

AMERICAN WALTZ

MUSIC RHYTHM: Waltz 3/4
TEMPO: 66 three-beat measures per minute; 198 beats per minute

ISU MUSIC
INTRODUCTION: 48 beats, 14.6 seconds

PATTERN-TIMING: 1 = :29; 2 = :58; 3 = 1:27; 4 = 1:56

DURATION: Test 2 = :58
Solo after partnering 2 = :58
Competition 2 = :58
Adult Competition 2 = :58

SKATER'S
CHOICE TIMING: See Skater's Choice Pattern Dance Timing Chart on the Members Only site

PATTERN: Optional (ISU: Set)

Where the ice surface measures less than 197 feet in length, the ISU American Waltz pattern may be shortened by deleting Steps 4 to 9, and for the pattern starting on the short axis for the American Waltz, Steps 11 to 16 may be deleted; thus, only one semicircular lobe is danced toward the longitudinal axis of the ice surface. In such instance, four sequences must be danced with a partner and, when required, three sequences must be danced solo.

For pattern dance tests of the American Waltz only, the skater may begin the dance on the short axis of the rink. The first step of the dance for both partners is Step 6 as diagrammed for IJS.

TEST: Silver

The American Waltz consists of a series of semi-circular lobes skated toward and away from the midline. These lobes are joined at the ends by six-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 six-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 toward 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 six beats (two 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 four. 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 one) 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.

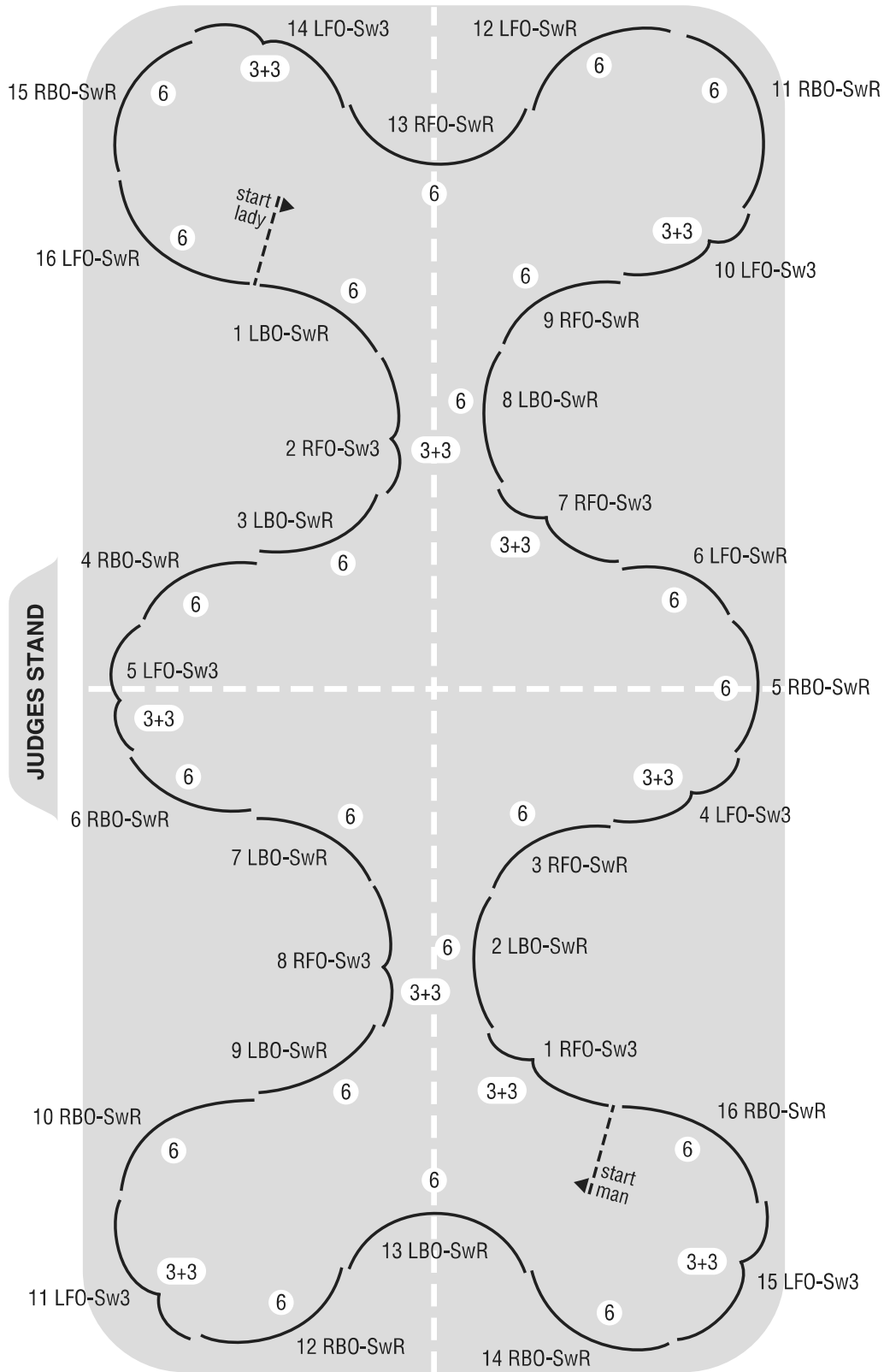
The expression of waltz music is characterized primarily by evenness of flow between points of major and minor emphasis. The points of major emphasis, count one, are marked by the change of feet and bending of the skating knee. Some of these points coincide with the start of a new lobe and are also emphasized by the change of direction of rotation and lean. The points of minor emphasis (count four) are marked by turns but are not otherwise emphasized.

