

# DANCE

Skill	Description	Minimum Performance Standard
<b>STAR 3b</b>		
Backward Progressives	<p>A backward progressive is a dance step that is executed by the skater performing a backward blade push onto an outside edge, fully extending the free leg to the front of their body and allowing the free foot to pass the skating foot and step down on an inside edge without crossing behind into the circle. The foot that was on the outside edge then executes a backward thrust from the outside edge by pushing forward, with the foot slight turned into the centre of the circle, until it is fully extended. The free foot then comes back to the skating foot to start the next step.</p> <p>To introduce skaters to this new step, the skaters will repeat the 2 step sequence described above around a circle (approximate size of a hockey circle) until they have completed a full circle in one direction. The skater will then perform backward progressives on the circle in the opposite direction. The skater's upper body should be rotated towards the center of the circle with a strong core position. Arms should be extended and placed over the circle.</p>	<p>1 full circle of clockwise (CW) and counter clockwise (CCW) progressives must be performed.</p> <p>Minimum of:</p> <ul style="list-style-type: none"> <li>- 75% of steps must be correct</li> <li>- 75% blade pushes</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>
Backward Chasses	<p>A backward chasse is a dance step that is executed by the skater performing a blade push onto an outside edge, fully extending the free leg to the front of their body and then bringing the free foot to step beside the skating foot to allow the inside foot to rise off the ice with the blade parallel to the ice. The free foot then comes back to the skating foot to start the next step.</p> <p>To introduce skaters to this new step, the skaters will repeat the 2 step sequence described above around a circle (approximate size of a hockey circle) until they have completed a full circle in one direction. The skater will then perform backward chasses on the circle in the opposite direction. The skater's upper body should be rotated towards the center of the circle with a strong core position. Arms should be extended and placed over the circle.</p>	<p>1 full circle of clockwise (CW) and counter clockwise (CCW) chasses must be performed.</p> <p>Minimum of:</p> <ul style="list-style-type: none"> <li>- 75% of steps must be correct</li> <li>- 75% blade pushes</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>
Backward Swing Roll Sequence	<p>A backward swing roll is similar to a backward outside edge. To execute a backward swing roll, the skater will use a "C"-type push to push onto a backward outside edge on a bent skating knee, fully extending the free leg to the front. As the skater</p>	<p>Minimum of 4 swing rolls must be performed (2 on each foot)</p> <p>Minimum of:</p>

	<p>reaches the middle of the edge/roll, they will rise up on the knee as they bring their free leg to extend behind them at an approximate 30-degree angle. The roll is finished by bringing the feet together before performing the next step.</p> <p>To introduce skaters to this new step, the skaters will repeat the process listed above on a line using the width of the ice. The skater may start from a standstill or from forward skating and may choose starting foot. The skater will perform a series of forward swing rolls across the width of the ice.</p>	<ul style="list-style-type: none"> <li>- 75% of steps must be correct</li> <li>- 75% blade pushes</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>
Forward Inside Open MoHawks	<p><b>SWING:</b> The forward inside open Mohawk for the Swing Dance is executed on a RFI edge with full extension of the free foot held behind the skater. The skater will then bring the heel of the free foot to the instep area (instep to heel) of the skating foot before transferring the weight onto a LBI edge with the right free leg then fully extending behind the skater. The timing for this Mohawk is 2 beats on the RFI edge and 2 beats on the LBI edge.</p> <p><b>FIESTA:</b> The forward inside open Mohawk for the Fiesta Tango is executed on a RFI edge with full extension of the free foot held behind the skater. The skater will then bring the heel of the free foot to the instep area (instep to heel) of the skating foot before transferring the weight onto a LBI edge with the right free leg then staying close to the skating leg in preparation for the next step which would be a RBO edge. The timing for this Mohawk is 1 beat on the RFI edge and 1 beats on the LBI edge.</p>	<p>Must do each type of Mohawk.</p> <p>Minimum of:</p> <ul style="list-style-type: none"> <li>- 75% of steps must be correct</li> <li>- 75% blade pushes</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>
RFO Cross Roll, Cross Behind	<p>The RFO cross roll, cross behind is executed from a LFO edge. The free foot is extended behind the skater and internally rotates as it crosses the path of the skating foot to step on an outside edge. To ensure the proper edge is achieved, the free foot may cross in front at a right angle to the skating foot. Once the weight is transferred to the right foot, the left foot can either be extended behind or raised up behind the skating leg to be brought back in to step on a LFI edge. This cross behind should be tight (feet close together). While on the LFI edge, the right foot should be fully extended in front of the skater.</p>	<p>Only 1 required.</p> <p>Minimum of:</p> <ul style="list-style-type: none"> <li>- 75% of steps must be correct</li> <li>- 75% blade pushes</li> <li>- 75% of steps must have reasonable balance and control</li> <li>- Body carriage and line should be reasonable for this level</li> </ul>
FO 3-Turn/BO edge	<p>The forward 3-turn/BO edge is executed by a FO edge on either foot with the free foot fully extended behind the skater on a bent skating knee. The skater will rise up on the skating knee as they bring their free foot to the skating foot while performing the 3-turn. The feet will remain close together as the skater transfers their weight to the BO edge of the free foot. Once the weight is transferred the free foot will then fully extend forward. The skater will perform both FO</p>	<p>Must do each FO 3-turn (RFO &amp; LFO)</p> <p>Minimum of:</p> <ul style="list-style-type: none"> <li>- 75% of steps must be correct</li> <li>- 75% blade pushes</li> </ul>

	<b>3-turns (LFO 3-turn, RBO edge + RFO 3-turn, LFO edge).</b>	<b>- 75% of steps must have reasonable balance and control</b>  <b>- Body carriage and line should be reasonable for this level</b>
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