

European Waltz

- Music - Waltz 3/4
- Tempo - 45 measures of 3 beats per minute
- 135 beats per minute
- Pattern - Set
- Duration - The time required to skate 2 sequences is 48 seconds.

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 towards 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 towards 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 ISU 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 3. These types of turns are known as "European Waltz Type Three Turns". All edges are 3 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, should be continuous and reverses 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 flavour.

- Inventor - unknown
- First Performance - before 1900 but the exact date and location are unknown