

# Ice Dance Tests Handbook

Luxembourg 2026

## Introduction

This comprehensive guide outlines the structure, requirements, and expectations for ice dance test levels in Luxembourg. Each level builds upon previous skills, developing both technical proficiency and artistic expression.

## Table of Contents

|                             |    |
|-----------------------------|----|
| Testing Procedures .....    | 2  |
| Patin d'Acier 1 .....       | 3  |
| Basic Ice Dance Class ..... | 6  |
| Preliminary Level .....     | 9  |
| Pre-Bronze Level.....       | 12 |
| Bronze.....                 | 16 |
| Pre-Silver Level .....      | 17 |
| Silver Level.....           | 21 |
| Pre-Gold Level .....        | 22 |
| Gold Level .....            | 26 |
| Diamond Level .....         | 27 |
| Platin Level .....          | 28 |

# Testing Procedures

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## Registration

- Inform your coach about your intention to take a test.
- The coach will evaluate your readiness and register you accordingly.

## Test Structure

### Part 1: Technical Component

Skaters perform technical exercises as defined by the test level.

### Part 2: Dance Component

Skaters perform the required dances, focusing on rhythm, precision, and posture.

## Judging Criteria:

- Edge control and balance
- Smooth transitions
- Adherence to timing and patterns
- Quality of edge work throughout all elements
- Proper timing in dance performances
- Flow and power in technical elements
- Body control and posture
- Musical interpretation in pattern dances

# Patin d'Acier 1

## Elements to Master

- Forward/backward pushes
- Dance runs
- Chassé
- Sliding chassé
- Forward cross chassé
- Two-foot three turns
- Snowplow stops

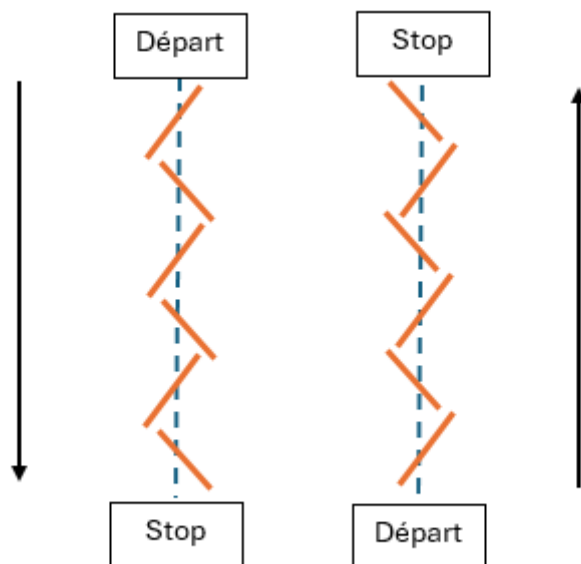
## Exercise 1 - Forward and Backward Pushes

**Location:** Width of the rink, starting from standstill

Requirements:

- Free leg push must be executed with an inside edge, without using the toe!
- Support foot edge must be outside or flat, falling to a slight inside when legs are together
- At least 6 pushes, one push must be held for 2 seconds with extended free leg

Return with continuous backward pushes in an analogous manner



## Exercise 2 - Two-Foot Three Turns

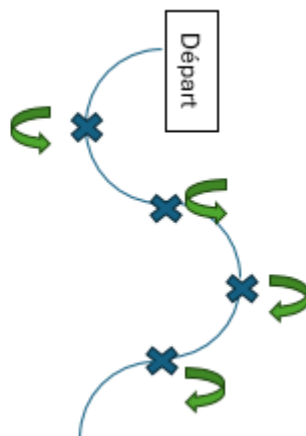
**Location:** Width of the rink

Starting Position:

2 pushes to gain some speed

Requirements:

- Must be performed in both directions
- Execute on curves



## Exercise 3 - One-Foot Balance

Requirements:

- 3-4 pushes to gain momentum
- Hold on extended supporting leg with free leg either extended or in parallel passé
- Half or full snowplow stop



## Exercise 4 - Forward Dance Runs

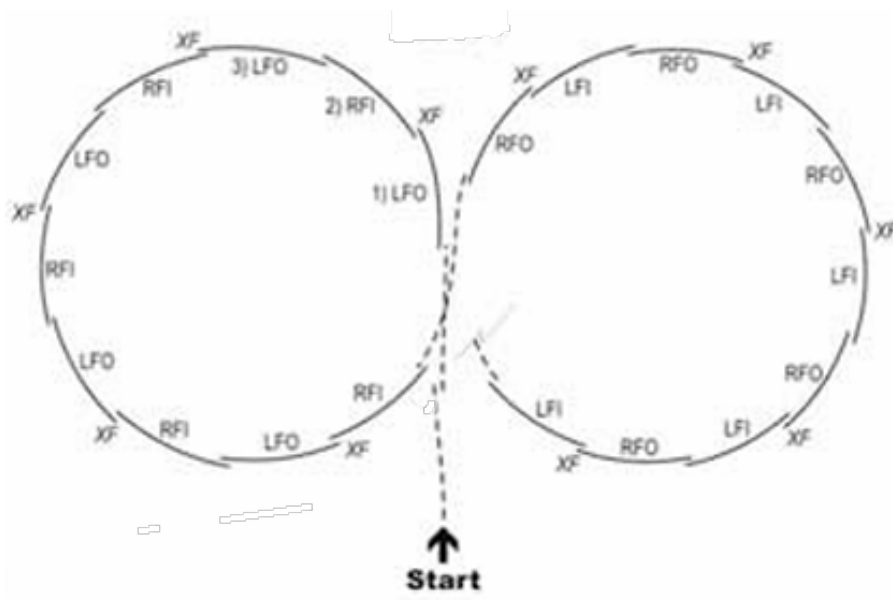
**Pattern:** Figure 8, 2 times

**Requirements:**

- Crossing foot may remain on ice during the run
- Back foot must visibly push with the outside edge
- Skater must maintain knee bend during the run

**Focus on:**

- Smooth, continuous movement
- Clear edge control
- Proper body alignment



## Basic Ice Dance Class

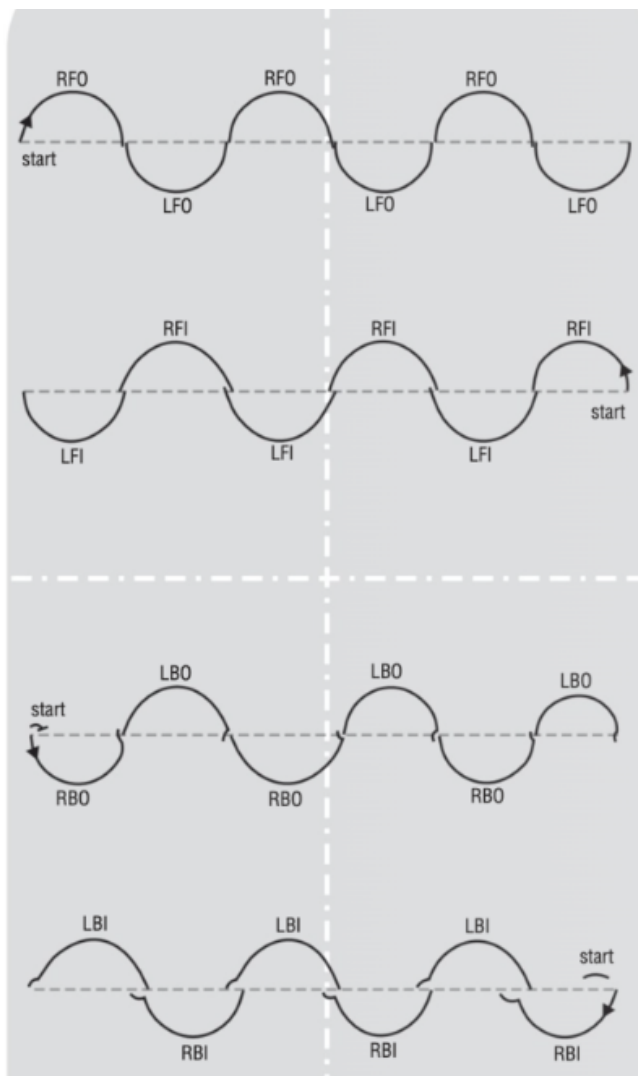
### Exercise 1: Edge Control

**Location:** Width of the rink

**Step Sequence:**

1. Forward half-circles (outside edges, alternating left and right), at least 2 per side
2. Forward half-circles (inside edges, alternating left and right) , at least 2 per side
3. Backward half-circles (outside edges) , at least 2 per side
4. T-stop with free leg in outside edge stance (in front or behind)

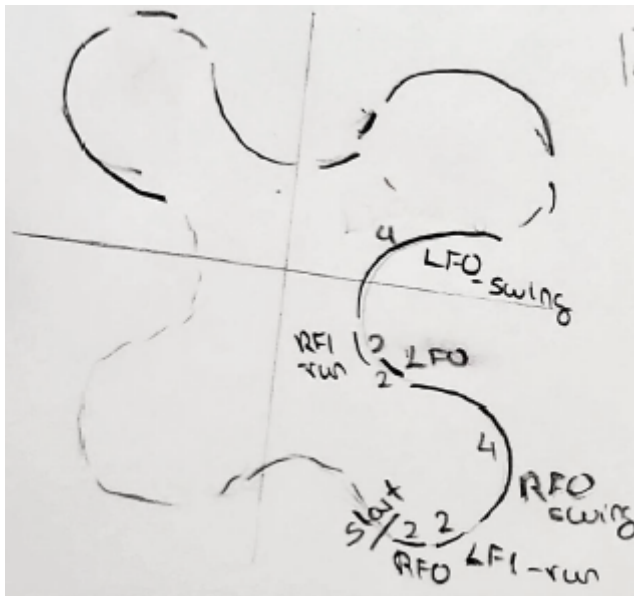
Pattern shows continuous flowing half-circles across width of rink



## Exercise 2: Forward Dance Runs with Swingroll/Balancé

Technical Focus:

- Progressive sequence with dance runs
- Controlled swing rolls
- Balanced movement
- Flowing edges

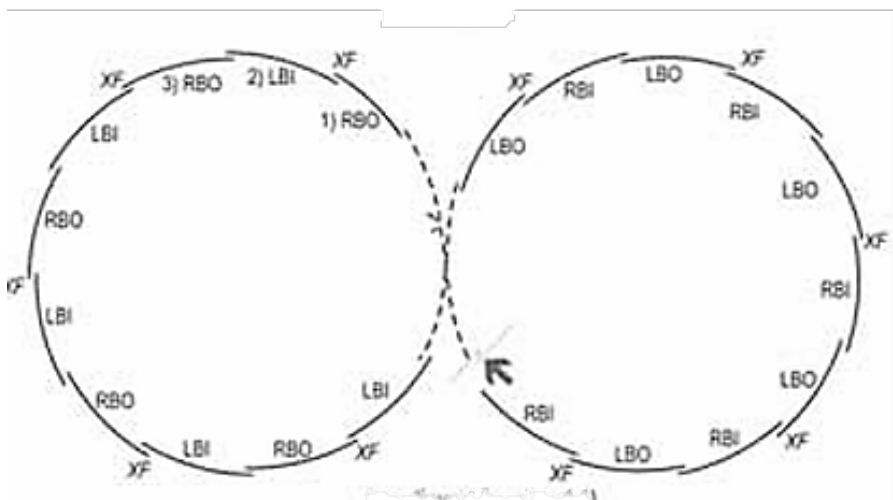


## Exercise 3: Backward crossovers

**Pattern Type:** Figure-eight pattern with optional free leg lifts, 2 eights

Key Elements:

- Figure-eight pattern execution
- Optional free leg lifts
- Continuous flow throughout pattern
- Controlled edges on backward runs



## Required Dances

### Canasta Tango (3 seq.)

- **Music:** Tango 4/4 , 104 beats per minute
- **Pattern:** Set pattern dance
- **Hold:** Reverse Kilian
- **Steps:** Same for both partners
- **Key Features:**
  - Clear tango character
  - Controlled edges
  - Proper knee bend and rhythmic steps

### Canadian Chacha (3 seq.)

- **Music:** Tango 4/4 , 104 beats per minute
- **Pattern:** Set pattern dance
- **Hold:** Reverse Kilian
- **Steps:** Same for both partners
- **Key Features:**
  - Playful rhythm and expression
  - Clean steps and turns

## Preliminary Level

### Technical Requirements Overview

- Cross chassés in a straight line
- Forward cross-rolls
- Backward dance runs
- Forward couru, chassé, chassé glissé

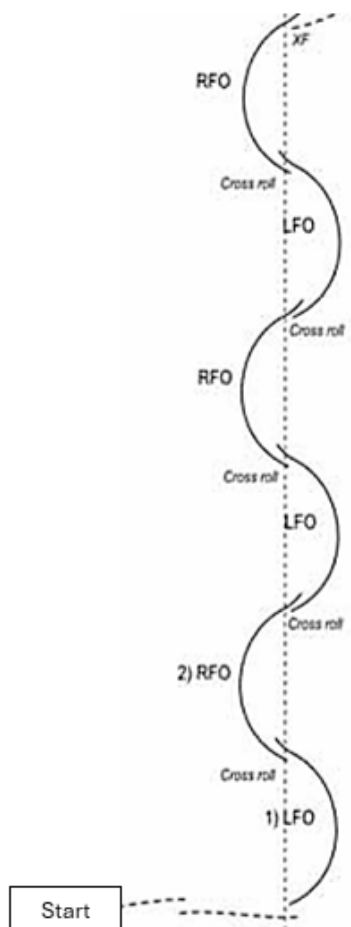
### Exercise 1 - Forward Cross-rolls

#### Pattern Description:

Continuous forward cross-rolls performed on a straight line or curved pattern. Each cross-roll should demonstrate clear edge quality and proper body position. At least 6 crossrolls.

#### Key Elements:

- Strong outside edge entry
- Clear crossing action
- Proper upper body rotation
- Maintained flow and speed

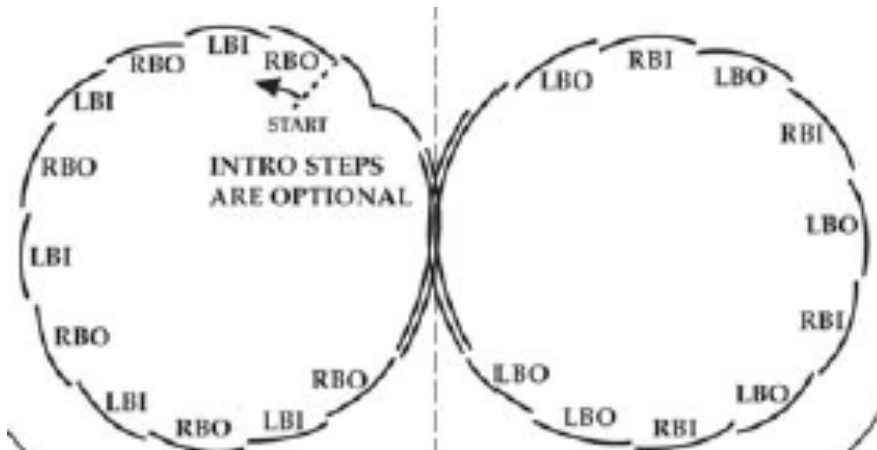


## Exercise 2 - Backward Dance Runs

Pattern Type: Figure-eight or circle pattern, 2 times

### Technical Focus:

- Clean backward edges
- Proper foot placement
- Maintained speed throughout pattern
- Control and flow on the circles



## Exercise 4 - Forward Couru, Chassé, Chassé Glissé

Pattern Type: Figure-eight or circle, minimum 2 rotations per direction

### Requirements:

- Crossing foot may remain on ice during couru
- Back foot must visibly push with outside edge
- Maintain knee bend during couru

### Level Changes for Chassé:

1. Supporting leg bent during push
2. Supporting leg extended for chassé
3. For chassé glissé: supporting foot must be chased by free leg, chassé position with extended free leg

**Important:** Always close feet completely before the next movement

## Required Dances

### Season 2025/2026

#### Rhythm Blues (2 seq.)

- **Music:** Blues 4/4, 88 bpm
- **Key Features:**
  - Clear blues rhythm and character
  - Strong edge control
  - Precise timing
  - Flowing movements

#### Dutch Waltz (3 seq.)

- **Music:** Waltz  $\frac{3}{4}$ , 138 bpm
- **Pattern:** Set pattern dance
- **Key Features:**
  - Classic waltz timing
  - Graceful movement
  - Strong edge quality
  - Elegant carriage

## Pre-Bronze Level

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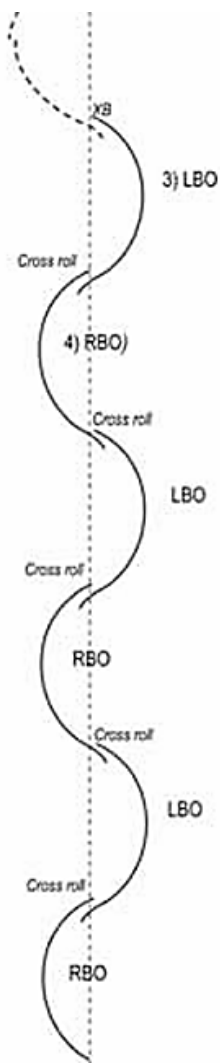
### Technical Requirements

- Backward cross-rolls
- Inside Mohawk (inside edges, left and right)
- Outside Mohawk (outside edges, left and right)
- Inside and Outside three-turns

### Exercise 1 - Backward Cross-rolls

#### Technical Requirements:

- Strong edge control throughout
- Proper crossing action
- Maintained flow
- Body alignment and control



## Exercise 2- Inside Mohawk (inside edges, left and right)

Technical Requirements:

- Forward inside edge entry
- Clean turn execution
- Backward inside edge exit
- Equal performance on both sides



## Exercise 3 - Outside Mohawk (outside edges, left and right)

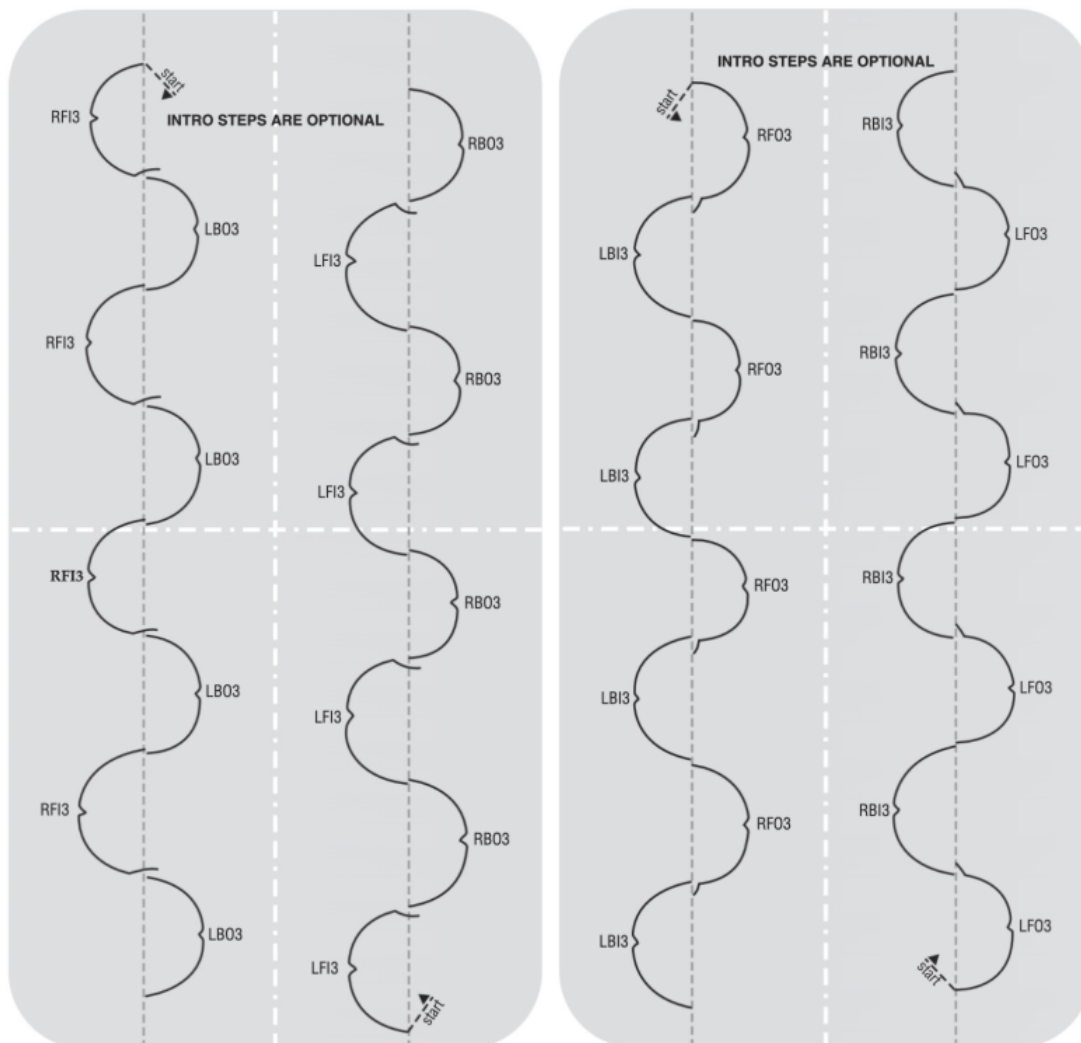
Technical Requirements:

- Forward outside edge entry
- Controlled turn execution
- Backward outside edge exit
- Equal performance on both sides

## Exercise 4 - Inside and Outside three-turns

Technical Requirements:

- Clean entry edges
- Controlled rotation
- Strong exit edges
- Maintained body position throughout



## Required Dances

Season 2025/2026

### Ten Fox (3 seq.)

- **Music:** Foxtrot 4/4 or 2/4, 100 BPM
- **Key Features:**
  - Energetic, lively character
  - Smooth crossovers and steps
  - Clear rhythm interpretation

### Hickory Hoedown (3 seq.)

- **Music:** Country-Western (Hoedown) 4/4, 104 BPM
- **Key Features:**
  - well-controlled knee bends
  - deep and well controlled edges
  - firm and exaggerated leg extensions are essential for appropriate expression

## Bronze

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### Required Dances

Season 2025/2026

#### Fiesta Tango (3 seq.)

- **Music:** Tango 4/4, 108 BPM
- **Key Features:**
  - Precise tango timing
  - Rhythmic and coordinated steps
  - Strong posture and partnering

#### Willow Waltz (2 seq.)

- **Music:** Waltz 3/4, 138 BPM
- **Key Features:**
  - Smooth and graceful movements
  - Continuous flow in sequences
  - Balanced partnering

## Pre-Silver Level

### Technical Requirements

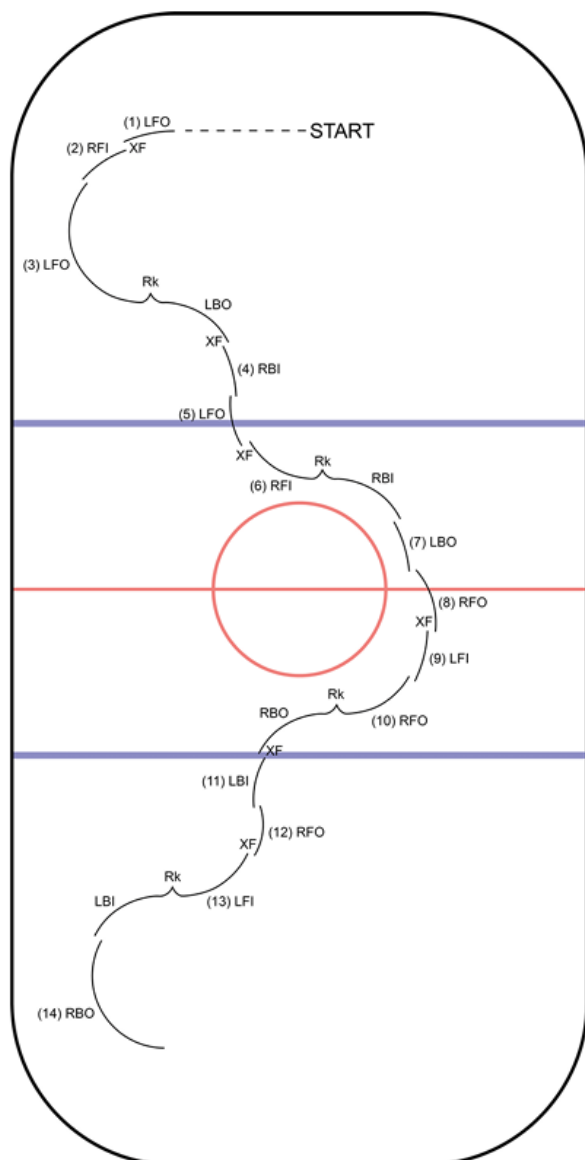
1. Rocker
2. American Waltz three-turns (left and right, with balancé)
3. Inside Waltz three-turns (left and right, with balancé)
4. Choctaw (Blues and Kilian versions)

### Exercise 1 - Rocker

Technical Requirements:

- Deep strong edges
- Good ice coverage
- Clean/flowing rocker turns

Demonstrate consistent speed with flowing rockers throughout.

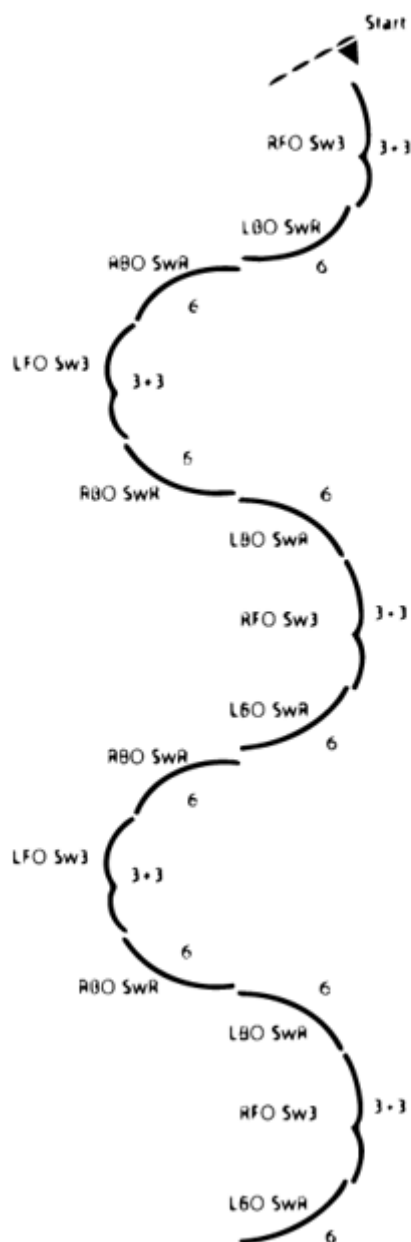


## Exercise 2 - American Waltz Three-turns

Technical Requirements:

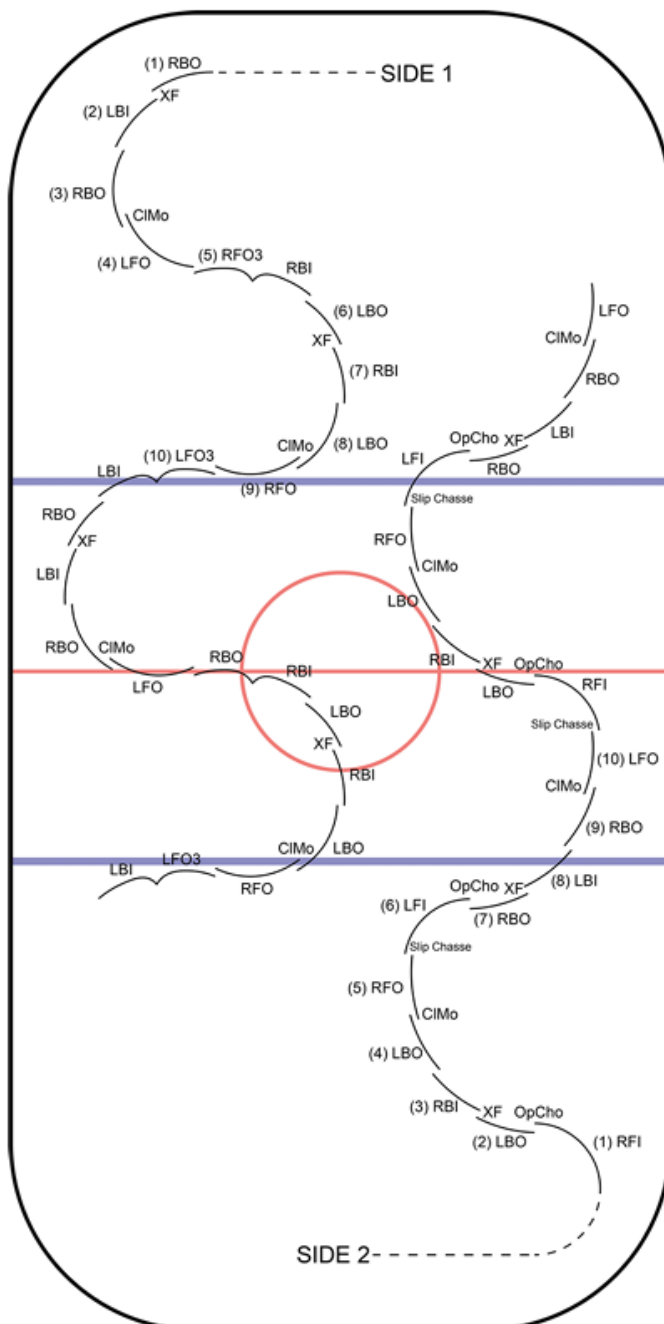
- Left and right execution
- Balanced movement, free leg in open behind position after 3-turn,
- Proper timing
- Edge quality maintenance

Must be performed with balancé steps



## Exercise 3 – Mohawk - Choctaw

Two Versions Required:



### LEARNING OBJECTIVES:

- Understanding of the body positions and weight on the choctaws and mohawks.
- Executing clean turns and steps.
- Understanding rhythm to perform the exercise on side 2.

### OUTCOME:

Demonstrate consistent speed and flow throughout with rhythm on side 2.

From a moving start the skater will begin the exercise with:

**SIDE 1** (1)RBO (2)XF-LBI (3)RBO closed mohawk (4)LFO (5)RFO 3 turn (6)LBO (7)XF-RBI (8)LBO closed mohawk (9)RFO (10)LFO 3 turn.

Then repeat the sequence.

- Minimum two lobes on each foot

From a moving start the skater will begin the exercise with:

**SIDE 2** (1)RFI open choctaw (2)LBO (3)XF-RBI (4)LBO closed mohawk (5)RFO slip chasse (6)LFI open choctaw (7)RBO (8)XF-LBI (9)RBO closed mohawk (10)LFO slip chasse. Then repeat the sequence.

- Minimum two lobes on each foot

## Required Dances

### Season 2025-26

#### Foxtrot (4 seq.)

- **Music:** Foxtrot 4/4, 100 BPM
- Key Features:
  - soft knee action and flow
  - free foot must always be placed on the ice close beside the skating foot
  - The dance is designed to be skated on deep edges with semi-circular lobes

#### European Waltz (2 seq.)

- **Music:** Waltz 3/4, 135 BPM
- Key Features:
  - Erect posture
  - consistently powerful stroking
  - even free leg extension
  - regular rising and falling knee action

## Silver Level

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### Required Dances

#### Season 2025-26

##### Tango (Harris) (3 seq.)

- **Music:** Tango 4/4, 108 BPM
- Key Features:
  - Sharp, precise footwork
  - Defined tango expression
  - Clear, powerful edges

##### American Waltz (2 seq.)

- **Music:** Waltz 3/4, 198 BPM
- Key Features:
  - Classic waltz timing
  - Elegant posture and flow
  - Strong edge control

## Pre-Gold Level

### Technical Requirements

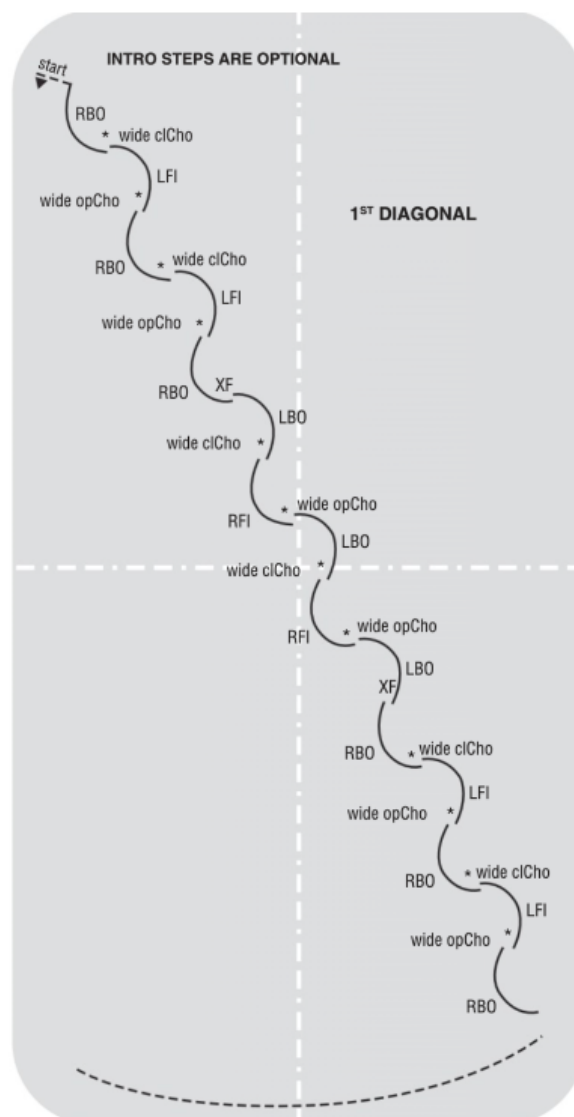
- Choctaws
- Cross-rolls forward and backward
- Twizzles forward outside and inside

### Exercise 1: Rhumba Choctaws

**Objective:** Improve control and precision of choctaw turns in Rhumba timing and rhythm.

Technical Requirements:

- Smooth and controlled transitions between edges
- Proper weight transfer with knee bends
- Maintain consistent upper body posture
- Expressive Rhumba rhythm throughout

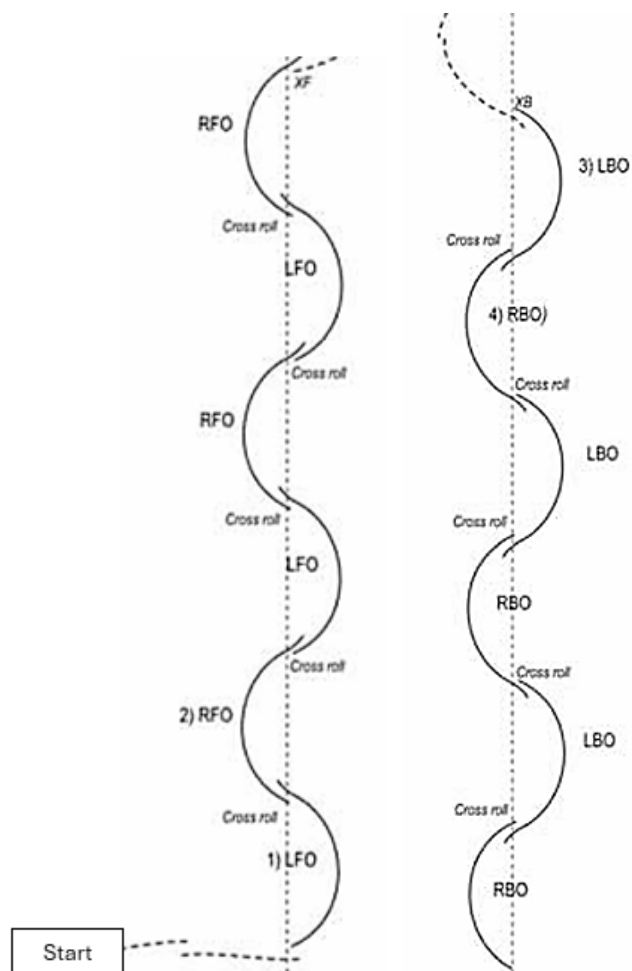


## Exercise 2: Cross-rolls Forward and Backward

**Objective:** Develop speed, flow, and stability while alternating between forward and backward cross-rolls.

Technical Requirements:

- Strong push-offs with clean outside edge placement
- Maintain proper alignment of hips and shoulders
- Fluid transitions between forward and backward cross-rolls
- Steady rhythm with consistent power generation

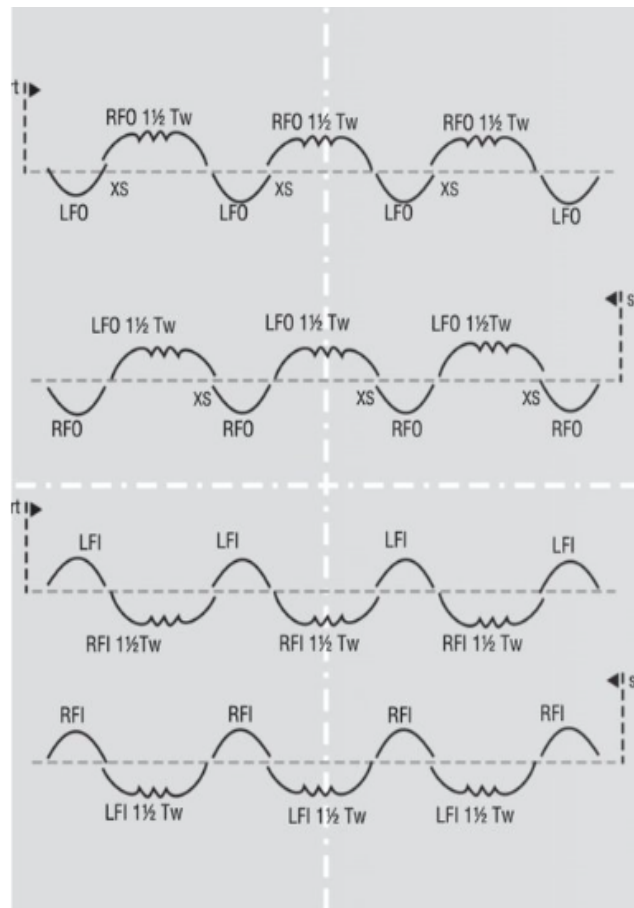


### Exercise 3: Twizzles Forward Outside and Inside

**Objective:** Master forward outside and inside twizzles with proper speed and balance.

Technical Requirements:

- Consistent rotation speed throughout the twizzle
- Maintain centered balance and posture
- Controlled free leg positioning
- Seamless entry and exit from the twizzles



### Required Dances

#### Paso Doble

- **Music:** Paso Doble 2/4, 112 BPM
- Key Features:
  - Strong, bold character reflecting Spanish flair
  - Precise timing with dynamic movements
  - Sharp, clean turns and powerful edges

## Quickstep

- **Music:** Quickstep 4/4, 112 BPM
- Key Features:
  - Light, playful movements with energetic expression
  - Precise step timing and fast footwork
  - Controlled partnering with smooth transitions

## Silver Samba

- **Music:** Samba 2/4, 100 BPM
- Key Features:
  - Rhythmic, bouncy movements capturing Samba flavor
  - Flowing edge transitions with steady tempo
  - Clean, quick foot placements

## Viennese Waltz

- **Music:** Waltz 3/4, 180 BPM
- Key Features:
  - Graceful, flowing waltz timing
  - Smooth turns with clean, deep edges
  - Elegant upper body control and posture

## Gold Level

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### Required Dances

#### Cha-cha congelado

- **Music:** Cha-Cha 4/4, 116 BPM
- Key Features:
  - Playful, rhythmic character with strong cha-cha flavor
  - Sharp, precise steps and clear turns
  - Seamless coordination between partners

#### Argentine Tango

- **Music:** Tango 4/4, 96 BPM
- Key Features:
  - Passionate expression with intricate footwork
  - Sharp, precise turns and controlled partnering
  - Emphasis on tango character and rhythm

#### Rhumba

- **Music:** Rhumba 4/4, 104 BPM
- Key Features:
  - Expressive and sensual movements
  - Flowing hip actions with precise foot placements
  - Graceful transitions between elements

#### Westminster Waltz

- **Music:** Waltz 3/4, 120 BPM
- Key Features:
  - Elegant and flowing movements
  - Clear waltz timing with smooth turns
  - Graceful body control and partnering

## Diamond Level

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### Required Dances

#### Ravensburger Waltz

- **Music:** Waltz 3/4, 162 BPM
- Key Features:
  - Precise execution of cross rolls with strong knee action
  - Flowing swing rolls and three-turns
  - Maintaining speed and flow throughout the dance

#### Tango Romantica

- **Music:** Tango 4/4, 96 BPM
- Key Features:
  - Controlled and deep outside edges during progressives
  - Synced free-leg extensions during partner changes
  - Precise placement of choctaws and three-turns

#### Austrian Waltz

- **Music:** Waltz 3/4, 168 BPM
- Key Features:
  - Steady and rhythmic swing rolls on clean outside edges
  - Strong posture and synchronized free-leg movements
  - Consistent depth and curvature of lobes

#### Yankee Polka

- **Music:** Polka 2/4, 100 BPM
- Key Features:
  - Fast, controlled steps highlighting polka rhythm
  - Cross rolls and chassés executed with precision
  - Light, quick knee action for energetic expression

## Platin Level

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### Required Dances

#### Teatime Foxtrot

- **Music:** Foxtrot 4/4, 104 BPM
- Key Features:
  - Smooth progressive sequences with clear rise and fall
  - Maintaining continuous flow with clean inside and outside edges
  - Precise execution of foxtrot timing and partner synchronization

#### Golden Waltz

- **Music:** Waltz 3/4, 108 BPM
- Key Features:
  - Strong rotational movements with deep outside edges
  - Clean execution of swing rolls and three-turns
  - Precise partner positioning and elegant upper body posture

#### Midnight Blues

- **Music:** Blues 4/4, 92 BPM
- Key Features:
  - Controlled and rhythmic knee action to emphasize blues timing
  - Strong edge quality during progressive and chassé steps
  - Expressive interpretation with deep lobes and clean curves