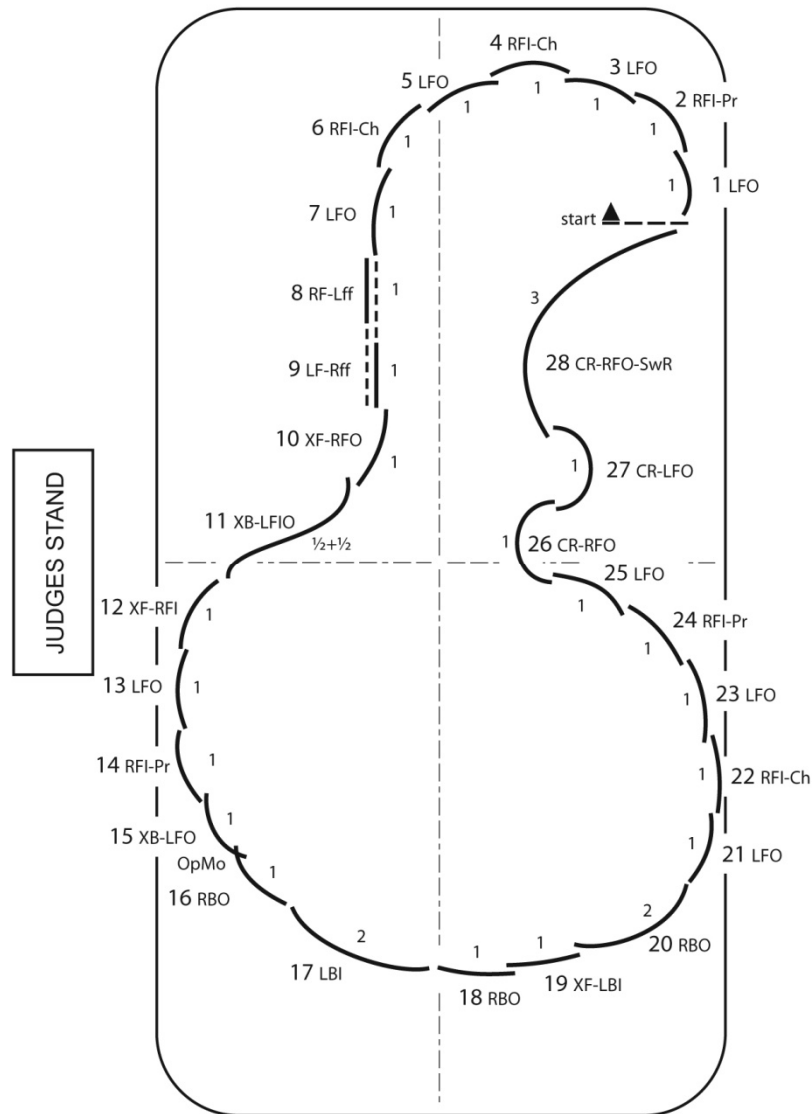
The overall pattern of the Paso Doble is approximately elliptical, distorted here and there by outward bulges. The opening progressive is on a curve but the next few steps are rather straight. The change of edge produces an outward bulge followed by *steps 12 to 25* that form a curve. The cross rolls cause a deviation in the pattern and there is a final bulge before the restart of the dance.

Inventors	- Reginald J. Wilkie and Daphne B. Wallis
First Performance	- London, Westminster Ice Rink, 1938

3664 PASO DOBLE

Hold	Step No.	Man's Step	Number of Beats of Music			Woman's Step
Outside	1	LFO		1		RBO
	2	RFI-Pr		1		LBI-Pr
	3	LFO		1		RBO
	4	RFI-Ch		1		LBI-Ch
	5	LFO		1		RBO
	6	RFI-Ch		1		LBI-Ch
	7	LFO		1		RBO
	8	RF-Lff Slip Step		1		LB-Rff Slip Step
	9	LF-Rff Slip Step		1		RB-Lff Slip Step
	10	XF-RFO		1		XB-LBO
	11	XB-LFIO		$\frac{1}{2} + \frac{1}{2}$		XF-RBIO
	12	XF-RFI		1		XB-LBI
	13	LFO		1		RBO
	14	RFI-Pr		1		XB-LBI
	15	XB-LFO OpMo		1		RBO
Closed	16	RBO		1		XF-LBI
	17	LBI		2		RFI
Outside	18	RBO		1		LFO
	19	XF-LBI		1		XB-RFI
	20a	RBO	2		1	LFO
Changing	20b				1	RFI-Ch
Open	21	LFO		1		LFO
	22	RFI-Ch		1		RFI-Ch
	23	LFO		1		LFO
	24	RFI-Pr		1		RFI-Pr
	25	LFO		1		LFO
	26	CR-RFO		1		CR-RFO
	27	CR-LFO		1		CR-LFO
	28	CR-RFO-SwR	3		3 "and"	CR-RFO-SwR RFI OpMo to LBI (between counts 4 & 1)

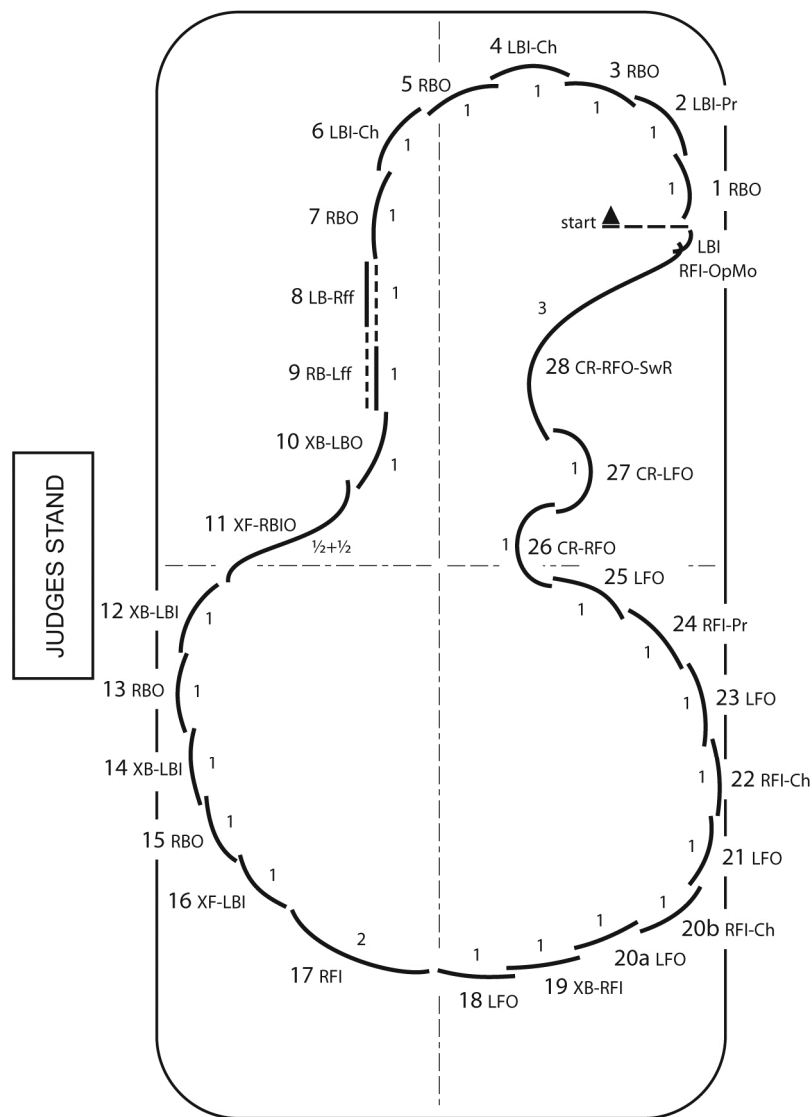
3664 PASO DOBLE
International Dance - Optional Pattern
Man



Music - Paso Doble 2/4
Tempo - 56 measures of 2 beats per minute
- 112 beats per minute

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3664 PASO DOBLE
International Dance - Optional Pattern
Woman



Music - Paso Doble 2/4
Tempo - 56 measures of 2 beats per minute
- 112 beats per minute

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Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Fourteenstep (source: ISU Handbook Ice Dance 2003, § I-1) – Intermediate Novice 2020/21
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Music - March 6/8 or 2/4

Tempo - 56 measures of 2 beats per minute

- 28 measures of 4 beats per minute

- 112 beats per minute

Pattern - Set

Duration - The time required to skate 4 sequences is 43 sec.

During steps 1 to 7 the lady and man are in closed hold with the lady skating backward and the man forward. The dance begins with a progressive sequence of three steps forming a lobe curving towards the midline. Step 4 is a 4 beat swing roll curving towards the side barrier. It is important that the free legs match on the swing roll and that the partners remain close together. This is followed by another progressive sequence for both partners during steps 5 to 7. Step 7 is skated slightly less deeply than step 3, after which the lady steps forward on step 8 and skates close beside the man in open hold until he completes his mohawk.

Steps 1 to 7 should be skated along the continuous axis of the ice surface with steps 8 to 14 curving around the ends of the pattern. After the man's open inside mohawk on step 9, he should check his rotation with his shoulders and both partners' shoulders should remain approximately parallel to the tracings around the end. During steps 8 to 12, the partners skate in an offset closed hold with the lady's right hip beside the man's right hip with the lady now skating forward and the man backward. Step 9 for the lady is a crossed behind chassé and step 11 is a progressive. On step 10 the man steps close beside the skating foot, steps 11 and 12 are a progressive sequence, then step 13 is crossed in front. The lady gradually moves ahead of the man to skate an open outside mohawk during steps 12 and 13. At the conclusion of step 13, the man steps forward for step 14. On step 14 the partners return to the original closed hold.

Soft knee action with the rhythm of the music and easy graceful flow are necessary so that the Fourteenstep will be danced rather than walked or raced. A strong lean is necessary to achieve the required edges at a good pace.

In tests and competitions the dance must be skated as specified in the rules, but for dance sessions, when many couples are on the ice at the same time, it is recommended that there be two rolls along the side if the ice surface permits.

Inventor - Franz Schöller

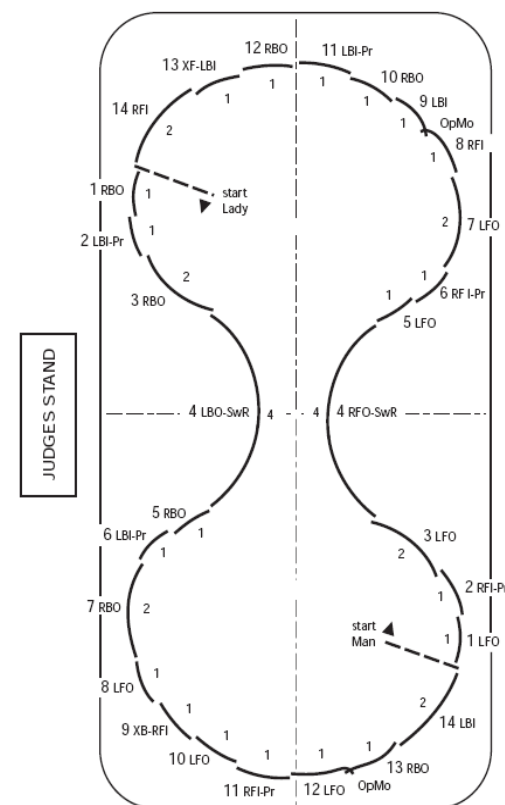
First performance - in Vienna, 1889, as the Ten Step or Schöller March

Category: **Ice Dance**
Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Fourteenstep (source: ISU Handbook Ice Dance 2003, § I-1) – Basic Novice (without Key Point), Intermediate Novice 2020/21

Hold	Step No.	Man's Step	Number of Beats of Music	Lady's Step
Closed	1	LFO	1	RBO
	2	RFI-Pr	1	LBI-Pr
	3	LFO	2	RBO
	4	RFO-SwR	4	LBO-SwR
	5	LFO	1	RBO
	6	RFI-Pr	1	LBI-Pr
	7	LFO	2	RBO
Slightly off- set Closed	8	RFI OpMo	1	LFO
	9	LBI	1	XB-RFI
	10	RBO	1	LFO
	11	LBI-Pr	1	RFI-Pr
	12	RBO	1	LFO Op Mo
Closed	13	XF-LBI	1	RBO
Closed	14	RFI	2	LBI

Each Sequence (FO1Sq, FO2Sq, FO3Sq FO4Sq)	Key Point Lady & Man Steps 1-4 (RBO, LBI-Pr, RBO-SwR LBO-SwR)
Key Point Features	1. Correct Edges 2. SwR (#4) Correct swing movement of the free leg 3. Pr (#2) not performed as a Chassé



Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Foxtrot (source: ISU Handbook Ice Dance 2003, § I-2) Intermediate Novice 2020/21

Music - Foxtrot 4/4

Tempo - 25 measures of 4 beats per minute
- 100 beats per minute

Pattern- Optional

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.

