

ICELAND TANGO

By Miss K.Schmidt

Music: Tango 4/4 Tempo: 100 Metronome

Position: Reverse Foxtrot, Open, Closed, Outside, Open Pattern: Set

Competitive Requirements – 2 Sequences

CHANGES:

- Step 9 (4 beats): is a X-roll (XR) for both skaters – previously a XF and XB.

Clarifications:

- Step 9 (XR LFO-I-Sw for the woman, XR-RBO-I-Sw for the man): there are 4 beats in total, of which 3 are on the outside edge and 1 on an inside edge with a rockover (LFO-LFI for the woman, and RBO-RBI for the man) – before it was not specified.
- Step 16 (total 4 beats): for the woman, there are three beats on the outside edge and a change of edge to inside on the fourth beat of the step. For the man, there are three beats on the inside edge and a change of edge to outside on the fourth beat of the step – before it was not specified.

The Dance:

- The first steps of the dance, steps 1 and 2 (a progressive run for the man) for one beat each, and step 3 (a progressive run for the woman) for two beats, form a lobe that intersects the continuous baseline of the rink and which opens initially towards the long axis and finishes, at the end of step 3, toward the corner of the rink.
- During steps 1, 2, and 3 of the dance, the partners proceed in Promenade position on opposite edges, which is important to the mirror symmetry of the partners.
- Step 4 (four beats) begins with a closed choctaw (for the woman RBO, for the man LBI) with the free leg stroking in front with respect to the skating foot. On step 4 the couple passes from Promenade position to Foxtrot position.
- During the execution of the choctaw on step 4, the foot of the free leg which becomes employed, must be placed to the outside of the employed foot. The aim of this step is initially parallel to the short side and finishes toward the center of the rink. On step 4 swinging the free leg is optional.
- Step 5, an outside edge for four beats performed in Waltz position, where swinging the free leg is optional, begins toward the center of the floor and finishes toward the long side barrier.
- Steps 6 and 7 (run), for one beat each, are directed toward the barrier.
- Step 8 (for six beats total) includes a change of edge on the third beat and a three turn on the fifth beat; this step is directed initially toward the long axis and then becomes parallel to it and finally toward the barrier on the long side of the rink. The swing of the free leg during the execution of step 8 is optional.
- It is divided as follows:
 - 2 beats on an outside edge (RBO for the woman, LFO for the man) where the couple is in Waltz position on the first beat and moves to Tango position on the second beat;
 - 2 beats on an inside edge (RBI for the woman, LFI for the man), where on the first beat a change of edge occurs (corresponding to beat 3 of the step); the man, during the change of edge, is placed to the left of the woman (who remains to the right of the man);
 - 2 beats on an outside edge: where on the first of these beats a three turn is performed, for the woman from inside backward to outside forward (RFO) and for the man from inside forward to outside backward (LBO); the three turn corresponds to beat 5 of the step and the couple assumes reverse Tango position.
- Step 9, for four beats, is a cross roll (in front for the woman XR LFOI, and in back for the man XR RBOI), in Reverse Tango position, aimed initially toward the long side barrier and then toward the long axis, and skated with the free leg held in line with the skating leg for the first two beats, then on the third beat and outside swing for both partners (in front for the woman and in back for the man). On the fourth beat of step 9, the couple performs a

change of edge (for one beat) from outside to inside with a rockover of the body baseline to facilitate the aiming of step 10.

