



SKILLS UK

***DEFINITION OF STEPS,
TURNS & MOVEMENTS***

- **STEP**
The visible tracing on the ice that is executed on one foot. It may consist of an edge, change of edge, a turn on one foot such as a Three-Turn or Counter or a flat (which usually is not acceptable).
- **EDGE**
The visible tracing of a skate on one foot that is on one curve.
- **CHANGE OF EDGE**
The visible tracing of a skate on one foot that changes from one curve and edge to a different curve and edge.
- **FLAT**
The visible double tracing of a skate on one foot that is straight.
- **CROSSED STEP IN FRONT**
A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg tightly crossed in front of the skating leg (note – the legs cross below the knees).
- **CROSSED STEP BEHIND**
A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg tightly crossed behind the skating leg (note – the legs cross below the knees).
- **SIMPLE/OPEN CHASSE'**
A series of two edges (usually outside, inside) in which on the second edge the free foot is placed on the ice beside the skating foot, but not ahead of or behind it, and the free foot is lifted with the blade parallel to the ice.
- **SLIP/SLIDE CHASSE'**
Is the same as Simple Chassé except that on the second step the free foot slides off the ice in front of the skating foot when the Skater is skating forward and to the back if the Skater is skating backward.
- **CROSS ROLL**
A Roll started with the action of the free foot approaching the skating foot from the side and passing continuously the skating foot on ice to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a “rolling movement”. Following this action, an outside edge is required.
OR
“The free foot passes the skate blade/foot and is placed on the ice in front/back of the skating blade/foot. There is NO requirement for the new skating blade to be placed to be on an outside edge when it is placed on the ice.”
- **SLIP STEP**
A step skated in a straight line with the blades of both skates being held flat on the ice. The weight is over the skating leg that may be well bent or straight while the free foot slides forward on the ice to full extension.

- **TOE STEP**
A step where the Skater steps from one toe to the other without jumping.
- **ONE FOOT TURN**
A rotational movement on one foot in which the Skater moves from forward to backward or backward to forward.
- **3-TURN**
A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve. The Skater turns in the direction of the curve.
- **BRACKET**
A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve. The Skater turns in the direction opposite to the curve.
- **ROCKER**
A turn executed on one foot from an outside edge to an outside edge or an inside edge to an inside edge, with the exit curve on a different lobe from the entry curve. The Skater turns in the direction of the entry curve.
- **COUNTER**
A turn executed on one foot from an outside edge to an outside edge or an inside edge to an inside edge, with the exit curve on a different lobe from the entry curve. The Skater turns in the direction opposite to the entry curve (i.e. in the direction of the exit curve).
- **MOHAWK**
A turn from one foot to the other in which the entry and exit curves are continuous and of equal depth. The change of foot is from an outside edge to an outside edge or from an inside edge to an inside edge.
- **OPEN MOHAWK**
A Mohawk in which the heel of the free foot is placed on the ice at the inner side of the skating foot, the angle between the two feet being optional. Following the weight transfer, the immediate position of the new free foot is behind the heel of the new skating foot.
- **CLOSED MOHAWK**
A Mohawk in which the instep of the free foot is brought to the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer, the immediate position of the new free foot is in front of the new skating foot.
- **CHOCTAW**
A turn from one foot to the other in which the curve of the exit edge is opposite to that of the entry edge. The change of foot is from outside edge to inside edge or inside edge to outside edge. Unless otherwise specified in the dance description, the free foot is placed on the ice close to the skating foot. The entry and exit edge are of equal depth.
- **OPEN CHOCTAW**
A Choctaw in which the free foot is placed on the ice at the inner side of the skating foot. Following the weight transfer the immediate position of the new free foot is behind the heel of the new skating foot.

- **CLOSED CHOCTAW**

A Choctaw in which the instep of the free foot is brought to the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer the immediate position of the new free foot is in front of the new skating foot.

- **TWIZZLE**

A traveling turn on one foot with one or more rotations which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the skating foot with the free foot in any position during the turn then placed beside the skating foot to skate the next step. A series of checked Three Turns is not acceptable as this does not constitute a continuous action. If the traveling action stops during the execution, the Twizzle, it becomes a Solo Spin (Pirouette).

- **TWIZZLE LIKE MOVEMENT**

While the body performs one full continuous rotation, the skating foot technically executes less than a full turn followed by a step forward.