

RSA TRAINING GUIDE

3 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

TO JUDGE 10TH – 11TH TEAM SOLO AND INTERNATIONAL DANCE TESTS
INTL 3D-S1
R-7-16

A. REQUIREMENTS TO TAKE COMMISSION:

1. Candidate must hold a valid # 2 International Dance Commission
2. Should have passed 10th International team or solo dance Test
3. Must be willing to commit the time to attend all training sessions and to study the material assigned.
4. Should know the steps and be able to skate thru the dances on the tests 10-11 of the Solo and Team International Dance Achievement tests.

B. SUPPLIES NEEDED:

1. Current edition of “USA-RS Dance Descriptions Diagrams” (Revised Aug 2015)
2. Current edition of “RSA Achievement Test Booklet
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 # 3 Solo and Team International 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. A \$10.00 Fee may be charged.
3. The RSA Commission Exam is a **CLOSED BOOK SUPERVISED Exam with 2 supervisors** that will be graded by the RSA National Office. Tests must be taken within 30 days of receiving the exam 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.
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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INTL 3D S-1

R-I 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 basics of judging

Timing	Posture Baseline	Placement
Expression	Types of edges	Axis
Form	Center & Barrier Lobes	Accuracy
- D. Discuss music used for dances covered by this commission.
- E. Review International Dance terms.
- F. Review how to diagram
- G. Distribute study guide for Harris Tango CIPA and Rocker Foxtrot CIPA
- H. Quiz

ASSIGNMENT FOR NEXT MEETING:

- 1. Review the following sections of the USA-RS Descriptions and Diagrams book
 - a) Judging International Roller Dance
 - b) Dance positions
 - c) Notes on dance diagrams
 - d) Philosophy of International Dance Skating
- 2. Study the Harris Tango CIPA and Rocker Foxtrot CIPA
- 3. Review International dance terms
- 4. Bring a diagram of the Rocker Foxtrot CIPA to the next meeting

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INTL 3D

Q-1

NAME: _____

1. Define the following International Dance Terms”
 - a) Open held Mohawk
 - b) Dropped 3 turn
 - c) Closed Mohawk
 - d) Choctaw
 - e) Rocker
2. Draw and explain how a well executed International Progressive run should be executed. (Be explicit how the feet take the leave the floor.
3. Diagram and explain how a RIF to LIB Mohawk should be executed in International Dances.
4. You are judging a test and you feel the candidate’s partner is causing a major problem in the dances. You feel the candidate is failing because of the partner’s problems. What action will you take as a judge? If you are the test referee?

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HARRIS TANGO (CIPA)

INTL DAN 21
R – 7-16

1. This dance is skated to what music and tempo?
2. What hold should be used for this dance and how do the partners change sides in the dance?
3. Explain how the third lobe of the dance should be executed.
4. What are the major faults found during the man's shallow rocker sequence?
5. How many beats are the swings in the promenade section of this dance?
6. What patterns are acceptable for this dance?
7. Are there any optional free leg movements allowed in this dance?
8. Where should the free foot be moved for both the man and lady on steps # 3, # 6, and # 10?
9. Steps # 20 and # 21 are what type of turn?
10. What is the timing for the RIF-3turn for the lady (step # 22)?
11. Should you see any special style in the execution of this dance?
12. What weakness appears during the skating of this dance for both the man and lady?
13. Where does this dance start in relation to the dance pattern?
14. Practice drawing this dance showing steps for both partners, step numbers, and musical beats.

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ROCKER FOXTROT (CIPA)

INTL DAN 23
R- 7-16

1. Is this dance skated as a set pattern or a border dance?
2. What is the correct tempo and music for this dance?
3. What are the dance holds for the rocker and when do the holds change?
4. Steps # 1, # 2, # 3, and # 4 are the same for the man and lady. They consist of _____ and _____.
5. Where is the lady's rocker aimed? Where does she turn in relation to the man?
6. How should the lady execute step # 5 of the LOF Rocker?
7. What type of turn is step # 11 and # 12 for both partners? Explain the partner relationship during this turn.
8. Where should the lady's free leg be after the rocker is turned on step # 5? Must the lady's free leg swing up to her waist height for a test?
9. How is step # 8 executed for both partners?
10. What do you consider the key execution points for this dance?
11. Diagram this dance showing the man and lady's steps with step numbers and indicate the number of beats for each step.

