



**SKATE**CANADA

# CREATIVE DANCE MANUAL



**STAR**SKATE



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Note: The Skate Canada Rule and Technical Handbook regulations referred to in this manual are correct at the time of printing. The current Skate Canada Rule Book and Technical Handbook overrides any rule or regulation references in this book.

## INTRODUCTION

A number of revisions have been made to the STARSkate Dance test program. As of July 1, 2003 the Dance Variation, Bronze Rhythm Dance, Silver Interpretive Dance and Gold Interpretive Dance have been deleted. Four new dances have been introduced: Preliminary Creative Dance, Bronze Creative Dance, Silver Creative Dance and Gold Creative Dance. The following table is a summary of the dance tests in the STARSkate program:

Dance Test	Dance	Partner	Solo	Shadow	Passing Requirements (Rule 4303)
<b>Preliminary</b>	Dutch Waltz	X			3/4
	Canasta	X			
	Baby Blues	X			
	Preliminary Creative Dance	X	X	X	
<b>Junior Bronze</b>	Swing	X			3/3
	Fiesta Tango	X			
	Willow Waltz	X			
<b>Senior Bronze</b>	Ten Fox	X			3/4
	Fourteenstep	X			
	European Waltz	X			
	Bronze Creative Dance	X	X	X	
<b>Junior Silver</b>	Keats Foxtrot	X	X		4/4
	Harris Tango	X			
	American Waltz	X	X		
	Rocker Foxtrot	X			
<b>Senior Silver</b>	Paso Doble	X			4/6
	Starlight Waltz	X			
	Blues	X	X		
	Kilian	X	X		
	Cha Cha Congelado	X			
	Silver Creative Dance	X	X	X	
<b>Gold</b>	Viennese Waltz	X			4/6
	Westminster Waltz	X			
	Quickstep	X	X		
	Argentine Tango	X			
	Silver Samba	X	X		
	Gold Creative Dance	X	X	X	
<b>Diamond</b>	Ravensburger Waltz	X			4/6
	Tango Romantica	X			
	Yankee Polka	X			
	Rhumba	X			
	Austrian Waltz	X			
	Golden Waltz	X			

The Creative Dances are an option portion of completing a Compulsory Dance test. At the Preliminary and Senior Bronze level a skater must pass three of the four dances. At the Senior Silver and Gold level a skater must pass four of the six dances. For example, a skater on the Preliminary Dance test level has a number of options to obtain their Preliminary Dance test certificate (i.e. Dutch Waltz, Canasta, and Baby Blues; or Preliminary Creative Dance, Dutch Waltz, and Baby Blues).

## **CREATIVE DANCE**

Creative Dancing gives coaches and skaters a chance to experiment with modern music (or to stay with the traditional if they prefer), and they have the opportunity to combine the skills they are learning in all disciplines including: the use of timing, rhythm and tempo from dancing, the turns and movements of both Skating Skills and Ice Dancing, and the freedom of composition and performance aspects of free skating. Since Creative Dances can be done solo, the partner limitations are not of the same concern that currently existed for skaters wishing to take the rhythm and interpretive dance tests.

This approach gives more exposure to dance in a fun, less restrictive atmosphere for skaters, and earlier introduction to the creative aspects of dancing for coaches in a safe and positive environment. All of this equals skill development while having fun.

A further benefit may be that skaters will stay in dancing longer and may choose dance as a competitive discipline earlier in their development. It also means that skaters will be ready to tackle an Original and/or Free Dance much quicker and easier with this early introduction to “free” dancing.

## **SHADOW DANCING**

Creative Dances may be performed solo, shadow or as a couple. If the dance is skated shadow or with a partner, the couple composition is unrestricted. If a Creative Dance is shadow danced, both skaters shall perform the same steps (men’s or women’s). They shall skate side by side with no more than arms distance between them. The couple should try to maintain the same distance between one another.

Tracking may be used in dance patterns where it is difficult for both skaters to maintain the same distance from one another when performing the same steps side by side. For example, in performing the crossed open choctaw in the Kilian the skaters may use tracking to complete the step.

