

3669 WESTMINSTER WALTZ (GOLD DANCE TEST)

Music	- Waltz 3/4
Tempo	- 54 measures of 3 beats per minute - 162 beats per minute
Pattern	- Optional
Duration	- The time required to skate 2 sequences is 58 sec.

The Westminster Waltz is characterized by stately carriage and elegance of line. It should be skated with strong edges and a softly flowing knee action. An upright stance without breaking at the waist is essential to its stately character.

The dance is commenced in Kilian hold that changes to reverse Kilian hold between *steps 5 and 6*. *Steps 1 to 3* form a progressive sequence. *Step 3*, however, changes to an inside edge after 2 beats so that *step 4* may be directed with a lilt and quick body weight change towards the center. *Steps 5 and 6* form an inside open mohawk. At the start the man is on the woman's left but, during the turn, both rotate individually, thus the man exits from the mohawk on the woman's right. *Step 7* should be highlighted by strong edges and good carriage. *Step 8* should aim toward the side of the ice surface then *step 9* should continue around the lobe.

On *step 10*, which starts as a cross roll for both partners, the woman turns her three in front of her partner. After the turn the partners join in closed hold, then almost immediately change to open hold for *steps 11 and 12* which are cross behind chassés skated on a curve. *Step 13* for the woman is an inside forward swing rocker where the swing is held for 6 beats before the turn on count 1 of the second measure ~~and 3 beats after~~. *Step 13* for the man is an outside forward swing counter with the same timing. At the moment of turning the partners must be in hip-to-hip position. *Step 14* must be taken from the side of the preceding foot.

On *step 15* the man follows the woman's tracing as she turns an inside three on count 4. *Steps 16 to 20* are skated in closed hold. *Step 16* is a cross roll for both partners. *Step 17* has a very moderate progressive movement and afterwards both partners step wide for the start of *step 18*. *Step 20* begins as a cross roll for both partners.

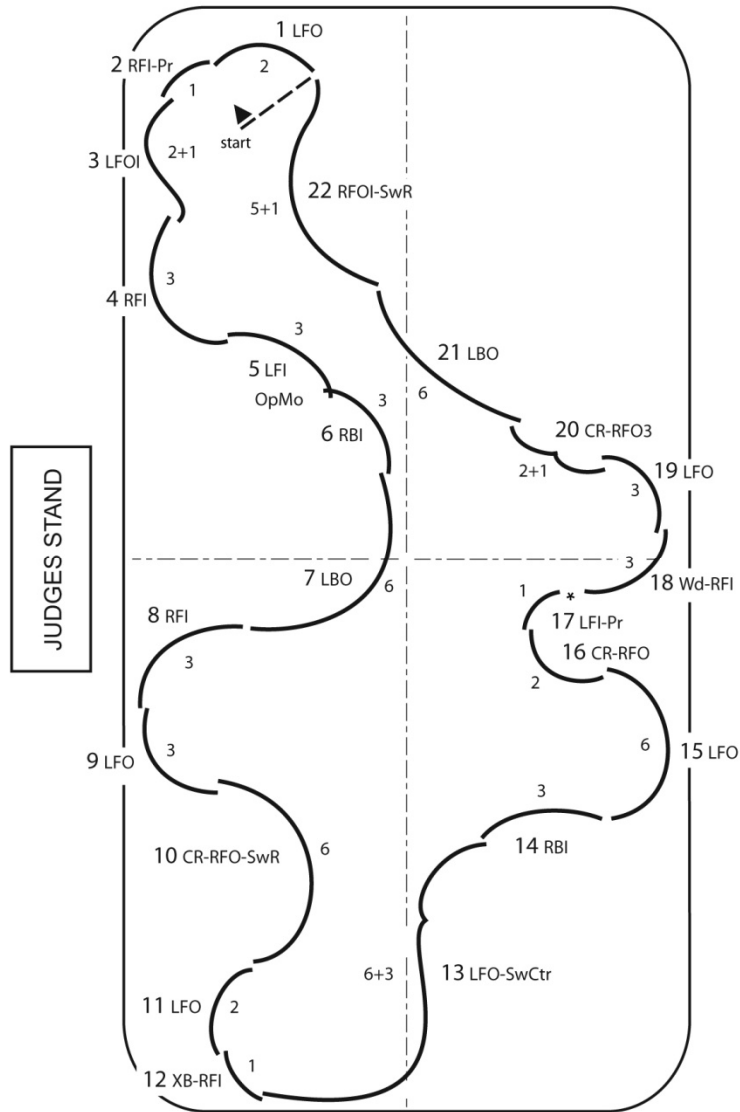
On count 3 of *step 21*, the woman turns a three aiming for the man's left shoulder. On count 4 she steps onto a left backward outside edge and extends her right hand across to her partner's right hand to assume reverse Kilian hold. On *step 22* the man assists his partner in shifting across in front of him into Kilian hold in preparation for the restart of the dance. Care must be taken in swinging the free legs on *step 22* during the RFO so as not to interfere with the transition of hold. A one-beat change of edge onto an RFI is skated at the end of *step 22* to assist in changing the lean for the restart of the dance.

