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RULES FOR ARTISTIC SKATING COMPETITIONS DANCE BOOK

BY WORLD SKATE ARTISTIC TECHNICAL COMMISSION

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1 GLOSSARY FOR DANCE

STEPS	Edges	And-Position	Parallel	
			Angular	
		Wide (W)	Open	
		Stroke (S)	Open	
		Swing (Sw)	Forward (F)	
			Backward (B)	
	Change of Edge	Change of Edge (/)	Forward (F)	
			Backward (B)	
		X-Stroke (XS)	Forward (F)	
			Backward (B)	
		Cross (X)	Forward (F)	
			Backward (B)	
		Roll (R)	Outside (O)	
			Inside (I)	
		X-Roll (XR)	Forward (F)	
			Backward (B)	
	Set of Steps	Chasse (Ch)	Raised	Forward (F)
			(Parallel)	Backward (B)
			Dropped (D)	Forward (F)
			(Cut-Step)	Backward (B)
			Cross (X)	Forward (F)
				Backward (B)
		Run (R)	"Change-edge" (/)	
			Forward (F)	
			Backward (B)	
			"Change-edge" (/)	

TURNS		Slip (SI)	Slide (Sd)	On Edge
			Flat (Ft)	
			Thrust (Tt)	Stroke on 8 wheels
	2feet	Mohawk (Mk)	Open (Op)	
			Closed (Cl)	
			Heel to Heel (Hh)	
			Ballroom (Iv)	
		Choctaw (Cw)	Open (Op)	
			Closed (Cl)	
			Heel to Heel (Hh)	
			Inverted (Iv)	
		Ballroom	Hh Mohawk + Iv Mohawk	
	1foot	Three (3t)	Outside (O)	Forward (F)
				Backward (B)
			Inside (I)	Forward (F)
				Backward (B)
			Travelling	(Ice twizzles)
			European	Finish with feet in parallel And-Position
			American	Finish with a swing
		Bracket (Bk)	Outside (O)	Forward (F)
				Backward (B)
			Inside (I)	Forward (F)
				Backward (B)
		Counter (Ct)	Outside (O)	Forward (F)
				Backward (B)
			Inside (I)	Forward (F)
				Backward (B)

		Rocker (Rk)	Outside (O)	Forward (F)
				Backward (B)
			Inside (I)	Forward (F)
				Backward (B)
		Loop (Lp)	Outside (O)	Forward (F)
				Backward (B)
			Inside (I)	Forward (F)
				Backward (B)
		Twizzle (Tw)	Outside (O)	
			Inside (I)	
HOLDS	Dance Positions	Foxtrot (OPEN)	Regular	Leading stretch arm
		Hand-in-Hand	Side by Side	
			Face to Face	
		Kilian (SIDE)	Regular	Man R to Woman L
			Reverse	Woman R to Man L
			Cross	Man R to Woman L
			Cross Reverse	Woman R to Man L
		Tandem	Regular	Tracings in-line
		Tango (OUTSIDE)	Regular	Man R to Woman R
			Reverse	Woman L to Man L
			Partial	Parallel hips &shoulders
			Promenade	Leading bent elbow
		Waltz (CLOSED)	Regular	Parallel hips &shoulders

The first step of the compulsory dances must always be repeated

2 DANCE – GENERAL DEFINITIONS

2.1 COUPLE DANCES TOTS, MINIS, ESPOIR

DANCE	TEMPO	MUSIC	SEQ
TOTS			
Glide Waltz	120	Waltz	4
MINI			
Carlos Tango	96	Tango	4
City Blues	88	Blues	4
La Vista Cha Cha	108	Cha Cha	4
Skaters March	100	March	4
Denver Shuffle	100	Polka	4
ESPOIR			
Canasta Tango	100	Tango	4
Little Waltz	132	Waltz	4
Kinder Waltz	120	Waltz	4
Manhattan Blues	92	Blues	4
Olympic Foxtrot	104	Foxtrot	4
Roller Samba	104	Samba	4
Werner Tango	100	Tango	4

2.2 SOLO DANCES TOTS, MINIS, ESPOIR

DANCE	TEMPO	MUSIC	SEQ.
TOTS			
And Foxtrot	104	Foxtrot	4
Glide Waltz	120	Waltz	4
MINI			
Carlos Tango	96	Tango	4
City Blues	88	Blues	4
Denver Shuffle	100	Polka	4
La Vista Cha Cha	108	Cha Cha	4
Reggae			4
Skaters March	100	March	4
ESPOIR			
Cumbia			4
Canasta Tango	100	Tango	4
Little Waltz	132	Waltz	4
Kinder Waltz	120	Waltz	4
Manhattan Blues	92	Blues	4
Olympic Foxtrot	104	Foxtrot	4
Roller Samba	104	Samba	4
Werner Tango	100	Tango	4

2.3 COUPLE DANCE CADET, YOUTH, JUNIOR AND SENIOR

DANCE	TEMPO	MUSIC
Argentine Tango	96	Tango
Association Waltz	132	Waltz
Castel March	100	March
Dench Blues	88	Blues
Flirtation Waltz	120	Waltz
Fourteen Step	108	March
Golden Samba	104	Samba
Harris Tango	100	Tango
Iceland Tango	100	Tango
Imperial Tango		Tango
Italian Foxtrot	96	Foxtrot
Killian	108	March
Midnight Blues	88	Blues
Paso Doble	112	Paso doble
Quickstep	112	Quickstep
Rocker Foxtrot	104	Foxtrot
Shaken Samba	104	Samba
Starlight Waltz	148	Waltz
Tango Delanco	104	Tango
Viennese Waltz	138	Waltz
Westminster Waltz	138	Waltz

2.4 SOLO DANCES CADET, YOUTH, JUNIOR AND SENIOR

DANCES	TEMPO	MUSIC
14 Step Plus	108	March
Argentine Tango	96	Tango
Castel March	100	March
Coalesce Waltz	132	Waltz
Dench Blues	88	Blues
Federation Foxtrot	96	Foxtrot
Flirtation Waltz	120	Waltz
Harris Tango	100	Tango
Iceland Tango	100	Tango
Imperial Tango	104	Tango
Italian Foxtrot	96	Foxtrot
Loran Rumba	86	Rumba
Midnight Blues	92	Blues
Paso Doble	112	March
Quickstep	112	Quickstep
Rhythm Roll	104	Modern
Rocker Foxtrot	104	Foxtrot
Roman Mood	120	-
Rumba	104	Rumba
Starlight Waltz	168	Waltz
Sweet Tango	104	Tango
Tango Delancha	104	Tango
Viennese Waltz	138	Waltz
Westminster Waltz	138	Waltz

2.5 STYLE DANCE THEMES & RHYTHMS

Style Dance is a program performed by skater/s to a particular stylistic theme. Within each theme are several rhythms that the theme may contain. Each program must be entirely made up of music that fits the chosen theme. One of the chosen rhythms must be that specified by World Skate each year for the pattern dance sequence and the others may be chosen from those offered within the specified theme. The skaters must be attired to complement the theme of the chosen dance style, and the skater should demonstrate through a choreographed dance the theme, rhythms, feelings and mood of the music chosen. Music that does not fit the chosen theme and/or rhythms will be penalized by the Referee. Skaters who do not correctly interpret the theme and rhythms will be marked down in the components of Choreography and Performance by the judges. Style dance should NOT be skated in the style of a free dance.

THEMES & RHYTHMS
Swing Medley (1920's-1940's) Foxtrot, Quickstep, Swing, Charleston, Lindy Hop
Spanish Medley Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero, Fandango
Classic Medley (1850-1900s) Waltz, Polka, March, Galop
Latin Medley Mambo, Salsa, Merengue, Bachata, Cha Cha, Samba, Rumba
Rock Medley (1950's & 1960's) Jive, Boogie Woogie, Rock & Roll, Blues, Jazz, Soul, Twist and Bossa Nova.
Traditional Folk Medley
Modern Dance Music Medley (1970's to current) Disco, Pop, Rap/Hip Hop, Techno/House, Reggaeton etc.
Musical-Opera Medley
Standard Ballroom (smooth) Medley Waltz, Foxtrot, Tango, Quickstep
Ballroom Latino (rhythm) Medley Samba, Cha Cha, Paso Doble, Jive, Mambo, Bolero, Rumba

STYLE DANCE MUSIC

If one or more decades are specified for the Style Dance medley, all the music selected for the medley must adhere to the musical style of the rhythms from those decades (i.e. The instrumentation and the character of the music must be appropriate to the decades). It is allowed to use music that was composed in a different decade, or a cover of a song that was recorded in a later decade, if it preserves the appropriate musical

style of the required decades. Remasters of songs recorded in the appropriate decades are allowed.

Modern remixes that diverge from the appropriate musical style are NOT permitted, even if the original song was recorded in the correct decade.

2.5.1 Swing Medley (1920's – 1940's)

Swing Medley can be made up of one or more of the following musical rhythms and dance styles: Foxtrot, Quickstep, Swing, Charleston, Lindy Hop. The 1920s to 1940s was a vibrant period in music and dance, marked by the rise of jazz, swing, and big band music. The music from this era featured syncopated rhythms, improvised solos, and upbeat melodies, creating a joyful and energetic atmosphere.

In terms of dance, this era saw the rise of iconic styles like the Charleston, Lindy Hop, Jitterbug, and Fox Trot. The Charleston, popular in the 1920s, was fast-paced and wild, with quick footwork and energetic movements. Swing dance featured acrobatic lifts, spins, and rapid footwork, often performed in couples or groups. The Fox Trot a more elegant and smoother ballroom dance, was also widely popular during this period, offering a more refined option to the high-energy swing styles. Evolving from the foxtrot, the Quickstep is known for its energetic, smooth movements and rapid footwork. Dancers glide smoothly across the floor with quick, precise footwork, executing chasses, hops, and spins while maintaining a light, buoyant quality.

2.5.2 Spanish Medley

Spanish Medley can be made up of one or more of the following musical rhythms and dance styles originating in Spain: Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero, Gypsy Music, Fandango. Musical accompaniment is often with guitar, accordion, vocals and percussion such as castanets are popular.

Spanish dance is characterized by percussive footwork, hand clapping and intricate arm, hand and body movements. Spanish dance styles express the music and strong emotion, especially between partners in couple dance. Dancers often wear traditional clothing like flowing dresses or skirts, which add to the movement and intensity. Each style has its own distinct music, steps, and cultural significance.

2.5.3 Classic Medley (1850's-1900's)

Classic Medley can be made up of one or more of the following dance styles: Waltz, Classic Polka, March, Galop. These dance styles make up a group of classic social dances that came into fashion in the 19th century (from around 1850 onward) and were popular dances at social balls which

often opened with a Grand March which provided the opportunity for dances to be paraded around the room be seen.

Music is often orchestral and each of these dance styles, paired with their corresponding music, reflects a sense of elegance, rhythm, and tradition, creating a timeless connection between classical music and the art of dance. The march is a rhythmic, often military-inspired dance, with a strong, steady beat. The waltz is a graceful and flowing dance. Its music has a strong, steady rhythm with an emphasis on the first beat, creating a smooth, swirling feeling. The polka and Galop are more lively, playful and characterized by chasses and hops.

2.5.4 Latin Medley

Latin Medley can be made up of one or more of the following musical rhythms and dance styles originating in Latin America: Mambo, Salsa, Merengue, Bachata, Cha Cha, Samba, Rumba. Latin music and dance are vibrant, rhythmic, and full of passion, drawing from the rich cultural traditions of Latin America and the Caribbean. The music is characterized by its infectious rhythms, syncopation, and lively beats, often driven by instruments like the congas, bongos, maracas, trumpet, guitar, and piano.

The dance styles that accompany Latin music are equally dynamic, with movements that are expressive, sensual, and full of energy. Latin dances often emphasize quick footwork, hip movements, and fluid body expressions. Latin music and dance are intertwined, with rhythm and movement expressing joy, passion, and celebration.

