

Recognizing Turns

By Claude Sweet

Turns Requiring a Change of feet

These turns are commonly performed in MITF, Free Skating, Dancing, and Synchronized Team Skating.

The Mohawk

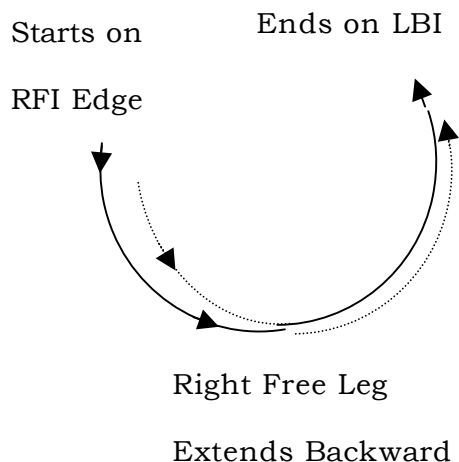
A Mohawk turn requires a change of feet. The position of the free leg after the turn is described as either an “open” or “closed position”.

The Mohawk turn requires a skater to change feet and direction while maintaining the same curvature of the circle. Mohawks can be performed from forward to back and back to forward with either an open or closed free leg position.

➤ Forward Inside Open Mohawk (Lady’s and Men’s Fiesta Tango Mohawk)

The left free leg extends back when stroking into the Mohawk on a RFI edge. The left leg is brought to instep of the RFI skating foot.

Fiesta Tango Mohawk

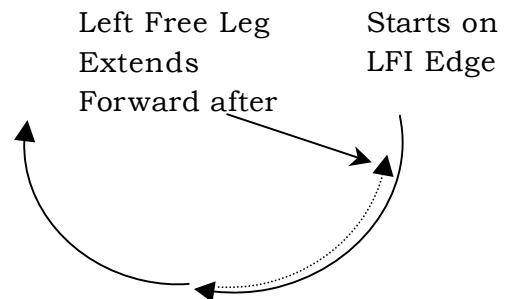


The skater bends both knees to facilitate the transfer of weight to the LBI edge and the right free leg extends back after the change of feet to complete the turn.

➤ Forward Inside Closed Mohawk (Man’s Tango Swing Mohawk)

The left free leg extends back when stroking into the Mohawk on a LFI edge. The right free leg is brought to heel of the LFI skating foot.

Man’s Tango Swing Mohawk

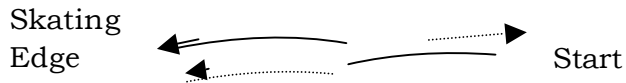


The skater bends both knees to facilitate the transfer of weight to the RBI edge and the left free leg extends forward after the change of feet to complete the turn.

➤ Forward Outside Open Mohawk (Lady’s 14 Step Mohawk)

The right free leg extends back when stroking into the Mohawk on a LFO edge. The heel of the right free leg is brought to instep of the LFO skating foot.

Lady's 14 Step Mohawk



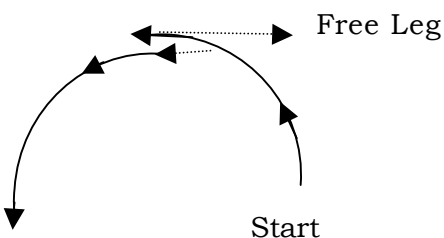
The skater bends both knees to facilitate the transfer of weight to the RBO edge and the left free leg extends back after the change of feet to complete the turn.

➤ Forward Outside Closed Mohawk (Lady's Foxtrot Mohawk)

The right free leg extends back when stroking into the Mohawk on a LFO edge. The instep of the right free leg is brought to heel of the LFO skating foot.

The skater bends both knees to facilitate the transfer of weight to the RBO edge and the left free leg extends forward after the change of feet to complete the turn.

Lady's Foxtrot Mohawk



NOTE: In the Rocker Foxtrot LFO Closed Mohawk, the rotation of the skater's shoulders is to the inside of the circle without a hard check of the left shoulder. Sometimes referred to as the "drunken Sailor" Mohawk.

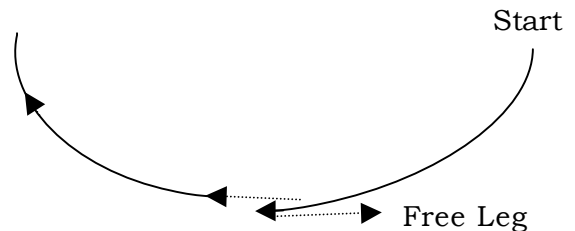
➤ (Lady's Tango Mohawk)

The left free leg extends back when stroking into the Mohawk on a RFO edge.

