

INDEX FOR INTERNATIONAL DANCE STUDY GUIDES

10-10-13

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STRAIGHT WALTZ

INTL 01

R 9-13

1. What are the opening steps that could be used for this dance and where does the dance start?
2. The hold for this dance is _____ position. The tempo is ____ and the music uses is _____.
3. Step # 1 of this dance is aimed toward _____ and is a _____ beat step.
4. Is a slight cross over acceptable on step # 4 of this dance? Explain
5. May more than one corner sequence be used in this dance?
6. Step # 2 of this dance is a _____ step.
7. May more than one straightaway be used for this dance? Explain
8. What are the major differences between the Straight Waltz and the Glide Waltz that you would see on a # 1 Solo & Team International Dance Test.
9. What would you consider the major judging points to be for this dance?
10. Draw this dance showing the baseline, beats, edges, and step numbers using a lobe guide.

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COUNTRY POLKA

INTL 02

R 9-13

1. Does this dance cross the middle of the rink in the center lobe? Explain.
2. Explain how the toe points are executed in this dance and explain the edges that the skating foot is on.
3. The toe points occur on what beat of the step?
4. How many wheels touch the surface on the front and rear toe points?
5. Where is the placement of the toe points in relation to the skating foot?
6. All steps in this dance are _____ steps with the exception of steps ____ and ____ of the _____.
7. This dance is skated to what type of music? At what tempo?
8. What dance position is proper for this dance?
9. What type of step is step # 4 and # 8 of this dance? How should this step be done?
10. How many beats are steps # 11 & # 14?
11. What are the opening steps that could be used for this dance? Where does the dance start?
12. Is this dance similar to any American Dance? If explain.
13. What option does a skater have if the rink has a very small width?
14. Practice drawing this dance showing the baseline, edges, step numbers, and beats for the steps.

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CANASTA TANGO

INTL 03

R 9-13

1. May the Canasta Tango be started on more than one step? Give the steps.
2. This dance is skated in what positions? Explain what the partnership relationship would be when skated by a team.
3. What tempo and music should be used for this dance?
4. What would be correct introductory steps for this dance?
5. How many raised chasse steps are found in this dance? Give the step numbers.
6. Explain in detail the execution of step # 14 of this dance. Give at least 5 common problems observed in the skating of this step.
7. What technique must be used on steps # 9, # 10, # 11, # 12, and # 13 in order to execute this dance properly?
8. What is a cut-step? Are there any in this dance?
9. In order to fit certain rink conditions may an optional pattern be used? If so how many beats would be in the dance and which step would be deleted?
10. What type of steps are # 5 and # 8 of this dance? Where are they aimed?
11. Practice drawing this dance showing a baseline, step numbers, edges, and beats for each step

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INTERNATIONAL RHYTHM BLUES

INTL 04

R 9-13

1. The opening for this dance consists of what steps?
2. The music and tempo for this dance are?
3. What position and type of holds are used for this dance?
4. Explain the aim of step # 2.
5. How is step # 4 ROF Swing executed?
6. What is the timing of steps # 5, # 6, # 7, and # 8? Is this a problem area for some skaters?
7. Explain the difference between step # 9 and # 10 in relation to the pattern of this dance.
8. Step # 11 is aimed in which direction?
9. What step crosses the center end of the rink?
10. Step # 1 is aimed in what direction?
11. What common pattern faults are found in the skating of this dance?
12. When this dance must be skated on a small surface what steps may be deleted?
How many beats will be in the smaller pattern?
13. How many center lobes are skated in this dance?

14. Practice drawing this dance showing the baseline, step numbers, steps, and musical beats for the steps.

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CARLOS TANGO

INTL 05

R 9-13

1. In relation to the midline of the rink where does the touch occur on step # 4?
2. What type of music is this dance skated to? What is the tempo?
3. What position is this dance skated in?
4. What common problems are observed while judging step # 4?
5. All steps in this dance are _____ steps except _____ and _____.
6. What step begins at the top of the center lobe?
7. Where should the swings end in this dance?
8. What step will be at the top of the continuous barrier lobe?
9. On what beat of the step does the touch back occur on step # 4?
10. How many steps may be used in the opening steps for this dance and where should the dance be started?
11. Step # 6 RIF-XB is what type of step?
12. What are some of the common pattern problems observed in this dance?
13. What is a cut step?
14. Practice drawing this dance showing the baseline, edges, step numbers, and musical beats.

