

8104 Steps

- A. **Step:** The visible tracing on the ice that is executed on one foot. It may consist of an edge, change of edge, a turn on one foot such as a three-turn or counter, or a flat (which usually is not acceptable).
 - 1. **Edge:** The visible tracing of a skate on one foot that is on one curve.
 - 2. **Change of edge:** The visible tracing of a skate on one foot that changes from one curve and edge to a different curve and edge.
 - 3. **Flat:** The visible double tracing of a skate on one foot that is straight.
- B. **Open Stroke (opS):** A step started beside the skating foot and not crossed forward or behind.
- C. **Cross Stroke (XS):** A forward or backward step started with the feet crossed so that the impetus or power is gained from the outside edge of the foot that is becoming the free foot. (Note: The legs cross above the knees.)
- D. **Crossed Step In Front (XF):** A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg tightly crossed in front of the skating leg (note: the legs cross below the knees).
- E. **Crossed Step Behind (XB):** A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg tightly crossed behind the skating leg (note: the legs cross below the knees).
- F. **Chassé**
 - 1. **Simple Chassé (Ch):** A series of two edges (usually outside, inside) in which, on the second edge, the free foot is placed on the ice beside the skating foot, but not ahead of or behind it, and the free foot is lifted with the blade parallel to the ice.
 - 2. **Crossed Chassé (XCh):** The same as the simple chassé, except that on the second step, the free foot crosses the skating foot (crossing behind if the skater is skating forward, and crossing in front if the skater is skating backward).
 - 3. **Slide Chassé (slCh):** The same as the simple chassé, except that on the second step, the free foot slides off the ice in front of the skating foot when the skater is skating forward and to the back if the skater is skating backward (e.g. man's Step 32 of the Starlight Waltz).
- G. **Progressive or Run or Crossover (Pr or Run):** A step or sequence of steps on the same lobe and in the same direction, in which the free foot, during the period of becoming the skating foot, strikes the ice beside and travels past the skating foot, thus bringing the new free foot off the ice trailing the new skating foot, and in such a manner that some impetus is gained from the edge of the foot which is becoming the free foot.
- H. **Roll (R):** A short or long forward or backward edge.
 - 1. **Swing Roll (SwR):** A roll held for several beats of music during which, when skating backward, the free leg lifts and then first swings forward, then backward past the skating foot, then back beside to skate the next step. When skating forward, the free leg first swings backward, then forward, and then back besides to skate the next step. The swing of the leg gives the sense of a rolling movement.
 - 2. **Cross Roll (forward/backward) (CR):** A roll started with the action of the free foot approaching the skating foot from the side and passing continuously the skating foot on the ice to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a "rolling movement". Following this movement, an outside edge is required.
- I. **Slip Step:** A step skated in a straight line with the blades of both skates being held flat on the ice. The weight is over the skating leg, which may be well bent or straight, while the free foot slides forward on the ice to full extension.
- J. **Toe Step:** A step where the skater steps from one toe to the other without jumping.

8105 Turns

- A. **One Foot Turn**
 - 1. **Three-Turn:** A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve. The skater turns in the direction of the curve.
 - 2. **American Waltz Type Three-Turn:** A three-turn from an outside edge in which the free leg is extended and the toe and hip are well turned out and held over the tracing. The instep of the free foot is drawn close to the heel of the skating foot as the turn is made. After the turn onto an inside edge, the free foot is extended back of the tracing before being brought back beside the skating foot in time for the next step.
 - 3. **European Waltz Type Three-Turn:** A three-turn which begins as in rule 8105 (A)(2). After the turn, the back inside edge is held for one beat before the weight is transferred to the free foot as it becomes the skating foot.
 - 4. **Ravensburger Waltz Type Three-Turn:** An inside three-turn which begins as in 8105 (A)(2) with the free leg extended over the tracing and left behind during the turn, and swings through after its completion in front of the tracing, before being brought back beside the skating foot in time for the next step.
 - 5. **Touchdown Three-Turn:** A three-turn in which the weight is almost immediately transferred to the free foot as it becomes the skating foot for the next step. The turn is made from a forward outside three to the backward outside edge of the opposite foot without full weight transfer, then the skater immediately steps forward onto the original foot (e.g. Steps 1 and 2 of the Austrian Waltz). Such a sequence may be skated with forward or backward, inside or outside three-turns. May be skated alone or as a couple side by side.
 - 6. **Walk-Around Three-Turns:** Three-turns turned by a couple at the same time around a common axis. The partners skate these turns in waltz hold (e.g. Step 31 in the Austrian Waltz) or offset in partial tango hold (e.g. Steps 1 to 5 in the Golden Waltz).

