

3668 VIENNESE WALTZ (GOLD DANCE TEST)

Music	- Waltz 3/4
Tempo	- 52 measures of 3 beats per minute - 156 beats per minute
Pattern	- Optional
Duration	- The time required to skate 3 sequences is 1:09 min.

The Viennese Waltz is a light and lilting dance that must be skated with strongly curved edges. Soft knee action, neat footwork and elegant carriage are essential.

Steps 1 to 3 (also 16 to 18) form a progressive sequence. During these sequences the partners are not precisely opposite each other, but slightly to one side in a partial outside hold skating an evenly round, continuous lobe. The timing of steps 1 to 4 (and 16 to 19) is unusual for a waltz and since it adds a pleasant and distinctive touch to the dance, must be closely followed. Steps 1 and 2 (also 16 and 17) are one beat edges, followed by the three beat edge step 3 (also step 18) and another one beat cross roll step 4 (also step 19). Care should be taken to follow this timing that is a departure from the typical 1-2-3, 1-2-3 waltz rhythm pattern of the rest of the dance. Steps 4 and 19 start the new circle that curves towards the long barrier with an anticipated body weight change.

On step 5 (also step 20) a smoothly performed, change of edge is taken with the free foot passing as closely as possible to the skating foot on deep, well-rounded, strong edges. During this change of edge the partners change sides. After the changes of edge, step 6 should continue the well-rounded lobe towards the long/side barrier rather than cutting prematurely toward the end/short barrier.

Care must be taken to direct *step 8* onto a true edge with the woman trailing the man. There must be a definite change of body weight at the end of *step 8* for *step 9* to be accomplished without difficulty. The man must skate ahead on *step 9* with the woman following and paralleling his tracing. During *step 9* they are momentarily in open hold with the shoulders parallel to the tracing. *Steps 9 and 10* form a closed choctaw for the man, while *steps 10 and 11* form an open mohawk for the woman that must be performed with the correct timing (2 + 1) and correct edges. On *step 12* the woman places the left foot to the side and slightly behind the right foot that is held forward afterwards.

On *step 13*, the partners change from closed to outside hold for a proper takeoff for *step 14*. *Step 14 (also step 23)* is a cross roll. *Step 24* should be skated in closed hold with strong edges, a rising knee action and free leg swing to emphasize the character of the dance.

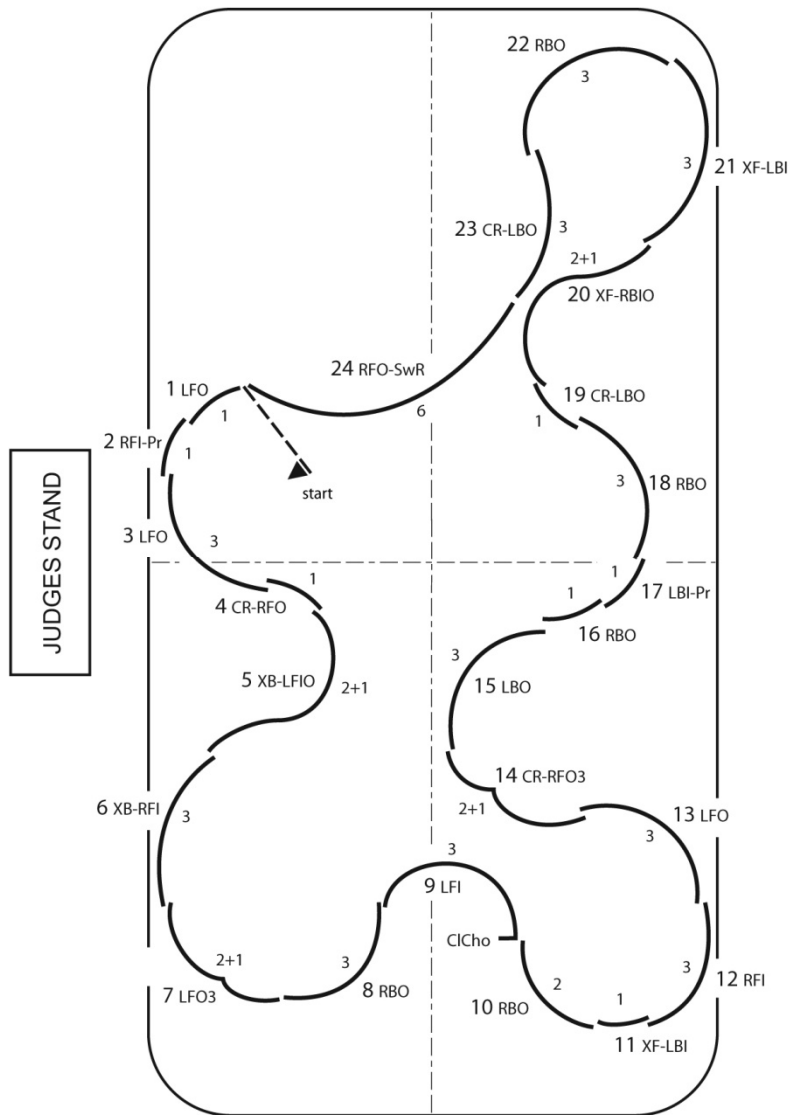
Inventors	- Eric van der Weyden and Eva Keats
First Performance	- London, Streatham Ice Rink, 1934