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DUTCH WALTZ

INTL 06

R 9-13

1. Describe in detail the correct hold for this dance.
2. Is there more than one pattern that can be used for this dance?
3. Are there any raised chasse steps in this waltz?
4. What tempo music the dance skated to?
5. What type of pattern is the Dutch Waltz skated to?
6. What are the opening steps for this dance and where does the dance start?
7. May step # 14 of this dance be changed to suit rink conditions?
8. Where should step # 14 be aimed?
9. What major judging points would you be looking for in this dance?
10. How many center lobes are skated in this dance?
11. List the edges, step numbers, and timing for each step in the center lobes given above.
12. Diagram this dance showing baseline, step numbers, edges, and timing.

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12 STEP

INTL 07

R 9-13

1. What position is this dance skated in?
2. Are there any raised chase steps in this dance?
3. This dance is skated at what tempo with what type of music?
4. Should a slight cross occur during the execution of step # 4 of this Dance?.
5. What are the opening steps? What opening steps would you use?
6. How many steps in this dance are progressive steps? List them.
7. What steps in this dance are cross fronts?
8. Where is step # 11 aimed and what kind on step is it?
9. Fully describe the execution of steps # 10 and # 11.
10. Is the lobe made from steps # 7, # 8, and # 9 larger or smaller than the lobe of steps made by steps # 11, # 12, and # 1? Explain.
11. What common problems would you see a skater havng while skating this dance/
12. What step should be at the top of the corner barrier lobe of this dance?
13. What is unusual about the pattern of this dance?
14. Practice drawing this dance showing the baseline, steps.step number and number of beats.

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120 WALTZ

INTL 08

R 9-13

1. What hold is used for this dance?
2. What side of the lady is the man on for the beginning of this dance?
3. This dance is skated to _____ music at _____ tempo.
4. The opening steps are how many beats each?
5. Explain the position of the man during steps # 4, # 5, and # 6 of this dance.
6. Describe the proper execution of step; # 6.
7. What must the man do on step # 11 to prepare for step # 12?
8. Explain the relationship of the partners on step # 12. How should the free foot be moved on this step.
9. How many swings occur in this dance? They are on what steps?
10. Which steps in this dance are crossed chasse steps?
11. What is unusual about step # 10 of this dance?
12. Are there any raised chasse steps in this dance? If so which ones?
13. What does the placement of step # 10 compare with the lobe made by steps # 2, # 3, and # 4?
14. What is the aim of step # 12?
15. What common faults are seen when judging this dance?
16. Where do you feel you could see the most from when judging this dance?
17. Practice drawing this dance showing the steps, step numbers and beats of music.

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SWING DANCE

INTL 09

R 9-13

1. The Swing Dance is skated to _____ and the tempo is_____.
2. Describe the opening to be used for the dance and where the dance starts.
3. Discuss in detail the dance positions for this dance and where they change.
4. The Man skates which edges first the dance first on a team test? On a solo test which edges would he start?
5. The straightway of this dance has how many lobes? Each lobe contains how many beats?
6. Explain in detail how a swing roll should be executed and include how this would differ from a XFROF Swing in an American Dance,
7. Which steps comprise the corner sequence of this dance? (Give step numbers, edges and beats)
8. How many steps comprise one repetition of his dance?
9. Are there any raised chasse steps in this dance? If so give edges and step numbers.
10. What type of turns are used in this dance? Give step numbers, edges, and type.
11. If the skating conditions make it unwise to skate the 32 beat pattern may a optional version be used? If so give the option.
12. Describe the execution of steps # 10 to # 14 of the A edges and # 25 to 29 of the B edges of this dance
13. Showing the center line of the rink draw this dance. Show the baseline, steps, step numbers and musical beats..

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WERNER TANGO

INTL 10

R 9-13

1. What music and tempo is used for this dance?
2. The Werner Tango is a _____ patterned dance using the _____ dance hold. The dance starts on _____ which should be _____ during the initial start only.
3. Which steps are identical for both the man and lady?
4. If the floor conditions exists where the regular pattern is not practical which steps are deleted?
How many beats are in the smaller pattern?
5. Steps _____ through _____ should be skated on the straightaway and steps _____ through _____ should be skated on the corner.
6. How should step # 5, LFIO-6 beats double swing , be properly executed?
7. Explain the execution of steps # 14 and # 15 for the lady and steps # 14A, # 14B, and # 15 for the man.
8. What are the main judging points in this dance? (At least 8)
9. Diagram this dance showing the man and lady's steps, step numbers and musical beats.