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3 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

INTL D3 S-2

R – 7-16

SESSION 2

TOPIC TO BE DISCUSSED:

- A. Review of quiz and International Rocker Fox Trot CIPA diagram.
- 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 Harris Tango CIPA .
- E. Discuss judging points for the Rocker Foxtrot CIPA.
- F. Distribute study guides for European Waltz and the Terenzi Waltz CIPA.

ASSIGNMENT FOR NEXT MEETING

1. Study terms
2. Study the guided for the European Waltz CIPA and Terenzi Waltz. CIPA
3. In the RSA Achievement Book review the rules and requirements for tests.
4. Practice drawing the European Waltz CIPA and Terenzi Waltz CIPA
5. In the USA-RS Dance Descriptions and Diagram Book review the sections about judging international dance.
6. Review the Integer Scoring System

INTEGER SCORING SYSTEM AND MEANING

MEANING		MERIT	FAULT
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		

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EUROPEAN WALTZ (CIPA)

INTL DAN 22
R- 7-16

1. What are the three basic edges of this dance for the man? The lady?
2. What tempo and music is this dance skated to?
3. Where should the 3's be turned for this dance in relation to the partners?
4. What dance position should this dance be skated in?
5. How are the man's three turns to be executed at the beginning of each lobe?
6. The rotation of the partners around each other is _____ throughout each lobe and _____ it direction at the beginning of every lobe?
7. What are the major judging points to be considered during the skating of this dance?
8. What is the proper pattern for this dance?
9. What option do skaters have with the turns on the corner of this dance?
10. What axis will you see this dance skated? Should the axis be consistent through out the dance?
11. Diagram this dance showing the man and lady's steps with the beats and step numbers.

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TERENZI WALTZ (SOLO) CIPA

INTL DAN 40
R – 7-16

1. What is the tempo and music for the Terenzi Waltz CIPA?
2. Where should this dance start? How many opening steps may be used?
3. How should the swings on steps # 4, #8, # 23, and # 27 be executed?
4. Step # 11 and # 26 are what type of turns?
5. Are the corner lobes of this dance symmetrical or asymmetrical?
6. What common problems occur on the second corner?
7. Where is the baseline located on the center lobes in the Terenzi Waltz CIPA?
8. What type of 3 turn is skated on step # 1?
9. List 8 common problems found in this dance.
10. What steps should be on the long axis of the 1st corner lobe? _____ On the second corner lobe _____ .
11. What steps should be on the short axis on the 1st center lobe? _____? On the second center lobe? _____
12. Practice drawing this dance showing steps, step numbers, and musical beats.

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INTL 3D S-3
R – 9-13

SESSION 3

TOPICS TO BE DISCUSSED:

- A. Review terms and dance holds
- B. Review meaning of scores
- C. Discuss judging points of the Terenzi Waltz. CIPA It is suggested you view the USA-RS demonstration DVD of this dance.
- D. Discuss judging points of the European Waltz CIPA
- E. Plan mock judging sessions. The sessions should be an actual test center of demonstration. Just using tapes / DVD make it difficult to see lobing quality of edge etc. It may be necessary to add extra sessions for mock judging.
- F. Distribute study guides for the Iceland Tango CIPA and Kilian CIPA
- G. Quiz

ASSIGNMENTS FOR NEXT MEETING:

- 1. Review terms, dance holds, and the Integer Scoring System
- 2. Study the requirements for the # 10 and # 11 International Team & Solo Dance Tests
- 3. Study the International Iceland Tango CIPA and the Kilian CIPA
- 4. Practice drawing the dances covered by this commission
- 5. Bring to class a diagram of the Iceland Tango CIPA