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

Category: **Ice Dance**

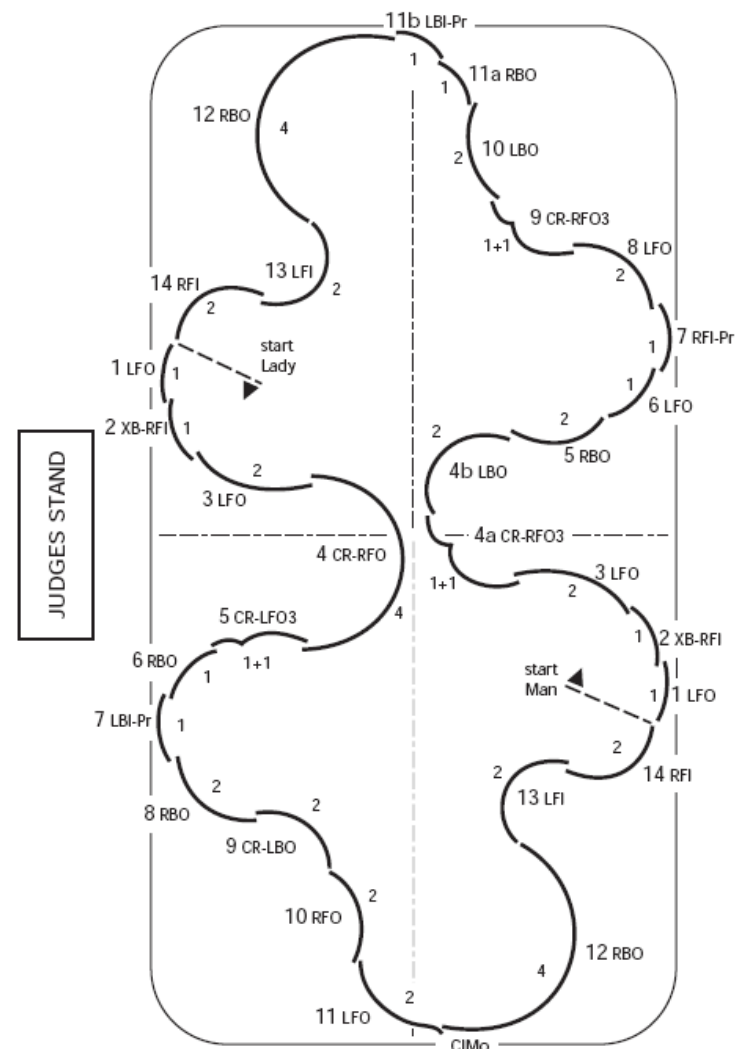
Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Foxtrot (source: ISU Handbook Ice Dance 2003, § I-2) Intermediate Novice 2020/21

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			CIMo
Open	12	RBO		4		RBO
	13	LFI		2		LFI
	14	RFI		2		RFI

*Partial outside hold at end of step 8

Each Sequence (FT1Sq, FT2Sq, FT3Sq, FT4Sq)	Key Point Lady Steps 11-14 (LFO CIMo, RBO, LFI, RFI) & Man Steps 11a-14 (RBO, LBI-Pr, RBO, LFI, RFI)
Key Point Features	1. Correct Edges 2. Correct Turn 3. CIMo - Correct placement of the free foot



Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Rocker Foxtrot (source: ISU Handbook Ice Dance 2003, § I-3)
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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.

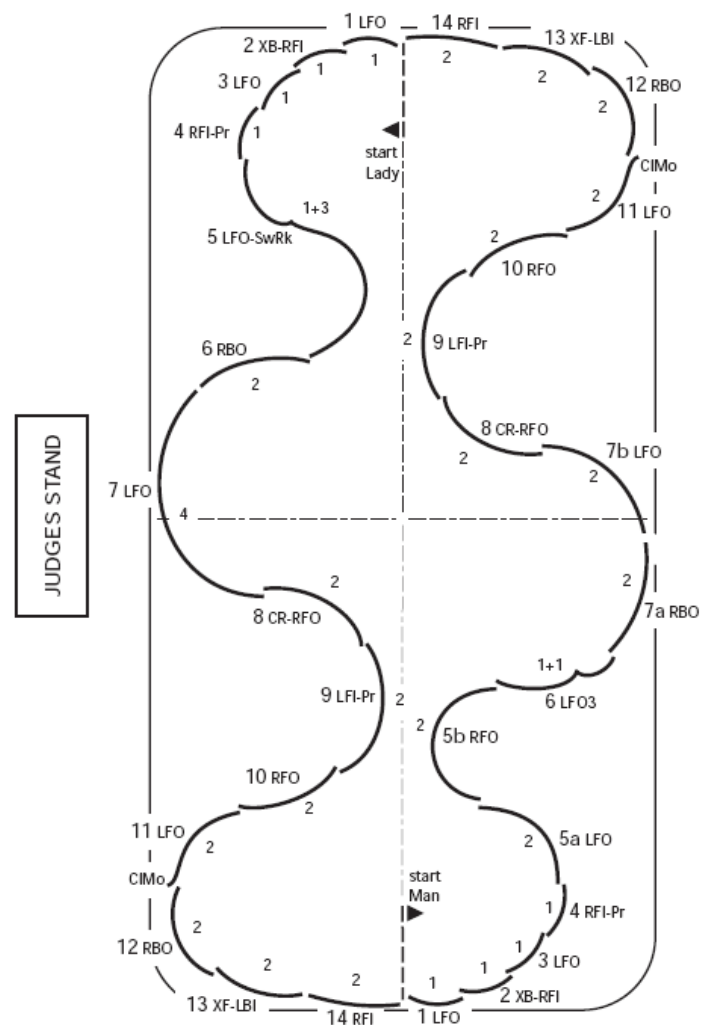
The Rocker Foxtrot should be skated with good knee action, change of lean and flow to enhance the character of a Foxtrot.

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

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Rocker Foxtrot (source: ISU Handbook Ice Dance 2003, § I-3)

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 ClMo		2		LFO ClMo
	12	RBO		2		RBO
	13	XF-LBI		2		XF-LBI
	14	RFI		2		RFI



Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

European Waltz (source: ISU Handbook Ice Dance 2003, § I-4) Intermediate Novice 2020/21
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Music - Waltz $\frac{3}{4}$
Tempo - 45 measures of 3 beats per minute
- 135 beats per minute

Pattern - Set

Duration - The time required to skate 2 sequences is 48 seconds.

The basic steps of the European Waltz are a cross roll three turn, a backward outside edge and a forward outside edge for the man, while the lady skates a backward outside edge, a three turn and another backward outside edge. Semicircular lobes of these three steps are skated along the sides of the ice surface, the first lobe starting towards the midline; the second toward the side/long barrier. Care must be taken to ensure that these lobes are full semi-circles so that each starts directly towards or away from the midline.

These lobes are connected across the ends of the pattern by larger lobes that consist of a series of three turns and back outside edges. A normal end lobe sequence contains four three turns for each partner, but on a wide ice surface, more are permissible. (For the ISU Judging System the sections of the dance will remain the same, regardless of the number of three turns skated on the end pattern). This is the only pattern option permitted.

The man's three turn at the beginning of each lobe must be skated as a cross roll. The lady's back outside edge, however, is started as an open stroke. All three turns are turned on the count of 3. These types of turns

are known as "European Waltz Type Three Turns". All edges are 3 beats in length.

The dance is skated in closed hold throughout and the partners must remain close together. The rotation of the partners should be around the same axis, should be continuous and reverses its direction at the start of each new lobe. For example, in lobes aiming toward the side barrier of the ice surface, the couple rotates to the left; in lobes aiming toward the midline, the couple rotates to the right. All rotations must be well controlled, which is best accomplished with the free foot kept close to the skating foot. On all three turns checking is necessary to prevent over-rotation.

Erect posture, consistently powerful stroking, even free leg extension, and a regular rising and falling knee action give this dance its waltz flavour.

Inventor - unknown

First Performance - before 1900 but the exact date and location are unknown

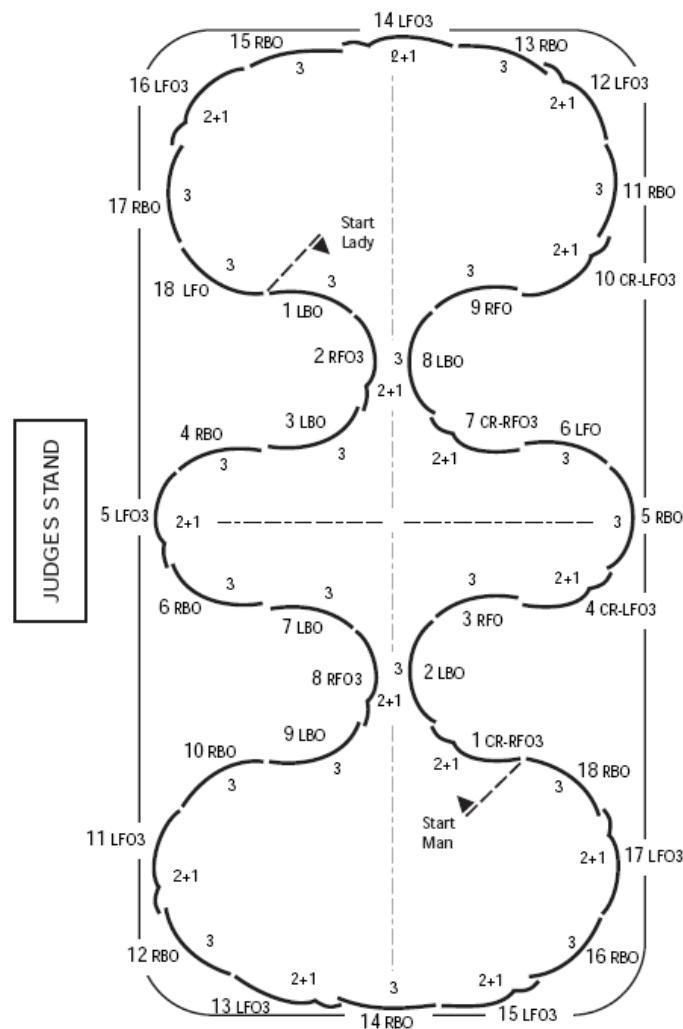
Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

European Waltz (source: ISU Handbook Ice Dance 2003, § I-4) Intermediate Novice 2020/21

Hold	Step No.	Man's Step	Number of Beats of Music			Lady's Step
Closed	1	CR-RFO3	2+1		3	LBO
	2	LBO	3		2+1	RFO3
	3	RFO		3		LBO
	4	CR-LFO3	2+1		3	RBO
	5	RBO	3		2+1	LFO3
	6	LFO		3		RBO
	7	CR-RFO3	2+1		3	LBO
	8	LBO	3		2+1	RFO3
	9	RFO		3		LBO
	10	CR-LFO3	2+1		3	RBO
	11	RBO	3		2+1	LFO3
	12	LFO3	2+1		3	RBO
	13	RBO	3		2+1	LFO3
	14	LFO3	2+1		3	RBO
	15	RBO	3		2+1	LFO3
	16	LFO3	2+1		3	RBO
	17	RBO	3		2+1	LFO3
	18	LFO		3		RBO

Each Sequence (EW1Sq, EW2Sq)	Key Point Lady Steps 6-8 (RBO, LBO, RFO3) & Man Steps 6-8 (LFO, CR-RFO3, LBO)
Key Point Features	1. Correct Edges 2. Correct Turn



Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

American Waltz (source: ISU Handbook Ice Dance 2003, § I-5)
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Music - Waltz $\frac{3}{4}$
Tempo - 66 measures of 3 beats per minute
- 198 beats per minute
Pattern - Set
Duration - The time required to skate 2 sequences is 58 seconds.

