



SLOVENSKÝ KRASOKORČULIARSKY ZVÄZ  
SLOVAK FIGURE SKATING ASSOCIATION  
Záhradnícka 95, 821 08 Bratislava, Slovakia

**PRVKY KP a VJ 2022/2023**

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## **Prvky povinných tancov, rytmického tanca a voľných tancov pre kategóriu Tance na ľade 2022/2023**

ISU Comm. 2463, Pravidlo 711 technických pravidiel, pravidlo 707 odstavec 5 – platí možnosť vlastnej voľby hudobného doprovodu pre všetky povinné tance. Záverečná póza povinného tanca musí byť dosiahnutá do 20s od posledného kroku povinného tanca. V prípade že je tento čas prekročený, uplatňuje sa pravidlo 353 odsek 1 n) – pre Novices

ISU Comm 2393, 2468, 2484, Handbook fo Ice dancing

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### **ŽIACI/NOVICES:**

**Pre všetky medzinárodné súťaže organizované členmi ISU alebo súťaže sekcií/klubov/medziklubové - prihlášky musia byť realizované cez zástupcu člena ISU (zväz).**

**Zastúpenie na medzinárodnej súťaži a skladba panelu:** Na každej súťaži musí byť min. 1 rozhodca, 1 člen technického panelu a hlavný rozhodca s medzinárodnou kvalifikáciou. Inak platia všetky ISU pravidlá a požiadavky na zástupcov rozhodcov a panelov, zahrňujúce ale nelimitujúce vek aj pre rozhodcov s národnou kvalifikáciou.

### **Povinné tance**

Rozjzdka: 3 min.; prvých 30sek bez hudby a potom nasleduje 6.skladba z ISU play listu pre daný tanec, ktorá sa opakuje po zostávajúcu dĺžku 2:30

Počet párov na ľade: 6

Všetky podkategórie žiactva môžu jazdiť na vlastnú hudbu, alebo si môžu vybrať zo skladieb 1-5 z ISU play listu pre daný tanec. Ich hudba im bude prehraná na oficiálnych tréningoch pred pretekom.

**všeobecné pravidlá pre kategóriu žiactva:**

Technický panel identifikuje sekvenciu/sekciiu povinného tanca ako Basic Level ak bolo zajazdených 50% sekvencie/sekcii oboma partnermi. L1 je splnený ak obaja partneri zajazdia 75% sekvencie/sekciiu krokov (ráta sa počet plne zajazdených krokov z celkového počtu krokov v sekvencii/sekciiu)

➤ **Basic novices - obaja nedosiahli vek 13**

Povinné tance: - 2 vylosované povinné tance pred súťažou zo skupiny č.1 pre sezónu 2022/23

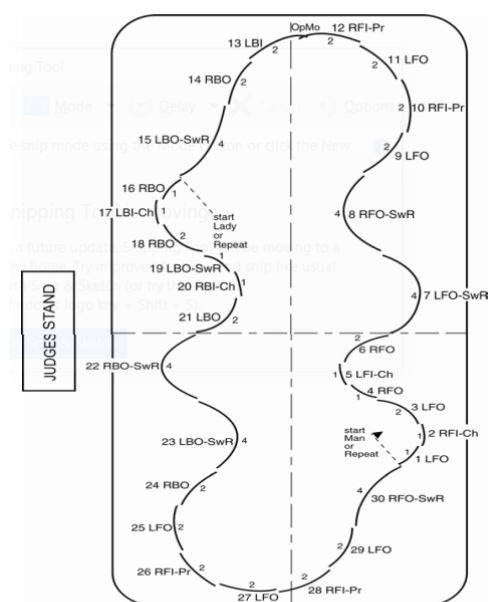
Bez hodnotených Key points – max L1 + rozhodcovia udeľujú GOE

Faktor prenášobenia celkového hodnotenia: 0,5

Group 1: **Swing Dance, Willow Waltz a Tango Fiesta**

Group 2: 14 krok, Willow Waltz a Tango Canasta

**Swing Dance**



**SWING DANCE**

Music: Foxtrot 4/4

Tempo: 25 measures of 4 beats per minute (100 beats per minute) 98-104 bpm can be used.

2 Sequences/2 GOEs	Sequence/Section	Steps	# of steps	10%	25%	50%	75%	90%
SD1Sq, SD2Sq	1 Sequence	1-30	30	3	7	15	23	27



Hold	Step No.	Man's Step	Number of beats of Music	Woman's Step
Closed	1	LFO	1	RBO
	2	RFI-Ch	1	LBI-Ch
	3	LFO	2	RBO
	4	RFO	1	LBO
	5	LFI-Ch	1	RBI-Ch
	6	RFO	2	LBO
	7	LFO- SwR	4	RBO- SwR
	8	RFO- SwR	4	LBO- SwR
Hand-in-hand	9	LFO	2	RBO
	10	RFI-Pr	2	LFO
	11	LFO	2	RFI-Pr
	12	RFI-Pr OpMo	2	LFO
Closed	13	LBI	2	RFI-Pr
	14	RBO	2	LFO
	15	LBO- SwR	4	RFO- SwR
	16	RBO	1	LFO
	17	LBI-Ch	1	RFI-Ch
	18	RBO	2	LFO
	19	LBO	1	RFO
	20	RBI-Ch	1	LFI-Ch
	21	LBO	2	RFO
	22	RBO- SwR	4	LFO- SwR
	23	LBO- SwR	4	RFO- SwR
Hand-in-hand	24	RBO	2	LFO
	25	LFO	2	RFI-Pr
	26	RFI-Pr	2	LFO
	27	LFO	2	RFI-Pr OpMo
Closed	28	RFI-Pr	2	LBI
	29	LFO	2	RBO
	30	RFO- SwR	4	LBO- SwR

### Swing Dance

Music - Foxtrot 4/4;  
Tempo - 25 measures of 4 beats - 100 beats per minute; (98-104 bpm can be used)  
Pattern - Set

#### Suggested Introductory Steps:

The dance should be started at the point marked 'START' in the diagram on the judge's side. Two sets of introductory steps are suggested for this dance (A) using a mohawk, and (B) using a three.

(A) Man: Woman: LFI (2), OpMo RBI (2), LBO (4), RFO (2), LFI (2), RFO (4);

(B) Man: Woman: RFO (2), LFO (2), RFO (2), LBO (2), RFO (2), LFO (2), RFO (1), LFI (1), RFO (2);

In both of these examples, the woman will start to the left of the man (in hand-in-hand hold).

This is a dance designated for beginners consisting of all basic edges, forward and backward. It presents a relaxed method of changing from forward to backward skating, requires the man to learn to lead while skating backward as well as forward, makes the steps of each skater identical, even though similar steps are not skated at the same time, and makes it possible for two women to learn to dance or practice it as a couple.

The dance is skated down the length of the rink and contains four curvatures or lobes, and is skated in closed hold. The one skating forward during the first set of lobes in the straightaway will be skating backward when these four lobes are skated on the opposite side of the rink.

The chasse sequences apply to both forward and backward skating. First step of the sequence is an outside edge of one beat. Second step is an inside edge of one beat, during which the free foot is lifted slightly from the ice and is not allowed to move to a position either in front of or behind the skater, but should be held directly beneath the skater in readiness to accept the skater's weight at the start of the third step. The third step is an outside edge of two beats. At the end of the second beat, the skaters must change of edge slightly in order to stroke smoothly into the next edge or lean.

The third and fourth lobes of the straightaway consist of two four-beat swing rolls that are skated as in the Fourteenstep, but must be skated in each direction.

The end sequences consist of seven steps at each end of the rink. Each step of the sequence is held for two full beats except the last step (steps 15 and 30) which is a swing roll of four beats. Skate the end steps with soft knee action, be relaxed, and try to give the appearance of having fun.

Step 9 or 24: The person skating backward releases his or her left hand and curves his edge away from the partner in order to be in position to step forward on the next step.

Step 10 or 25: Both skate forward. Skater to the left is the one who has just stepped from backward to forward. Hold nearest hand, but do not crowd each other.

Step 11 or 26: Both still skate forward. Skater to right skates slightly faster than his partner.

Step 12 or 27: Both still skate forward. Skater to the right should now be slightly in advance of skater to left, and should be ready to skate a RFI open mohawk. At the same time, the skater to the left has the option of either skating a LFO, RFI progressive or a LFO, RFI slide chasse, in which case the free foot slides off the ice in front of the skater to match the partner's back extension.

Forward inside open mohawk is required. The balance and control must be good, and the execution pleasing to watch.

Step 13 or 28: The person to the right skates a RFI mohawk and finishes the mohawk in front of the partner.

Step 14 or 29: Skater who did the mohawk is now skating backward directly in front of the partner.

Step 15 or 30: Change curvature and skate four beat swing roll in closed position.

The dance positions are closed hold when skating the lengths of the rink and hand-in-hand position at end sequences to allow both skaters to skate forward on steps 10, 11, 12 or 25, 26, 27. Separate by at least twenty-four inches (24") and hold arms relaxed. Appearance of arms during end sequences up to step 14 or 29 is left to discretion of skaters. Assume closed position in time for step 15 or 30.

