

QUICKSTEP

MUSIC RHYTHM: Quickstep 2/4
TEMPO: 56 two-beat measures per minute; 112 beats per minute

ISU MUSIC
INTRODUCTION: 32 beats, 17.1 seconds

PATTERN-TIMING: 1 = :15; 2 = :30; 3 = :45; 4 = 1:00

DURATION: Test 3 = :45
Solo after partnering 2 = :30
Competition 4 = 1:00
Adult Competition 3 = :45

SKATER'S
CHOICE TIMING: See Skater's Choice Pattern Dance Timing Chart on usfigureskating.org under the "Technical Info" link

PATTERN: Set

TEST: Gold

This dance is skated in Kilian hold throughout with both partners skating the same steps. To ensure a really good performance, it is essential that the couple remain hip to hip — that is with the man's right hip against the lady's left. The Quickstep must be danced in keeping with the music that is fast and of bright character.

For true edges to be skated, it is essential that the dance be started approximately on the midline at the end of the ice surface. The sequence of steps requires approximately the length of the ice surface, and the direction of the edges shown in the diagram must be adhered to.

Steps 1 and 2 form a chassé sequence, while Steps 3 to 5 form a progressive sequence. Step 5 is a four-beat left forward outside edge forming the first part of a closed swing choctaw. The exit edge from the choctaw is held for three beats; the free foot first remains forward, then is drawn down beside the skating foot and swung smoothly outward and backward to assist the knee action to make the change of edge, although optional positions for the free leg are permitted. The change of edge should be distinct to define the shape of the lobe. The remaining steps should be skated with vitality, and the edges of Steps 7 to 9 should be as deep as possible. Step 7 is started crossed behind, while Step 9 is crossed in front.

Step 10 is held for four beats and is a deep outside edge started with a cross behind toward the side/long barrier. The transition from Step 10 to Step 11 can be made with ease if the right backward outside edge is well controlled. Steps 13 to 18 are skated lightly but distinctly, and care must be taken to maintain the curvature of the pattern. Steps 13 to 15 form a progressive sequence. Step 16 is a cross roll, Step 17 is a crossed behind inside to outside change of edge, and Step 18 is crossed in front. On Step 17, a definite change of edge is executed with the right foot held in front, ready for Step 18.

INVENTORS: Reginald J. Wilkie and Daphne B. Wallis

FIRST PERFORMED: Westminster Ice Rink, London, England, 1938

QUICKSTEP — STEP CHART

Hold	Step No.	Step (same for both)	Number of beats of music
Kilian	1	LFO	1
	2	RFI-Ch	1
	3	LFO	1
	4	RFI-Pr	1
	5	LFO	4
		Sw-CICho	
	6	RBIO	2+1
	7	XB-LBI	1
	8	RBI	1
	9	XF-LBO	1
	10	XB-RBO	4
	11	LFI	2
	12	RFI	2
	13	LFO	1
	14	RFI-Pr	1
	15	LFO	1
	16	CR-RFO	1
	17	XB-LFIO	1/2+1/2
18	XF-RFI	1	

QUICKSTEP — SET PATTERN DANCE