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INTERNATIONAL COLLEGIATE (Foxtrot Position)

INTL 11

R 9-13

1. This dance is skated to a _____ using _____ beats per minute. The pattern is _____ and the holds used are _____ and _____.
2. Is there a consistent timing pattern used in this dance? If so what is it?
3. What is a cut step and how should it be executed?
4. What is the difference between a cross roll and a crossed progressive step?
5. What are the straightaway steps for the man and lady?
6. What are the corner steps for the lady?
 - a) How should the take-off be done?
 - b) What kind of turn does the lady execute?
 - c) How should the cut step be executed?
7. What are the corner steps for the man?
 - a) How should the take-off be done?
 - b) What kind of turn does the lady execute?
 - c) How should the cut step be executed?
8. What type of turn does the man have from the last step of the corner to the first step of the straightaway? Where should this step be aimed?
9. How should the forward to backward Mohawk be executed for International Dance Tests?
10. What are some of the weak points seen in this dance?
11. After the opening steps where should this dance be started?
12. Diagram this dance showing both the man's and lady's steps, k step numbers, and beats of music.

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STYLE "B" WALTZ

INTL 12

R 9-13

1. This dance is skated in _____ position. The music is _____ at _____ beats per minute.
2. When the skaters are facing each other in this dance should their feet be tracking? Explain.
3. What are the corner or connecting steps of this dance for both the man and lady?
4. Where does this dance begin in relation to the dance pattern? This is step # _____.
5. What are the steps for the man and lady for the outer or barrier lobe?
6. What are the steps for the center lobe of this dance for the man and lady?
7. Will this dance cross the mid-line of the rink?
8. For a small floor how many beats may be eliminated? Which steps would this be for the man and lady?
9. What type of turn are skated in this dance? Explain in detail.
10. What type of steps are skated during the partners turns?
11. What are the Major judging points you would consider for this dance?
12. What are the less important points you would be looking for in this dance?
13. Diagram the proper position of the skate for a International Forward to backward turn.
14. Diagram this dance showing the man and lady's steps, step numbers, and beats of music.

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INTERNATIONAL 14-STEP (CIPA JR WC)

INTL - 13

R 9-13

1. What type of pattern is used for this dance?
2. What type of introductory steps may be used for this dance?
3. This dance is skated to a _____ march at _____ beats.
4. What steps of this dance should be skated on the ends of the rink?
5. Where does this dance begin after the opening?
6. In tests how many times will the skater skate the dance?
7. Explain the position of the partners in relationship to each other and the tracings around the corner of this dance.
8. Will the position explained in # 7 be different from that used in the American Style 14 Step? Explain.
9. Do the man and lady have cross steps in this dance? If so give the step numbers and the type of cross steps they are skating.
10. List the common problems seen in judging this dance. Explain
11. Explain, in detail, what is meant by cross tracings and is it seen in this dance?
12. What type of turn does the lady skate on step # 12 and # 13? Where is the foot placed during this turn?
13. What is the aim for steps # 3 and # 4?
14. During step # 14 where should the man's foot be in relation to the lady's foot?
15. Diagram this dance showing the man and lady's steps, step numbers, and musical beats.

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TEN FOX

INTL DAN 14

R – 9-13

1. This dance is skated to _____ music at _____ beats per minute. The pattern should be _____.
2. What holds should be used in this dance?
3. What type of turn does the lady skate on steps # 4A and # 4B?
4. When should the change of edge occur on step # 4 for the man?
5. Describe the dance positions (when & how) they change during steps # 1 through # 5.
6. What type of 3's are skated by the man on step # 8A and the lady on step # 9? What makes them this type of turns?
7. How should steps # 14 through # 19 be skated?
8. Which steps in this dance are open mohawks?
9. Step # 18 for the man is a _____.
10. How should the lady's step 8 be skated?
11. What position should the partners be in for step # 19?
12. What are the major faults you might find in judging this dance?
13. What are the common minor faults you often find during the skating of this dance?
14. Diagram this dance showing the man and lady's steps, step numbers, and beats of music,

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FIESTA TANGO

INTL DAN 15

R – 9-13

1. The Fiesta Tango uses the _____ and _____ holds. The music is a _____ using _____ beats per minute.
2. What position are the skaters in to start the dance?
3. Is this pattern symmetrical like the Siesta Tango?
4. What type of turn is executed on steps # 5 and # 10?
5. How should step # 8 be executed?
6. Steps # 1 and # 2 are what type of stroke?
7. What type of step is step 6A and where should it be aimed?
8. What type of turn is skated on steps # 10 and # 11?
9. What dance positions are used for this dance and when do they change?
10. What type of sequence is skated on steps # 3, # 4, and # 5?
11. What optional pattern may be used?
12. What would you consider to be the major judging points for this dance?
13. What additional items would you consider to be minor faults in this dance?
14. Draw the *32 Beat Pattern* of this dance showing the steps, step numbers, and musical beats.