## **EVALUATION CRITERIA**

Creative Dances are evaluated on the same two categories as Compulsory Dances: Dance Rhythm and Expression. These categories are further broken down into more specific requirements.

A skater is evaluated on:

1. Dance Rhythm - Timing, Expression, and Unison (if skated shadow or as a couple)
2. Execution – Accuracy/Flow, Style/Form, and Pattern/Placement

A skater who performs the dance solo is not required to receive a satisfactory evaluation on the unison requirement. For example, a skater performing the Gold Creative Dance (shadow or with a partner) must pass all 6 evaluation criteria. If a skater chooses to perform the Gold Creative Dance solo they must pass all criteria except the unison criteria.

For a detailed explanation of the criteria for evaluation, see regulation 4000 – D - 4.5 in the Skate Canada Rule Book. Please refer to Appendix A in this manual for the complete Creative Dance Standards. These standards should be adhered to as closely as possible.

## EQUIVALENCY

There is no equivalency granted from the Dance Variation, Bronze Rhythm, Silver Interpretive and Gold Interpretive tests to the Creative Dance tests. The test prerequisite for each Creative Dance is the same as all Compulsory Dances. A skater must pass a minimum of the Junior Bronze Dance test to take the Bronze Creative Dance. A skater who has passed the Dance Variation, Bronze Rhythm Dance, Silver Interpretive Dance and/or Gold Interpretive Dance will maintain this test in their Skate Canada records. The Creative Dances are options for skaters to use in completing their Compulsory Dance tests.

## EVALUATOR QUALIFICATIONS

Creative Dances may be evaluated by evaluators with the appropriate Compulsory Dance evaluator qualification. The table below indicates the minimum evaluator qualification that is required.

Dance	Evaluator Qualification
Preliminary Creative Dance	Preliminary Dance Evaluators
Bronze Creative Dance	Senior Bronze Dance Evaluators
Silver Creative Dance	Senior Silver Dance Evaluators
Gold Creative Dance	Gold Dance Evaluators

## GENERAL GUIDELINES FOR COMPOSITION

- The dance may consist of an original series of steps and movements skated in time with the music.
- The choice of steps, turns and rotations, and changes of position are optional except for the specific requirements for each level. The skater is expected to incorporate steps, turns and movements that are included in other dances at the same level. Definitions of dance elements can be found in the Figure Skating Terms Defined Section of the Technical Handbook.
- Introductions and endings are expected. The number of introductory steps shall not exceed the introductory phrasing of the specific music used.
- There are no restrictions on dance holds, arm movements or hand claps. Any new or known dance positions may be used and should reflect the character of the music. Hand-in-hand positions with outstretched arms are **not** permitted except in the introductory steps. The partners **must not separate** except to change dance hold, which must not exceed one measure of the music. Skaters are encouraged to use arm, postural and leg movements to interpret the music.
- Clothing must be simple, modest and dignified. Costumes may reflect the character of the music, but show costumes are not permitted.

## COMPOSITION OF CREATIVE DANCES

Specific composition guidelines are outlined for each test level below.

### PRELIMINARY CREATIVE DANCE

#### Test Prerequisites

- No test prerequisites.

#### Music

- The dance can be skated to one selection of music from the Preliminary Dance music (Skate Canada) or a free choice of music.
- If a free choice of music is chosen, it must be of the same character and correct time signature as an existing piece of music from the Preliminary Compulsory Dance music. Free choice of music may include the following characters and time signatures for the Preliminary Creative Dance:

Free Choice of Music	
Character	Time Signature
Waltz	3 / 4
Tango	4 / 4
Blues	4 / 4

#### Composition

- Dance must move in a counter-clockwise direction.
- Reverse direction, stops and loops are not permitted.
- The pattern shall consist of a full circuit of the ice or a half pattern repeated.
- The dance pattern must not cross the long axis except when crossing the end of the arena.