Inventor -Hubert Sprrott First Performed -Unknown

**Willow Waltz**

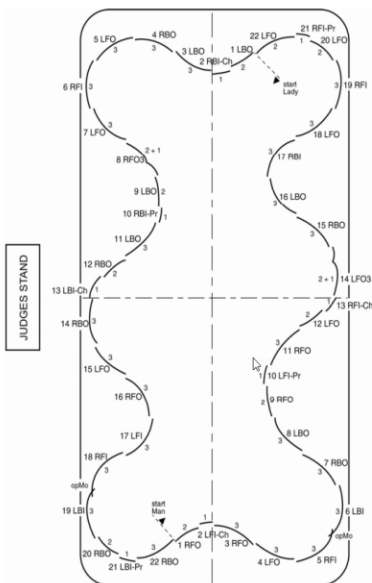
Music - Waltz 3/4  
Tempo - 45 measures of 3 beats -135 beats per minute  
Pattern - Set

The dance should be started at the point marked 'START' in the diagram on the judges left side.  
Man: RFO (3), LFO (2), chasse RFI, steps 20 to 22; Woman: RFO (3), LFO (3), steps 20 to 22  
Erect carriage and waltz rhythm should be maintained throughout the dance. Partners should skate close together and strive for neat footwork. Good flow and pace are desirable and should be strived for without obvious effort and visible pushing.  
The Willow Waltz is skated in closed hold throughout. Steps 1 and 2 are chasse steps for both partners.  
Steps 5 and 6 for the man form an inside open mohawk with a three-beat RFI leading into it and a three-beat LBI leading out. Step 6 for the woman (and step 19 for the man) may be skated, optionally, as a slide

chasse, in which case the free foot slides off the ice in front of the skater to match the partner's free leg at this step.  
The woman's step 8 is a three turned on a beat three. Steps 9, 10 and 11 form a progressive sequence for both partners and are followed by a chasse sequence, steps 12 and 13. The man's step 14 is a three turned on beat three; (NOTE: not a European Waltz type of three as it is not a cross roll take-off).  
Steps 18 and 19 form an inside open mohawk for the woman with each step held for three beats. Step 19 for the man may be skated optionally as a slide chasse.  
Steps 20, 21 and 22 are a progressive sequence for both partners.

Inventor -George Muller First Performed -Crystal Ice Palace, Willow Springs (Chicago), 1953

**Willow Waltz**



**WILLOW WALTZ**

Music: Waltz 3/4

Tempo: 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute;

Hold	Step No.	Man's Step	Number of beats of Music		Lady's Step
Closed	1	RFO	2		LBO
	2	LFI-Ch	1		RBI-Ch
	3	RFO	3		LBO
	4	LFO	3		RBO
	5	RFI OpMo	3		LFO
	6	LBI	3		RFI
	7	RBO	3		LFO
	8	LBO	3	2+1	RFO3
	9	RFO	2		LBO
	10	LFI-Pr	1		RBI-Pr
	11	RFO	3		LBO
	12	LFO	2		RBO
	13	RFI-Ch	1		LBI-Ch
	14	LFO3	2+1	3	RBO
	15	RBO	3		LFO
	16	LBO	3		RFO
	17	RBI	3		LFI
	18	LFO	3		RFI OpMo
	19	RFI	3		LBI
	20	LFO	2		RBO
	21	RFI-Pr	1		LBI-Pr
	22	LFO	3		RBO

2 Sequences/2 GOEs	Sequence/Section	Steps	# of steps	10%	25%	50%	75%	90%
WiW1Sq, WiW2Sq	1 Sequence	1-22	22	2	6	11	17	20



**Tango Fiesta**

Music -Tango 4/4

Tempo -27 measures of 4 beats -108 beats per minute - Pattern Set

Suggested Introductory Steps: RFO (2), LFO (2), RFI (4) for both partners. Woman starting on man's left.

The dance starts in reverse Kilian hold. At steps 10 and 11, partners change to Kilian hold while executing the open mohawk. Steps 11 to 15 are danced in Kilian hold, and as partners change from backward to forward skating at step 16, they take reverse Kilian hold again to start the dance sequence over.

The woman should be a little ahead of the man at the beginning of step 9 (LFO) to avoid interference at the open mohawk.

The tempo of the Fiesta is slow, tango rhythm, and partners should strive for upright carriage, soft knee action, easy flow, and smooth leg swings. Step 8 allows for a very pleasing interpretation. The skating knee is well bent at the beginning of the stroke. At the count of three, the free leg swings forward, the change of edge is executed with the full swing of the free leg at the end of count four, and then the free leg swings back at the count of one of the next measure. If preferred, the free leg may remain in front after the change of edge. The use of the free leg on step 8 can add a great deal to the character of the dance, but, however it is used, the change of edge must be executed on the correct beat as shown in the diagram.

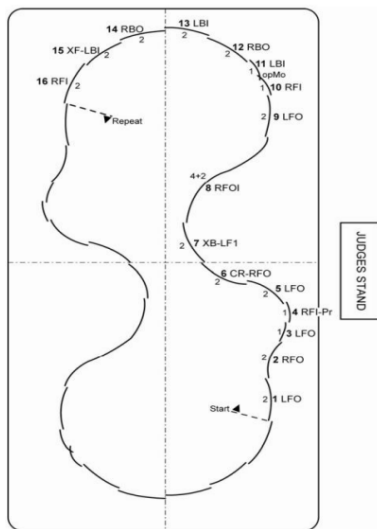
The sequence of steps allows for easy, rhythmical movements and partners should be able to interpret the music and skate the steps in a very pleasing tango style.

Inventor -George Muller First Performed -Colorado Springs, 1948

**Tango Fiesta**

Music: Tango 4/4

Tempo: 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute



Hold	Step No.	Step (Same for both)	Number of beats of Music
Reverse Kilian	1	LFO	2
	2	RFO	2
	3	LFO	1
	4	RFI-Pr	1
	5	LFO	2
	6	CR-RFO	2
	7	XB-LFI	2
	8	RFO	4+2
	9	LFO	2
	10	RFI	1
		OpMo	
Kilian	11	LBI	1
	12	RBO	2
	13	LBI	2
	14	RBO	2
	15	XF-LBI	2
Reverse Kilian	16	RFI	2



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## PRVKY KP a VJ 2022/2023

### ➤ Intermediate novices – obaja nedosiahli vek 15

Povinné tance - pred pretekami vylosovaná jedna skupina z dvoch predpísaných pre sezónu Group 1 a 2. (Pre sezónu 2023/24 Group 3 a 4).

Jazdia sa oba povinné tance zo skupiny v predpísaných krokoch a počte kresieb.

Key points max L2

Predpísané skupiny – Group 1 a 2

**Group 1: Rocker/Zvratový Foxtrot and Americký Valčík**

**Group 2: 14 krok and Tango**

Group 3: Foxtrot a Európsky valčík

Group 4: Kilian a Starlight valčík

#### **Rocker Foxtrot** (source: ISU Handbook Ice Dance 2003, § I-3)

Music - Foxtrot 4/4  
Tempo - 26 measures of 4 beats per minute  
- 104 beats per minute  
Pattern - Set  
Duration - The time required to skate 4 sequences is 1:05 min.

The Rocker Foxtrot starts at the midline at one end of the ice surface and makes three lobes towards the edge and two towards the midline along each side. Thus one circuit of the ice surface requires two sequences of the dance.

Steps 1 to 4 that are the same for both partners are skated in open hold and consist of a crossed behind chassé followed by a progressive. Step 5 for the woman is a 4 beat LFO swing rocker skated while the man performs 2 outside edges. The swing rocker is executed with a swing of the free leg and is turned after the free leg has passed the skating foot and is extended forward. The turn should be executed on clean outside to outside edges on beat 2 of the step so that the woman's sinking onto a softly bent knee afterwards will coincide exactly with the man's knee bend for his RFO edge on beat 3. After the swing rocker the woman's free leg must be swung forward to match the man's free leg. After the woman's swing rocker the pattern continues to approach the midline before curving away and care should be taken that both partners are on outside edges.

During the swing rocker the couple changes to closed hold which is maintained until step 7b when the couple resumes open hold for the remainder of the dance. The man must skate an open stroke for step 6 and should be in a position exactly opposite his partner at the beginning of the edge to execute his LFO3.

Step 8 is a cross roll. Steps 10 and 11 are strong outside edges. Steps 11 and 12 are outside closed mohawks for both partners. The free leg is first extended behind turned out and then is placed beside the heel of the skating foot, arriving exactly in time for the mohawk. The man must be careful not to curve his step 11 too deeply since the woman must curve her edge at least as deeply in order to be in position beside him for the turn. To achieve the correct positions, the shoulders must be well checked entering the turn. The mohawk must be directed towards the side/long barrier to achieve a nicely rounded end pattern if the dance is to commence again at the midline. After the mohawk the partners continue a slow clockwise rotation through steps 12 and 13 so as to be travelling forward on step 14 for the restart of the dance. Both partners commence step 13 crossed in front approximately at the centre line.

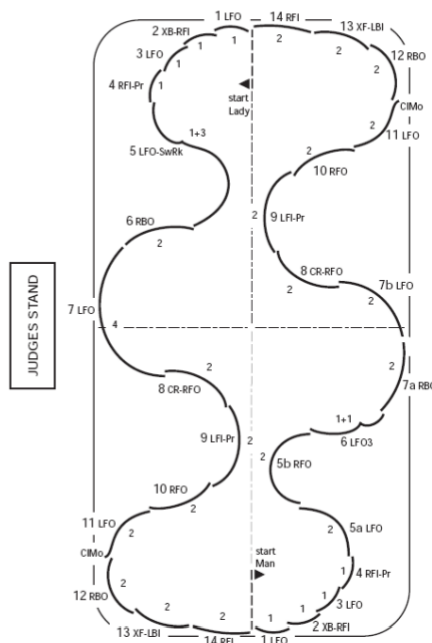
The Rocker Foxtrot should be skated with good knee action, change of lean and flow to enhance the character of a Foxtrot.

Inventors - Eric van der Weyden and Eva Keats  
First performance - London, Streatham Ice Rink, 1934

**Rocker Foxtrot** (source: ISU Handbook Ice Dance 2003, § I-3)

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Hold	Step No.	Man's Step	Number of Beats of Music	Woman's Step
Open	1	LFO	1	LFO
	2	XB-RFI	1	XB-RFI
	3	LFO	1	LFO
	4	RFI-Pr	1	RFI-Pr
Closed	5a	LFO	2	LFO-SwRk
	5b	RFO	2	LFO-SwRk
Open	6	LFO3	1+1	RBO
	7a	RBO	2	LFO
Open	7b	LFO	2	LFO
	8	CR-RFO	2	CR-RFO
	9	LFI-Pr	2	LFI-Pr
	10	RFO	2	RFO
	11	LFO	2	LFO
		CIMo		CIMo
		RBO	2	RBO
		XF-LBI	2	XF-LBI
	RFI	2	RFI	



**American Waltz** (source: ISU Handbook Ice Dance 2003, § I-5)

Music - Waltz  $\frac{3}{4}$   
Tempo - 66 measures of 3 beats per minute  
- 198 beats per minute  
Pattern - Set  
Duration - The time required to skate 2 sequences is 58 seconds.

