

ANDY'S TOP TEN LIST FOR ICE DANCERS (GIVE or TAKE)

By Andy Wisnewski, Certified Dance Coach PSA, 8/10/2008 (unreviewed edition)
anderswis@comcast.net

0. Remove your guards and check your blades before stepping onto the ice.
1. LEARN TO STROKE properly; bend at your ankles first, then your knees; rebend before you push, roll the ankle –ALWAYS. Avoid breaking at the waist.
2. Keep hips under you-tush tucked-ALWAYS. Skate from the HIPS; push your skating hip forward for forward edges and back for backward edges.
3. Keep all of your weight centered on the ball of the foot and always push directly down into the ice under where you are. DO NOT GIVE YOUR WEIGHT AWAY TO YOUR PARTNER BY LEANING ON THEM OR PULLING DOWN WITH THE ARMS.
4. Stay on edges and lean like a column except when flats are required; i.e.: slip steps, twizzles, etc.
5. Look where you are going, keep head and chest up and centered over your body.
6. NEAT FEET: between every step, wide-steps excluded, bring your feet/skates beside/together first and skate blades level to the ice. Beside means one foot is on the ice and the other foot is in the air touching the skating foot.
7. Expression comes from the knees; otherwise STAY DOWN.
8. Extend and stretch all free legs using the quads with toe pointed but not into the ice! Beware of the heels when skating backward; pointed toes are a MUST.
- 9a. STAY IN THE PROPER DANCE HOLD AT THE PROPER TIME. Lead/follow your partner using proper tracking/tracing techniques-look at the shoulders.
- 9b. Anticipate each new lobe with upper body lean and stroke with the edge of the blade.
- 10a. Look at the big picture-shape and axis of each dance (continuous or circular? long? short or transverse? diagonal?) There may be more than one axis in each dance.
- 10b. Skate directly across all axes/transitions into new lobes.
- 10c. Torque using natural or counter rotation for all lobes and/or turns and place them where they are supposed to be (tops or corners of lobes).
- 10d. Do all of the above, skate/listen to the music, don't forget to breathe and now relax and have fun!!

Now you can dance!!!