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WILLOW WALTZ

INTL DAN 16

R- 9-13

1. What dance position is used during this dance?
2. This dance is skated at _____ beats per minute to _____ music. The pattern is _____.
3. Steps # 5 and # 6 for the man and steps # 18 and # 19 for the lady comprise what type of turn?
4. Is an optional free leg move permitted in this dance? Explain.
5. Where does this dance start in relation to the step # and the dance pattern?
6. How many steps in this dance are raised chasse steps?
7. What type of turn does the man skate on step # 17 to step # 18? What should the lady be doing at this time?
8. What is a dropped 3 turn? Are there any in this dance? If so which steps?
9. How many beats are skated in the dance in the regular pattern? In the optional pattern?
10. List the edges and beats for each partner that would be deleted for the shortened optional version.
11. What do you consider the problems that would appear in this dance when skated by a poorly prepared skater?
12. Practice drawing this dance showing both the man and lady's steps, step numbers, and musical beats.

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ROTATION FOXTROT

INTL DAN 17

R- 9-13

1. This dance is skated to _____ music at _____ metronome.
2. Which steps constitute the "A" Edges of this dance? The "B" Edges?
3. Which partner starts to skate the "A Edges first?
4. In relation to the dance pattern where does this dance start?
5. How many steps in this dance are swings? Give the step numbers.
6. How are steps # 5 and # 6 to be skated? What type of turn is this?
7. Define a open international Mohawk turn. What turns in this dance are open Mohawks?
8. Is a slight rock back acceptable on steps # 2 and # 17?
9. What are the opening steps for this dance and what dance position will the partners be in at the end of the opening?
10. What are some of the common problems observed in the skating of the Rotation Foxtrot?
11. Where is step # 12 aimed?
12. During steps # 4 and # 23 the free leg reaches the extended position and back on what count of music?
13. Steps # 4, # 19, and # 25 are aimed toward the _____.
14. Which steps in this dance make up a progressive sequence?
15. How should step # 7 be executed?
16. Practice drawing this dance showing all steps, step numbers, and musical beats.

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FLIRTATION WALTZ (CIPA JR WC)

INTL DAN 18

R- 9-13

1. This dance is a _____ patterned dance skated to _____ music at _____ tempo.
2. Give the holds for this dance and where the hold changes during the skating of the dance.
3. Is the pattern the same for the American and International dances? Explain the differences.
4. Where does this dance start and what is the correct aim for the first step?
5. Describe how the Mohawks should be executed in this dance and where the partners are in relation to each other.
6. Give an explanation of the execution for step # 9 LFOI-six beat.
7. Describe in detail how step # 17 is executed for both the man and lady.
8. Give the proper method of execution for step # 19 for the man and lady.
9. How should the free legs be moved on step # 18?
10. List 10 common faults found during the skating of the Flirtation Waltz. Mark if they are major or minor faults.
11. Practice drawing this dance showing both the man and lady's steps, step numbers, and musical beats.

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KAREN LEE TANGO

INTL DAN 19

R- 9-13

1. Is this dance skated across the midline of the rink?
2. What type of music is this dance skated to? The metronome is?
3. The dance is skated in _____ position with _____ hold and in _____ position.
4. Where does this dance start after the opening steps in relation to the dance pattern?
5. Which steps in this dance are progressive runs?
6. How are steps # 4 and # 6 executed?
7. Should the toes touch the floor on the toe points? If so how?
8. What type of turn do the skaters execute on steps # 5 and # 5? Do the partners change position on these steps? Explain.
9. What are some of the common faults seen while executing steps # 8 and # 9?
10. On what beat of the step does the toe point occur on step # 11?
11. The skaters are doing what type of turn on steps # 12 and # 13?
12. Explain how steps # 14, # 15, and # 15 should be skated to give the proper flow to this dance.
13. Where is step # 18 aimed and on what beat of the step does the toe point occur?
14. During step # 16 which skater takes the lead?
15. Are there any cross steps during this dance? If so give the edges, step # numbers, and musical beats.
16. Diagram this dance showing the man and lady's steps, step numbers, and musical beats.

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KEATS FOXTROT (CIPA JR WC)

INTL DAN 20

R- 9-13

1. This dance is skated to what music and tempo?
2. What is meant by optional pattern for this dance?
3. What type of sequence are steps # 1, # 2, and # 3?
4. What does the lady have to do with her step # 4 to correspond with the man's step # 4B?
5. Are there any cross roll steps in this dance? If so give the steps, step numbers, and timing.
6. What movement of the free legs would you expect to see on step # 12?
7. Describe in detail the dance positions used in this dance and where they change.
8. What partner relationship is there on steps # 11 and # 12?
9. Steps # 6, # 7, and # 8 are what type of sequence in this dance?
10. Where should step # 13 be placed in relation to the skating foot?
11. Where are steps # 11, # 12, and # 13 aimed for the lady? Steps # 11A, # 11B, # 12, and # 13 for the man?
12. Diagram the 2 patterns shown for this dance showing the man and lady's steps, step numbers, and musical beats.