The American Waltz consists of a series of semi-circular lobes skated towards and away from the midline. These lobes are joined at the ends by 6 beat outside swing rolls. The lobes nearest the end/short barrier are positioned so that their ends are closer to the midline, making it possible for a single 6 beat roll to connect them. All steps should be of equal curvature so that each group of three steps forms a large semi-circle with each lobe starting directly towards or away from the midline.

The steps of each lobe are the same except that they are skated alternately left and right depending on the direction of the lobe. Although the sequence of steps is the simplest of any ice dance, because of the amount of rotation generated by the couple it is among the most difficult to skate correctly. In order to rotate smoothly, it is necessary for the partners to keep their shoulders parallel with the center of rotation between them, rather than having one partner whip around the other on the swing three turns. The rotation must be continuous and even, rather than sudden jerks with pauses between.

Each step of the American Waltz is held for 6 beats (2 measures) which gives considerable length to each step. The swing of the free foot/leg must be from the hip without any bending of the free leg knee. The threes must be turned with the feet close together, but without pause in the motion of the free foot.

The free foot should not pass the skating foot before the three is turned. While maintaining close waltz hold throughout, the partners must synchronize their free leg swings with each other as well as with the music, turning the swing threes on count 4. These types of turns are known as "American Waltz Type Three Turns".

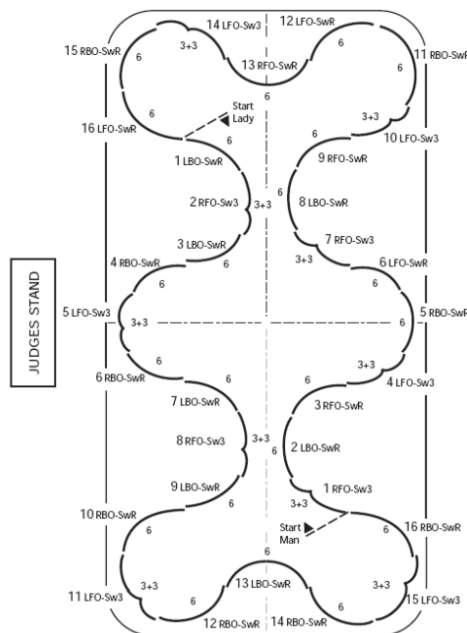
The transition from one foot to the other is accompanied by a bending of the skating knee. This action coincides with the major accent (count 1) and serves to emphasize it. The knee action that adds lilt to the dance must be well controlled and gradual or the dance may become bouncy with the skater losing flow and balance. The dancers must stand upright using a nicely controlled body weight change when simultaneously starting a new lobe.

The expression of waltz music is characterized primarily by evenness of flow between points of major and minor emphasis. The points of major emphasis, count 1, are marked by the change of feet and bending of the skating knee. Some of these points coincide with the start of a new lobe and are also emphasized by the change of direction of rotation and lean. The points of minor emphasis (count 4) are marked by turns but are not otherwise emphasized.

Inventor - unknown  
First Performance - unknown

**American Waltz** (source: ISU Handbook Ice Dance 2003, § I-5)

Hold	Step No.	Man's Step	Number of Beats of Music		Woman's Step
Closed	1	RFOSw3	3+3	6	LBO-SwR
	2	LBO-SwR	6	3+3	RFOSw3
	3	RFO-SwR	6	6	LBO-SwR
	4	LFOSw3	3+3	6	RBO-SwR
	5	RBO-SwR	6	3+3	LFOSw3
	6	LFO-SwR	6	6	RBO-SwR
	7	RFOSw3	3+3	6	LBO-SwR
	8	LBO-SwR	6	3+3	RFOSw3
	9	RFO-SwR	6	6	LBO-SwR
	10	LFOSw3	3+3	6	RBO-SwR
	11	RBO-SwR	6	3+3	LFOSw3
	12	LFO-SwR	6	6	RBO-SwR
	13	RFO-SwR	6	6	LBO-SwR
	14	LFOSw3	3+3	6	RBO-SwR
	15	RBO-SwR	6	3+3	LFOSw3
	16	LFO-SwR	6	6	RBO-SwR



**Fourteenstep** (source: ISU Handbook Ice Dance 2003, § I-1)

Music - March 6/8 or 2/4  
Tempo - 56 measures of 2 beats per minute  
- 28 measures of 4 beats per minute  
- 112 beats per minute  
Pattern - Set  
Duration - The time required to skate 4 sequences is 43 sec.

During steps 1 to 7 the woman and man are in closed hold with the woman skating backward and the man forward. The dance begins with a progressive sequence of three steps forming a lobe curving towards the midline. Step 4 is a 4 beat swing roll curving towards the side barrier. It is important that the free legs match on the swing roll and that the partners remain close together. This is followed by another progressive sequence for both partners during steps 5 to 7. Step 7 is skated slightly less deeply than step 3, after which the woman steps forward on step 8 and skates close beside the man in open hold until he completes his mohawk.

Steps 1 to 7 should be skated along the continuous axis of the ice surface with steps 8 to 14 curving around the ends of the pattern. After the man's open inside mohawk on step 9, he should check his rotation with his shoulders and both partners' shoulders should remain approximately parallel to the tracings around the end. During steps 8 to 12, the partners skate in an offset closed hold with the woman's right hip beside the man's right hip with the woman now skating forward and the man backward. Step 9 for the woman is a crossed behind chassé and step 11 is a progressive. On step 10 the man steps close beside the skating foot, steps 11 and 12 are a progressive sequence, then step 13 is crossed in front. The woman gradually moves ahead of the man to skate an open outside mohawk during steps 12 and 13. At the conclusion of step 13, the man steps forward for step 14. On step 14 the partners return to the original closed hold.

Soft knee action with the rhythm of the music and easy graceful flow are necessary so that the Fourteenstep will be danced rather than walked or raced. A strong lean is necessary to achieve the required edges at a good pace.

In tests and competitions the dance must be skated as specified in the rules, but for dance sessions, when many couples are on the ice at the same time, it is recommended that there be two rolls along the side if the ice surface permits.

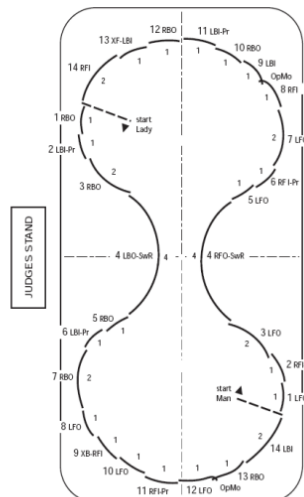
Inventor - Franz Schöller  
First performance - in Vienna, 1889, as the Ten Step or Schöller March



**Fourteenstep** (source: ISU Handbook Ice Dance 2003, § I-1)

Hold	Step No.	Man's Step	Number of Beats of Music	Woman's Step
Closed	1	LFO	1	RBO
	2	RFI-Pr	1	LBI-Pr
	3	LFO	2	RBO
	4	RFO-SwR	4	LBO-SwR
	5	LFO	1	RBO
	6	RFI-Pr	1	LBI-Pr
	7	LFO	2	RBO
Slightly off-set	8	RFI	1	LFO
Closed	9	LBI	1	XB-RFI
	10	RBO	1	LFO
	11	LBI-Pr	1	RFI-Pr
	12	RBO	1	LFO
				Op Mo
Closed	13	XF-LBI	1	RBO
	14	RFI	2	LBI

Each Sequence (FO1Sq, FO2Sq, FO3Sq, FO4Sq)	Key Point Woman & Man Steps 1-4 (RBO, LBI-Pr, RBO-SwR, LBO-SwR)
<b>Key Point Features</b>	<ol style="list-style-type: none"> <li>1. Correct Edges</li> <li>2. SwR (#4) Correct swing movement of the free leg</li> <li>3. Pr (#2) not performed as a Chassé</li> </ol>



**Tango** (source: ISU Handbook Ice Dance 2003, § I-21)

Music - Tango 4/4  
Tempo - 27 measures of 4 beats per minute  
- 108 beats per minute  
Pattern - Optional  
Duration - The time required to skate 2 sequences is 58 seconds.

Very erect carriage must be maintained throughout this dance. The partners should skate close together. Neat footwork and good flow are essential. The pace must be maintained without obvious effort or visible pushing. The dance consists of quick crossed steps skated on shallow curves interspersed between slower rolls skated on strong curves, followed by a promenade skated in open position.

At the end of the introductory steps the partners should be in outside hold with the woman to the right. The man makes two quick cross steps (steps 1 & 2), the first crossed in front, the second crossed behind (a crossed chassé sequence). The woman skates a similar sequence, the first crossed behind and the second in front. These quick steps are followed by a 4 beat roll (step 3\*) during which the couple assumes closed hold. During or at the end of the roll, the partners return to outside position but this time the woman is on the left. The next lobe consists of the same sequences skated on the opposite feet.

The third lobe starts with a shallow front-crossed right outside rocker for the man on step 7 followed by two quick cross steps (steps 8 & 9), the first crossed behind, the second in front. The woman crosses behind on step 7, then steps forward for two steps, crossing on the second step. Step 10 is another roll in which the couple assume closed hold. During or at the end of the roll, the partners return to outside hold with the woman on the left. The next lobe consists of another double cross step and roll sequence.

