

## SECTION B. PROFICIENCY ICE DANCE TEST

### TWENTY-TWO STEP

Music: March: 6/8 or 4/4

Tempo: 58 measures of 2 strong beats, 29 measures of 4 beats per minute

This dance is skated in Waltz position. The opening steps for the man are an open chasse, LFO, RFI, LFO, followed by a two-beat RFO edge and then another LFO open chasse. The man next skates an open mohawk, RFI to LBI, followed by a two-beat RBO edge with the free foot held in front and moving back to the heel of the right foot for the next stroke which is an open chasse starting on the left foot followed by a run. After this comes LFO crossed behind, open mohawk to RBO, and then LBI placed at the side of the previous RBO edge. It is important to see that this LBI edge (step 17) is skated correctly at the side and not crossed behind. Following this step, a RBO edge is again skated followed by LBI (this time crossed behind) and the last three steps of the dance are RBO (uncrossed), LBI crossed in front, and finally RFI.

The lady commences with a crossed in front chasse starting RBO, followed by a two-beat LBO edge and a further RBO crossed chasse. She then turns to forward and skates a LFO open chasse (not crossed behind as in the Fourteen-Step), pauses two beats on Step 10 (LFO), skates an open inside-forward mohawk RFI to LBI, and then RBO at side of left LBI crossed behind, another RBO (uncrossed), LBI front-crossed and RFI (step 17). Her steps continue LFO, RFI run, LFO crossed behind, open mohawk to RBO and finally LBI at side of right foot, not crossed behind.

Care should be taken not to double track in this dance, especially after mohawks, and the dance needs to be skated smoothly and rhythmically, each repetition merging into the previous one.

Step No.	Steps Man	Beats	Steps Lady
1	LFO	1	RBO
2	RFI (Open Chasse)	1	LBI (Chasse)
3	LFO	2	RBO
4	RFO	2	LBO
5	LFO	1	RBO
6	RFI (Open Chasse)	1	LBI (Chasse)
7	LFO	2	RBO
8	RFI } Open	1	LFO
9	LBI } Mohawk	1	RFI (Open Chasse)
10	RBO	2	LFO
11	LFO	1	RFI } Open
12	RFI (Open Chasse)	1	LBI } Mohawk
13	LFO	1	RBO
14	RFI (Run)	1	LBI
15	XB LFO } Open	1	XB RBO
16	RBO } Mohawk	1	XF LBI
17	LBI	2	RFI
18	RBO	1	LFO
19	XB LBI	1	RFI (Run)
20	RBO	1	XB LFO } Open
21	XF LBI	1	RBO } Mohawk
22	RFI	2	LBI

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