

DANCE

Skill	Description	Minimum Performance Standard
STAR 1		
Forward Progressives	<p>A forward progressive is a dance step that is executed by the skater performing a blade push onto an outside edge, fully extending the free leg at a 30-degree angle (approx.), and allowing the free foot to pass the skating foot and step down on an inside edge without crossing into the circle. The foot that was on the outside edge then executes a forward thrust from the outside edge by pushing under the skating foot and outside of the lobe using the side of the blade, until it is fully extended. The free foot then comes back to the skating foot to start the next step.</p> <p>To introduce skaters to this new step, the skaters will repeat the 2 step sequence described above around a circle (approximate size of a hockey circle) until they have completed a full circle in one direction. The skater will then perform forward progressives on the circle in the opposite direction. The skater's upper body should be rotated towards the center of the circle with a strong core position. Arms should be extended and placed over the circle.</p>	<p>1 full circle of clockwise (CW) and counter clockwise (CCW) progressives must be performed.</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - 75% of steps must be correct - 75% blade pushes - 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level
Forward Chasses	<p>A forward chasse is a dance step that is executed by the skater performing a blade push onto an outside edge, fully extending the free leg at a 30-degree angle (approx.), and then bringing the free foot to step beside the skating foot to allow the inside foot to rise off the ice slightly with the blade parallel to the ice. The free foot then comes back to the skating foot to start the next step.</p> <p>To introduce skaters to this new step, the skaters will repeat the 2 step sequence described above around a circle (approximate size of a hockey circle) until they have completed a full circle in one direction. The skater will then perform forward chasses on the circle in the opposite direction. The skater's upper body should be rotated towards the center of the circle with a strong core position. Arms should be extended and placed over the circle.</p>	<p>1 full circle of clockwise (CW) and counter clockwise (CCW) chasses must be performed.</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - 75% of steps must be correct - 75% blade pushes - 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level
Forward Slide Chasses	<p>A forward slide chasse is a dance step that is executed by the skater performing a blade push onto an outside edge, fully extending the free leg at a 30-degree angle</p>	<p>1 full circle of clockwise (CW) and counter clockwise</p>

	<p>(approx.), and then bringing the free foot to step beside the skating foot to allow the inside foot to slide forward off the ice, reaching a fully extended position. The free foot then comes back to the skating foot to start the next step.</p> <p>To introduce skaters to this new step, the skaters will repeat the 2 step sequence described above around a circle (approximate size of a hockey circle) until they have completed a full circle in one direction. The skater will then perform forward slide chasses on the circle in the opposite direction. The skater's upper body should be rotated towards the center of the circle with a strong core position. Arms should be extended and placed over the circle.</p>	<p>(CCW) slide chasses must be performed</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - 75% of steps must be correct - 75% blade pushes - 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level
Forward Outside Swing Roll Sequence	<p>A forward swing roll is similar to a forward outside edge. To execute a forward swing roll, the skater will use a blade push to push onto a forward outside edge on a bent skating knee, fully extending the free leg at a 30-degree angle behind. As the skater reaches the middle of the edge/roll, they will rise up on the knee as they bring their free leg to extend to the front. The roll is finished by bringing the feet together before performing the next step.</p> <p>To introduce skaters to this new step, the skaters will repeat the process listed above on a line using the width of the ice. The skater may start from a standstill or from forward skating and may choose starting foot. The skater will perform a series of forward swing rolls across the width of the ice.</p>	<p>Minimum of 4 swing rolls must be performed (2 on each foot)</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - 75% of steps must be correct - 75% blade pushes - 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level
FO Cross Roll	<p>FO cross rolls can be initiated from either a RFO or LFO edge. The free foot is extended behind the skater and internally rotates as it crosses the path of the skating foot to step on an outside edge. To ensure the proper edge is achieved, the free foot may cross in front at a right angle to the skating foot. Once the weight is transferred to the other foot, the free leg is extended again.</p> <p>For this skill, have the skater do each cross roll in isolation as it is an introductory skill at this level.</p>	<p>2 cross rolls performed on each foot.</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - 75% of steps must be correct - 75% blade pushes - 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level