#### REQUIRED STEPS/ELEMENTS

- Any new or known dance steps may be used. The skater is expected to incorporate steps, turns and movements that are included in other dances in the Preliminary Dance test.
- Four of the following five required elements must be included:
  - forward progressive
  - forward chassé
  - forward swing/forward swing roll
  - forward cross roll

#### Passing Requirement

- The candidate must obtain a “satisfactory” evaluation or better in timing and Accuracy/Flow in order to pass.



## BRONZE CREATIVE DANCE

### Test Prerequisites

- The skater must have passed the Junior Bronze Dance test.

### Music

- The dance can be skated to one selection of music from either the Senior Bronze Dance music (Skate Canada or ISU) or a free choice of music.
- If a free choice of music is chosen, it must be of the same character and correct time signature as an existing piece of music from the Senior Bronze Compulsory Dance music. Free choice of music may include the following characters and time signatures for the Bronze Creative Dance:

Free Choice of Music	
Character	Time Signature
Foxtrot	4 / 4
March	6 / 8, 2 / 4, or 4 / 4
Waltz	3 / 4

### Composition

- Dance must move in a counter-clockwise direction.
- Reverse direction, stops and loops are not permitted.
- The pattern shall consist of a full circuit of the ice or a half pattern repeated.
- The dance pattern must not cross the long axis except when crossing the end of the arena.

### Required Steps/Elements

- Any new or known dance steps may be used. The skater is expected to incorporate steps, turns and movements that are included in other dances in the Senior Bronze Dance test.
- The dance must include forward and backward dance steps. The dance must include at least one three turn and one mohawk.

### Passing Requirement

- The candidate must obtain a “satisfactory” evaluation or better in timing and Accuracy/Flow plus satisfactory or better in at least two of: Style/Form, Expression, Unison\* or Pattern/Placement in order to pass.

\*A satisfactory evaluation in the unison criteria is only a requirement for dances that are performed shadow or with a partner.

## SILVER CREATIVE DANCE

### Test Prerequisites

- The skater must have passed the Junior Silver Dance test.

### Music

- 2 minutes maximum.
- The dance can be skated to one or two selections of music from the Senior Silver Dance music (Skate Canada or I.S.U.) or free choice of music.
- If a free choice of music is chosen, it must be of the same character and correct time signature as an existing piece of music from the Senior Silver Compulsory Dance music. Free choice of music may include the following characters and time signatures for the Silver Creative Dance:

Free Choice of Music	
Character	Time Signature
Paso Doble	2 / 4
Waltz (with the character and rhythm of the Viennese Waltz)	3 / 4
Blues	4 / 4
March	2 / 4 and 4 / 4
Cha Cha	4 / 4

### Composition

- Dance must move in a clockwise or counter-clockwise direction.
- Stops are not permitted.
- It must cross the midline of the arena within 20 meters of the end of rink, except the diagonal line step sequence.
- Loops may be included but must not cross the short axis of the arena.

### Required Steps/Elements

- Any new or known dance steps may be used. The skater is expected to incorporate steps, turns and movements that are included in other dances in the Senior Silver Dance test.
- It must include:
  - one diagonal step sequence
  - one straight line sequence, travelling down the long axis of the arena
  - The straight line sequence must include a series of twizzles– A series of twizzles must include at least two twizzles for each partner with up to three small steps between. Each twizzle shall be at least one rotation on one foot performed simultaneously by both partners. For example: side by side in same direction (matching), side by side in opposite direction (mirror), or following one another (one skating forward and/or backward and the other skating backward and/or forward).
- If it is skated as a couple, the skaters may (but are not required to) include one lift and one dance spin.

### Passing Requirement

- The candidate must obtain a “satisfactory” evaluation or better in all six criteria for dances performed shadow or with a partner, and all except unison for soloed dances.

## **GOLD CREATIVE DANCE**

### **Test Prerequisites**

- The skater must have passed the Senior Silver Dance test.