INVENTOR: Unknown

AMERICAN WALTZ — STEP CHART

Hold	Step No.	Man's Step	Number of beats of music			Woman's Step
Closed	1	RFOSw3	3+3		6	LBO-SwR
	2	LBO-SwR	6		3+3	RFOSw3
	3	RFO-SwR		6		LBO-SwR
	4	LFOSw3	3+3		6	RBO-SwR
	5	RBO-SwR	6		3+3	LFOSw3
	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

AMERICAN WALTZ — OPTIONAL PATTERN DANCE



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TANGO

MUSIC RHYTHM: Tango 4/4 or 2/4
TEMPO: 27 four-beat measures per minute; 108 beats per minute

ISU MUSIC
INTRODUCTION: 32 beats, 17.8 seconds

PATTERN-TIMING: 1 = :29; 2 = :58; 3 = 1:27; 4 = 1:56

DURATION: Test 2 = :58
Solo after partnering 2 = :58
Competition 2 = :58
Adult Competition 2 = :58

SKATER'S
CHOICE TIMING: See Skater's Choice Pattern Dance Timing Chart on the Members Only site

PATTERN: Optional

TEST: Silver

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 woman to the right. The man makes two quick cross steps (Steps 1 and 2), the first crossed in front, the second crossed behind (a crossed chassé sequence). The woman skates a similar sequence, the first crossed behind and the second in front. These quick steps are followed by a four-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 woman 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 and 9), the first crossed behind, the second in front. The woman 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 assumes closed hold. During or at the end of the roll, the partners return to outside hold with the woman 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 four 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 woman 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 and 21), inside for the man and outside for the woman, with each edge held for four beats. On Step 22 the woman steps forward to execute an inside three-turn after one beat, holding the exit edge for five beats. The man skates a chassé sequence followed by a four-beat roll (Steps 22a, b and c). The first part of Step 22 is skated in open hold. After the woman's three-turn, the partners are in closed hold, but they complete the step in outside position ready to restart the dance.

