

## **3660 KEATS FOXTROT** (JUNIOR SILVER DANCE TEST)

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 woman 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 woman 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 woman (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 woman prepares for the mohawk. On *step 11* the woman 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 woman'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.

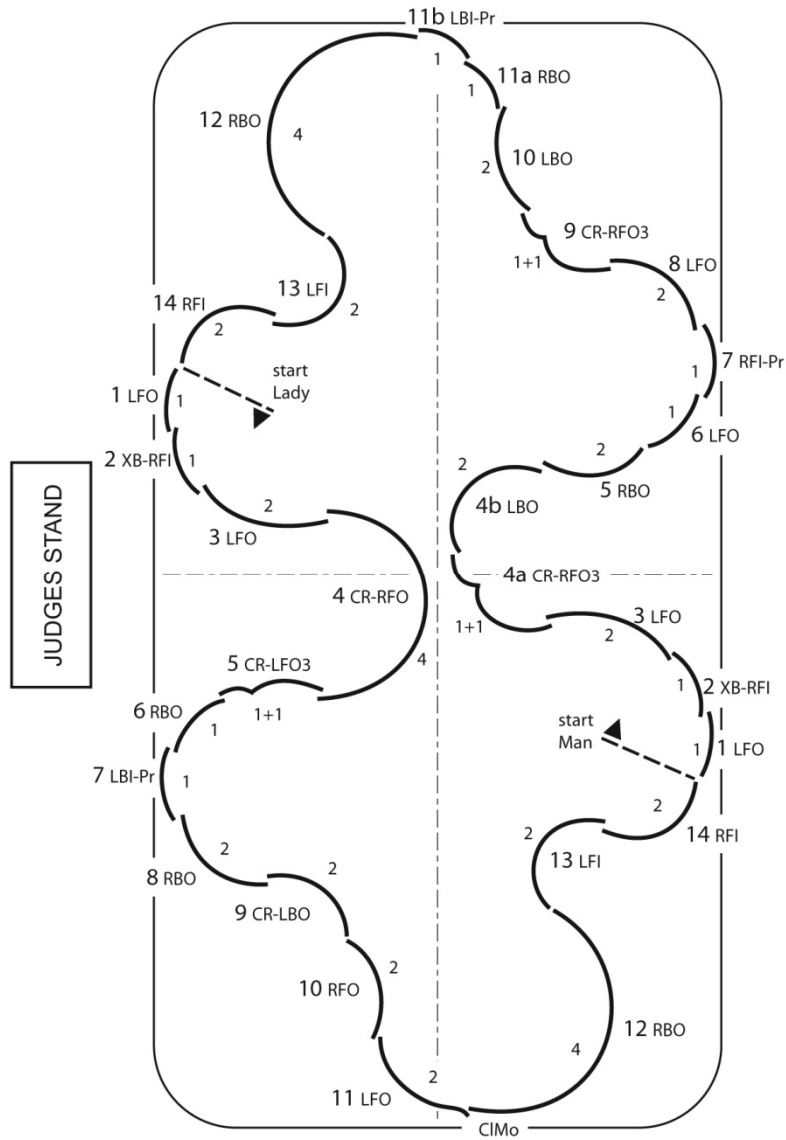
Inventors	- Eric van der Weyden and Eva Keats
First performance	- London, Westminster Ice Rink, 1933

### 3660 KEATS FOXTROT

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		2		LFO
Close d	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
Close d	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

**3660 KEATS FOXTROT**  
International Dance - Optional Pattern



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

Reproduced with permission of  
the International Skating Union

## **3661 HARRIS TANGO** (JUNIOR SILVER DANCE TEST)

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 woman 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 woman 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 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 & 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 assume 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 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 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 & 21*), inside for the man and outside for the woman, with each edge held for 4 beats. On *step 22* the woman 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 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 Performance	- London, Hammersmith Ice Rink, 1932