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INTL 3D

Q – 3

1. The European Waltz CIPA consists of three basic steps for the man and lady. They are?
2. What are the primary points you would look for in the Terenzi Waltz CIPA.
3. How should the man's three turn at the beginning of the lobes be executed in the European Waltz CIPA?
4. What is a Rocker? How should the lady skate this step in the Rocker Foxtrot CIPA?
5. In the Terenzi Waltz CIPA what steps should be on the long axis of the first corner lobe?
_____ On the second corner lobe? _____
6. What type of turn is step # 11 and # 12 in the Rocker Foxtrot CIPA for both partners?
Explain the partner relationship during this turn.
7. On the back of this sheet, diagram the Rocker Foxtrot CIPA showing the steps for the man and lady, the step numbers, and the musical beats.

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ICELAND TANGO CIPA

INTL DAN 26
R -7-16

1. What is the major difference between the American and International Iceland Tango?
2. What type of music is this dance skated to?
3. What holds are used during the skating of this dance and where do they change?
4. What type of turn is step # 4 and where is the free leg?
5. Are there any optional swings in this dance and is so where?
6. Explain how step # 8 change of edge 3 turn should be executed?
7. Explain the proper positions of the free leg during step # 13?
8. Explain how step # 9 should be skated in order to prepare for steps # 10.
9. What is the essential feature of this dance?
10. Step # 14 for the lady ROF four beat edge, should be skated in what manner?
11. What position should the shoulders be in on steps # 14 through # 16?
12. Where are the free legs on steps # 15 and # 16?
13. Upon completing the opening what position will the skaters be in to start the dance?
14. Diagram this dance giving the steps, step number, and musical beats for both partners.

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KILIAN CIPA

INTL DAN 25
R- 7-16

1. What holds are used in this dance?
2. This dance is skated to what type of music and tempo?
3. The book states this is an animated high spirited dance. It's a test of _____ & _____ footwork with _____ timing of body motion and _____ rotation.
4. How many beats are in one pattern of this dance? _____ Which steps are two beats?
5. In detail describe how steps # 8, # 9, # 10, and # 11 should be executed. Include in your discussion the team relationship.
6. What should the lady be on steps # 12 and # 13?
7. Where should the partners be in relation to each other on step # 14? What occurs on this step if the lady steps wide?
8. What do you consider to be the main judging points for this dance?
9. Diagram this dance showing the man and lady's, steps numbers, and musical beats.

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INTL 3D S-4
R – 7-16

SESSION 4

TOPICS TO BE DISCUSSED:

- A. Review quiz from last session.
- B. Check Iceland Tango diagrams.
- C. Discuss judging points for the Iceland Tango CIPA
- D. Discuss requirements for the 10th. and 11th International Team and Solo Dance Tests.
- E. Review international dance terms.
- F. Discuss the judging points for the Kilian CIPA
- G. Distribute study sheets for the American Waltz CIPA and Italian Foxtrot CIPA
- 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 American Waltz CIPA and Italian Foxtrot CIPA
- 3. Work on your dance diagrams and bring a diagram of the American Waltz CIPA to class
- 4. Be sure you know the steps to all of the dances covered by this commission.

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INTL 3D Q-4

NAME: _____

1. The 11th International Team and Solo Test has _____ dances on it. The skater must achieve a total score of _____, If a candidate receives a score lower than _____ on a dance the judge will have to _____ the skater on the test.
2. After the candidate must skate the dances in what order?
3. What do you feel are the difficult portions of the Iceland Tango CIPA?
4. In the Iceland Tango CIPA what type of turn is step # 4 and where should the free leg be?
5. What music and tempos are used for the dances on the 10th and 11th International Dance tests?
6. What position should the partner's shoulders be in for steps # 14 through # 16 of the Iceland Tango CIPA?
7. What do you consider the major judging points in the Kilian CIPA (at least 8)
8. Explain the proper execution steps # 9, # 10 and # 11 of the Kilian CIPA.. Include what the partner relationship should be during this sequence.
9. What is the correct execution of steps # 13 and # 14 in the Kilian CIPA for both the man and lady.

