

Transitions

What are Transitions?

Transitions are the performance of footwork, skating movements, body movements or non-listed elements that link seamlessly into each other and into and out of listed technical elements taking into account the special demands of the music.

Types of Transitions

Footwork Transitions

Steps

Stroking
Progressives
Crossovers
Edges
Change of Edges
Cross Rolls
Toesteps
Mohawks
Choctaws

Turns

Three Turns
Double Threes
Twizzles
Brackets
Counters
Loops
Rockers

Direction of Skating

Forward
Backward
Clockwise
Counter Clockwise

Skating Movement Transitions

Spread eagle
Ina Bauer
Pivot
Hydrogliding
Spiral
Lunge
Arabesque

Body Movement Transitions

Arms (includes fingers, wrists, elbow)
Head (includes eyes, mouth, face)
Torso (includes hips)
Legs (includes ankle, knee)

Non-listed element Transitions

Hops
Mazurkas
Inside axels
Half loops
Falling leaves
Walleys
Split Jumps
Ballet Jumps
Butterflies

Assessment Criteria

Variety

Are there different transitional tools being used?
Pairs/Dance: Are there a variety of holds being used?

Difficulty

Was there the use of difficult footwork and/or movement with simultaneous use of different body parts?

Intricacy

Was there a series of different transitional tools linking into each other and immediately into and out of listed technical elements?

Quality

Was there cleanness and clarity resulting in the quality of transitional tools in accordance with the music chosen? In Pairs & Dance this includes unison.

Pairs & Dance

Balance of Workload between Partners:
Both skaters equally demonstrate their ability to use various transition tools.

Remember: You should assess each of these criteria independently. For example - you can have good quality (i.e. precision & smoothness) although the content may not be difficult (i.e. simple).