\* The couple does not need to be in closed hold for the full 4 counts of steps 3, 6, 10, and 13 but may change sides from outside to outside in the middle of these rolls, be in closed hold for fewer counts or even briefly. Either technique/interpretation is acceptable.

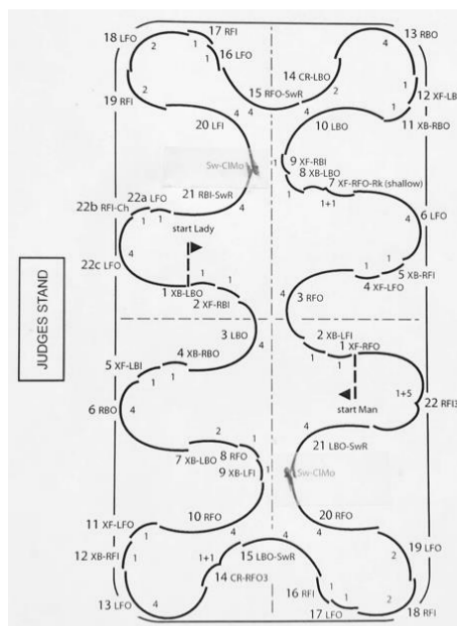
On step 14 the woman skates a cross roll into a three turn. The man also skates a cross roll before stepping forward onto an RFO swing roll (step 15) into closed hold while she skates LBO swing roll. The promenade follows with the partners in open hold, skating two quick and then two slow steps. Each partner then executes a closed swing mohawk (steps 20 & 21), inside for the man and outside for the woman, with each edge held for 4 beats. On step 22 the woman steps forward to execute an inside three turn after one beat, holding the exit edge for 5 beats. The man skates a chassé sequence followed by a 4 beat roll (steps 22 a, b, c). The first part of step 22 is skated in open hold. After the woman's three turn the partners are in closed hold but they complete the step in outside position ready to restart the dance.

Inventors - Paul Kreckow and Trudy Harris  
First Performance - London, Hammersmith Ice Rink, 1932

Tango (source: ISU Handbook Ice Dance 2003, § I-21)

Hold	Step No.	Man's Step	Number of Beats of Music		Woman's Step
Outside	1	XF-RFO	1		XB-LBO
	2	XB-LFI	1		XF-RBI
Closed to Outside	3	RFO	4		LBO
	4	XF-LFO	1		XB-RBO
Closed to Outside	5	XB-RFI	1		XF-LBI
	6	LFO	4		RBO
	7	XF-RFO-Rk (shallow)	1+1	2	XB-LBO
Closed to Outside	8	XB-LBO	1		RFO
	9	XF-RBI	1		XB-LFI
	10	LBO	4		RFO
Closed to Outside	11	XB-RBO	1		XF-LFO
	12	XF-LBI	1		XB-RFI
Closed to Outside	13	RBO	4		LFO
	14	CR-LBO	2	1+1	CR-RFO3
Closed	15	RFO-SwR	4		LBO-SwR
	16	LFO	1		RFI
Open	17	RFI	1		LFO
	18	LFO	2		RFI
	19	RFI	2		LFO
	20	LFI Sw-CIMo	4		RFO Sw-CIMo
	21	RBI-SwR	4		LBO-SwR
	22a	LFO	1	1+5	RFI3
	22b	RFI-Ch	1		
Closed	22c	LFO	4		

<b>Each Sequence (TA1Sq &amp; TA2Sq)</b>	<b>Key Point</b> Woman Steps 20-21 (RFO Sw-CIMo, LBO-SwR) & Man Steps 20-21 (LFI Sw-CIMo, RBI-SwR)
<b>Key Point Features</b>	1. Correct Edges 2. Sw-CIMo (#20): correct Turn 3. Sw-CIMo (#20): correct placement of the free foot



### INTERMEDIATE NOVICE

Characteristics of Levels for Intermediate Novice Pattern Dances:

Basic Level	Level 1	Level 2
50% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners	1 Key Point is correctly executed

### Rocker Foxtrot

<b>Each Sequence (RF1Sq, RF3Sq)</b>	<b>Key Point 1</b> Woman Steps 11, 12 (LFO CIMo, RBO)
<b>Key Point Features</b>	1. Correct Edges 2. CIMo: correct Turn 3. CIMo: correct placement of the free foot
<b>Each Sequence (RF2Sq, RF4Sq)</b>	<b>Key Point 1</b> Man Steps 11, 12 (LFO CIMo, RBO)
<b>Key Point Features</b>	1. Correct Edges 2. CIMo: correct Turn 3. CIMo: correct placement of the free foot



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**American Waltz**

<b>AW1Sq</b>	<b>Key Point 1</b> <b>Woman Steps 7-9 (LBO-SwR, RFO-Sw3, LBO-SwR)</b>
<b>Key Point Features</b>	1. Correct Edges 2. Correct Turn
<b>AW2Sq</b>	<b>Key Point 1</b> <b>Man Steps 1-3 (RFO-Sw3, LBO-SwR, RFO-SwR)</b>
<b>Key Point Features</b>	1. Correct Edges 2. Correct Turn

**Fourteenstep**

<b>Each Sequence (FO1Sq, FO3Sq)</b>	<b>Key Point 1</b> <b>Woman Steps 1-4 (RBO, LBI-Pr, RBO, LBO-SwR)</b>
<b>Key Point Features</b>	1. Correct Edges 2. Progressive: not performed as a Chassé
<b>Each Sequence (FO2Sq, FO4Sq)</b>	<b>Key Point 1</b> <b>Man Steps 1-4 (LFO, RFI-Pr, LFO, RFO-SwR)</b>
<b>Key Point Features</b>	1. Correct Edges 2. Progressive: not performed as a Chassé

**Tango**

<b>(TA1Sq)</b>	<b>Key Point 1</b> <b>Man Step 7 (XF-RFO-Rk)</b>
<b>Key Point Features</b>	1. Correct Edges 2. Rk (# 7): correct Turn
<b>(TA2Sq)</b>	<b>Key Point 1</b> <b>Woman Step 22 (RFI3)</b>
<b>Key Point Features</b>	1. Correct Edges 2. Correct Turn



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➤ **Advanced novices – obaja dosiahli min. vek 10 a u dievčat nedosiahli vek 15/chlapci nedosiahli vek 17**

V sezóne 2021/22 sú predpísané dva povinné tance a jazdia sa na súťaži oba v predpísanom počte kresieb.

Key points max L3

### Westminsterský valčík a Argentínske tango (pre sezónu 2023/24 Starlight a Paso Doble)

#### 6. WESTMINSTER WALTZ

Music - Waltz 3/4  
Tempo - 54 measures of 3 beats per minute  
- 162 beats per minute  
Pattern - Optional  
Duration - The time required to skate 2 sequences is 58 sec.

The Westminster Waltz is characterized by stately carriage and elegance of line. It should be skated with strong edges and a softly flowing knee action. An upright stance without breaking at the waist is essential to its stately character.

The dance is commenced in Kilian hold that changes to reverse Kilian hold between steps 5 and 6. Steps 1 to 3 form a progressive sequence. Step 3, however, changes to an inside edge after 2 beats so that step 5 may be directed with a lift and quick body weight change towards the center. Steps 5 and 6 form an inside open mohawk. At the start the man is on the lady's left but, during the turn, both rotate individually, thus the man exits from the mohawk on the lady's right. Step 7 should be highlighted by strong edges and good carriage. Step 8 should aim toward the side of the ice surface then step 9 should continue around the lobe.

On step 10, which starts as a cross roll for both partners, the lady turns her three in front of her partner. After the turn the partners join in closed hold, then almost immediately change to open hold for steps 11 and 12 which are cross behind chassés skated on a curve. Step 13 for the lady is an inside forward swing rocker where the swing is held for 6 beats before the turn on count 1 of the second measure. Step 13 for the man is an outside forward swing counter with the same timing. At the moment of turning the partners must be in hip-to-hip position. Step 14 must be taken from the side of the preceding foot.

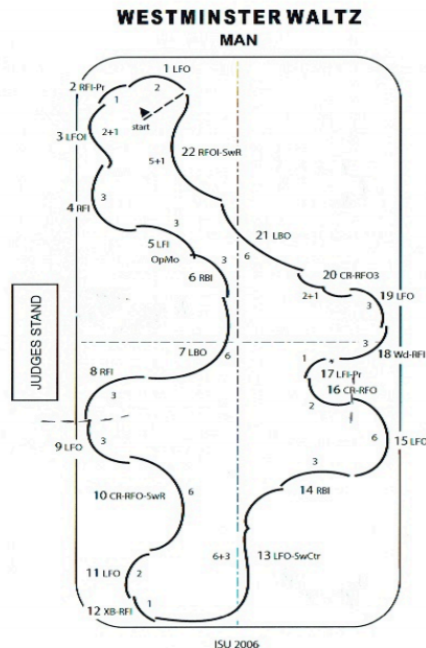
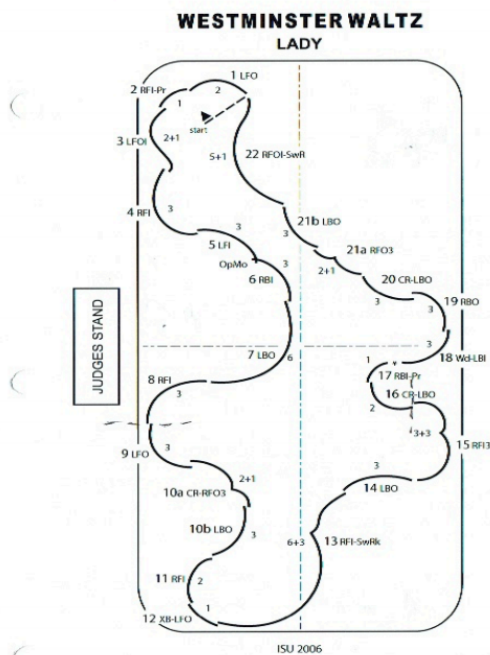
On step 15 the man follows the lady's tracing as she turns an inside three on count 4. Steps 16 to 20 are skated in closed hold. Step 16 is a cross roll for both partners. Step 17 has a very moderate progressive movement and afterwards both partners step wide for the start of step 18. Step 20 begins as a cross roll for both partners.

