



PHSU ICE DANCE MANUAL

ICE DANCE TESTING, TECHNICAL & REFERENCE GUIDELINES

Version 1.0 • 2026

PHSU ICE DANCE MANUAL

DANCE DIAGRAMS AND DESCRIPTIONS

DESCRIPTION

General

The dance diagrams show for each dance the description and sequence of steps, their relation to the music, their relation to the longitudinal, continuous and transverse axes and the partner positions. These relationships should be maintained as closely as possible for proper dance expression and execution.

The diagrams are drawn with constant radii for each individual lobe centerline and with the length of tracing for each step in constant proportion to the total length of pattern centerline, the total number of steps in the pattern and the number of beats of music designated for each step (e.g. the length of tracing for a four-beat step is shown twice as long as a two-beat step, four times as long as a one-beat step, etc.). This latter relationship ideally assumes that the dancer travels along the pattern centerline at a constant speed.

The diagrams show as clearly as possible the direction and curvature of each edge as well as their relationship on the ice. Although the dances should be skated with strong edges and as much expression as possible, dancers should be careful to retain the prescribed relationship of edges to the axes. However, the curvature and the length of tracings are not to be taken too literally, and the actual skating of the dance in these respects may diverge somewhat from the printed diagram (e.g. the dancer in accelerating during power strokes and decelerating during other steps where no impetus is gained may thereby increase or decrease the length of tracing and the radii of the lobes respectively). The permissible divergence does not include skating the curvatures and length of steps in such a manner that the pattern and the lobes are distorted or that some edges become flats or nearly flats.

The duration of each step, in number of beats, is shown by the numbers placed alongside the inside of the tracing of each step. For steps containing one-foot turns, the number of beats before and after the turn are shown rather than the total number of beats of the step (e.g. Rocker Foxtrot, 1 + 3 for a four-beat step with a rocker on beat two).

The steps for each dance are numbered on the diagrams, for easy reference, beginning with the first step of the dance (e.g. 1-LFO, 2-RFI, etc.).

All steps are open strokes unless specifically indicated otherwise.

The notation "SC" indicates that a slight change of edge (or rock-over) should be made at the end of one edge to facilitate the take off of the following edge. This slight change of edge should not be confused with the definite change of edge called for in some of the dances (e.g. Step 8 of the Tango Fiesta), since it is merely a rock-over of the skate blade to an inside edge which is made after the free foot has been drawn down beside the skating foot for the take off of the next step.

The diagrams for the international dances correspond generally to those contained in the ISU regulations. However, since some slight differences may exist, dancers planning to take ISU tests or to compete in international competitions should refer to the current ISU regulations.

The Fourteenstep pattern, when skated in a dance session where more than four couples are dancing at the same time and the rink size permits, should be lengthened by including Steps 1 to 4 twice along the side of the rink; thus, the number of steps in the pattern is increased from 14 to 18.

See Dance Glossary for definitions of axes, lobe, pattern, dance positions, steps, turns and requirements for introductory steps.

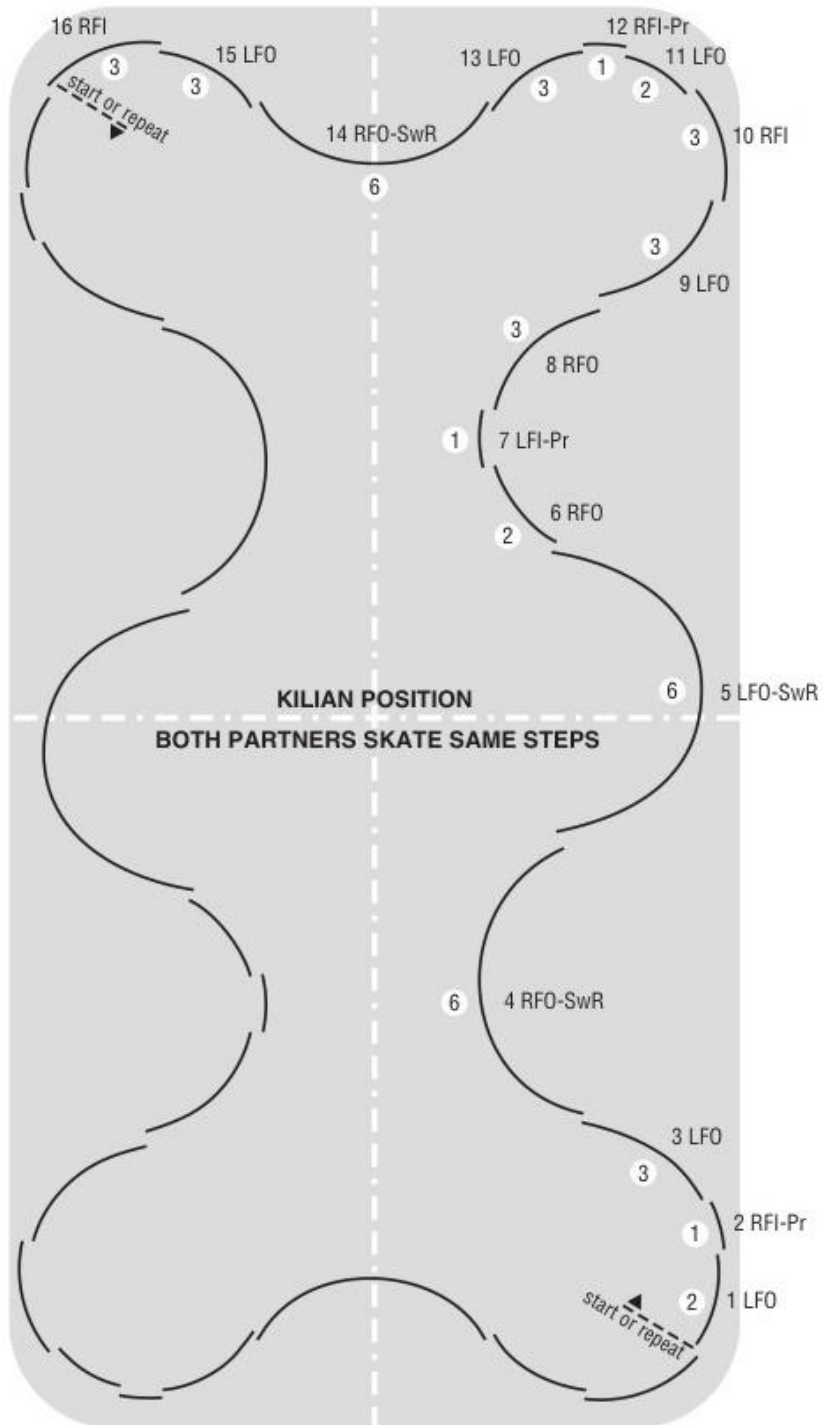
See Dance Music section for timing of dance patterns and definitions of music terms.

See lists of abbreviations and their meanings.

Dance descriptions specify for each dance: the music, tempo, pattern timing, pattern requirement, test category, if an international dance, the inventors, where first performed, the character of the dance and special details and requirements. The descriptions complement the diagrams and should be studied in conjunction with them to fully understand all requirements including those for interpretation and expression.

OFFICIAL PATTERN DIAGRAM

DUTCH WALTZ — SET PATTERN DANCE



PHSU ICE DANCE MANUAL
PRELIMINARY PATTERN DANCE REFERENCE
RHYTHM BLUES

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Blues 4/4 Tempo: 22 four-beat measures per minute; 88 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :22; 2 = :44; 3 = 1:05; 4 = 1:27 Pattern: Set	Test Level: Preliminary Test Duration: Test 2 = :44 Competition 3 = 1:05 Adult Competition 2 = :44 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: Knowledge of the steps, fairly good edges, ability to keep time with the music, and some evidence of good form.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

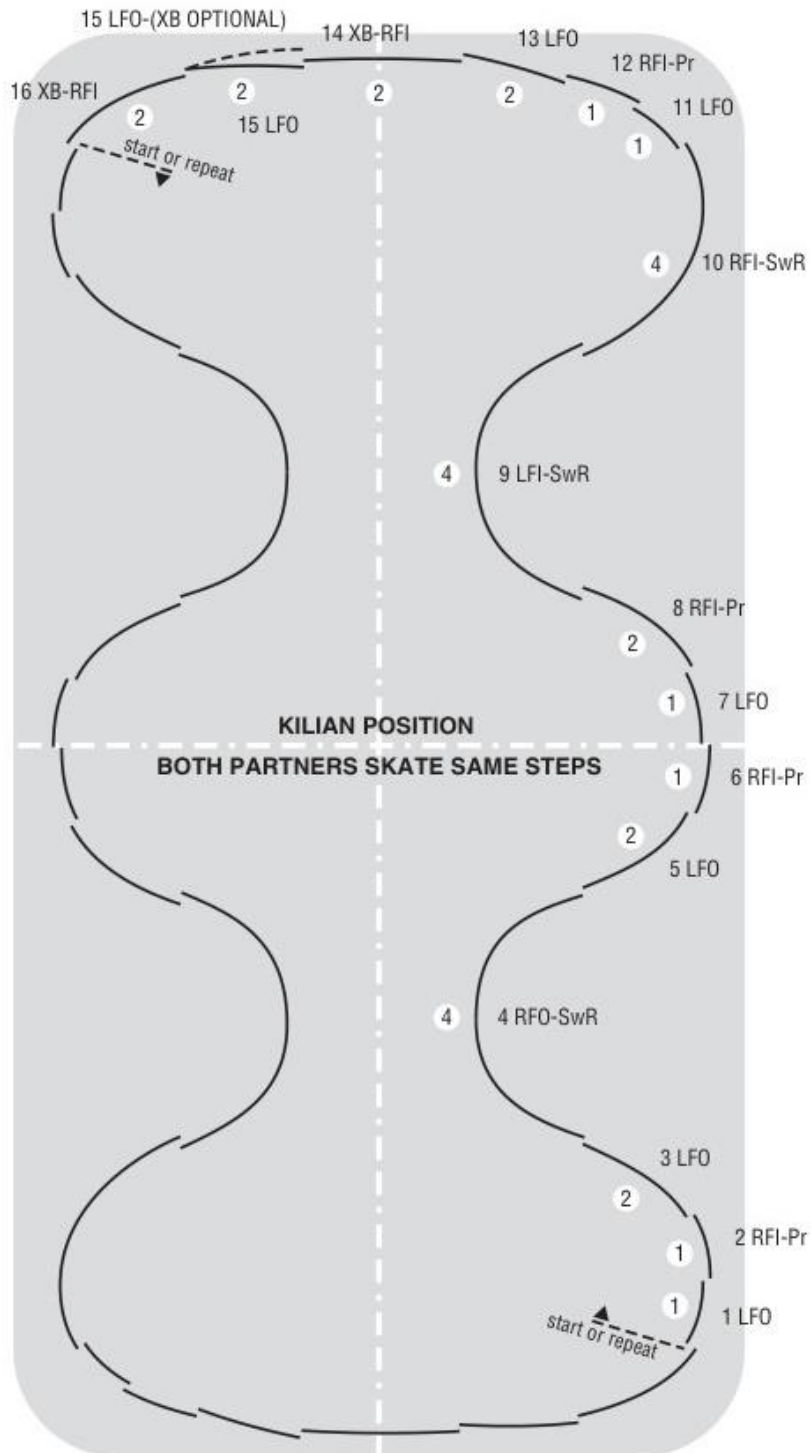
PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

RHYTHM BLUES

OFFICIAL PATTERN DIAGRAM

RHYTHM BLUES — SET PATTERN DANCE



PHSU ICE DANCE MANUAL
PRELIMINARY PATTERN DANCE REFERENCE
TANGO CANASTA

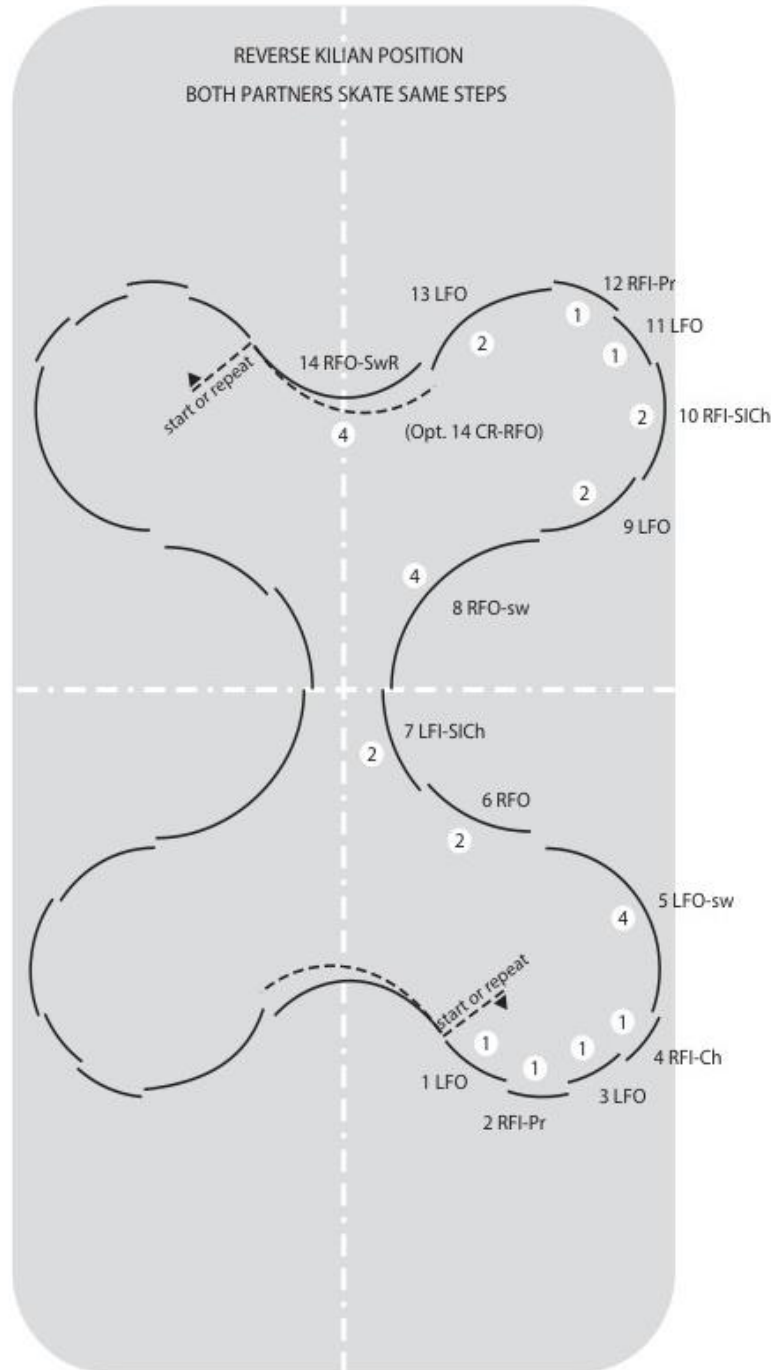
TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Tango 4/4 Tempo: 26 four-beat measures per minute; 104 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :16; 2 = :32; 3 = :48; 4 = 1:05 Pattern: Set	Test Level: Preliminary Test Duration: Test 2 = :32 Competition 3 = :48 Adult Competition 2 = :32 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: Knowledge of the steps, fairly good edges, ability to keep time with the music, and some evidence of good form.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

TANGO CANASTA
OFFICIAL PATTERN DIAGRAM

TANGO CANASTA — SET PATTERN DANCE



PHSU ICE DANCE MANUAL
PRE-BRONZE PATTERN DANCE REFERENCE
SWING DANCE

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Foxtrot 4/4 or Schottische 2/4 Tempo: 24 four-beat measures per minute; 96 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :40; 2 = 1:20; 3 = 2:00; 4 = 2:40 Pattern: Set	Test Level: Pre-bronze Test Duration: Test 2 = 1:20 Competition 2 = 1:20 Adult Competition 2 = 1:20 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: Knowledge of the steps and correct timing, with attention to edge depth, lobe curvature, expression and appropriate use of holds.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

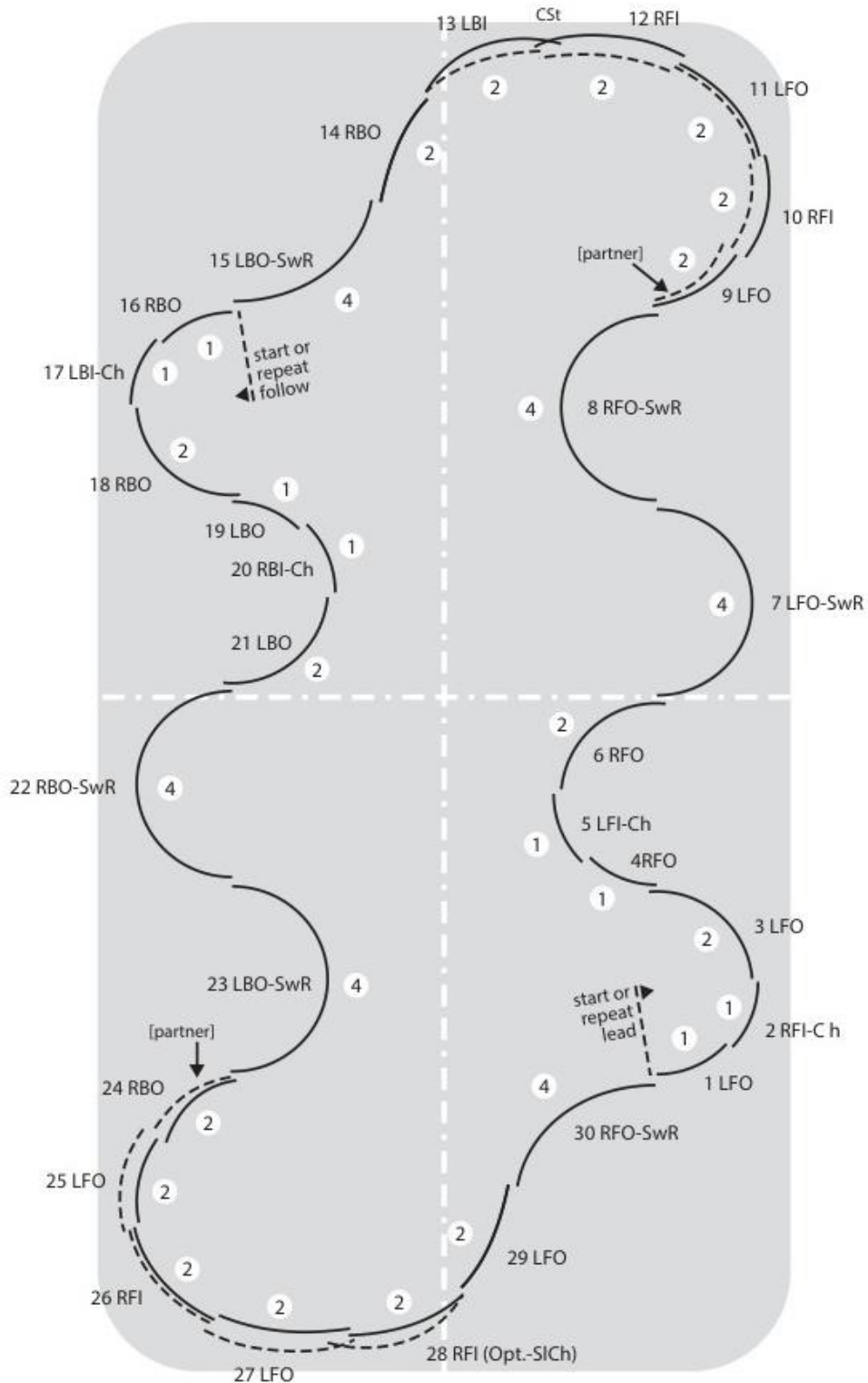
Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

This dance introduces beginning dancers to a fourth basic rhythm and presents a relaxed method of changing from forward to backward skating. It requires the lead partner to learn to lead and the follow partner to follow while skating backward as well as forward. While the dance diagram shows correct curvature of edges and lobes, such depth of curvature should not be expected from a skater at this level. It does, however, present a goal toward which the skater should aim. It should be noted that Steps 1 to 8 and 16 to 23 are similar in pattern and character and are skated in closed position. These steps are skated both forward and backward by each partner to complete a pattern of the dance.