2.5.5 Rock Medley (1950's–1960's)

Rock Medley can be made up of one or more of the following musical rhythms and dance styles: Jive, Boogie Woogie, Rock & Roll, Blues, Jazz, Soul, Twist & Bossa Nova. They represent a rich tapestry of musical and dance traditions, each with its own unique character, yet interconnected by a shared energy, rhythm, and cultural expression.

Accompanying music and dances are deeply rooted in African American cultural traditions and emphasize rhythm, improvisation and emotional expression. They range from the exuberant, fast-paced energy of rock and roll and jive, to the deeply soulful and intimate rhythms of blues and soul.

2.5.6 Traditional Folk Medley

Traditional Folk is traditional, typical music and dance associated with a particular culture or community of people. It connects a group of people with a time in history. Traditional folk music is often marked by its simple melodies, rhythmic patterns, and lyrical themes that reflect the concerns,

joys, and struggles of the community. It often uses instruments that are easily available in the region.

The folk dance that accompanies this music varies widely depending on the region and culture but is generally characterized by simple, communal movements that are easy for people to join in. Folk dancing often involves group participation, with people forming circles or lines, holding hands, and moving together to the music. Folk dance movements are often repetitive and rhythmic, allowing dancers to lose themselves in the music and connect with others in a shared cultural experience.

2.5.7 Modern Dance Music Medley (1970's-current)

Modern music and dance are dynamic, ever-evolving expressions of culture, reflecting global influences, technological advancements, and shifting societal trends. From the late 20th century onwards, a wide range of genres like Disco, Pop, Rap/Hip Hop, Techno/House, and Reggaeton have emerged, often blending various styles and pushing the boundaries of creativity and expression. Each genre carries its own distinctive rhythm, sound, and associated dance style, contributing to the vibrant, eclectic world of contemporary music and movement.

Modern music and dance from the late 20th and early 21st centuries reflect an increasingly globalized and digitized culture. These styles often blend elements from various genres and regions, resulting in dynamic, genre-blurring sounds that push creative boundaries. The associated dances are expressive and engaging, designed to encourage movement, self-expression, and social connection. Whether it's the smooth grooves of disco, the rhythm and lyricism of rap, the driving beats of techno, or the sensuality of reggaeton, modern music and dance celebrate individuality, community, and the joy of movement to the beat of today's world.

To comply with the rules of World Skate competitions the music presented must not include aggressive and/or offending lyrics or gestures in any language.

2.5.8 Musical-Opera Medley

The Musical-Opera Medley can be from a musical or opera (where singing and/or dancing play an essential part) that is internationally renowned (i.e. has been performed on Broadway, London's West End, or in world famous opera houses).

A Musical is a theatrical production where songs, music, dance and spoken dialogue combine to tell a story or convey a theme. Each musical number serves to enhance the narrative, develop characters or evoke emotions and are integral to the storytelling. Music from a movie musical is allowed.

Originating in Italy in the late 16th century, Opera is a grand theatrical work that combines music, singing, orchestral accompaniment, acting and elaborate staging and costumes to tell a dramatic story.

Both musicals and operas offer a rich tapestry of emotional depth, dramatic intensity, and artistic brilliance, with their own distinct styles of music and dance that have left an enduring legacy in the world of performance art.

2.5.9 Standard Ballroom Medley (Smooth)

Standard Ballroom Medley can be made up of one or more of the following dance styles and music: Waltz, Foxtrot, Tango, Quickstep. Music can be selected from popular and/or traditional ballroom dance tracks with a strong and correct rhythmical beat. The music for standard ballroom dances typically follows a consistent 4/4- or 3/4-time signature, offering a balance of rhythm and melody. The music aims to enhance the beauty and precision of the dance, guiding the pace and mood of the performance.

Traditionally a partnership dance, ballroom dancers move rhythmically using step-patterns, expressing the character of the music. The dances are performed with a focus on smooth and precise movement, proper posture, and maintaining a strong connection between the partners, often creating a sense of unity and partnership. While the music sets the tone, guiding the dance's rhythm and mood, the dancers must exhibit impeccable control over their movements to match the intricacies of the music.

2.5.10 Standard Latin Medley (Rhythm)

Latin Ballroom Medley can be made up of one or more of the following dance styles and music: Samba, Cha Cha, Paso Doble, Jive, Mambo, Bolero, Rumba. Latin ballroom music and dance are vibrant, rhythmic, and full of passion, reflecting the rich cultural diversity and history of Latin America. Music can be selected from popular and/or traditional ballroom dance tracks with a strong and correct rhythmical beat.

Traditionally a partnership dance, ballroom dancers move rhythmically using step-patterns, expressing the character of the music. The Latino style expresses lively energy and individual style. The dance steps are synchronized with the beat of the music and the dancers are passionate and sensual, emphasizing rhythm and musicality. These dances are not just about moving to the music; they are about connecting with the rhythm and conveying emotion through body movement.

3 DANCES

AND FOXTROT – SOLO

By Mario Lago, 2015

Music: Foxtrot 4/4
Pattern: set

Tempo: 104 bpm

This is a simple and introductory dance.

The And Foxtrot is composed of six lobes composed of strokes, chasses, runs, and mandatory parallel “and” positions. Three lobes are skated anticlockwise and the other three skated clockwise.

The overall purpose of this dance is that the young skater works the muscle memory in order to execute a correct recovering of the free skate to a close and parallel positioning of the skate, so the quality of changing support is obtained.

The skater must be able to do with perfect timing, the finishing of clear outside edges in a parallel “and” position, as well as good inside edges when executing the chasses at the top of the lobes. When recovering the free leg to the “and” position, the skater, ideally, should gain speed with this movement while maintaining the outside edge before changing feet (cusp).

All lobes are finished on 4 beats outside edges. It is mandatory that on the first 2 beats the free leg is held in back and on the last 2 beats the free leg is held in clear “and” positions.

In the execution of this dance, all chasses and mandatory “and” positions must be done with the free skate parallel to the floor and with a distance from the floor not less than ½ wheel.

The first lobe is composed of:

Step 1 LFO (2 beats) aimed to the short side barrier;

Step 2 Ch RFI (2 beats) that must be done on a very strong inside edge ending near the long side barrier;

Step 3 LFO (2+2) beginning near the long side barrier and finishing in the direction of the long axis. During this step the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear “and” position.

The second lobe, that begins towards the long axis and finishes towards the long side barrier, is composed of **Step 4 RFO** (2 beats), **Step 5 Ch LFI** (2 beats) and **Step 6 RFO** (2+2 beats). During Step 6 the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear “and” position.

The third lobe begins towards the long side barrier and finishes toward the long axis. It is composed of **Step 7 LFO** (2 beats), **Step 8 Run RFI** (2 beats) and **Step 9 LFO** (2+2 beats). During Step 9 the first 2 beats are executed with the free leg in

back and the 3rd and 4th beats in a clear “and” position. The last stroke begins on the short axis.

The fourth lobe begins towards the long axis and finishes toward the long side barrier. It is composed of **Step 10 RFO** (2 beats), **Step 11 Run LFI** (2 beats) and **Step 12 RFO** (2+2 beats). During Step 12 the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear “and” position.

The fifth lobe begins towards the long side barrier and finishes toward the short axis. It is composed of **Step 13 LFO** (2 beats), **Step 14 Ch RFI** (2 beats) and **Step 15 LFO** (2+2 beats). During Step 15 the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear “and” position.

The sixth lobe begins towards the short axis and finishes toward the short side barrier. It is composed of **Step 16 RFO** (2 beats), **Step 17 Run LFI** (2 beats) and **Step 18 RFO** (2+2 beats). During Step 18 the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear “and” position. The last stroke (step 18) begins on the long axis.

REFERENCE STEPS:

Step 9 – must start on the short axis;

Step 18 – must start on the long axis.

Key Points – and Foxtrot Solo

1. Step 3: LFO – “And” position (2+2 beats)

- Correct timing of the step;
- Correct technical execution of the stroke - 2 beats with the free leg held back and 2 beats on a clear “and position”;
- No deviation from the outside edge during the entire step.

2. Step 11: Run LFI (2 beats)

- Correct timing of the step;
- Correct technical execution of the Run without crossing the tracing of the previous skating leg;
- No deviation from the inside edge during the entire step.

3. Step 14: CH RFI (2 beats)

- Correct timing of the step;
- Correct technical execution of the Chasse on a clear inside edge;
- No deviation from the inside edge during the entire step.

4. Step 18: RFO – “And” Position (2+2 beats)

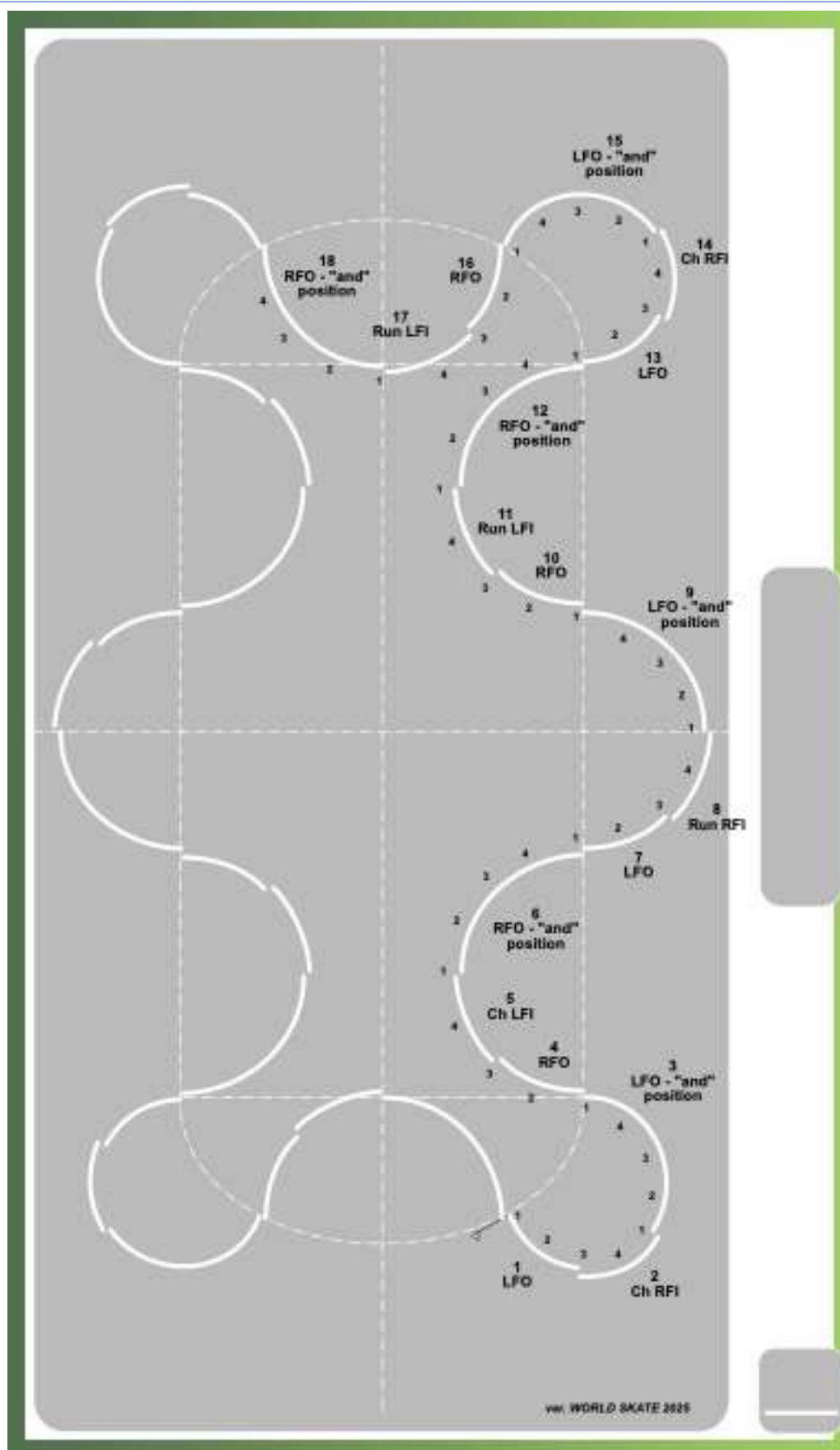
- Correct timing of the step;

- Correct technical execution of the stroke - 2 beats with the free leg held back and 2 beats on a clear “and position”;
- No deviation from the outside edge during the entire step.

