

# Ice Dance

The ice dance badge program focuses on the components of ice dancing and reviews the basic edges and turns while skating to music. Skaters will learn the first six dance patterns in the U. S. Figure Skating test structure. Dances may be skated solo or with a partner.

## Ice Dance 1



- A. Forward consecutive outside swing rolls to a count of six
- B. Alternating forward progressives in sequence to a count of six
- C. Description and demonstration of Killian hold
- D. Corner steps on Dutch Waltz (LFO/RFI – three beats each)
- E. Skate Dutch Waltz pattern with music

## Ice Dance 2



- A. Continuous forward progressive – chasse, clockwise and counterclockwise
- B. Forward slide chasses to a count of four, on a circle, clockwise and counterclockwise (minimum of four slide chasses)
- C. Consecutive forward swing rolls to a count of four
- D. Forward outside cross rolls and cross strokes
- E. Description and demonstration of the reverse Killian position
- F. Skate Canasta Tango pattern with music

## Ice Dance 3



- A. Continuous promenade progressives on a circle to a count of four
- B. Consecutive inside swing rolls to a count of four
- C. Skate the lilt action from step five of the Rhythm Blues pattern
- D. Cross behind steps on end pattern of the Rhythm Blues (note: optional steps)
- E. Skate Rhythm Blues pattern with music

## Ice Dance 4



- A. Consecutive inside chasse with wide step sequence
- B. Four-beat edge with double knee bend and leg expression in step six from Cha Cha pattern
- C. Slalom motion, with close feet and lifting knee action
- D. End pattern of Cha Cha step sequences with crosses, showing edge quality (note: optional steps)
- E. Skate Cha Cha pattern with music

## Ice Dance 5



- A. Forward consecutive outside swing rolls to a count of four
- B. Forward inside open mohawk
- C. Backward consecutive outside swing rolls to a count of four
- D. Backward chasse
- E. Demonstrate waltz position (closed position) and hand-in-hand position for partners. Demonstrate moving to and from waltz position and hand-in-hand position with partner
- F. Skate Swing Dance pattern with music

## Ice Dance 6



- A. Swing roll with change of edge in relation to an axis – Proper counting: four beat forward outside edge, two beat forward inside edge
- B. Inside mohawk with closed free foot position on exit
- C. Cross behind inside chasse
- D. Rounded end pattern step sequence in steps 10–16 of the Fiesta Tango pattern
- E. Consecutive alternating outside edges
- F. Demonstrate moving from the Killian position to reverse Killian position
- G. Skate Fiesta Tango pattern with music