SWING DANCE

OFFICIAL PATTERN DIAGRAM

SWING DANCE — SET PATTERN DANCE



PHSU ICE DANCE MANUAL
PRE-BRONZE PATTERN DANCE REFERENCE
CHA CHA

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Cha Cha 4/4 Tempo: 25 four-beat measures per minute; 100 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :19; 2 = :38; 3 = :58; 4 = 1:17 Pattern: Set	Test Level: Pre-bronze Test Duration: Test 2 = :38 Competition 3 = :58 Adult Competition 2 = :38 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: Knowledge of the steps and correct timing, with attention to edge depth, lobe curvature, expression and appropriate use of holds.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

PHSU ICE DANCE MANUAL
PRE-BRONZE PATTERN DANCE REFERENCE
TANGO FIESTA

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Tango 4/4 Tempo: 27 four-beat measures per minute; 108 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :18; 2 = :36; 3 = :53; 4 = 1:11 Pattern: Set	Test Level: Pre-bronze Test Duration: Test 2 = :36 Competition 3 = :53 Adult Competition 2 = :36 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: Knowledge of the steps and correct timing, with attention to edge depth, lobe curvature, expression and appropriate use of holds.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

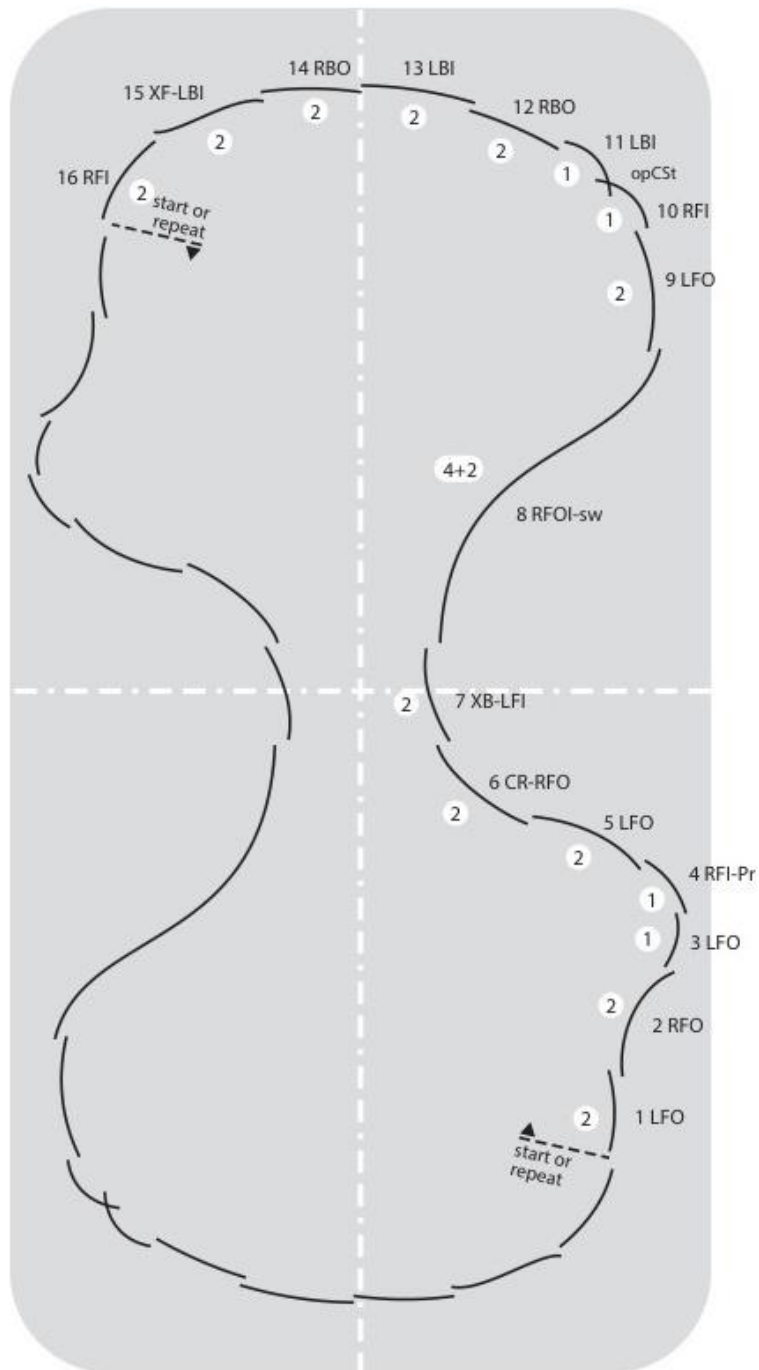
Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

In the Tango Fiesta, both partners skate the same steps. The tempo of the Tango Fiesta is a slow tango rhythm, and partners should strive for upright carriage, soft knee action, easy flow and smooth, uniform leg swings.

TANGO FIESTA

OFFICIAL PATTERN DIAGRAM

TANGO FIESTA — SET PATTERN DANCE



PHSU ICE DANCE MANUAL
BRONZE PATTERN DANCE REFERENCE
HICKORY HOEDOWN

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Country-Western (Hoedown) 4/4 Tempo: 26 four-beat measures per minute; 104 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :23; 2 = :46; 3 = 1:09; 4 = 1:32 Pattern: Set	Test Level: Bronze Test Duration: Test 2 = :46 Competition 3 = 1:09 Adult Competition 2 = :46 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: Correct steps and turns, accurate basic timing, good edges and flow on at least the easier parts, erect carriage and a reasonably well-placed pattern.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

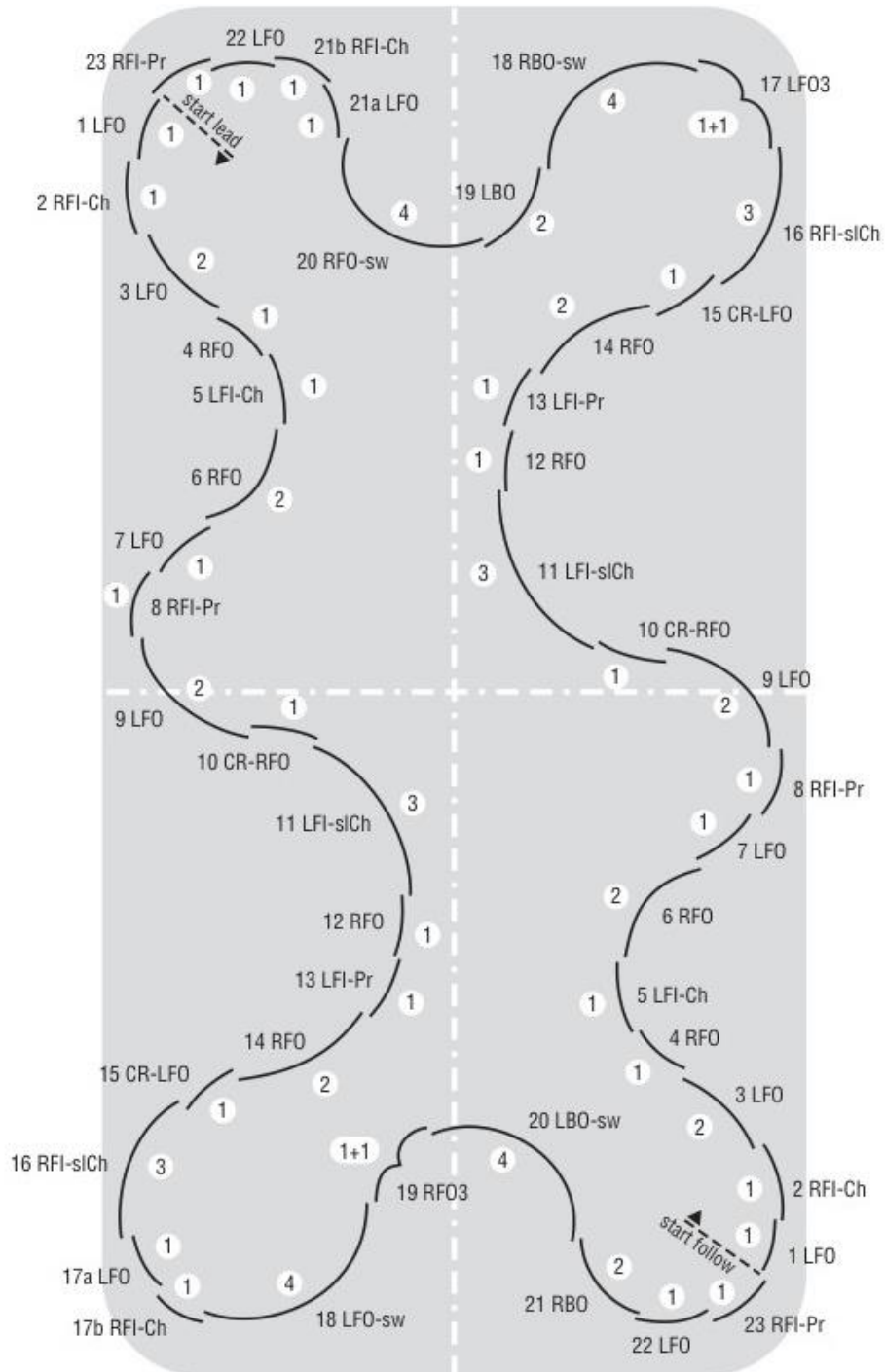
PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

HICKORY HOEDOWN

OFFICIAL PATTERN DIAGRAM

HICKORY HOEDOWN — SET PATTERN DANCE



PHSU ICE DANCE MANUAL
BRONZE PATTERN DANCE REFERENCE
WILLOW WALTZ

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Waltz 3/4 Tempo: 46 three-beat measures per minute; 138 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :23; 2 = :47; 3 = 1:10; 4 = 1:34 Pattern: Set	Test Level: Bronze Test Duration: Test 2 = :47 Competition (with key points) 3 = 1:10 Competition (no key points) 2 = :47 Adult Competition 2 = :47 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: Correct steps and turns, accurate basic timing, good edges and flow on at least the easier parts, erect carriage and a reasonably well-placed pattern.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

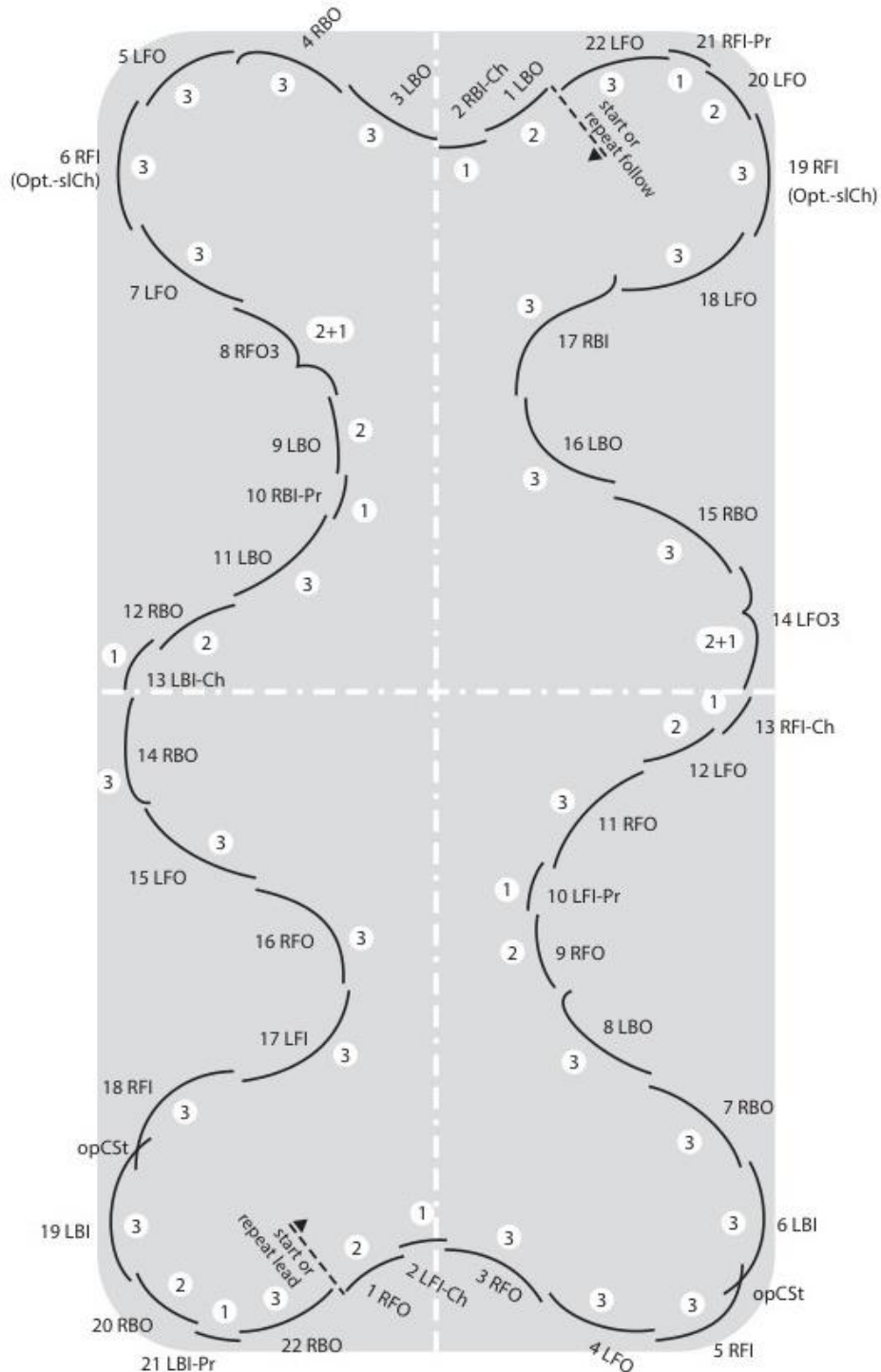
PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

WILLOW WALTZ

OFFICIAL PATTERN DIAGRAM

WILLOW WALTZ — SET PATTERN DANCE



PHSU ICE DANCE MANUAL
BRONZE PATTERN DANCE REFERENCE
TEN-FOX

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Foxtrot 4/4 Tempo: 25 four-beat measures per minute; 100 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :19; 2 = :38; 3 = :58; 4 = 1:17 Pattern: Set	Test Level: Bronze Test Duration: Test 2 = :38 Competition 3 = :58 Adult Competition 2 = :38 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: Correct steps and turns, accurate basic timing, good edges and flow on at least the easier parts, erect carriage and a reasonably well-placed pattern.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