3668 VIENNESE WALTZ

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		3		RBO
	4	CR-RFO		1		CR-LBO
	5	XB-LFIO		2+1		XF-RBIO
	6	XB-RFI		3		XF-LBI
	7	LFO3	2+1		3	RBO
Closed	8	RBO		3		LFO
Open	9	LFI		3		RFO
	10	RBO		2		LFO OpMo
Closed	11	XF-LBI		1		RBO
	12	RFI		3		LBI
	13	LFO		3		RBO
Outside	14	CR-RFO3	2+1		3	CR-LBO
Closed	15	LBO		3		RFO
Closed*	16	RBO		1		LFO
	17	LBI-Pr		1		RFI-Pr
	18	RBO		3		LFO
	19	CR-LBO		1		CR-RFO
	20	XF-RBIO		2+1		XB-LFIO
	21	XF-LBI		3		XB-RFI
	22	RBO		3		LFO
23	CR-LBO	3		2+1	CR-RFO3	
Closed	24	RFO-SwR		6		LBO-SwR

* Partners slightly to one side – in partial outside

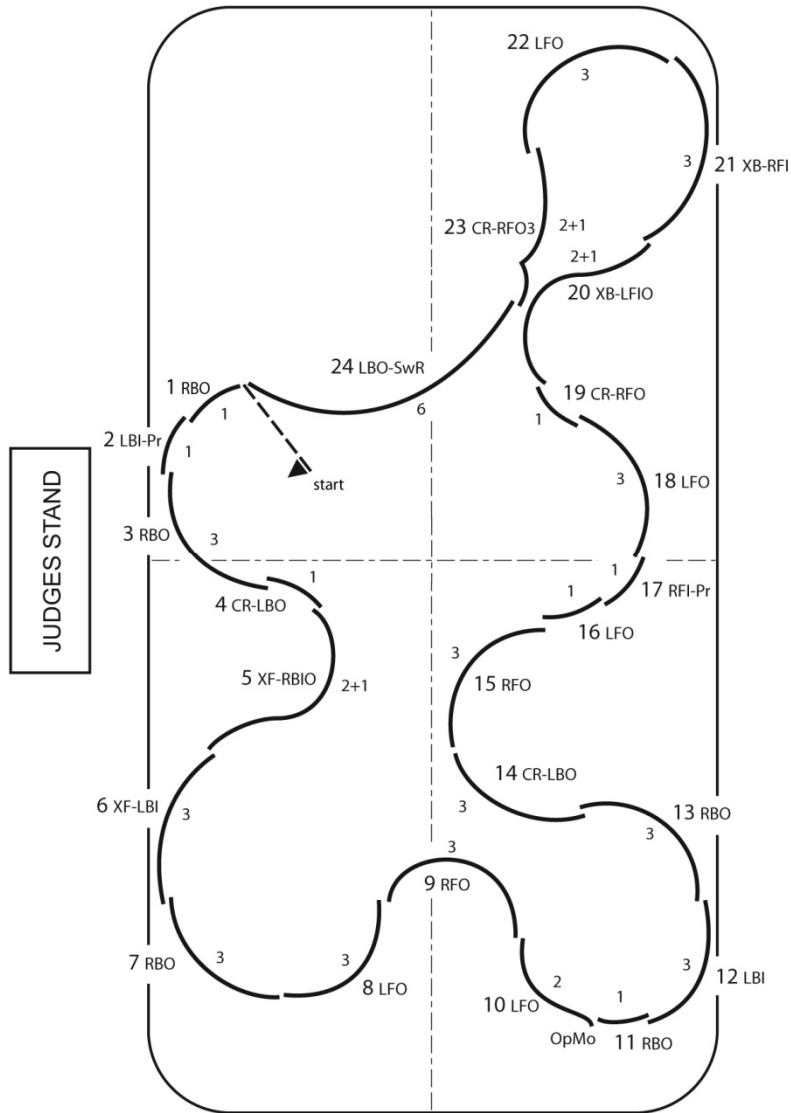
3668 VIENNESE WALTZ
International Dance - Optional Pattern
Man



Music - Waltz 3/4
Tempo - 52 measures of 3 beats per minute
- 156 beats per minute

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3668 VIENNESE WALTZ
International Dance - Optional Pattern
Woman



Music - Waltz 3/4
Tempo - 52 measures of 3 beats per minute
- 156 beats per minute

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3669 WESTMINSTER WALTZ (GOLD DANCE TEST)

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 lilt 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 woman's left but, during the turn, both rotate individually, thus the man exits from the mohawk on the woman'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 woman 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 woman is an inside forward swing rocker where the swing is held for 6 beats before the turn on count 1 of the second measure ~~and 3 beats after~~. *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 woman'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.

