



## Non ISU Pattern Dances

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## Rhythm Blues – Set pattern dance

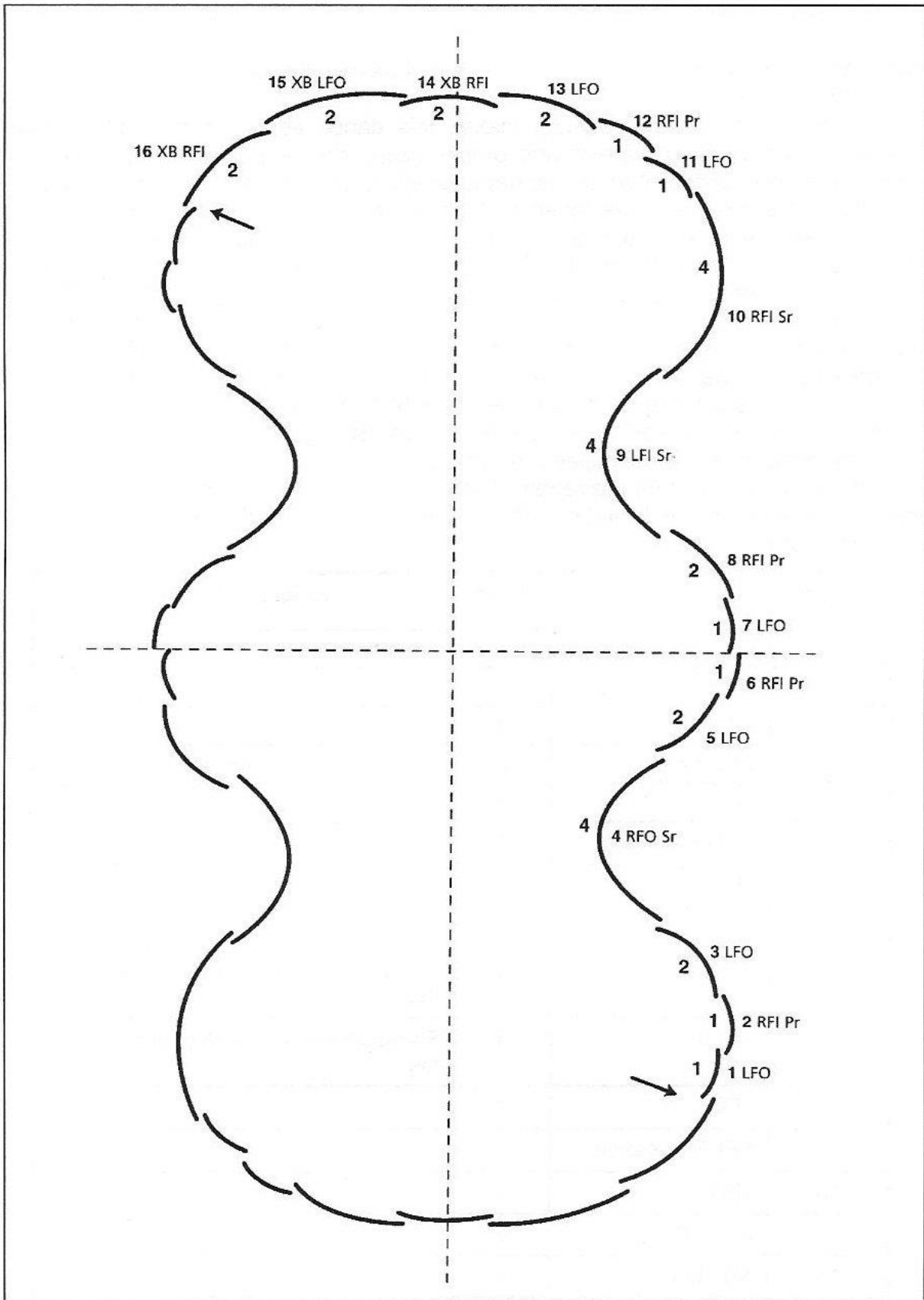
**Music and tempo:** Blues 4/4 22 measures of 4 beats; 88 beats per minute

**Dance hold:** Kilian

A slow tempo and forward skating makes this dance appear deceptively simple. However, correct timing, pattern and proper expression are required to make this dance pleasing to watch. Attention to depth of edges and proper curvature of lobes is essential. Care must also be taken to fully complete lobes on the correct edges. Partners must utilize knee bends and free leg extensions for blues interpretation, as well as smooth flowing movement. Skated in Kilian position throughout, the dance begins with a progressive sequence followed by an outside swing roll (RFO). Timing becomes more intricate with steps 5-10. Step 5 must be held for two full beats as it begins a “promenade” sequence similar to that before the Choctaw in the Blues. Step 6-7 are each one beat. Step 8 is two beats and steps 9 and 10 are forward inside swing rolls each beginning on beat three of the bar. These swing rolls allow for blues expression and require well timed free leg swings. Strong progressive strokes, step 11-13 are needed to maintain speed through the cross behind chasses, so there is no struggle to regain speed on the repeat. The XB’s, which complete the dance, must be crisp and precise, accomplished by soft knee action and a rounded end pattern.