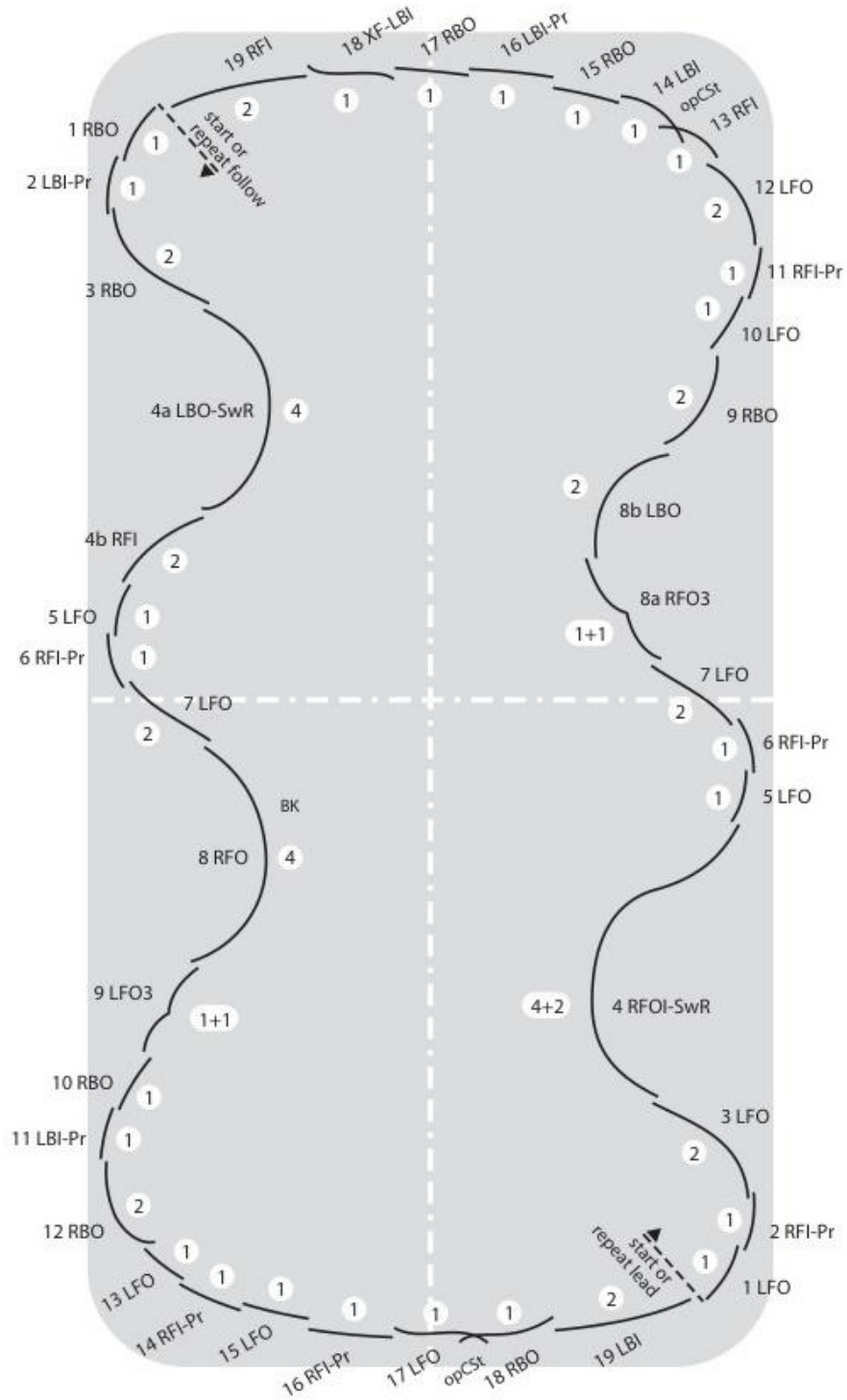
Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

As denoted by the name, the Ten-Fox is a dance that was created by combining elements from the Foxtrot and an old social dance called the Tenstep (later replaced by the Fourteenstep).

TEN-FOX

OFFICIAL PATTERN DIAGRAM

TEN-FOX — SET PATTERN DANCE



PHSU ICE DANCE MANUAL
PRE-SILVER PATTERN DANCE REFERENCE
FOURTEENSTEP

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: March 6/8 or 2/4 Tempo: 56 two-beat measures per minute or 28 four-beat measures per minute: 112 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :11; 2 = :21; 3 = :32; 4 = :43 Pattern: Set	Test Level: Pre-silver Test Duration: Test 3 = :32 Competition 4 = :43 Adult Competition 3 = :32 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: Correct steps and turns on strong edges, good form, good rhythm, and some degree of expression and partner unison.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

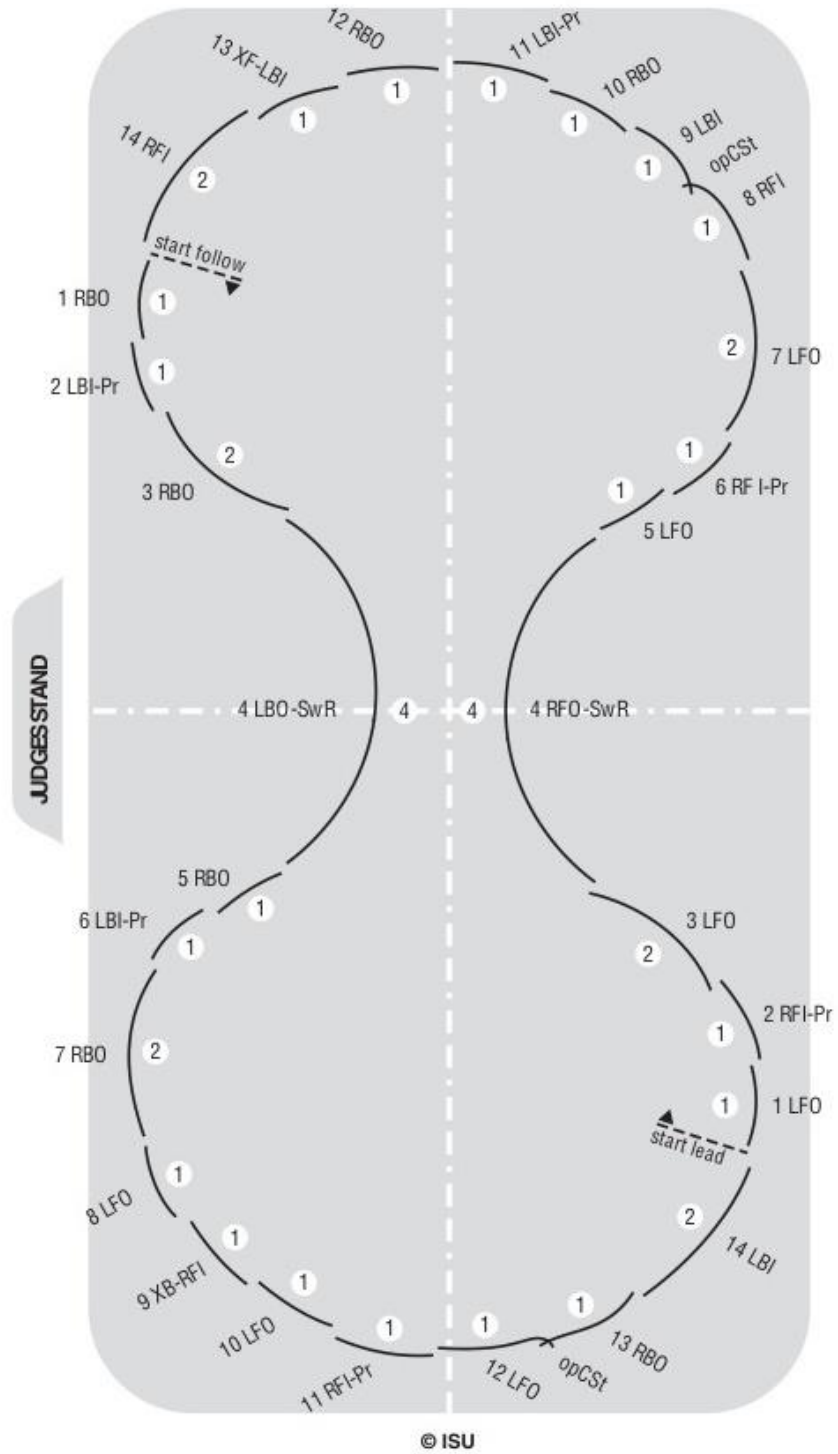
PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

During Steps 1 to 7, the partners are in closed hold with the follow partner skating backward and the lead partner forward. The dance begins with a progressive sequence of three steps forming a lobe curving toward the midline. Step 4 is a four-beat swing roll curving toward 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 follow partner steps forward on Step 8 and skates close beside the lead partner in open hold until the lead partner completes the Choctaw. 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 lead partner's open inside Choctaw on Step 9, the lead partner should check the rotation with the 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 follow partner's right hip beside the lead partner's right hip with the follow partner now skating forward and the lead partner backward. Step 9 for the follow partner is a crossed behind chassé, and Step 11 is a progressive. On Step 10 the lead partner steps close beside the skating foot, Steps 11 and 12 are a progressive sequence, and then Step 13 is crossed in front. The follow partner gradually moves ahead of the lead partner to skate an open outside Choctaw during Steps 12 and 13. At the conclusion of Step 13, the lead partner steps onto Step 14. On Step 14 the partners return to the original closed hold.

FOURTEENSTEP OFFICIAL PATTERN DIAGRAM

FOURTEENSTEP — SET PATTERN DANCE



PHSU ICE DANCE MANUAL
PRE-SILVER PATTERN DANCE REFERENCE
EUROPEAN WALTZ

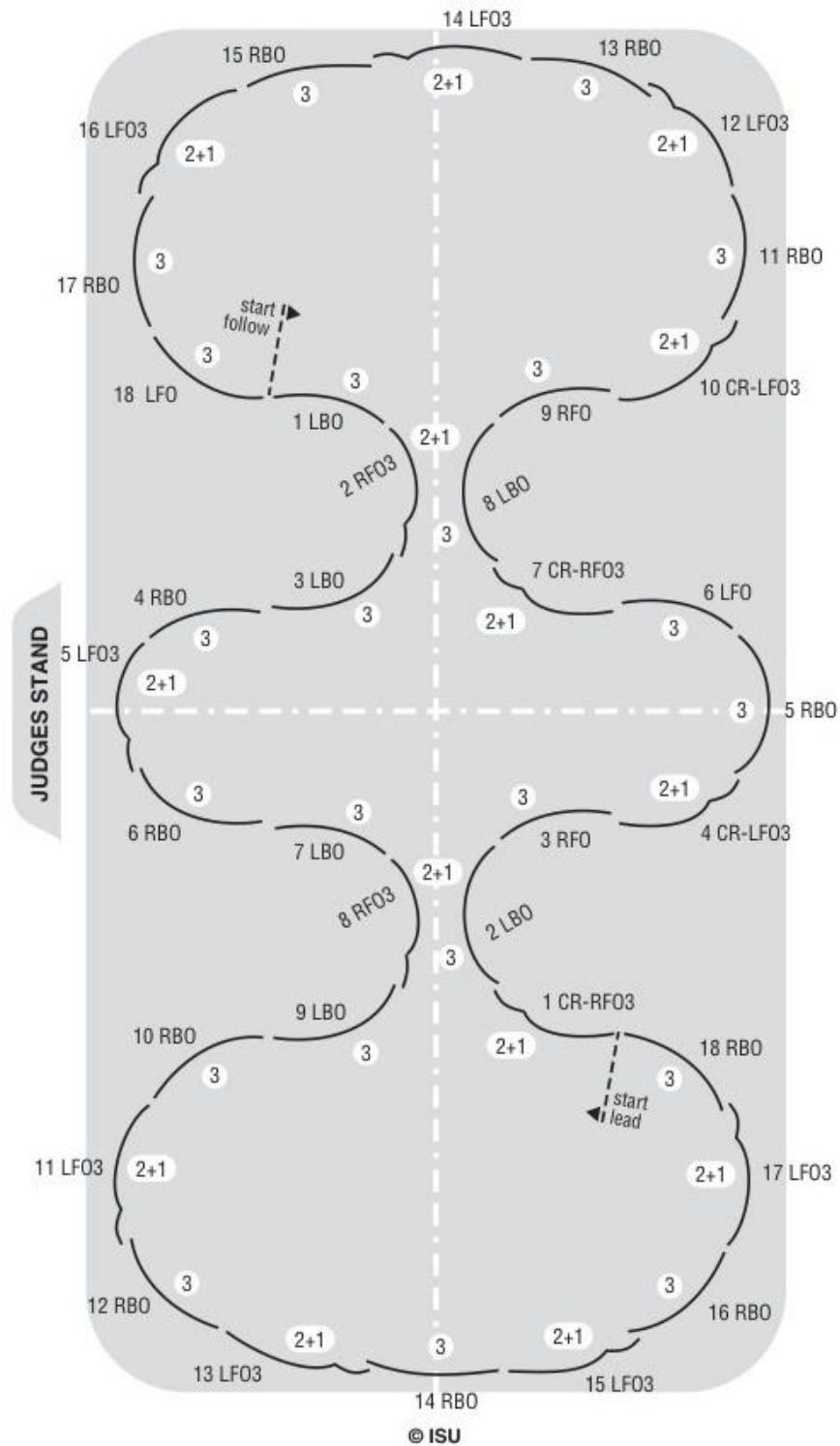
TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Waltz 3/4 Tempo: 45 three-beat measures per minute; 135 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :24; 2 = :48; 3 = 1:12; 4 = 1:36 Pattern: Optional (ISU: Set) Where the ice surface measures less than 197 feet in length, the ISU European Waltz pattern may be shortened by deleting Steps 4 to 9, and for the pattern starting on the short axis for the European Waltz, Steps 13 to 18 may be deleted; thus, only one semicircular lobe is danced toward the longitudinal axis of the ice surface. In such instance, four sequences must be danced with a partner and, when required, three sequences must be danced solo. For pattern dance tests of the European Waltz only, the skater may begin the dance on the short axis of the rink. The first step of the dance for both partners is Step 6 as diagrammed for IJS.	Test Level: Pre-silver Test Duration: Test 2 = :48 Competition 2 = :48 Adult Competition 2 = :48 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: Correct steps and turns on strong edges, good form, good rhythm, and some degree of expression and partner unison.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

EUROPEAN WALTZ
OFFICIAL PATTERN DIAGRAM

EUROPEAN WALTZ — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
PRE-SILVER PATTERN DANCE REFERENCE
FOXTROT

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Foxtrot 4/4 Tempo: 25 four-beat measures per minute; 100 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :17; 2 = :34; 3 = :50; 4 = 1:07 Pattern: Optional	Test Level: Pre-silver Test Duration: Test 3 = :50 Competition 4 = 1:07 Adult Competition 3 = :50 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: Correct steps and turns on strong edges, good form, good rhythm, and some degree of expression and partner unison.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

FOXTROT — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
SILVER PATTERN DANCE REFERENCE
AMERICAN WALTZ

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Waltz 3/4 Tempo: 66 three-beat measures per minute; 198 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :29; 2 = :58; 3 = 1:27; 4 = 1:56 Pattern: Optional (ISU: Set) Where the ice surface measures less than 197 feet in length, the ISU American Waltz pattern may be shortened by deleting Steps 4 to 9, and for the pattern starting on the short axis for the American Waltz, Steps 11 to 16 may be deleted; thus, only one semicircular lobe is danced toward the longitudinal axis of the ice surface. In such instance, four sequences must be danced with a partner and, when required, three sequences must be danced solo. For pattern dance tests of the American Waltz only, the skater may begin the dance on the short axis of the rink. The first step of the dance for both partners is Step 6 as diagrammed for IJS.	Test Level: Silver Test Duration: Test 2 = :58 Solo after partnering 2 = :58 Competition 2 = :58 Adult Competition 2 = :58 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A generally good performance with strong, true edges, good rhythm, smooth turns, correct carriage and effortless flow; musical interpretation and unison should be moderately good.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

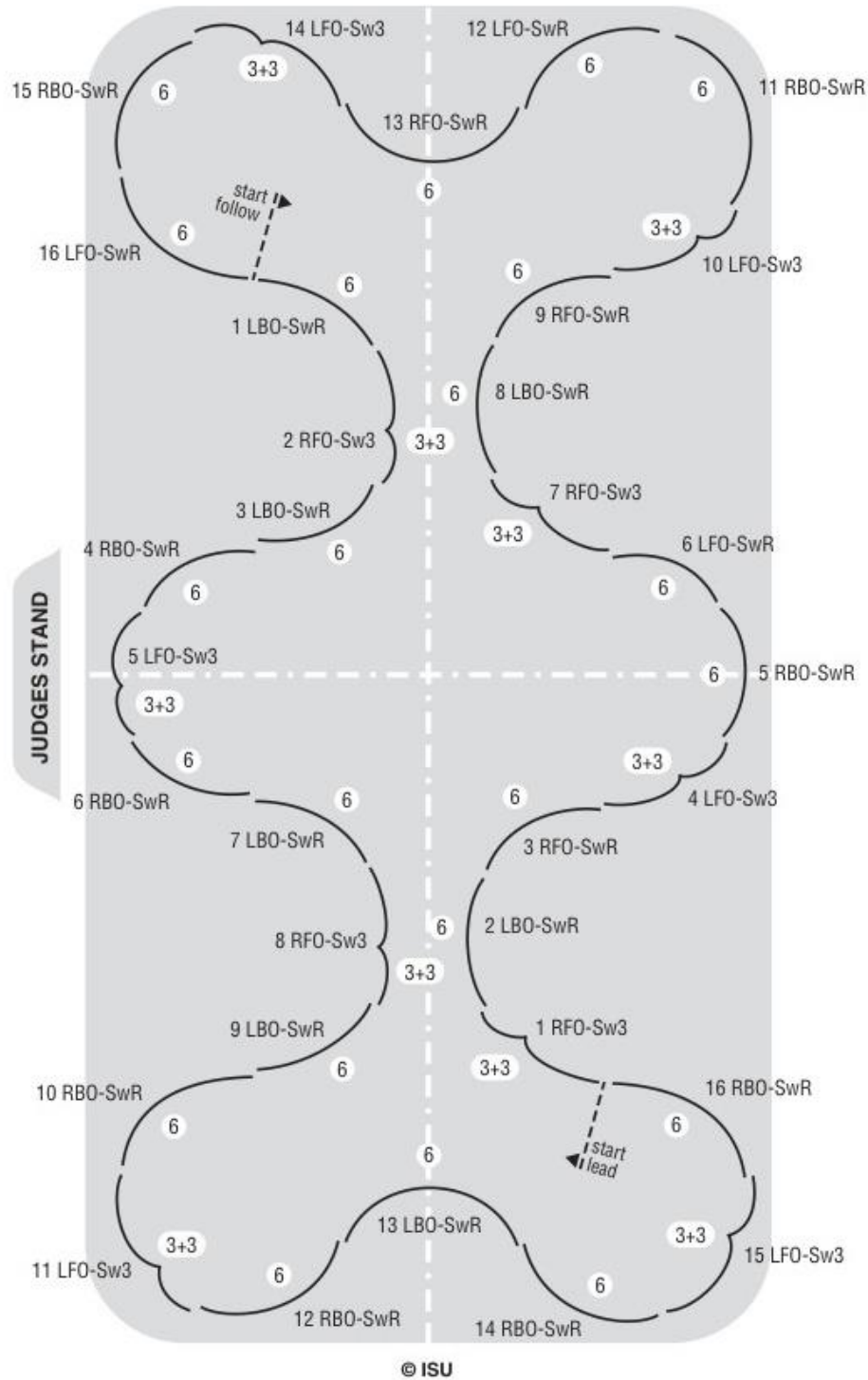
PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

