

3670 QUICKSTEP **(GOLD DANCE TEST)**

Music	- Quickstep 2/4
Tempo	- 56 measures of 2 beats per minute - 112 beats per minute
Pattern	- Set
Duration	- The time required to skate 4 sequences is 1:00 min.

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 man's right hip against the woman'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 4 beat left forward outside edge forming the first part of a closed swing choctaw. The exit edge from the choctaw is held for 3 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 edges of *steps 7 to 9* should be as deep as possible. *Step 7* is started crossed behind while *step 9* is crossed in front.

Step 10 is held for 4 beats, is a deep outside edge started with a cross behind towards the side/long barrier. The transition from *step 10* to *step 11* can be made with ease if the right backward outside edge is well controlled. *Steps 13 to 18* are skated lightly but distinctly and care must be taken to maintain the curvature of the pattern. *Steps 13 to 15* form a progressive sequence. *Step 16* is a cross roll, *step 17* is a crossed behind inside to outside change of edge, and *step 18* is crossed in front. On *step 17* a definite change of edge is executed with the right foot held in front ready for *step 18*.

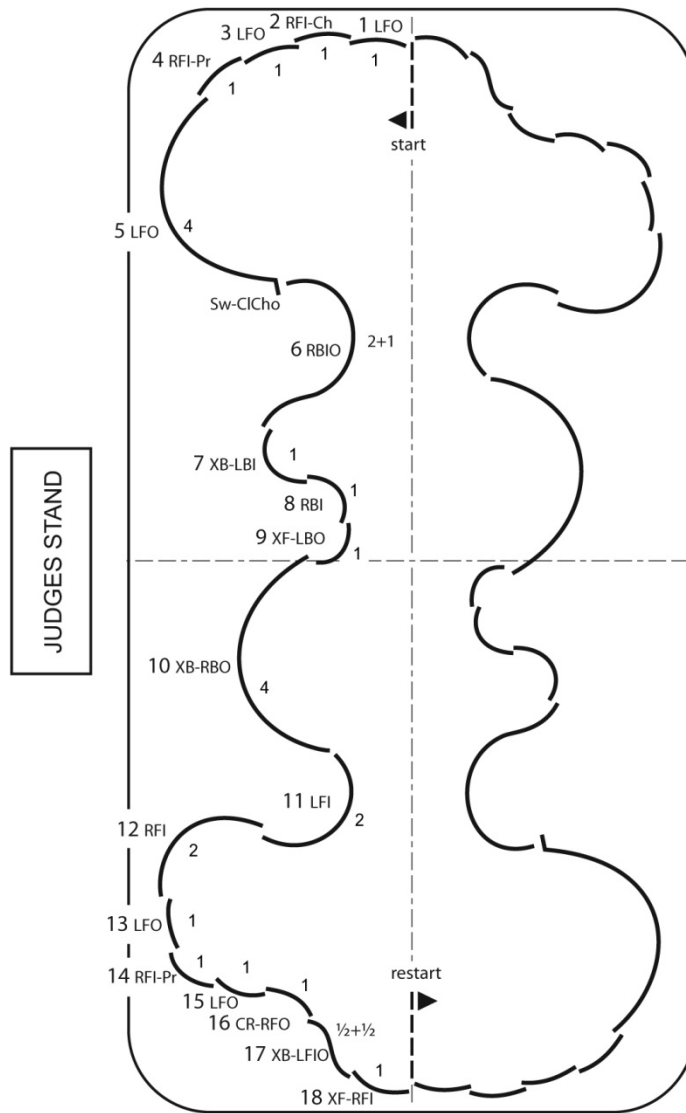
Inventors	- Reginald J. Wilkie and Daphne B. Wallis
First Performance	- London, Westminster Ice Rink, 1938

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Both partners skate the same steps.

Hold	Step No.	Step (same for both)	Number of Beats of Music
Kilian	1	LFO	1
	2	RFI-Ch	1
	3	LFO	1
	4	RFI-Pr	1
	5	LFO Sw-CICho	4
	6	RBIO	2+1
	7	XB-LBI	1
	8	RBI	1
	9	XF-LBO	1
	10	XB-RBO	4
	11	LFI	2
	12	RFI	2
	13	LFO	1
	14	RFI-Pr	1
	15	LFO	1
	16	CR-RFO	1
	17	XB-LFIO	$\frac{1}{2} + \frac{1}{2}$
	18	XF-RFI	1

3670 QUICKSTEP
International Dance - Set Pattern



Music: Quickstep 2/4
Tempo: 56 measures of two strong beats per minute (112 beats per minute)

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