The American Waltz consists of a series of semi-circular lobes skated towards and away from the midline. These lobes are joined at the ends by 6 beat outside swing rolls. 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. 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. The swing of the free foot/leg must be from the hip without any bending of the free leg knee. 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”.

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. 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.

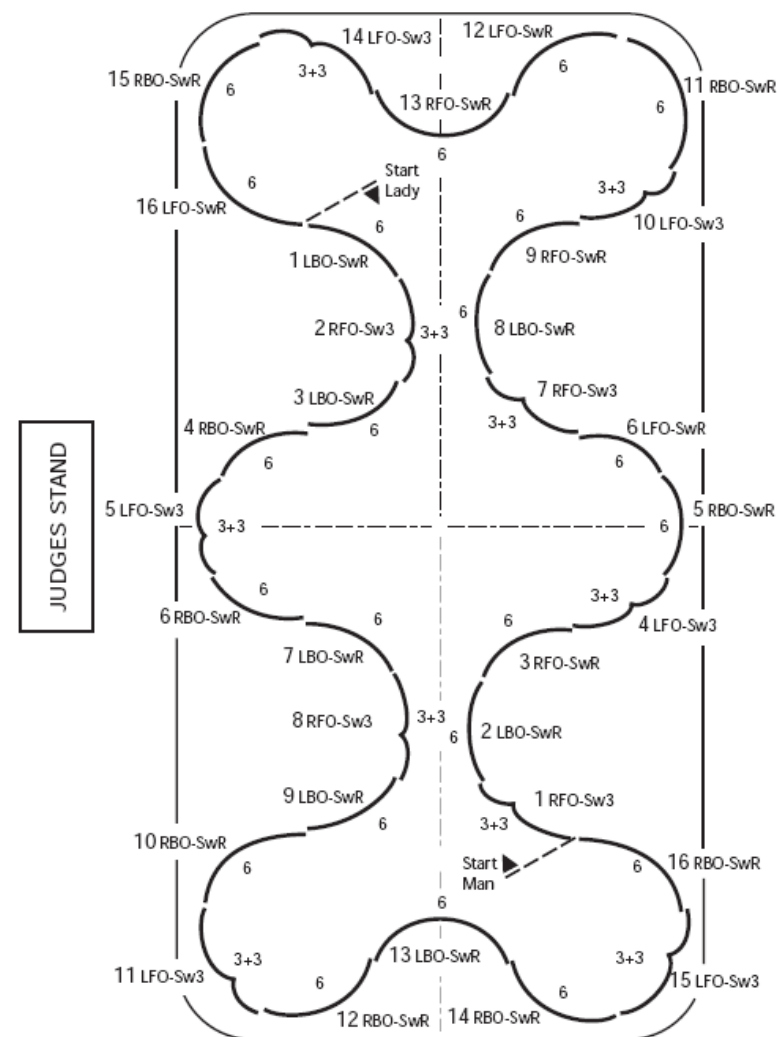
Inventor - unknown
First Performance - unknown

Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

American Waltz (source: ISU Handbook Ice Dance 2003, § I-5)

Hold	Step No.	Man's Step	Number of Beats of Music		Lady's Step
Closed	1	RFOSw3	3+3	6	LBO-SwR
	2	LBO-Sw R	6	3+3	RFOSw3
	3	RFO-SwR	6		LBO-SwR
	4	LFOSw3	3+3	6	RBO-SwR
	5	RBO-SwR	6	3+3	LFO Sw3
	6	LFO-SwR	6		RBO-SwR
	7	RFOSw3	3+3	6	LBO-SwR
	8	LBO-SwR	6	3+3	RFOSw3
	9	RFO-SwR	6		LBO-SwR
	10	LFOSw3	3+3	6	RBO-SwR
	11	RBO-SwR	6	3+3	LFOSw3
	12	LFO-SwR	6		RBO-SwR
	13	RFO-SwR	6		LBO-SwR
	14	LFOSw3	3+3	6	RBO-SwR
	15	RBO-SwR	6	3+3	LFOSw3
	16	LFO-SwR	6		RBO-SwR



Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Starlight Waltz (source: ISU Handbook Ice Dance 2003, § I-9)

Music - Waltz $\frac{3}{4}$
Tempo - 58 measures of 3 beats per minute
- 174 beats per minute
Pattern- Set
Duration - The time required to skate 2 sequences is 1:10 min.

The character and rhythm of this dance are similar to that of the Viennese Waltz.

The dance starts in closed hold with three chassé sequences for both partners. The third step of each chassé sequence must finish on a strong outside edge. After the third chassé, both partners skate a 6 beat change of edge on step 9. The movement of the free leg during the second 3 beats of step 9 may be interpreted as the skaters desire. Both partners skate a 6 beat swing roll on step 10. Continuing in closed hold during steps 11 to 15, the man skates three 3-turns while the lady skates two. During this sequence, freedom of movement and interpretation is left to the discretion of the partners, except that they must remain in closed hold. Care should be taken that these three turns are not whipped. After the man's final three turn on step 15 he skates a back progressive while the lady prepares for her outside closed mohawk (steps 16a & 16b). Both partners hold step 17 for 6 beats, accenting count 4 with a lift of the free leg.

Step 18 is skated in open hold. The man holds step 19 for 3 beats while the lady skates an open mohawk. The partners then resume closed hold for the swing roll on step 20. The lady then turns into open hold and while the man does a chassé, she skates another open mohawk. The partners

resume closed hold for another swing roll on step 23. The "chassé/mohawk" sequence is reversed once more during steps 24 and 25. During the above three mohawks the lady may place the heel of the free foot to the inside, or at the heel, of the skating foot before the turn.

During step 26, the man releases his left hand and places it across his back. The lady then clasps his left hand with her right hand. The man releases his right hand so that, on step 28, he can turn his three behind the lady. During steps 26 to 28 the man may bring his right arm forward or place it by his side.

Steps 27, 28 and 31 are commenced by the man as cross rolls and steps 27 and 31 as cross rolls by the lady. Step 29b for the lady is a cross behind chassé after which she must be careful to step beside, not step ahead. On completion of step 29, the partners assume Kilian hold that is retained until step 32. On step 32 the man skates a slide chassé while the lady turns a swing three turn, with a backward lift of the free leg in time with the music, into closed hold to restart the dance.

Inventors - Courtney J. L. Jones and Peri V. Horne
First Performance - London, Queens Ice Rink, 1963

Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Starlight Waltz (source: ISU Handbook Ice Dance 2003, § I-9) Advanced Novice 2020/21

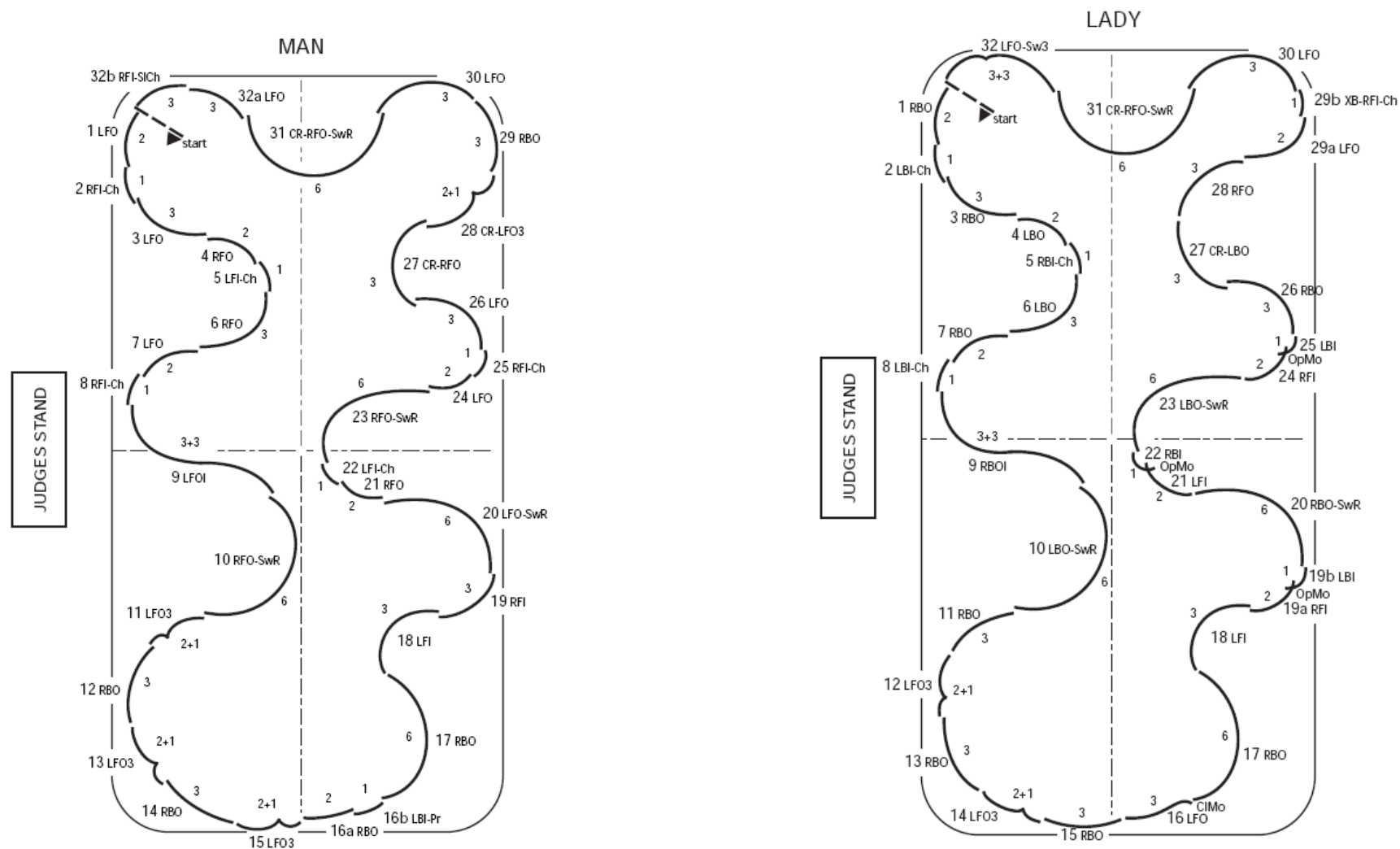
Hold	Step No.	Man's Step	Number of Beats of Music			Lady's Step
Closed	1	LFO		2		RBO
	2	RFI-Ch		1		LBI-Ch
	3	LFO		3		RBO
	4	RFO		2		LBO
	5	LFI-Ch		1		RBI-Ch
	6	RFO		3		LBO
	7	LFO		2		RBO
	8	RFI-Ch		1		LBI-Ch
	9	LFOI		3+3		RBOI
	10	RFO-SwR		6		LBO-SwR
	11	LFO3	2+1		3	RBO
	12	RBO	3		2+1	LFO3
	13	LFO3	2+1		3	RBO
	14	RBO	3		2+1	LFO3
	15	LFO3	2+1		3	RBO
	16a	RBO	2		3	LFO
	16b	LBI-Pr	1			ClMo
Open	17	RBO		6		RBO
	18	LFI		3		LFI
	19a	RFI	3		2	RFI
Closed	19b				1	LBI
	20	LFO-SwR		6		RBO-SwR
	21	RFO		2		LFI
	22	LFI-Ch		1		RBI
	23	RFO-SwR		6		LBO-SwR
	24	LFO		2		RFI
	25	RFI-Ch		1		LBI