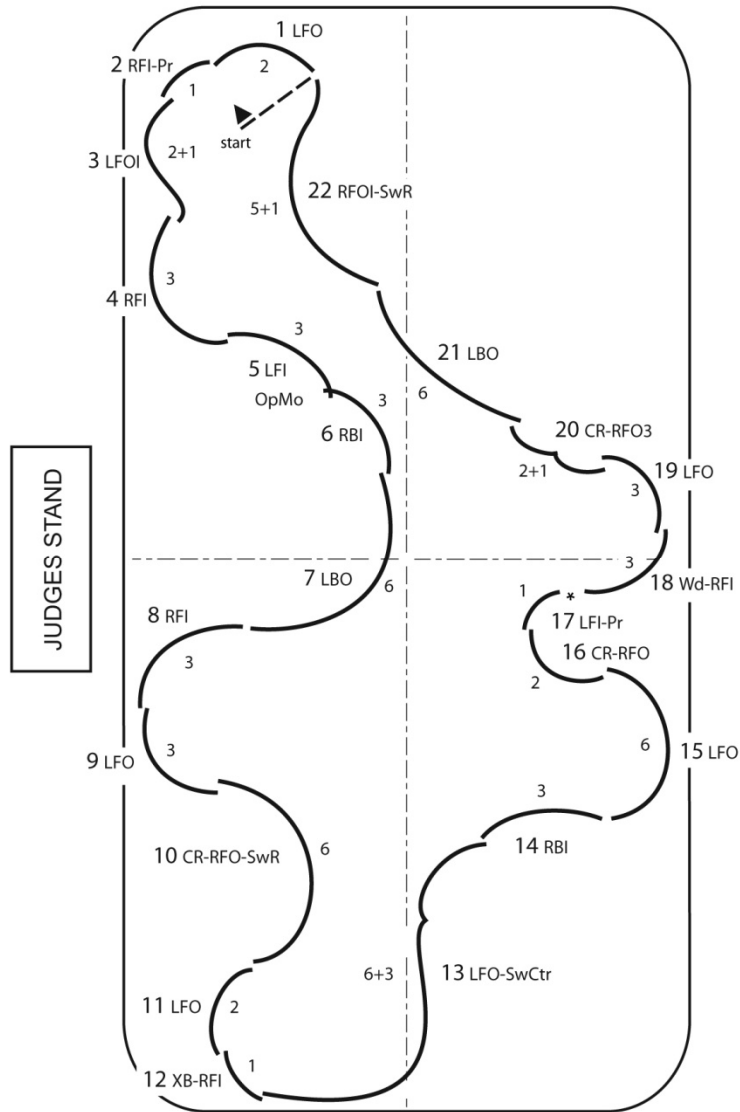
On count 3 of *step 21*, the woman turns a three aiming for the man's left shoulder. On count 4 she steps onto a left backward outside edge and extends her right hand across to her partner's right hand to assume reverse Kilian hold. On *step 22* the man assists his partner in shifting across in front 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

3669 WESTMINSTER WALTZ

Hold	Step No.	Man's Step	Number of Beats of Music			Woman's Step
Kilian	1	LFO		2		LFO
	2	RFI-Pr		1		RFI-Pr
	3	LFOI		2+1		LFOI
	4	RFI		3		RFI
	5	LFI OpMo		3		LFI 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
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

