

FOURTEENSTEP

MUSIC RHYTHM: March 6/8 or 2/4
TEMPO: 56 two-beat measures per minute or 28 four-beat measures per minute: 112 beats per minute

ISU MUSIC
INTRODUCTION: 32 beats, 17.1 seconds

PATTERN-TIMING: 1 = :11; 2 = :21; 3 = :32; 4 = :43

DURATION: Test 3 = :32
Competition 4 = :43
Adult Solo Dance Competition 3 = :32

SKATER'S
CHOICE TIMING: See Skater's Choice Pattern Dance Timing Chart on usfigureskating.org under the "Technical Info" link

PATTERN: Set

TEST: Pre-silver

During Steps 1 to 7, the lady and man are in closed hold with the lady skating backward and the man forward. The dance begins with a progressive sequence of three steps forming a lobe curving toward the midline. Step 4 is a four-beat swing roll curving toward 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 lady 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 lady's right hip beside the man's right hip with the lady now skating forward and the man backward. Step 9 for the lady 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, and then Step 13 is crossed in front. The lady 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.

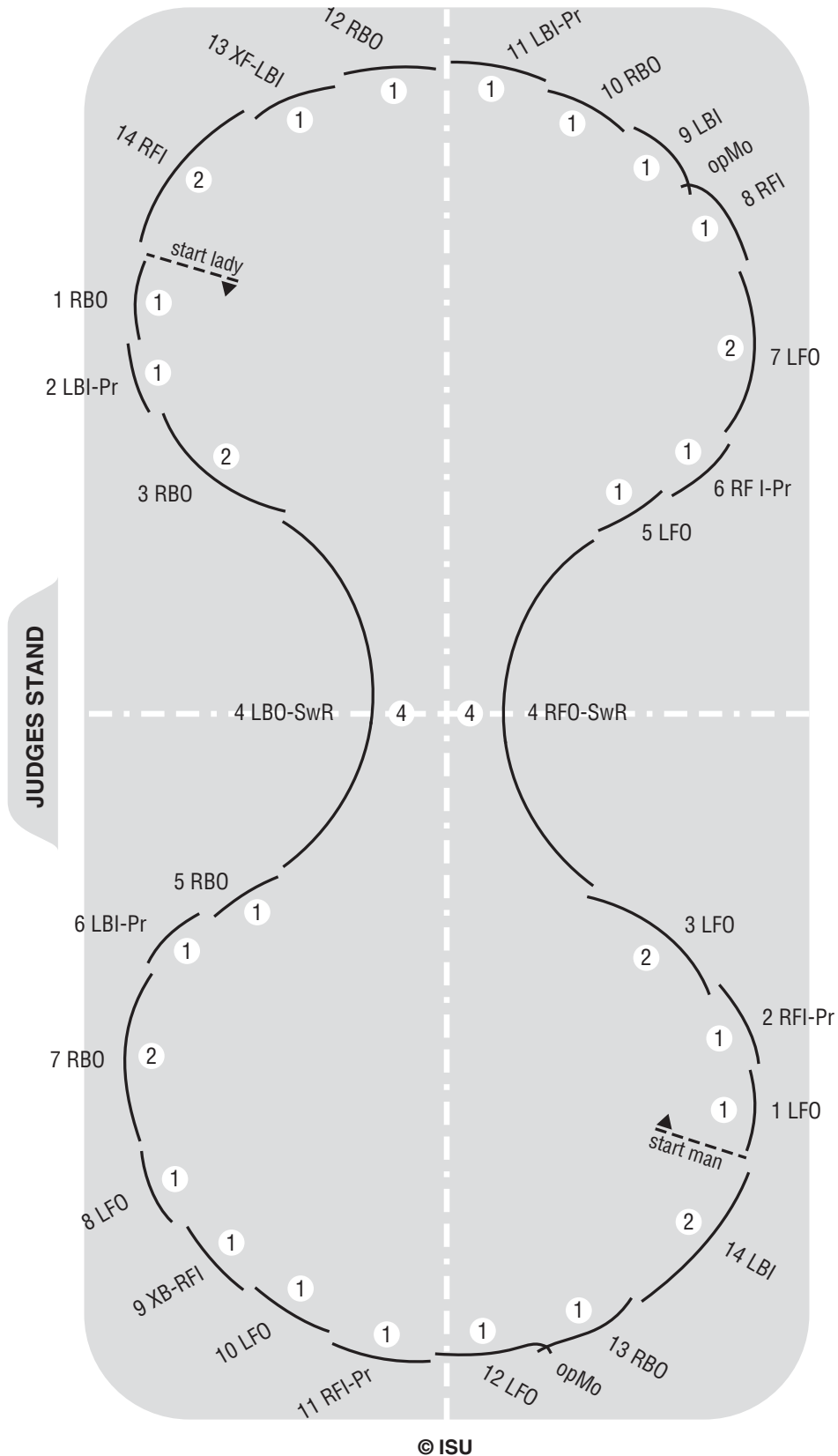
INVENTOR: Franz Scholler

FIRST PERFORMED: Vienna, Austria 1889, as the Tenstep or Scholler March

FOURTEENSTEP — STEP CHART

Hold	Step No.	Man's Step	Number of beats of music	Lady'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 OpMo
	13	XF-LBI	1	RBO
Closed	14	RFI	2	LBI

FOURTEENSTEP — SET PATTERN DANCE



EUROPEAN WALTZ

MUSIC RHYTHM: Waltz 3/4
TEMPO: 45 three-beat measures per minute; 135 beats per minute

ISU MUSIC
INTRODUCTION: 24 beats, 10.7 seconds

PATTERN-TIMING: 1 = :24; 2 = :48; 3 = 1:12; 4 = 1:36

DURATION: Test 2 = :48
Competition 2 = :48
Adult Solo Dance Competition 2 = :48

SKATER'S
CHOICE TIMING: See Skater's Choice Pattern Dance Timing Chart on usfigureskating.org under the "Technical Info" link

PATTERN: Optional (ISU: Set)
See TR 42.05 (C) for pattern instructions for ice surface lengths less than 197 feet
See TR 42.05 (D) for optional test pattern start on the short axis

TEST: Pre-silver

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 lady 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 toward 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 toward 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 international 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 lady's back outside edge, however, is started as an open stroke. All threes are turned on the count of three. These types of turns are known as "European Waltz-type three-turns." All edges are three 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, continuous and reverse 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 flavor.

