

## Recommended Guidelines for “Skaters’ Choice” Pattern Dances

**NOVICE DANCE: Starlight Waltz\*, Blues, Paso Doble**

### **Starlight Waltz:**

Music may be any style of waltz in the character of Viennese, American, ethnic, folk as long as the steps and pattern are consistent with the dance diagram for the Starlight Waltz pattern dance in the tests book. Vocals are permitted. The range of tempo is 172 – 176 beats per minute.

The maximum time for this dance including the intro, 2 sequences of the Starlight Waltz steps, and an ending is 1 minute 50 seconds.

### **Blues:**

Music may be a jazzy, upbeat style blues or street, lowdown blues style with sad connotations. The steps and pattern are consistent with the dance diagram for the Blues pattern dance in the tests book. Vocals are permitted. The range of tempo is 86 – 90 beats per minute.

The maximum time for this dance including the intro, 3 sequences of the Blues steps, and an ending is 2 minutes.

### **Paso Doble:**

Music may be a Spanish march typical of the bull ring toreador music or the Flamenco style of expression for a Spanish dance. The steps and pattern are consistent with the dance diagram for the Paso Doble pattern dance in the tests book. Vocals are permitted. The range of tempo is 110 – 114 beats per minute.

The maximum time for this dance including the intro, 3 sequences of the Paso Doble steps, and an ending is 1 minute, 30 seconds.

## Recommended Guidelines for “Skaters’ Choice” Pattern Dances

### **INTERMEDIATE DANCE: Rocker Foxtrot\*, Fourteenstep, European Waltz**

#### **Rocker Foxtrot:**

Music may be in the style of foxtrot, swing, march, blues as long as the steps and pattern are consistent with the dance diagram for the Rocker Foxtrot pattern dance in the tests book. Vocals are permitted. The range of tempo is 102 – 106 beats per minute.

The maximum time for this dance including the intro, 4 sequences of the Rocker Foxtrot steps, and an ending is 1 minute 45 seconds.

#### **Fourteenstep:**

Music may be march, polka, rag, two-step with the style of the dance in the character of the music chosen. The steps and pattern are consistent with the dance diagram for the Fourteenstep pattern dance in the tests book. Vocals are permitted. The range of tempo is 110 – 114 beats per minute.

The maximum time for this dance including the intro, 4 sequences of the Fourteenstep steps, and an ending is 1 minute, 15 seconds.

#### **European Waltz:**

Music is waltz with  $\frac{3}{4}$  meter. Style would be a basic waltz (rule book European) or could use Western or Mexican flavored basic waltz music expressing the character of the chosen music. The steps and pattern are consistent with the dance diagram for the European Waltz pattern dance in the tests book. Vocals are permitted. The range of tempo is 133 – 137 beats per minute.

The maximum time for this dance including the intro, 2 sequences of the European Waltz steps, and an ending is 1 minute, 15 seconds.

## Recommended Guidelines for “Skaters’ Choice” Pattern Dances

### **JUVENILE DANCE: Willow Waltz\*, Fiesta Tango, Foxtrot**

#### **Willow Waltz:**

Music may be any style of waltz with the character of the music American, ethnic, Viennese, folk as long as the steps and pattern are consistent with the dance diagram for the Willow Waltz pattern dance in the tests book. Vocals are permitted. The range of tempo is 136 – 140 beats per minute.

The maximum time for this dance including the intro, 3 sequences of the Willow Waltz steps, and an ending is 1 minute 40 seconds.

#### **Fiesta Tango:**

Music is Tango in the rhythm of the Spanish Tango with the count of “one, two, and three, four” (NOT Argentine). The character of the music is soft, slow and smooth which is typical of the Spanish style of tango. The steps and pattern are consistent with the dance diagram for the Fiesta Tango pattern dance in the tests book. Vocals are permitted. The range of tempo is 106 – 110 beats per minute.

The maximum time for this dance including the intro, 3 sequences of the Fiesta Tango steps, and an ending is 1 minute, 35 seconds.

#### **Foxtrot:**

Music is foxtrot with 4 beats to a measure of music allowing smooth flowing character of a ballroom foxtrot. This is a happy dance showing soft flair. The steps and pattern are consistent with the dance diagram for the Foxtrot pattern dance in the tests book. Vocals are permitted. The range of tempo is 98 – 102 beats per minute.

The maximum time for this dance including the intro, 4 sequences of the Foxtrot steps, and an ending is 1 minute 45 seconds.