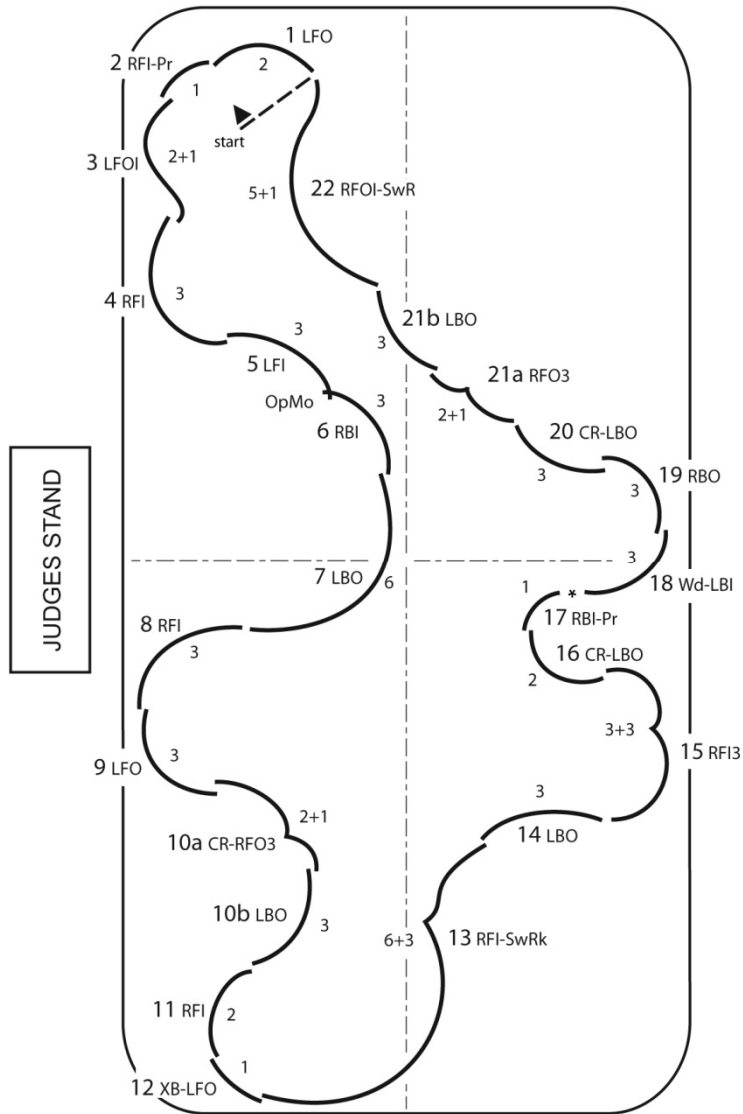
3669 WESTMINSTER WALTZ
International Dance - Optional Pattern
Man



Music - Waltz 3/4
Tempo - 54 measures of 3 beats per minute
- 162 beats per minute

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3669 WESTMINSTER WALTZ
International Dance - Optional Pattern
Woman



Music - Waltz 3/4
Tempo - 54 measures of 3 beats per minute
- 162 beats per minute

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3670 QUICKSTEP **(GOLD DANCE TEST)**

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 woman'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*.

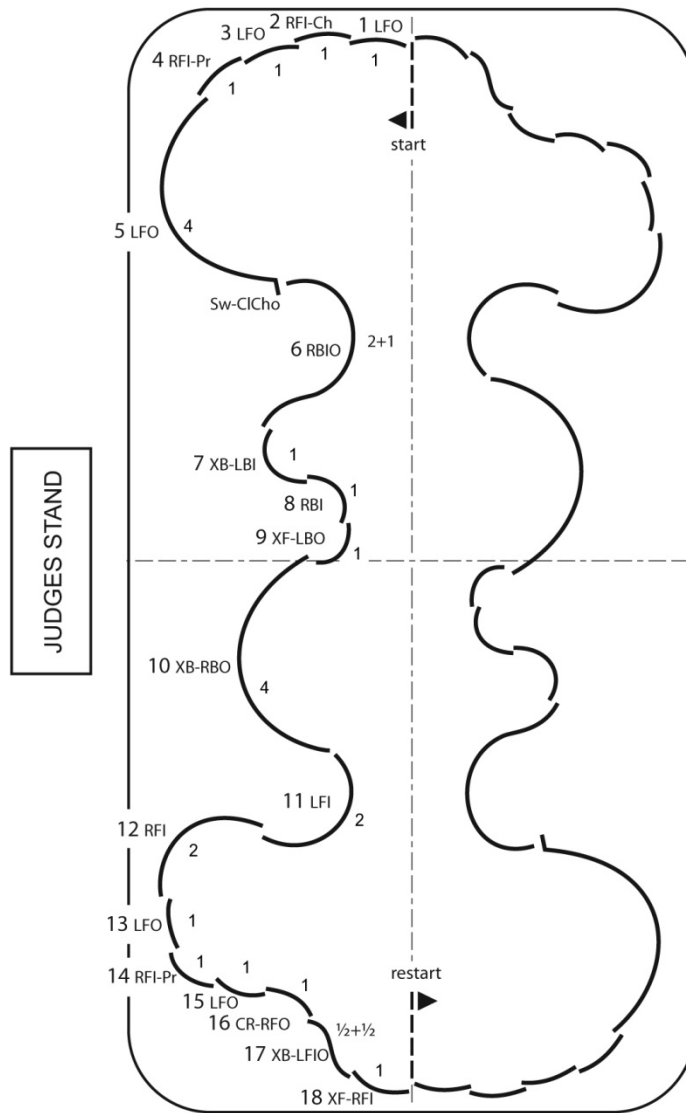
Inventors	- Reginald J. Wilkie and Daphne B. Wallis
First Performance	- London, Westminster Ice Rink, 1938

3670 QUICKSTEP

Both partners skate the same steps.