List of steps – And Foxtrot Solo

Step Number	Step	Musical Beats
1	LFO	2
2	Ch RFI	2
3	LFO – “And” position	2+2
4	RFO	2
5	Ch LFI	2
6	RFO – “And” position	2+2
7	LFO	2
8	Run RFI	2
9	LFO – “And” position	2+2
10	RFO	2
11	Run LFI	2
12	RFO – “And” position	2+2
13	LFO	2
14	Ch RFI	2
15	LFO – “And” position	2+2
16	RFO	2
17	Run LFI	2
18	RFO – “And” position	2+2

Pattern – And Foxtrot Solo



AND FOXTROT – COUPLES

By Mario Lago, 2015

Music: Foxtrot 4/4

Tempo: 104 bpm

Pattern: set

Hold position: Crossed Kilian

This is a simple and introductory dance. The hold position is Crossed Kilian: *This position is a variation of Crossed Arm Kilian position where, instead, the woman's left arm will go behind the man's back to complete the hold.*

The "And" Foxtrot is composed of six lobes composed of strokes, chasses, runs, and mandatory parallel "and" positions. Three lobes are skated anticlockwise and the other three skated clockwise. *The overall purpose of this dance is that the young skater works the muscle memory in order to execute a correct recovering of the free skate to a close and parallel positioning of the skate, so the quality of changing support is obtained.* The skater must be able to do with perfect timing, the finishing of clear outside edges in a parallel "and" position, as well good inside edges when executing the chasses at the top of the lobes. When recovering the free leg to the "and" position, the skater, ideally, should gain speed with this movement while maintaining the outside edge before changing feet (cusp).

All lobes are finished on 4 beats outside edges. It is mandatory that on the first 2 beats the free leg is held in back and on the last 2 beats the free leg is held in clear "and" positions.

In the execution of this dance, all chasses and mandatory "and" positions must be done with the free skate parallel to the floor and with a distance from the floor not less than ½ wheel.

The first lobe is composed of:

Step 1 LFO (2 beats) aimed to the short side barrier;

Step 2 Ch RFI (2 beats) that must be done on a very strong inside edge ending near the long side barrier;

Step 3 LFO (2+2) near the long side barrier and finishing in the direction of the long axis. During this step the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear "and" position.

The second lobe, that begins towards the long axis and finishes towards the long side barrier, is composed of **Step 4 RFO** (2 beats), **Step 5 Ch LFI** (2 beats) and **Step 6 RFO** (2+2 beats). During Step 6 the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear "and" position.

The third lobe begins towards the long side barrier and finishes toward the long axis. It is composed of **Step 7 LFO** (2 beats), **Step 8 Run RFI** (2 beats) and **Step 9**

LFO (2+2 beats). During Step 9 the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear “and” position. The last stroke begins on the short axis.

The fourth lobe begins towards the long axis and finishes toward the long side barrier. It is composed of **Step 10 RFO** (2 beats), **Step 11 Run LFI** (2 beats) and **Step 12 RFO** (2+2 beats). During Step 12 the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear “and” position.

The fifth lobe begins towards the long side barrier and finishes toward the short axis. It is composed of **Step 13 LFO** (2 beats), **Step 14 Ch RFI** (2 beats) and **Step 15 LFO** (2+2 beats). During Step 15 the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear “and” position.

The sixth lobe begins towards the short axis and finishes toward the short side barrier, It is composed of **Step 16 RFO** (2 beats), **Step 17 Run LFI** (2 beats) and **Step 18 RFO** (2+2 beats). During Step 18 the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear “and” position. The last stroke (step 18) begins on the long axis.

REFERENCE STEPS:

Step 9 – must start on the short axis;

Step 18 – must start on the long axis.

Key Points – And Foxtrot Couples

1. Step 3: LFO – “And” position (2+2 beats) for both skaters

- Correct timing of the step;
- Correct technical execution of the stroke - 2 beats with the free leg held back and 2 beats on a clear “and position”;
- Correct and close crossed kilian position with correct inclination and no deviation from the outside edge.

2. Step 11: Run LFI (2 beats) for both skaters

- Correct timing of the step;
- Correct technical execution of the Run without crossing the tracing of the previous skating leg, and without deviation from the inside edge;
- Correct and close crossed kilian position with correct inclination and no deviation from the inside edge.

3. Step 14: Ch RFI (2 beats) for both skaters

- Correct timing of the step;
- Correct technical execution of the Chasse on a clear inside edge;
- Correct and close crossed kilian position with correct inclination and no deviation from the inside edge.

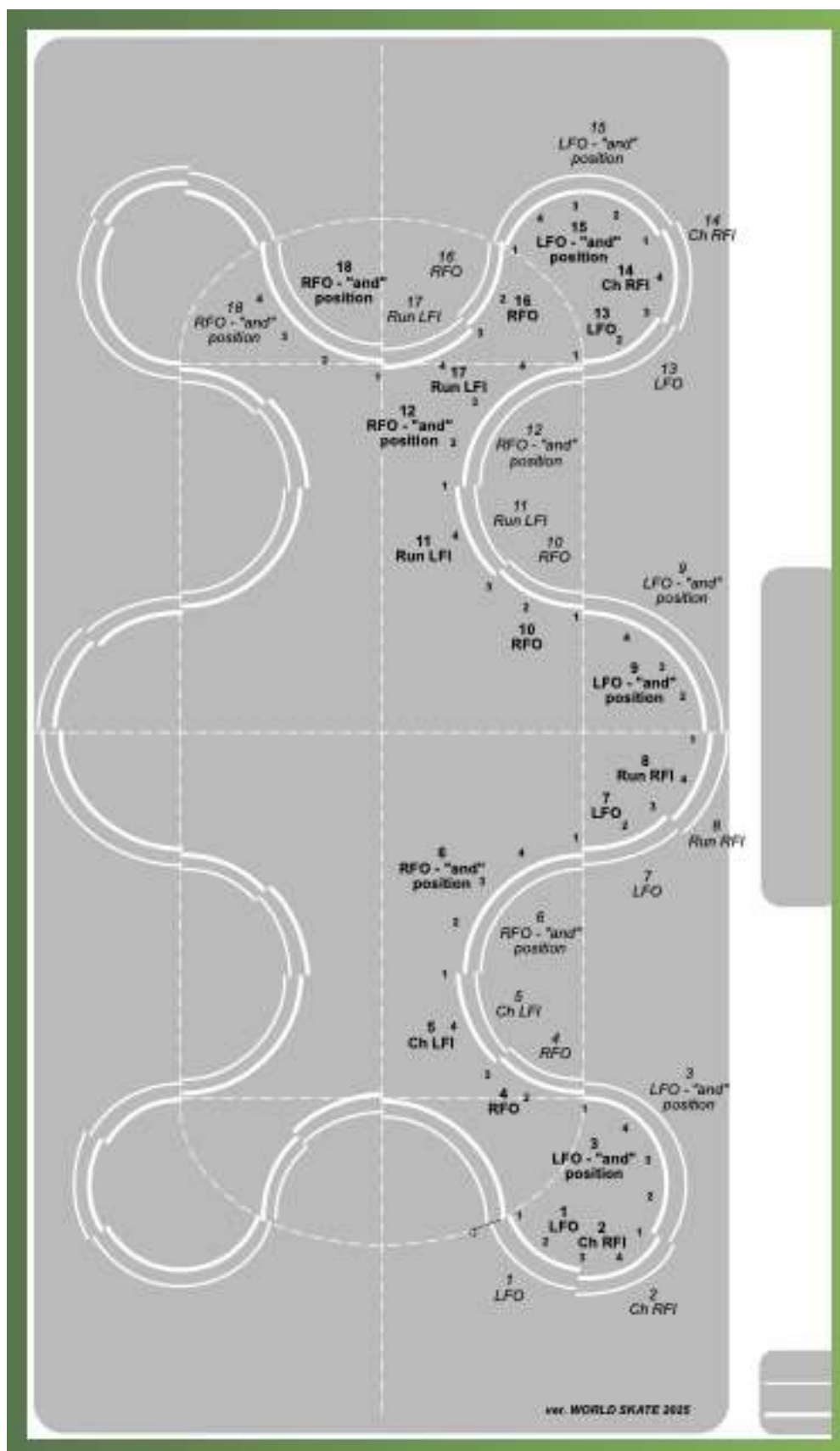
4. Step 18: RFO – “And” Position (2+2 beats) for both skaters

- Correct timing of the step;
- Correct technical execution of the stroke - 2 beats with the free leg held back and 2 beats on a clear “and position”.
- Correct and close crossed kilian position with correct inclination and no deviation from the outside edge

List of steps – And Foxtrot Solo

HOLD	STEPS	STEPS (both skaters)	MUSICAL BEATS
	1	LFO	2
	2	Ch RFI	2
	3	LFO – “And” position	2+2
	4	RFO	2
	5	Ch LFI	2
	6	RFO – “And” position	2+2
	7	LFO	2
	8	Run RFI	2
Crossed kilian	9	LFO – “And” position	2+2
	10	RFO	2
	11	Run LFI	2
	12	RFO – “And” position	2+2
	13	LFO	2
	14	Ch RFI	2
	15	LFO – “And” position	2+2
	16	RFO	2
	17	Run LFI	2
	18	RFO – “And” position	2+2

Pattern – And Foxtrot Couples



ARGENTINE TANGO - COUPLES

By Reginald Wilkie and Daphne Wallis

Music: Tango 4/4

Tempo: 96 bpm

Hold: See list of steps

Pattern: set

Competitive Requirements - 2 sequences

The dance begins with the partners in foxtrot position for the first ten steps. **Step 1** LFO, **step 2** Run RFI and **step 3** LFO aim towards the short side barrier with **step 4** Ch RFI executed on the long axis continuing toward the long side barrier with **steps 5 and 6**, all for one beat, finishing parallel to the long side barrier. **Step 7** LFO should be skated as a deep outside edge which should finish toward the long axis.

Step 8 is a XF RFO, aiming toward the long axis with feet close for the cross in front, followed by **step 9** XB LFIO for 3 beats, with the change of edge from inside to outside on the third beat of the step.

Step 10 for the man is a XB RFI Ct, with the counter turn executed on beat 2 of the step, while the woman's **step 10** is XB RFIO is an inside edge with her change of edge to outside on the second beat, simultaneously with the man's counter turn. During this step, the woman drops slightly behind the man, finishing the step in Waltz position at the completion of the man's turn.

Step 11 LBO for the man is held for 2 beats, while the woman's **step 11a** is a XF LFI for 1 ½ beats followed by **step 11b**, a very short RFI for ½ beat, aimed toward the long side barrier. The lobe is completed with **step 12** RBO for the man and LFO for the woman, curving strongly on an outside edge for both partners, which brings the aim of the lobe perpendicular to the center of the rink.

Step 13 (XR RFO 3t for the woman and XR LBO for the man) begins a lobe that initially aims perpendicular to the long axis with well curved edges and finishes toward the long side barrier. During these **steps (13, 14, 15)** the couple rotates around each other, beginning with the woman's three turn on beat 2, followed by a Mk RFO 3t for the man with the 3 turn on beat 2(**step 14**). The couple must remain close during this rotation, with no evident separation of the hips or pulling on each other.