**Inventor:** Robert Craigin

Steps	Lady and man	Beats	Holds/comments
1	LFO	1	Kilian hold throughout
2	FRI Pr	1	
3	LFO	2	
4	RFO SwR	4	Swing roll free leg forward on beat 3
5	LFO	2	
6	RFI Pr	1	
7	LFO	1	
8	RFI Pr	2	
9	LFI SwR	4	Swing roll free leg forward on beat 1
10	RFI SwR	4	Swing roll free leg forward on beat 1
11	LFO	1	
12	RFI Pr	1	
13	LFO	2	
14	XB – RFI	2	
15	XB – LFO	2	
16	XB – RFI	2	



## **Swing Dance – Set pattern dance**

**Music and tempo:** Foxtrot 4/4 26 measures of 4 beats; 104 beats per minute

**Dance hold:** Steps 1-8 Waltz, steps 9-14 Open (arm-in-arm); steps 15-23 Waltz, steps 24-28 Open (arm-in-arm); steps 29-30 Waltz

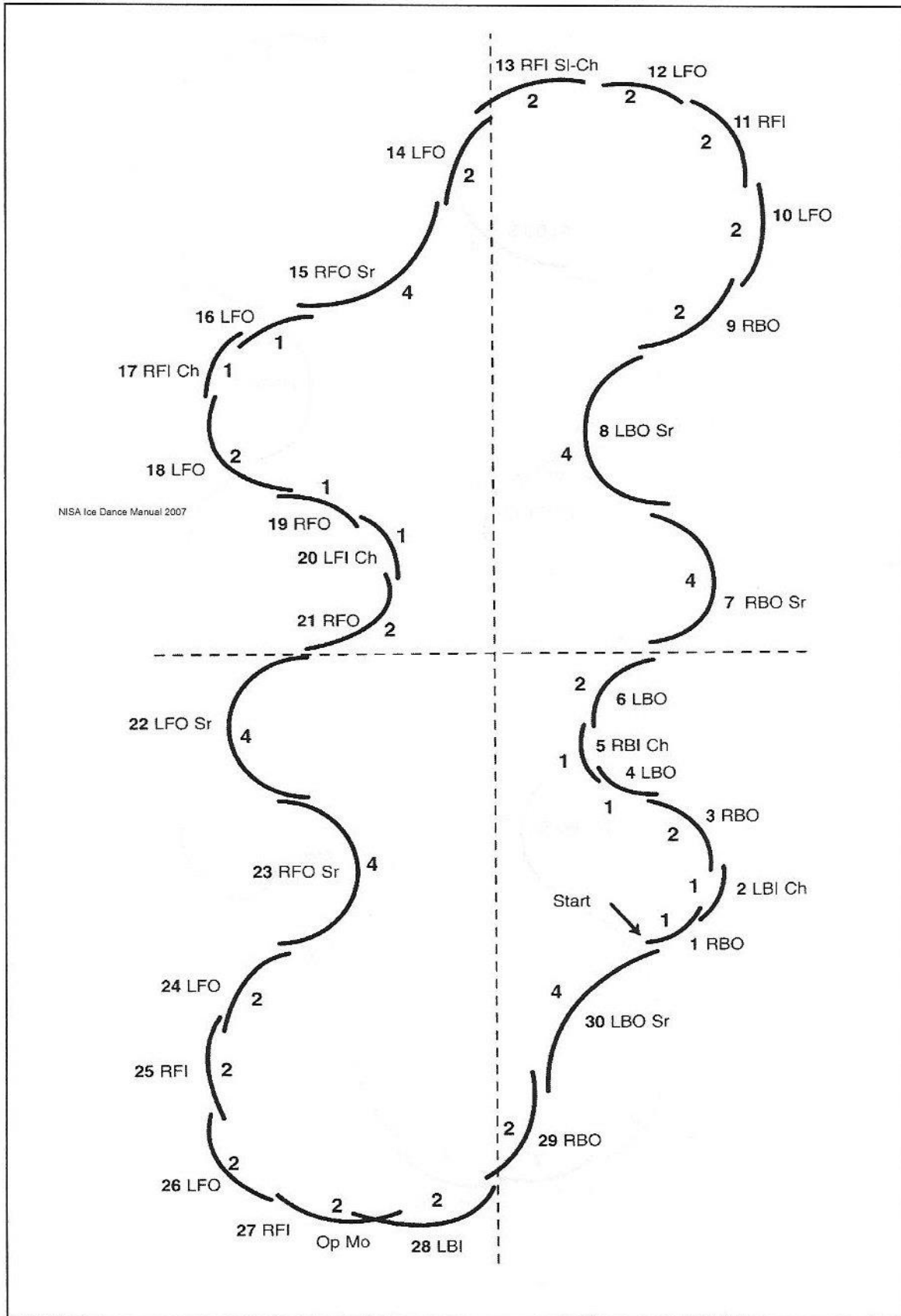
This dance presents a relaxed method of changing from forward to backward skating. It requires the man to learn to lead and lady to follow while skating backwards as well as forward. While the diagram shows correct curvature of edges and lobes, such depth of curvature should not be expected from a beginner. It does, however, present a goal towards which the skater should aim. It should be noted that steps 1-8 and 16-23 are similar in patterns and character, and are skated both forwards and backwards by each partner to complete a circuit of the dance. The arm-in-arm position as specified in the diagram for steps 9-13 and steps 24-28 allows the skater travelling backwards to step forwards easily and to proceed in a relaxed manner, right arm to partners left shoulder. These steps should be skated with soft knee action. Closed position is resumed in time for steps 14 and 29. A forward inside Mohawk is required. Steps 13 and 28 are slide chasses for the partner skating forward.