- Steps 10, 11, and 12 form a sequence of steps on a curve placed parallel to the short side of the rink performed in Foxtrot position.
- Step 10, for one beat, is for the woman an open stroke and for the man a choctaw LFO aimed toward the short side barrier in Foxtrot position in which the couple skates on symmetrical opposite edges.
- Step 11, for one beat, is a LFO for the woman and a progressive run RFI for the man.
- Step 12, for two beats, a progressive run (RFI) for the woman and a LFO for the man, beginning at the long axis.
- Step 13 (for four beats), which for the first two beats is in Foxtrot position and for the last two beats in Promenade position, is composed of:
 - A LFO for the woman and a RFI for the man (on the first beat), aimed toward the long side barrier;
 - A forward swing of the free leg for both partners, on the second beat, accentuated by a marked bend of the skating knee;
 - A three turn for the woman which finishes on a LBI edge and a bracket for the man to a RBO towards the long axis. These turns are executed on the third beat of the step with the skating knees bent before and after the turns.
- From step 14 through step 16 the couple assumes Partial Tango position where the parallel position of the shoulders should help control the direction and fluidity of these steps, and the free legs, swinging in unison, demonstrate the unison of the partners.
- Step 14 for the woman, a four-beat RFO swing, begins with a choctaw during which the free leg, after performing the stroke and being held in back for two beats, is brought in front with a swing on the third beat. The aim of this step is initially toward the long axis and finishes, at the end of the swing, toward the long side barrier.
- The man simultaneously performs step 14a (XB LBO) for two beats toward the long axis, stretching the free leg in front, and step 14b (XF RBI) for two beats with the free leg in back in line with the tracing of the skating foot, in unison with the movement of the woman's free leg, toward the long side barrier.
- Step 15 for the woman, a four-beat LBI swing, begins toward the barrier with a closed choctaw with the free leg finishing stretched in front, and finishes toward the long axis with a swing in back of the free leg (on the third beat), and is split by the short axis; for the man (LFO swing) it is a choctaw followed by a swing in front of the free leg on the third beat toward the long axis.
- Step 16 for the woman, a four-beat RFOI swing, is another choctaw toward the long axis followed by a swing on the third beat aimed toward the barrier that, unlike step 14, finishes with a change of edge on the fourth beat from outside to inside (from RFO to RFI) to prepare for the next step.
- Step 16 for the man, a four-beat RBIO swing, is a closed choctaw with the free leg finishing stretched in front, and its aim finishes toward the barrier with a swing in back of the free leg (on the third beat) and a change of edge from inside to outside (from RBI to RBO) to prepare for the next step.
- Step 17 for the woman (for two beats) begins on a LFO on the first beat aimed parallel to the long side barrier and finishes with a three turn to a LBI, on the second beat, toward the short side of the rink. For the man step 17a is a mohawk LFO for one beat followed by a progressive run RFI (step 17b) for one beat. Step 17 begins in Foxtrot position and, on the man's step 17b, changes to Waltz position.
- Step 18, for two beats, in Waltz position, is a stroke on a deep outside edge (RBO for the woman, LFO for the man) which begins parallel to the short side and is brought toward the center of the rink.
- The woman's choctaw, from RBO (step 18) to LFI (step 1), is necessary to be able to perform the restart of the dance, consequently it must be repeated two times.

During the evaluation of this dance particular attention should be paid to the following elements:

- Accuracy of timing, step technique, and the prescribed pattern and positions.
- **Step 3** must be a well-defined edge and maintained for the required beats, taking care not to change the edge before the choctaw (step 4).
- **Step 4:** a choctaw, NOT a mohawk.
- **Step 8:** correct timing and execution (as required by the dance description, see notes).
- **Step 9:** the change of edge (rockover) at the end of the fourth beat should be evident.
- **Step 13:** must be executed fluidly, with the forward swing of the free leg and the three turn and bracket executed at the required times (see notes).
- **Steps 14-16:** the edges must be maintained with firmness, and the swings of the free legs executed fluidly and appropriately to the rhythm skated.

- **All forward to backward choctaws** must be executed with the free skate placed close to and to the outside of the heel of the skating foot.
- **Steps 14-18:** the edges must be executed well, the swings of the free legs performed with perfect unison and fluidity.
- **Steps 17 and 18** are pronounced edges that form a narrow lobe to allow the restart of the dance at the same point at which the previous sequence began.
- **The choctaw** for the woman, from RBO (18) to LFI (1) is a turn that is necessary to be able to perform the restart of the dance, consequently it must be repeated two times.
- **The unison of the free leg movement** is an essential requirement of this dance.

***NOTE – Promenade Position:** The partners face the same direction of travel with the woman to the left of the man. The man's right hand is on the woman's left shoulder blade while the woman's left hand holds the man's right shoulder; the two arms overlap and the elbows are placed one on top of the other. The man's left arm and the woman's right arm are stretched behind with respect to the chest with the hands held at shoulder height.

Promenade position is given by the forward aim of the chest with respect to the flexed arm of the skaters.

ICELAND TANGO – KEY POINTS

SECTION 1: Attention Points

1. **STEP 3:** for both skaters maintained for two (2) beats avoiding a change of edge before performing the next step (step 4).
2. **STEP 4:** closed choctaw with both skaters maintaining the edge for two (2) beats without changing the edge before/after the turn and correct technique of execution; the lobe must be well defined and the couple must finish aiming toward the center of the rink.
3. **STEP 5:** outside edge for four (4) beats aimed toward the center of the rink and finishing toward the long side barrier.
4. **STEP 8:** proper execution of the Change of Edge (on beat 3 of the step) and Three Turn (on beat 5 of the step); depth of lobes; correct timing; change of edge on the third beat, three turn on the fifth beat of the step.
5. **STEP 9:** cross roll on the first beat, swing of the free leg on the third beat, change of edge and simultaneous rockover of the body on the fourth beat.
6. **STEP 10:** choctaw for the man aimed toward the short side of the rink.