On count 3 of step 21, the lady turns a three aiming for the man's left shoulder. On count 4 she steps onto a left backward outside edge and extends her right hand across to her partner's right hand to assume reverse Kilian hold. On step 22 the man assists his partner in shifting across in front of him into Kilian hold in preparation for the restart of the dance. Care must be taken in swinging the free legs on step 22 during the RFO so as not to interfere with the transition of hold. A one-beat change of edge onto an RFI is skated at the end of step 22 to assist in changing the lean for the restart of the dance.

Inventors - Eric van der Weyden and Eva Keats  
First Performance - London, Westminster Ice Rink, 1938

#### WESTMINSTER WALTZ

Hold	Step No.	Man's Step	Number of Beats of Music	Lady's Step
Kilian	1	LFO	2	LFO
	2	RFI-Pr	1	RFI-Pr
	3	LFOI	2+1	LFOI
	4	RFI	3	RFI
	5	LFI	3	LFI
Reverse Kilian	6	RBI	3	RBI
	7	LBO	6	LBO
	8	RFI	3	RFI
	9	LFO	3	LFO
	10a	CR-RFO-SwR	6	2+1
Closed	10b		3	LBO
Open	11	LFO	2	RFI
	12	XB-RFI	1	XB-LFO
	13	LFO-SwCtr	6+3	RFI-SwRk
	14	RBI	3	LBO
	15	LFO	6	3+3
Closed	16	CR-RFO	2	CR-LBO
	17	LFI-Pr	1	RBI-Pr
	18	Wd-RFI	3	Wd-LBI
	19	LFO	3	RBO
	20	CR-RFO3	2+1	3
Reverse Kilian	21a	LBO	6	2+1
	21b		3	LBO
Change Sides	22	RFOI-SwR	5+1	RFOI-SwR



**Argentine Tango** (source: ISU Handbook Ice Dance 2003, § I-22)

Music - Tango 4/4  
 Tempo - 24 measures of 4 beats per minute  
           - 96 beats per minute  
 Pattern - Set  
 Duration - The time required to skate 2 sequences is 1:10 min.

The Argentine Tango should be skated with strong edges and considerable "élan". Good flow and fast travel over the ice are essential and must be achieved without obvious effort or pushing.

The dance begins with partners in open hold for *steps 1 to 10*. The initial progressive, chassé and progressive sequences of *steps 1 to 6* bring the partners on *step 7* to a bold LFO edge facing down the ice surface. On *step 8* both partners skate a right forward outside cross in front on count 1 held for one beat. On *step 9*, the couple crosses behind on count 2, with a change of edge on count 3 as their free legs are drawn past the skating legs and held for count 4 to be in position to start the next step, crossed behind for count 1. On *step 10* the man turns a counter while the woman executes another cross behind then change of edge. This results in the partners being in closed hold as the woman directs her edge behind the man as he turns his counter.

*Step 11* is strongly curved towards the side of the ice surface. At the end of this step the woman momentarily steps onto the RFI on the "and" between counts 4 and 1 before skating *step 12* that is first directed toward the side barrier. The lobe formed by *steps 13 to 15* starts with a cross roll towards the midline. The woman then turns a cross roll three (*step 13*) toward the man, then he skates a three turn for *step 14*. These steps are strong edges followed by *step 15* that is an outside edge that directs the lobe towards the side of the ice surface.

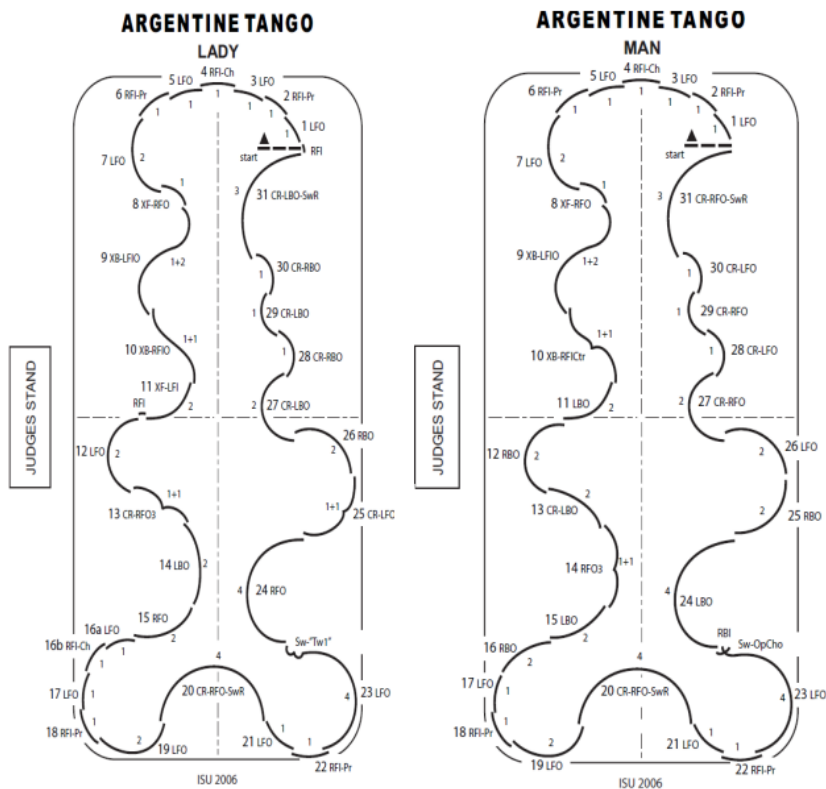
The man skates a 2 beat edge (*step 16*) while the woman skates a chassé (*steps 16a and b*), then he steps forward to place the couple in Kilian hold. *Steps 17 to*

*19* form a progressive sequence that is followed by a swing cross roll (*step 20*) across the end of the ice surface. Another progressive sequence leads to *step 23*. This step is a left forward outside edge for both ending in a forward clockwise "twizzle-like motion" for the woman ("Tw1" - her body turns one full continuous rotation, the skating foot does not technically execute a full turn, followed by a step forward) and a swing open Choctaw for the man turned between count 4 and count 1 of the next measure. During the twizzle the woman has her weight on the left foot but carries the right foot close beside it. While executing *steps 21 to 23* the woman must skate hip to hip with the man, her tracing following his. After this move is completed the couple moves into closed hold.

*22 - i*On the next lobe the woman skates a cross roll onto *step 25* but the man does not. After the woman turns her three turn aiming at the man (*her step 25*), he steps forward (*his step 26*) into outside hold with the woman on his right. *Steps 27 to 31* are a series of five cross rolls directed down the ice surface. The first cross roll is held for 2 beats, while the next three cross rolls are one beat each. The partners should skate the cross rolls lightly on well-curved edges. The final step is a cross roll outside swing roll held for 3 beats and at its conclusion the woman steps briefly onto a RFI between counts 4 and 1 which enables her to restart the dance.

Inventors - Reginald J. Wilkie and Daphne B. Wallis  
 First Performance - London, Westminster Ice Rink, 1934

**Argentine Tango** (source: ISU Handbook Ice Dance 2003, § I-22)



**ADVANCED NOVICE**

**Characteristics of Levels for Advanced Novice Pattern Dances:**

Basic Level	Level 1	Level 2	Level 3
50% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners	1 Key Point is correctly executed	2 Key Points are correctly executed

**Westminster Waltz**

Each Section: Steps 1-10 (WW1Sq1Se & WW2Sq1Se)	Key Point 1 Woman Steps 5-7 (LFI OpMo, RBI, LBO)	Key Point 2 Man Steps 5-7 (LFI OpMo, RBI, LBO)
<b>Key Point Features</b>	1. Correct Edges 2. Correct Turn 3. Correct placement of the free foot	1. Correct Edges 2. Correct Turn 3. Correct placement of the free foot
Each Section: Steps 11-22 (WW1Sq2Se & WW2Sq2Se)	Key Point 1 Woman Steps 15-16 (RFI3, CR-LBO)	Key Point 2 Man Steps 22 (RFOI-SwR)
<b>Key Point Features</b>	1. Correct Edges 2. Correct Turn	1. Correct Edges 2. Correct swing of the free leg

**Argentine Tango**

Each Sequence (AT1Sq & AT2Sq)	Key Point 1 Man Steps 13-15 (CR-LBO, RFO3, LBO)	Key Point 2 Woman Steps 23-24 (LFO Sw-Tw1 (between counts 4&1), RFO)
<b>Key Point Features</b>	1. Correct Edges 2. Correct Turn	1. Correct Edges* 2. Correct Turn

Povinný tanec/požadovaný počet sekvencií/požiadavky na hudobný doprovod/ kresba/Hodnotené komponenty/rozjadzka