### **Music**

- 2 minutes 30 seconds maximum.
- The dance can be skated to a minimum of 2 to a maximum of 3 selections of music from the Gold and Diamond Dance music (Skate Canada or I.S.U.) or free choice of music. If a free choice of music is chosen, it must be of the same character and correct time signature as an existing piece of music from the Gold Compulsory Dance music. Free choice of music may include the following characters and time signatures for the Gold Creative Dance:

<b>Free Choice of Music</b>	
<b>Character</b>	<b>Time Signature</b>
Waltz / Viennese Waltz	3 / 4
Quickstep	2 / 4
Tango	4 / 4
Samba	2 / 4
Polka	2 / 4
Rhumba	4 / 4

### **Composition**

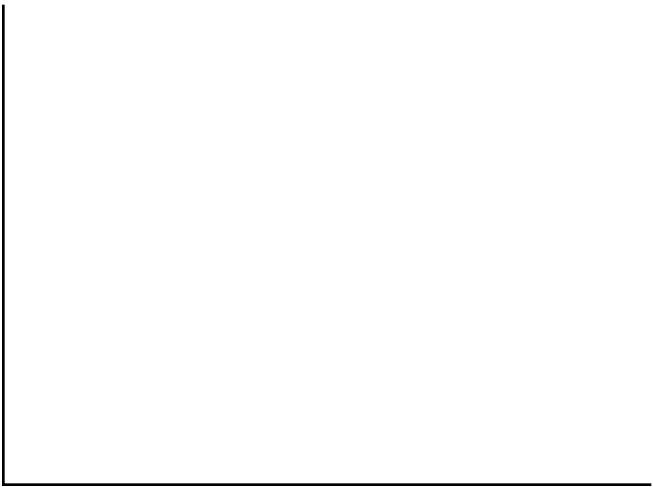
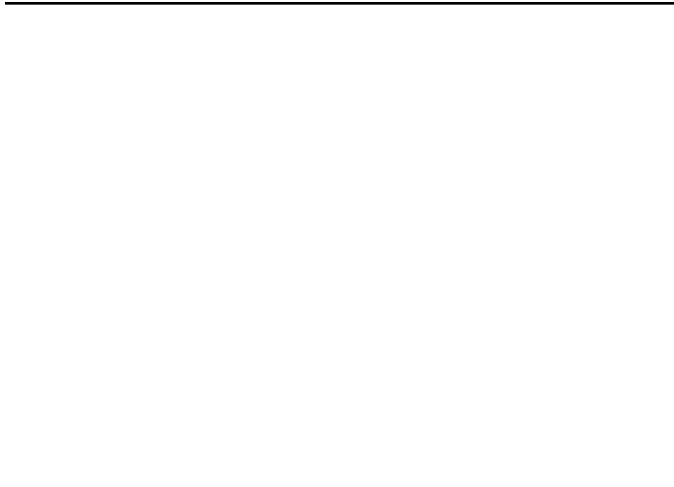
- Dance must move in a Free pattern.
- Reverse direction, stops and loops are permitted.

### **Required Steps/Elements**

- Any new or known dance steps may be used. The skater is expected to incorporate steps, turns and movements that are included in other dances in the Gold Dance test.
- It must include:
  - one diagonal step sequence
  - one circular sequence
  - The dance must include one series of twizzles – A series of twizzles must include at least two twizzles for each partner with up to three small steps between. Each twizzle shall be at least one rotation on one foot performed simultaneously by both partners. For example: side by side in same direction (matching), side by side in opposite direction (mirror), or following one another (one skating forward and/or backward and the other skating backward and/or forward).
- If it is skated as a couple, the skaters may (but are not required to) include up to two lifts and one dance spin.

### **Passing Requirement**

- The candidate must obtain a “satisfactory” evaluation or better in all six criteria for dances performed shadow or with a partner, and all except unison for soloed dances.