### 3661 HARRIS TANGO

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			
22c	LFO	4				



## **3662 AMERICAN WALTZ** **(JUNIOR SILVER DANCE TEST)**

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

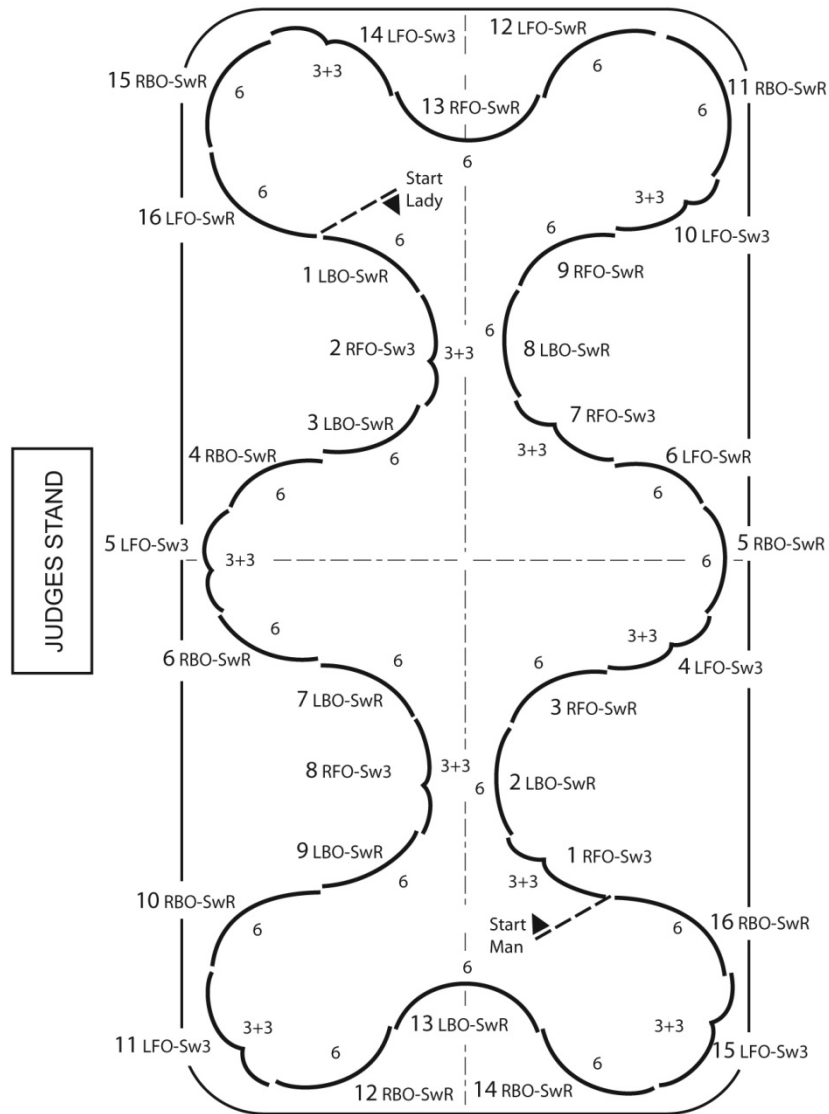
Inventor	- unknown
First Performance	- unknown

### 3662 AMERICAN WALTZ

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



**3662 AMERICAN WALTZ**  
International Dance - Set Pattern



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

Reproduced with permission of  
the International Skating Union

## **3663 ROCKER FOXTROT** (JUNIOR SILVER DANCE TEST)

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

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

*Steps 1 to 4* that are the same for both partners are skated in open hold and consist of a crossed behind chassé followed by a progressive. *Step 5* for the woman 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 woman'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 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 towards the side/long barrier to achieve a nicely rounded end pattern if the dance is to commence again at the midline. After the mohawk the partners continue a slow clockwise rotation through *steps 12 and 13* so as to be travelling forward on *step 14* for the restart of the dance. Both partners commence *step 13* crossed in front approximately at the center line.

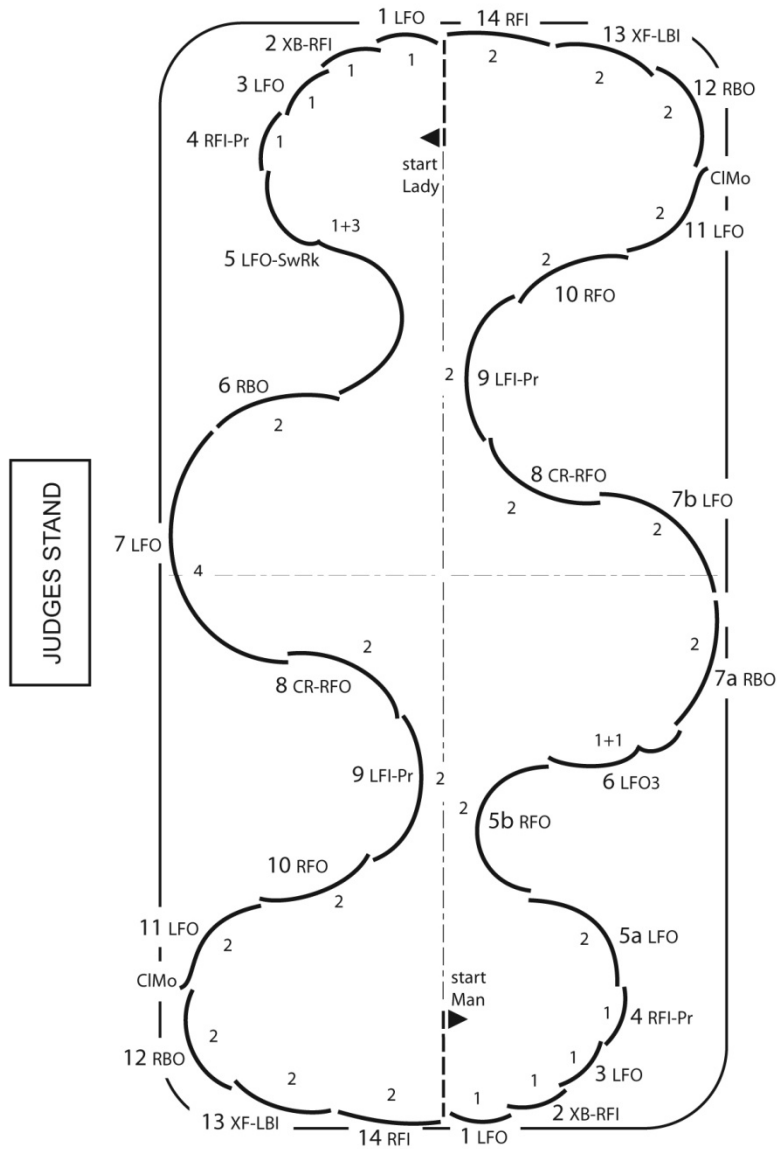
The Rocker Foxtrot should be skated with good knee action, change of lean and flow to enhance the character of a Foxtrot.

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

### 3663 ROCKER FOXTROT

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

**3663 ROCKER FOXTROT**  
International Dance - Set Pattern



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

Reproduced with permission of  
the International Skating Union