

Prelim / Novice Waltz

SECTION B. PROFICIENCY ICE DANCE TEST

THE WALTZ MOVEMENT

Music and Tempo: Waltz 3/4 at 45 bars per minute

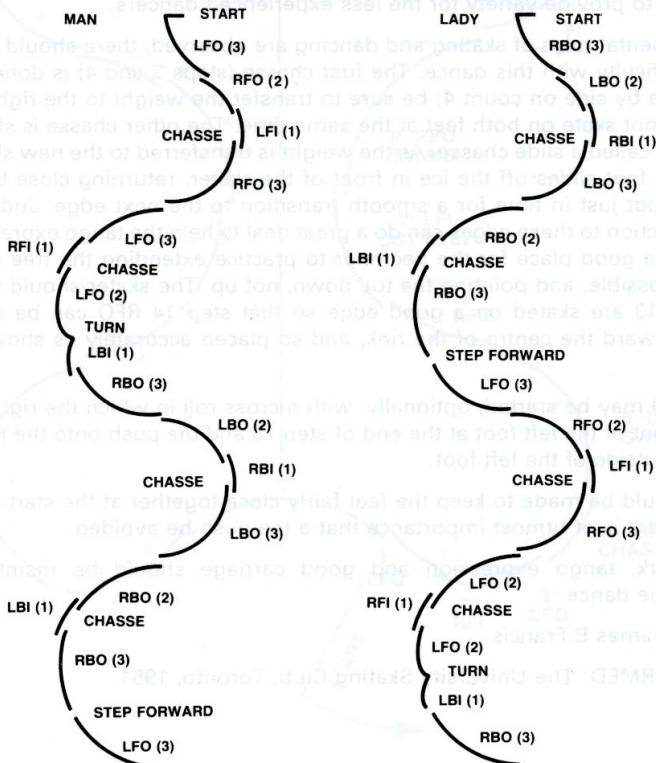
Hold: Waltz (Face to Face)

This movement should be started with preliminary opening edges not exceeding four in number, and then the lady turns a LFO three as in the ordinary Waltz while the man skates an open chasse starting LFO. The partners then skate a minimum of two and a maximum of four open chasses (forward for the man and backward for the lady), then the man turns a FO three immediately following his final chasse followed by a BO edge, while the lady strikes on to a FO edge and the movement is repeated for as long as the Judges require.

The timing of the chasses and following edge is 2-1-3 (FLO (2) RFI (1) LFO (3) etc.), and the three turn should be executed so that there are two beats of music before the turn and one after.

Parallel position of shoulders and hips should be maintained throughout the dance. All steps should be from heel to heel.

PRELIMINARY WALTZ MOVEMENT



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