Hold	Step No.	Man's Step	Number of Beats of Music			Lady's Step
Changing (see text)	26	LFO		3		RBO
	27	CR-RFO		3		CR-LBO
	28	CR-LFO3	2+1		3	RFO
	29a	RBO	3		2	LFO
	29b				1	Xb-RFI-Ch
Kilian	30	LFO		3		LFO
	31	CR-RFO-SwR		6		CR-RFO-SwR
	32a	LFO	3		3+3	LFOsw3
Closed	32b	RFI-SICh	3			

Each Section: Steps 1-17 (SW1Sq1Se & SW2Sq1Se)	Key Point 1 Man Steps 9-10 (LFOI, RFO-SwR)	Key Point 2 Lady Steps 16-17 (LFO ClMo, RBO)
Key Point Features	1. Correct Edges 2. Correct Change of edge (#9)	1. Correct Edges 2. ClMo - Correct Turn 3. ClMo - Correct placement of the free leg
Each Section: Steps 18-32 (SW1Sq2Se & SW2Sq2Se)	Key Point 1 Lady Steps 21-22 (LFI, OpMo, RBI)	Key Point 2 Man Steps 27-28 (CR-RFO, CR-LFO3)
Key Point Features	1. Correct Edges 2. Correct Turn 3. Correct placement of the free leg	1. Correct Edges 2. Correct Turn

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Starlight Waltz (source: ISU Handbook Ice Dance 2003, § I-9) Advanced Novice 2020/21



Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Kilian (source: ISU Handbook Ice Dance 2003, § I-12)

Music - March 2/4 and 4/4
Tempo - 58 measures of 2 beats per minute
- 29 measures of 4 beats per minute
- 116 beats per minute

Pattern - Optional

Duration - The time required to skate 6 sequences is 50 sec.

The Kilian is a test of close and accurate footwork, unison of rotation and control. Upright posture is required throughout. The dance follows a counter-clockwise elliptical pattern but the start and succeeding steps may be located anywhere around the circle. Once established, however, no shift of pattern is acceptable on subsequent sequences. The clockwise rotation must be controlled.

The partners skate close together in Kilian hold throughout and particular care should be taken to avoid any separation and coming together of the partners. The man's right hand should clasp the lady's right hand and keep it firmly pressed on her right hip to avoid separation. The man's left hand should clasp the lady's left hand so that her left arm is firmly extended across his body. There are 14 steps done to 16 beats of music - steps 3 and 4 are the only 2 beat steps. All others are one beat steps. Steps 1 to 3 form a progressive sequence and care must be taken not to anticipate step 4 by changing the body weight too early on step 3. Steps 3 and 4 both must be strong outside edges that are not changed or flattened. Correct lean on these edges is essential to the expression of the dance.

Steps 5 to 7 form another progressive sequence and again the body weight must follow the curvature of the lobe. At the start of step 8 the body weight shifts toward the outside of the circle and a strong checking action from the shoulders

is required to maintain this lean through step 9. Step 8 is commenced with a cross roll, while step 9 is tightly crossed behind. Both these steps require a strong knee action.

Steps 9 and 10 constitute a crossed in front open choctaw. The right free foot must be placed on the ice slightly in front of the skating foot, with both knees well turned out in a momentary open position. A strong checking action from the shoulders and hips is necessary at the start of step 10 to counteract the turning movement. The left foot leaves the ice and at step 11 crosses behind the skating foot to a LBI edge.

Step 12 is taken with the feet passing close together but step 13 is crossed in front. Correct clockwise shoulder rotation for both partners on steps 12 and 13 facilitates close stepping. Step 14 should be stepped close to the heel of the skating foot and not stepped wide or ahead. Care must be taken not to prolong this edge. A well bent knee and upright posture are required on step 14.

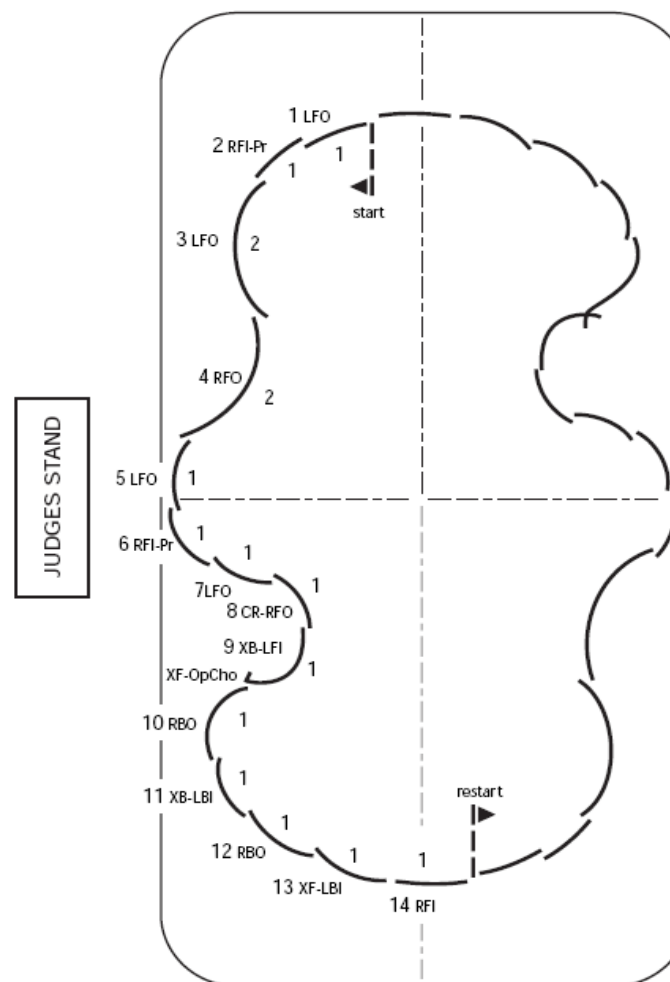
Inventor - Karl Schreiter
First Performance - Vienna, Engelmann Ice Rink, 1909

Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Kilian (source: ISU Handbook Ice Dance 2003, § I-12)

Hold	Step no.	Step (same for both)	Number of Beats of Music
Kilian	1	LFO	1
	2	RFI-Pr	1
	3	LFO	2
	4	RFO	2
	5	LFO	1
	6	RFI-Pr	1
	7	LFO	1
	8	CR-RFO	1
	9	XB-LFI	1
		XF-OpCho	
	10	RBO	1
	11	XB-LBI	1
	12	RBO	1
	13	XF-LBI	1
	14	RFI	1



Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Tango (source: ISU Handbook Ice Dance 2003, § I-21) Intermediate Novice 2020/21
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Music - Tango 4/4
Tempo - 27 measures of 4 beats per minute
- 108 beats per minute
Pattern - Optional
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

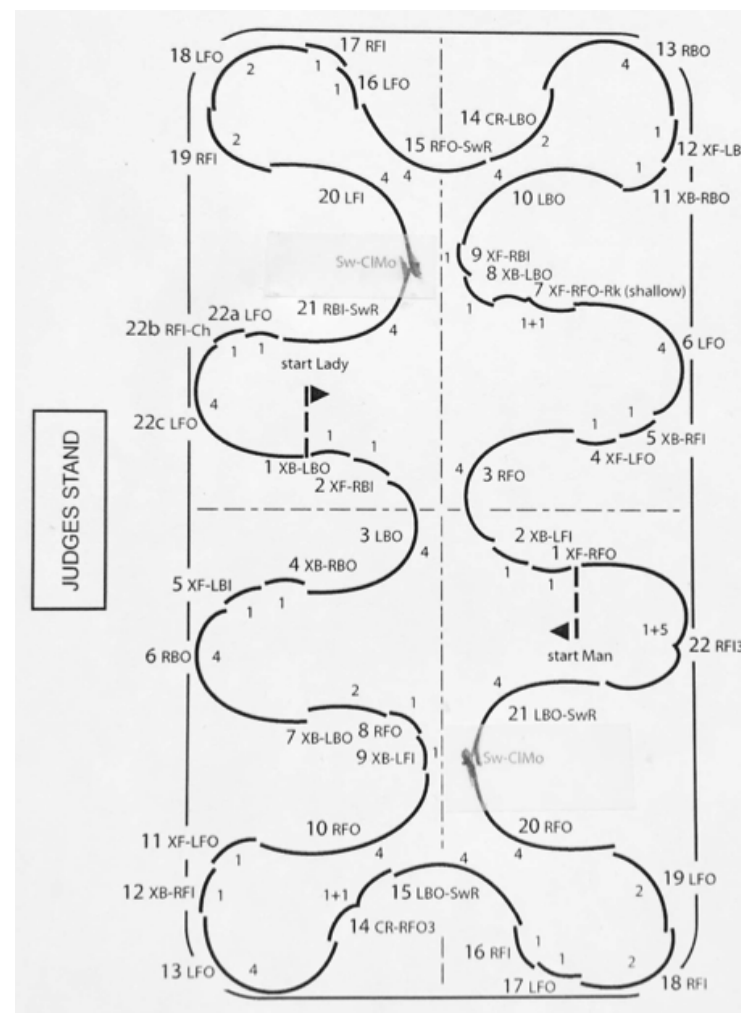
Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Tango (source: ISU Handbook Ice Dance 2003, § I-21) – Intermediate Novice 2020/21

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
Closed to Outside	5	XB-RFI		1		XF-LBI
	6	LFO		4		RBO
	7	XF-RFO-Rk (shallow)	1+1		2	XB-LBO
	8	XB-LBO		1		RFO
Closed to Outside	9	XF-RBI		1		XB-LFI
	10	LBO		4		RFO
	11	XB-RBO		1		XF-LFO
Closed to Outside	12	XF-LBI		1		XB-RFI
	13	RBO		4		LFO
Closed	14	CR-LBO	2		1+1	CR-RFO3
Closed	15	RFO- SwR		4		LBO – SwR
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-SwR		4		LBO-SwR
	22a	LFO	1		1+5	RFI3
Closed	22b	RFI-Ch	1			
	22c	LFO	4			

Each Sequence (TA1Sq & TA2Sq)	Key Point Lady Steps 20-21 (RFO Sw-CIMo, LBO-SwR) & Man Steps 20-21 (LFI Sw-CIMo, RBI-SwR)
Key Point Features	1. Correct Edges 2. Sw-CIMo (#20): correct Turn 3. Sw-CIMo (#20): correct placement of the free foot



Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Argentine Tango (source: ISU Handbook Ice Dance 2003, § I-22)
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Music	- Tango 4/4
Tempo	- 24 measures of 4 beats per minute - 96 beats per minute
Pattern	- Set
Duration	- The time required to skate 2 sequences is 1:10 min.

The Argentine Tango should be skated with strong edges and considerable “élan”. Good flow and fast travel over the ice are essential and must be achieved without obvious effort or pushing.