AMERICAN WALTZ

OFFICIAL PATTERN DIAGRAM

AMERICAN WALTZ — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
SILVER PATTERN DANCE REFERENCE
TANGO

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Tango 4/4 or 2/4 Tempo: 27 four-beat measures per minute; 108 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :29; 2 = :58; 3 = 1:27; 4 = 1:56 Pattern: Optional	Test Level: Silver Test Duration: Test 2 = :58 Solo after partnering 2 = :58 Competition 2 = :58 Adult Competition 2 = :58 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A generally good performance with strong, true edges, good rhythm, smooth turns, correct carriage and effortless flow; musical interpretation and unison should be moderately good.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

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 follow partner to the right. The lead partner makes two quick cross steps (Steps 1 and 2), the first crossed in front, the second crossed behind (a crossed chassé sequence)

TANGO — OPTIONAL PATTERN DANCE



ROCKER FOXTROT

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Foxtrot 4/4 Tempo: 26 four-beat measures per minute; 104 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :16; 2 = :32; 3 = :48; 4 = 1:05 Pattern: Set	Test Level: Silver Test Duration: Test 3 = :48 Solo after partnering 2 = :32 Competition 4 = 1:05 Adult Competition 3 = :48 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A generally good performance with strong, true edges, good rhythm, smooth turns, correct carriage and effortless flow; musical interpretation and unison should be moderately good.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

ROCKER FOXTROT — SET PATTERN DANCE



PHSU ICE DANCE MANUAL
PRE-GOLD PATTERN DANCE REFERENCE
KILIAN

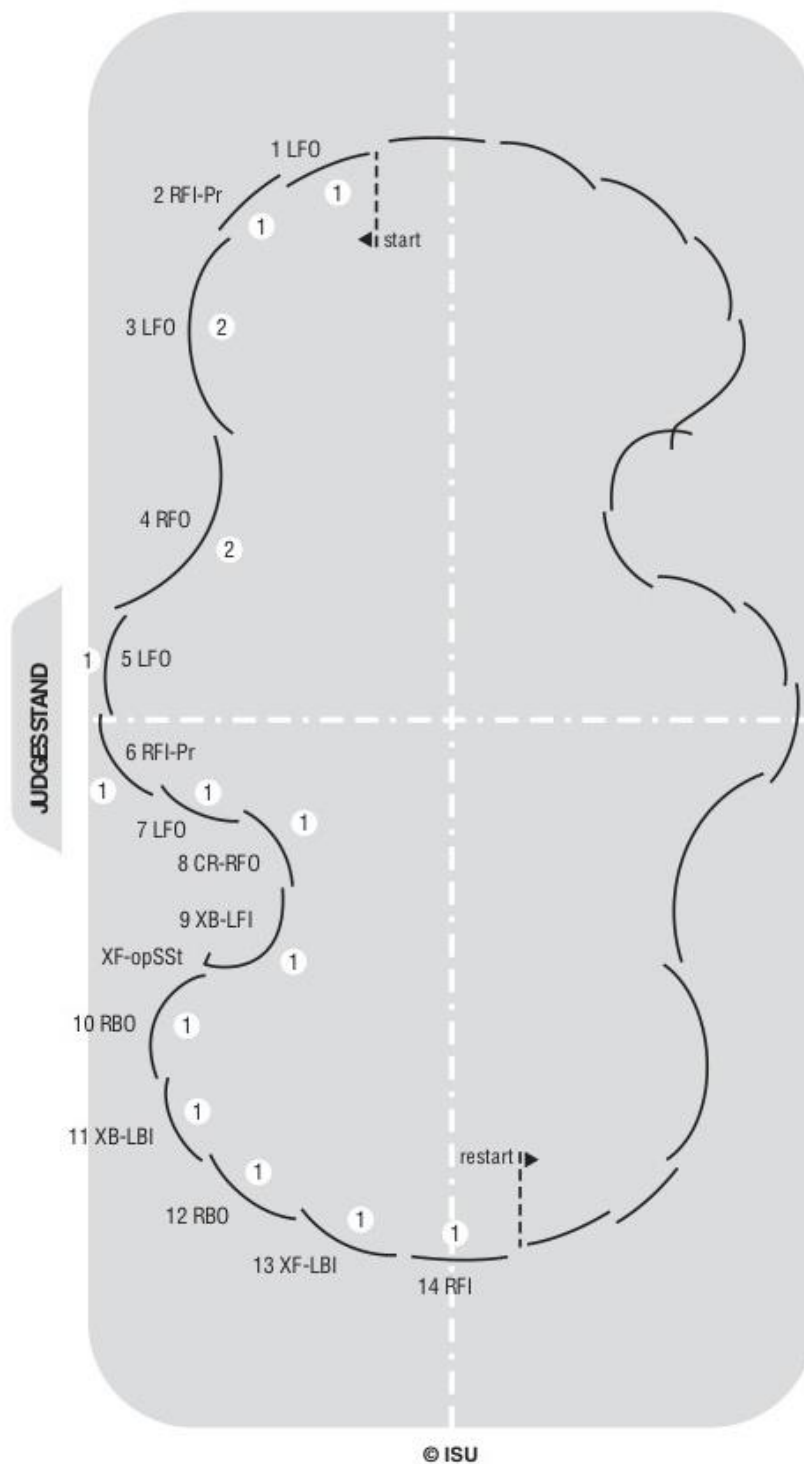
TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: March 2/4 or 4/4 Tempo: 58 two-beat measures per minute, or 29 four-beat measures per minute; 116 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :08; 2 = :17; 3 = :25; 4 = :33, 5 = :41, 6 = :50 Pattern: Optional	Test Level: Pre-gold Test Duration: Test 4 = :33 Solo after partnering 2 = :17 Competition 6 = :50 Adult Competition 4 = :33 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A generally very good performance with nearly faultless basic timing, well-timed body motions, very good flow, unison and musical interpretation, and no major errors.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

KILIAN
OFFICIAL PATTERN DIAGRAM

KILIAN — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
PRE-GOLD PATTERN DANCE REFERENCE
BLUES

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Blues 4/4 Tempo: 22 four-beat measures per minute; 88 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :25; 2 = :49; 3 = 1:14; 4 = 1:38 Pattern: Optional	Test Level: Pre-gold Test Duration: Test 3 = 1:14 Solo after partnering 2 = :49 Competition 3 = 1:14 Adult Competition 3 = 1:14 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A generally very good performance with nearly faultless basic timing, well-timed body motions, very good flow, unison and musical interpretation, and no major errors.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

BLUES — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
PRE-GOLD PATTERN DANCE REFERENCE
PASO DOBLE

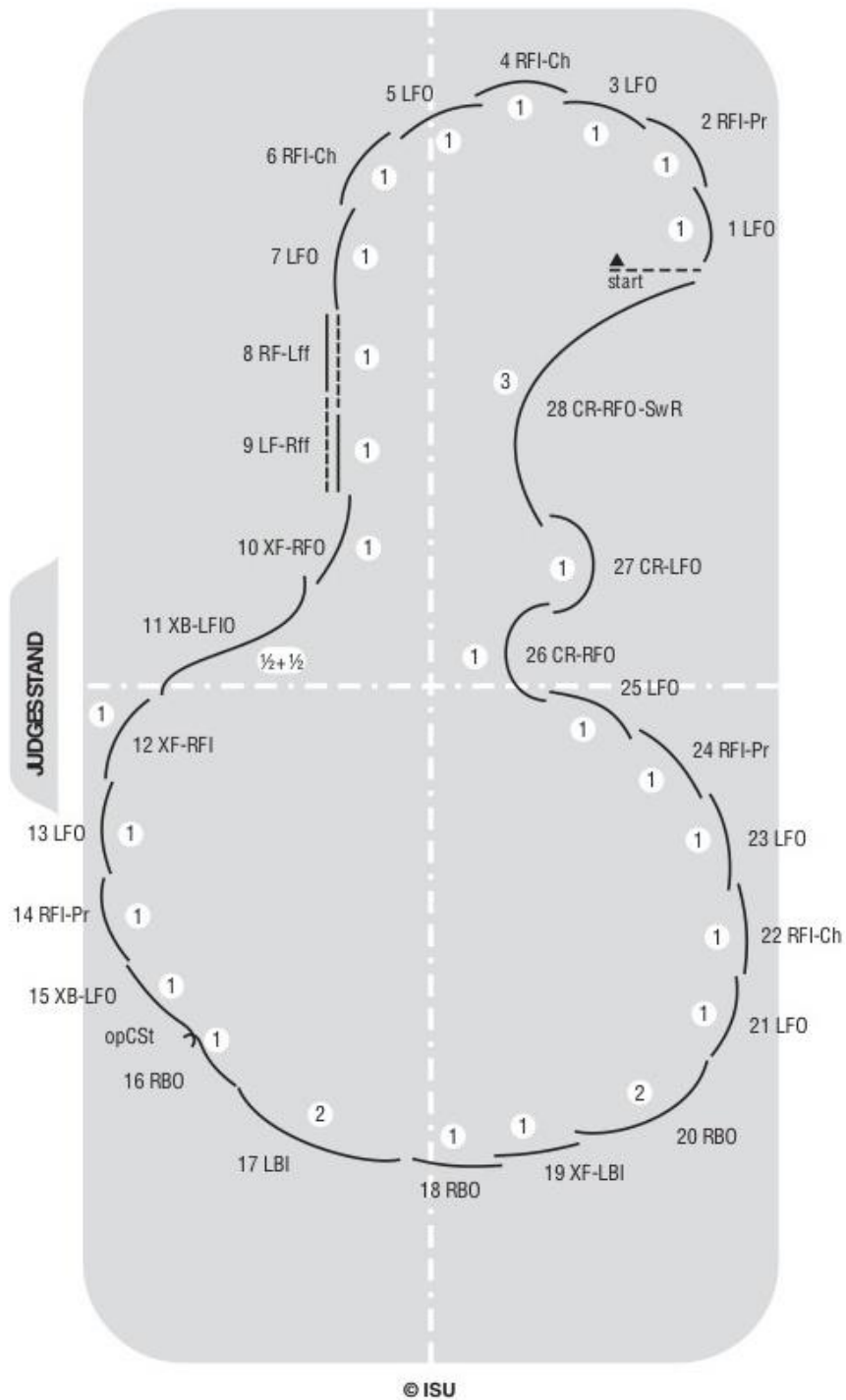
TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Paso Doble 2/4 Tempo: 56 two-beat measures per minute; 112 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :17; 2 = :34; 3 = :51; 4 = 1:09 Pattern: Optional	Test Level: Pre-gold Test Duration: Test 2 = :34 Solo after partnering 2 = :34 Competition 3 = :51 Adult Competition 2 = :34 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A generally very good performance with nearly faultless basic timing, well-timed body motions, very good flow, unison and musical interpretation, and no major errors.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

PASO DOBLE OFFICIAL PATTERN DIAGRAM

PASO DOBLE-LEAD — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
PRE-GOLD PATTERN DANCE REFERENCE
STARLIGHT WALTZ

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Waltz 3/4 Tempo: 58 three-beat measures per minute; 174 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :35; 2 = 1:10; 3 = 1:45 Pattern: Set	Test Level: Pre-gold Test Duration: Test 2 = 1:10 Solo after partnering 2 = 1:10 Competition 2 = 1:10 Adult Competition 2 = 1:10 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A generally very good performance with nearly faultless basic timing, well-timed body motions, very good flow, unison and musical interpretation, and no major errors.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

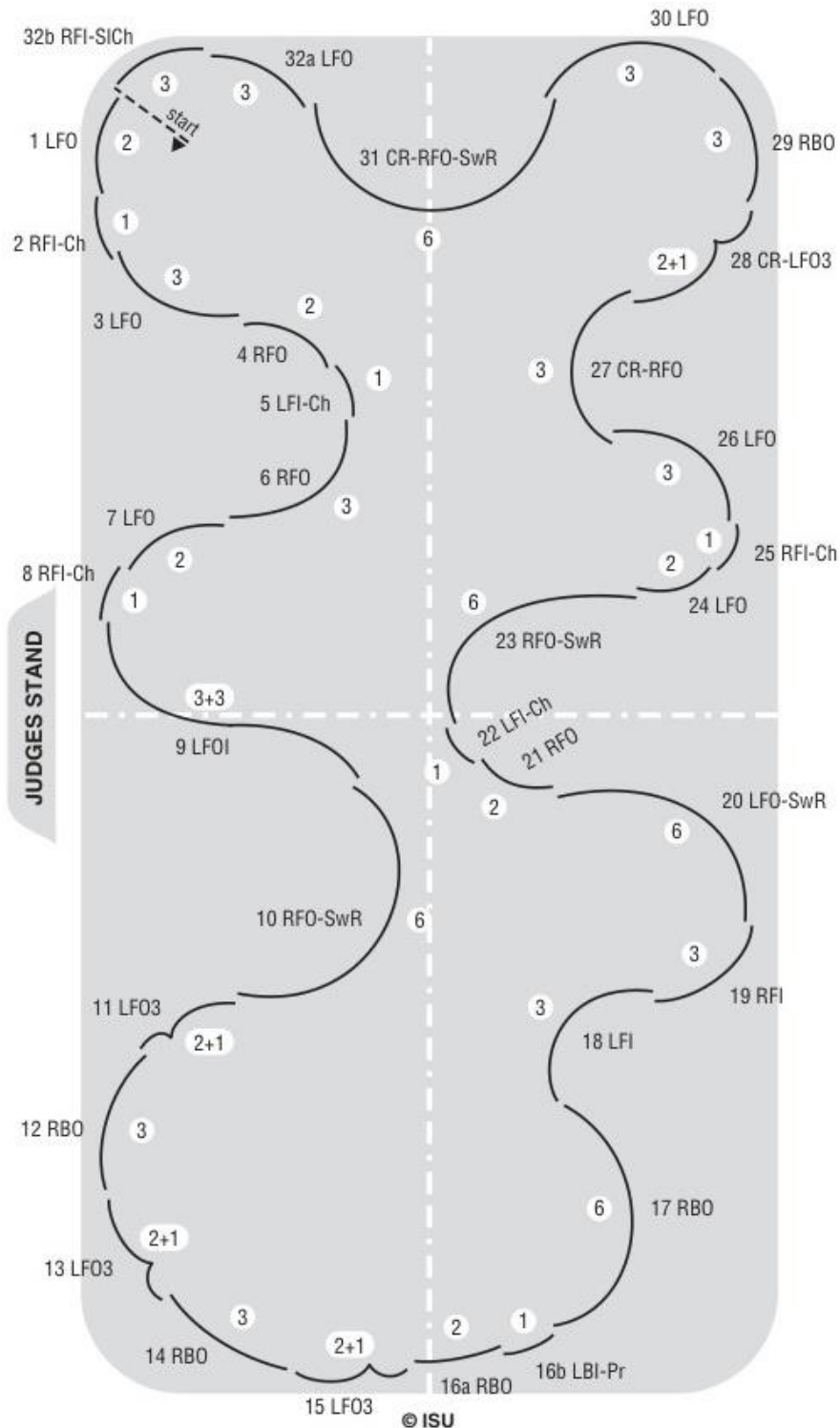
PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