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HARRIS TANGO (CIPA JR WC)

INTL DAN 21

R – 21

1. This dance is skated to what music and tempo?
2. What hold should be used for this dance and how do the partners change sides in the dance?
3. Explain how the third lobe of the dance should be executed.
4. What are the major faults found during the man's shallow rocker sequence?
5. How many beats are the swings in the promenade section of this dance?
6. What patterns are acceptable for this dance?
7. Are there any optional free leg movements allowed in this dance?
8. Where should the free foot be moved for both the man and lady on steps # 3, # 6, and # 10?
9. Steps # 20 and # 21 are what type of turn?
10. What is the timing for the RIF-3turn for the lady (step # 22)?
11. Should you see any special style in the execution of this dance?
12. What weakness appears during the skating of this dance for both the man and lady?
13. Where does this dance start in relation to the dance pattern?
14. Practice drawing this dance showing steps for both partners, step numbers, and musical beats.

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EUROPEAN WALTZ (CIPA JR WC)

INTL DAN 22

R- 9-13

1. What are the three basic edges of this dance for the man? The lady?
2. What tempo and music is this dance skated to?
3. Where should the 3's be turned for this dance in relation to the partners?
4. What dance position should this dance be skated in?
5. How are the man's three turns to be executed at the beginning of each lobe?
6. The rotation of the partners around each other is _____ throughout each lobe and _____ it direction at the beginning of every lobe?
7. What are the major judging points to be considered during the skating of this dance?
8. What is the proper pattern for this dance?
9. What option do skaters have with the turns on the corner of this dance?
10. What axis will you see this dance skated? Should the axis be consistent through out the dance?
11. Diagram this dance showing the man and lady's steps with the beats and step numbers.

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INTERNATIONAL ROCKER FOXTROT (CIPA WC)

INTL DAN 23

R- 9-13

1. Is this dance skated as a set pattern or a border dance?
2. What is the correct tempo and music for this dance?
3. What are the dance holds for the rocker and when do the holds change?
4. Steps # 1, # 2, # 3, and # 4 are the same for the man and lady. They consist of _____ and _____.
5. Where is the lady's rocker aimed? Where does she turn in relation to the man?
6. How should the lady execute step # 5 of the LOF Rocker?
7. What type of turn is step # 11 and # 12 for both partners? Explain the partner relationship during this turn.
8. Where should the lady's free leg be after the rocker is turned on step # 5? Must the lady's free leg swing up to her waist height for a test?
9. How is step # 8 executed for both partners?
10. What do you consider the key execution points for this dance?
11. Diagram this dance showing the man and lady's steps with step numbers and indicate the number of beats for each step.

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INTERNATIONAL DENCH BLUES (CIPA JR WC)

INTL DAN 24

R – 9-13

1. What holds are used for this dance?
2. What is the tempo and music for this dance?
3. Are there any rules governing the opening steps for this dance?
4. Step # 7 is a _____ for both the man and lady.
5. Explain the execution of steps # 12 and # 13. What type of turn is this?

6. What are the primary differences between the American and International Dench Blues?

7. What common faults are found on steps # 9, # 10, and # 11?

8. Steps # 1 and # 2 for the man form what type of sequence?

9. Steps # 14, # 15, # 16A, 16B, and # 17 in the International Dench Blues should be skated in what manner and what do they form?

10. What type of turn is skated on steps # 12 # and # 13 of this dance?

11. What are the primary points for proper execution of this dance?

12. Diagram this dance using the common pattern. Show all steps, step numbers, and musical beats.

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INTERNATIONAL KILIAN (CIPA WC)

INTL DAN 25

R- 9-13

1. What holds are used in this dance?
2. This dance is skated to what type of music and tempo?
3. The book states this is an animated high spirited dance. It's a test of _____ & _____ footwork with _____ timing of body motion and _____ rotation.
4. How many beats are in one pattern of this dance? _____ Which steps are two beats?
5. In detail describe how steps # 8, # 9, # 10, and # 11 should be executed. Include in your discussion the team relationship.
6. What should the lady be on steps # 12 and # 13?
7. Where should the partners be in relation to each other on step # 14? What occurs on this step if the lady steps wide?
8. What do you consider to be the main judging points for this dance?
9. Diagram this dance showing the man and lady's, steps numbers, and musical beats.