The instep of the left free leg is brought to heel of the RFO skating foot.

The skater bends both knees to facilitate the transfer of weight to the LBO edge and the right free leg extends forward after the change of feet to complete the turn.

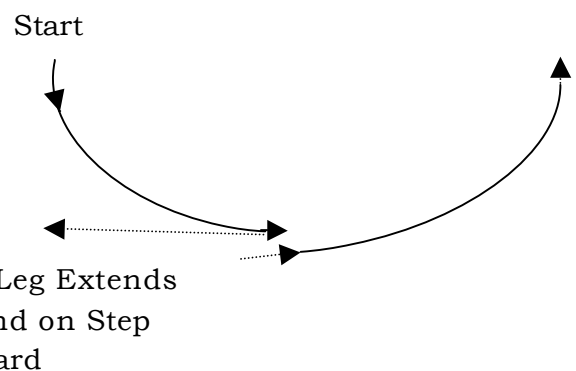
Lady's Tango Mohawk



Free skaters commonly perform an RFI-LBI Mohawk when they need to quickly change direction without a loss of speed.

➤ Back Inside Open Mohawk (Lady's and Men's step forward in the Fiesta Tango)

Back Inside Mohawk (Step Forward)



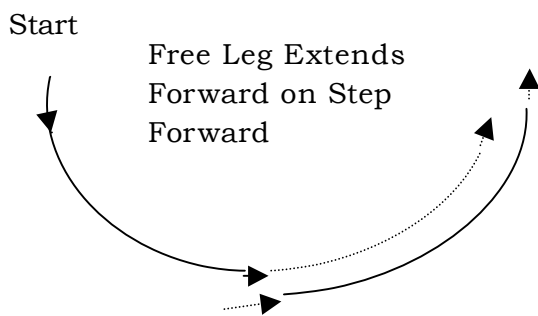
The right free leg extends back when stroking into the Mohawk on a LBI edge. The right leg is brought to instep of the LBI skating foot.

The skater bends both knees to facilitate the transfer of weight to the RFI edge and the left free leg extends back after the change of feet to complete the turn.

➤ **Back Inside Closed Mohawk**

The right free leg extends back when stroking into the Mohawk on a LBI edge. The right leg is brought to heel of the LBI skating foot.

Back Inside Closed Mohawk

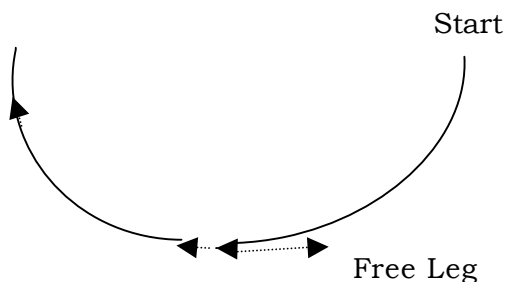


The skater bends both knees to facilitate the transfer of weight to the RFI edge and the left free leg extends forward after the change of feet to complete the turn.

➤ **Backward Outside Open Mohawk**
(Lady's and Men's step forward in American Waltz)

An example of a back to forward Mohawk in free skating is stepping forward from a RBO edge to a LFO edge.

Step Forward from BO Edge

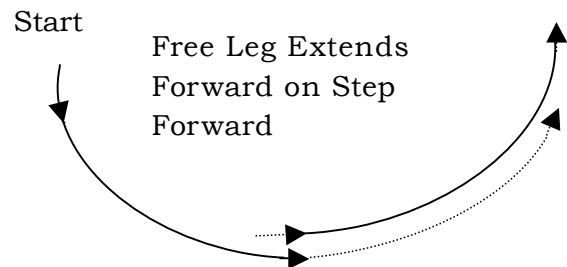


The back to forward Mohawk occurs when a skater is performing back outside edge prior to stepping-forward onto the forward outside entry edge of a Waltz/single or multi revolution Axel jump.

➤ **Backward Outside Closed Mohawk**

The left free leg extends back after stroking onto a RBO edge. The left leg is then brought to heel of the RBO skating foot to facilitate stepping forward onto the LFO edge while the free leg extends forward.