The dance begins with partners in open hold for *steps 1* to *10*. The initial progressive, chassé and progressive sequences of *steps 1* to *6* bring the partners on *step 7* to a bold LFO edge facing down the ice surface. On *step 8* both partners skate a right forward outside cross in front on count 1 held for one beat. On *step 9*, the couple crosses behind on count 2, with a change of edge on count 3 as their free legs are drawn past the skating legs and held for count 4 to be in position to start the next step, crossed behind for count 1. On *step 10* the man turns a counter while the lady executes another cross behind then change of edge. This results in the partners being in closed hold as the lady directs her edge behind the man as he turns his counter.

Step 11 is strongly curved towards the side of the ice surface. At the end of this step the lady momentarily steps onto the RFI on the “and” between counts 4 and 1 before skating *step 12* that is first directed toward the side barrier. The lobe formed by *steps 13* to *15* starts with a cross roll towards the midline. The lady then turns a cross roll three (*step 13*) toward the man, then he skates a three turn for *step 14*. These steps are strong edges followed by *step 15* that is an outside edge that directs the lobe towards the side of the ice surface.

The man skates a 2 beat edge (*step 16*) while the lady skates a chassé (*steps 16a* and *b*), then he steps forward to place the couple in Kilian hold. *Steps 17* to *19*

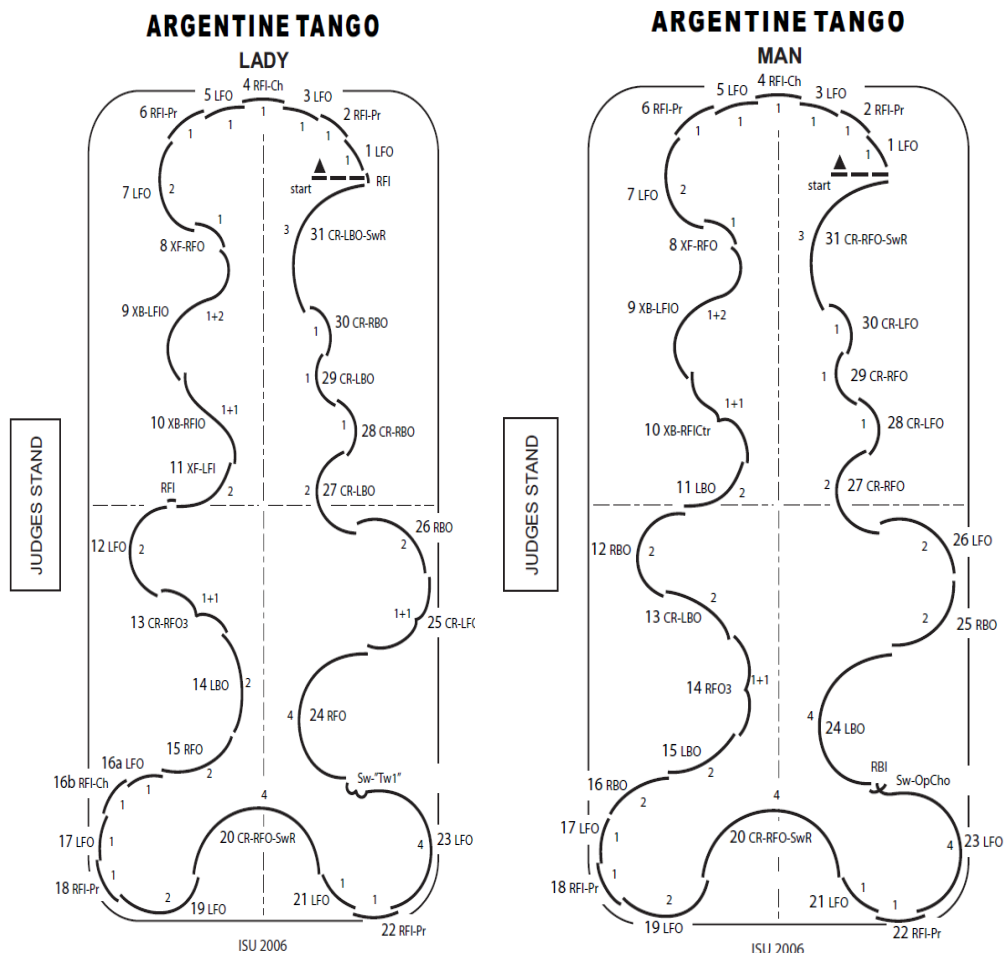
form a progressive sequence that is followed by a swing cross roll (*step 20*) across the end of the ice surface. Another progressive sequence leads to *step 23*. This step is a left forward outside edge for both ending in a forward clockwise “twizzle-like motion” for the lady (“Tw1” - her body turns one full continuous rotation, the skating foot does not technically execute a full turn, followed by a step forward) and a swing open Choctaw for the man turned between count 4 and count 1 of the next measure. During the twizzle the lady has her weight on the left foot but carries the right foot close beside it. While executing *steps 21* to *23* the lady must skate hip to hip with the man, her tracing following his. After this move is completed the couple moves into closed hold. 22 - iOn the next lobe the lady skates a cross roll onto *step 25* but the man does not. After the lady turns her three turn aiming at the man (*her step 25*), he steps forward (his *step 26*) into outside hold with the lady on his right. *Steps 27* to *31* are a series of five cross rolls directed down the ice surface. The first cross roll is held for 2 beats, while the next three cross rolls are one beat each. The partners should skate the cross rolls lightly on well-curved edges. The final step is a cross roll outside swing roll held for 3 beats and at its conclusion the lady steps briefly onto a RFI between counts 4 and 1 which enables her to restart the dance.

Inventors	- Reginald J. Wilkie and Daphne B. Wallis
First Performance	- London, Westminster Ice Rink, 1934

Category: **Ice Dance**

Subject: Description, chart and diagram of Pattern Dances (Novice International Competitions)

Argentine Tango (source: ISU Handbook Ice Dance 2003, § I-22)



Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Argentine Tango (source: ISU Handbook Ice Dance 2003, § I-22)

Hold	Step No.	Man's Step	Number of Beats of Music			Lady's Step
Open	1	LFO		1		LFO
	2	RFI-Pr		1		RFI-Pr
	3	LFO		1		LFO
	4	RFI-Ch		1		RFI-Ch
	5	LFO		1		LFO
	6	RFI-Pr		1		RFI-Pr
	7	LFO		2		LFO
	8	XF-RFO		1		XF-RFO
	9	XB-LFIO		1+2		XB-LFIO
	10	XB-RFI Ctr	1+1		1+1	XB-RFIO
Closed	11	LBO	2		2 "and"	XF-LFI RFI (between counts 4&1)
	12	RBO		2		LFO
	13	CR-LBO	2		1+1	CR-RFO3
	14	RFO3	1+1		2	LBO
	15	LBO		2		RFO
	16a	RBO	2		1	LFO
	16b				1	RFI-Ch
	17	LFO		1		LFO
	18	RFI-Pr		1		RFI-Pr
	19	LFO		2		LFO
Kilian	20	CR-RFO-SwR		4		CR-RFO-SwR
	21	LFO		1		LFO
	22	RFI-Pr		1		RFI-Pr
	23	LFO Sw-Op Cho RBI (between counts 4&1)		4 "and"		LFO Sw-"Tw1 (between counts 4&1)
	24	LBO		4		RFO
	25	RBO	2		1+1	CR-LFO3
	26	LFO		2		RBO
	27	CR-RFO		2		CR-LBO
	28	CR-LFO		1		CR-RBO
	29	CR-RFO		1		CR-LBO
Outside	30	CR-LFO		1		CR-RBO
	31	CR-RFO-SwR	3		3 "and"	CR-LBO- SwR RFI (between counts 4 & 1)

Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Blues (source: ISU Handbook Ice Dance 2003, § I-24)

Music - Blues 4/4
Tempo - 22 measures of 4 beats per minute
- 88 beats per minute
Pattern - Optional
Duration - The time required to skate 3 sequences is 1:14 min.

The Blues should be skated with strong edges and deep knee action to achieve the desired expression. The man begins the dance with a forward cross roll, the lady with a back cross roll moving from partial outside to closed hold. The lady crosses in front on step 2 while her partner skates a progressive.

The man's cross rolled three turn on step 4 should be skated towards the side barrier. During this turn the lady skates a cross roll and a cross step - the first behind and the second in front. Step 4 commences in outside hold and finishes in open hold. Step 5 is a strong 4 beat backward outside edge for both partners with the free leg extended in front and brought back to the skating foot just before they step forward for step 6. It should be noted that this step commences on the third beat of the measure. Step 7 is a deep cross roll on which the free leg swings forward then returns besides the skating foot for the next step. Steps 8 to 11 form a double progressive sequence with an unusual timing: the first and the last steps are 2 beats each, the others are 1 beat in duration. - the "Promenade" section. Knee action and an extended free leg are used to accentuate the timing on step 8.

Steps 12 and 13 form a closed choctaw and both edges should have the same curvature. The free leg should be held back and brought to the heel of the skating foot just in time for the turn. The choctaw is turned neatly with the new skating foot taking the ice directly under the centre of gravity. Step 14 is a backward cross roll for both partners. The pattern may retrogress at step 15. Steps 15 to 17 form one lobe with three steps for the lady and four for the man. During the lady's three turn, the man skates a chassé and the partners move into closed hold for the last step of the dance. The pattern may retrogress here.

Inventors - Robert Dench and Lesley Turner
First Performance - London, Streatham Ice Rink, 1934

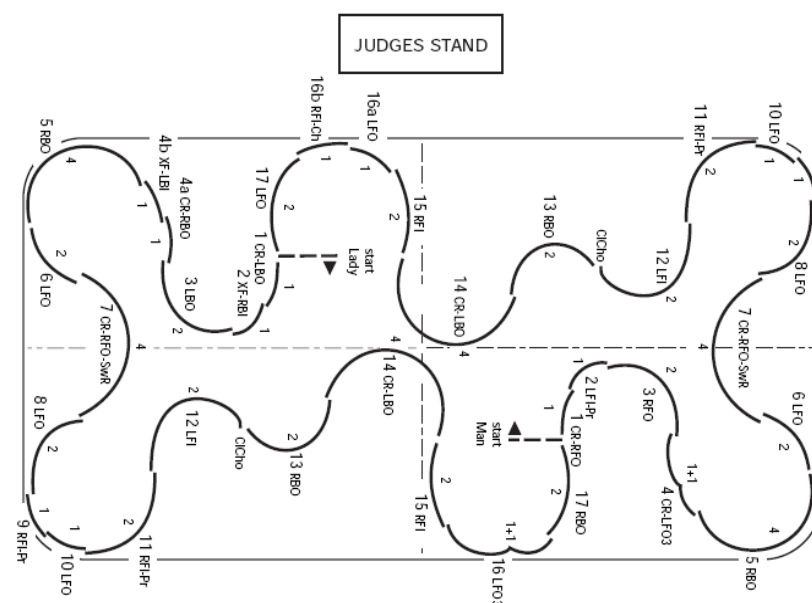
Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Blues (source: ISU Handbook Ice Dance 2003, § I-24)

Hold	Step No.	Man's Step	Number of Beats of Music			Lady's Step
Partial Outside	1	CR-RFO		1		CR-LBO
Closed	2	LFI-Pr		1		XF-RBI
	3	RFO		2		LBO
Outside	4a	CR-LFO3	1+1		1	CR-RBO
Open	4b				1	XF-LBI
	5	RBO		4		RBO
	6	LFO		2		LFO
	7	CR-RFO-SwR		4		CR-RFO-SwR
	8	LFO		2		LFO
	9	RFI-Pr		1		RFI-Pr
	10	LFO		1		LFO
	11	RFI-Pr		2		RFI-Pr
	12	LFI ClCho		2		LFI ClCho
	13	RBO		2		RBO
	14	CR-LBO		4		CR-LBO
	15	RFI		2		RFI
	16a	LFO	1		1+1	LFO3
Closed	16b	RFI-Ch	1			
	17	LFO		2		RBO

Key Point Features		
	1. Correct Edges 2. ClCho (# 12): correct Turn 3. ClCho (# 12): correct placement of the free foot	1. Correct Edges 2. ClCho (# 12): correct Turn 3. ClCho (# 12): correct placement of the free foot



Each Sequence (BL1Sq, & BL2Sq, BL3Sq)	Key Point 1 Lady Step 12-13 (LFI-ClCho, RBO)	Key Point 2 Man Step 12-13 (LFI-ClCho, RBO)
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File name: 2020-21 Handbook for Officials - Pattern Dances 2020-21
Version: 2020
Date: 01.07.2020

Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Swing Dance

Music - Foxtrot 4/4;

Tempo - 25 measures of 4 beats - 100 beats per minute; (98-104 bpm can be used)

Pattern - Set

Suggested Introductory Steps:

The dance should be started at the point marked 'START' in the diagram on the judge's side. Two sets of introductory steps are suggested for this dance (A) using a mohawk, and (B) using a three.