RSA INTERNATIONAL TRAINING GUIDE

INTERNATIONAL ICELAND TANGO (CIPA WC)

INTL DAN 26

R -9-13

1. What is the major difference between the American and International Iceland Tango?
2. What type of music is this dance skated to?
3. What holds are used during the skating of this dance and where do they change?
4. What type of turn is step # 4 and where is the free leg?
5. Are there any optional swings in this dance and is so where?
6. Explain how step # 8 change of edge 3 turn should be executed?
7. Explain the proper positions of the free leg during step # 13?
8. Explain how step # 9 should be skated in order to prepare for steps # 10.
9. What is the essential feature of this dance?
10. Step # 14 for the lady ROF four beat edge, should be skated in what manner?
11. What position should the shoulders be in on steps # 14 through # 16?
12. Where are the free legs on steps # 15 and # 16?
13. Upon completing the opening what position will the skaters be in to start the dance?
14. Diagram this dance giving the steps, step number, and musical beats for both partners.

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AMERICAN WALTZ (CIPA JR WC)

INTL DAN 27

R – 9-13

1. What is the correct music and tempo for this dance?
2. What creates the dance expression in this dance?
3. Explain in detail how this dance is constructed.

4. Explain how the proper pattern is selected for this dance.
5. All steps in this dance are _____ beats.
6. How should the swings in this dance should be executed.

7. All turns are on count _____ of the step and should be turned at the partners _____.
8. Explain what the partner tracing relationship is during this dance.

9. What are the main points you as a judge should consider while judging this dance?

10. Diagram this dance showing both the man and lady's steps, step numbers, and musical beats.

RSA STUDY GUIDE

INTERNATIONAL QUICKSTEP(CIPA WC)

INTL 28

1. A Skater should start this dance on step #_____ which is located where in relationship to the rink?_____.
2. What dance position is used and what is the music and tempo for this dance?
3. How should the take offs be executed for steps # 1 through # 5 in this dance?
4. How should step # 5 be executed?
5. Explain the execution of step # 6.
6. Explain the execution of steps # 7 through # 9.
7. How should step # 10 be aimed?
8. How should step # 12 , # 13 and # 14 be aimed?
9. What happens if a skater has poor aiming on steps # 16 and # 17?
10. What do you as a judge feel the common errors that will occur in this dance (list at least 6)
11. Practice diagramming this dance showing the steps, step numbers, and musical beats.

RSA STUDY GUIDE

WESTMINSTER WALTZ (CIIPA WC)

INTL DAN 29

1. This dance is skated to a _____ waltz at _____ beats per minute.
2. Three dance positions are used during this dance. They are:
3. What steps may be used for the opening of this dance?
4. What type of turn is skated by the man and lady on step # 13?
5. How many steps are the same in this dance for the man and lady? Give the steps and step numbers.
6. Explain the execution of step # 10 for the lady. May a break in contact occur?
7. How should the take-off be executed for step # 18?
8. When are the three turns turned during this dance?
9. What types of turns are skated this dance by the man? (List steps and step numbers along with the type of turn)
10. What types of turns are skated in this dance by the lady? (List steps and step numbers along with the type of turn)
11. Explain the execution of steps # 21 through step # 22 of this dance.
12. Discuss the pattern of this dance explaining the aim of the steps.
13. What do you consider to be the prime judging points (common errors) of this dance?
14. Practice diagramming this dance showing both parts, the step numbers, steps and musical beats.

RSA STUDY GUIDE

ARGENTINE TANGO (CIPA WC)

INTL DAN 30

1. The music for this dance is _____. The tempo is _____ and the pattern should be _____.
2. What steps are the same for the man and lady? (Give the step # and dance position)
3. Step # 10 is a _____ turn for the man. This turn is executed on the _____ count of the step. The step starts _____. The turn is executed at the _____ and ends at the _____. The team should be in _____ position after the turn.
4. What are the dance positions that should be used during the skating of this dance?
5. Explain the execution of steps # 23 through step # 26 for the man and lady.
6. List at least 6 common errors you could see in this dance when judging a Gold Medal Test.
7. Explain the execution of steps # 28 through # 31 in detail and list what common problems you will see in this area.
8. What do you consider to be the most difficult parts of the dance for the man? The lady?
9. Diagram this dance showing both the man and lady's steps, step numbers, and musical beats.