STARLIGHT WALTZ

OFFICIAL PATTERN DIAGRAM

STARLIGHT WALTZ-LEAD — SET PATTERN DANCE



PHSU ICE DANCE MANUAL
GOLD PATTERN DANCE REFERENCE
VIENNESE WALTZ

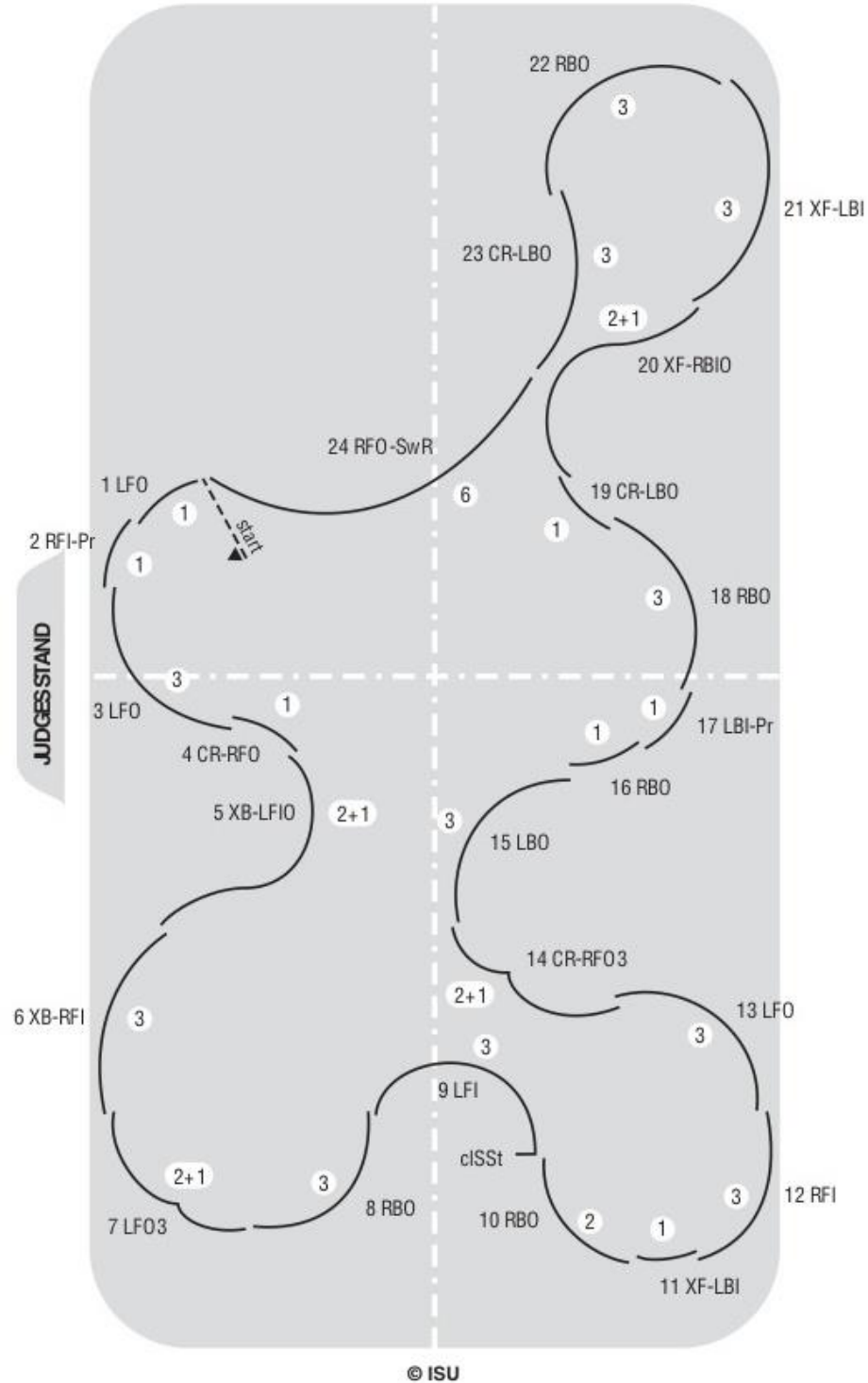
TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Waltz 3/4 Tempo: 52 three-beat measures per minute; 156 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :23; 2 = :46; 3 = 1:09; 4 = 1:32 Pattern: Optional	Test Level: Gold Test Duration: Test 2 = :46 Solo after partnering 2 = :46 Competition 3 = 1:09 Adult Competition 2 = :46 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: An excellent performance in all respects. Absolute perfection is not expected, but only a very limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

VIENNESE WALTZ OFFICIAL PATTERN DIAGRAM

VIENNESE WALTZ-LEAD — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
GOLD PATTERN DANCE REFERENCE
WESTMINSTER WALTZ

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Waltz 3/4 Tempo: 54 three-beat measures per minute; 162 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :29; 2 = :58; 3 = 1:27; 4 = 1:56 Pattern: Optional	Test Level: Gold Test Duration: Test 2 = :58 Solo after partnering 2 = :58 Competition 2 = :58 Adult Competition 2 = :58 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: An excellent performance in all respects. Absolute perfection is not expected, but only a very limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

WESTMINSTER WALTZ-LEAD — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
GOLD PATTERN DANCE REFERENCE
QUICKSTEP

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Quickstep 2/4 Tempo: 56 two-beat measures per minute; 112 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :15; 2 = :30; 3 = :45; 4 = 1:00 Pattern: Set	Test Level: Gold Test Duration: Test 3 = :45 Solo after partnering 2 = :30 Competition 4 = 1:00 Adult Competition 3 = :45 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: An excellent performance in all respects. Absolute perfection is not expected, but only a very limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

This dance is skated in Kilian hold throughout with both partners skating the same steps. To ensure a really good performance, it is essential that the couple remain hip to hip — that is with the lead partner's right hip against the follow partner's left. The Quickstep must be danced in keeping with the music that is fast and of bright character. For true edges to be skated, it is essential that the dance be started approximately on the midline at the end of the ice surface. The sequence of steps requires approximately the length of the ice surface, and the direction of the edges shown in the diagram must be adhered to. Steps 1 and 2 form a chassé sequence, while Steps 3 to 5 form a progressive sequence. Step 5 is a four-beat left forward outside edge forming the first part of a closed swing Mohawk. The exit edge from the Mohawk is held for three beats; the free foot first remains forward, then is drawn down beside the skating foot and swung smoothly outward and backward to assist the knee action to make the change of edge, although optional positions for the free leg are permitted. The change of edge should be distinct to define the shape of the lobe. The remaining steps should be skated with vitality, and the edge of Step 7 to 9 should be as deep as possible. Step 7 is started crossed behind, while step 9 is crossed in front.

PHSU ICE DANCE MANUAL
GOLD PATTERN DANCE REFERENCE
ARGENTINE TANGO

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Tango 4/4 Tempo: 24 two-beat measures per minute; 96 beats per minute ISU Introduction: Refer to the official ISU pattern description Pattern Timing: 1 = :35; 2 = 1:10; 3 = 1:45; 4 = 2:20 Pattern: Set	Test Level: Gold Test Duration: Test 2 = 1:10 Solo after partnering 2 = 1:10 Competition 2 = 1:10 Adult Competition 2 = 1:10 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: An excellent performance in all respects. Absolute perfection is not expected, but only a very limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

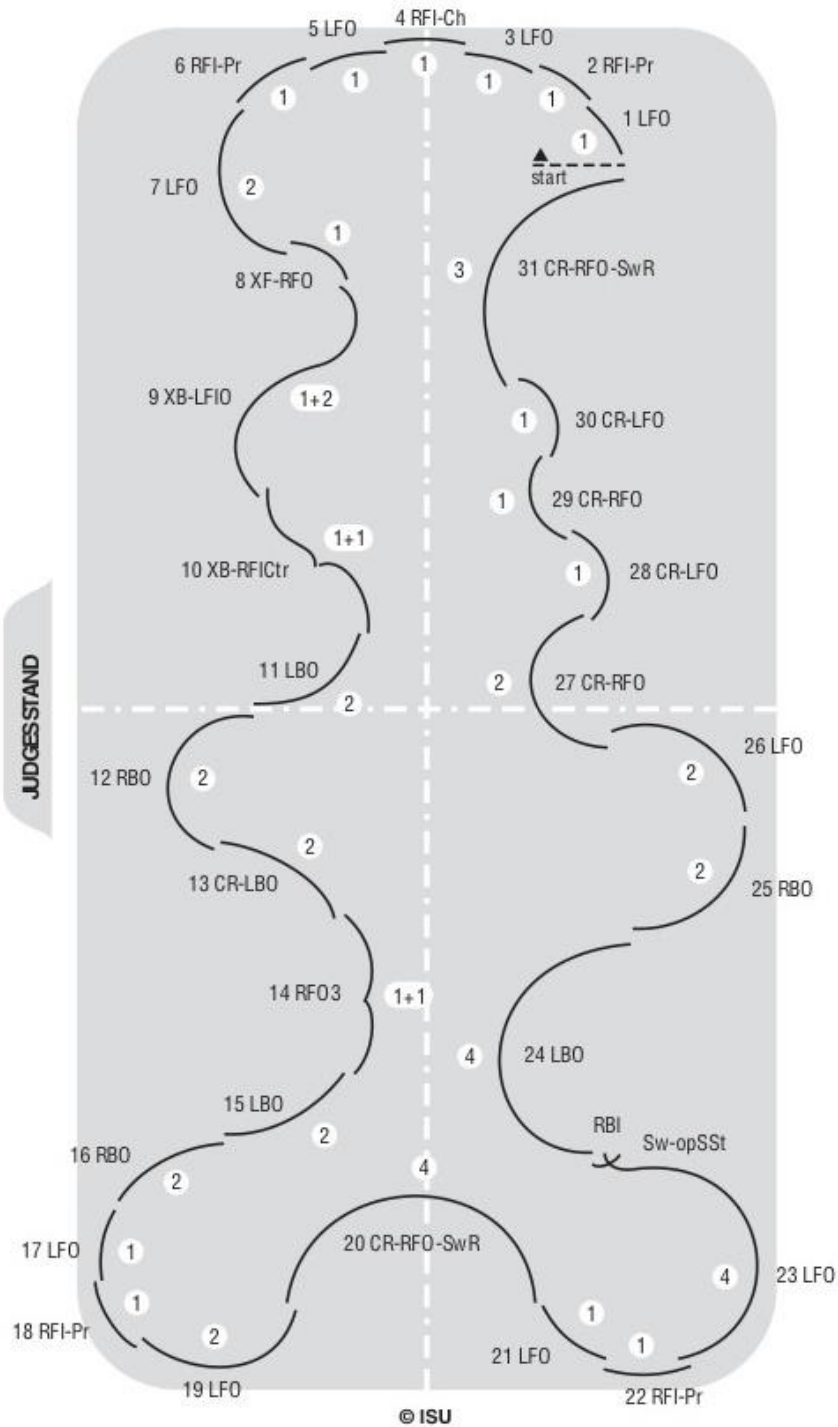
PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

ARGENTINE TANGO

OFFICIAL PATTERN DIAGRAM

ARGENTINE TANGO-LEAD — SET PATTERN DANCE



PHSU ICE DANCE MANUAL
INTERNATIONAL PATTERN DANCE REFERENCE
AUSTRIAN WALTZ

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Waltz 3/4 Tempo: 60 three-beat measures per minute; 180 beats per minute ISU Introduction: 48 beats, 16 seconds Pattern Timing: 1 = :49; 2 = 1:38; 3 = 2:27; 4 = 3:16 Pattern: Optional	Test Level: International Test Duration: Test 2 = 1:38 Competition 2 = 1:38 Adult Competition 2 = 1:38 Solo Test: All skaters test follow steps Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A superior performance with accurate timing, appropriate style and expression, excellent unison and precise technique. Absolute perfection is not required, but only a limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

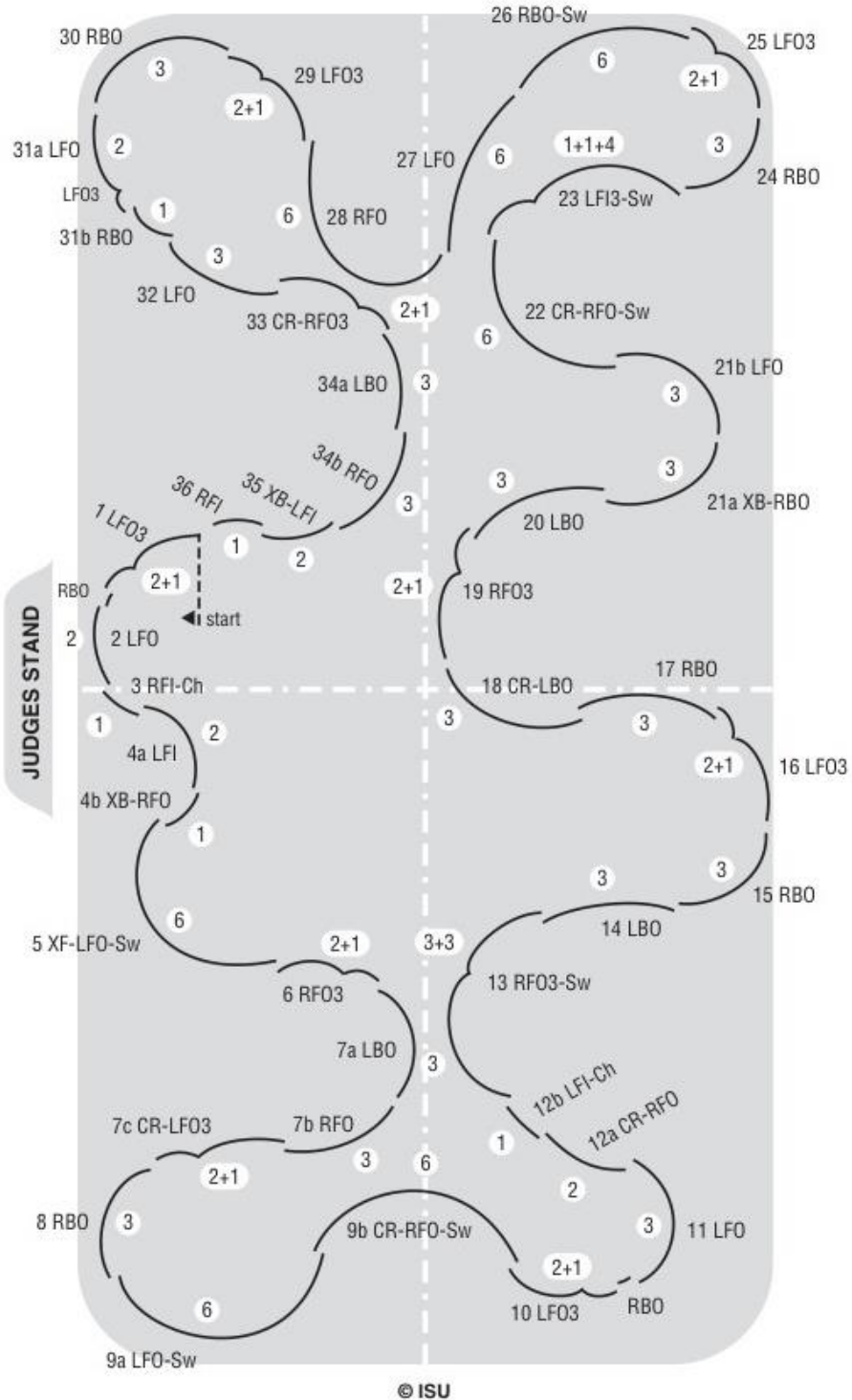
PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

AUSTRIAN WALTZ

OFFICIAL PATTERN DIAGRAM

AUSTRIAN WALTZ-LEAD — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
INTERNATIONAL PATTERN DANCE REFERENCE
CHA CHA CONGELADO

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Cha Cha 4/4 Tempo: 29 four-beat measures per minute; 116 beats per minute ISU Introduction: 32 beats, 16.5 seconds Pattern Timing: 1 = :34; 2 = 1:07; 3 = 1:41; 4 = 2:14 Pattern: Optional	Test Level: Refer to the official ISU pattern description Test Duration: Test 2 = 1:07 Competition 2 = 1:07 Adult Competition 2 = 1:07 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A superior performance with accurate timing, appropriate style and expression, excellent unison and precise technique. Absolute perfection is not required, but only a limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

PHSU ICE DANCE MANUAL
INTERNATIONAL PATTERN DANCE REFERENCE
FINNSTEP

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Quickstep 2/4 Tempo: 52 two-beat measures per minute; 104 beats per minute ISU Introduction: 32 beats, 18.5 seconds The first step of the Finnstep may be started either immediately after the introductory music of eight beats (4 bars), which occurs approximately four seconds after the music starts, or the couple can start the dance when phrasing repeats after 8+32 beats (4+16 bars), which occurs approximately 23 seconds after the music starts. If the dance is started in other places, the phrasing of the music will be incorrect. Pattern Timing: 1 = :38; 2 = 1:16; 3 = 1:54; 4 = 2:32 Pattern: Optional	Test Level: International Test Duration: Test 2 = 1:16 Competition 2 = 1:16 Adult Competition 2 = 1:16 Solo Test: All skaters test the follow steps Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A superior performance with accurate timing, appropriate style and expression, excellent unison and precise technique. Absolute perfection is not required, but only a limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

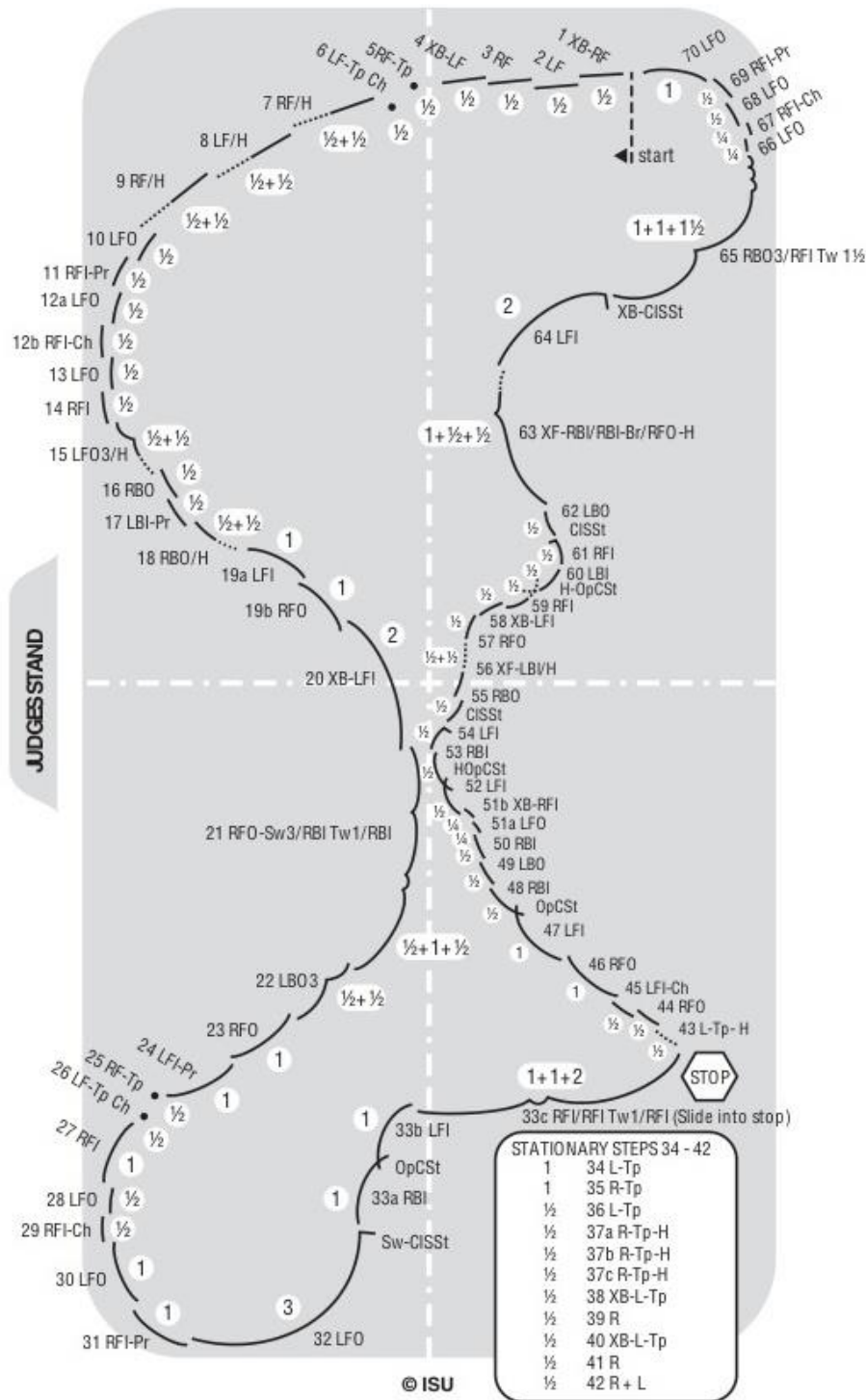
PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