		Pattern Dance	# of sequences	Music	Pattern	Components Factors 0.7	Warm up Music
Basic Novice  No Key Points, Called to max Level 1	Pattern Dance 1	Swing Dance	2 Sequences	Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute	Set Pattern	Skating Skills	the 6 <sup>th</sup> (last) tune of the Foxtrot ISU Ice Dance music
	Pattern Dance 2	Willow Waltz	2 Sequences	Waltz ¾; Tempo (the same as "European Waltz") 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute	Set Pattern	Performance	the 6 <sup>th</sup> (last) tune of the European Waltz ISU Ice Dance music
	Pattern Dance 3	Tango Fiesta	3 Sequences	Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing	the 6 <sup>th</sup> (last) tune of the Tango ISU Ice Dance music
Intermediate Novice  Key points called to max Level 2	Group 1 Pattern Dance 1	Rocker Foxtrot	4 Sequences	Foxtrot 4/4; Tempo 26 measures of 4 beats (104 beats per minute) plus or minus 2 beats per minute	Set Pattern	Skating Skills	the 6 <sup>th</sup> (last) tune of the Rocker Foxtrot ISU Ice Dance music
	Group 1 Pattern Dance 2	American Waltz	2 Sequences	Waltz ¾; Tempo 66 measures of 3 beats (198 beats per minute) plus or minus 3 beats per minute	Set Pattern	Performance	the 6 <sup>th</sup> (last) tune of the American Waltz ISU Ice Dance music
	Group 2 Pattern Dance 1	Fourteenstep	4 Sequences	March 2/4 and 4/4: 56 measures of 2 beats per minute and 28 measures of 4 beats per minute (112 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing	the 6 <sup>th</sup> (last) tune of the Fourteenstep ISU Ice Dance music
	Group 2 Pattern Dance 2	Tango	2 Sequences	Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	Optional Pattern		the 6 <sup>th</sup> (last) tune of the Tango ISU Ice Dance music
Advanced Novice  Key points called to max Level 3	Pattern Dance 1	Westminster Waltz	2 Sequences 4 Sections Steps 1-10 & 11-22	Waltz ¾; Tempo 54 measures of 3 beats (162 beats per minute) plus or minus 3 beats per minute	Optional	Skating Skills Performance	the 6 <sup>th</sup> (last) tune of the Westminster Waltz ISU Ice Dance music
	Pattern Dance 2	Argentine Tango	2 Sequences	Tango 4/4; Tempo 24 measures of 4 beats (96 beats per minute) plus or minus 2 beats per minute	Set	Interpretation Timing	the 6 <sup>th</sup> (last) tune of the Argentine Tango ISU Ice Dance music

Počet požadovaných kresieb a min. požiadavky na počet krokov pri hodnotení technickým panelom – Povinné tance:

CATEGORY	DANCE		DURATION IN SECS PER SEQUENCE	REQUIRED SECTION or SEQUENCES	No OF STEPS PER SECTION OR SEQUENCE	No of Steps				
						10%	25%	50%	75%	90%
Basic Novice	Swing Dance	98 -102 bpm	18.8 – 19.6	2 Sequences	46-30	2-3	4-8	8-15	42-23	44-27
	Willow Waltz	132-138 bpm	23.4 – 24.6	2 Sequences	22	2	6	11	17	20
	Tango Fiesta	106-110 bpm	17.5 – 18.1	3 Sequences	16	2	4	8	12	14
Intermediate Novice	Rocker Foxtrot	102-106 bpm	15.8 – 16.5	4 Sequences	14	1	4	7	11	13
	American Waltz	195-201 bpm	28.8 – 29.4	2 Sequences	16	2	4	8	12	14
	Fourteenstep	110-114 bpm	10.5 – 10.9	4 Sequences	14	1	4	7	11	13
	Tango	106-110 bpm	28.4 – 29.4	2 Sequences	22	2	6	11	17	20
Advanced Novice	Westminster Waltz	159 - 165 bpm	28.4 – 29.5	2 Sequences/4 Sections Section One: Steps 1-10 Section Two: Steps 11 - 22	11 13	1 1	3 4	6 7	9 10	10 12
	Argentine Tango	94 - 98 bpm	31.8 – 33.2	2 Sequences	31	3	8	16	23	28



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- Zmena hrany ako príprava na ďalší krok je povolená v dĺžke 1 doby

Cross roll vpred/vzad: Plynulý pohyb voľnej nohy ako rolovanie okolo nohy idúcej plynulo na nasledujúcu vonkajšiu hranu. V tom istom čase dochádza k prenosu váhy z jedného vonkajšieho oblúka do následného vonkajšieho oblúka čo vytvára pohyb – rolovania.

Pre cross rollly platí, že voľná noha pri pohybe mína nohu idúcu vpredu/vzadu a je umiestňovaná na ľad pred/za nohou idúcou. Nie je požiadavkou, aby noha na ktorú je prenášaná váha a na ktorú je našľapované bola na ľad umiestnená na vonkajšiu hranu.

Poznámka: Zmena hrany ako príprava na ďalší krok/odraz v max. dĺžke ½ doby je povolená. (Príklad 1AT – Key point 3,4; 2AT Key point 4) - Adv Novices

Poznámka: Krok 23 AT je ľavá vonkajšia hrana ukončená predným Tw v smere hodinových ručičiek „Tweezle – v pohybe/ako pohyb“ Tw1. Telo partnerky/ženy prevedie 1 plnú rotáciu, ale nie je povinné aby aj idúca noha vykonala 1 celú otočku, s následným nasadením na pravú prednú vonkajšiu hranu.

### Voľný tanec

Všetky žiacke podkategórie - Rozjzdka: 3 minúty a max. 5 párov na ľade

#### Dĺžka hudby:

**Basic: 2 min. +/- 10 sek**

**Intermediate: 2:30 min. +/- 10 sek**

**Advanced: 3 min +/- 10 sek**

	Kroky	Zdvíhačky	Tanečná pirueta	Tweezlový set	Choreo element
Basic Max L1	-	-	1	1	2 / ChoStSq + 1 z: ChoLi, ChoSp, ChoTw, ChoSI





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<b>Intermediate Max L2</b>	-	Max 1 krátka do 7 sekúnd	<b>1</b>	<b>1</b>	<b>2 / ChoStSq + 1</b> z: ChoLi, ChoSp, ChoTw, ChoSl
<b>Advanced Max L3</b>	1 kroková pasáž „B“ Priamka/oblúk; v držaní	Max 1 krátka do 7 sekúnd	<b>1</b>	<b>1</b>	<b>2 / z: ChoStSq,</b> ChoLi, ChoSp, ChoTw, ChoSl

- V prípade Basic a Intermediate - ak ChoStSq nie je jednou z prvých dvoch predvedených choreo elementov, automaticky druhý predvedený choreo element získava No value. Ak je predvedená ChoStSq ako tretí element – nie je identifikovaný.
- Kontrolované dotýkanie ľadu akoukoľvek časťou tela je povolené v ChoSt len pre kategóriu Advanced Novices.
- Pre ChoTw – druhý Tw predvedený aspoň jedným z partnerov s min. 2 otočkami a max. 3 kroky medzi prvým a druhým z Tw, pričom môžu byť predvedené na mieste, môžu cestovať, alebo kombinácia oboch prípadov.
- Tweezlový set – min. 2 tweezle spojené max. 1 krokom, kde za krok považujeme aj prenesenie váhy z nohy na nohu v prípade že je korčuliar na oboch nohách alebo krok/prešľapnutie na druhú nohu. Obraty/pohyby predvedené na jednej nohe sú považované za 1 krok. Sú hodnotené pre každého z páru samostatne. Medzi Tw nie je povolený kontakt.
- Tanečná pirueta – Pirueta predvedená párom v akomkoľvek držaní. Je predvedená na mieste okolo spoločnej osi na jednej nohe alebo so zmenou nohy/nôh jedným alebo oboma partnermi.
- Dotýkanie ľadu nie je povolené – okrem ChoSl a ChoStSq (len Advanced Novices)
- Krátka zdvíhaná figúra/zdvíhačka – StL Li, Cu Li, Ro Li, Sta Li
- Kresba krokovej pasáže musí dodržiavať integritu zvolenej kresby.

Hodnotené komponenty:

	Basic Novices	Intermediate Novices	Advanced Novices
<b>Components</b> (Pending Congress Decision) <b>Factors 1.0</b>	<ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Performance</li> <li>• Interpretation</li> </ul>	<ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Performance</li> <li>• Interpretation</li> </ul>	<ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Transition</li> <li>• Performance</li> <li>• Interpretation</li> </ul>



**PRVKY KP a VJ 2022/2023**

**5. PATTERN DANCE AND PATTERN DANCE ELEMENT INFORMATION FOR SEASON 2022/23**  
Includes the Percentage of steps for Pattern Dance and Pattern Dance Elements

PATTERN DANCE AND PATTERN DANCE ELEMENT PERCENTAGE OF STEPS INFORMATION (SEASON 2022/23)										
CATEGORY	DANCE		DURATION IN SECS PER SEQUENCE / SECTION	REQUIRED SECTION or SEQUENCES	No OF STEPS PER SECTION OR SEQUENCE	No of Steps				
						10%	25%	50%	75%	90%
Basic Novice	Swing Dance	98 -102 bpm	37.6 – 39.2	2 Sequences	30	3	8	15	23	27
	Willow Waltz	132-138 bpm	23.4 – 24.6	2 Sequences	22	2	6	11	17	20
	Tango Fiesta	106-110 bpm	17.5 – 18.1	3 Sequences	16	2	4	8	12	14
Intermediate Novice	Rocker Foxtrot	102-106 bpm	15.8 – 16.5	4 Sequences	14	1	4	7	11	13
	American Waltz	195-201 bpm	28.8 – 29.4	2 Sequences	16	2	4	8	12	14
	Fourteenstep	110-114 bpm	10.5 – 10.9	4 Sequences	14	1	4	7	11	13
	Tango	106-110 bpm	28.4 – 29.4	2 Sequences	22	2	6	11	17	20
Advanced Novice	Westminster Waltz	159 - 165 bpm	28.4 – 29.5	2 Sequences/4 Sections Section One: Steps 1-10 Section Two: Steps 11 - 22	11 13	1 1	3 4	6 7	9 10	10 12
	Argentine Tango	94 - 98 bpm	31.8 – 33.2	2 Sequences	31	3	8	16	23	28
Junior	Argentine Tango	94 - 98 bpm	15.9 – 16.6	1AT: Steps 1-18	18	2	4	9	13	16
			15.9 – 16.6	2AT: Steps 19-31	12	1	3	6	9	11

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**JUNIORI / SENIORI**

**Upresnenie k hudbe – Tanec v predpísanom rytme/Rythm dance:**

**Juniori:**

Kombináciu aspoň 2 rytmov z nasledujúcich: Tango + aspoň 1 z nasledujúcich rytmov: Paso doble, Flamenco, Španielsky valčík, Fandango, Bolero, Jota, Sevillanas, Milonga  
Argentínske tango musí byť zajazdené v rytme tanga – 24 4-dobových taktov /min.(96 dôb /min.)