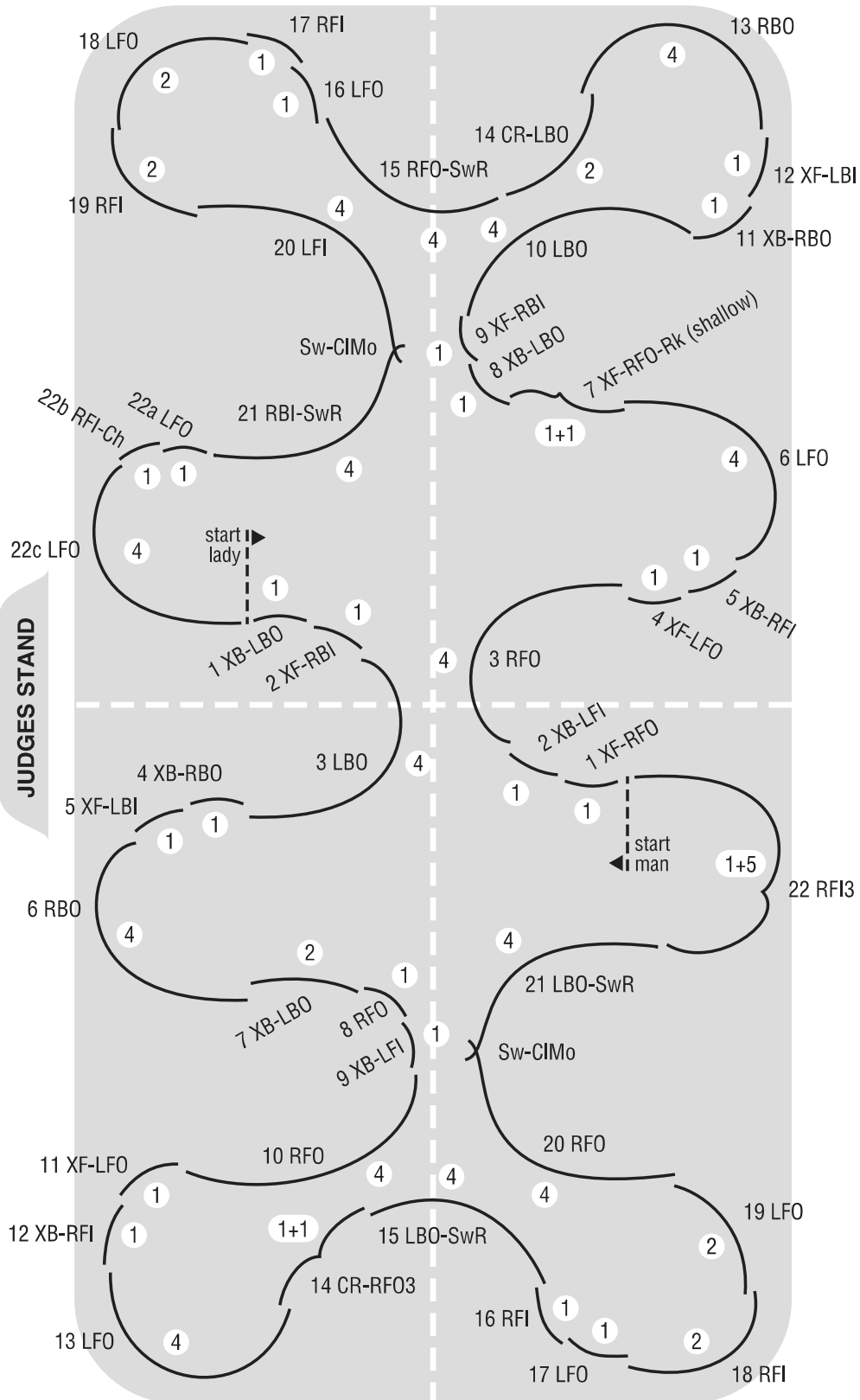
INVENTORS: Paul Kreckow and Trudy Harris

FIRST PERFORMED: Hammersmith Ice Rink, London, 1932

TANGO — STEP CHART

Hold	Step No.	Man's Step	Number of beats of music			Woman'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-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
	22b	RFI-Ch	1			
Closed	22c	LFO	4			

TANGO — OPTIONAL PATTERN DANCE



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ROCKER FOXTROT

MUSIC RHYTHM: Foxtrot 4/4
TEMPO: 26 four-beat measures per minute; 104 beats per minute

ISU MUSIC
INTRODUCTION: 32 beats, 18.5 seconds

PATTERN-TIMING: 1 = :16; 2 = :32; 3 = :48; 4 = 1:05

DURATION: Test 3 = :48
Solo after partnering 2 = :32
Competition 4 = 1:05
Adult Competition 3 = :48

SKATER'S
CHOICE TIMING: See Skater's Choice Pattern Dance Timing Chart on the Members Only site

PATTERN: Set

TEST: Silver

The Rocker Foxtrot starts at the midline at one end of the ice surface and makes three lobes toward the edge and two toward 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 woman is a four-beat LFO swing rocker skated while the man performs two 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 two of the step so that the woman's sinking onto a softly bent knee afterward will coincide exactly with the man's knee bend for his RFO edge on beat three. After the swing rocker, the woman's free leg must be swung forward to match the man's free leg. After the woman'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 woman 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 toward 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 traveling 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 PERFORMED: Streatham Ice Rink, London, England, 1934

ROCKER FOXTROT — STEP CHART

Hold	Step No.	Man's Step	Number of beats of music			Woman'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

ROCKER FOXTROT — SET PATTERN DANCE