Step Forward from BO Edge



The Choctaw

A Choctaw turn requires a change feet, edge, and direction while changing the curvature to different circle in a Choctaw. The turn can be performed from forward to back and back to forward with either an open or closed free leg position.

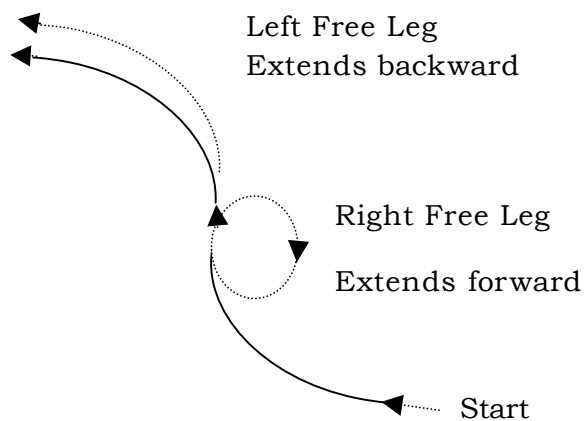
Choctaws are frequently performed in footwork sequences because the turns gain attention for their difficulty especially if performed on deep edges in clockwise and counter clockwise directions with no loss of flow.

➤ **Forward Open Inside Choctaw**

(Lady's and Men's Kilian Choctaw)

The right free leg is extended as far forward as allowed by the depth of the LFI edge. The heel of the free leg of the right skate is turned so the heel is brought back towards the toe of the LFI skating foot as the skater bends the left knee.

Kilian Open Choctaw



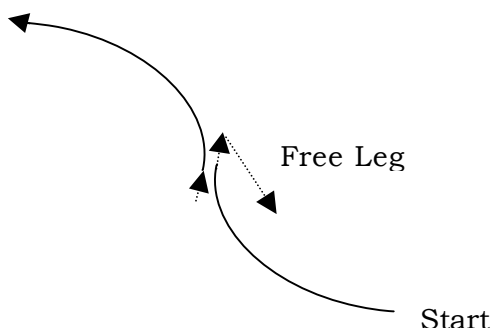
The skater leans backwards to facilitate the transfer of weight to the RBO edge and the left free leg extends back after the change of feet to complete the turn.

➤ **Forward Closed Inside Choctaw**

(Lady's and Men's Blues Choctaw)

The right free leg extends backward when on a LFI edge. The heel of the right free leg is brought towards the heel of the LFI skating foot allowing the skater to simultaneously bend the both knees.

Blues Closed Choctaw

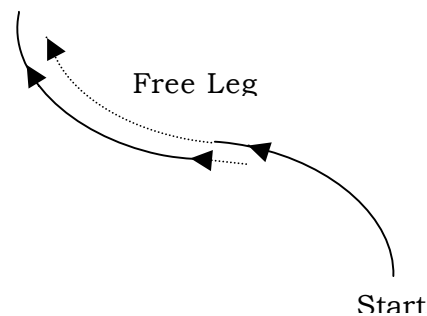


The skater leans backwards to facilitate the transfer of weight to the RBO edge and the left free leg extends forward as part of the change of feet that completes the turn.

➤ **Forward Open Outside Choctaw**

The right free leg extends backward when on a LFO edge. The heel of the right free leg is brought towards the instep of the LFO skating foot allowing the skater to simultaneously bend the both knees, changing feet, and extending the left free leg forward in the same direction of the RFI edge.

Forward Open Choctaw

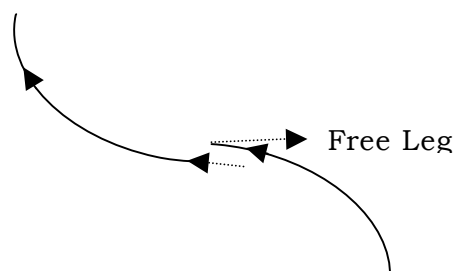


➤ **Forward Closed Outside Choctaw**

(Lady's and Men's Quickstep Swing Choctaw)

The skater strikes onto a LFO edge and swings the right free leg forward prior to bringing it back to the heel of the left foot. As the weight is transferred in the turn, the left leg extends forward over the tracing.

Swing Quickstep Closed Choctaw



Backward Open Inside Choctaw

(Lady's step forward into Mohawk sequence in Starlight Waltz)

The figure 3's to Center and the Preliminary MITF element Outside and Inside Alternating 3-Turns requires a skater to perform a 3-Turns across the ice.