**CREATIVE DANCE STANDARDS**

**PRELIMINARY/BRONZE CREATIVE DANCE STANDARDS**

SKILL	EXCELLENT	GOOD	SATISFACTORY	NEEDS IMPROVEMENT
<b>DANCE RHYTHM</b>				
(i) Timing	<ul style="list-style-type: none"> <li>exceptional ability to stay in time to the music, even through required elements/ highlights and difficult step sequences</li> <li>no timing errors</li> </ul>	<ul style="list-style-type: none"> <li>uses the beat and rhythm correctly</li> <li>uses the beat to express rhythm and character</li> <li>in time throughout</li> <li>one minor timing error</li> </ul>	<ul style="list-style-type: none"> <li>generally in time (does not lose or gain beats)</li> <li>some attention to rhythm</li> <li>two unrepeated timing errors</li> </ul>	<ul style="list-style-type: none"> <li>out of time; more than two timing errors</li> <li>losing beats</li> <li>lacks rhythm</li> </ul>
(ii) Expression	<ul style="list-style-type: none"> <li>rhythm of the entire dance expressed through the steps and body movements</li> <li>consistent evidence of soft knee action</li> </ul>	<ul style="list-style-type: none"> <li>rhythm of the dance expressed through the steps and body movements during the majority of the dance</li> <li>evidence of soft knee action</li> </ul>	<ul style="list-style-type: none"> <li>some expression of chosen rhythm</li> <li>some evidence of knee action</li> </ul>	<ul style="list-style-type: none"> <li>rhythm of the dance not expressed</li> <li>not “danced”</li> <li>stiff knee action</li> </ul>
(iii) Unison (if skated shadow or as a couple)	<ul style="list-style-type: none"> <li>complete synchronization in all steps, arm, body movements, dance holds</li> <li>dance steps/holds show the appearance of oneness</li> <li>arms and body movements well synchronized</li> </ul>	<ul style="list-style-type: none"> <li>most steps, holds, arm, and body movements synchronized</li> <li>dance holds appear natural/relaxed</li> <li>skater shows ability to follow/take lead</li> </ul>	<ul style="list-style-type: none"> <li>steps, free leg, and body movements well matched/synchronized</li> <li>some minor spacing with dance holds</li> </ul>	<ul style="list-style-type: none"> <li>steps not synchronized; partners skate individually</li> <li>dance holds struggle throughout</li> <li>free leg, knee bend, body lean does not match</li> </ul>

SKILL EXECUTION	EXCELLENT	GOOD	SATISFACTORY	NEEDS IMPROVEMENT
(i) Accuracy/Flow	<ul style="list-style-type: none"> <li>• definite ease of movement across the ice</li> <li>• very well placed elements</li> <li>• changes of curve and direction consistently evident</li> <li>• No toe pushing/widestepping</li> <li>• interesting pattern</li> <li>• neat footwork throughout</li> <li>• Steps performed on deep lobes / edges</li> <li>• Entire dance skated with balance / control</li> <li>• Smooth glide throughout</li> </ul>	<ul style="list-style-type: none"> <li>• reasonable flow and good ice coverage</li> <li>• well placed elements</li> <li>• reasonable curves and changes of direction</li> <li>• toe pushing</li> <li>• occasional instances of widestepping during required elements</li> <li>• One minor error during dance required elements/highlights; otherwise most footwork is neat and tidy throughout</li> <li>• Most steps performed on deep lobes/edges</li> <li>• Majority of dance skated with balance/control; some obvious pushing</li> </ul>	<ul style="list-style-type: none"> <li>• some flow and ice coverage</li> <li>• generally well placed elements</li> <li>• some curve to edges and some change of direction</li> <li>• One or two instances of widestepping during dance required elements/highlights</li> <li>• All steps completed on shallow edges</li> <li>• One or two instances of loss of control / balance during required elements/highlights</li> </ul>	<ul style="list-style-type: none"> <li>• poor flow and ice coverage</li> <li>• poorly placed elements (clustered or unattractive)</li> <li>• lack of edge and change of direction</li> <li>• Untidy footwork, several instances of wide-stepping, two-footing throughout dance</li> <li>• No obvious lobes in dance; frequent toe pushing</li> <li>• Unable to maintain balance / control throughout choreography resulting in flats</li> </ul>