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-CICho	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

3670 QUICKSTEP
International Dance - Set Pattern



Music: Quickstep 2/4
Tempo: 56 measures of two strong beats per minute (112 beats per minute)

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3671 ARGENTINE TANGO (GOLD DANCE TEST)

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 woman executes another cross behind then change of edge. This results in the partners being in closed hold as the woman 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 woman 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 woman 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 woman 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 woman (“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 woman has her weight on the left foot but carries the right foot close beside it. While executing *steps 21 to 23* the woman must skate hip to hip with the man, her tracing following his. After this move is completed the couple moves into closed hold.

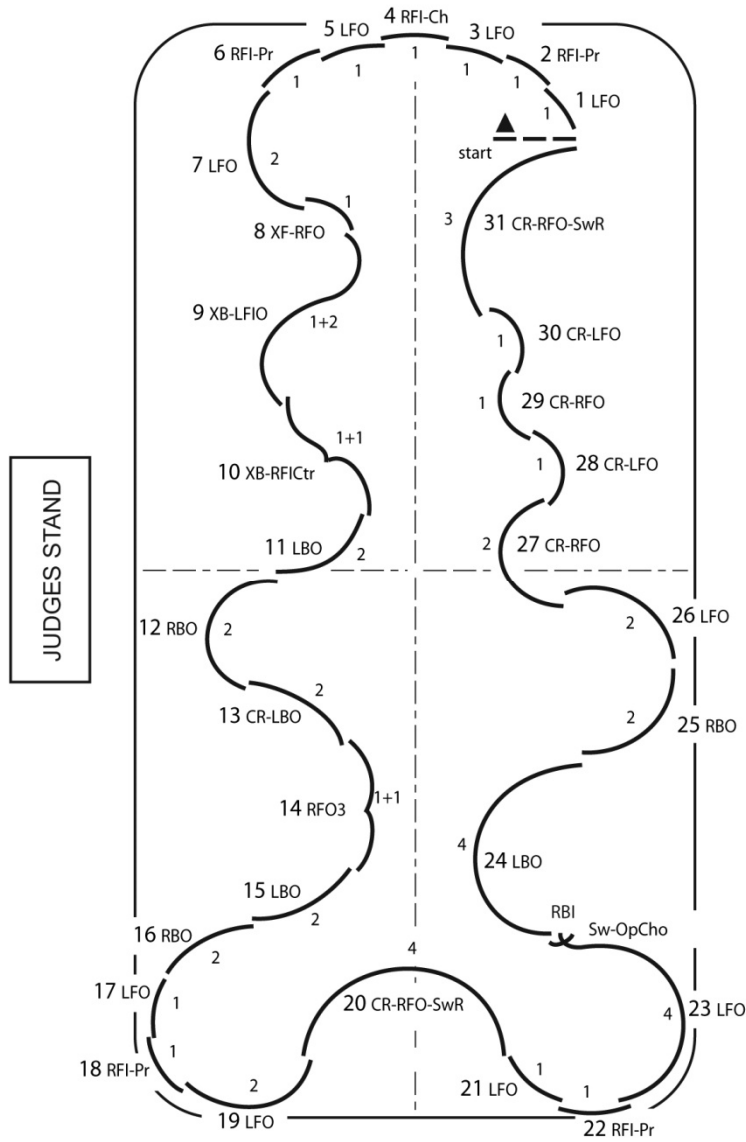
On the next lobe the woman skates a cross roll onto *step 25* but the man does not. After the woman turns her three turn aiming at the man (*her step 25*), he steps forward (*his step 26*) into outside hold with the woman on his right. *Steps 27 to 31* are a series of five cross rolls directed down the 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 woman 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

3671 ARGENTINE TANGO

Hold	Step No.	Man's Step	Number of Beats of Music			Woman'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	
	Kilian	17	LFO		1		LFO
		18	RFI-Pr		1		RFI-Pr
		19	LFO		2		LFO
20		CR-RFO-SwR		4		CR-RFO-SwR	
21		LFO		1		LFO	
22		RFI-Pr		1		RFI-Pr	
23		LFO		4		LFO	
		Sw-OpCho RBI (between counts 4 & 1)		"and"		Sw-"Tw1" (between counts 4 & 1)	
Closed		24	LBO		4		RFO
		25	RBO	2		1+1	CR-LFO3
	26	LFO		2		RBO	
Outside	27	CR-RFO		2		CR-LBO	
	28	CR-LFO		1		CR-RBO	
	29	CR-RFO		1		CR-LBO	
	30	CR-LFO		1		CR-RBO	
	31	CR-RFO-SwR	3		3 "and"	CR-LBO- SwR RFI (between counts 4 & 1)	