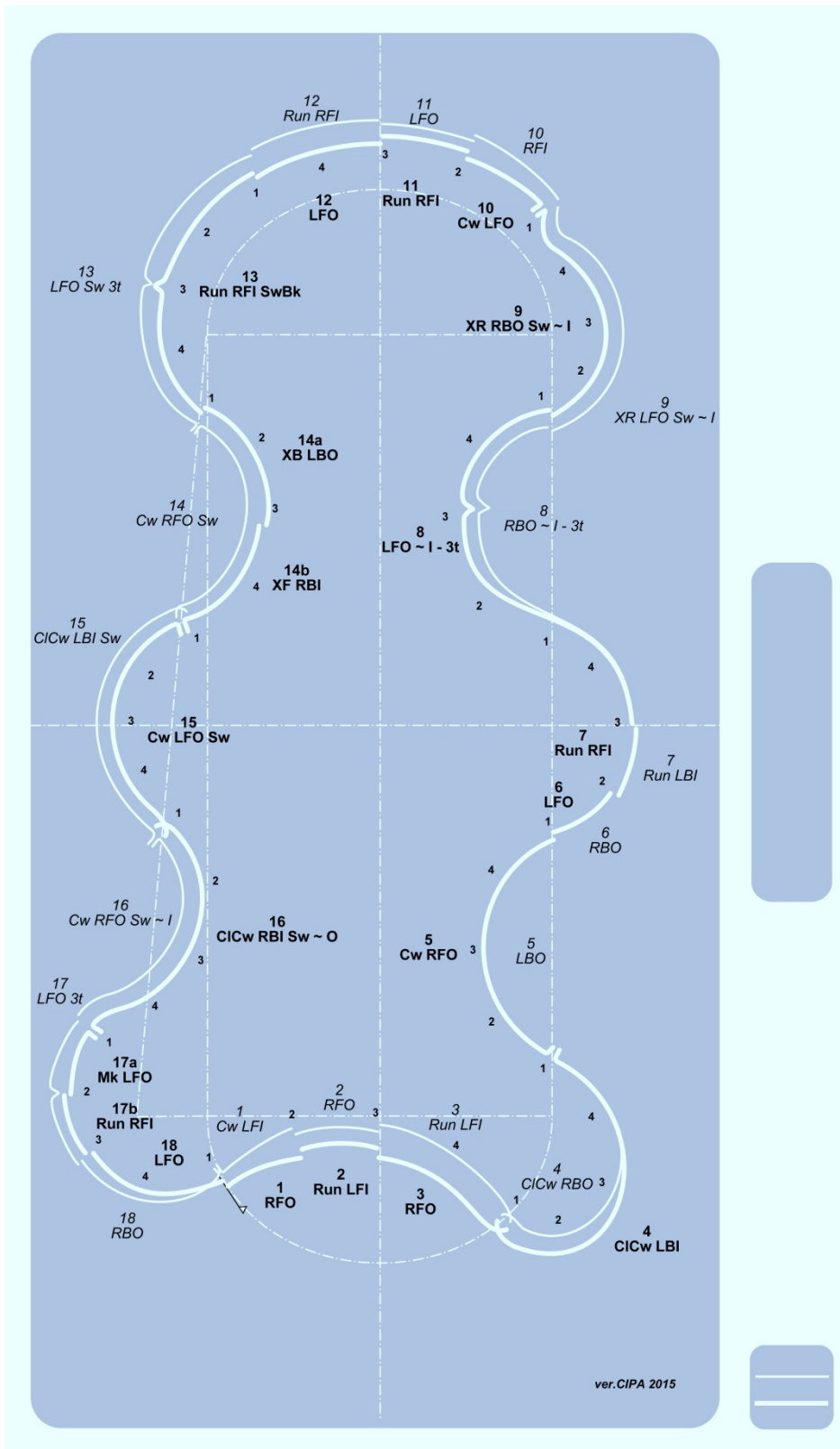
SECTION 2: Attention Points

1. **STEP 13:** proper execution of RFI bracket for the man and LFO three turn for the woman; correct execution with correct timing and pronounced edges on the entrance and exit; fluidity of execution, closeness of the skaters during the turns.
2. **STEP 14a-14b (for the man):** two crosses with close feet, the first is an outside edge and the second is an inside edge.
3. **STEP 14 (for the woman), 15 and 16 (for both skaters):**
 - Correct technical execution of the choctaws;
 - Depth of the lobes and edges maintained during the swings;
 - Synchronized movement of the free legs of the skaters during the swings.
4. **STEP 16:** proper execution of Choctaws and Swing movement, with a change of edge in the last beat of the step, toward the long side barrier.
5. **STEP 17:** the woman performs a three turn on the second beat of the step, for the man a Mk LFO (17a) followed by a progressive (run).
6. **STEP 18:** outside edge for both skaters that finishes toward the long axis at the center of the rink.

ICELAND Tango (100bpm)

HOLD	No.	WOMAN's Step	BEATS of Music		MAN's Step	
1st SECTION						
Tango Promenade	1	Cw LFI		1	RFO	
	2	RFO		1	Run LFI	
	3	Run LFI		2	RFO	
Foxtrot	4	CiCw RBO *		4	CiCw LBI *	
Waltz	5	LBO *		4	Cw RFO *	
	6	RBO		1	LFO	
	7	Run LBI		1	Run RFI	
See Text	8	RBO/l * 3t		2+2+2	LFO/l * 3t	
Tango	9	XR LFO Sw/l		2+1+1	XR RBO Sw/l	
Foxtrot	10	RFI		1	Cw LFO	
	11	LFO		1	Run RFI	
2nd SECTION						
Foxtrot	12	Run RFI		2	LFO	
	13	LFO Sw3t		1+1+2	Run RFI SwBk	
Tango Partial	14a	Cw RFO Sw	2+2		2	XB LBO
	14b				2	XF RFI
	15	CiCw LBI Sw		2+2	Cw LFO Sw	
	16	Cw RFO Sw/l		2+1+1	CiCw RFI Sw/O	
Foxtrot	17a	LFO 3t	1+1		1	Mk LFO
Waltz	17b				1	Run RFI
		18	RBO		2	LFO
* free leg free movement						

ICELAND TANGO



QUICKSTEP

by R.J. Wilkie and Daphne Wallas

Music: Quickstep Tempo: 112 Metronome

Position: Kilian Position Pattern: Set

Competitive Requirements – 4 Sequences

CHANGES:

- Step 9 (XF-LBO): in the new diagram, this step exceeds the short axis – previously step 10 exceeded the short axis. Clarification: step 6 (LBI-O); the change of edge must be on beat 3 of the step – before it was not specified.

The Dance:

- The steps are the same for both skaters.
- The dance begins at the long axis with a sequence of steps from 1 to 4 directed toward the long side barrier, of which step 2 is a chasse and step 4 is a progressive (run).