FINNSTEP

OFFICIAL PATTERN DIAGRAM

FINNSTEP-LEAD — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
INTERNATIONAL PATTERN DANCE REFERENCE
GOLDEN WALTZ

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Viennese Waltz 3/4 Tempo: 62 three-beat measures per minute; 186 beats per minute ISU Introduction: 48 beats, 15.4 seconds Pattern Timing: 1 = :58; 2 = 1:56; 3 = 2:54; 4 = 3:52 Pattern: Optional	Test Level: International SIDE TO START: First steps started on side opposite the judge's stand Test Duration: Test 2 = 1:56 Competition 2 = 1:56 Adult Competition 2 = 1:56 Solo Test: All skaters test the follow steps. The dip on Step 21 and the drape on Step 30b are not required. Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A superior performance with accurate timing, appropriate style and expression, excellent unison and precise technique. Absolute perfection is not required, but only a limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

GOLDEN WALTZ-LEAD — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
INTERNATIONAL PATTERN DANCE REFERENCE
MIDNIGHT BLUES

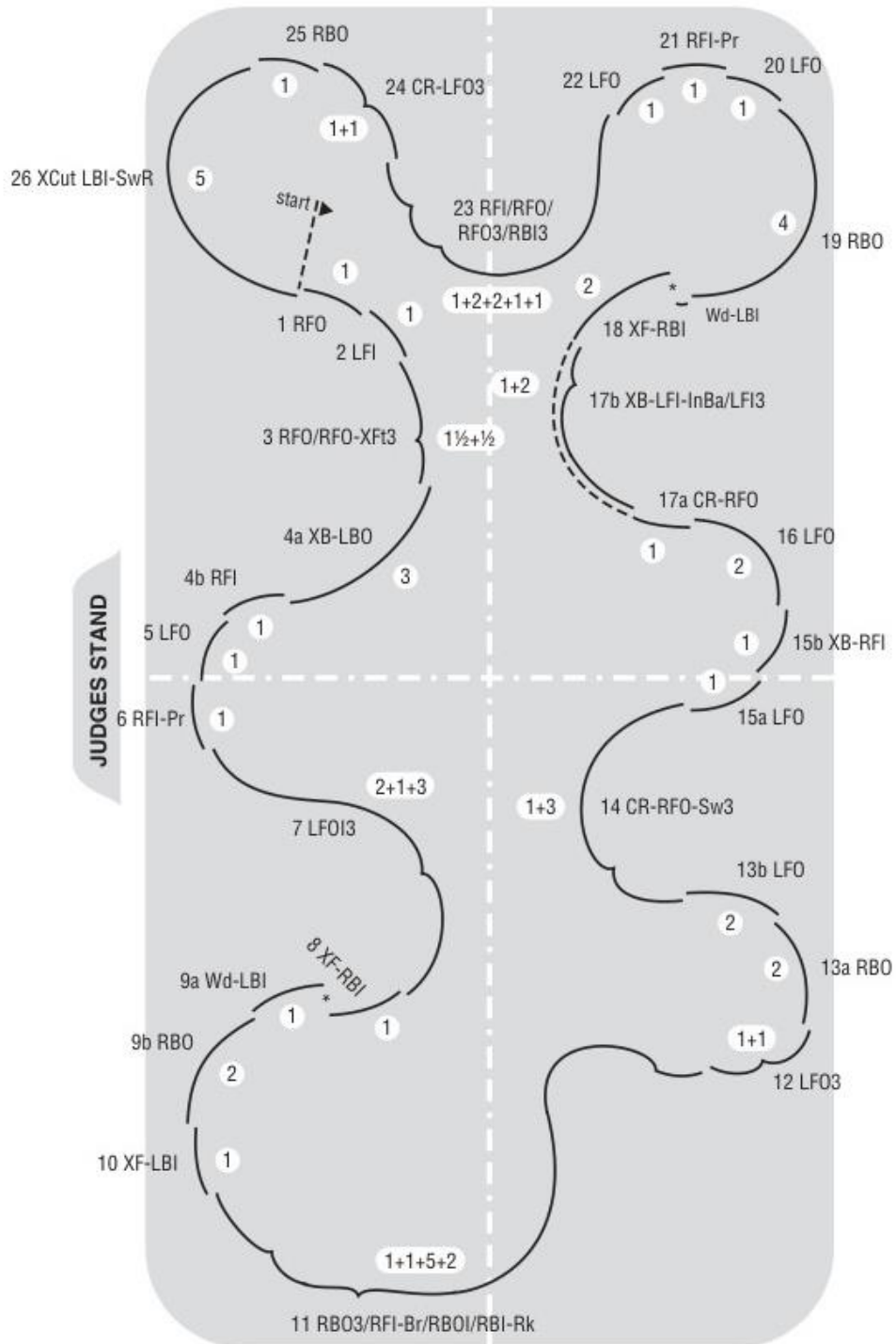
TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Blues 4/4 Tempo: 22 four-beat measures per minute; 88 beats per minute ISU Introduction: 32 beats, 21.8 seconds Pattern Timing: 1 = :49; 2 = 1:38; 3 = 2:27; 4 = 3:16 Pattern: Set	Test Level: International Test Duration: Test 2 = 1:38 Competition 2 = 1:38 Adult Competition 2 = 1:38 Solo Test: All skaters test follow partner's steps except Steps 23 and 24. The lead partner's steps will be skated for Steps 23 and 24, changing back to the follow partner's steps on Step 25. Step 23 spiral not required and free leg position optional. Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A superior performance with accurate timing, appropriate style and expression, excellent unison and precise technique. Absolute perfection is not required, but only a limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

MIDNIGHT BLUES OFFICIAL PATTERN DIAGRAM

MIDNIGHT BLUES-LEAD — SET PATTERN DANCE



© ISU

PHSU ICE DANCE MANUAL
INTERNATIONAL PATTERN DANCE REFERENCE
RAVENSBURGER WALTZ

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Waltz 3/4 Tempo: 66 three-beat measures per minute; 198 beats per minute ISU Introduction: 48 beats, 14.6 seconds Pattern Timing: 1 = :29; 2 = :58; 3 = 1:27; 4 = 1:56 Pattern: Optional	Test Level: International Test Duration: Test 2 = :58 Competition 2 = :58 Adult Competition 2 = :58 Solo Test: All skaters test the follow steps Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A superior performance with accurate timing, appropriate style and expression, excellent unison and precise technique. Absolute perfection is not required, but only a limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

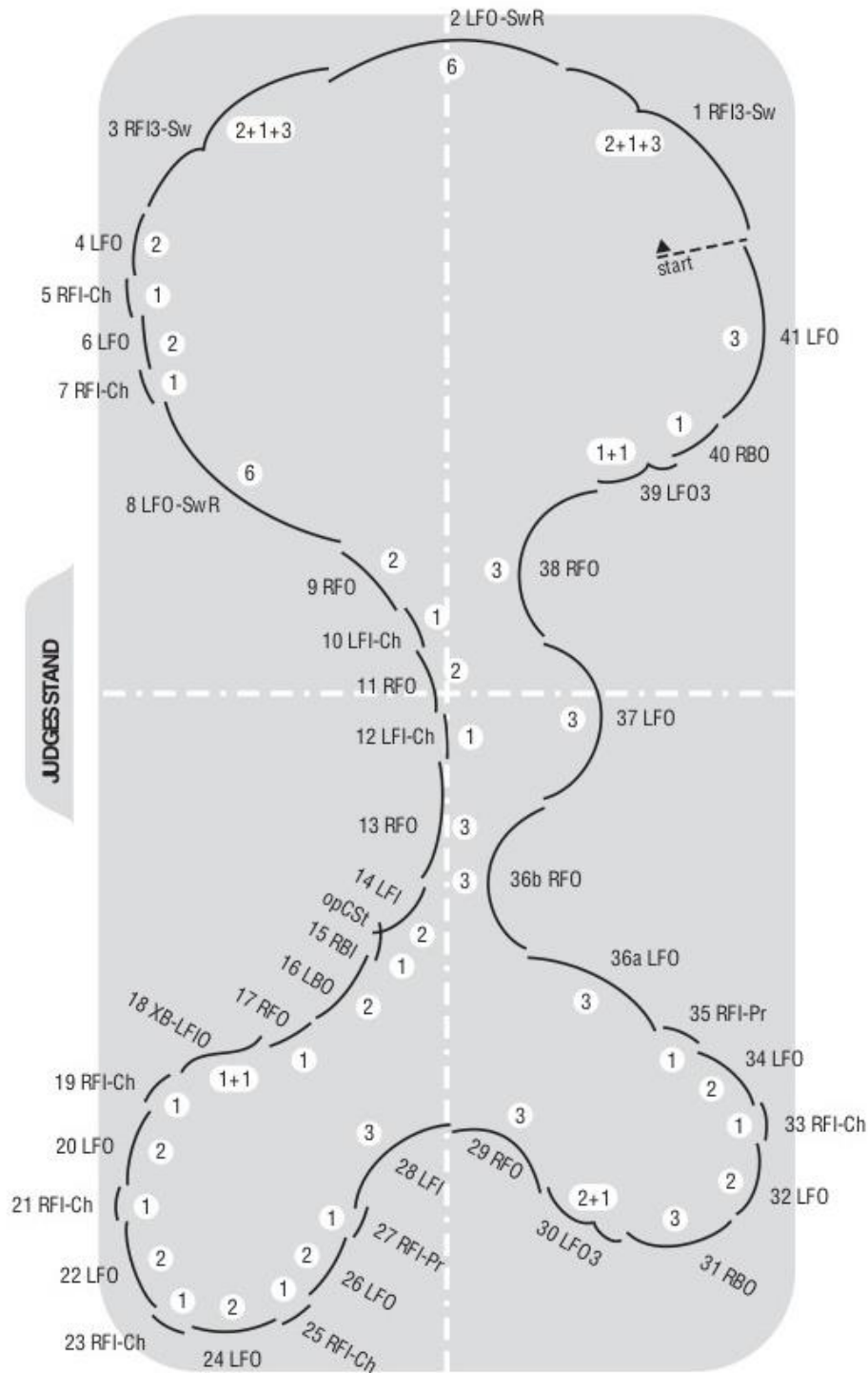
PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

RAVENSBURGER WALTZ

OFFICIAL PATTERN DIAGRAM

RAVENSBURGER WALTZ-LEAD — OPTIONAL PATTERN DANCE



© ISU

PHSU ICE DANCE MANUAL
INTERNATIONAL PATTERN DANCE REFERENCE
RHUMBA

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Rhumba 4/4 Tempo: 44 two-beat measures per minute; 176 beats per minute ISU Introduction: 32 beats, 10.9 seconds Pattern Timing: 1 = :15; 2 = :30; 3 = :45; 4 = 1:00 Pattern: Optional	Test Level: International Test Duration: Test 3 = :45 Competition 4 = 1:00 Adult Competition 3 = :45 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A superior performance with accurate timing, appropriate style and expression, excellent unison and precise technique. Absolute perfection is not required, but only a limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

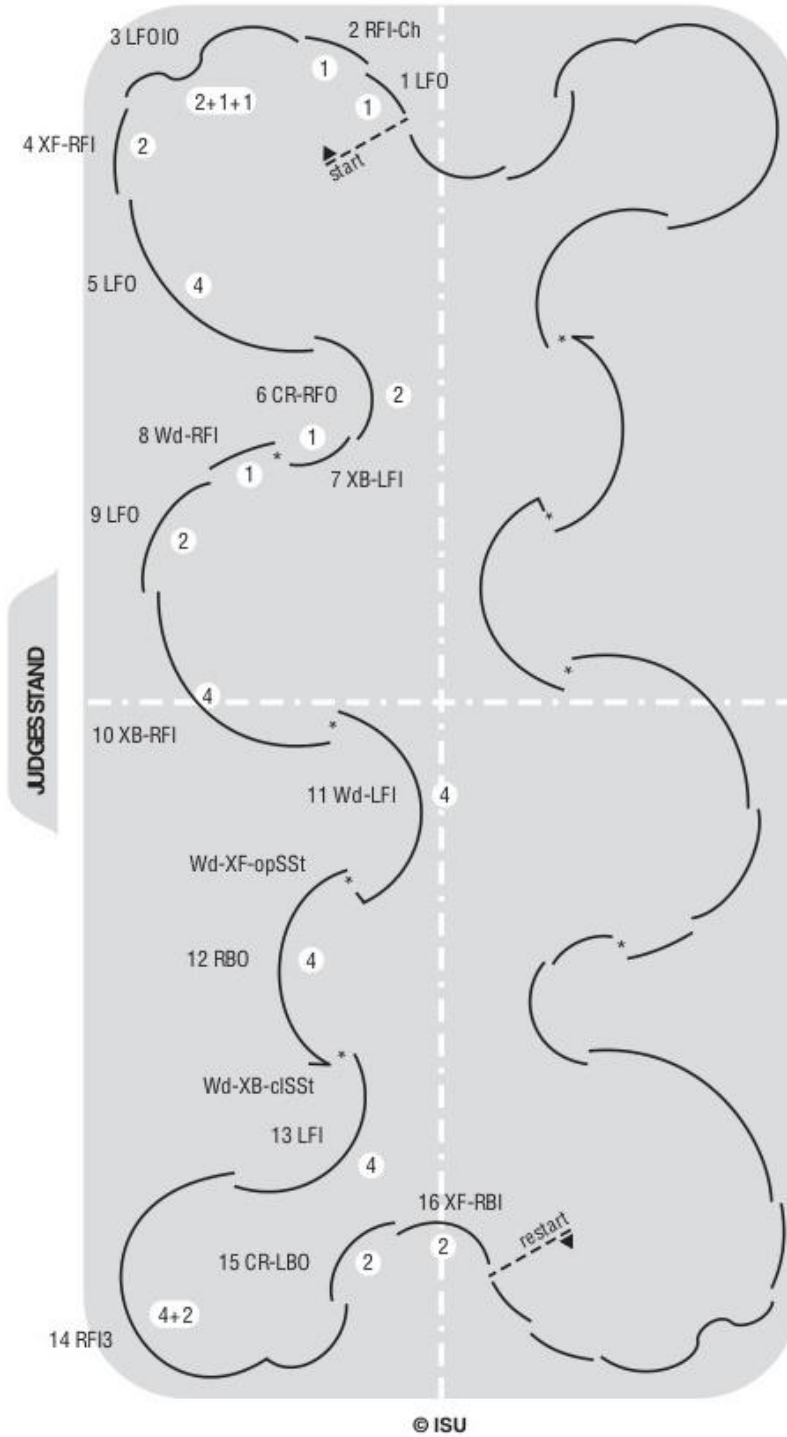
PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

RHUMBA

OFFICIAL PATTERN DIAGRAM

RHUMBA — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
INTERNATIONAL PATTERN DANCE REFERENCE
SILVER SAMBA

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Samba 2/4 Tempo: 54 two-beat measures per minute; 108 beats per minute ISU Introduction: 32 beats, 17.8 seconds Pattern Timing: 1 = :30; 2 = :59; 3 = 1:29; 4 = 1:58 Pattern: Optional	Test Level: International Test Duration: Test 2 = :59 Competition 2 = :59 Adult Competition 2 = :59 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A superior performance with accurate timing, appropriate style and expression, excellent unison and precise technique. Absolute perfection is not required, but only a limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