**Inventor:** Hubert Sprott

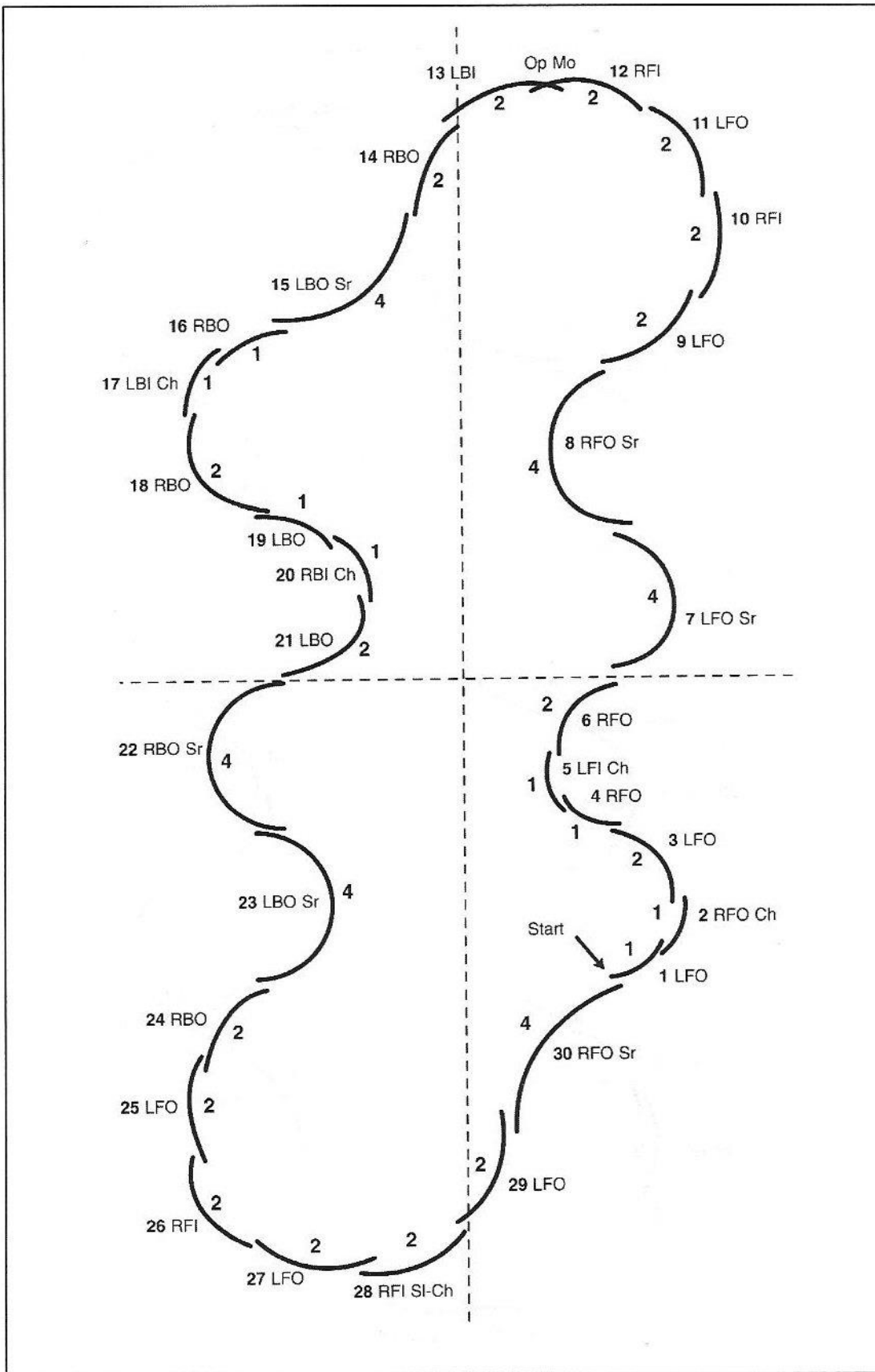
**Note:** For Adults Sequence 1 is Step #1-14 and Sequence 2 is Step 15-30