RSA STUDY GUIDE

VIENNESE WALTZ (CIPA WC)

INTL DAN 31

1. This dance uses four dance positions, they are _____, _____, _____, and _____. The music should be _____ skated to _____ tempo.
2. What is unusual about the timing pattern of this dance?
3. What type of steps are steps # 1, # 2, # 3, # 15, # 17 and # 18?
4. Since this dance is made up of both large and small lobes does this cause problems with the pattern? Explain.
5. What type turns will the skaters skate on steps # 9, # 10, for the man and # 10 and # 11 for the lady?
6. Where should the last lobe of the dance end?
7. The timing of the run sequence is a deviation from the usual waltz timing .Explain the difference.
8. What portions of this dance give the skaters the most difficulty and why? (List at least six common errors.
9. Diagram this dancer showing the baseline, the man and lady's steps, step numbers, and musical beats.

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PASO DOBLE (CIPA WC)

INTL DAN 32

1. Give the type of music, the tempo used for the International Paso Doble.
2. Indicate the holds used for this dance and the step numbers where each is applied.
3. List all steps in this dance that require more than one beat of music for both partners/
4. What type of step is # 28A and 28B for the Lady? How many beats?
5. List all the steps in this dance that are not the same for both partners.
6. Describe in detail the execution of the man and lady's steps # 8 and # 9. Include:
 - a) Are these steps edges or flats?
 - b) Where should the body lean?
 - c) May these steps be done as a split?
 - d) Should there be a slight hold or hesitation between steps # 8 and # 9?
7. Describe the proper execution of step # 10. Where is the body leaning on this step?
8. Where should this dance begin and where should the first step be aimed?
9. Where does the change of edge occur on step # 11? Should the judge actually expect to see a true change of edge here?
10. What turn does the man perform on steps # 15 and # 16?
11. On steps # 26, # 27, and # 28 (cross rolls):
 - a) Are definite crosses required or will an inline position be accepted due to the rapid pace of the strokes?
 - b) Is there a definite change of body lean during these steps?
 - c) Is a "wobble step" acceptable?
12. What are some common errors that are often seen when judging this dance? Lest at least 7)

13. Diagram this and show both the man and lady's steps, step numbers, and musical beats.

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ITALIAN FOXTROT (CIPA WC)

INTL DAN 33

1. Where in relation to the floor does this dance start? Can this dance be started in more than one place?
2. Step # 6 through # 13 are done in the _____ position
3. Lobe # 1 is aimed in which direction? _____ Lobe # 2 is aimed in which direction?
_____ and ends at _____.
4. What dance positions are used during this dance and where do they change?
5. Explain how steps # 29 through step # 31 are executed and explain the relationship of the partners to each other during the steps.
6. List 6 common errors often seen during the skating of this dance.
7. What type of music is this dance skated to and what is the tempo?
8. Diagram this dance showing the man and lady's steps, numbers of beats, and step numbers.

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STARLIGHT WALTZ (CIPA WC)

INTL DAN 34

1. What is the total number of beats in this dance?
2. What pattern may be used for this dance?
3. Are any of the lobes in this dance symmetrical? If so list the step numbers.
4. This dance must be started on step _____.
5. What are steps # 20 and # 21 for the lady and how should they be executed?

6. How should the man skate step # 28 and where does he belong in relation to the lady?

7. What common errors will you find in the skating of the Starlight Waltz (List at least 6)

8. At the end of step # 17 where should this step be aimed and why?

9. On the back of this sheet list the step numbers, edges and beats of music. If you are a man list the man's steps and if you are lady list the lady's part.

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IMPERIAL TANGO (CIPA JR WC)

INTL DAN 35

R – 9-13

1. This dance is skated to _____ music at _____ tempo. Two dance positions are used during this dance they are _____ and _____ .
2. Explain in detail the execution on step # 3 and step # 4. Include a description of the hand hold during this step.
3. Where should step # 1 be aimed? Is this step a common problem in execution for a skater?
4. What common fault is found in the execution of steps # 6 and # 7?
5. What type of turn is executed on step # 10 and # 11 of the Imperial Tango?
6. When should a team resume the foxtrot position at the end of the dance?
7. List 10 common errors found in the skating of this dance.
8. Diagram this dance giving the edges for both the Man and Lady.

RSA TRAINING GUIDE

14 STEP PLUS (SOLO DANCE)

INTL DAN 36

R- 9-13

1. What is the tempo and music for this dance?
2. What type of steps are steps # 1, # 2, # 3 and # 14, # 15, and # 16? How should they be skated?
3. On step # 4 ROF Swing, how should the leg be swung?
4. Steps # 8 and # 9 are what type of turn and how should it be executed?
5. Explain how step # 13 is executed and what is the timing of this step?
6. How should step # 17 LOB Swing be skated?
7. Steps # 25 and # 26 are what type of turn and how should they be executed?
8. Which step should be at the center end of the rink?
9. Are the barrier lobes the same size in this dance?
10. What step should be at the top of the center lobe?
11. How many steps are in this dance?
12. Practice diagramming this dance showing the steps, step numbers, and musical beats.