**Seniori:**

Tance latinského štýlu/rytmov – kombinácia aspoň 2 rôznych tanečných štýlov/rytmov z nasledujúcich: Salsa, Bachata, Merengue, Mambo, Cha cha, Rumba, Samba

Žiadna z vybraných hudieb nesmie vyjadrovať/používať agresívne a útočné slová.

Dotýkanie sa ľadu nie je povolené.



Kresba musí dodržiavať jednotný smer okolo dlhej osi klziska. V prípade predvedenia slučiek v kresbe toto nie je považované za zmenu smeru. Prekročenie dlhej osi počas krokovej pasáže nie je považované za zmenu smeru alebo nedodržanie pravidiel.

**1.2 RHYTHM DANCE – Required Elements 2022/23 – Junior/Senior**

ELEMENTS	
Junior Rhythm Dance Pattern Dance Elements	<ul style="list-style-type: none"> <li>Two (2) Sections of the Argentine Tango: skated to Tango rhythm/style, with the range of tempo: 24 measures of 4 beats per minute (96 beats per minute) plus or minus 2 beats per minute. 1AT: Steps #1-18 2AT: Steps #19-31</li> </ul> <p>Two (2) Sections of Argentine Tango skated in any order or one after the other or separately. Step #1 of 1AT skated at the Judges left side. Step #19 of 2AT skated at the Judges right side. Note: Variation of Hold is permitted. <u>Crossing the Long Axis is permitted for Steps #13 - 15</u></p>
Senior Rhythm Dance Pattern Dance Type Step Sequence <u>Style D</u> (PSt)	<ul style="list-style-type: none"> <li>One (1) Pattern Dance Type Step Sequence (PST), (Style D): Rhythm: skated to a different Rhythm/Style from that chosen for the Step Sequence Style B. Duration: any exact number of musical phrases Pattern: starting with a Stop on the Short Axis on either side of the rink and concluding on the Short Axis on the opposite side of the rink. One (1) loop in any direction (which may cross the Long Axis is permitted within the pattern) Stops: one (1) required at the start of the PST (this will count as one of the permitted stops) Holds: Must remain in contact at all times, even during changes of Holds (except when performing Twizzles as connecting Choreography)</li> </ul> <p>Technical Requirements: Must perform two different difficult turns per partner from the following: Rocker, Counter, Choctaw, Forward Outside Mohawk (Example – Woman performs Rocker and Choctaw. Man performs Counter and Forward Outside Mohawk. Only the first two attempted Different Difficult Turns per partner selected from those above are considered for level. Additional attempts of the same Difficult Turn are ignored. The Difficult Turns from those above must not be performed at the same time by both Partners. If the Difficult Turns are performed at the same time by both Partners, both Difficult Turns are not considered for level for either partner.</p> <ul style="list-style-type: none"> <li>Not permitted: <ul style="list-style-type: none"> <li>Stops (only allowed at the beginning to indicate the start of the PST, if a stop of longer than 5 seconds is used to start the PST, no other stops are permitted throughout the program.)</li> <li>Separations (except during Twizzles if performed as connecting choreography)</li> <li>Retrogressions</li> <li>Hand in hand hold – NOT permitted with established fully extended arms</li> </ul> </li> </ul> <p><u>The PST is evaluated as one unit with a combined Level for both partners</u></p>
And	
Choreographic Rhythm Sequence (ChRS)	<ul style="list-style-type: none"> <li>Choreographic Rhythm Sequence Rhythm: skated to any of designated Latin Rhythm(s)/Style(s) and performed in the "style" of the chosen Rhythm Hold(s): in contact including Hand in Hand with Fully extended arms with the exception of permitted Separation(s). Pattern: - starts on the Short Axis - proceed 10 meters on either side of the Short Axis - proceed from barrier to barrier (The requirement from barrier to barrier is fulfilled when at least one of the partners is not more than 2 meters from each barrier.) - Retrogression – permitted - Loops – permitted Separation(s) - for not more than 2 arms lengths and duration not more than one measure of music are permitted Stop(s) – for up to 5 seconds (this will not count as one of the permitted stops and there is no limitation on number of stops as long as each one is no more than 5 secs)</li> </ul> <p><u>The Choreographic Rhythm Sequence is evaluated as a Choreographic Element</u></p>
Dance Lift	<ul style="list-style-type: none"> <li>Maximum One (1) Short Lift. Up to 7 seconds.</li> </ul>

Step Sequence	<ul style="list-style-type: none"> <li>One (1) Step Sequence in Hold or Not Touching or Combination of both (Style B) Specifications to Style B, Rhythm Dance: - Must be skated to a different Rhythm/Style from that chosen for the Pattern Dance Element (Junior) and Pattern Dance Type Step Sequence (Senior).</li> <li>- Chosen pattern may ONLY be Midline or Diagonal</li> <li>- Retrogression – NOT permitted</li> <li>- Separations permitted, no more than 2 arms length</li> <li>- Loops NOT permitted</li> <li>- Hand in hand hold – NOT permitted with fully extended arms</li> <li>- Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops)</li> </ul> <p><u>The Step Sequence is evaluated as one unit by adding the Base Values of the Woman Step Sequence Level and the Man Step Sequence Level and then applying the GOE</u></p>
Sequential Twizzles	<ul style="list-style-type: none"> <li>One (1) Set of Sequential Twizzles</li> <li>- At least two Twizzles for each partner and must NOT be in contact between Twizzles</li> <li>- Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</li> </ul> <p><u>Set of Sequential Twizzles is evaluated as one unit by adding the Base Values of the Woman Set of Twizzles and Man Set of Twizzles and then applying the GOE.</u></p>

**Predpísané prvky Tanca v predpísanom rytme/Rythm dance:**

**Junióri a Seniori**

- 1 Krátka zdvíhaná figúra – StL Li, Cu Li, Ro Li, Sta Li



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- 1 Kroková pasáž v držaní/ alebo bez držania alebo kombinácia oboch (Štýl/typ „B“) – po priamke/ stredová alebo diagonálna, jazdená na iný hudobný doprovod/štýl ako u juniorov PD a u seniorov PSt a hodnotená separátne pre každého z partnerov
    - počas krokovej pasáže je povolené
      - separácia partnerov v max. vzdialenosti dĺžky 2 paží a menej ako 5 sek.
      - 1 zastavenie do 5 sek. (bude započítavané ako povolené zastavenie počas RD)
    - Počas krokovej pasáže nie je povolené
      - Pohyb v opačnom smere/ návrat v kresbe
      - Vytváranie slučiek v kresbe
      - Držanie na dlhú ruku/ ruka v ruke s plným natiahnutím paží
  - 1 Tweezlový sekvenčný set – predvedený oboma partnermi naraz a hodnotený separátne pre každého z partnerov s max. 1 krokom medzi Tw v sete a bez dotyku

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### + Seniori:

- PSt – čiastočná tanečná kroková sekvencia a ChRS

PSt: hodnotená 1 levelom spoločne pre oboch partnerov – typ/štýl D

- Jazdená v inom rytme ako kroková pasáž štýl B
- Začínajúca zastavením na krátkej osi na akejkoľvek strane ľadovej plochy a ukončená na krátkej osi opačnej strany ľadovej plochy
- Predvedená v držaní, aj počas zmien držaní. Povolené prerušenie držania je len počas predvedenia Tw
  - Technické požiadavky na PSt
    - Každý z partnerov musí predviesť dva rôzne obraty z nasledujúcich: Zvrat, Protizvrat, Choctaw, Vonkajší mohawk (napr. Žena predvedie Zvrat a choctaw a muž protizvrat a vonkajší mohawk)
    - Obraty nesmú byť predvedené v rovnakom čase. Ak sa tak stane, ani jeden z obratov nebude započítaný do splnenia Levelu
    - Len prvé predvedenie obratu bude započítané/nezapočítané do stanovenia levelu. Opakované predvedenie obratu sa nebude počítať.
- Nepovolené počas PSt
  - Zastavenie – len ako začiatok PSt



- 
- **Návrat v kresbe**
  - Separácia okrem Tw
  - Držanie na dlhú ruku s plným natiahnutím paží
- ChRS: choreografická rytmická sekvencia – hodnotená ako choreografický element
- Kresba ako ChStSq
  - V držaní s povolením držania na dlhú ruku s plným natiahnutím paží
  - Povolený návrat v kresbe/retrogressia
  - Povolené slučky v kresbe
  - Separácia povolená na max. vzdialenosť 2 dĺžok paží a nie dlhšie ako 2 hudobné takty
  - Povolené zastavenie (nebude započítavané do celkového počtu zastavení)

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**+ Juniori - Argentínske Tango**

- 2 sekcie AT: môžu byť jazdené v akomkoľvek poradí, za sebou alebo oddelene a musia byť predvedené každá na inej strane ľadovej plochy. 1AT – musí začínať naľavo od rozhodcov a 2AT napravo od rozhodcov.

1AT: Kroky 1 - 18

2AT: Kroky 19 – 31

Povolené sú rôzne variácie tanečných držaní. Prekročenie dlhej osi je možné počas krokov 13 – 15.

Obe sekvencie/kresby povinného tanca musia byť zajazdené do rovnakého štýlu a na hudobný doprovod Tanga.