Step 16 aims toward the long side barrier followed by **steps 17, 18 and 19**, where the couple assumes Kilian position on **step 17**, which is maintained until **step 24**. This sequence of steps is aimed initially toward the short side barrier, successively curving away from it with **step 19** aimed toward the center of the rink.

Step 20 is a XR RFOSw for 4 beats. The timing of the free leg movement on this step is optional, however, the couple must maintain an outside edge for all 4 beats of the step to allow for the correct aim of **step 21** (LFO). This step should intersect the long axis with the first two beats occurring before the long axis and two beats after it. During this step, the couple should remain close, showing a change of lean from the previous three steps on the cross roll, with the swinging of the free legs executed with synchronization and unison.

Step 21 aims toward the short side barrier and begins a lobe that finishes with **step 23** (LFO Sw Cw for the man and LFO Sw Tw for the woman), aimed almost perpendicular to the long axis. The swing for both skaters is executed on the 3rd beat.

On the last ½ beat of **step 23**, the woman executes a very quick twizzle (½ beat) which entails a complete revolution of the woman (outside counter + half turn) as the man executes a Choctaw to a quick RBI for ½ beat. On the entrance to the twizzle, the couple rotate their shoulders strongly, as the woman's tracing follows the man's. During the twizzle, the woman keeps her right foot close beside the left to step down quickly at the completion of the turn. Attention should be paid to maintaining the outside edge prior to the twizzle and Choctaw, showing no deviation prior to the turns and to the timing of the turns on the last ½ beat.

Step 24 is an LBO for the man and RFO for the woman for 4 beats, skated on strong outside edges to bring the couple's aim back toward the long side barrier. The free leg movement on this step is optional.

Step 25 (XR LFO 3t for the woman and RBO for the man) aims toward the long side barrier, with the three-turn executed on the second beat, followed by **step 26** Mk LFO for the man and RBO for the woman, which begins parallel to the long side barrier and curves toward the long axis.

On **steps 27 through 31**, the skaters perform five cross rolls, skated on a baseline that is parallel to the long axis with lightness, drawing a very pronounced serpentine pattern. These steps are skated in Tango position.

The first cross roll is held for two beats, aiming toward the long axis. The following three cross rolls are for one beat each and curve to each side of the baseline.

The final cross roll, **step 31** (XR RFO/I Sw for the man and XR LBO/I Sw for the woman) begins on an outside edge for the first beat, with a swing of the free leg on the second beat and a change of edge to inside on the third beat. The man holds the inside edge for one beat while the woman holds it for ½ beat followed by a quick OpMk RFI for ½ beat on the last ½ beat of the step.

Attention to the timing of the restart of the dance, particularly the ½ beat OpMk RFI for the woman.

At the completion of her mohawk, the couple assumes Foxtrot position for the restart of the dance.

Key Points - Argentine Tango Couples

Section 1

1. Step 10 - XB RFI CT (1+1 beats for the man):
 - Correct timing of the step;
 - Correct technical execution of the XB with feet close together;
 - Correct technical execution of the CT with correct inside edge before and after the turn;
 - Attention to the closeness of the couple during the turn, without separation at the hips.
2. Step 13 XR LBO (2 beats for the man) + XR RFO 3T (1+1 beats for the woman):
 - Correct timing of the steps;
 - MAN - Correct technical execution of the XR, on correct outside edges before and after the step;
 - WOMAN - Correct technical execution of the XR, on correct outside edges before and after the step;
 - Correct technical execution of the 3T with correct and clear outside edge before and correct and clear inside edge after the turn;
 - COUPLE - Attention to the closeness of the couple during the turn in the correct hold position;
3. Step 20 XR RFO Sw (4 beats for both skaters)
 - Correct timing of the steps;
 - Correct technical execution of the XR, on correct outside edges before and after the step;
 - Adequate, but evident, change of lean during the XR execution;
 - COUPLE - In the swing, although the timing of the free legs movement is optional, the couple must remain close and legs must be well synchronized.
4. Step 23 LFO Sw Tw (2+1 ½ + ½ for the woman):
 - Correct timing of the steps;
 - Correct technical execution of the LFO Sw held on an outside edge for 3 ½ beats, and correct timing of the twizzle turn) with feet close together.
 - COUPLE - Attention to the closeness of the couple without any separation during the quick release of the hold during the twizzle.

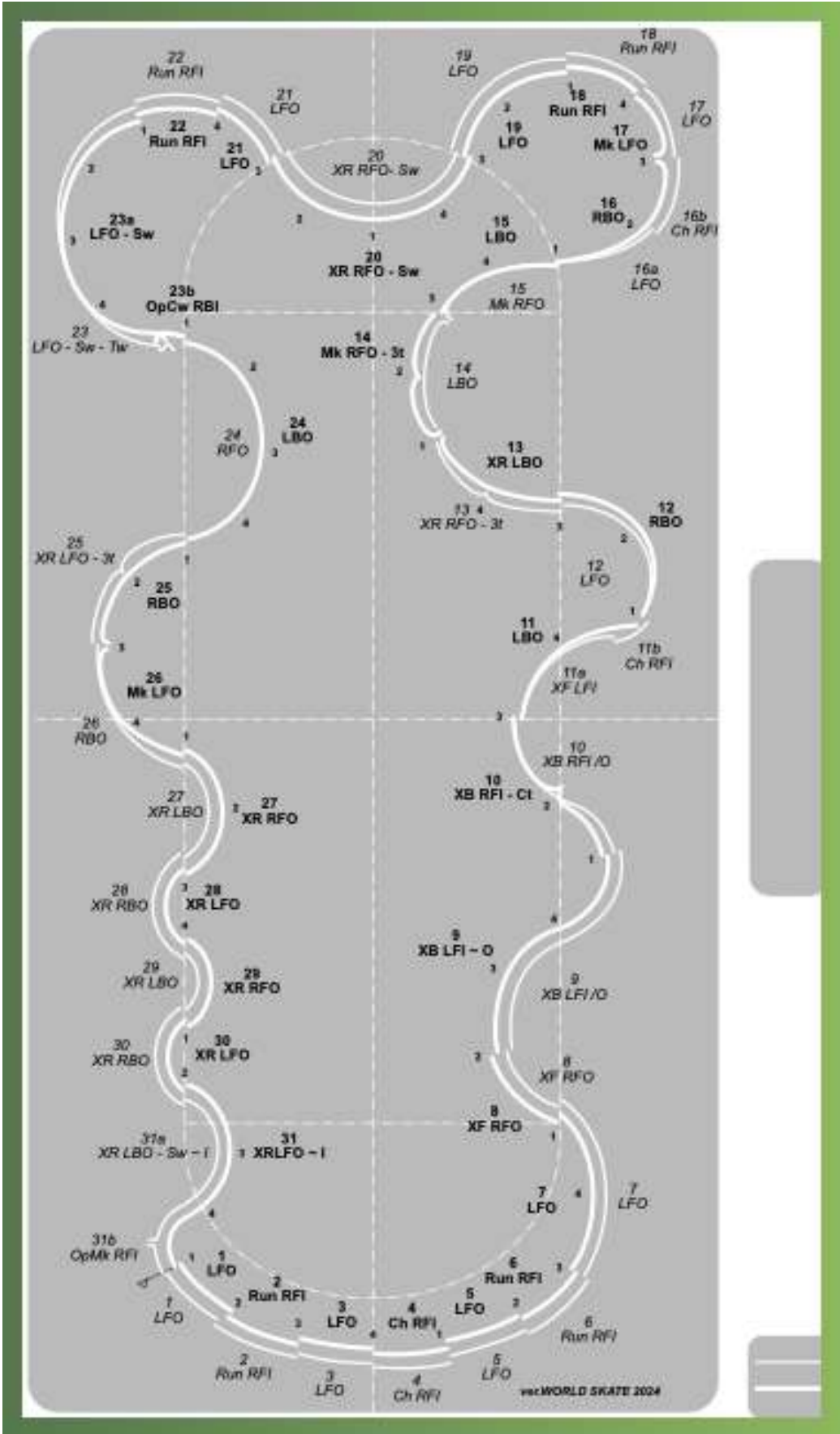
List of steps - Argentine Tango Couples

STEP	HOLD	MAN'S STEP	BEATS			WOMAN'S STEPS
			M	BOTH	W	
1	Foxtrot	LFO		1		LFO
2		Run RFI		1		Run RFI
3		LFO		1		LFO

4		Ch RFI		1		Ch RFI
5		LFO		1		LFO
6		Run RFI		1		Run RFI
7		LFO		2		LFO
8		XF RFO		1		XF RFO
9		XB LFIO		2+1		XB LFIO
10		XB RFI CT		1+1		XB RFI
11	Waltz	LBO	2		1 ½	XF LFI
11b					½	RFI
12		RBO		2		LFO
13	Partial Tango	XR LBO	2		1+1	XR RFO 3T
14	Waltz	Mk RFO 3T	1+1		2	LBO
15		LBO		2		Mk RFO
16		RBO	2		1	LFO
16b					1	Ch RFI
17	Kilian	Mk LFO		1		LFO
18		Run RFI		1		Run RFI
19		LFO		2		LFO
20		XR RFO Sw*		4		XR RFO Sw*
21		LFO		1		LFO
22		Run RFI		1		Run RFI
23		LFO Sw	2+1 ½		2+1 ½ + ½	LFO Sw Tw
23b		OpCw RFI	½			
24	Waltz	LBO		4		RFO
25		RBO	2		1+1	XR LFO 3T
26		Mk LFO		2		RBO
27	Tango	XR RFO		2		XR LBO
28		XR LFO		1		XR RBO
29		XR RFO		1		XR LBO

30		XR LFO		1		XR RBO
31		XR RFO/I Sw	1+1 +1		1+1 + ½	XR LBO/I Sw
31b					½	OpMk RFI
*Timing of the free leg movement is optional						

Pattern - Argentine Tango Couples



ARGENTINE TANGO - SOLO WOMAN'S STEPS

By Reginald Wilkie and Daphne Wallis

Music: Tango 4/4
Pattern: Set

Tempo: 96 bpm

The dance begins with step 1 (LFO), followed by run RFI (step 2) and LFO (step 3) aiming towards the short side barrier with step 4 (Ch RFI) executed at the long axis and continuing towards the long side barrier with step 5 (LFO) and step 6 (run RFI), all for one beat, finishing parallel to the long side barrier. Step 7 (LFO) should be skated as a deep outside edge which should finish toward the long axis.

Step 8 (XF RFO) for one beat, aims toward the long axis with feet close for the cross in front. Step 9 (XB LFIO) for 3 beats total, is distributed as follows:

First and second beat: (XB LFI) begins parallel to the long axis on the first beat and descends on the second beat toward the long side barrier with the free leg extended in front.

Third beat: a change of edge to LFO for one beat that moves away from the long side barrier and aims toward the center of the rink. This change of edge occurs as the free leg is brought back past the skating foot in preparation for step 10 (XB RFIO).

Step 10 (XB RFIO) for two beats, the first of which is an inside edge with a change to outside edge on the second beat. The aim is initially toward the center of the rink and finishing parallel to the long axis on the second beat.

Step 11 (XF LFI) is held for 1 ½ beats in which the free leg is crossed behind the skating leg, aimed toward the long side barrier.

Step 12 (Ch RFI) for ½ beat, with pressure on the inside edge, aimed toward the long side barrier in preparation for the following step.

Step 13 (stroke LFO), for two beats, curving strongly on an outside edge, moves away from the long side barrier to finish perpendicular to the center of the rink.