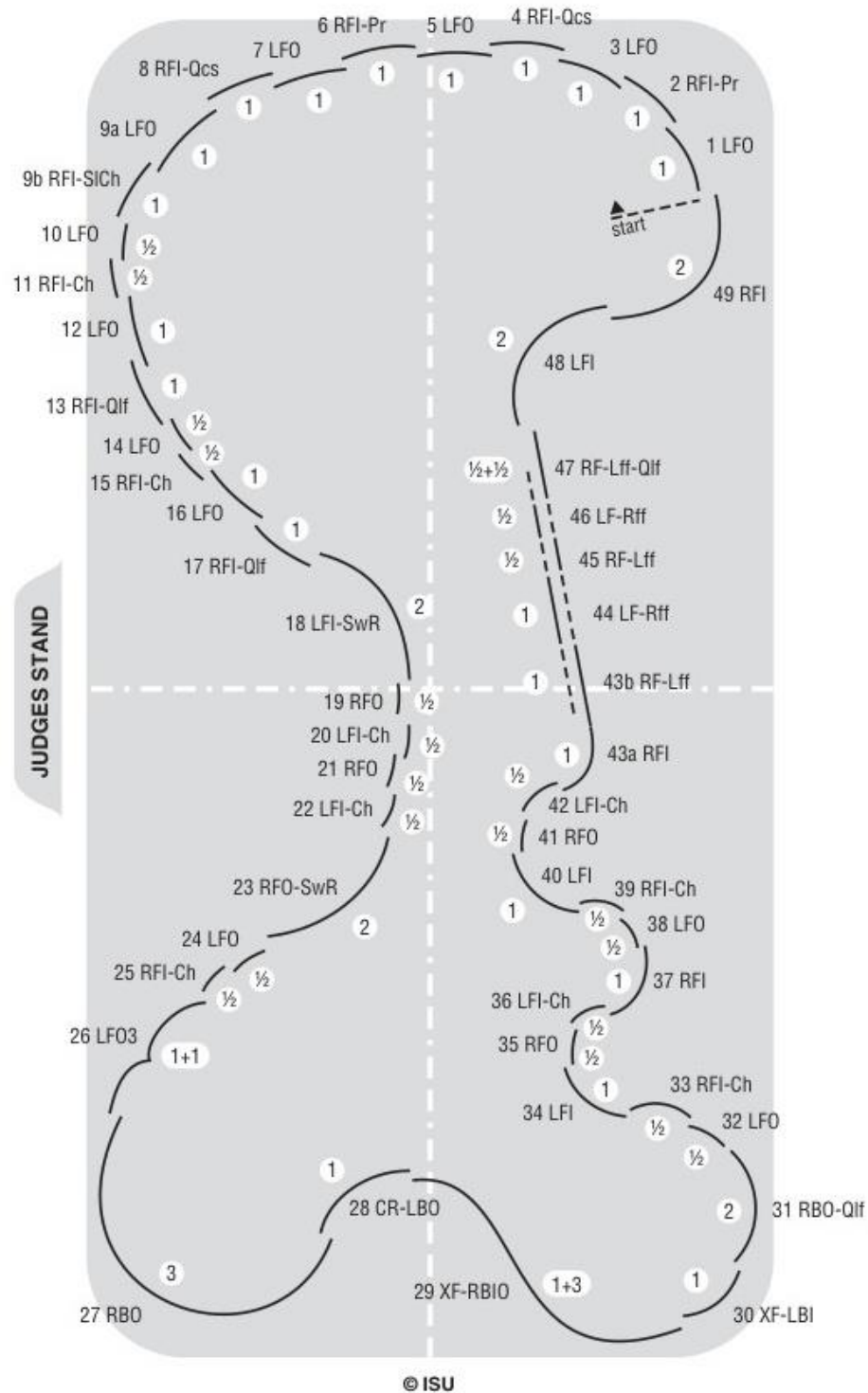
PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

SILVER SAMBA

OFFICIAL PATTERN DIAGRAM

SILVER SAMBA-LEAD — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
INTERNATIONAL PATTERN DANCE REFERENCE
TANGO ROMANTICA

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Tango 4/4 Tempo: 28 four-beat measures per minute; 112 beats per minute ISU Introduction: 32 beats, 17.1 seconds Pattern Timing: 1 = :52; 2 = 1:43; 3 = 2:35; 4 = 3:27 Pattern: Optional	Test Level: International Test Duration: Test 2 = 1:43 Competition 2 = 1:43 Adult Competition 2 = 1:43 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A superior performance with accurate timing, appropriate style and expression, excellent unison and precise technique. Absolute perfection is not required, but only a limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

This a romantic dance which is skated in a soft, lyrical and sinuous lead partner with both a soft and strong character where appropriate; however, deep edges are necessary to convey its mood. Steps 1 to 11 are skated in closed hold. The follow partner places their right hand on the lead partner's left shoulder with both partners' left arms extended. The introductory steps should finish with an open stroke to facilitate skating the first step of the dance that begins on the fourth beat of the measure. The lead partner starts on a left forward outside edge with their right foot on the ice to the side; the follow partner starts on a right backward outside edge with their left foot on the ice to the side (both partners are on two feet during one beat). Both partners execute double three-turns with a side lift of the free leg for two beats (the "Helicopter"). Step 2 is crossed widely with both feet on the ice and the right knee bent. At the end of this step, the lead partner skates a left forward inside edge and brings their feet together; the follow partner simply straightens their right knee on the first beat of the measure and brings their feet together.

On Step 5, the lead partner executes a swing "twizzle-like" motion ("Tw 1" — their body turns one full, continuous rotation, but the skating foot does not technically execute a full turn), while the follow partner does a swing three completed with an open inside S step. During the swing, the lead partner places their right hand on the follow partner's left hip on the first beat of the measure. The follow partner covers the lead partner's hand with the follow partner's left and they join their free hands overhead. They skate in this hold for one beat. The lead partner's "twizzle-like" motion and the follow partner's Choctaw are performed simultaneously on the "and" between counts two and three of the measure. On Step 7 the lead partner skates a chassé while the follow partner skates an open Mohawk, both on the "and" between counts four and one of the measure, followed by the one-beat LBI exit from the follow partner's Mohawk and the lead partner's LFO.

During Step 8, the follow partner places their right hand on the lead partner's right shoulder and places their left hand behind their back to clasp the lead partner's right hand. Step 9 begins as a cross roll and finishes with a change of edge for both. At the end of this step, the follow partner performs a counterclockwise back inside twizzle of one rotation without releasing their left hand on "and" between counts two and three. On Step 10 the lead partner's left hand is extended while the follow partner's right hand rests on the lead partner's left shoulder with the follow partner's left hand and the lead partner's right hand joined on the follow partner's left hip. The free legs cross on the first beat of the measure, and then on the second beat they close

their free legs and take an outside hold. A progressive sequence leads to Step 14 when the lead partner skates a closed Mohawk and the follow partner skates a RFI three-turn in open hold.

The series of Steps 15 to 26 are skated very softly with bent knees and deep edges. Step 15 is skated in Reversed Kilian hold in syncopation with the rhythm of the music with the XF-LBI being held for two beats followed by a very short RBO on the “and” between beats four and one. Steps 16 to 19 are a series of cross steps skated in Kilian hold. Steps 20 to 22 are skated in Reversed Kilian hold and culminate in their matching crossed rocker turns. Steps 19 and 22 may be slightly wide stepped. Steps 23 to 25 are skated in Kilian hold. On Step 24 the partners execute a crossed inside three-turn together, then on Step 25 the lead partner skates an open Mohawk while the follow partner skates another inside three-turn but not crossed this time.

Steps 26 and 27 are performed in closed hold on deeply bent knees. Step 28 is a four-beat cross roll of which the first two beats are performed in reversed outside hold. The follow partner takes the usual outside hold on the third beat (known as the “criss-cross” movement — the follow partner using the cross rolls to change side) and raises their right knee until the skate almost touches their left knee. At the same time, the lead partner draws their free leg to their skating foot. The follow partner swings their right leg forward and crosses over the lead partner’s right leg on the fourth beat of the measure. On Step 29, the follow partner touches the ice with their right foot and the right knee bent, left leg extended, both blades on outside edges. At the same time the lead partner skates a LBO and quickly extends their right leg to skate a wide RBI. There are several acceptable options in the lead manner in which the lead partner performs this that are used for dramatic effect. Both partners skate close together on both feet for two beats. On the third beat, the follow partner turns a three-turn that places the partners in closed hold. The lead partner then turns a three on Step 30.

Steps 31 and 32 are skated in closed hold. These are followed by the rapid running Steps 33 and 34 in open hold. On Step 35, both partners skate LFO on the third beat of the measure, and then on the fourth beat, the follow partner turns a rocker (the follow partner’s Step 35a). While performing the rocker, the follow partner places their left hand on the lead partner’s right shoulder, and the follow partner’s right hand and the lead partner’s left hand join on the follow partner’s right hip. The lead partner’s right hand is extended. The lead partner strikes their Step 35b in closed hold and during their swing moves to the side of the follow partner for the lead partner’s swing Choctaw. On the first beat of the next measure (second beat of the follow partner’s LBO), the follow partner extends their right leg forward, returning it to the skating leg on the second beat of the same measure (third beat of the follow partner’s edge). On the third beat of this measure the follow partner skates a RBI (the follow partner’s Step 35b) and swings their free leg back while the lead partner lifts their free leg. On the fourth beat of the measure, the follow partner turns a three (the follow partner’s Step 35c), waving their right hand overhead while the lead partner skates a swing closed Choctaw.

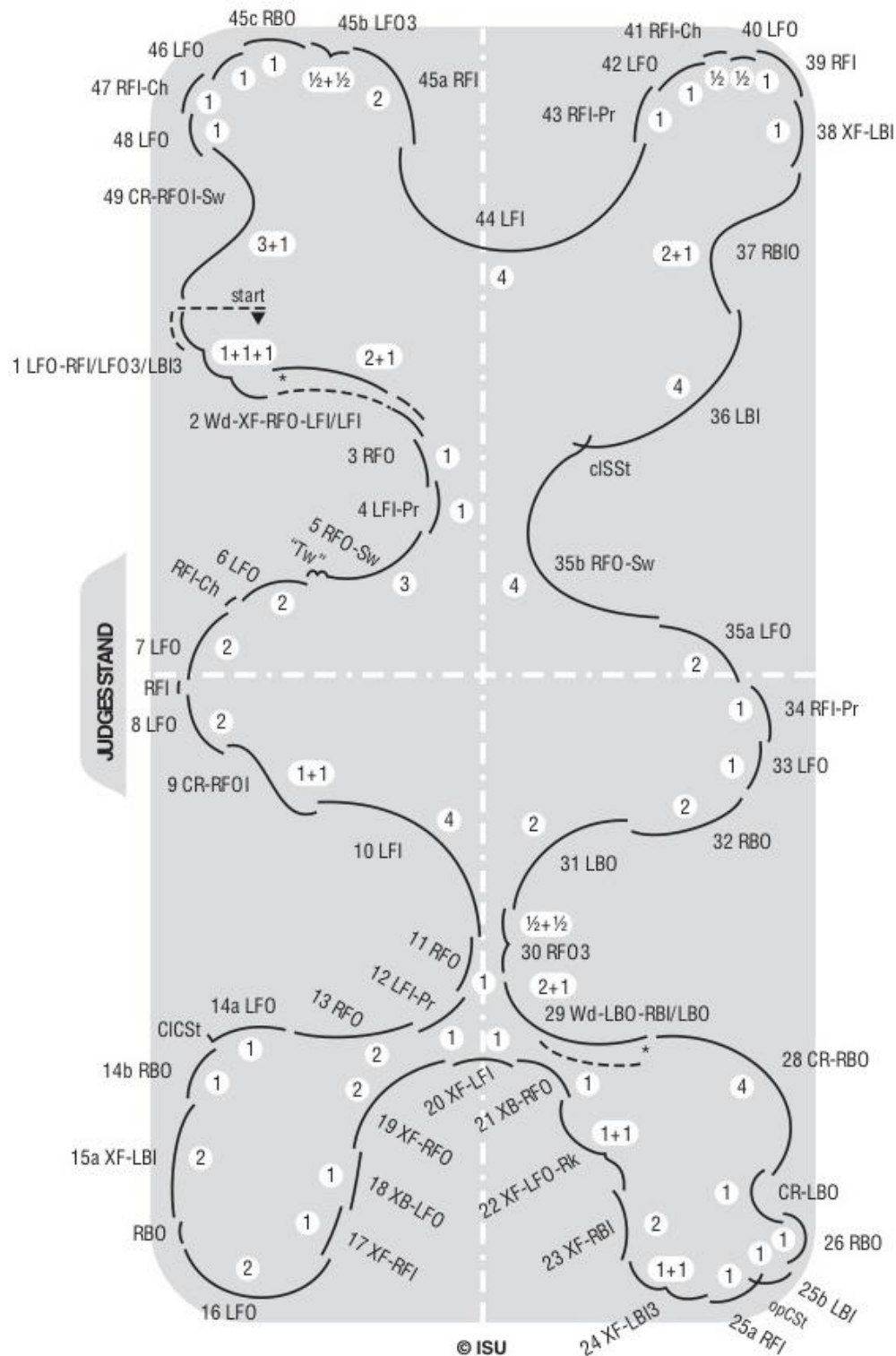
On Step 36, the partners skate backward in open hold with the follow partner’s right hand on the lead partner’s left shoulder. They then simultaneously swing their left arms, the follow partner swings their left leg as the follow partner turns their RBO3 and the lead partner their right. On the fourth beat of the measure, the partners place their left hand on each other’s right elbows, moving their free legs first to the side, and then the follow partner crosses behind and the lead partner in front. Step 37 is a left forward inside closed Choctaw for the follow partner and a change of edge for the lead partner. Step 38 is crossed in front.

Steps 38 to 44 are a chassé and progressive sequence skated in Reversed Kilian hold. On Step 44, which commences on the first beat of the measure, the partners extend their right arms forward parallel, then the follow partner takes the lead partner’s right hand with the follow partner’s left going into open hold to skate a left forward inside closed Choctaw. During Step 45, the free legs are drawn to the skating legs on the second beat of the measure, and on the third beat the follow partner extends their free leg forward. The exit from the follow partner’s Choctaw is concluded by a RBO twizzle of one revolution. The lead partner skates a three-turn on Step 45b. During this step, the partners are in reverse outside hold. Steps 46 to 49 are a chassé sequence skated in open hold. Step 49 commences as a cross roll, and then at its end there is a very quick change of edge. The follow partner then skates a three-turn to finish in closed hold ready to restart the dance. The dance concludes on beat three of the measure.

TANGO ROMANTICA

OFFICIAL PATTERN DIAGRAM

TANGO ROMANTICA-LEAD — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
INTERNATIONAL PATTERN DANCE REFERENCE
TEA-TIME FOXTROT

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Slow-Fox 4/4 Tempo: 26 four-beat measures per minute; 108 beats per minute ISU Introduction: 32 beats, 17.8 seconds Pattern Timing: 1 = :58; Pattern: Optional	Test Level: International Test Duration: Test 1 = :58 Competition 1 = :58 Adult Competition 1 = :58 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A superior performance with accurate timing, appropriate style and expression, excellent unison and precise technique. Absolute perfection is not required, but only a limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

The Tea-Time Foxtrot is an extremely smooth, progressive dance characterized by long, continuous flowing movements across the ice. The rise and fall action should be present in up and down knee actions, as well as continuity of the steps, so that if there is a full cup of tea on the head of a dancing follow partner, no drop would be spilled. Essential to a comfortable and effective Tea-Time Foxtrot is a dance frame, correct posture, connection, and foxtrot timing. The body should be held erect without either partner leaning toward the other. While in closed hold, partners should maintain light contact in the diaphragm area. But posture is not just how you hold your own body, but also how you connect with your partner. The lead partner should present the follow partner, and the dance holds should be very elegant throughout the whole dance. Steps are mostly choreographed in the typical foxtrot timing of “slow-quick-quick, slow-quick-quick,” using all dance holds, without any break of hold, even during the twizzles. This dance should be performed easily, smoothly and effortlessly, as if the dancers were having a relaxing tea-time break during a long day of work.

Opening Section

The opening section starts in Foxtrot hold with the right forward inside three-turn (RFI3-RBO) by both partners. The lead partner turns under the follow partner’s right arm on count 2 and then continuously both partners should change hands behind the follow partner’s back to Kilian hold. They both should hold RBO for three beats. On Step 2 they both execute LBO cross-roll followed by Step 3 RBI cross in front. At the same time they change Kilian hold to Foxtrot hold while entering parallel RBI double threes on count 2. Each half a turn of those double threes should be held for one beat.

“Toe-Pick-Hop” Section

Still maintaining Foxtrot hold (or variation of Foxtrot and Kilian hold), both partners execute double “toe-pick-hops” (Step 4) on count 1 and 2, finishing with a RFI two-beat Ina Bauer (Step 5) on count 3 and 4. During the first beat of the Ina Bauer, the lead partner holds the follow partner with the lead partner’s left hand and puts the lead partner’s right hand on the follow partner’s right shoulder. The follow partner then puts their left hand on their partner’s left hip. On the very end of their smooth inside Ina Bauer, the forward leg executes a “three-turn-like” motion, between beats 4 and 1 on count “and”, which means that only the right foot turns from forward to backward while the left foot is still skating backward. During this movement, the lead partner holds the follow partner’s left hand with the lead partner’s left hand, so that the follow partner turns under the lead partner’s left arm. At the same time, partners switch their positions so that the follow partner appears in

front of the lead partner, while both of them are skating backward to Steps 6 and 7 (XF LBI and XF RBI (crossovers)) in open hold with the lead partner's right hand on the follow partner's right shoulder (variation of Kilian hold).

Choctaw / Twizzle Section

Step 9 (XF (crossover) RBIO) finishes with the change of edge as the entry edge to the RBO-Wd SSt. The couple still maintains open hold (variation of Kilian hold). The RBO edge of the wide Choctaw must be executed on count 1 and is held for three beats. Step 10 (LFI), exit from Choctaw, must be held for one beat only. On count one of the next measure the follow partner changes hold to Foxtrot hold and then executes a double twizzle under the lead partner's left arm (or they may choose a different hold/contact/touch), while the lead partner holds RFI for two beats on count 1 and 2 (Step 11). The pattern in Tea-Time Foxtrot is optional and

follow partner's twizzle on Step 11 may be performed parallel to the long board, around the corner, or parallel to the short board. It may result in crossing the long axis and the retrogression of the next steps is permitted within this section.

Slide to the Three-Turn (skidded) Section

On count 3,4,1,2, they both execute double progressive steps in combination of Kilian and Foxtrot or basic Foxtrot hold, skating into the long Step 15. On count 2, they change hold to Kilian hold with the lead partner's right hand under the follow partner's right shoulder. Such hold is maintained during a RFIO change of edge until count 3. During the change of edge they perform a crossed slide, which is optional for the lead partner. The crossed slide will then continuously come into the RFO three-turn (skidded) in the variation of the reverse Kilian hold, followed by a single RBI twizzle which they finish with a one-beat RBI by the lead partner (followed by the lead partner's backward crossover, Step 16/17) while the follow partner executes a three-beat RBI. They execute their single, simultaneous twizzles in a way that the lead partner rotates under both follow partner's arms (or they may use a different hold/contact/touch). After the twizzles the partners should change hold to the variation of Kilian hold. Steps 16 and 17 are in open Kilian hold with lead partner's right hand on follow partner's left shoulder.