(A) Man: Lady: LFI (2), OpMo RBI (2), LBO (4). RFO (2), LFI (2), RFO (4);

(B) Man: Lady: RFO (2), LFO (2), RFO3 (2), LBO (2). RFO (2), LFO (2), RFO (1), LFI (1), RFO (2);

In both of these examples, the lady will start to the left of the man (in hand-in-hand hold).

This is a dance designated for beginners consisting of all basic edges, forward and backward. It presents a relaxed method of changing from forward to backward skating, requires the man to learn to lead while skating backward as well as forward, makes the steps of each skater identical, even though similar steps are not skated at the same time, and makes it possible for two women to learn to dance or practice it as a couple.

The dance is skated down the length of the rink and contains four curvatures or lobes, and is skated in closed hold. The one skating forward during the first set of lobes in the straightaway will be skating backward when these four lobes are skated on the opposite side of the rink.

The chasse sequences apply to both forward and backward skating. First step of the sequence is an outside edge of one beat. Second step is an inside edge of one beat, during which the free foot is lifted slightly from the ice and is not allowed to move to a position either in front of or behind the skater, but should be held directly beneath the skater in readiness to accept the skater's weight at the start of the third step. The third step is an outside edge of two beats. At the end of the second beat, the skaters must change of edge slightly in order to stroke smoothly into the next edge or lean.

The third and fourth lobes of the straightaway consist of two four-beat swing rolls that are skated as in the Fourteenstep, but must be skated in each direction.

The end sequences consist of seven steps at each end of the rink. Each step of the sequence is held for two full beats except the last step (steps 15 and 30) which is a swing roll of four beats. Skate the end steps with soft knee action, be relaxed, and try to give the appearance of having fun.

Step 9 or 24: The person skating backward releases his or her left hand and curves his edge away from the partner in order to be in position to step forward on the next step.

Step 10 or 25: Both skate forward. Skater to the left is the one who has just stepped from backward to forward. Hold nearest hand, but do not crowd each other.

Step 11 or 26: Both still skate forward. Skater to right skates slightly faster than his partner.

Step 12 or 27: Both still skate forward. Skater to the right should now be slightly in advance of skater to left, and should be ready to skate a RFI open mohawk. At the same time, the skater to the left has the option of either skating a LFO, RFI progressive or a LFO, RFI slide chasse, in which case the free foot slides off the ice in front of the skater to match the partner's back extension.

Forward inside open mohawk is required. The balance and control must be good, and the execution pleasing to watch.

Step 13 or 28: The person to the right skates a RFI mohawk and finishes the mohawk in front of the partner.

Step 14 or 29: Skater who did the mohawk is now skating backward directly in front of the partner.

Step 15 or 30: Change curvature and skate four beat swing roll in closed position.

The dance positions are closed hold when skating the lengths of the rink and hand-in-hand position at end sequences to allow both skaters to skate forward on steps 10, 11, 12 or 25, 26, 27. Separate by at least twenty-four inches (24") and hold arms relaxed. Appearance of arms during end sequences up to step 14 or 29 is left to discretion of skaters. Assume closed position in time for step 15 or 30.

Inventor -Hubert Sprott First Performed -Unknown

Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

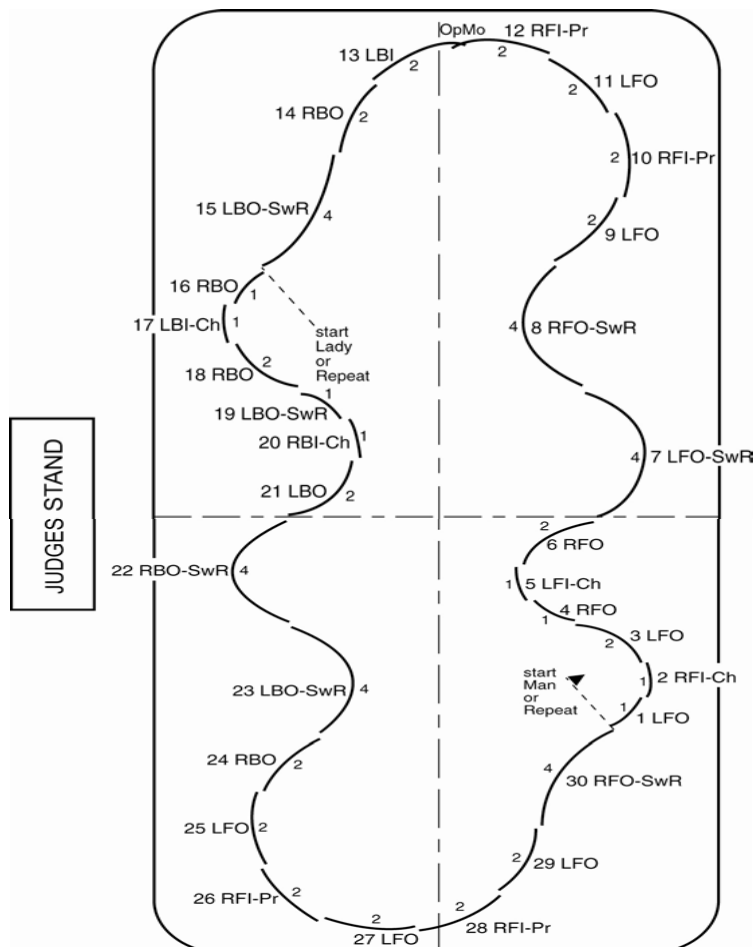
Swing Dance

Hold	Step No.	Man's Step	Number of beats of Music	Lady's Step
Closed	1	LFO	1	RBO
	2	RFI-Ch	1	LBI-Ch
	3	LFO	2	RBO
	4	RFO	1	LBO
	5	LFI-Ch	1	RBI-Ch
	6	RFO	2	LBO
	7	LFO- SwR	4	RBO- SwR
	8	RFO- SwR	4	LBO- SwR
Hand-in-hand	9	LFO	2	RBO
	10	RFI-Pr	2	LFO
	11	LFO	2	RFI-Pr
	12	RFI-Pr OpMo	2	LFO
Closed	13	LBI	2	RFI-Pr
	14	RBO	2	LFO
	15	LBO- SwR	4	RFO- SwR
	16	RBO	1	LFO
	17	LBI-Ch	1	RFI-Ch
	18	RBO	2	LFO
	19	LBO	1	RFO
	20	RBI-Ch	1	LFI-Ch
	21	LBO	2	RFO
	22	RBO- SwR	4	LFO- SwR
	23	LBO- SwR	4	RFO- SwR
	24	RBO	2	LFO
Hand-in-hand	25	LFO	2	RFI-Pr
	26	RFI-Pr	2	LFO
	27	LFO	2	RFI-Pr OpMo
	28	RFI-Pr	2	LBI
Closed	29	LFO	2	RBO
	30	RFO- SwR	4	LBO- SwR

Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Swing Dance



SWING DANCE

Music: Foxtrot 4/4

Tempo: 25 measures of 4 beats per minute (100 beats per minute) 98-104 bpm can be used.

2 Sequences/2 GOEs	Sequence/Section	Steps	# of steps	10%	25%	50%	75%	90%
SD1Sq, SD2Sq	1 Sequence	1-30	30	3	7	15	23	27

File name: 2020-21 Handbook for Officials - Pattern Dances 2020-21.docx

Version: 2020

Date: 01.07.2020

Page 61 of 80

**D – Description, chart and diagram of Pattern Dances
(Novice International Competitions)**

Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Willow Waltz – Basic Novice 2020/21
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Music - Waltz 3/4

Tempo - 45 measures of 3 beats -135 beats per minute

Pattern - Set

The dance should be started at the point marked 'START' in the diagram on the judges left side.

Man: RFO (3), LFO (2), chasse RFI, steps 20 to 22; Lady: RFO (3), LFO (3), steps 20 to 22

Erect carriage and waltz rhythm should be maintained throughout the dance. Partners should skate close together and strive for neat footwork. Good flow and pace are desirable and should be strived for without obvious effort and visible pushing.

The Willow Waltz is skated in closed hold throughout. Steps 1 and 2 are chasse steps for both partners.

Steps 5 and 6 for the man form an inside open mohawk with a three-beat RFI leading into it and a three- beat LBI leading out. Step 6 for the lady (and step 19 for the man) may be skated, optionally, as a slide

chasse, in which case the free foot slides off the ice in front of the skater to match the partner's free leg at this step.

The lady's step 8 is a three turned on a beat three. Steps 9, 10 and 11 form a progressive sequence for both partners and are followed by a chasse sequence,

steps 12 and 13. The man's step 14 is a three turned on beat three; (NOTE: not a European Waltz type of three as it is not a cross roll take-off).

Steps 18 and 19 form an inside open mohawk for the lady with each step held for three beats. Step 19 for the man may be skated optionally as a slide chasse.

Steps 20, 21 and 22 are a progressive sequence for both partners.

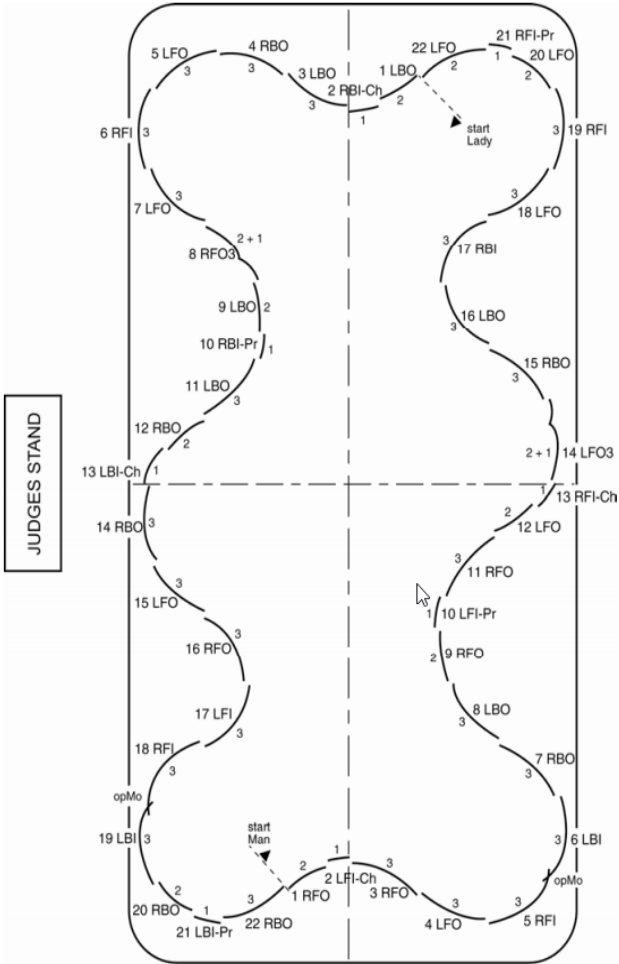
Inventor -George Muller First Performed -Crystal Ice Palace, Willow Springs (Chicago), 1953

Willow Waltz – Basic Novice 2020/21

WILLOW WALTZ

Music: Waltz 3/4

Tempo: 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute;



Hold	Step No.	Man's Step	Number of beats of Music			Lady's Step
Closed	1	RFO		2		LBO
	2	LFI-Ch		1		RBI-Ch
	3	RFO		3		LBO
	4	LFO		3		RBO
	5	RFI OpMo		3		LFO
	6	LBI		3		RFI
	7	RBO		3		LFO
	8	LBO	3		2+1	RFO3
	9	RFO		2		LBO
	10	LFI-Pr		1		RBI-Pr
	11	RFO		3		LBO
	12	LFO		2		RBO
	13	RFI-Ch		1		LBI-Ch
	14	LFO3	2+1		3	RBO
	15	RBO		3		LFO
	16	LBO		3		RFO
	17	RBI		3		LFI
	18	LFO		3		RFI OpMo
	19	RFI		3		LBI
	20	LFO		2		RBO
	21	RFI-Pr		1		LBI-Pr
	22	LFO		3		RBO

2 Sequences/2 GOEs	Sequence/Section	Steps	# of steps	10%	25%	50%	75%	90%
WiW1Sq, WiW2Sq	1 Sequence	1-22	22	2	6	11	17	20

Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Tango Fiesta

Music -Tango 4/4

Tempo -27 measures of 4 beats -108 beats per minute - Pattern Set

Suggested Introductory Steps: RFO (2), LFO (2), RFI (4) for both partners. Lady starting on man's left.