Step 14 (XR RFO 3t) for two beats, is a cross roll 3 turn which begins a lobe that initially aims perpendicular to the long axis with well curved edges and finishes towards the long side barrier with step 16.

Step 15 (LBO) for two beats, aims parallel to the long axis.

Step 16 (Mk RFO), for two beats, aims toward the long side barrier.

Step 17 (LFO), for one beat, aims toward the long side barrier followed by step 18, (Ch RFI) for one beat, that becomes parallel to the long side barrier.

Step 19 (LFO), for one beat, followed by step 20 (run RFI), for one beat and step 21 (LFO), a deep outside edge for two beats: This sequence of steps (19-20-21) is aimed initially toward the short side barrier, successively curving away from it with step 21 aimed toward the center of the rink.

Step 22 (XR RFO Sw) for four beats, intersects the long axis, with the first 2 beats of this step occurring before the long axis and the next 2 beats after it. The timing of the free leg swing is optional.

Step 23 (LFO) and step 24 (run RFI) are for one beat each. Step 23 aims toward the short side barrier and begins a lobe that finishes with Step 25 (LFO Sw Tw), aimed almost perpendicular to the long axis.

Step 25 (LFO Sw Tw) for four beats total ($2 + 1\frac{1}{2} + \frac{1}{2}$) performed as follows:

- LFO for two beats.
- Forward swing of the free leg (on the third beat) and maintained for $1\frac{1}{2}$ beats.
- Twizzle* for $\frac{1}{2}$ beat.

*Twizzle: Outside counter + $\frac{1}{2}$ three turn, a very quick rotation performed keeping the right leg near the left skating leg.

Step 26 (RFO), for four beats, forms a deep lobe that begins toward the long axis and finishes toward the long side barrier. The movement of the free leg on this step is optional.

Step 27 (XR LFO 3t), for two beats, (cross roll on the first beat and three turn on the second beat), aimed toward the long side barrier and becoming parallel to it, followed by Step 28 (RBO), for two beats, which begins parallel to the long side barrier and curves toward the long axis.

On steps 29 through 33 the skater performs five cross rolls skated on a baseline that is parallel to the long axis with lightness, drawing a very pronounced serpentine pattern.

The first cross roll, Step 29 (XR LBO) for two beats, aims toward the long axis and finishes toward the long side barrier. The following three cross rolls: step 30 (XR RBO), step 31 (XR LBO) and step 32 (XR RBO) are for one beat each and curve to each side of the baseline which is parallel to the long axis.

The final cross roll, step 33 (XR LBO Sw I), for $2\frac{1}{2}$ beats total ($1 + 1\frac{1}{2}$), distributed as follows:

XR LBO on the first beat

Swing of the free leg from front to back on the second beat, maintaining the outside edge for one beat

A change of edge from outside to inside for $\frac{1}{2}$ beat

Step 34 (Mk RFI) is a mohawk for $\frac{1}{2}$ beat, performed after the $2\frac{1}{2}$ beats of step 33 and before the first beat of step 1 (LFO) which is the first step of the dance.

Key Points - Argentine Tango Solo Woman's Steps

Section 1

1. **Step 8 (XF-RFO)** for one beat, **step 9 (XB-LFIO)** for three beats (2 beats inside and 1 beat outside), proper execution of the crosses and change of edge at the required time (beat 3 of the step).
2. **Step 10 (XB-RFIO)**, **step 11 (XF-LFI)**, **step 12 (Ch RFI)** for $\frac{1}{2}$ beat: proper execution of the crosses, and to the changes of edge with respect to the required timing.
3. **Steps 14-15-16 (XR RFO 3t, LBO, Mk RFO)** must be strong edges, initially perpendicular to the long axis and finishing toward the long side barrier; proper execution of the three turn and mohawk.

Section 2

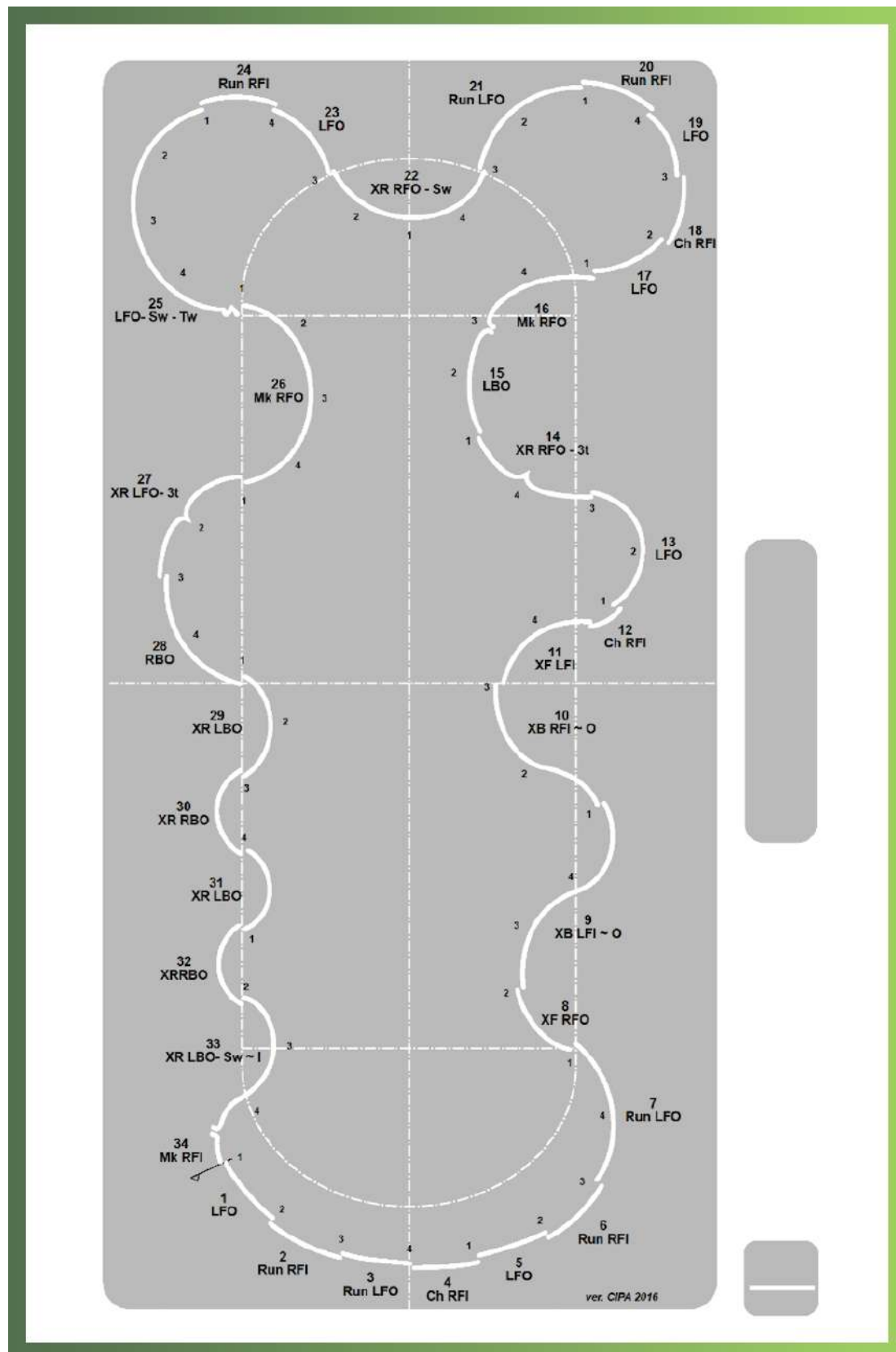
1. **Step 25 (LFO-swing-twizzle)** for four beats total ($2 + 1\frac{1}{2} + \frac{1}{2}$) must be skated on a strong LFO edge with a swing on the third beat, aiming toward the long axis, followed by a twizzle on the final half beat of the step. Particular attention should be paid to the technical execution of the twizzle (counter + half three turn) and to the aim of the exit of the turn toward the long axis.
2. **Step 26 (RFO)** for 4 beats, must be a deep outside edge that forms a lobe beginning toward the long axis and finishing toward the long side barrier.
3. **Steps 29 through 33:** proper technical execution of the cross rolls of which the first (step 29) is for 2 beats, the next three for 1 beat (steps 30-31-32), and the final one (step 33) for $2\frac{1}{2}$ beats, with a change of edge on the last $\frac{1}{2}$ beat; the cross rolls must be performed on clear outside edges, with fluidity and correct lean.
4. **Step 34 (Mk RFI)** for $\frac{1}{2}$ beat, performed after the two and a half beats of step 33 and before the first beat of step 1 (LFO), the first step of the dance. Attention to correctly maintaining the outside edge during the swing of the free leg on the second beat, changing to inside only on the last $\frac{1}{2}$ beat, and to the execution of the mohawk at the established time and not early.

List of steps - Argentine Tango Solo Woman's Steps

NO.	STEP	BEATS
1	LFO	1
2	run RFI	1
3	LFO	1
4	Ch RFI	1
5	LFO	1
6	Run RFI	1
7	LFO	2
8	XF RFO	1
9	XB LFIO	2+1
10	XB RFIO	1+1
11	XF LFI	$1\frac{1}{2}$
12	Ch RFI	$\frac{1}{2}$
13	LFO	2
14	XR RFO - 3t	1+1
15	LBO	2
16	Mk RFO	2
17	LFO	1
18	Ch RFI	1
19	LFO	1
20	run RFI	1
21	LFO	2
22	XR RFO - Sw *	4
23	LFO	1
24	run RFI	1
25	LFO - Sw - Tw	$2 + 1\frac{1}{2} + \frac{1}{2}$

26	Mk RFO *	4
27	XR LFO - 3t	1+1
28	RBO	2
29	XR LBO	2
30	XR RBO	1
31	XR LBO	1
32	XR RBO	1
33	XR LBO - Sw - I	1 + 1 + ½
34	Mk RFI	½
	* Optional Free Leg Movement	

Pattern - Argentine Tango Solo Woman's Steps



ARGENTINE TANGO - SOLO MAN'S STEPS

By Reginald J. Wilkie e Daphne B. Wallis

Music: Tango 4/4
Pattern: Set

Tempo: 96 bpm

The dance starts with **Step 1** LFO, followed by **Step 2** Run RFI, **Step 3** LFO, **Step 4** Ch RFI, **Step 5** LFO, and **Step 6** Run LFO, all for one beat and a deep LFO, **Step 7**, for two beats, directed toward the long axis. The sequence of steps is aimed first toward the short side barrier, becoming parallel to it and finally moving away from it with step 7 pointing toward the long axis.

Step 8 XF RFO (1 beat) is aimed toward the long axis and curves in preparation for the next step, **step 9** XB LFIO (3 beats total) distributed as follows:

- 1st and 2nd beat (XB LFI), a cross-behind on an inside edge that starts parallel to the long axis on the first beat, and that curves on the second beat in the direction of the long side barrier with the free leg extended in front.
- 3rd beat: A change of edge to outside edge (1 beat) that begins toward the long side barrier curving toward the center of the floor with the right free leg passing the supporting foot.

Step 10 XB RFI Ct (2 beats, 1+1), begins with a cross behind on an inside edge on the first beat, followed by a Counter turn to RBI on the second beat. The direction is initially toward the center of the rink, and subsequently on the second beat, parallel to the long axis and ending at the short axis.

Step 11 LBO (2 beats) is a direct push to the long side barrier.

Step 12 RBO (2 beats) is a strong push that curves away from the long side barrier toward the center of the rink.

Step 13 XR LBO (2 beats) starts a lobe that begins toward the long axis and ends toward the long side barrier with step 15.

Step 14 MK RFO 3t (2 beats, 1+1) is a mohawk on the first beat and a three turn on the second; the step is the apex of the lobe in which the skater is parallel to the long axis.

Step 15 LBO (2 beats) is a push in the direction of the long side barrier.

