**Ice Dance Curriculum**

The Dance curriculum within the Bridge program is meant to be an introduction to Ice Dance. This is normally going to be the first exposure the skaters have to Ice Dancing. Remember to keep it simple and fun.

The curriculum listed is extensive and is only a guideline to help introduce the principles involved with the discipline of ice dance. Remember some groups may only work on one principle for the entire allotted time during the session.

**Discussion topics:**
- Opportunities available in pursuing ice dancing
- Variations of technique and style
- Application of pattern
- Ice utilization
- How to read the patterns in the rulebook/record book
- Tracking
- Partnering

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### On-Ice Ice Dancing Lesson Plan

<table>
<thead>
<tr>
<th>Time Allocation</th>
<th>Activity or Skill</th>
<th>Instructional Points</th>
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</table>
| The lead dance instructor works with the entire group on points and skills. (5 minutes - 10 minutes) | Forward:  
- Perimeter stroking  
- Progressives in a circle  
- Perimeter progressives  
- Progressive chasses in a circle  
- Perimeter cross-rolls  
- Swing rolls | Movement Specific:  
- Line  
- Carriage  
- Weight transfer  
- Tempo  
- Efficiency |
| The lead dance instructor works with the entire group on points and skills. (5 minutes - 10 minutes) | Backward:  
- Perimeter stroking  
- Cross-overs in a circle  
- Progressives in a circle  
- Swing rolls  
- Cross-rolls | Movement Specific:  
- Line  
- Carriage  
- Weight transfer  
- Tempo  
- Efficiency |
| (5 minutes - 10 minutes) | Step and Turn Technique  
- Mohawks  
- Backward to forward  
- transitions » Slide chasses  
- Changes of edge  
- Cross behinds  
- Outer to Outer transitions | Offer suggestions/feedback for improvement of various skills. |
| | Skaters skate to various dance rhythms | Play various dance rhythms and incorporate skill |
| **Off-Ice Dance Topics** | **Dance Rhythms:**  
- Waltz  
- Foxtrot  
- Blues  
- March  
- Tango  
- Cha Cha  
- Polka |
| **10-15 minutes** | Dance Music rhythms  
- Play various music rhythms  
- Skaters will identify timing, beat, style, expression |

U.S. Figure Skating Bridge Program