

3657 TEN-FOX

(SENIOR BRONZE DANCE TEST)

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

Suggested Introductory Steps: woman starting on right side of man

Man: RFO (2), LFO (2), RFO (2), LFO (1), RFI (1);
Woman: RFO (2), LFO (2), RFO (2), LFO3 (2).

The Ten-Fox, as the title suggests, is mainly a combination of parts of the old Tenstep and the Foxtrot. Most dancers seem to find it easier and therefore more enjoyable than either of those dances.

The dance begins with a progressive sequence of three steps, the partners being in closed hold. On *step 4* the woman does a four-beat left backward outside swing roll and then turns forward on *step 4b* for a two-count right forward inside edge, which brings the partners into open hold. *Step 4* for the man is a six-beat right forward outside-inside change edge. The change from an outside to an inside edge takes place on count one as the woman turns forward. It is very important that the woman makes a smooth transition at this point, as she turns from the backward edge to a forward edge.

Steps 5, 6 and 7 are another progressive sequence followed by a four-beat right forward outside edge for the woman as the man skates a right forward outside three turn and then a two-beat left backward outside edge, bringing the partners again into closed hold.

As in the Foxtrot, the woman accentuates count one of *step 8* (8 begins with count three) with a knee bend as the man takes *step 8b*, a two-beat left backward outside edge.

Step 9 is a left forward outside three for the woman as the man skates a right backward outside edge. He then turns forward onto a left forward outside edge, the woman being on a right backward outside edge, as they begin another progressive sequence of three steps leading into *steps 13 and 14*, which is an open mohawk for the man while the woman skates from a right backward outside edge to a left forward outside. As in the Fourteenstep, it is important that the partners' shoulders be parallel to each other and to the tracings, and that the man checks his rotation with his shoulders after his mohawk on *step 14*, so that both partners' shoulders remain approximately flat to the tracings around the end of the rink. Following the man's mohawk, there is another progressive sequence across the end of the rink leading into the woman's mohawk on *steps 17 and 18*. *Step 19*, which is the end of the dance is a left backward inside for the woman and a right forward inside for the man.

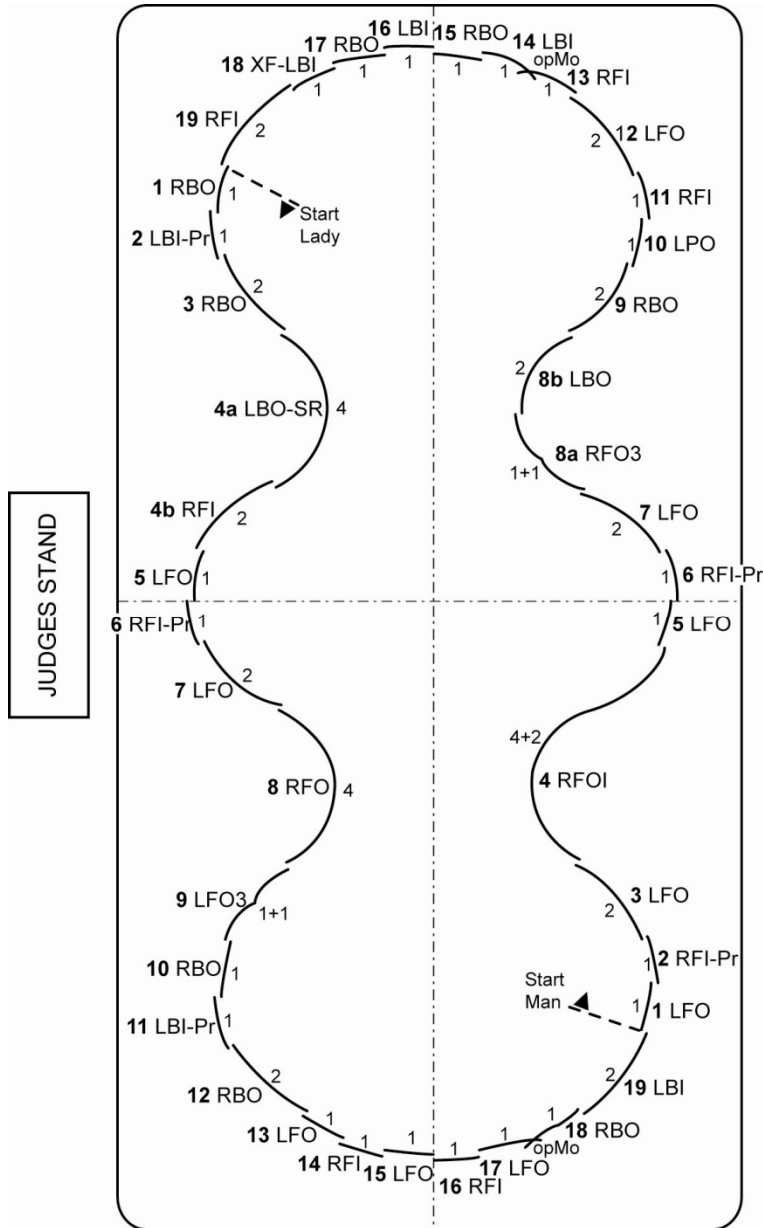
This has always been a dance that most skaters have enjoyed. Let us keep it so by remembering to have soft knee bends, no pushing, and to lend an ear to the rhythm of the music.

