

ROLLER DANCE TEST SCHEDULE - COUPLES

STANDARD	DANCES	TEMPO
Elementary	Glide Waltz	120
	Olympic Foxtrot	104
Preliminary	Skaters March	100
	Rhythm Blues	92
	Canasta Tango	100
Inter-Bronze	Denver Shuffle	100
	Kleiner Waltz	138
	Swing Foxtrot	104
Bronze	14 Step	108
	Tudor Waltz	138
	Association Waltz	132
	Siesta Tango	100
Inter-Silver	European Waltz	120
	Keats Foxtrot	96
	Blues	88
	Imperial Tango	104

Original Dance or O.S.P.(Rhythm of the skaters choice) 2 Full pattern sequences
Free Dance: Between 2½ to 3½ minutes

Silver	Kilian	108
	Flirtation Waltz	120
	Rocker Foxtrot	104
	Harris Tango	100

Original Dance or O.S.P.(Rhythm of the skaters choice) 2 Full pattern sequences
Free Dance 2½ to 3½ minutes

Inter Gold	Quickstep	112
	Westminster Waltz	138
	Italian Foxtrot	96
	Argentine Tango	96

Original Dance or O.S.P.(Rhythm of the skaters choice) 2 Full pattern sequences
Free Dance 2½ to 3½ minutes

Gold	Paso Doble	112
	Viennese Waltz	138
	Starlight Waltz	168
	Iceland Tango	100

Original Dance or O.S.P.(Rhythm of the skaters choice) 2 Full pattern sequences
Free Dance 3½ minutes

Gold Star

Two dances drawn on the day from each of the groups Inter-Silver, Silver, Inter-Gold and Gold.
One dance drawn on the day from each of groups Elementary, Preliminary, Inter-Bronze and Bronze.

Original Dance or O.S.P.(Rhythm of the skaters choice) 2 Full pattern sequences
Free Dance 3½ minutes

Please note that the Sequences quoted in the FARS manual are the maximum that should be used in a Competition
This does not apply in Tests where Candidates skate until all Judges are satisfied – **see note below**
Three Sequences of a one circuit dance and six Sequences of a half circuit dance is the maximum that should be skated in either a Couples or Solo Dance test
Any Rest period between Dances must not be longer than one minute

ROLLER DANCE TEST SCHEDULE - Solo Dance only

STANDARD	DANCES	TEMPO
Elementary	Glide Waltz	120
	Olympic Foxtrot	104
	Skaters March	100

Preliminary	Swing Foxtrot	104
	International Rhythm Blues	92
	Canasta Tango	100

Inter-Bronze	Denver Shuffle	100
	Kleiner Waltz	138
	Keats Foxtrot	96
	Kent Tango	100

Bronze	14 Step	108
	Tudor Waltz	138
	Association Waltz	132
	Siesta Tango	100

Inter-Silver	Kilian	108
	European Waltz	120
	Federation Foxtrot	96
	Blues	88
	Imperial Tango	104

O.S.P. 4 half patterns or 2 full pattern sequences: (Rhythm of the skaters choice)		
Silver	14 Step Plus	108
	Flirtation Waltz	120
	Terenzi Waltz	168
	Rocker Foxtrot	104
	Harris Tango	100
	2½ Minutes Free Dance or OS P with 2 full pattern sequences (Rhythm of the skaters choice)	

Inter-Gold	Quickstep	112
	Westminster Waltz	138
	Italian Foxtrot	96
	Argentine Tango	96

Plus: One dance drawn on the day of the test from:- Elementary, Preliminary, Inter-Bronze or Bronze Dance Tests.		
2½ Minutes Free Dance or OS P with 2 full pattern sequences (Rhythm of the skaters choice)		

Gold	Paso Doble	112
	Viennese Waltz	138
	Starlight Waltz	168
	Iceland Tango	100

Plus: One dance drawn on the day of the test from Inter-Silver, Silver or Inter-Gold Dance Tests.

2½ Minutes Free Dance or OS P with 2 full pattern sequences (Rhythm of the skaters choice)

GOLD STAR Details of the Gold Star Solo Dance Skating Test are available on request from FARS Office

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Three Sequences of a one circuit dance and six Sequences of a half circuit dance is the maximum that should be skated in either a Couples or Solo Dance test

Any Rest period between Dances must not be longer than one minute