<b>Steps</b>	<b>Lady</b>	<b>Beats</b>	<b>Man</b>	<b>Beats</b>	<b>Holds/comments</b>
1	RBO	1	LFO	1	Waltz hold
2	LBI Ch	1	RFI Ch	1	
3	RBO	2	LFO	2	
4	LBO	1	RFO	1	
5	RBI Ch	1	LFI Ch	1	
6	LBO	2	RFO	2	
7	RBO SwR	4	LFO SwR	4	Swing roll: man's free leg forward, lady's back
8	LBO SwR	4	RFO SwR	4	Swing roll: man's free leg forward, lady's back
9	RBO	2	LFO	2	Open hold (arm-in-arm)
10	LFO	2	RFI	2	
11	RFI	2	LFO	2	
12	LFO	2	FRI OpMo	2	
13	RFI SICh	2	LBI	2	
14	LFO	2	RBO	2	Change to Waltz hold for step 15
15	RFO SwR	4	LBO SwR	4	Swing roll: man's free leg forward, lady's back
16	LFO	1	RBO	1	
17	RFI Ch	1	LBI Ch	1	
18	LFO	2	RBO	2	
19	RFO	1	LBO	1	
20	LFI Ch	1	RBI Ch	1	
21	RFO	2	LBO	2	
22	LFO SwR	4	RBO SwR	4	Swing roll: man's free leg back, lady's forward
23	RFO SwR	4	LBO SwR	4	Swing roll: man's free leg back, lady's forward
24	LFO	2	RBO	2	Open hold (arm-in-arm)
25	RFI	2	LFO	2	
26	LFO	2	RFI	2	
27	FRI OpMo	2	LFO	2	
28	LBI	2	RFI SICh	2	Change to Waltz hold for step 29
29	RBO	2	LFO	2	
30	LBO SwR	4	RFO SwR	4	Swing roll: man's free leg back, lady's forward

# Swing Dance – Lady's Step



# Swing Dance – Man's Step



## Golden Skaters Waltz – 162 beats per minute

**Music and tempo:** Foxtrot 4/4 26 measures of 4 beats; 104 beats per minute

**Dance hold:** Kilian

This dance is skated to a lively, lilting waltz tempo, and is intended to give an early introduction to a faster, flowing and more spirited dance characteristic of the waltz, without demanding expert technique.

**Inventor:** Unknown

Steps	Lady and man	Beats	Holds/comments
1	LFO	2	Kilian hold throughout
2	FRI Pr	1	
3	LFO	3	
4	XF RFO	3	
5	XB LFI	3	
6	RFO SwR	6	Swing roll free leg forward on beat 4
7	LFO	3	
8	RFI SICH	3	
9	Wide step to LFI SwR	6	Swing roll free leg forward on beat 4
10	RFI SwR	6	Swing roll free leg forward on beat 4
11	LFO	2	
12	RFI Ch	1	
13	LFO	3	
14	CR RFO SwR	6	Swing roll free leg forward on beat 4
15	LFO	3	
16	RFI SICH	3	