7. **Bracket (Br):** A turn made on one foot from forward to backward (or backward to forward) from one edge of one character to an edge of another character, i.e. outside to inside or inside to outside, where the body rotation is counter to the natural direction of progress causing the cusp to print outward from the center of the lobe curvature. The edge before and after the turn is on the same lobe.
 8. **Rocker (Rk/Roc):** A turn made on one foot from a forward to backward (or backward to forward) edge maintaining the same character, i.e. inside to inside or outside to outside, where the body rotation is in the same direction as the natural progress causing the cusp to point toward the center of curvature of the first lobe. The edge before and after the turn is on different lobes having opposite directional curvature.
 9. **Counter (Ctr):** A turn made on one foot from a forward to backward (or backward to forward) edge maintaining the same character, i.e. inside to inside or outside to outside, where the body rotation is counter to the natural direction of progress causing the cusp to point outward from the center of curvature of the first lobe. The edge before and after the turn is on different lobes having opposite directional curvature.
 10. **Swing Rocker and Swing Counter (swRk/Roc/swCtr):** A rocker or counter in which the free leg is swung past the skating foot before the turn is executed, and after the turn, is either swung forward past the skating foot and held over the tracing or is held behind the skating foot in line with the tracing.
- B. Two Foot Turn:** A rotational movement from one foot to the other foot in which the skater moves forward to backward or backward to forward.
1. **Mohawk (Mo):** A turn from one foot to the other in which the entry and exit curves are continuous and of equal depth. The change of foot is from an outside edge to an outside edge or from an inside edge to an inside edge.
 - a. **Open Mohawk (opMo):** A mohawk in which the heel of the free foot is placed on the ice at the inner side of the skating foot, the angle between the two feet being optional. Following the weight transfer, the immediate position of the new free foot is behind the heel of the new skating foot (e.g. the man's Steps 8 and 9 and the woman's Steps 12 and 13 of the Fourteenstep).
 - b. **Closed Mohawk (clMo):** A mohawk in which the instep of the free foot is brought to the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer, the immediate position of the new free foot is in front of the new skating foot (e.g. Steps 11 and 12 of the Rocker Foxtrot).
 - c. **Swing Mohawk (swMo):** An open or closed mohawk in which the free leg swings forward closely past the skating leg, and then back to the skating foot to execute the turn (e.g. Steps 20 and 21 of the Tango).
 2. **Choctaw (Cho):** A turn from one foot to the other in which the curve of the exit edge is opposite to that of the entry edge. The change of foot is from outside edge to inside edge or inside edge to outside edge. Unless otherwise specified in the dance description, the free foot is placed on the ice close to the skating foot. The entry and exit edge are of equal depth.
 - a. **Open Choctaw (opCho):** A choctaw in which the free foot is placed on the ice on the inner side of the skating foot. Following the weight transfer the immediate position of the new free foot is behind the heel of the new skating foot.
 - b. **Closed Choctaw (clCho):** A choctaw in which the instep of the free foot is brought to the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer the immediate position of the new free foot is in front of the new skating foot (e.g. Steps 12 and 13 of the Blues).
 - c. **Swing Choctaw (swCho):** An open or closed choctaw in which the free leg swings forward closely past the skating leg and then back to the skating foot to execute the turn (e.g. Steps 5 and 6 [first part] of the Quickstep).
 - d. **Crossed Open Choctaw (XopCho):** A choctaw in which the outside of the free foot is held in front of and at right angles to the skating foot. The hip is open after the turn. It may be wide-stepped (e.g. Steps 11 and 12 of the Rhumba).
- C. Twizzle (Twz):** A traveling turn on one foot with one or more rotations, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the skating foot with the free foot in any position during the turn, and then placed beside the skating foot to skate the next step. A series of checked three-turns is not acceptable, as this does not constitute a continuous action. If the traveling action stops during the execution, the twizzle becomes a solo spin (pirouette). The four different types of entry edges for twizzles are: (1) forward inside (FI); (2) forward outside (FO); (3) backward inside (BI); (4) backward outside (BO).
- D. Twizzle-Like Motion:** While the body performs one full continuous rotation the skating foot technically executes less than a full turn followed by a step forward.
- E. Turn Sequences**
1. Set of Twizzles
 - a. **Set of Synchronized Twizzles:** A series of two twizzles by each partner with up to three small steps between twizzles;
 - b. **Set of Sequential Twizzles:** A series of two twizzles by each partner with up to one step between twizzles.
For both 1 and 2: Each twizzle must be at least one full rotation on one foot performed simultaneously (at the same time) by both partners.
Any variation or combination of twizzles will be published on the Members Only site.
 2. **One Foot Turns Sequence:** Specified turns performed on one foot by each partner simultaneously, in hold or separately.