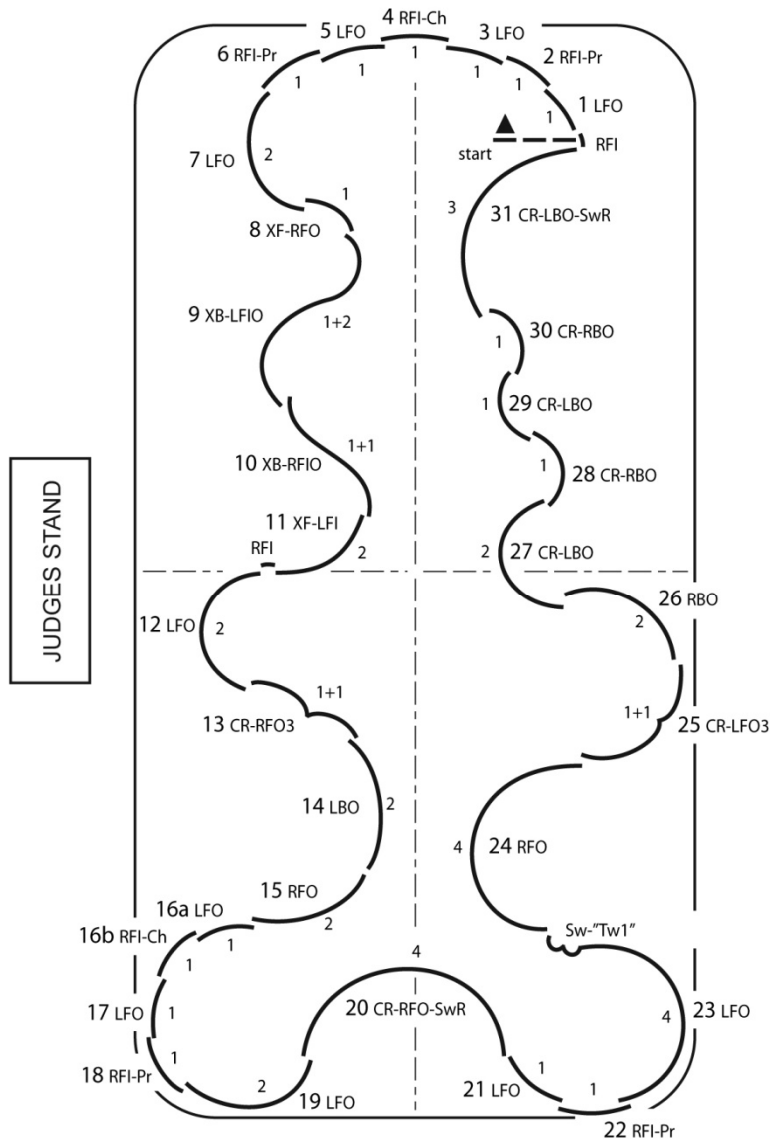
3671 ARGENTINE TANGO
International Dance - Set Pattern
Man



Music - Tango 4/4
Tempo - 24 measures of 4 beats per minute
- 96 beats per minute

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3671 ARGENTINE TANGO
International Dance - Set Pattern
Woman



Music - Tango 4/4
Tempo - 24 measures of 4 beats per minute
- 96 beats per minute

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3677 SILVER SAMBA (GOLD DANCE TEST)

Music	–Samba 2/4
Tempo	–54 measures of 2 beats per minute
Pattern	–Optional
Duration	–The time required to skate 2 sequences is 59 sec.

The dance begins with the partners in Kilian hold as they skate two run sequences. *Steps 4 and 8*, after each run sequence, are skated as a “quick cross-over slip RFI”. This is a movement in which the right free foot during the third step (LFO) of the run is held at full extension, and as it takes the ice for *steps 4 and 8* (RFI cross), the left foot on becoming the free foot is quickly slipped behind and sideways across the tracing just clear of the ice, becoming fully extended and pointing downward to accentuate the rhythm.

The woman then skates an open swing three turn into closed hold, with a brief lift of the free leg after the turn (*step 9*) while the man skates a slide chasse with the free foot passing forward (*steps 9 a and 9 b*). Then the partners dance a series of chassés in the character of the Samba (*steps 10–17*) on a curved pattern. *Steps 12–13 and 16–17* are skated as slide chassés with the man slipping his left free leg turned out and forward while the woman matches by extending her right free leg backward.

On *step 18* the partners skate a two-beat deep inside swing roll (man LFI, woman RBI). Then they skate a series of chassés away from the center of the rink toward the barrier on an evenly curved pattern (*steps 19 – 22*). *Step 23* is a two beat swing.

After both partners skate a chassé (*steps 24 – 25*), the man skates a three turn into Kilian hold (*step 26*) while the woman skates a RBO followed by a LBI cross-in-front to join the man in skating a RBO for 3 beats (*step 27*). The timing of the man’s three (his *step 26*) is unusual in that he steps on count 4 and turns on count 1 of the measure.