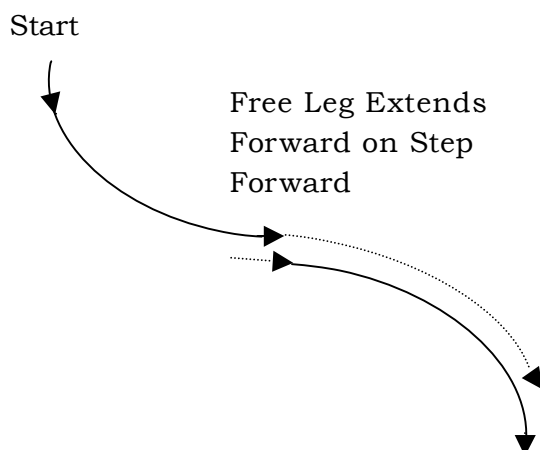
The forward outside 3-Turn requires at skater to step forward from the back inside edge to an outside edge in order to repeat the sequences of 3-Turns across the ice. The step forward is the back to forward Choctaw turn.

When performing a forward inside 3-Turn, the skater starts on a inside edge, executes a 3-Turn and then must step forward from a back outside edge to a forward inside edge in order to repeat the sequence of turns across the rink to complete the element. The step forward is the back to forward Choctaw turn.

➤ **Backward Closed Inside Choctaw**

The skater is on a deep BI curve with the right free leg extended backwards.

LBI to RFO Closed Choctaw



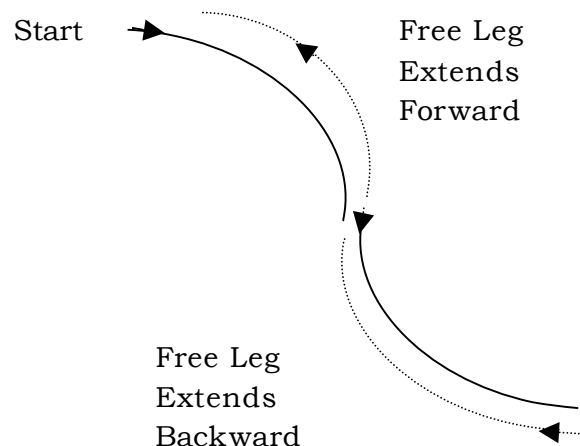
The free leg is brought to the heel of the left skate as the skater steps forward onto a deep FO curve with the left free leg in front.

➤ **Backward Open Outside Choctaw**

(Lady's and Men's step forward in Blues)

The skaters is on a deep LBO curve with the right free leg extended backwards over the tracing. In preparation for the step forward, the heel of right skate is drawn to the instep of the Left foot. Both knees bend to facilitate stroking forward onto a deep RFI edge.

LBO to RFI Open Choctaw



➤ **Backward Closed Outside Choctaw**

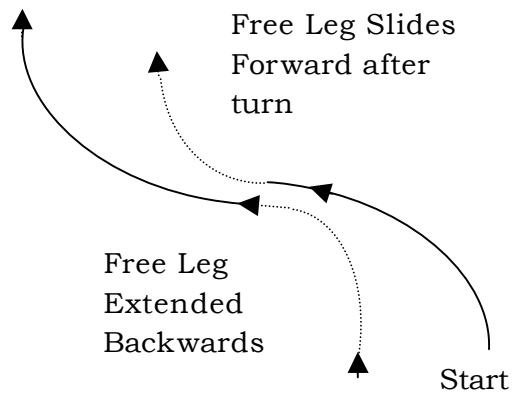
(Lady's and Men's Double Rumba Choctaw)

In the MITF and the Rumba Double Choctaws, the skater has performed a LFI Closed Choctaw that ends on the RBO edge.

The second part of the Double Choctaw starts on the RBO edge with the left free leg extending into the circle. The

skater then performs the back to forward closed Choctaw by transferring their weight to a deep LFI edge while sliding the right foot forward to achieve a full forward extension.

Back to Forward Closed Choctaw



Turns That Do Not Require a Change of feet

These turns are commonly performed in Figures, MITF, Free Skating, Dancing, and Synchronized Team Skating.

Figures are an excellent example of skating on one foot in combination with turns on two lobe (figure eight and paragraph patterns) and three lobe circles (serpentine patterns).