- Step 5 is a four-beat LFO characterized by a swing in which the skaters begin parallel to the long side barrier and finish toward the long axis. During the forward swing of the free leg, through the strong pressure of the outside edge combined with a slight twist of the torso, the woman moves slightly behind her partner and follows his tracing.
- Step 6 (RBIO), for three beats, forms a lobe that begins with a closed choctaw aimed toward the center of the rink on an inside edge (for two beats) followed by a change to an outside edge (on the third beat) at which point the skaters cross the baseline of the dance. During this step, the free skate is extended in front on the first beat, it is brought beside the employed skate to “and” position on the second beat, and on the third beat it moves outward to assist the execution of the change of edge. The aim of step 6 is initially toward the long axis, becoming parallel to it, and finally coming toward the long side barrier.
- Step 7 is a cross behind (XB-LBI) which brings the couple from parallel to the long side barrier toward the center of the rink.
- Steps 8 and 9 form a lobe that opens toward the center of the rink and concludes on the baseline at the short axis in which step 8 (RBI) should show a strong change of lean with respect to step 7, and step 9 (XF-LBO) should continue the arc of curvature with respect to the preceding step.
- The above steps 7, 8, and 9 must be executed in a lively manner and the edges should be well defined.
- Step 10 (XB-RBO), for four beats, which begins with a cross behind toward the long side barrier and finishes toward the long axis, must be on a prominent outside edge with an appropriate bend of the skating knee. During this step the movement of the free leg may be interpreted freely.
- Step 11, for two beats, begins with a choctaw LFI in which the partners must maintain control with the woman remaining beside the man. This step forms a lobe that begins on the baseline and returns to it.
- Step 12 is a two-beat RFI, which brings the couple toward the long side barrier.
- Steps 13 through 18 are each one-beat steps and must be well-cadenced and skated in a lively and confident manner.
- Step 14 is a progressive (run).
- Step 16 is a XF-RFO executed with a change of lean and aimed toward the short side of the rink.
- Step 17 (XB-LFIO), a cross behind and a change of edge from inside to outside, is executed in one beat of music and aimed toward the short side of the rink.
- Step 18 (XF-RFI), is a right inside cross front aimed toward the short side of the rink and finishing parallel to it.
- The dance must be skated in perfect adherence to the tempo of the music, which is fast and lively.