Step 16 RBO (2 beats), begins aiming toward the long side barrier, becoming parallel to it.

Step 17 Mk LFO (1 beat) followed by a sequence of 2 steps, **step 18** Run RFI (1 beat) and **step 19** a deep LFO (2 beats); this sequence of steps (17-18-19) is initially aimed toward the short side barrier, then turns away from it with step 19, in the direction of the center of the rink

Step 20 XR RFO Sw (4 beats total) is a deep cross roll RFO, intersecting the long axis with a swing of the free leg. (Timing and manner of the movement of the free leg on this step is optional.)

Step 21 LFO (1 beat), **step 22** Run RFI (1 beat), and **Step 23** LFO Sw (3 1/2 beats) form a lobe that is skated first toward the long side barrier and curves strongly, finishing aiming toward and almost perpendicular to the long axis with step 23.

Step 23 LFO Sw: 3 1/2 Total beats (2 + 1 1/2) distributed as follows:

- LFO (2 beats).

- Swing the free leg in front on the third beat and held for 1 ½ beats.

Step 24 OpCh RBI is an open Choctaw for 1/2 beat.

Step 25 LBO (4 beats) forms a deep lobe which begins toward the long axis and ends toward the long side barrier. The free leg movement on this step is optional.

Step 26 RBO (2 beats) is skated in the direction of the long side barrier and becoming parallel to it, followed by **step 27** Mk LFO (2 beats), beginning parallel to the long side barrier and finishing back toward the long axis.

Steps 28-32, the skater performs five cross-rolls in a direction parallel to the long axis, drawing very pronounced edges, the baseline remaining parallel to the long axis.

The first cross-roll, **step 28** XR RFO, (2 beats) begins toward the long axis and finishes in the direction of the long side barrier.

the following three cross-rolls: **step 29** XR LFO, **30** XR RFO and **31** XR LFO are each 1 beat.

The last cross roll, **step 32** XR RFO Sw ~ l) (3 beats total 1 + 1 + 1) distributed as follows:

- Xroll RFO on the first beat on an outside edge.
- Swing of the free leg from in back to in front on the second beat, remaining on the outside edge.
- A change from the outside edge to inside (from RFO to l) on the third beat.

Key Points - Argentine Tango Solo Man's Steps

Section 1

1. **Steps 1 through 7**: correct execution of the runs and chasses with attention to the timing of Step 7 (held for 2 beats).
2. **Step 9** XB LFIO (3 beats, 2 beats on inside edge and 1 beat on outside edge). Correct technical execution of the XB and the change of edge to outside at the required time (on the third beat of music).
3. **Step 10** XB RFI Ct (2 beats, 1+1): attention to the correct execution of the cross behind which precedes the counter and the correct timing and technical execution of the inside counter without any loss of balance at the end of the turn.
4. **Step 13** XR LBO, and **14** Mk RFO 3t: must be skated on strong edges with focus on the technical execution of the Xroll, Mohawk and three turn.

Section 2

1. **Step 20** XR RFO Sw: correct technical execution of the Xroll Swing, skated on a strong outside edge for all 4 beats, without deviation from the edge.
2. **Step 23** LFO Sw 3 ½ beats (2+ 1 ½) and **Step 24** Op Cw RBI (1/2 beat): -particular attention must be given to the technical execution of the open Choctaw, on correct edges, with correct timing and placement of the foot.
3. **Steps 25** LBO, **26** RBO and **27** Mk LFO: correct technical execution of the roll, with correct lean and without deviation from the edge, and correct placement of the foot on the Mohawk turn.
4. **Steps 28-32**: correct technical execution of the cross rolls in which the first (step 28) is for two beats, the successive ones are one beat each (29, 30, 31) and the last one (step 32) for 3 beats total (1+1+1) with a swing in front on the second beat and a change of edge to inside on the third beat. (The free leg movement

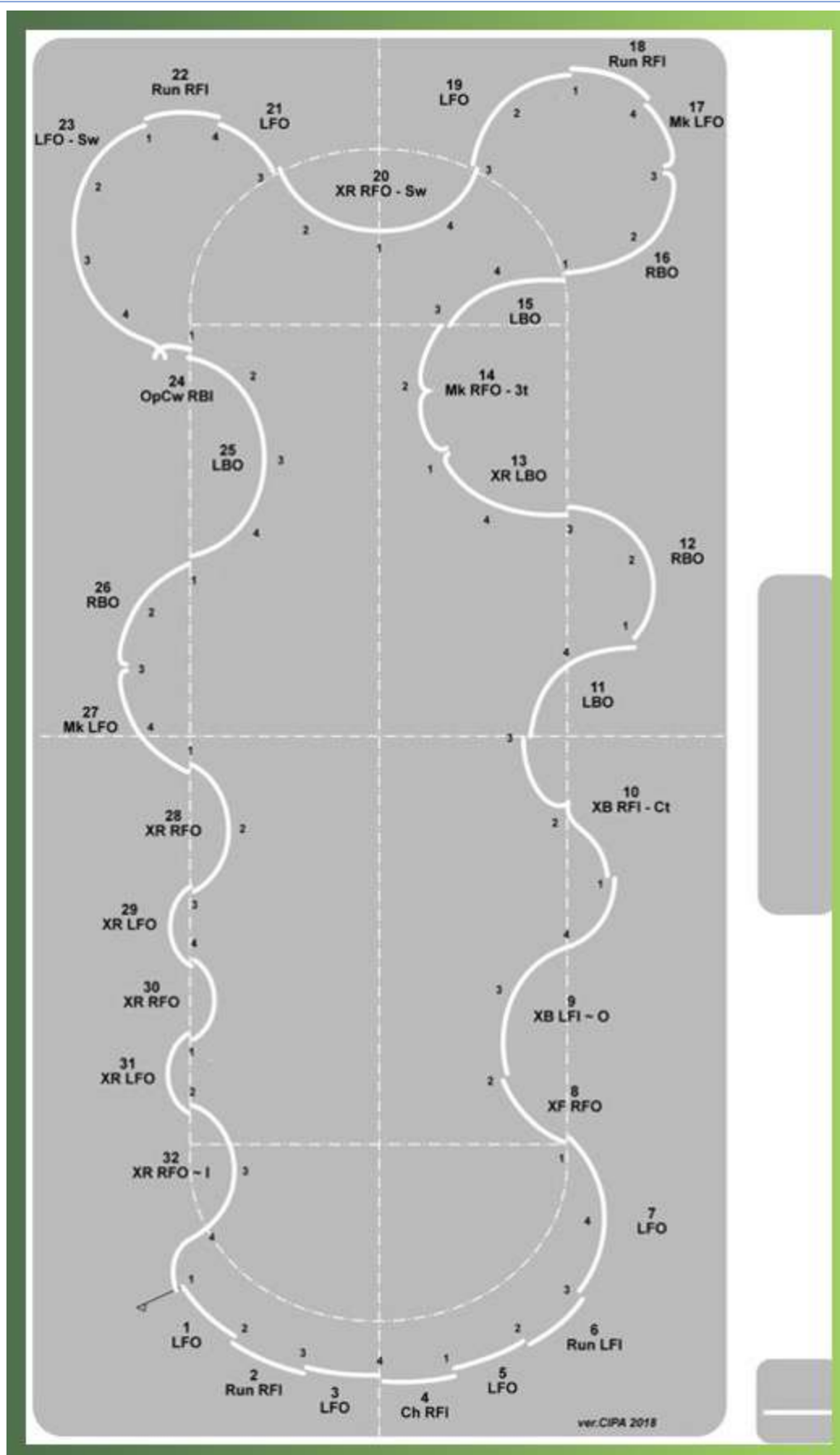
on the third beat is optional). These cross rolls must be skated on pronounced edges with fluidity and correct lean.

List of steps - Argentine Tango Solo Man's steps

NO.	STEPS	MUSICAL BEATS
SECTION 1		
1	LFO	1
2	Run RFI	1
3	<i>LFO</i>	1
4	Ch RFI	1
5	LFO	1
6	Run RFI	1
7	LFO	2
8	<i>XF RFO</i>	1
9	XB LFIO	2+1
10	XB RFI Ct	1+1
11	LBO	2
12	RBO	2
13	<i>XR LBO</i>	2
14	Mk RFO 3t	1+1
15	LBO	2
16	RBO	2
17	Mk LFO	1
18	Run RFI	1
19	LFO	2
20	XR RFO Sw**	4**
21	LFO	1
22	Run RFI	1
SECTION 2		
23	LFO Sw	2+1 ½
24	OpCw RFO	½
25	LBO*	4
26	RBO	2

27	Mk LFO	2
28	XR RFO	2
29	XR LFO	1
30	XR RFO	1
31	XR LFO	1
32	XR RFO Sw I	1+1+1
* Movement of the free leg is optional ** The timing and the manner in which the free leg swings is optional		

Pattern - Argentine Tango Solo Man's steps



ASSOCIATION WALTZ - COUPLES

By Adapted from Imperial Waltz (L. Gowing) by Ronald E. Gibbs

Music: Waltz 3/4

Tempo: 132 Beats

Hold: Waltz Promenade Foxtrot

Pattern: set

The dance consists of two symmetrical parts that form a whole lap of the skating surface and are skated mutually by both partners.

Steps 1 to 8, 14 to 21 and 10, 11, 13 and 23, 24, 26 are skated in Waltz position.

Steps 1 and 14, LFO and RBO respectively for the man and woman (step 1), and vice versa (step 14), aim toward the long side barrier, followed by a chasse Ch RFI and Ch LBI (step 2), and vice versa (step 15).

On steps 3 and 16, (6 beats), the partners perform a LFO (man) and RBO (woman) with a swing on the fourth beat, from in back to front for the partner skating forward and vice versa for the partner skating backwards. The direction is towards the long side of the barrier becoming parallel to it and finally aiming toward the long axis.

Step 4 (3 beats) is a RFO 3t for the man, with the three turns on the third beat, in the direction of the long axis, while the woman skates an LBO. The steps are reversed on step 17.

Step 5 (6 beats), LBO Sw for man and Mk RFO Sw for the woman, intersects the short axis and descends toward the long side barrier. This step is executed with a swing of the free legs on the fourth beat (from back to front for the partner skating forward and vice versa for the partner skating backwards). This also occurs on step 18 but with opposite roles.

Steps 6, 7, 8, and 19, 20, 21, are all steps that are performed for one beat each on the musical counts "1- 2 -3".

Steps 9, Mk LFO for the man and OpS RFI for the woman, and 22 RFI (open stroke) for the man and Mk LFO for the woman, are 2 beats each and are skated parallel to the long side barrier in Foxtrot position (Step 9), and Promenade position (Step 22).

Step 10 Ch RFI for the man and OpMk (Hh) LBI (heel to heel) for the woman, (1 beat), curves away from the long side barrier; on this step the couple assumes Waltz position.

Step 11, LFO for man and RBO for the woman (3 beats each), is skated in the direction of the long axis.

On Step 12, the man skates a RFI for three beats (open stroke) with the free foot angled laterally to the skating foot, while the woman performs a Mk LFO 3t (3t on the 3rd beat) in front of the man, passing under their link (right arm for the lady and left arm for the man). During this movement the right man's arm and the left lady's arm are optional.

The partners reassume Waltz position, after the woman's three turn, on step 13, during which the man performs a LFO 3t (the three turn on the 3rd beat) and the woman a RBO. With step 14, RBO for the man and Mk LFO for the woman (3 beats), the dance is repeated, but with the woman forward and the man backwards.

The same steps are performed on the opposite side of the floor during the sequence of steps 24, 25, and 26, with the roles of the skaters reversed (with respect to steps 12-13-14). The exception is on step 25, during which the man moves in front of the woman to perform a Mk LFO 3t, releasing his hold with the woman while she performs a RFI (open stroke). The movement of the hands/arms of both partners is optional.

