

## TEN-FOX

MUSIC RHYTHM: Foxtrot 4/4  
TEMPO: 25 four-beat measures per minute; 100 beats per minute

ISU MUSIC  
INTRODUCTION: 32 beats, 19.2 seconds

PATTERN-TIMING: 1 = :19; 2 = :38; 3 = :58; 4 = 1:17

DURATION: Test 2 = :38  
Competition 3 = :58  
Adult Solo Dance Competition 2 = :38

SKATER'S  
CHOICE TIMING: See Skater's Choice Pattern Dance Timing Chart on [usfigureskating.org](http://usfigureskating.org) under the "Technical Info" link

PATTERN: Set

TEST: Bronze

As denoted by the name, the Ten-Fox is a dance that was created by combining elements from the Foxtrot and an old social dance called the Tenstep (later replaced by the Fourteenstep).

The dance has several changes of hold and introduces the closed offset hold that is in the Fourteenstep and the similar changes of hold that are in the Foxtrot. The hold for the couples during Steps 1 to 4 are in waltz/closed position. Special attention should be given to a smooth transition at the turning point from lady's Step 4a (LBO-SwR) to Step 4b, and the man's proper execution of the two-beat change of edge (Step 4 RFOI-SwR) to coincide with the lady's step forward (Step 4b). The man must also synchronize his kneebend to coincide with the lady's step forward on Step 4b. The use and positions of the free legs during the lady's Step 4b and man's Step 4 during the two-beat change of edge are optional but must remain in unison. At Step 5 and through Step 7, the couple changes to foxtrot position.

Commencing with Step 8 and through Step 12 the couple is back in waltz position. It must be noted that Step 8 for the lady requires a rising and bending knee action to coincide with the man's Step 8a and 8b. Expression of dance rhythm in the timing of the body movements can do much to enhance the character of this dance.

In skating the sequence of steps across the ends of the pattern (Steps 13 to 18), it is important that the partners be in an offset closed hold with the partners' shoulders parallel to each other and to the tracings, and that the man check his rotation with his shoulders after his mohawk, Step 14. Thus both partners' shoulders remain approximately flat to the tracings through Step 18.

In order to interpret the rhythm correctly, the skaters must demonstrate an effortless glide attained by soft knee action.

INVENTOR: George Muller

FIRST PERFORMED: Philadelphia SC & HS, 1939

# TEN-FOX — SET PATTERN DANCE