RSA TRAINING GUIDE

KENT TANGO (SOLO)

INTL DAN 37

R – 9-13

1. The Kent Tango is skated to what type of music? What is the tempo and the Axis?
2. What step should be on the long axis and what step should be at the top of the center lobe?
3. What is the free is the timing of the free leg movement on steps # 4 and # 8?
4. What type of turn is executed on steps # 9 and # 10?
5. Step # 12 RIF swing, is how many beats_____? On what beat is the free leg swung forward?
6. This dance should be skated with what type of interpretation? Will this make a difference in your score?
7. Where does step # 13 begin and end?
8. How should steps # 12, # 12, and # 14 be skated?
9. Where should steps # 9 and # 10 be aimed?
10. What common faults will you often see when this dance is skated. (at least 8)
11. Diagram this dance showing the steps, step numbers, and musical beats

RSA TRAINING GUIDE

KLEINER WALTZ

INTL DAN 38

R – 9-13

1. What tempo and type of music is used for this dance?
2. What is the dance position used when this dance is skated by a team?
3. The step at the center end of the rink should be step # _____.
4. Which steps should you pay attention to the edge quality and why?
5. There are two steps that you should watch to see the edge is held throughout the length of the step? Name the steps
6. Are there any 3 turns in this dance? If so who skates the 3 turns?
7. How many swings are in this dance? Lists the step #'s.
8. How important are the raised chasse steps in this dance?
9. List the major and minor faults that are common in this dance. (At least 10)
10. Practice diagramming this dance showing the man and lady's steps, beats, and step numbers.

RSA TRAINING GUIDE

CASTEL MARCH

INTL DAN 39

R – 9-13

1. What is the music for this dance? The Tempo?
2. List all holds used in the Castel March.
3. On steps # 6 a _____ _____ turn is skated and the partners remain in _____ position.
4. Steps # 9 and # 10 have some very specific requirements describe them.
5. On step # 13 for the man and # 13A and # 13B for the lady the partners start left outside forward outside cross roll on the 1st beat outside and what happens on the second beat?
6. Explain the executive steps # 34 to step 36.
7. Which steps in this dance are ½ beat steps?
8. Do the partners break contact in this dance? Explain
9. Explain the execution of steps # 28A – # 28D.
10. Are there any cut steps in this dance? If so give the step numbers
11. Which steps are closed Mohawks in this dance?

Study all of the details about the Castel March.

A DVD of this dance is available from the USA-RS National Office. It is recommended that you study this if you do not know a WC Dance Team skating the dance.

RSA TRAINING GUIDE

TERENZI WALTZ (SOLO)

INTL DAN 40

R – 9-13

1. What is the tempo and music for the Terenzi Waltz?
2. Where should this dance start? How many opening steps may be used?
3. How should the swings on steps # 4, #8, # 23, and # 27 be executed?
4. Step # 11 and # 26 are what type of turns?
5. Are the corner lobes of this dance symmetrical or asymmetrical?
6. What common problems occur on the second corner?
7. Where is the baseline located on the center lobes in the Terenzi Waltz?
8. What type of 3 turn is skated on step # 1?
9. List 8 common problems found in this dance.
10. What steps should be on the long axis of the 1st corner lobe? _____ On the second corner lobe _____ .
11. What steps should be on the short axis on the 1st center lobe? _____? On the second center lobe? _____
12. Practice drawing this dance showing steps, step numbers, and musical beats.

RSA TRAINING GUIDE

TANGO DELANCO

INTL DAN 41

1. The Tango Delanco when skated as a team has 9 positions that should be used. List them
2. What music and tempo are used for this dance?
3. List the lady's one foot turns used in this dance.
4. Explain the execution of step # 18 for the man (twizzle). How should the team maintain contact or may they let their hands go?
5. On step # 30 the team is in waltz position. Explain how the "ballroom steps" are skated?
6. In step # 37, the man flows forward with a _____ passing under the lady's left hand
The lady on steps # 37A and # 37B skates a _____. During this step how should the hands be joined.
7. How should the man's turn be skated on step # 39?

Be sure to carefully study the details and description of the movement of the skaters during the skating of the Tango Delanco. It is suggested you check with USA-RS for any visuals that might be available if you can not find a team to demonstrate this dance..