



## Telemarks

Open & Closed - Waltz, Foxtrot,  
Quickstep & Tango

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couple DRDC Education Committee.)  
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cil Newsletter.

The Telemark, which means "to  
turn," is a very popular figure in  
RDing, and as such is used to change the directional  
flow of figures.

The Open Telemark (Telemark to Semi Closed Pos-  
ition) is the most popular and is commenced with the  
L foot (heel lead) and generally in the diagonal dir-  
ection facing DC. The M's second step, which is tak-  
en on the ball of the R foot, is taken after shaping  
the body to the left and requires a longer count in  
Waltz; it is a side step, but still in line with the  
direction of travel of the first step, the end fac-  
ing direction is DRC. The second step has a hover-  
ing feel about it which relates to the heel turn be-  
ing done by the W. The third step, which is taken  
on the toe, and is probably the most critical because  
it determines the ease of movement into the next  
group of figures following the Telemark, is taken to  
the side in a compact SCP. If the step is to the  
side and slightly forward, right turning figures  
should follow. If side and slightly back, left turn-  
ing figures should be used, such as a Telespin, etc.

The W takes her first step back on her R toe us-  
ing a left face curving action and shaping to the M;  
she then draws her L heel back to her R and makes a  
left face heel turn with the majority of her weight  
remaining on the R foot. W must keep her head in a  
closed head position as she makes the heel turn. Up-  
on completion of the turn, she turns her head to the  
right then steps sideward on her R toe to complete  
the figure. The W's ending footwork position must  
match the M's for ease of entry into the next figure.

The Open Telemark normally commences facing DC,  
but can be done from other alignments.

The timing for Waltz (using a hovering action on  
step 2, is 1,2,AH/3; (Stealing from the 3rd count).

For Foxtrot SQQ; (Or as I prefer SS&);

For Quickstep SS;S,-, (One and one half meas-  
ures long).

For Tango QQS;

Closed Telemark (Telemark to Contra Banjo). The  
starting position and first step are the same as the  
Open Telemark. The second step the same as the Open  
Telemark except the W rotates further and the M  
eliminates most of his (Continued next page.)

hovering action. The W also keeps her body turned toward the M and maintains closed head position to match the M throughout the figure. The W's third step is taken side and slightly back in CBJO.

The dance commencing positions and timing remain the same as described in the Open Telemark.

The use of rise and fall in these figures greatly increases their enjoyment.

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