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AMERICAN WALTZ CIPA

INTL DAN 27
R – 7-16

1. What is the correct music and tempo for this dance?
2. What creates the dance expression in this dance?
3. Explain in detail how this dance is constructed.
4. Explain how the proper pattern is selected for this dance.
5. All steps in this dance are _____ beats.
6. How should the swings in this dance should be executed.
7. All turns are on count _____ of the step and should be turned at the partners _____.
8. Explain what the partner tracing relationship is during this dance.
9. What are the main points you as a judge should consider while judging this dance?
10. Diagram this dance showing both the man and lady's steps, step numbers, and musical beats.

RSA STUDY GUIDE

ITALIAN FOXTROT (CIPA)

INTL DAN 33

1. Where in relation to the floor does this dance start? Can this dance be started in more than one place?
2. Step # 6 through # 13 are done in the _____ position
3. Lobe # 1 is aimed in which direction? _____ Lobe # 2 is aimed in which direction? _____ and ends at _____.
4. What dance positions are used during this dance and where do they change?
5. Explain how steps # 29 through step # 31 are executed and explain the relationship of the partners to each other during the steps.
6. List 6 common errors often seen during the skating of this dance.
7. What type of music is this dance skated to and what is the tempo?
8. Diagram this dance showing the man and lady's steps, numbers of beats, and step numbers.

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INTL 3D S-5
R – 6-16

SESSION 5

TOPICS TO BE DISCUSSED:

- A. Review quiz from last session and assigned diagram
- B. Discuss judging points for the Italian Foxtrot CIPA
- C. Review International Dance terms and Integer Scoring System
- D. Discuss the judging points for the American Waltz CIPA
- E. Distribute the study guide for the Dench Blues CIPA
- E. Quiz

ASSIGNMENT FOR NEXT MEETING:

1. Start reviewing dances for the Panel Final Exam
2. Study the Dench Blues_CIPA. Especially the detailed instructions for skating the steps
3. Review the Achievement Test rules and regulations

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INTL 3D Q-5

NAME: _____

1. In the American Waltz CIPA all steps are _____ beats and all turns are on _____ of the step.
2. What are the partner tracing relationships you should see in the skating of the American Waltz CIPA?
3. What are the main points you would be looking for when judging the American Waltz CIPA
(at Least 8)
4. The Italian Foxtrot CIPA is skated to what type and tempo of music?
5. In the Italian Foxtrot CIPA what three dance positions are used when a team is skating the dance?
6. List the lady's steps, Step numbers and the number of beats for the steps to the Italian Foxtrot CIPA.

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INTERNATIONAL DENCH BLUES (CIPA)

INTL DAN 24
R – 7-16

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 International Dench Blues?
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.

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3 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

INTL 3D S-6
R – 7-16

TOPICS TO BE DISCUSSED:

- A. Review quiz from last session
- B. Review the proper procedure for holding Achievement Tests -- discuss the rules, duties of officials, and the added responsibilities of higher commissioned that judges should be ready to perform.
- C. Discuss the Dench Blues CIPA.
- D. Complete dance drill and check in class
- E. Discuss any questions about the dances covered.

ASSIGNMENT FOR NEXT MEETING:

- 1. Study all material covered and be prepared to answer questions about:
 - a) Dance terms
 - b) International Team and Solo Dance Tests covered by this commission
 - c) General question about international dance skating
 - d) Be able to diagram all dances covered by this commission.
- 2. Bring dates you passed your International Team and Solo Dance tests.
- 3. Next session will be the panel final exam. This is a **Closed Book Exam with 2 supervisors present**. 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 # 3 Team & Solo Dance commission will be sent from the RSA Office. You will have 30 days to take the exam and return it to the RSA National Office to be graded.