The dance starts in reverse Kilian hold. At steps 10 and 11, partners change to Kilian hold while executing the open mohawk. Steps 11 to 15 are danced in Kilian hold, and as partners change from backward to forward skating at step 16, they take reverse Kilian hold again to start the dance sequence over.

The lady should be a little ahead of the man at the beginning of step 9 (LFO) to avoid interference at the open mohawk.

The tempo of the Fiesta is slow, tango rhythm, and partners should strive for upright carriage, soft knee action, easy flow, and smooth leg swings. Step 8 allows for a very pleasing interpretation. The skating knee is well bent at the beginning of the stroke. At the count of three, the free leg swings forward, the change of edge is executed with the full swing of the free leg at the end of count four, and then the free leg swings back at the count of one of the next measure. If preferred, the free leg may remain in front after the change of edge. The use of the free leg on step 8 can add a great deal to the character of the dance, but, however it is used, the change of edge must be executed on the correct beat as shown in the diagram.

The sequence of steps allows for easy, rhythmical movements and partners should be able to interpret the music and skate the steps in a very pleasing tango style.

Inventor -George Muller First Performed -Colorado Springs, 1948

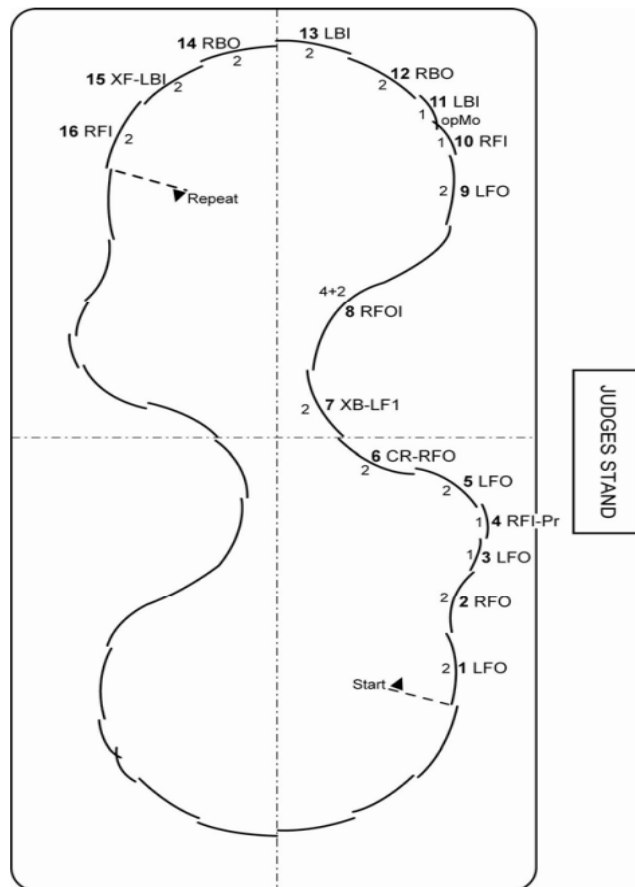
Category: **Ice Dance**

Subject: Description, chart and diagram of Pattern Dances (Novice International Competitions)

Tango Fiesta

Music: Tango 4/4

Tempo: 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute



Hold	Step No.	Step (Same for both)	Number of beats of Music
Reverse Kilian	1	LFO	2
	2	RFO	2
	3	LFO	1
	4	RFI-Pr	1
	5	LFO	2
	6	CR-RFO	2
	7	XB-LFI	2
	8	RFOI	4+2
	9	LFO	2
	10	RFI	1
		OpMo	
Kilian	11	LBI	1
	12	RBO	2
	13	LBI	2
	14	RBO	2
	15	XF-LBI	2
Reverse Kilian	16	RFI	2

Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Quickstep (source: ISU Handbook Ice Dance 2003, § I-19) Advanced Novice 2020/21
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Music - Quickstep 2/4
Tempo - 56 measures of 2 beats per minute - 112 beats per minute
Pattern - Set
Duration - The time required to skate 4 sequences is 1:00 min.

This dance is skated in Kilian hold throughout with both partners skating the same steps. To ensure a really good performance, it is essential that the couple remain hip to hip - that is with the man's right hip against the lady's left. The Quickstep must be danced in keeping with the music that is fast and of bright character.

For true edges to be skated, it is essential that the dance be started approximately on the midline at the end of the ice surface. The sequence of steps requires approximately the length of the ice surface and the direction of the edges shown in the diagram must be adhered to. *Steps 1 and 2* form a chassé sequence, while *steps 3 to 5* form a progressive sequence. *Step 5* is a 4 beat left forward outside edge forming the first part of a closed swing choctaw. The exit edge from the choctaw is held for 3 beats; the free foot first remains forward, then is drawn down beside the skating foot and swung smoothly outward and backward to assist the knee action to make the change of edge, although optional positions for the free leg are permitted. The change of edge should be distinct to define the shape of the lobe. The remaining steps should be skated with vitality and the edges of *steps 7 to 9* should be as deep as possible. *Step 7* is started crossed behind while *step 9* is crossed in front.

Step 10 is held for 4 beats, is a deep outside edge started with a cross behind towards the side/long barrier. The transition from *step 10* to *step*

11 can be made with ease if the right backward outside edge is well controlled. *Steps 13 to 18* are skated lightly but distinctly and care must be taken to maintain the curvature of the pattern. *Steps 13 to 15* form a progressive sequence. *Step 16* is a cross roll, *step 17* is a crossed behind inside to outside change of edge, and *step 18* is crossed in front. On *step 17* a definite change of edge is executed with the right foot held in front ready for *step 18*.

Inventors	- Reginald J. Wilkie and Daphne B. Wallis
First Performance	- London, Westminster Ice Rink, 1938

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Quickstep (source: ISU Handbook Ice Dance 2003, § I-19) Advanced Novice 2020/21
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Music: Quickstep 2/4

Tempo: 56 measures of 2 beats (112 beats per minute) plus or minus 2 beats per minute

Hold	Step No.	Step (Same for both)	Number of beats of Music
Kilian	1	LFO	1
	2	RFI-Ch	1
	3	LFO	1
	4	RFI-Pr	1
	5	LFO Sw-ClCho	4
	6	RBIO	2+1
	7	XB-LBI	1
	8	RBI	1
	9	XF-LBO	1
	10	XB-RBO	4
	11	LFI	2
	12	RFI	2
	13	LFO	1
	14	RFI-Pr	1
	15	LFO	1
	16	CR-RFO	1
	17	XB-LFIO	$\frac{1}{2} + \frac{1}{2}$
	18	XF-RFI	1

Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Quickstep (source: ISU Handbook Ice Dance 2003, § I-19) Advanced Novice 2020/21

Each Sequence (QS1Sq, QS2Sq, QS3Sq & QS4Sq)	Key Point 1 Lady Steps 5-6 (LFO Sw-CICho, RBIO)	Key Point 2 Man Steps 5-6 (LFO Sw-CICho, RBIO)
Key Point Features	1. Correct Edges 2. Correct Turn 3. Sw-CICho: correct placement of the free foot 4. Sw-CICho: correct swing movement of the free leg	1. Correct Edges 2. Correct Turn 3. Sw-CICho: correct placement of the free foot 4. Sw-CICho: correct swing movement of the free leg

4 Sequences/4 GOEs	Sequence/Section	Steps	# of steps	10%	25%	50%	75%	90%
QS1Sq, QS2Sq, QS3Sq & QS4Sq	1 Sequence	1-18	18	2	5	9	14	16

Category: **Ice Dance**

Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

Tango Canasta - Basic Novice 2020/21

Music - Tango 4/4
Tempo - 27 measures of 4 beats -108 beats per minute
Pattern - Set
Duration - The time required to skate 3 sequences is 0:47 min.

This dance is skated in reverse Kilian hold, that is with the lady on the man's left. It is a very simple dance with a threefold purpose: first, to introduce the tango rhythm to those at the preliminary dance level; second, to give the skater experience in the large eight-count half circles, giving him more speed and confidence in his edges; third, to provide variety for the less experienced dancers.

If the fundamental rules of skating and dancing are observed, there should be no particular difficulty with this dance. The first chasse (steps 3 and 4) is done with both feet side by side on count 4; be sure to transfer the weight to the right foot though - do not skate on both feet at the same time. The other chasse is slightly different, it is called a slide chasse. As the weight is transferred to the new skating foot, the free foot slides off the ice in front of the skater, returning close beside the skating foot just in time for a smooth transition to the next edge.

Judicious use of knee action on these edges can do a great deal to help

the tango expression. Here, too, is a good place for the beginner to practice extending the free leg as straight as possible, and pointing the toe down, not up. The skater should watch that steps 9-13 are skated on a good edge so that step 14 RFO can be aimed somewhat toward the center of the rink, and so placed accurately as shown on the diagram. This step (14) may be started, optionally, with a cross roll in which the right foot crosses in front of the left foot at the end of step 13 and the push onto the RFO is made from outside of the left foot. (For a further description of a 'cross stroke' and its differentiation from a 'crossed step', see Explanation of Terms.) An effort should be made to keep the feet fairly close together at the start of the transition, but it is of utmost importance that a toe push be avoided.

Neat footwork, tango expression and good carriage should be maintained throughout the dance.