Considerable control was needed to consistently skate two or three closely traced circuits of the figure on each foot with clean turns on correct edges without changes, wobbles and/or sub curves.

All of the above change foot turns are performed in:

- ❖ MITF elements,
- ❖ Free skating, pair, and free dance transitions and footwork sequences
- ❖ Compulsory and original dances.

The one-foot turns described below also are performed in:

- ❖ MITF elements,
- ❖ Free skating, pair, and free dance transitions and footwork sequences
- ❖ Compulsory and original dances.

All of the one-foot turns are performed forward and backwards on both outside and inside edges.

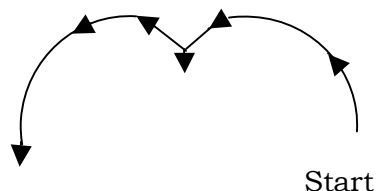
Except for the Forward Outside 3-Turns that have two distinctive free leg positions, the free leg positions before and after the turns are optional if the correct edges can be skated.

A three Turn can be skated as a Waltz Three as performed in the MITF Waltz Eight or as a Drop Three Turn as skated in the European Waltz.

In the Waltz Three, the free leg extends backwards after the turn. In the Drop Three, the free leg remains next to the skating foot after the turn is performed and during the transfer of weight to the free leg after the turn.

Free skaters normally perform a modified Forward Outside Waltz 3-Turn into a Salchow jump or Flip jump and a Forward Inside 3-Turn into a Toe Loop jump. Many skaters have flatten the edges into the Flip until they now are performing a Forward Outside Rocker, therefore turning the jump into a Lutz jump.

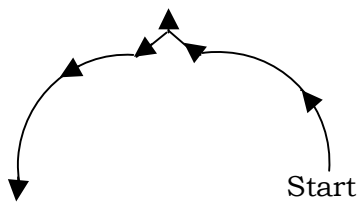
3-Turns



The Three-Turn (3-Turn) earns its name because of the resemblance of its tracing to the printed number “3”. The turn is performed on one foot and requires the skater to transfer their weight to change direction and edge while remaining on the same full or part of a circle.

A three-turn started on a LFO edge ends on a LBI edge. The turn’s tip or “cusp” is pointed into the center, bisecting the circle on which it is skated. The shoulders of the turn should be equally matched.

Brackets

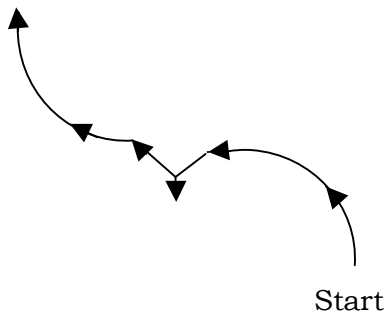


In a Bracket turn the skater stays on the same circle while changing direction and edge, but rotates to the outside of the circle which is opposite to the three-turn.

The cusp or tip bisects the circle or lobe on which it skated. The cusp points along the long axis that radiates from the center of the circle being skated.

The bracket is a more difficult turn than the 3-Turn. The turn's name comes from the resemblance of the tracing to the "bracket" character used in math and writing.

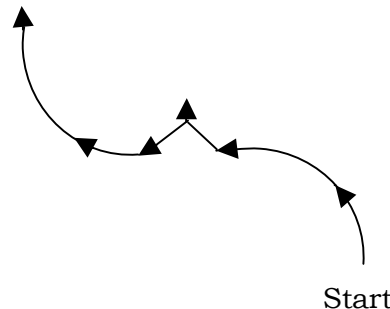
Rockers



The Rocker turn requires a skater to enter on one circle and exit on a different one. The Rocker turn is performed with the cusp pointing inside the circle while maintaining the same edge.

A Rocker turn started on the LFO edge will finish on a LBO edge. The cusp of the Rocker points toward the center of the original circle as is the case in a 3-Turn.

Counters



The Counter turn requires a skater to enter on one circle and exit on a different circle. A Counter turn is performed with the cusp pointing outside the circle while maintaining the same edge.

A Counter started on the LFI edge will finish on a LBI edge. The cusp of the Counter points out from the center of the original circle. This is the opposite or counter to the rotation in a 3-Turn and is similar to starting the turn in a Bracket.

Twizzles and loops are also turns that a judge needs to be familiar with as skaters at all levels will be attempting to perform these turns in step sequences.