On step 26 the woman skates LFO 3t and the man skates a RBO followed by a Mk, to perform the restart of the dance.

Step 1 is repeated twice.

Key Points - Association Waltz - Couples

Section 1

1. **Step 4 RFO 3T (2+1 beats for the man):**
 - Correct timing of the step;
 - Correct technical execution of the three turn, executed on the 3rd beat of the step, with the correct edge before and after the turn.
2. **Step 9 MK LFO (2 beats for the man)**
 - Correct timing of the step;
 - Good maintenance of the outside edge for 2 beats without deviation in advance.
3. **Step 10 HhMk LBI (1 beat for the woman):**
 - Correct timing of the step;
 - Correct technical execution of the heel to heel mohawk, with feet close together, on the correct inside edge, before and after the turn;
 - Attention to the dance hold prescribed for the couple.
4. **Steps 12 LFO 3t (2+1 beats) (woman)**
 - Correct timing of the step;
 - Correct technical execution of the three turn, executed on the 3rd beat of the step, with the correct edge before and after the turn.
 - Attention to the special hold described for the couple.

Section 2

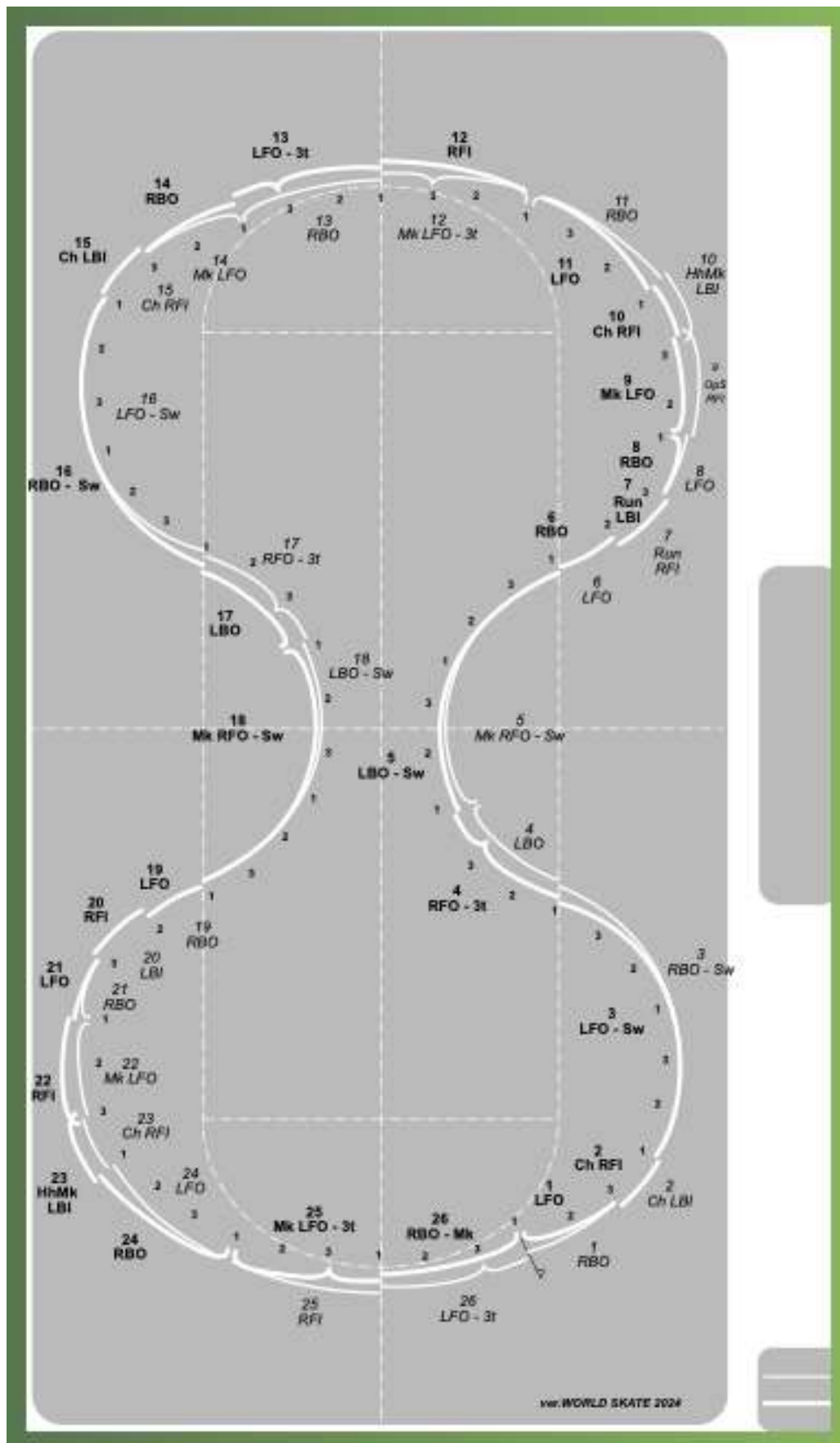
1. **Step 17 RFO 3t (for the woman):** correct technical execution of the three turn, executed on the 3rd beat of the step, with the correct edge before and after the turn.
2. **Steps 19, 20, 21 and 22 (for both partners):** correct timing of the steps (steps 19, 20, and 21 for one beat each and step 22 for two beats) and correct technical execution of step 22 for the woman **Mk LFO**.
3. **Step 23 HhMk LBI (for the man):** correct technical execution of the heel to heel mohawk on the correct inside edges and with feet close together.
4. **Steps 25 Mk LFO 3t (for the man) and 26 LFO 3t (for the woman):** correct technical execution of the three turns on the 3rd beat, with correct edges

before and after the turns. Attention to the special hold described for the couple.

List of steps - Association Waltz Couples

HOLD	STEP	MAN'S STEPS	MUSICAL BEATS			WOMAN'S STEPS
			M		W	
Waltz	1	LFO		2		RBO
	2	Ch RFI		1		Ch LBI
	3	LFO Sw		3+3		RBO Sw
	4	RFO 3t	2+1		3	LBO
	5	LBO Sw	3+3		3+3	Mk RFO Sw
	6	RBO		1		LFO
	7	run LBI		1		run RFI
	8	run RBO		1		run LFO
Foxtrot	9	Mk LFO		2		OpS RFI
Waltz	10	Ch RFI		1		OpMk(Hh) LBI
	11	LFO		3		RBO
See Notes (hold released)	12	RFI	3		2+1	LFO 3t
Waltz	13	LFO 3t	2+1		3	RBO
	14	RBO		2		Mk LFO
	15	Ch LBI		1		Ch RFI
	16	RBO Sw		3+3		LFO Sw
	17	LBO	3		2+1	RFO 3t
	18	Mk RFO Sw	3+3		3+3	LBO Sw
	19	LFO		1		RBO
	20	run RFI		1		run LBI
	21	run LFO		1		run RBO
Promenade	22	RFI		2		Mk LFO
Waltz	23	HhMk LBI		1		Ch RFI
	24	RBO		3		LFO
See Notes (hold released)	25	Mk LFO 3t	2+1		3	RFI
Waltz	26	RBO	3		2+1	LFO 3t

Pattern - Association Waltz Couples



ASSOCIATION WALTZ - SOLO

By Adapted from Imperial Waltz (L.Gowing) by Ronald E.Gibbs

Music: Waltz 3/4

Tempo: 132 bpm

Pattern: set

Step 1 RBO (2 beats) is aimed towards the long side barrier, followed by a chasse **Step 2, Ch LBI**, of one beat.

Step 3 RBO-Sw (3+3 beats), the skater performs a RBO with a Swing on the fourth beat from the front to the back. The direction is towards the long side of the barrier, becoming parallel to it, and finally aiming toward the long axis.

Step 4 (3 beats) is a **LBO** in the direction of the long axis.

Step 5 Mk RFO-Sw (3+3 beats). The skater performs a RFO, becoming parallel to the long axis as it intersects with the short axis, and then descends towards the long side barrier with a Swing from the back to the front on the fourth beat.

Step 6 LFO, Step 7 RFI and Step 8 LFO are all performed for one beat each on the musical counts "1- 2- 3" in the direction of the long side barrier.

Step 9 RFI (2 beats), is an open stroke skated parallel to the long side barrier.

Step 10 OpMk (Hh) LBI (heel-to-heel), of 1 beat beginning parallel to the long side barrier and then curves away from it.

Step 11 RBO (3 beats) towards the middle of the short side, in the direction of the long axis.

Step 12, Mk LFO – 3t (2+1 beats), is a LFO Mohawk followed by a three turn on the 3rd beat performed before the long axis.

Step 13 RBO (3 beats) is stroked after the long axis, **Step 14 Mk LFO** (2 beats) in the direction of the long side barrier, followed by **Step 15 Ch RFI** (1 beat).

Step 16, LFO - Sw, (3+3 beats), the skater performs a LFO with a Swing of the free leg on the fourth beat from the back to the front. The direction is towards the long side barrier, becoming parallel to it, and finally aiming towards the long axis.

Step 17, RFO – 3t (2+1 beats), with the three-turn performed on the 3rd beat towards the long axis.

Step 18 LBO – Sw (3+3 beats). The skater performs a LBO, becoming parallel to the long axis as it intersects with the short axis, and then descends towards the long side barrier with a Swing of the free leg from the front to the back on the fourth beat.

Step: 19 RBO, Step 20 LBI, Step 21 RBO, are all performed for one beat each on the musical counts "1- 2- 3" in the direction of the long side barrier.

Step 22: Mk LFO (2 beats) is skated parallel to the long side barrier.

Step 23: Ch RFI (1 beat) begins to curve away from the barrier.

Step 24 LFO (3 beats) followed by **Step 25, a RFI** (3 beats), open stroke, is completed before the long axis.

Step 26 LFO-3t (2+1 beats), is a LFO with the three turns being performed on the 3rd beat.

Note: Step 1 RBO is repeated twice.

Key Points - Association Waltz Solo

Section 1

1. **Step 3 RBO Sw** (3+3 beats) correct technical execution of the stroke and the swing on an outside edge without deviation with the swing of the free leg on beat 4.
2. **Steps 6, 7, 8 and 9:** correct timing of the steps (steps 6, 7 and 8 for one beat each and step 9 for two beats). Careful attention should be paid to this timing.
3. **Step 10 OpMk (Hh) LBI:** correct technical execution of the heel-to-heel mohawk on the correct inside edges and with feet close together
4. **Step 12 LFO 3t:** correct technical execution of the three turns on the 3rd beat, with the correct edge before and after the turn.