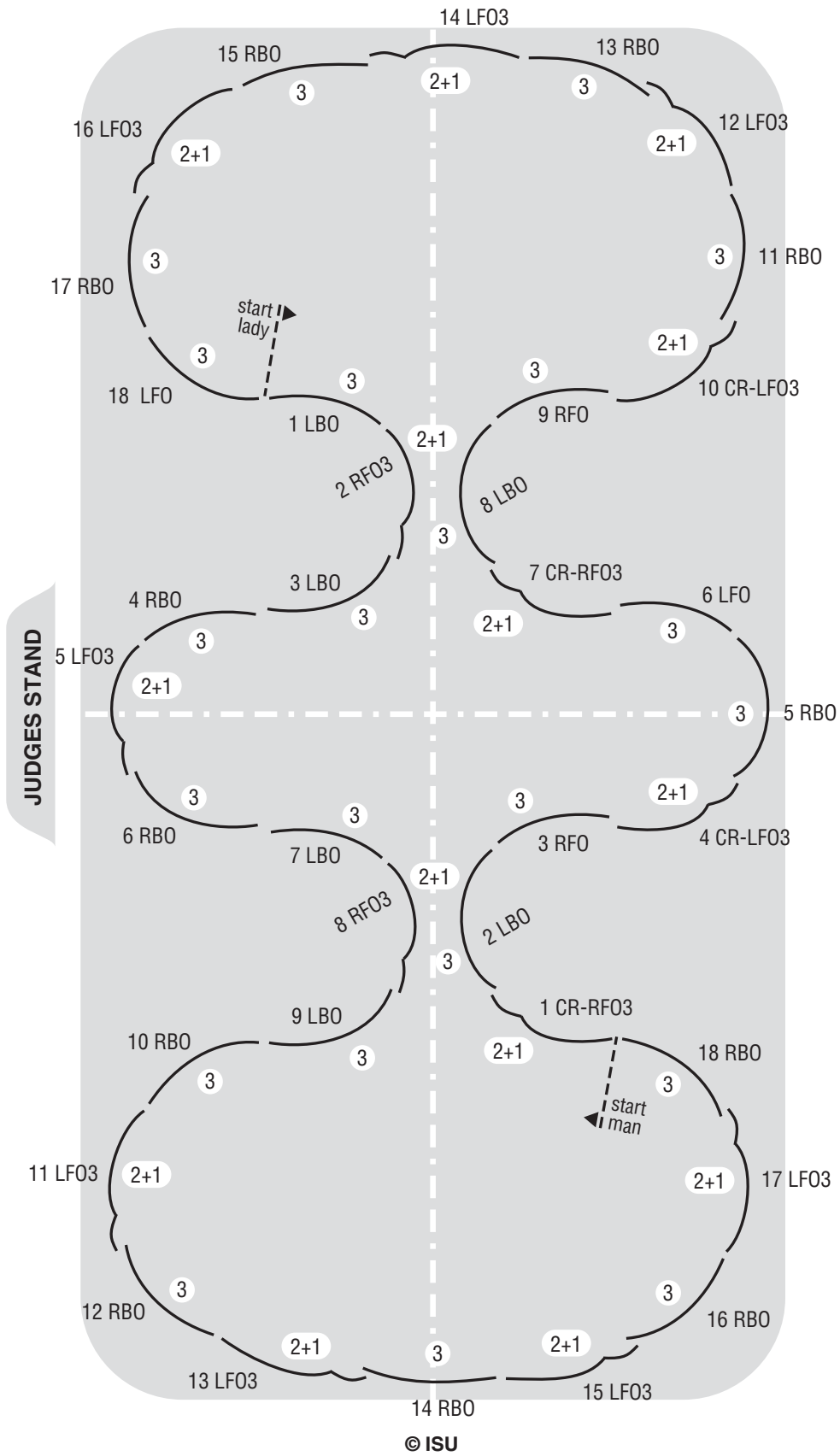
INVENTOR: Unknown

FIRST PERFORMANCE: Before 1900, but the date and location are unknown

EUROPEAN WALTZ — STEP CHART

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

EUROPEAN WALTZ — OPTIONAL PATTERN DANCE



FOXTROT

MUSIC RHYTHM: Foxtrot 4/4
TEMPO: 25 four-beat measures per minute; 100 beats per minute

ISU MUSIC
INTRODUCTION: 32 beats, 19.2 seconds

PATTERN-TIMING: 1 = :17; 2 = :34; 3 = :50; 4 = 1:07

DURATION: Test 3 = :50
Competition 4 = 1:07
Adult Solo Dance Competition 2 = :34

SKATER'S
CHOICE TIMING: See Skater's Choice Pattern Dance Timing Chart on usfigureskating.org under the "Technical Info" link

PATTERN: Optional

TEST: Pre-silver

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 lady commences with a cross roll. She then extends her free leg behind for the full four counts, accentuating count three 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 lady 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 lady (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 lady prepares for the mohawk. On Step 11 the lady 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 one. To facilitate the lady'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 four, 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 PERFORMED: Westminster Ice Rink, London, England, 1933

FOXTROT — STEP CHART

Hold	Step No.	Man's Step	Number of beats of music			Lady's Step
Open	1	LFO		1		LFO
	2	XB-RFI		1		XB-RFI
	3	LFO		2		LFO
Closed	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
Closed	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

FOXTROT — OPTIONAL PATTERN DANCE