Mirror-Switching Joyful Hops Section

This section starts on count 1 of a new measure with Step 17 (XF (crossover) RBI). On count 2, both partners need to switch their placements by executing crossed in front followed by little hops to the opposite side. The lead partner travels from the follow partner's left hip side to the follow partner's right hip side and back, holding the follow partner with the lead partner's left hand on the follow partner's left hip. At the completion of Step 19, both partners finish on two feet to prepare and start Step 20. Step 20 is divided into two parts: starting with one foot on count 4. On count 1, the lead partner executes a two-footed push to the LBI three-turn while holding the follow partner's hips. At the same time, the follow partner transfers their body weight on their left leg and executes a two-footed push to their LBI three-turn, which finishes in Kilian hold.

The couple starts their Step 21 in Kilian hold, with the follow partner a bit behind the lead partner's right hip while performing their RFI three-turn. The lead partner executes their RFI three-turn under the follow partner's left arm. After the three-turn, the follow partner holds the lead partner in Kilian hold. Both free legs are in a front coupé position. Step 22a and 22b is a LFO/RBO half-rotation jump for the lead partner on count 1 and 2, while the follow partner stays on Step 22 RBO for two beats. After the lead partner's jump, the couple is in the Foxtrot hold (or variation of Foxtrot and Kilian hold). Steps 23 to 26 are a smooth and continuous chassé -progressive section in a very elegant Foxtrot hold, traveling to Step 27 which is a four beat cross-roll RFO swing-rocker for both partners and immediately followed by four crossed steps (Steps 28-31). The couple maintains in Foxtrot hold (or variation of Foxtrot and Kilian hold), using typical Foxtrot timing: "slow-quick-quick, slow-quick-quick". This section finishes with a two-beat swing to the side on Step 31. The next lobe starts with Step 32 (LFO) followed by Step 33 (XB RFI), which is the entry to RFI Ina Bauer. The couple still maintains Foxtrot hold (or variation of Foxtrot and Kilian hold), with the follow partner a little bit in front the lead partner's right hip, so that the follow partner will be able to start their Ina Bauer inside the circle. The movement continues with the "rocker-like-motion". During simultaneous Ina Bauer, a leading right foot executes a rocker, while the second foot stays on the ice until it brings back to the right foot and, at the very end of this movement, executes a crossed in front. Step 35 is a "toe-pick-hop" on count 1 directly to the side, with the landing on the "and".

Three-Turn-Bracket Section

The corner section starts with Steps 37-39 in Kilian hold with a very rhythmic chassé and progressive three-turn-RBO closed Mohawk (Steps 40-41) sequence (holds change to Foxtrot hold or variation of Foxtrot and Kilian hold). The section continues with the funny little hop used to change the lobe to the next one into a five beats RFO bracket (Step 44). On the first beat of the entry to the bracket, the couple should change hold to reverse Kilian hold with the follow partner's left hand on the lead partner's right shoulder. Such hold is maintained during the long outside bracket section. On a very short Step 45, the couple changes the hold to Kilian held by the follow partner. The next corner section starts with Step 46 (XF (crossover)-RBIO-Tw2). A change of edge is a one-beat entry to a double twizzle for the lead partner, while the follow partner executes a brief touch-down with the left foot to perform a two-beat RBO attitude. The double twizzle by the lead partner should be executed in a way that the first rotation is executed under the follow partner's left arm (or they may choose a different hold/contact/touch), followed by the second rotation with the follow partner's right hand around the lead partner's waist. The twizzle section finishes with the progressive steps in an open Kilian hold with the follow partner's right hand on the lead partner's right shoulder, followed by a little hop and a three-turn by the lead partner.

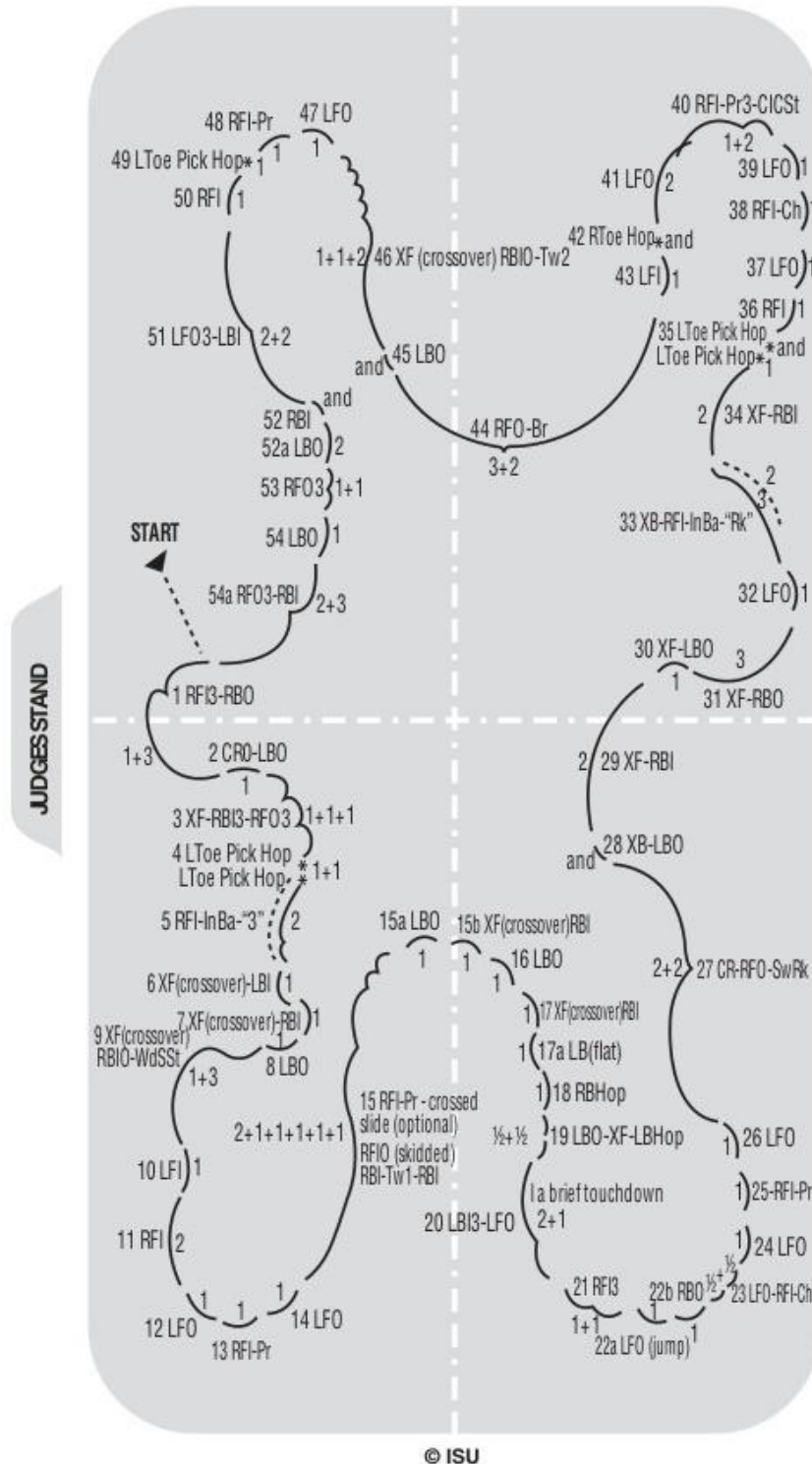
“Walk-Around-Three-Turn” Section

The section starts with Step 51 in Waltz hold, slightly offset to the left. Maintaining consistent posture and frame throughout is very important. The follow partner starts their first turn from a RFO cross-roll (Step 52) while the lead partner executes their wide two-footed push on count 3 to change lobe and direction. The next series of walk-around-three-turns occurs alternately. The lead partner begins by traveling backward on Step 54 (LBO) and starting on their RFO (Step 54a) for the walk-around threes with the feet of the partners offset. The lead partner executes their last three-turn on Step 54a traveling around the follow partner while the follow partner maintains on a. RBI for five beats, after the follow partner's three-turn on Step 54.

TEA-TIME FOXTROT

OFFICIAL PATTERN DIAGRAM

TEA-TIME FOXTROT-LEAD — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL
INTERNATIONAL PATTERN DANCE REFERENCE
YANKEE POLKA

TECHNICAL INFORMATION	TEST REQUIREMENT (PHSU)
Rhythm: Polka 2/4 Tempo: 60 two-beat measures per minute; 120 beats per minute ISU Introduction: 32 beats, 16.0 seconds Pattern Timing: 1 = :32; 2 = 1:04; 3 = 1:36; 4 = 2:08 Pattern: Optional	Test Level: International. Test Duration: Test 2 = 1:04 Competition 2 = 1:04 Adult Competition 2 = 1:04 Solo Test: Same pattern and timing as the partnered test, unless otherwise specified by PHSU Tracks: Partnered and Solo, as applicable under PHSU policy
PHSU TESTING NOTES	AGE / ELIGIBILITY
PHSU Testing Expectation: A superior performance with accurate timing, appropriate style and expression, excellent unison and precise technique. Absolute perfection is not required, but only a limited amount of error is acceptable.	PHSU Testing: No age restriction International: ISU age requirements apply separately to competition eligibility OFFICIAL PATTERN DIAGRAM

PATTERN STANDARD

Follow the steps, edges, timing, direction, and partner positions shown in the complete pattern diagram.

Although the polka is a bouncy dance, the basic principle of stroking and effortless flow must be adhered to. The partners must remain close together to minimize the whipping action generated by the short precise steps and rapid turning movements. Steps 1 and 2 are skated in open hold and constitute a chassé sequence skated almost in a straight line. Step 3 is an open inside three-turn skated by both partners on edges deep enough that they change sides with the lead partner passing in front of the follow partner after the turn. The edges must not be so deep that the partners separate greatly, since Step 4 of the lead partner adds to that separation before bringing the partners together again. A change of hold occurs during Steps 3 and 4 into a "high Kilian" hold in which the follow partner's left arm is extended across in front of the lead partner's chest. The right hands are clasped and held sideways and upward. The lead partner's right arm passes behind the follow partner to grasp the follow partner's right hand extended sideways and upward. At least one pair of hands is held slightly above shoulder level with the elbows slightly bent. This hold is maintained to Step 12. The follow partner may be slightly in front of the lead partner's right hip, rather than in tight side-by-side Kilian hold. Step 6 is a two-beat swing for both partners and on count two the free legs are bent at the knee and raised past the horizontal. (Couples may touch the ice briefly with their toe-picks while executing the quick swing.) Care should be taken that Steps 7 to 12 are skated on very deep edges. Step 13 is a right backward outside three-turn for the lead partner and a right forward inside open stroke for the follow partner, and on count two the free feet are raised beside the skating legs close to and just below the skating knee. As these steps are executed, the partners assume arm-in-arm hold with the lead partner's right and the follow partner's left arms locked at the elbows. The free hands are held on the hips. Step 16 is started on count three with a forward outside three-turn followed by a change of edge immediately after the turn on count four. Care should be taken that couples do not skate a rocker instead. The arm-in-arm hold must not be altered during these steps. Step 19 is performed with the same free leg action as on Step 6. Steps 22 and 23 form a cross behind closed toe to toe Mohawk for both partners from a left forward inside edge. At the commencement of Step 23, the right foot is crossed behind. The free legs are extended in front during the concluding edge

YANKEE POLKA-LEAD — OPTIONAL PATTERN DANCE



PHSU ICE DANCE MANUAL



ABBREVIATIONS AND COMBINATION EXAMPLES

Abbreviation	Meaning
L	Left
R	Right
F	Forward
B	Backward
O	Outside edge
I	Inside edge
Ch	Change of edge
XF	Cross in front
XB	Cross behind
Rk	Rocker
Ctr	Counter
Br	Bracket
Op	Open
Cl	Closed
CP	Change of position
PP	Same partner position
LFO	Left forward outside
LFI	Left forward inside
RFO	Right forward outside
RFI	Right forward inside
LBO	Left backward outside
LBI	Left backward inside
RBO	Right backward outside
RBI	Right backward inside
LOB	Long axis of the rink
SOB	Short axis of the rink
T	Turn
Tw	Twizzle
C	Curve
S	Step
Seq	Sequence
P	Pattern

COMBINATION EXAMPLES	
Notation	Example
Steps in a sequence	LFO–RFI–LFO
Change of edge	LFO–Ch–RFO
Cross in front	XF–RFI
Cross behind	XB–LFO
Rocker	Rk–LFO
Counter	Ctr–RFI
Bracket	LFO (Br RFI)
Change of position	LFO–CP–RFI
Same partner position	LFO–PP–RFO
Turn	LFO–T–RFI
Twizzle	LBI–Tw–RBI
Open to closed	LFO (Op) – RFO (Cl)
Three-turn	LFO–3–RFI
Progressive step	LFO–S
Sequence	Seq: LFO–RFI–LFO



TIMING OF DANCE PATTERNS

Dance	Pattern Timing (Minutes:Seconds)				Beats per Minute	Time Signature
	1	2	3	4		
Dutch Waltz	0:21	0:42	1:03	1:23	138	3/4
Rhythm Blues	0:22	0:44	1:05	1:27	88	4/4
Tango Canasta	0:16	0:32	0:48	1:05	104	4/4
Swing Dance	0:40	1:20	2:00	2:40	96	4/4 or 2/4
Fourteenstep	0:28	0:56	1:24	1:52	120	4/4
European Waltz	0:28	0:56	1:24	1:52	84	3/4
American Waltz	0:30	1:00	1:30	2:00	90	3/4
Foxtrot	0:26	0:52	1:18	1:44	104	4/4
Quickstep	0:25	0:50	1:15	1:40	200	4/4
Kiliani	0:22	0:44	1:06	1:28	108	3/4
Starlight Waltz	0:28	0:56	1:24	1:52	84	3/4
Westminster Waltz	0:28	0:56	1:24	1:52	84	3/4
Paso Doble	0:22	0:44	1:06	1:28	112	2/4
Cha Cha Congelado	0:28	0:56	1:24	1:52	112	4/4
Rhumba	0:32	1:04	1:36	2:08	100	4/4
Yankee Polka	0:22	0:44	1:06	1:28	116	2/4
Argentine Tango	0:32	1:04	1:36	2:08	132	4/4
Blues	0:24	0:48	1:12	1:36	96	4/4
Rocker Foxtrot	0:28	0:56	1:24	1:52	112	4/4
Tango Romantica	0:28	0:56	1:24	1:52	112	4/4
Midnight Blues	0:23	0:46	1:09	1:32	92	4/4

PHSU ICE DANCE MANUAL

GLOSSARY

NOTE: Notwithstanding reference to gender within these dance terms, pattern dance tests may be taken with a partner of the same gender.

AXIS

Long Axis: A straight line that divides the ice surface into two halves lengthwise (midline).

Short Axis: A straight line that divides the ice surface into two halves crosswise.

Continuous Axis: An imaginary line running around the ice surface that serves as the basis for the dance pattern. Usually in pattern dances and rhythm dance the continuous axis consists of two lines running parallel to the long axis of the ice surface, approximately halfway between long axis and the sides. These lines are joined at each end of the ice surface by a semi-circle. These semi-circles are flattened in some dances so that they run parallel to the ends of the ice surface. In circular dances, such as the Kilian, the continuous axis approximates a circle. The continuous axis of the Paso Doble is an oval.

Transverse Axis: An imaginary line intersecting the continuous axis of a dance at right angles.

PATTERN

Pattern: The pattern of a dance is the design of the dance on the ice.

- **Set Pattern Dance:** A pattern dance for which the location, direction and curvature of all edges to be skated are designated in the diagram. This diagram must be followed as closely as possible.

- **Optional Pattern Dance:** A pattern dance for which the pattern may be altered by a couple provided that the original step sequences, positions and timing are maintained. Each repetition of the altered pattern must be executed in the same manner, and the restart must be commenced from the same place.

- **Lobe:** Any sequence of steps on one side of the continuous axis that is approximately semi-circular in shape.

SERIES OF STEPS

Introductory Steps: All pattern dances may be started with optional introductory steps. They must not exceed the introductory phrasing. This does not apply to pattern dance elements.

Start of Pattern Dance: The first step of the pattern dance after the introductory steps.

Sequence: The set order of the prescribed steps/turns that compose one pattern (sequence) of a pattern dance.

Step Sequence: A series of prescribed or unprescribed steps, turns and movements in a rhythm dance or a free dance; step sequences are divided into types, groups and styles.

- **Step Sequence in Hold:** Must be skated in any dance holds or variations thereof (unless otherwise specified). Any separation to change a hold must not exceed one measure of music.

- **Not Touching Step Sequence:** Must incorporate mirror and/or matching footwork. Both partners may cross each other's tracing(s) and may switch from matching footwork to mirror and vice versa (unless otherwise specified). The partners should remain as close together as possible, but they must not touch. The distance between the partners should not be more than two arms lengths apart, except for short distances when the partners are performing edges and turns in opposite directions.

- **Group A: Straight Line Step Sequences**

- **Diagonal:** Skated as fully corner to corner as possible.

- **Midline:** Skated along the full length of the ice surface on the long axis or short axis.

- **Group B: Curved Step Sequences**

- **Circular:** May be skated in clockwise or counterclockwise direction, utilizing the full width of the ice surface on the short axis of the rink.

- **Serpentine:** Commences in either direction (clockwise or counterclockwise) at the long axis at one end of the rink and progresses in three bold curves or in two bold curves (S-shaped) and ends at the long axis of the opposite end of the rink; the pattern utilizing the full width of the ice surface.

- **Group C: Partial Step Sequences**

- **Pattern Dance Type Step Sequence:** Performed on the ice surface anywhere or as prescribed.

Style of Step Sequences: Characteristics of levels of step sequences, organized as styles, are technical requirements with ongoing validity.

Additional Step Sequence Groups: Any variation or combination of groups, or other groups of step sequences will be described and published on the Skating Rules and Resources section on usfigureskating.org.

Section: A part of a sequence of a pattern dance.

Pattern Dance Element: A series of prescribed steps, turns and movements in a rhythm dance, consisting of a sequence of a pattern dance, a section of a pattern dance or a combination of steps/turns from a pattern dance.