Inventor -George Muller
First Performed -Philadelphia Skating Club and Humane Society, 1939

3657 TEN-FOX

Hold	Step No.	Man's Step	Number of beats of Music			Woman's Step
Closed	1	LFO		1		RBO
	2	RFI-Pr		1		LBI-Pr
	3	LFO		2		RBO
	4a	RFO		4		LBO
		change to				
Open	4b	RFI		2		RFI
	5	LFO		1		LFO
	6	RFI-Pr		1		RFI-Pr
	7	LFO		2		LFO
	8a	RFO 3	1+1		4	RFO
	8b	LBO		2		
	9	RBO	2		1+1	LFO 3
	Closed	10	LFO		1	
	11	RFI-Pr		1		LBI-Pr
	12	LFO		2		RBO
	13	RFI		1		LFO
	14	LBI	OpMo			RFI
	15	RBO		1		LFO
	16	LBI		1		RFI
	17	RBO		1		LFO
	18	XF-LBI		1		RBO
	19	RFI		2		LBI

3657 TEN-FOX
Set Pattern Dance



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

3658 FOURTEENSTEP (SENIOR BRONZE DANCE TEST)

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 woman and man are in closed hold with the woman 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 woman 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 woman's right hip beside the man's right hip with the woman now skating forward and the man backward. *Step 9* for the woman 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 woman 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.

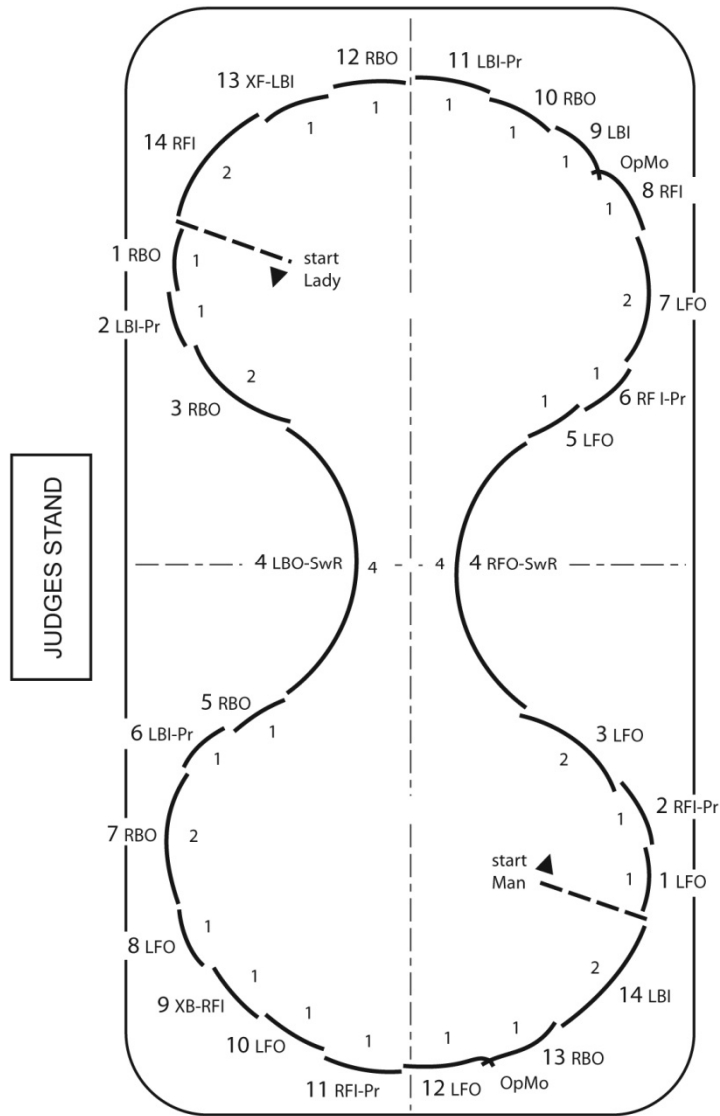
In tests and competitions the dance must be skated as specified in the rules, but for dance sessions, when many couples are on the ice at the same time, it is recommended that there be two rolls along the side if the ice surface permits.