Characteristics of Levels for Pattern Dance Element:

Basic Level	Level 1	Level 2	Level 3	Level 4
75% of Pattern Dance Element is completed by both partners	1 Key Point is correctly executed	2 Key Points are correctly executed	3 Key Points are correctly executed	4 Key Points are correctly executed



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### Argentine Tango: Key Points

Pattern Dance Element (1AT) Steps # 1-18	Key Point 1 Woman Steps 7-10 (LFO, XF-RFO, XB-LFIO, XB-RFIO)	Key Point 2 Man Steps 7-10 (LFO, XF-RFO, XB-LFIO, XB-RFI-Ctr)	Key Point 3 Woman Steps 13-15 (CR-RFO3, LBO, RFO)	Key Point 4 Man Steps 13-15 (CR-LBO, RFO3, LBO)
Key Point Features	1. Correct Edges 2. Correct Change of edges	1. Correct Edges 2. Correct Change of edge 3. Correct Turn (#10)	1. Correct Edges 2. Correct Turn	1. Correct Edges 2. Correct Turn
Pattern Dance Element (2AT) Steps # 19-31	Key Point 1 Woman Steps 23-24 (LFO Sw-Tw1 (between counts 4&1), RFO)	Key Point 2 Man Steps 23-24 (LFO Sw-OpCho, RBI (between counts 4&1), LBO)	Key Point 3 Woman Steps 31 CR-LBO-SwR/RFI (between 4&1))	Key Point 4 Man Steps 31 CR-RFO-SwR)
Key Point Features	1. Correct Edges 2. Correct Turn	1. Correct Edges 2. Correct Turn	1. Correct Edges 2. Correct Cross Roll movement	1. Correct Edges 2. Correct Cross Roll movement

Cross roll vpred/vzad: Plynulý pohyb voľnej nohy ako rolovanie okolo nohy idúcej plynulo na nasledujúcu vonkajšiu hranu. V tom istom čase dochádza k prenosu váhy z jedného vonkajšieho oblúka do následného vonkajšieho oblúka čo vytvára pohyb – rolovania.

Pre cross roly platí, že voľná noha pri pohybe míňa nohu idúcu vpredu/vzadu a je umiestňovaná na ľad pred/za nohou idúcou. Nie je požiadavkou, aby noha na ktorú je prenášaná váha a na ktorú je našľapované bola na ľad umiestnená na vonkajšiu hranu.

Poznámka: Zmena hrany ako príprava na ďalší krok/odraz v max. dĺžke ½ doby je povolená. (Príklad 1AT – Key point 3,4; 2AT Key point 4) -Adv Novices

Poznámka: Krok 23 AT je ľavá vonkajšia hranu ukončená predným Tw v smere hodinových ručičiek „Tweezle – v pohybe/ako pohyb“ Tw1. Telo partnerky/ženy prevedie 1 plnú rotáciu, ale nie je povinné aby aj idúca noha vykonala 1 celú otočku, s následným nasadením na pravú prednú vonkajšiu hranu.

### Voľný tanec/Free dance - prvky dobre vyváženého voľného tanca

Rozjzdka: 6 min. max 5 párov na ľade

**Juniori: 3:30 min. +/- 10 sek**

**Seniori: 4 min. +/- 10 sek**

Hudobný doprovod v rovnakom tempe/rytme nesmie byť dlhší ako 75% dĺžky jazdy. Musí mať počuteľný rytmus a melódiu alebo len počuteľný rytmus samostatne. Melódia bez počuteľného rytmu nie je povolená, ale môže byť volkálna. Hudba bez počuteľného rytmu môže tvoriť 10s na začiatku alebo konci jazdy,



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**2.2 FREE DANCE – Required Elements 2022/23 for Junior/Senior**

ELEMENTS	JUNIOR	SENIOR
Dance Lift - Not more than	Two (2) Different Type Short Lift (up to 7 seconds each) Or One (1) Combination Lift (up to 12 seconds in total) <i>The lifted partner's Difficult Pose or Change of Pose (option a) or b)) in the RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combo Lift. The repeated same Difficult Pose or Change of Pose (option a) or b)) performed in the same type of lift will be considered as a simple pose/change of pose for the FD.</i>	Three (3) Different Type Short Lift (Up to 7 sec each) Or One (1) Short Lift (up to 7 sec each) and One (1) Combination Lift (up to 12 seconds in total) <i>(Short Lift must be a different type than in the Combination Lift) The lifted partner's Difficult Pose or Change of Pose (option a) or b)) in the RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combo Lift. The repeated Difficult Pose or Change of Pose (option a) or b)) performed in the same type of lift will be considered as a simple pose/change of pose for the FD.</i>
Dance Spin (DSp)	<ul style="list-style-type: none"> <li>One (1) Dance Spin</li> </ul> <b>Specifications for Season 2022/23</b> Dance Spin (DSp) - A spin skated by the Couple together in any hold. <u>To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners</u>	
Step Sequence: Types: Straight line or Curve	<ul style="list-style-type: none"> <li>1 Step Sequence in Hold (Style B)</li> </ul> <b>Specifications to Style B, Free Dance 2022/23:</b> Retrogression - one (1) permitted –must not exceed two measures of music Not permitted: - Stops - Loops - Hand in hand hold with fully extended arms cannot be established - Separations of more than 2 arms length and/or exceeding 5 seconds The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern. <i>The Step Sequence is evaluated as one unit by adding the Base Values of the Woman Step Sequence Level and the Man Step Sequence Level and then applying the GOE</i>	
One (1) One Foot Turns Sequence, (OFT)	<ul style="list-style-type: none"> <li>One (1) One Foot Turns Sequence FD Option, Not-Touching</li> </ul> Difficult Turns performed on one foot by each partner and must be started with the first Difficult Turn at the same time. The additional Difficult Turns do not have to be performed at the same time. <i>One Foot Turns Sequence is evaluated as one unit by adding the Base Values of the Woman One Foot Turns Sequence &amp; Man One Foot Turns Sequence and then applying the GOE.</i>	
Synchronized Twizzles	<ul style="list-style-type: none"> <li>One (1) Set of Synchronized Twizzles</li> </ul> - At least two Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1 <sup>st</sup> and 2 <sup>nd</sup> Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) - Partners must be in contact at some point between the 1 <sup>st</sup> and 2 <sup>nd</sup> Twizzles <i>Set of Synchronized Twizzles is evaluated as one unit by adding the Base Values of the Woman Set of Twizzles and Man Set of Twizzles and then applying the GOE.</i>	
Choreographic element	Two (2) Different Choreographic Elements chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Assisted Jump Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence	Three (3) Different Choreographic Elements chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Assisted Jump Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence

	Kroky „B“ po priamke/ oblúku v držaní	Tweezlový set (2-4 kroky medzi 1. a 2. Tw + držanie)	Zdvíhačky	Tanečná Pirueta	Kroky na 1 nohe b e z držania	Choreo elementy
<b>Juniori</b>	<b>1</b>	<b>1</b>	<b>2</b> krátke zdvíhačky alebo <b>1</b> dlhá/ kombinovan á	<b>1</b>	<b>1</b>	<b>2</b>
<b>Seniori</b>	<b>1</b>	<b>1</b>	<b>3</b> krátke zdvíhačky alebo <b>1</b> dlhá/ kombinovan á + <b>1</b> krátka	<b>1</b>	<b>1</b>	<b>3</b>



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### Špecifikácie elementov:

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➤ Zdvíhaná figúra:

Juniori: 2 krátke do 7s. alebo 1 dlhá/kombinovaná do 12s

- Ťažká pozícia alebo zmena pozície u zdvíhaného partnera musí byť iná ako predvedená v rovnakom type zdvíhanej figúry v RD. V prípade že bude použitá rovnaká ťažká pozícia alebo zmena pozície v rovnakom type zdvíhanej figúry bude považovaná za jednoduchú a neovplyvní možné zvýšenie levelu.

Seniori: 3 krátke zdvíhané figúry alebo 1 dlhá a 1 krátka zdvíhaná figúra

➤ Tanečná pirueta:

Jedna tanečná pirueta so alebo bez zmeny nohy vykonaná oboma alebo jedným z partnerov

➤ Kroková pasáž – typu B po priamke alebo krivke

Je hodnotená levelom samostatne pre každého z partnerov

Kresba počas celého predvedenia musí dodržiavať zvolený tvar, resp. základný tvar (priamka, kruh a pod.)

- Jeden návrat v kresbe povolený
- Nepovolené: zastavenie, slučka v kresbe, držanie ruka v ruke a s plným natiahnutím paží, separácia na viac ako 2násobok vzdialenosti dĺžky paží

➤ Kroky na jednej nohe – bez držania

Sú hodnotené levelom samostatne pre každého z partnerov.

Obťažne obraty musia začínať prvým obratom prevedeným oboma partnermi naraz. Ostatné obraty už nemusia byť predvedené naraz.





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### ➤ 1 set Synchronizovaných tweezlov

1. A 2. tweezel spojený min. 2 a max. 4 krokmi, pričom sa musia aspoň dotknúť počas spojovacích krokov.

### ➤ Choreo elementy – pravidlá ako v predchádzajúcej sezóne s doplnením

Juniori: 2 rôzne z

Seniori: 3 rôzne z

- Choreo zdvíhaná figúra
- Choreo pirueta
- Choreo asistovaný skok – aspoň 3 plynulo za sebou predvedené skoky s asistenciou kdekoľvek v programe. Musia byť splnené nasledovné podmienky:
  - 3 v rade ale nemusia byť rovnaké
  - Nesmú mať viac ako 1 rotáciu u asistujúceho partnera
  - Menej ako 3 sekundy mimo ľadu pre asistovaného partnera
  - Nie viac ako 3 kroky medzi asistovanými skokmi
  - Obaja z partnerov môžu predvádzať asistované skoky
- Choreo Tweezlový pohyb
  - Aspoň jeden z partnerov musí predviesť druhý tweezel s max. 3 krokmi po prvom predvedenom tweezlovom pohybe
- Choreo skĺznutie/šmýkanie
- Choreo kroky – okolo krátkej osi 10m na obe strany
  - Dotýkanie ľadu ako kontrolovaný pohyb je povolené
  - Max. vzdialenosť medzi partnermi 4m/ 4 paže