SKILL	EXCELLENT	GOOD	SATISFACTORY	NEEDS IMPROVEMENT
(ii) Style/Form	<ul style="list-style-type: none"> <li>• superior carriage and body control throughout</li> <li>• soft knees</li> <li>• eye focus up</li> <li>• interesting arm and postural movements appear throughout the dance</li> <li>• multiple dance positions included throughout the dance, if skated as a couple</li> <li>• appears to be a 50/50 balance of steps between partners, if skated as a couple</li> </ul>	<ul style="list-style-type: none"> <li>• skater shows consistent carriage and control</li> <li>• free leg extended/toes pointed throughout</li> <li>• arm/body movements do not distract</li> <li>• minimum lunging, rocking or kicking up of heels</li> <li>• two or more varied arm or postural movements</li> <li>• more than one dance position used, if skated as a couple</li> <li>• majority of dance has soft knees and head up</li> <li>• appears to be a 60/40 balance of steps between partners, if skated as a couple</li> </ul>	<ul style="list-style-type: none"> <li>• generally correct carriage throughout</li> <li>• occasional bent free leg/head down or lunging</li> <li>• arm and postural movements are comfortable during dance</li> <li>• dance position is definable, if skated as a couple</li> <li>• minor lapses with posture in more difficult sections</li> <li>• eye focus down</li> <li>• appears to be a 70/30 balance of steps, if skated as a couple</li> </ul>	<ul style="list-style-type: none"> <li>• poor carriage and lack of body control throughout; frequent lunging</li> <li>• arm/body movements are a distraction</li> <li>• stiff knees</li> <li>• no arm or postural change throughout the dance</li> <li>• dance positions are weak if skated as a couple</li> <li>• complete imbalance of steps between partners if skated as a couple</li> </ul>

**PRELIMINARY/BRONZE CREATIVE DANCE STANDARDS**

<b>SKILL</b>	<b>EXCELLENT</b>	<b>GOOD</b>	<b>SATISFACTORY</b>	<b>NEEDS IMPROVEMENT</b>
(iii) Pattern/Placement	<ul style="list-style-type: none"> <li>• steps vary in direction (lobe) throughout the dance</li> <li>• pattern varied, interesting and balanced with effective use of required elements/highlights</li> <li>• choreography (steps and moves) original and appropriate for rhythm selected</li> </ul>	<ul style="list-style-type: none"> <li>• some step variation in direction</li> <li>• pattern balanced with well placed highlights/required elements</li> <li>• most choreography (steps, turns and moves) generally appropriate for test level and rhythm selected</li> </ul>	<ul style="list-style-type: none"> <li>• required elements are included</li> <li>• pattern reasonably balanced, some required elements/highlights</li> <li>• choreography (steps, turns and moves) generally appropriate for test level and rhythm selected</li> </ul>	<ul style="list-style-type: none"> <li>• required steps not included</li> <li>• pattern shallow, unbalanced</li> <li>• poor placement of highlights/required elements</li> <li>• choreography (steps, turns and moves) inappropriate for test level and rhythm selected</li> <li>• an excess of highlights to the detriment of connecting steps</li> </ul>



**SILVER/GOLD CREATIVE DANCE STANDARDS**

SKILL	EXCELLENT	GOOD	SATISFACTORY	NEEDS IMPROVEMENT
DANCE RHYTHM  (i) Timing	<ul style="list-style-type: none"> <li>• exceptional ability to stay in time to the music, even through required elements / highlights and difficult step sequences</li> <li>• attention to phrasing of music</li> <li>• gives importance to every beat</li> </ul>	<ul style="list-style-type: none"> <li>• uses the beat and rhythm correctly</li> <li>• uses the beat to express rhythm and character</li> <li>• in time throughout</li> </ul>	<ul style="list-style-type: none"> <li>• generally in time (does not lose or gain beats)</li> <li>• some attention to rhythm</li> <li>• two unrepeated minor timing errors</li> </ul>	<ul style="list-style-type: none"> <li>• out of time; more than two timing errors; losing beats</li> <li>• lack of rhythm</li> </ul>
(ii) Expression	<ul style="list-style-type: none"> <li>• superior expression and interpretation of dance rhythm using selected music</li> <li>• ability to capture emotion required by the rhythm of the music through body movement</li> <li>• superior “dance ability” i.e. uses knee action, lean and body motion to enhance rhythm</li> </ul>	<ul style="list-style-type: none"> <li>• sophisticated interpretation of dance rhythm selected</li> <li>• strong “dance ability” i.e. uses knee action, lean and body motion to enhance rhythm</li> </ul>	<ul style="list-style-type: none"> <li>• appropriate expression for rhythm selected</li> <li>• general evidence of “dance ability” for rhythm</li> </ul>	<ul style="list-style-type: none"> <li>• dance rhythm incorrectly/ inconsistently expressed</li> <li>• little evidence of knee action, lean or body movement</li> </ul>