During the evaluation of this dance particular attention should be paid to the following elements (Key Points):

- Correct distribution of the lobes with respect to the baseline of the dance.
- Accuracy of timing, step technique, and the prescribed pattern and positions.
- The dance must be skated in perfect adherence to the tempo of the music, which is fast and lively.

- Step 5 must be executed on a good outside edge maintained until the execution of the closed choctaw (step 6).
- The closed choctaw (step 6) must be executed with defined edges on the entrance and exit.
- The change of edge to outside (step 6) is executed on the third beat of the step.
- Step 7 XB-LBI must be crossed and an inside edge
- Step 8 RBI has an evident change of lean.
- Steps 9 and 10 must be crosses.
- Steps 11 and 12 must be pronounced inside edges.
- The change of edge on step 17 must be quick and pressed directly toward the short side barrier.
- The dance must show deep LOBES distributed equally to the left and right of the baseline of the dance.

QUICKSTEP – KEY POINTS

SECTION 1: Attention Points

1. **STEP 5 (LFO-Sw):** pronounced outside edge, LFO swing for 4 beats, avoiding a change of edge before executing the choctaw.
2. **STEP 6 (Cw-RBI-O):** proper execution of the Closed choctaw, keeping the outside edge on Step 5 and skating on a strong inside edge for Step 6 (defining the baseline of the dance). During the choctaw, the right foot is brought behind the heel of the left foot and placed on the outside of it, finishing with the free leg extended in the forward position. This step has 3 beats total, of which two (2) beats are on an inside edge and one (1) beat with a change to an outside edge.
3. **STEP 7 (XB-LBI):** proper execution of cross behind with definition of the inside edge, crossing with feet parallel and close together on a strong inside edge.
4. **STEP 8 (RBI):** proper execution of the inside edge, (on the baseline of the dance) with an evident change of lean with respect to the preceding step.
5. **STEPS 9(XF-LBO) & 10 (XB-RBO):** proper execution of the cross in front and cross behind, must be performed with close feet and evident changes of lean. Step 10 must remain on an outside edge in order to properly execute the choctaw.
6. **STEP 11 (Cw-LFI):** proper execution of the choctaw LFI, executed on the baseline, on a strong inside edge, for two (2) beats.
7. **STEP 16 (XF-RFO):** proper execution of cross front, with feet close together aimed toward the long axis and finishing toward the middle of the short side of the rink.
8. **STEP 17 (XB-LFIO):** proper execution of cross behind and change of edge to outside, which must be quick and aimed to the short side barrier.
9. **STEP 18 (XF-RFI):** forward inside cross front parallel to the short side of the rink.

NOTE: THE DANCE MUST SHOW DEEP LOBES DISTRIBUTED EQUALLY TO THE LEFT AND RIGHT OF THE BASELINE OF THE DANCE.

QUICKSTEP (112bpm)

HOLD	No.	WOMAN's Step	BEATS of Music	MAN's Step
1st SECTION				
Kilian	1	LFO	1	LFO
	2	Ch RFI	1	Ch RFI
	3	LFO	1	LFO
	4	Run RFI	1	Run RFI
	5	LFO Sw	2+2	LFO Sw
	6	CiCw RBI/O	2+1	CiCw RBI/O
	7	XB LBI	1	XB LBI
	8	RBI	1	RBI
	9	XF LBO	1	XF LBO
	10	XB RBO *	4	XB RBO *
	11	Cw LFI	2	Cw LFI
	12	RFI	2	RFI
	13	LFO	1	LFO
	14	Run RFI	1	Run RFI
	15	LFO	1	LFO
	16	XR RFO	1	XR RFO
	17	XB LFI/O	1/2+1/2	XB LFI/O
	18	XF RFI	1	XF RFI
* free leg free movement				

THE QUICKSTEP