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INTL 3D S-6 DRILL

STEP REVIEW OF the CIPA DANCES COVERED BY THIS COMMISSION

LIST THE STEP EDGE AND NUMBER OF BEATS (RIF-3) FOR EACH DANCE

STEP #	ICELAND TANGO CIPA		EUROPEAN WALTZ CIPA		ROCKER FOXTROT CIPA	
	Man	Lady	Man	Lady	Man	Lady
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						

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3 INTERNATIONAL TEAM AND SOLO DANCE --- PANEL FINAL EXAM

INTL 3 D S-7 PANEL FINAL
R 7-16

REV-4-18

NAME: _____

General Questions

1. As judge holding a #3 International Team and Solo Dance Commission you may judge which tests?
2. What quality of skating would each of the following scores represent?
 - a) 73
 - b) 42
 - c) 35
 - d) 57
 - e) 80
 - f) 64
3. Complete the following table:

	Test	Music	Tempo	Pattern	Holds
Italian Foxtrot CIPA					
Kilian CIPA					
Harris Tango CIPA					
Iceland Tango CIPA					
European Waltz CIPA					
Rocker Foxtrot CIPA					
American Waltz CIPA					
Terenzi Waltz CIPA					
Dench Blues CIPA					

4. When a test is to be judged how you determine who will be the referee if only three judges with a # 3 International Team and Solo Dance Commission ?

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3 INTERNATIONAL TEAM AND SOLO DANCE --- PANEL FINAL EXAM

5. What happens when a judge give a score lower than the minimum score for a dance test? Could the skater still pass the test? Explain

Dance Questions

6. In the Harris tango CIPA explain how the man's rocker turn is skated in this dance.
7. Steps # 20 and # 21 are what type of turn in the Harris Tango CIPA?
8. How many beats in the swings in the Harris Tango CIPA?
9. How should the man's three turn be skated in the European Waltz CIPA?
10. In the European Waltz CIPA what are the three basic edges the lady skates in this dance?
11. How does the European Waltz CIPA differ from the American Waltz CIPA?
12. The first four steps of the Rocker Foxtrot CIPA are the same for the man and lady. They are:
13. What free leg movement in the Rocker Foxtrot would you expect to see on step # 5 for the lady and how should the step be executed?
14. What do you consider to be the key execution points for the Rocker Foxtrot CIPA?

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3 INTERNATIONAL TEAM AND SOLO DANCE --- PANEL FINAL EXAM

15. Explain the position in the Iceland Tango CIPA the skaters should be in for steps 14 thru # 16?
16. What type of turn is step # 4 in the Iceland Tango CIPA and where will the free leg be during the step?
17. When skating the Iceland Tango CIPA how should step # 14 for the lady (ROF-4 beat edge) be skated?
18. In the American Waltz CIPA how long are all steps in this dance? _____. All three turns are turned on count _____ of the step.
19. When skating the American Waltz CIPA how should the partners trace in this dance?
20. What are the primary judging points in the Italian Foxtrot CIPA?
21. In the Italian Foxtrot CIPA step #25A the arm position is _____. Steps #25B, #26 and #27 are done in _____ position. Step #28 is done in _____ position.
22. What do you consider the primary judging points of the Kilian CIPA? What components make this a difficult dance?
23. Explain the proper execution of the forward to backward turn in the Kilian CIPA and include the proper movements of the partner.

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3 INTERNATIONAL TEAM AND SOLO DANCE --- PANEL FINAL EXAM

24. What happens if the lady steps wide for step # 14 in the Kilian CIPA?
25. What common faults are found in the Dench Blues CIPA on steps # 9, 10, and 11?
26. What are the primary points you would be looking for in the skating of the Dench Blues CIPA?
27. In the Terenzi Waltz are the corner lobes of the dance symmetrical or asymmetrical?
28. What are the common problems observed in the Terenzi Waltz CIPA?
29. When skating the Trenzi Waltz what step should e on the long axis of the first corner lobe?
_____ and what step should be on the long axis of the second corner
lobe _____ .
30. List 5 major faults and 5 minor faults you will often see when judging the Italian Foxtrot CIPA on a Solo Lady's Test.