**SILVER/GOLD CREATIVE DANCE STANDARDS**

SKILL	EXCELLENT	GOOD	SATISFACTORY	NEEDS IMPROVEMENT
(iii) Unison (if skated shadow or as a couple)	<ul style="list-style-type: none"> <li>• partners have superior skating ability; skaters matched in skating ability; program content, expression, motivation and commitment to the program</li> <li>• entire dance is harmonious and seamless movements throughout dance</li> <li>• definite appearance of oneness</li> </ul>	<ul style="list-style-type: none"> <li>• all steps, holds, arm and body movements well synchronized</li> <li>• skaters appear to have a feeling of oneness throughout majority of dance</li> <li>• no obvious struggling (clutching/grabbing) in dance holds</li> </ul>	<ul style="list-style-type: none"> <li>• steps, holds, arm and body movements generally well synchronized</li> <li>• arm/body movements generally well coordinated</li> <li>• 1 or 2 minor errors with more difficult choreography</li> </ul>	<ul style="list-style-type: none"> <li>• steps, arm, body movements consistently lack coordination throughout</li> <li>• dance holds struggle (clutching /grabbing)</li> <li>• individual skating throughout</li> <li>• lack of synchronization in steps</li> </ul>

**SILVER/GOLD CREATIVE DANCE STANDARDS**

SKILL EXECUTION	EXCELLENT	GOOD	SATISFACTORY	NEEDS IMPROVEMENT
(i) Accuracy/Flow	<ul style="list-style-type: none"> <li>twizzles are successful and include more than one revolution</li> <li>definite ease of movement across the ice</li> <li>very well placed elements</li> <li>changes of curve and direction consistently evident</li> <li>interesting pattern</li> <li>line sequence is straight and covers at least ¾ of the ice surface (Silver – straight and diagonal line; Gold – diagonal</li> <li>circle is identifiable and closed (Gold)</li> <li>Skaters gain flow/power through required elements/ highlights</li> <li>Effortless power and flow throughout demonstrating superior knee action and lean</li> <li>Neat, precise footwork throughout</li> </ul>	<ul style="list-style-type: none"> <li>twizzles are successful and include at least one revolution</li> <li>good flow and ice coverage</li> <li>well placed elements</li> <li>reasonable curves and changes of direction</li> <li>line sequence(s) (Silver and Gold) are straight</li> <li>circle step sequence is identifiable and is closed (Gold)</li> <li>Skaters generally maintain flow/power through required elements/ highlights</li> <li>Power and flow demonstrating deep edges through coordinated knee action and body lean</li> <li>Rare instances of widestepping</li> </ul>	<ul style="list-style-type: none"> <li>at least one twizzle is successful</li> <li>some flow and ice coverage</li> <li>generally well placed elements</li> <li>some curve to edges and some change of direction</li> <li>circle step sequence is identifiable as a circle</li> <li>Skaters maintain flow/power through required elements/ highlights, some scratching</li> <li>Adequate power and flow to demonstrate shallow edges</li> <li>Occasional widestepping during required elements/ highlights</li> </ul>	<ul style="list-style-type: none"> <li>no twizzles are successful</li> <li>poor flow and ice coverage</li> <li>poorly placed elements (clustered or unattractive)</li> <li>lack of edge and change of direction</li> <li>line sequences are not identifiable</li> <li>poor circle size and shape (Gold)</li> <li>Skaters gain speed / flow through progressives and chassés only</li> <li>Obvious telegraphing of required elements / highlights</li> <li>Insufficient power and flow to demonstrate lobes and edges</li> <li>Widestepping and slurring of footwork throughout</li> </ul>