Inventors	- Eric van der Weyden and Eva Keats
First Performance	- London, Westminster Ice Rink, 1938

3669 WESTMINSTER WALTZ

Hold	Step No.	Man's Step	Number of Beats of Music			Woman's Step
Kilian	1	LFO		2		LFO
	2	RFI-Pr		1		RFI-Pr
	3	LFOI		2+1		LFOI
	4	RFI		3		RFI
	5	LFI OpMo		3		LFI OpMo
Reverse Kilian	6	RBI		3		RBI
	7	LBO		6		LBO
	8	RFI		3		RFI
	9	LFO		3		LFO
	10a	CR-RFO-SwR	6		2+1	CR-RFO3
10b				3	LBO	
Open	11	LFO		2		RFI
	12	XB-RFI		1		XB-LFO
	13	LFO-SwCtr		6+3		RFI-SwRk
	14	RBI		3		LBO
	15	LFO	6		3+3	RFI3
Closed	16	CR-RFO		2		CR-LBO
	17	LFI-Pr		1		RBI-Pr
	18	Wd-RFI		3		Wd-LBI
	19	LFO		3		RBO
	20	CR-RFO3	2+1		3	CR-LBO
Reverse Kilian	21a	LBO	6		2+1	RFO3
	21b				3	LBO
Change Sides	22	RFOI-SwR		5 + 1		RFOI-SwR

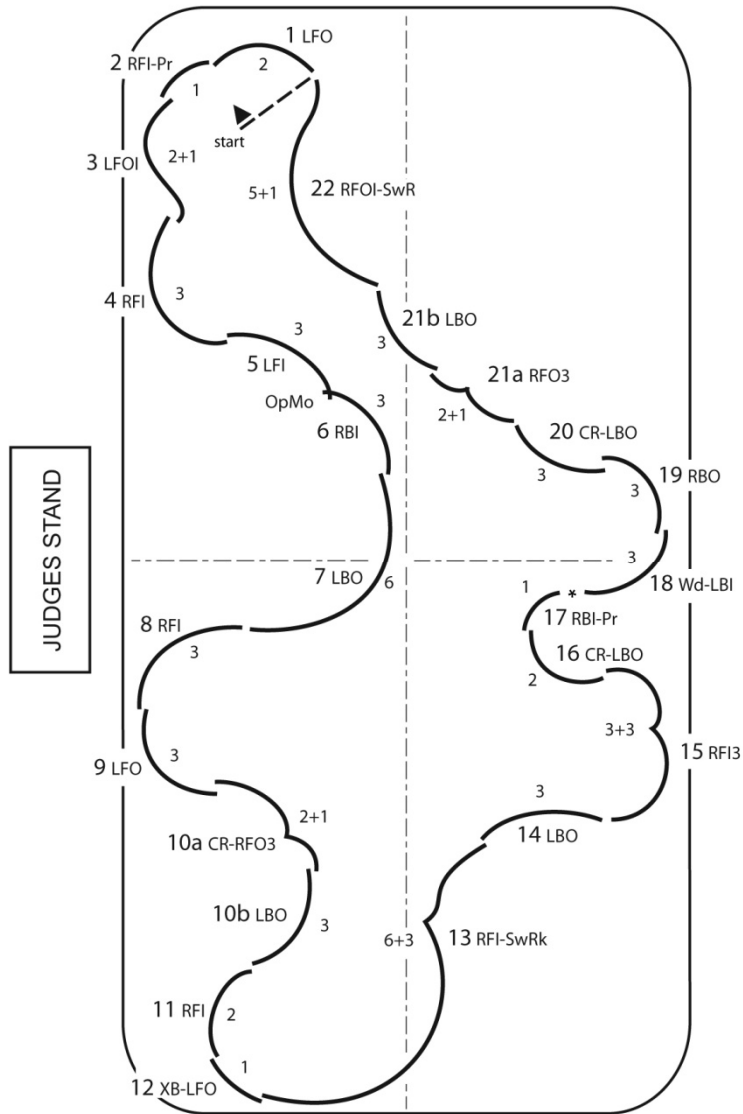
3669 WESTMINSTER WALTZ
International Dance - Optional Pattern
Man



Music - Waltz 3/4
Tempo - 54 measures of 3 beats per minute
- 162 beats per minute

Reproduced with permission of
the International Skating Union

3669 WESTMINSTER WALTZ
International Dance - Optional Pattern
Woman



Music - Waltz 3/4
Tempo - 54 measures of 3 beats per minute
- 162 beats per minute

Reproduced with permission of
the International Skating Union