

U.S. Figure Skating Basic Skills Program Dance Curriculum



(Dances may be skated solo for testing Dance 1–6)

The Dance badge program focuses on the components of ice dancing and reviews the basic edges and turns while skating to music. Skaters will learn the first six dance patterns in the U. S. Figure Skating test structure. These tests may be taken with or without a partner.



Dance 1

1. Forward outside swing rolls to a count of six
2. Alternating forward progressives in sequence to a count of six
3. Description and demonstration of Kilian hold
4. Corner steps on Dutch Waltz (LFO/RFI – three beats each)
5. Skate Dutch Waltz pattern with music



Dance 2

1. Continuous forward progressive – chasse clockwise and counterclockwise
2. Forward slide chasses to a count of four, on a circle – clockwise and counterclockwise (minimum of four slide chasse)
3. Consecutive forward swing rolls to a count of four
4. Forward outside cross rolls (cross strokes)
5. Description and demonstration of the reverse Kilian position
6. Skate Canasta Tango pattern with music



Dance 3

1. Continuous promenade progressives on a circle to a count of four
2. Consecutive inside swings to a count of four
3. Skate the lilt action in step 5
4. Cross behind steps on end pattern of the Rhythm Blues (note: optional steps)
5. Skate Rhythm Blues pattern with music



Dance 4

1. Consecutive inside chasse with wide step sequence
2. Four-beat edge with double knee bend and leg expression in step 6 from Cha Cha
3. Slalom motion, with close feet and lifting knee action
4. End pattern of Cha Cha step sequences with crosses, showing edge quality (note: optional steps)
5. Skate Cha Cha pattern with music



Dance 5

1. Forward swing rolls to a count of four
2. Forward inside open Mohawk
3. Backward swing rolls to a count of four
4. Backward chasse
5. Demonstrate Waltz position (closed position) and hand-in-hand position for partners. Demonstrate moving to and from waltz position and hand-in-hand position with partner
6. Skate Swing Dance pattern with music



Dance 6

1. Swing roll with change of edge in relation to an axis – Proper counting: four beat forward outside edge, two beat forward inside edge
2. Advanced open Mohawk with closed free foot position on exit
3. Cross behind inside chasse
4. Rounded end pattern step sequence in steps 10–16
5. Two outside edges
6. Demonstrate Kilian position and reverse Kilian position. Demonstrate changing these positions.
7. Skate Fiesta Tango pattern with music