Both partners then skate a cross roll LBO (*step 28*) and on *step 29* a cross-in-front right back inside and change of edge to outside with a triple swing of the free leg (forward, back, forward to coincide with the music). The rest of the dance is skated in Kilian hold, and after *steps 30 and 31* the remaining steps consist of four step-chassé-step sequences (the so-called “inside chassés” as the second and third step of each are inside edges – *steps 33 & 34, 36 & 37, 39 & 40, and 42 & 43a*), five slip/slide steps, and two inside edges with the free leg held behind, crossing the tracing. The timing of the slip steps is one, one, half (1/2), half (1/2), one (although for this last slip step – *step 47*- the foot remains on the ice for ½ a beat, before the ½ beat leg lift). A tuck action of the foot is required on the two inside edges *steps 48 and 49*.

Individual interpretation by couples to add Samba character is permitted provided that the integrity of steps, free leg positions and holds is maintained.

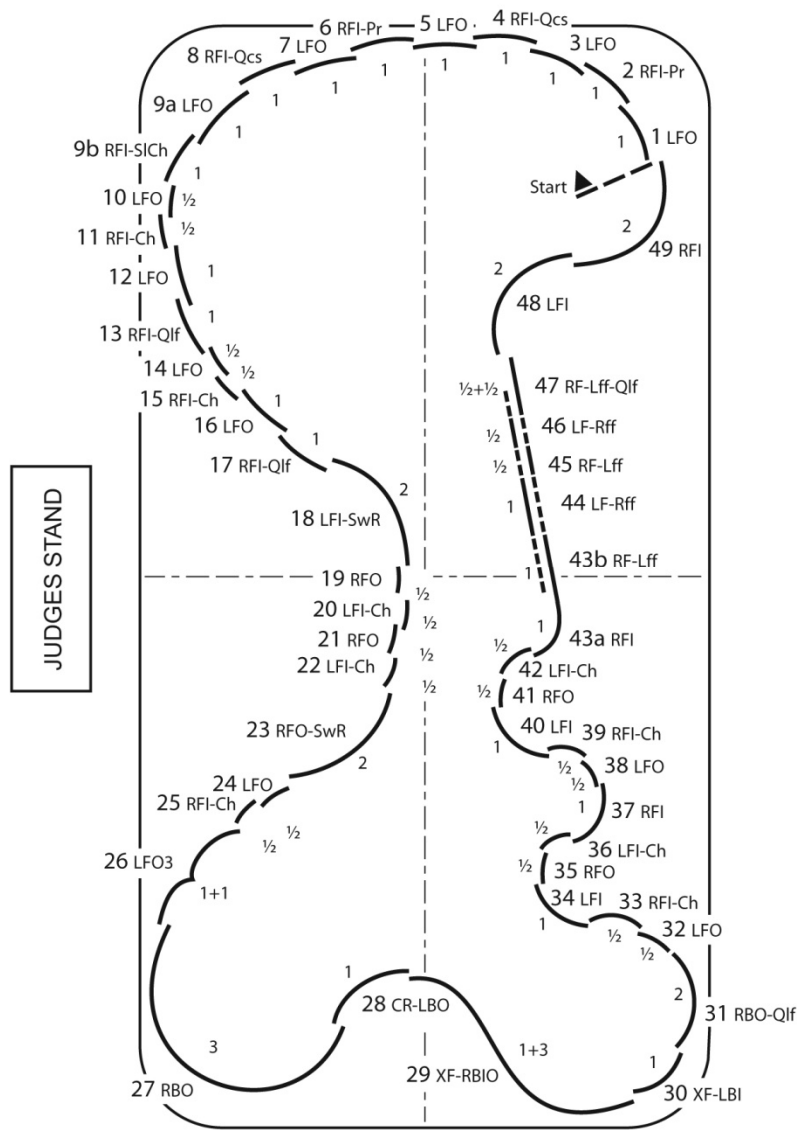
Inventors	–Courtney J. L. Jones and Peri V. Horne
First Performance	–Queen’s Ice Rink, London, England, 1963

3677 SILVER SAMBA

Hold	Step No.	Man's Step	Number of Beats of Music		Woman's Step	
Kilian	1	LFO		1	LFO	
	2	RFI-Pr		1	RFI-Pr	
	3	LFO		1	LFO	
	4	RFI-Qcs		1	RFI-Qcs	
	5	LFO		1	LFO	
	6	RFI-Pr		1	RFI-Pr	
	7	LFO		1	LFO	
	8	RFI-Qcs		1	RFI-Qcs	
	9a	LFO	1		1+1	LFOSw3
Closed	9b	RFI-SI Ch	1			
	10	LFO		½	RBO	
	11	RFI-Ch		½	LBI-Ch	
	12	LFO		1	RBO	
	13	RFI-Qlf		1	LBI-Qlb	
	14	LFO		½	RBO	
	15	RFI-Ch		½	LBI-Ch	
	16	LFO		1	RBO	
	17	RFI-Qlf		1	LBI-Qlb	
	18	LFI-SwR		2	RBI-SwR	
	19	RFO		½	LBO	
	20	LFI-Ch		½	RBI-Ch	
	21	RFO		½	LBO	
	22	LFI-Ch		½	RBI-Ch	
	23	RFO-SwR		2	LBO-SwR	
	24	LFO		½	RBO	
	25	RFI-Ch		½	LBI-Ch	
	26a	LFO3	1+1		1	RBO
	26b				1	XF-LBI
Kilian	27	RBO		3	RBO	
	28	CR-LBO		1	CR-LBO	
	29	XF-RBIO (swing free leg forward-back-forward)		1 + 3	XF-RBIO (swing free leg forward-back-forward)	
	30	XF-LBI		1	XF-LBI	
	31	RBO-Qlf		2	RBO-Qlf	
	32	LFO		½	LFO	
	33	RFI-Ch		½	RFI-Ch	
		34	LFI		1	LFI
	35	RFO		½	RFO	
	36	LFI-Ch		½	LFI-Ch	
	37	RFI		1	RFI	