## SILVER/GOLD CREATIVE DANCE STANDARDS

SKILL	EXCELLENT	GOOD	SATISFACTORY	NEEDS IMPROVEMENT
(ii) Style/Form	<ul style="list-style-type: none"> <li>• superior use of entire body throughout</li> <li>• all steps, positions, dance holds (if performed as a couple) look natural and controlled</li> <li>• elegant and well defined positions appropriate to rhythm</li> <li>• balance of steps between partners appears to be 50/50</li> <li>• varied dance positions occur in the dance, if skated as a couple</li> <li>• carriage and form appropriate to rhythm (e.g. for waltz – head up, back erect, free leg extended with well pointed toes)</li> <li>• choreography (steps and moves) original and appropriate for rhythm selected</li> </ul>	<ul style="list-style-type: none"> <li>• above average use of entire body/dance holds (if performed as a couple) appropriate to rhythm</li> <li>• consistent carriage and form</li> <li>• pleasing carriage and form with no obvious lapses/form breaks</li> <li>• steps appear to be a 60/40 split in balance, if skated as a couple</li> <li>• some change of dance positions, if skated as a couple</li> <li>• choreography (steps, turns and moves) generally appropriate for rhythm selected</li> </ul>	<ul style="list-style-type: none"> <li>• generally pleasing and relaxed use of all positions/dance holds (if performed as a couple)</li> <li>• generally pleasing carriage and form (upper body control and free leg extension) with one or two lapses/form breaks in the more difficult parts of the program</li> <li>• balance of steps appears to be 70/30 if skated as a couple.</li> <li>• Both skate the required step sequences, if skated as a couple</li> <li>• dance includes some face to face dance positions, if skated as a couple</li> <li>• some choreography (steps, turns and moves) inappropriate for rhythm selected</li> </ul>	<ul style="list-style-type: none"> <li>• generally poor execution of body positions/dance holds (if performed as a couple) throughout</li> <li>• poor carriage/form and body control throughout</li> <li>• there is a predominance of progressives and chasses</li> <li>• dance appears to be skated in only kilian or hand in hand position, if skated as a couple</li> <li>• dance holds appear awkward or weak</li> <li>• complete imbalance of steps if skated as a couple</li> <li>• choreography is not appropriate for rhythm selected</li> </ul>

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(iii) Pattern/Placement	<ul style="list-style-type: none"> <li>program displays superior ability to move from element to element smoothly and powerfully using difficult well executed connecting steps and a variety of ice patterns</li> <li>different steps appear throughout</li> <li>varied steps and directions occur during the dance</li> <li>both step sequences are definable and move in out of the dance without hesitation</li> <li>all choreography (steps, turns, moves) is at the appropriate test level</li> </ul>	<ul style="list-style-type: none"> <li>interesting balanced use of required elements/ highlights throughout program</li> <li>choreography (steps, turns, and moves) original and appropriate for rhythm selected</li> <li>difficult steps occur regularly in the required step sequences and the general pattern</li> <li>good variety of steps in at least one direction</li> <li>step sequences include a variety of steps</li> <li>series of twizzles is included</li> <li>most choreography (steps, turns, moves) is at the appropriate test level</li> </ul>	<ul style="list-style-type: none"> <li>generally balanced distribution of required elements/ highlights throughout program</li> <li>choreography (steps,turns, and moves) generally appropriate for rhythm selected</li> <li>dance includes two step sequences and a series of twizzles</li> <li>choreography (steps, turns moves) is generally at the appropriate test level</li> </ul>	<ul style="list-style-type: none"> <li>highlights/required elements in one section of program</li> <li>choreography (steps and moves) inappropriate for rhythm selected</li> <li>an excess of highlights to the detriment of the connecting steps</li> <li>dance does not include the required step sequence or a series of twizzles</li> <li>dance includes simple steps with little variety</li> </ul>