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

3658 FOURTEENSTEP

Hold	Step No.	Man's Step	Number of Beats of Music	Woman'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
	13	XF-LBI	1	RBO
Closed	14	RFI	2	LBI

3658 FOURTEENSTEP
International Dance - Set Pattern



- 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

Reproduced with permission of
the International Skating Union

3659 EUROPEAN WALTZ **(SENIOR BRONZE DANCE TEST)**

Music	- Waltz 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 woman 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 woman's back outside edge, however, is started as an open stroke. All threes 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.

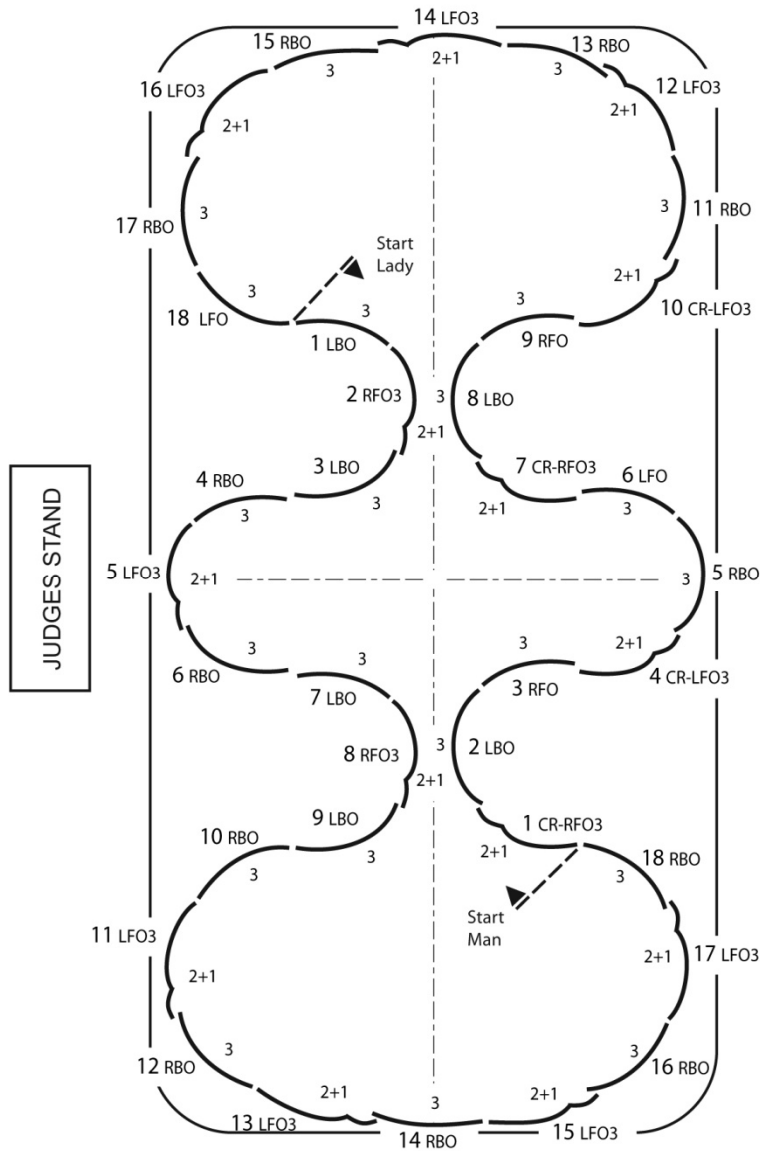
Erect posture, consistently powerful stroking, even free leg extension, and a regular rising and falling knee action give this dance its waltz flavour.

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

3659 EUROPEAN WALTZ

Hold	Step No.	Man's Step	Number of Beats of Music		Woman'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

3659 EUROPEAN WALTZ
International Dance - Set Pattern



Music - Waltz 3/4
Tempo - 45 measures of 3 beats per minute
- 135 beats per minute

Reproduced with permission of
the International Skating Union