Silver Samba (Continued)						
Hold	Step No.	Men's Step	Number of Beats of Music			Woman's Step
	38	LFO		½		LFO
	39	RFI-Ch		½		RFI-Ch
	40	LFI		1		LFI
	41	RFO		½		RFO
	42	LFI-Ch		½		LFI-Ch
	43a	RFI		1		RFI
	43b	RF-Lff		1		RF-Lff
	44	LF-Rff		1		LF-Rff
	45	RF-Lff		½		RF-Lff
	46	LF-Rff		½		LF-Rff
	47	RF-Lff Qlf at end		½ + ½		Rf-Lff Qlf at end
	48	LFI		2		LFI
	49	RFI		2		RFI

3677 SILVER SAMBA
Man

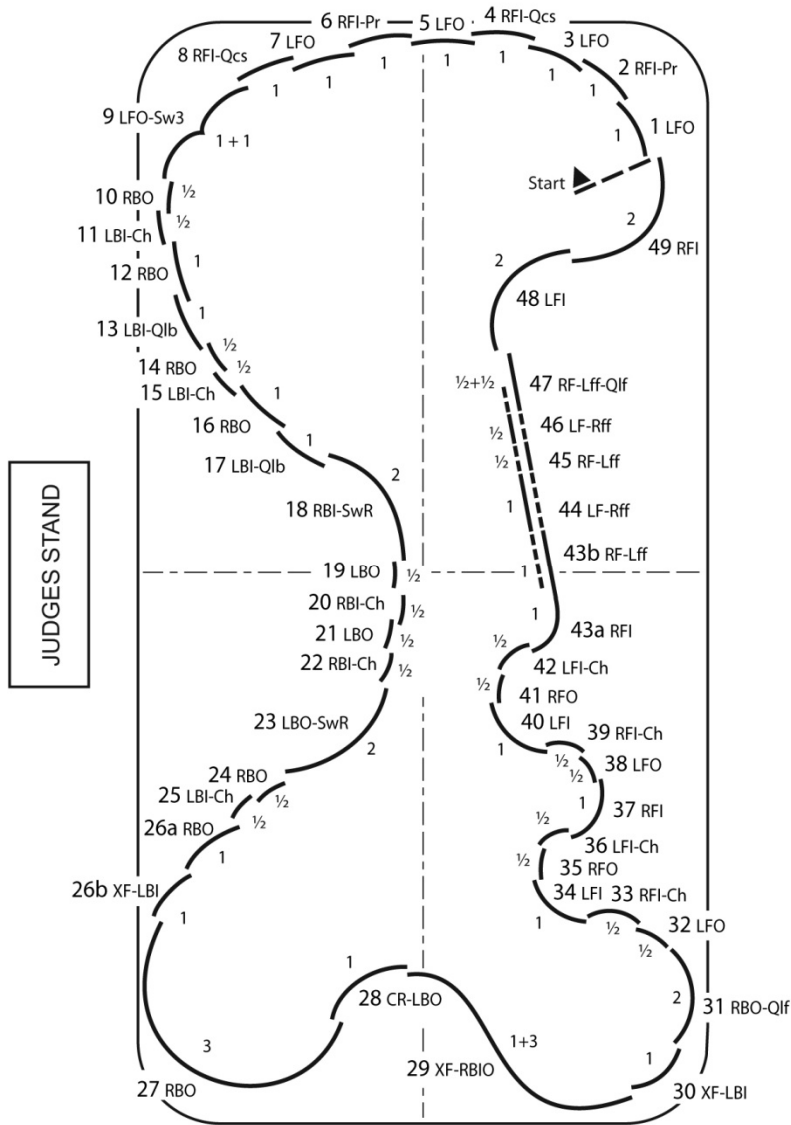


Music
Tempo

-Samba 2/4
-54 measures of 2 beats per minute

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3677 SILVER SAMBA
 Woman



Music -Samba 2/4
 Tempo -54 measures of 2 beats per minute

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