Inventor -James B. Francis

First Performed -The University Skating Club, Toronto, 1951

Category:

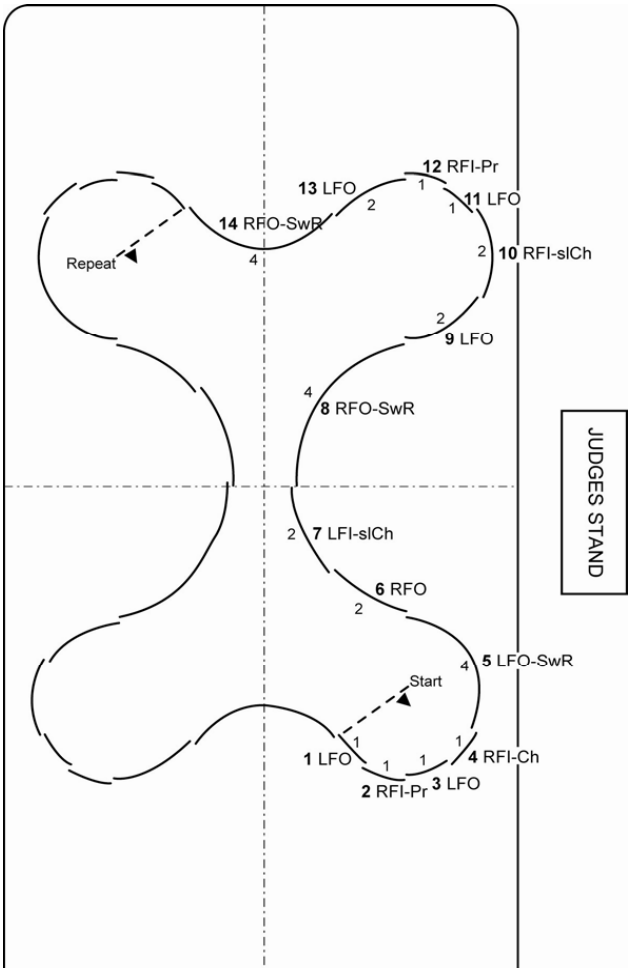
Ice Dance

Subject:

Description, chart and diagram of Pattern Dances (Novice International Competitions)

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TANGO CANASTA

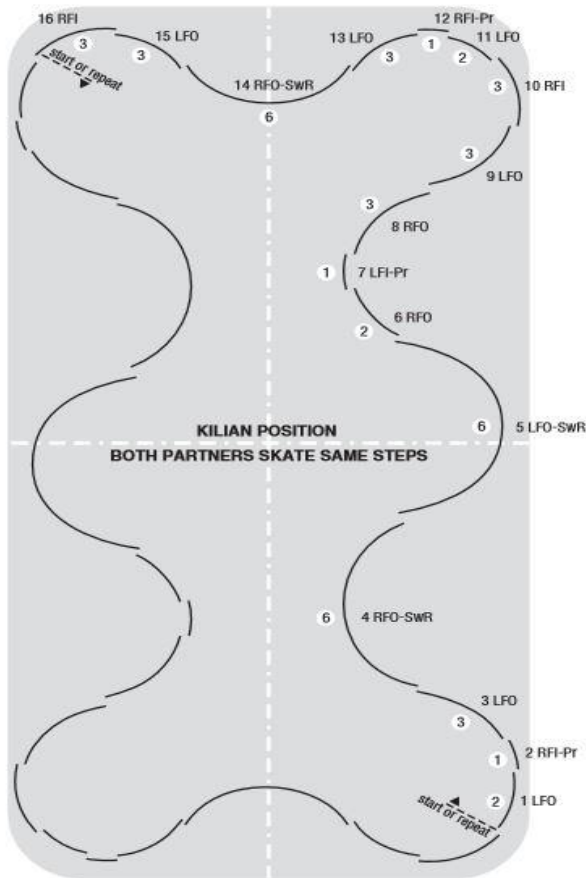


Hold	Step No.	Step (Same for both)	Number of beats of Music
Reverse Kilian	1	LFO	1
	2	RFI-Pr	1
	3	LFO	1
	4	RFI-Ch	1
	5	LFO - SwR	4
	6	RFO	2
	7	LFI-SlCh	2
	8	RFO-SwR	4
	9	LFO	2
	10	RFI-SlCh	2
	11	LFO	1
	12	RFI-Pr	1
	13	LFO	2
	14	*RFO-SwR	4

*Optionally CR-RFO

3 Sequences/3 GOEs	Sequence/Section	Steps	# of steps	10%	25%	50%	75%	90%
TC1Sq, TC2Sq &TC3Sq	1 Sequence	1-14	14	1	4	7	11	13

Dutch Waltz



3 sequences required for Solo Dance Series Competition Number of Measures per Pattern: 16 Minimum Pattern Time: 0:20.6
Maximum Pattern Time: 0:21.2
Maximum Overall Time: 1:30

The dance starts in one corner of the rink, progressing down the side and across the end where it repeats down the other side and across to the start, thus requiring two sequences of the dance for one round of the rink.

The dance is skated to slow, deliberate waltz music and consists mostly of progressive sequences interspersed with long rolling edges. It thus allows beginners to devote their attention to getting the feel of the music instead of worrying about complicated steps and allows them to enjoy rhythmical motion in their skating.

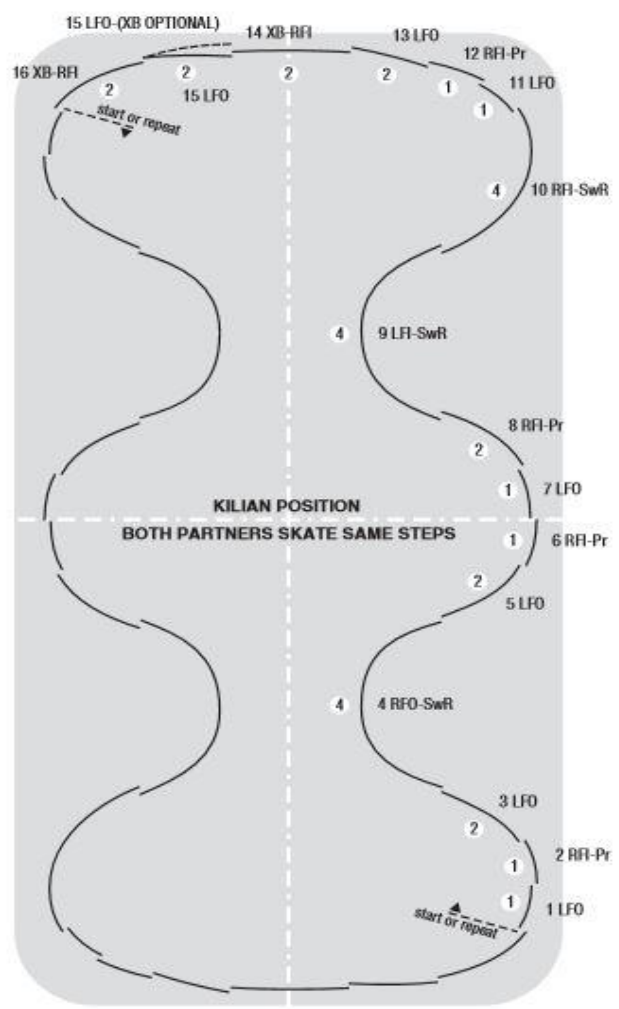
Upright position, good carriage and easy flow without too much effort are desired in the dance. The partners should strive for unison of free leg swings and soft knee action through-out the dance.

Special attention should be given to the number of beats for each step in the run sequences in order to express the waltz rhythm of 2-1-3

Inventor: George Muller

First Performed: Colorado Springs 1948

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-16	16	2	4	6	8	10	12	13	14



RHYTHM BLUES

3 sequences required for Solo Dance Series Competition Number of Measures per Pattern: 8
Minimum Pattern Time: 0:21.3
Maximum Pattern Time: 0:22.3
Maximum Overall Time: 1:30

A slow tempo and forward skating make this dance appear deceptively simple. However, correct timing, pattern and proper expression are required to make the dance pleasing to watch. Attention to depth of edges and proper curvature of lobes is essential. Care must also be taken to fully complete lobes on the correct edge. Partners must utilise knee bends and free leg extensions for blues interpretation, as well as smooth flowing movement.

Skated in Kilian position throughout, the dance begins with a progressive sequence and outside swing roll (RFO). Timing becomes more intricate with Steps 5-10. Step 5 must be held for two full beats as it begins a ‘promenade’ sequence similar to that before the Choctaw in the Blues. Steps 6-7 are each one beat. Step 8 is two beats and Step 9 and 10 are forward inside swing rolls each beginning on beat three of the bar. These swing rolls allow for blues expression and require well-timed free leg swings. Strong progressive strokes, Steps 11-13 are needed to maintain speed through the cross behind chasses, so there is no struggle to regain speed on the repeat. The XB’s which complete the dance, must be crisp and precise, accomplished by soft knee action and a rounded end pattern. Note that the XB-LFO on Step 15 is optional. Step 15 may be skated as an open stroke.

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-16	16	2	4	6	8	10	12	13	14

Category: **Ice Dance**
Subject: **Description, chart and diagram of Pattern Dances (Novice International Competitions)**

6. WESTMINSTER WALTZ

Music - Waltz 3/4
Tempo - 54 measures of 3 beats per minute
- 162 beats per minute
Pattern - Optional
Duration - The time required to skate 2 sequences is 58 sec.

The Westminster Waltz is characterized by stately carriage and elegance of line. It should be skated with strong edges and a softly flowing knee action. An upright stance without breaking at the waist is essential to its stately character.

The dance is commenced in Kilian hold that changes to reverse Kilian hold between steps 5 and 6. Steps 1 to 3 form a progressive sequence. Step 3, however, changes to an inside edge after 2 beats so that step 4 may be directed with a tilt and quick body weight change towards the center. Steps 5 and 6 form an inside open mohawk. At the start the man is on the lady's left but, during the turn, both rotate individually, thus the man exits from the mohawk on the lady's right. Step 7 should be highlighted by strong edges and good carriage. Step 8 should aim toward the side of the ice surface then step 9 should continue around the lobe.

On step 10, which starts as a cross roll for both partners, the lady turns her three in front of her partner. After the turn the partners join in closed hold, then almost immediately change to open hold for steps 11 and 12 which are cross behind chassés skated on a curve. Step 13 for the lady is an inside forward swing rocker where the swing is held for 6 beats before the turn on count 1 of the second measure. Step 13 for the man is an outside forward swing counter with the same timing. At the moment of turning the partners must be in hip-to-hip position. Step 14 must be taken from the side of the preceding foot.

On step 15 the man follows the lady's tracing as she turns an inside three on count 4. Steps 16 to 20 are skated in closed hold. Step 16 is a cross roll for both partners. Step 17 has a very moderate progressive movement and afterwards both partners step wide for the start of step 18. Step 20 begins as a cross roll for both partners.

On count 3 of step 21, the lady turns a three aiming for the man's left shoulder. On count 4 she steps onto a left backward outside edge and extends her right hand across to her partner's right hand to assume reverse Kilian hold. On step 22 the man assists his partner in shifting across in front of him into Kilian hold in preparation for the restart of the dance. Care must be taken in swinging the free legs on step 22 during the RFO so as not to interfere with the transition of hold. A one-beat change of edge onto an RFI is skated at the end of step 22 to assist in changing the lean for the restart of the dance.

Inventors - Eric van der Weyden and Eva Keats
First Performance - London, Westminster Ice Rink, 1938

WESTMINSTER WALTZ

Hold	Step No.	Man's Step	Number of Beats of Music			Lady's Step
Kilian	1	LFO		2		LFO
	2	RFI-Pr		1		RFI-Pr
	3	LFOI		2+1		LFOI
	4	RFI		3		RFI
	5	LFI		3		LFI
		OpMo				OpMo
Reverse Kilian	6	RBI		3		RBI
	7	LBO		6		LBO
	8	RFI		3		RFI
	9	LFO		3		LFO
	10a	CR-RFO-SwR	6		2+1	CR-RFO3
Closed	10b				3	LBO
Open	11	LFO		2		RFI
	12	XB-RFI		1		XB-LFO
	13	LFO-SwCtr		6+3		RFI-SwRk
	14	RBI		3		LBO
	15	LFO	6		3+3	RFI3
Closed	16	CR-RFO		2		CR-LBO
	17	LFI-Pr		1		RBI-Pr
	18	Wd-RFI		3		Wd-LBI
	19	LFO		3		RBO
	20	CR-RFO3	2+1		3	CR-LBO
Reverse Kilian	21a	LBO	6		2+1	RFO3
	21b				3	LBO
Change Sides	22	RFOI-SwR		5+1		RFOI-SwR

Category:

Subject:

