

RSA TRAINING GUIDE  
# 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

TO JUDGE 7TH – 9TH TEAM SOLO AND INTERNATIONAL DANCE TESTS  
INTL 2D-S1  
R-7-16 Rev-4-18

A. REQUIREMENTS TO TAKE COMMISSION:

1. Candidate should be at least 16 years of age and hold a valid # 1 International Team and Solo Dance Commission.
2. Should have passed 7th International Team or Solo Dance Test.
3. Must be willing to commit the time to attend all training sessions and to study the International Team and Solo Dance Achievement tests.

B. SUPPLIES NEEDED:

1. Current edition of “USA-RS Dance Descriptions & Diagrams Book” reprinted in August 2015
2. Current edition of “RSA Achievement Test Book1” May be down loaded from the RSA Web Site.
3. Lobe guide for drawing dances
4. Notebook – 8 ½” x 11” – 3 ring

C. GENERAL INFORMATION ABOUT TRAINING SESSIONS

1. In order to be eligible for the # 2 International Team or Solo Dance Commission, a candidate *must be present* for all sessions and complete the work satisfactorily. Each meeting will consist of discussions on dance skating and judging, reviewing questions from previous meetings and short quizzes. There will be ‘*home work*’ assignments and it will be necessary for each candidate to study between meetings. A Panel Trainer may need to charge a fee to cover the cost of the printed material given out during the training.
2. Upon completion of the training classes the candidate’s performance in meetings, his basic knowledge, mock judging results and quizzes will be reviewed and evaluated by the person training the section, the Panel Chairman, and the Panel Advisor. If this group finds the candidates qualified the application for the RSA Commission will be given to the candidate. If the committee feels the candidate needs additional time to study and gain more experience, it will be recommended that the candidate repeat the training sessions at a later date.
3. The RSA Commission Exam is a **CLOSED BOOK WITH 2 SUPERVISORS** that will be graded by the RSA National Office. A Test Fee may be required.
4. The candidate will need to learn the Integer Scoring System. This is the official system for grading the various elements of test and competitive skating utilizing whole numbers from 0 to 100. You will need to know what each level means.
5. The candidate will need to know the following information about each of the tests covered by this commission:
  - a) Dances in order they are skated
  - b) Passing scores required for each test
  - (c) Minimum mark for each dance
  - (d) Fee required

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# 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

INTL 2D-S1  
R-7-16

**SESSION 1**

**TOPICS TO BE COVERED**

- A. Review of the principles of International Dance and judging criteria.
- B. Basics – two major categories are judged in every dance:
  - 1. Rhythm – consists of timing, expression and unison (in competitive skating)
  - 2. Execution – consists of form, accuracy and placement of the dance
- C. Review definitions of terms used in the major categories of judging and other important basics of judging such as:

Timing	Posture Baseline	Placement
Expression	Types of edges	Axis
Form	Center & Barrier Lobes	Types of turns
- D. Discuss music used for dance skating and how to check to see if the tempo is correct. (For more detailed information, see the USA-RS American Descriptions and Diagrams Dance Book) Revised Aug 2015
- E. Review International Dance terms
- F. Distribute study guide for Tutor Waltz and Rotation Foxtrot
- G. Quiz

**ASSIGNMENT FOR NEXT MEETING**

- 1. Review the following sections of the Dance Diagram & Description Book (Revised Aug 2015)
  - a) Judging International Roller Dance
  - b) Dance Positions
  - c) Notes on Dance Diagrams
  - d) Philosophy of International Dance Skating
- 2. Study the Tudor Waltz and Rotation Foxtrot
- 3. Review International Dance Terms
- 4. Be sure you know the steps to the dances covered by the commission. If you do not know the dances, it is suggested you try lessons from a coach either on skates or off skates.

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INTL 2D-S1  
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Q-1

NAME: \_\_\_\_\_

**Identify the following abbreviations used in Dance Diagrams:**

B _____	Moh _____	Bar _____
R _____	C-E _____	BTP _____
3 _____	XB _____	DC _____
RC _____	CCw _____	F _____
Cho _____	SDC _____	XF _____

**Fill in the Terms Below:**

- \_\_\_\_\_ A one-foot turn from an edge to an opposite edge, with the rotation in the direction of the initial edge and with the cusp inside the circle.
- \_\_\_\_\_ Rotation of one partner while the other continues in the initial direction.
- \_\_\_\_\_ A turn of which the concluding edge is held less than one beat of music, with the next succeeding step occurring on the first beat of music after the turn.
- \_\_\_\_\_ A turn without the change of feet.
- \_\_\_\_\_ A two-foot turn from an edge to a similar edge involving a change of direction.
- \_\_\_\_\_ A circular motion of the torso in a horizontal plane. A movement of the torso around the posture baseline.
- \_\_\_\_\_ A two-foot turn from an IF to IB edge with the free leg held behind the body for two beats after the turn.
- \_\_\_\_\_ The rotation of partners at the same time around the same team posture baseline.
- \_\_\_\_\_ A two-foot turn from an edge to an opposite edge involving a change of direction.
- \_\_\_\_\_ A turn with the free leg in front of the body after the turn.
- \_\_\_\_\_ A one-foot turn without a change of edge with the rotation counter to the direction of the initial edge.
- \_\_\_\_\_ A turn with the free leg behind the body after the lean.
- \_\_\_\_\_ A turn of which the concluding edge is held longer than one beat of music.
- \_\_\_\_\_ A Turn produced with both feet by changing from one foot to the other.

# **RSA TRAINING GUIDE**

## **TUDOR WALTZ**

**INTL DAN – 47  
7-16**

1. What are the steps that comprise the sequences with chasse steps?
2. This dance is skated to what type of music?
3. What dance position should be used for a team test?
4. What is the position of the shoulders in this dance? And what do you expect to see on step # 7?
5. How should step # 8 be executed in this dance?
6. Explain how step #12 (crossroll ROIF) should be skated.
7. What common faults will you see when this dance is skated (at least 8)
8. Where are steps #9, #10, and #11 aimed?
9. Practice diagramming this dance.

# RSA TRAINING GUIDE

## ROTATION FOXTROT

INTL DAN 17  
R- 9-13

1. This dance is skated to \_\_\_\_\_ music at \_\_\_\_\_ metronome.
2. Which steps constitute the "A" Edges of this dance? The "B" Edges?
3. Which partner starts to skate the "A Edges first?
4. In relation to the dance pattern where does this dance start?
5. How many steps in this dance are swings? Give the step numbers.
6. How are steps # 5 and # 6 to be skated? What type of turn is this?
7. Define a open international Mohawk turn. What turns in this dance are open Mohawks?
8. Is a slight rock back acceptable on steps # 2 and # 17?
9. What are the opening steps for this dance and what dance position will the partners be in at the end of the opening?
10. What are some of the common problems observed in the skating of the Rotation Foxtrot?
11. Where is step # 12 aimed?
12. During steps # 4 and # 23 the free leg reaches the extended position and back on what count of music?
13. Steps # 4, # 19, and # 25 are aimed toward the \_\_\_\_\_.
14. Which steps in this dance make up a progressive sequence?
15. How should step # 7 be executed?
16. Practice drawing this dance showing all steps, step numbers, and musical beats.

# RSA TRAINING GUIDE

## # 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

INTL 2D-S-2

R-7-16

### SESSION 2

#### TOPICS TO BE COVERED:

- A. Review of quiz.
- B. Oral term review (Let candidates draw terms and take turns giving an explanation of the term in **their own words**):
- C. Discuss judging criteria for International Dance Skating and the basic differences between American and International dance skating
  1. International Progressive runs
  2. Execution of turns
  3. Position of team's feet in closed waltz position
  4. Pattern lay out
- D. Discuss judging points for the Tudor Waltz.
- E. Discuss the judging points for the Rotation Foxtrot
- F. Review how to diagram dances and discuss diagramming turn dances
- G. Practice drawing dances
- H. Distribute study guides for Ten Fox and Karen Lee Tango

#### ASSIGNMENT FOR NEXT MEETING

1. Study terms:
2. Practice drawing the 14 Step Plus
3. In the "RSA Achievement Test" book read through sections about dance tests.
4. In the USA-RS Dance Descriptions & Diagrams book, (revised Aug 2015) review the sections discussing judging criteria for International Dance
5. Review Integer Scoring System
6. Study the Ten Fox and the Karen Lee Tango

#### INTEGER SCORING SYSTEM AND MEANING

	<b>MEANING</b>	<b>MERIT</b>	<b>FAULT</b>
100	PERFECT	PERFECT	NONE
90-99	EXCELLENT	SUPERIOR	RARE
80-89	VERY GOOD	EXCEPTIONAL	OCCASIONAL
70-79	GOOD	PROFICIENT	FEW
60-69	FAIR	ADEQUATE	SEVERAL
50-59	AVERAGE	SUFFICIENT	MANY
40-49	MINIMUM	RECOGNIZABLE	ABUNDANT
30-39	POOR	CONCEPTUALLY UNAWARE	
20-29	BADLY SKATED	CANNOT SKATE AT ALL	
10-19	INCOMPLETE	STARTED DANCE CORRECTLY BUT EITHER DIDN'T COMPLETE OR DID WRONG DANCE	
0-9	NOT SKATED		

## RSA TRAINING GUIDE

### TEN FOX

INTL DAN 14

R – 9-13

1. This dance is skated to \_\_\_\_\_ music at \_\_\_\_\_ beats per minute. The pattern should be \_\_\_\_\_.
2. What holds should be used in this dance?
3. What type of turn does the lady skate on steps # 4A and # 4B?
4. When should the change of edge occur on step # 4 for the man?
5. Describe the dance positions (when & how) they change during steps # 1 through # 5.
6. What type of 3's are skated by the man on step # 8A and the lady on step # 9? What makes them this type of turns?
7. How should steps # 14 through # 19 be skated?
8. Which steps in this dance are open mohawks?
9. Step # 18 for the man is a \_\_\_\_\_.
10. How should the lady's step 8 be skated?
11. What position should the partners be in for step # 19?
12. What are the major faults you might find in judging this dance?
13. What are the common minor faults you often find during the skating of this dance?
14. Diagram this dance showing the man and lady's steps, step numbers, and beats of music,

# RSA TRAINING GUIDE

## KAREN LEE TANGO

INTL DAN 19  
R- 9-13

1. Is this dance skated across the midline of the rink?
2. What type of music is this dance skated to? The metronome is?
3. The dance is skated in \_\_\_\_\_ position with \_\_\_\_\_ hold and in \_\_\_\_\_ position.
4. Where does this dance start after the opening steps in relation to the dance pattern?
5. Which steps in this dance are progressive runs?
6. How are steps # 4 and # 6 executed?
7. Should the toes touch the floor on the toe points? If so how?
8. What type of turn do the skaters execute on steps # 5 and # 5? Do the partners change position on these steps? Explain.
9. What are some of the common faults seen while executing steps # 8 and # 9?
10. On what beat of the step does the toe point occur on step # 11?
11. The skaters are doing what type of turn on steps # 12 and # 13?
12. Explain how steps # 14, # 15, and # 15 should be skated to give the proper flow to this dance.
13. Where is step # 18 aimed and on what beat of the step does the toe point occur?
14. During step # 16 which skater takes the lead?
15. Are there any cross steps during this dance? If so give the edges, step # numbers, and musical beats.
16. Diagram this dance showing the man and lady's steps, step numbers, and musical beats.

## RSA TRAINING GUIDE

### # 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

INTL 2D-S-3

R-7-16

#### SESSION 3

##### **TOPICS TO BE COVERED:**

- A. Review terms and dance holds
- B. Review meaning of scores
- C. Discuss judging points of the Karen Lee Tango.
- D. Discuss judging points for the Ten Fox
- E. Plan mock judging sessions. The sessions should be an actual test center or demonstration. Just using tapes will not train the judge's eyes. Tapes make it difficult to see lobing, quality of edge, etc. It may be necessary to add extra sessions for the mock judging.
- F. Distribute study guides for Kent Tango and the Keats Foxtrot CIPA
- G. Quiz

##### **ASSIGNMENT FOR NEXT MEETING**

- 1. Review terms, dance holds and Integer Scoring System
- 2. Study the requirements for the 7th and 8th International Team and Solo Dance Tests
- 3. Study the Kent Tango and Keats Foxtrot CIPA
- 4. Practice drawing the dances covered by this commission
- 5. Bring to class a diagram of the Kent Tango

RSA TRAINING GUIDE

# 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

INTL 2D-S-3

Q-3

R-7-16

NAME \_\_\_\_\_

1. Define the following International Dance Terms:

- a) Closed Choctaw
- b) Introductory Steps
- c) Non-Concentric Rotation
- d) Slip Step

2. What do each of the following scores stand for?

- a) 78
- b) 56
- c) 86
- d) 39
- e) 64
- f) 45

3. What common errors would you observe during the skating of the Ten Fox Solo? (List at least 6)

4. In the Rotation Foxtrot how are steps #5 & #6 to be skated? What type of turn is skated?

5. In the Rotation Foxtrot where is step # 10

6. List some of the common faults found in the Rotation Foxtrot (At least 8)

# **RSA TRAINING GUIDE**

## **KENT TANGO (SOLO)**

INTL DAN 37  
R – 6-16

1. The Kent Tango is skated to what type of music? What is the tempo and the Axis?
2. What step should be on the long axis and what step should be at the top of the center lobe?
3. What is the timing of the free leg movement on steps # 4 and # 8?
4. What type of turn is executed on steps # 9 and # 10?
5. Step # 12 RIF swing, is how many beats \_\_\_\_\_? On what beat is the free leg swung forward?
6. This dance should be skated with what type of interpretation? Will this make a difference in your score?
7. Where does step # 13 begin and end?
8. How should steps # 12, # 13, and # 14 be skated?
9. Where should steps # 9 and # 10 be aimed?
10. What common faults will you often see when this dance is skated. (at least 8)
11. Diagram this dance showing the steps, step numbers, and musical beats

# **RSA TRAINING GUIDE**

## **KEATS FOXTROT (CIPA)**

INTL DAN 20  
R- 9-13

1. This dance is skated to what music and tempo?
2. What is meant by optional pattern for this dance?
3. What type of sequence are steps # 1, # 2, and # 3?
4. What does the lady have to do with her step # 4 to correspond with the man's step # 4B?
5. Are there any cross roll steps in this dance? If so give the steps, step numbers, and timing.
6. What movement of the free legs would you expect to see on step # 12?
7. Describe in detail the dance positions used in this dance and where they change.
8. What partner relationship is there on steps # 11 and # 12?
9. Steps # 6, # 7, and # 8 are what type of sequence in this dance?
10. Where should step # 13 be placed in relation to the skating foot?
11. Where are steps # 11, # 12, and # 13 aimed for the lady? Steps # 11A, # 11B, # 12, and # 13 for the man?
12. Diagram the 2 patterns shown for this dance showing the man and lady's steps, step numbers, and musical beats.

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### # 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

INTL 2D-S-4

R-7-16

#### SESSION 4

##### **TOPICS TO BE COVERED:**

- A. Review quiz from last session
- B. Check Kent Tango diagrams
- C. Discuss judging points for the Keats Foxtrot (CIPA).
- D. Review International Dance terms
- E. Discuss requirements for the 7th and 8th International Team and Solo Dance Tests.
- F. Discuss judging points for the Kent Tango (If possible show a DVD of this dance.
- G. Distribute study sheets for the Federation Foxtrot, Imperial Tango CIPA, and the Association Waltz CEPA
- H. Quiz

##### **ASSIGNMENT FOR NEXT MEETING**

- 1. Be sure you know the steps to the remainder of the dances covered by this commission
- 2. Study the requirements for the 9th International Team and Solo Dance Tests
- 3. Study the Federation Foxtrot, Imperial Tango CIPA, and the Association Waltz CEPA
- 4. Practice drawing the dances covered by this commission
- 5. Work on your dance diagrams

# RSA TRAINING GUIDE

## # 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

INTL 2D-S-4  
R-7-16

Q-4

NAME \_\_\_\_\_

1. Complete the information below:

	Music	Tempo	Holds	Start into Step
Ten Fox				
Karen Lee Tango				
Kent Tango				
Rotation Foxtrot				
Tudor Waltz				

2. In the Karen Lee Tango where is step #18 aimed and on what beat of the step does the toe point occur?

3. On steps # 8 & #9 of the Karen Lee Tango what are the common faults you will see?

4. In the Kent Tango step # 12 RIF swing is \_\_\_\_\_ beats. The free leg is swung forward on the \_\_\_\_\_ beat.

5. How many swings are skated in the Rotation Fox Trot? \_\_\_\_\_ List the steps with swings.

6. What do you consider the primary points to look for in the Rotation Fox Trot.

7. In the Kent Tango how should the free leg movement be executed on steps #4, #8, #12, and #14

8. Explain the proper execution of steps #5 and #5 in the Rotation Foxtrot

**RSA TRAINING GUIDE**  
**FEDERATION FOX TROT (SOLO)**

INTL DAN – 45  
7-16

1. List the edges for the first 4 steps and timing comprising a progressive run.
2. How is step # 9 executed?
3. Define a counter turn.
4. Where are steps # 10, #11, and #12 aimed and how should they be skated?
5. Explain in detail how step # 15 is executed.
6. On step # 7 how should the free leg be moved?
7. How would a change of edge of steps # 7 and #15 effect your score?
8. Which steps in this dance would you commonly find timing errors?
9. Which step is at the top of the center lobe and which step is on the center line.
10. What type of music is used for this dance?
11. Diagram this dance showing the step numbers, edges, and musical beats.

# RSA TRAINING GUIDE

## IMPERIAL TANGO (CIPA)

INTL DAN 35  
R – 9-13

1. This dance is skated to \_\_\_\_\_ music at \_\_\_\_\_ tempo. Two dance positions are used during this dance they are \_\_\_\_\_ and \_\_\_\_\_ .
2. Explain in detail the execution on step # 3 and step # 4. Include a description of the hand hold during this step.
3. Where should step # 1 be aimed? Is this step a common problem in execution for a skater?
4. What common fault is found in the execution of steps # 6 and # 7?
5. What type of turn is executed on step # 10 and # 11 of the Imperial Tango?
6. When should a team resume the foxtrot position at the end of the dance?
7. List 10 common errors found in the skating of this dance.
8. Diagram this dance giving the edges for both the Man and Lady.

**RSA TRAINING GUIDE**  
**ASSOCIATION WALTZ CEPA**

INTL DAN – 46  
7-16

1. What type of music is the Association Waltz CEPA skated to and how is it counted?
2. What dance position is used by a dance team throughout this dance? Should they be tracking?
3. All 3 turns should be skated on \_\_\_\_\_ count. How would being out of time on these turns affect your score on a Achievement Test?
4. Explain the proper execution of an open dropped mohawk turn.
5. Where do open dropped turns occur in this dance?
6. In a team dance test how are steps #10 for the man and step # 23 for the woman executed?
7. How should steps # 9 and # 22 be struck?
8. When skated as a team, how is step #12 & 13 executed?
9. On a team test how is step # 25 executed for the women? For the Man?
10. What step should be at the top of the center lobe and at the center end of the dance?
11. Diagram this dance showing the center end the beginning and end of the center lobe, steps, step numbers and beats.

**RSA TRAINING GUIDE**  
**# 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION**

INTL 2D-S-5  
R-7-16

Rev-4-18

SESSION 5

**TOPICS TO BE COVERED:**

- A. Review quiz from last session
- B. Discuss judging points for the Federation Foxtrot.
- C. Discuss judging points for the Imperial Tango (CIPA). If possible, show a Demo DVD
- D. Discuss judging points for Association Waltz CEPA
- E. Review International Dance terms and Integer Scoring system
- F. Discuss the requirements for the 9th International Team and Solo Dance Test
- G. Distribute study sheets for, Flirtation Waltz CIPA, and Kliner Waltz CEPA.
- H. Quiz

**ASSIGNMENT FOR NEXT MEETING**

- 1. Start reviewing dances for the Panel Final Exam
- 2. Study the Flirtation Waltz CIPA, and Kliner Waltz CEPA.
- 3. Review Achievement Test rules and regulations

RSA TRAINING GUIDE

# 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

INTL 2D-S-5  
R-7-16

Q-5

NAME \_\_\_\_\_

- 1 Do any of the dances covered by this commission have optional steps that may be deleted for smaller rinks. YES / NO
2. For each of the International Team and Solo Dance tests listed, give the dances in order of skating, the minimum score and the passing score.

7th International Team Solo Dance Test	8th International Team and Solo Dance Test

3. What is the timing pattern for steps #9, #10, #11 and # 22, #23, and #24 in the Association Waltz CEPA
4. List 6 of the common errors found in the Association Waltz CEPA.
5. In Imperial Tango CIPA what type of turn is executed on steps #13 and #14?
6. Which steps in the Federation Foxtrot would you commonly find errors?

# RSA TRAINING GUIDE

## DENCH BLUES (CIPA)

INTL DAN 24  
R – 9-13

1. What holds are used for this dance?
2. What is the tempo and music for this dance?
3. Are there any rules governing the opening steps for this dance?
4. Step # 7 is a \_\_\_\_\_ for both the man and lady.
5. Explain the execution of steps # 12 and # 13. What type of turn is this?
6. What are the primary differences between the American and the Dench Blues (CIPA)?
7. What common faults are found on steps # 9, # 10, and # 11?
8. Steps # 1 and # 2 for the man form what type of sequence?
9. Steps # 14, # 15, # 16A, 16B, and # 17 in the Dench Blues (CIPA) should be skated, on a team test in what manner and what do the steps form?
10. What type of turn is skated on steps # 12 # and # 13 of this dance?
11. What are the primary points for proper execution of this dance?
12. Diagram this dance using the common pattern. Show all steps, step numbers, and musical beats.

# **RSA TRAINING GUIDE**

## **KLEINER WALTZ (CEPA)**

INTL DAN 38  
R – 9-13

1. What tempo and type of music is used for this dance?
2. What is the dance position used when this dance is skated by a team?
3. The step at the center end of the rink should be step # \_\_\_\_\_.
4. Which steps should you pay attention to the edge quality and why?
5. There are two steps that you should watch to see the edge is held throughout the length of the step? Name the steps
6. Are there any 3 turns in this dance? If so who skates the 3 turns?
7. How many swings are in this dance? Lists the step #'s.
8. How important are the raised chasse steps in this dance?
9. List the major and minor faults that are common in this dance. (At least 10)
10. Practice diagramming this dance showing the man and lady's steps, beats, and step number.

# RSA TRAINING GUIDE

## FLIRTATION WALTZ (CIPA )

INTL DAN 18  
R- 9-13

1. This dance is a \_\_\_\_\_ patterned dance skated to \_\_\_\_\_ music at \_\_\_\_\_ tempo.
2. Give the holds for this dance and where the hold changes during the skating of the dance.
3. Is the pattern the same for the American and International dances? Explain the differences.
4. Where does this dance start and what is the correct aim for the first step?
5. Describe how the Mohawks should be executed in this dance and where the partners are in relation to each other.
6. Give an explanation of the execution for step # 9 LFOI-six beat.
7. Describe in detail how step # 17 is executed for both the man and lady.
8. Give the proper method of execution for step # 19 for the man and lady.
9. How should the free legs be moved on step # 18?
10. List 10 common faults found during the skating of the Flirtation Waltz. Mark if they are major or minor faults.
11. Practice drawing this dance showing both the man and lady's steps, step numbers, and musical beats.

**RSA TRAINING GUIDE**  
**# 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION**

INTL 2D-S-6  
R-7-16  
Rev-4-18

Rev-4-18

SESSION 6

**TOPICS TO BE COVERED:**

- A. Review quiz.
- B. Review test regulations and judge's responsibilities at test centers
- C. Discuss duties of the referee at test centers
- D. Discuss judge's proper dress, conduct and confidentiality
- E. Discuss judging points for the Kleiner Waltz CEPA If possible view a DVD of this dance
- F. Discuss Flirtation Waltz CIPA
- G. Distribute the study sheets for the 14 step CIPA and the 14 Step Plus CIPA
- H. QUIZ

**ASSIGNMENT FOR NEXT MEETING**

- 1. Start reviewing material for the final exam
- 2. Review general information about tests
- 3. Study the 14 Step CIPA and the 14 Step Plus CIPA

RSA TRAINING GUIDE

# 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

INTL 2D-S-6

R-7-16

Q-6

Rev-4-18

NAME \_\_\_\_\_

1. Describe the execution of steps # 17 for both partners in the Flirtation Waltz CIPA.
2. What tempo is the Flirtation Waltz CIPA skated to??
3. In the Kleiner Waltz CEPA when skated as a team, on step # 12 at the end of the rink, the man skates a \_\_\_\_\_ turn, while the lady \_\_\_\_\_ the man's turn in on the \_\_\_\_\_ beat.
4. In the Kleiner Waltz, which step should be at the center end of the rink?
5. Whenskating the Flirtation Waltz. How should the free legs be moved on step # 18?
6. List some of the common faults found when judging the Kliner Waltz (CEPA) At least 8
7. Describe how the mohawks should be executed and where the partners are in relation to each other in the Flirtation Waltz CIPA.

## RSA TRAINING GUIDE

### INTERNATIONAL 14-STEP (CIPA)

INTL - 13  
R 9-13

1. What type of pattern is used for this dance?
2. What type of introductory steps may be used for this dance?
3. This dance is skated to a \_\_\_\_\_ march at \_\_\_\_\_ beats.
4. What steps of this dance should be skated on the ends of the rink?
5. Where does this dance begin after the opening?
6. In tests how many times will the skater skate the dance?
7. Explain the position of the partners in relationship to each other and the tracings around the corner of this dance.
8. Will the position explained in # 7 be different from that used in the American Style 14 Step? Explain.
9. Do the man and lady have cross steps in this dance? If so give the step numbers and the type of cross steps they are skating.
10. List the common problems seen in judging this dance. Explain
11. Explain, in detail, what is meant by cross tracings and is it seen in this dance?
12. What type of turn does the lady skate on step # 12 and # 13? Where is the foot placed during this turn?
13. What is the aim for steps # 3 and # 4?
14. During step # 14 where should the man's foot be in relation to the lady's foot?
15. Diagram this dance showing the man and lady's steps, step numbers, and musical beats.

## **RSA TRAINING GUIDE**

### **14 STEP PLUS (SOLO DANCE CIPA)**

INTL DAN 36

1. What is the tempo and music for this dance?
2. What type of steps are steps # 1, # 2, # 3 and # 14, # 15, and # 16? How should they be skated?
3. On step # 4 ROF Swing, how should the leg be swung?
4. Steps # 8 and # 9 are what type of turn and how should it be executed?
5. Explain how step # 13 is executed and what is the timing of this step?
6. How should step # 17 LOB Swing be skated?
7. Steps # 25 and # 26 are what type of turn and how should they be executed?
8. Which step should be at the center end of the rink?
9. Are the barrier lobes the same size in this dance?
10. What step should be at the top of the center lobe?
11. How many steps are in this dance?
12. Practice diagramming this dance showing the steps, step numbers, and musical beats.

## RSA TRAINING GUIDE

### # 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

INTL 2D-S-7

R- 7-16

#### SESSION 7

##### **TOPICS TO BE COVERED:**

- A. Review quiz.
- B. Discuss judging points for the 14 Step CIPA.
- C. Discuss judging points for the 14 Step Plus CIPA (If possible view DVD of this dance.
- D. Give step drill and review and grade in class
- E. General question and answer period
- F. Next session will be the **Panel Final Exam**. This is a **Closed Book Exam with Supervision**. The panel trainer will grade and return the exam to the candidates. If the candidate's class work, mock judging and exams indicate they are ready to take the RSA exam, applications will be given out. A fee may be required to take the exam. The # 2 Team & Solo Dance Commission will be sent from the RSA Office. This exam is a **Closed Book Exam with two test supervisors present** .You will have 30 days to take the exam and return it to the RSA National Office to be graded.

##### **ASSIGNMENT FOR NEXT MEETING**

- 1. Study all material covered and be prepared to answer questions about:
  - 1) Dance Terms
  - 2) International Team and Solo Dance Tests covered by this commission
  - 3) General questions about International Dance skating
  - 4) Be able to diagram all dances covered by this commission
- 2. Bring dates you passed your International Team and/ or Solo Dance tests
- 3. Next session will be the panel final

## RSA TRAINING GUIDE

### # 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

INTL 2D-S-7 DRILL

R-7-16

STEP REVIEW OF DANCES – LIST THE STEP EDGE AND NUMBER OF BEATS THAT YOU  
WOULD SKATE ON A SOLO DANCE TEST (LADY –THE LADY’S STEPS

NAME: \_\_\_\_\_

Step #	Kleiner Waltz (CEPA)	Rotation Foxtrot	Kent Tango	Flirtation Waltz CIPA
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				

**RSA # 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION**  
**INTL 2D- PANEL FINAL**  
**R- 7-16**

**REV-4-18**

NAME: \_\_\_\_\_

**GENERAL QUESTIONS**

1. What should be done with the 3 parts of the test forms?
  
2. A RSA judge must renew their commissions every \_\_\_\_\_ by \_\_\_\_\_.
  
3. Under what conditions would a commissioned judge be ineligible to judge any test taken by certain individuals.
  
4. What is meant by being out of phrase with the music? How does this happen?
  
5. In International Dance explain the relationship of the partner's feet in closed position.
  
6. Explain the difference between a well executed American and International progressive run.
  
7. Complete the following information about the listed International Team and Solo Dance Tests List passing score, minimum score and dances.

	7th Test	8th Test	9th Test
Passing Score			
Minimum Score			
Dance			

**RSA # 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION**  
**INTL 2D- PANEL FINAL**  
**R-7-16**

8. Do you expect to see proportional barrier lobes in the International Dances covered by this commission? YES / NO
9. Define the following terms:
- a) Opening steps
  
  
  
  - b) Cut Step
  
  
  
  - c) Dropped three turn
  
  
  
  - d) Open held Mohawk
10. What major difference do you expect to see between an American and International turn from an IF to IB edge?
11. On the Master Test Form you should a) print your name b) sign your name

**DANCE QUESTIONS**

12. Name and define the type of turn the lady skates on steps 4A and 4B in the Ten Fox.
13. In the Ten Fox, what should the lady do on step # 8 while the man skates his ROF-3 and LBO steps?





**RSA # 2 INTERNATIONAL TEAM & SOLO DANCE COMMISSION**  
**INTL 2D-**  
**R- 7-16**  
**PANEL FINAL**

27. In the Rotation Foxtrot, how many steps in this dance are swings? \_\_\_\_\_ Give the step numbers.
28. In the 14 Step Plus CIPA, what type of step is # 28?
29. Explain the execution of step # 27 LFO-XB Mohawk in the 14 Step Plus CIPA.
30. In the Kent Tango, list the common faults you often see (List at least 6)
31. In the 14 Step Plus CIPA, what type of step is # 28?
32. On step # 12 of the Kent Tango, RIF swing is how many beats \_\_\_\_\_? On what beat is the free leg swung forward? \_\_\_\_\_.
33. Explain how in the Tudor Waltz the change of edge on step #12 should be executed for both the man and woman
34. In the Federation Foxtrot which step is at the top of the center lobe \_\_\_\_\_ and which step is the center end line \_\_\_\_\_?