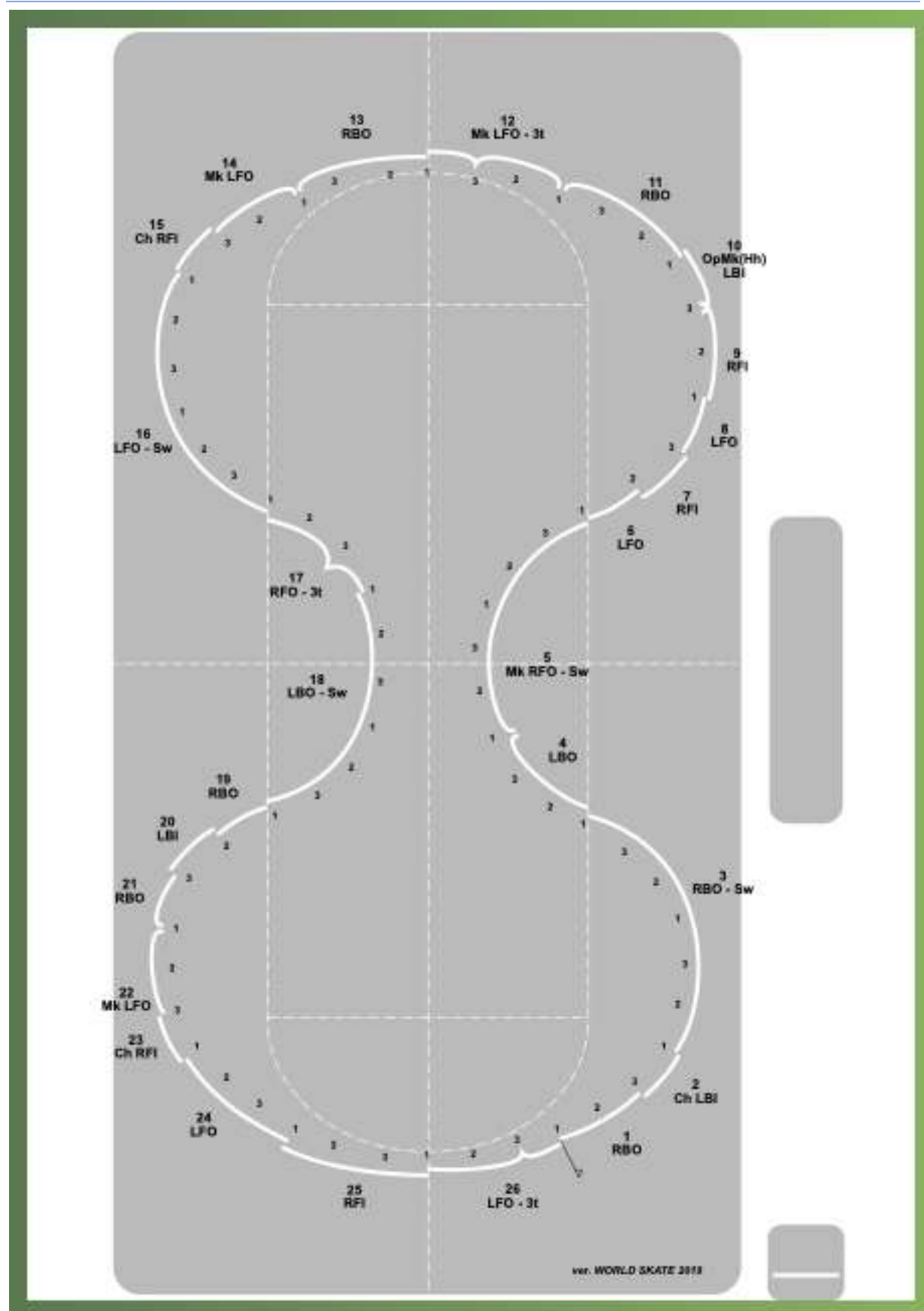
Section 2

1. **Step 16 LFO Sw:** correct technical execution of the swing on an outside edge without deviation and the swing of the free leg on beat 4.
2. **Step 17 RFO 3t:** correct technical execution of the three turns, executed on the 3rd beat of the step, with the correct edge before and after the turn.
3. **Steps 19, 20, 21 and 22:** correct timing of the steps (steps 19, 20 and 21 for one beat and step 22 for two beats). Careful attention should be paid to this timing.
4. **Step 26 LFO 3t:** correct technical execution of the three turns on the 3rd beat, with the correct edge before and after the turn.

List of steps - Association Waltz Solo

NO.	SKATER'S STEP	BEATS
1st Section		
1	RBO	2
2	Ch LBI	1
3	RBO Sw (on the 4th beat)	3+3
4	LBO	3
5	Mk RFO Sw (on the 4th beat)	3+3
6	LFO	1
7	Run RFI	1
8	LFO	1
9	RFI	2
10	Op Mk(Hh) LBI	1
11	RBO	3
12	Mk LFO -3t (to LBI)	2+1
13	RBO	3
14	Mk LFO	2
15	Ch RFI	1
16	LFO -Sw (on the 4th beat)	3+3
17	RFO 3t (to RBI)	2+1
18	LBO Sw (on the 4th beat)	3+3
19	RBO	1
20	Run LBI	1
21	RBO	1
22	Mk LFO	2
23	Ch RFI	1
24	LFO	3
25	RFI	3
26	LFO - 3t (to LBI)	2+1

Pattern – Association Waltz Solo



BACHATA - COUPLES

Music: Bachata 4/4
Pattern: Set

Tempo: 112 bpm

Position: Kilian, Waltz, Partial Reverse Tango, Reverse tango, Foxtrot, Reverse Kilian, Tandem

The bachata is a Caribbean musical genre, originating in the Dominican Republic, that gave rise to its dance for couples. The music has a sweet and melodic sound.

The dance starts in Kilian position, which is maintained up to step 8.

Step 1 LFO stroke, step 2 Ch RFI chassè, step 3 LFO stroke for both and step 4 run RFI run, is a sequence of steps of 1 beat each that starts near the long side barrier and curves toward the long axis.

Step 5 LFO Sw (2+2 beats) for both is a stroke with a swing on the 3rd beat.

Step 6 CICW RBI (2 beats) for both is a closed Choctaw, performed near the long axis.

Step 7 Wd LBO ($\frac{1}{2}$ beat) for both is a wide step.

Step 8a XS RBI/O ($1\frac{1}{2} + \frac{1}{2}$ beats) for the woman is a cross stroke followed by a change edge to outside edge ($\frac{1}{2}$ beat) with the optional movement of free leg. **Step 8b XS LBI ($1\frac{1}{2}$ beat)** is a cross stroke. These steps start parallel to the long axis and with the change edge and the cross-stroke curve in the direction of the long side barrier. During step 8a the woman crosses the trace, passing behind the man, in Kilian position, sliding back through the change of edge to outside and finishing step 8b in Waltz position.

Step 8 XS RBI Rk ($1\frac{1}{2} + 2$ beats) for the man is a cross stroke on an inside edge followed by a rocker of two beats performed during the change edge and cross stroke of the woman (step 8a-8b). During this step the woman passes the right hip of the man. The movement of the free leg is optional during the rocker. The Kilian position is maintained until the cross stroke of both and becomes Waltz position after the Rk of the man.

Step 9 Tt RBI/(LB) for the woman, where the body weight is on the right foot and **Tt LFI/(RF)** for the man, where the body weight is on the left foot (2 beats each) are thrusts that curve to arrive parallel to the long side barrier.

Step 10 Dpch LBO (2 beats) for the woman is a dropped chasse with the free leg back and **step 10 RFO stroke (2 beats)** for the man, that starts with feet parallel and moves away from the long side barrier.

Step 11 XR RBO 3T ($1\frac{1}{2} + \frac{1}{2}$ beats) and **Step 12 INA Bauer (2 beats)** for the woman: Step 11 is a cross roll ($1\frac{1}{2}$ beats) plus a quick 3T ($\frac{1}{2}$ beat) from RBO to RFI, to skate step 12, Ina Bauer (2 beats). The couple assumes a Partial Reverse Tango position during the cross roll RBO 3t and one (skater) behind the other during Ina Bauer. The direction of Ina Bauer starts parallel to the long axis and finishes moving away from it.

Step 11 XR LFO 3T ($1\frac{1}{2} + \frac{1}{2}$ beats) and **Step 12 INA Bauer (2 beats)** and for the man:

Step 11 is a cross roll (1 ½ beats) plus a quick 3Turn (½ beat) from LFO to LBI, to skate Step 11b Ina Bauer (2 beats). The couple assumes a Partial Reverse Tango position during the cross roll 3t and one (skater) after the other during Ina Bauer. The direction of Ina Bauer starts parallel to the long axis and finishes moving away from it

Step 13 XS LBI (1 ½ beats) for both is a cross stroke beginning with two feet on the floor from the finish of the Ina Bauer and lifting the free left leg at the end of the step in unison, in Kilian position. The direction is almost parallel to the short axis.

Step 14 RBO (½ beat) for both is a quick RBO with the man moving slightly behind the woman to skate toward the long side barrier followed **Step 15 ClCW LFI** (1 ½ beat) for both, a closed choctaw with the right leg forward, in Kilian position. The direction aims toward the long side barrier to become almost parallel to it.

Step 16 Ch RFO (½ beat) for both is a quick Ch RFO in Kilian position.

Step 17 LFI (2 beat) is a stroke for the man and **step 17a LFI** (1 beat) is a stroke for the woman followed by **step 17b OpMK** (1 beat) to RBI.

The couple starts step 16 in Kilian position and concludes on step 17 in Waltz position.

The man guides the woman forward and to his right side so at the end of the step the woman is in front of the man. During this step the left arms are raised over the woman's head, so the couple assumes Waltz position at the end of the step.

Steps 18 RFO (1 beat) stroke and **19 run LFI** (1 beat) for the man and **step 18 LBO** (1 beat) stroke and **19 run RBI** (1 beat) for the woman in Waltz position with the direction toward the long axis.

Step 20 LBO Sw (2+2 beats) for the woman is a stroke with a swing back of the free leg on the 3rd beat of the step. During this step the couple assumes the Reverse Tango position, arms are optional.

Step 20a RFO Sw (2 + 1 ½ beat) for the man is a stroke with a swing forward of free leg on 3rd beat of the step in Reverse Tango position (left arm is optional) followed by **Step 20b XS LFI** (½ beat) a cross stroke, only for the man, in which he moves to prepare the next step.

Step 21 Cw RFI 3T (1+3 beats) for the woman where she rotates to the right side to perform a Cw RFI (on the 1st beat) in Reverse Kilian followed by a 3 Turn (on 2nd beat of the step) passing to Tandem position. The movement of the free leg is optional.

Step 21 OpS RFI 3T (1+3 beats) for the man is followed by a 3T. The man, on the side of the woman, skates an open stroke RFI (on the 1st beat) in Reverse Kilian, plus a 3 Turn (on 2nd beat) where he changes to Tandem position. The movement of the free leg is optional.

Step 22 Mk LFO (½ beat), **step 23 Ch RFI** (½ beat), **step 24 LFO** (1 beat) stroke, **Step 25 Run RFI Sw BK** (1+1+2 beats) with a swing forward on 2nd beat and bracket on the 3rd beat, for both skaters are the same steps in Kilian position and after the bracket the couple assumes Tandem position. The movements of free legs during the bracket are optional.

Step 26 XS LBI (2 beats) for both, is a cross stroke in Tandem position (the woman is slightly to the left of the man).

For the next **steps 27-28-29** the couple assumes Tandem position with undulating steps, characterizing the dance with movements of the arms optional.

Step 27 Tt RBI/(LB) (1 beat) - **Step 28 Tt LBI/(RB)** (1 beat) - **Step 29 Wd RBI** is a wide step (2 beats) for both skaters: the weight of the body is on the skating foot. During the thrusts, the partial detachment of the wheels from the floor of the leg that does not support the weight of the body (step 27 and 28) is optional if the sinuous movement, typical of the rhythm, is maintained. The direction is parallel to the short axis during the thrusts and with step 29 the couple goes past the long axis.

Step 30 Wd LBO ($\frac{1}{2}$ beat) is a wide step in Kilian position and **step 31 XS RBI- Ct** ($1\frac{1}{2} + 2$ beats) for both skaters is a cross stroke followed by a Counter from right inside backward edge to right inside forward edge in Kilian position. The movements of free legs are optional during the Counter.

The direction of step 31 is toward the long axis and the counter crosses the long axis.

Step 32 LFO (1 beat) is a stroke in Kilian position, **step 33 HhMk LBO** (1 beat) is a heel-to-heel mohawk for both where the couple assumes Kilian position with a rotation of the torso towards the short side barrier. The movement of the free legs, during the Hh mohawk, is optional. The direction of the MK is toward the short side barrier to finish parallel to it.

Step 34 Mk LFO (2 beats) is a mohawk and **Step 35 DpCh RFI** (2 beats) for both is a dropped chasse in Kilian position toward the long side barrier.

REFERENCE STEPS:

Step 6 – must start by the long axis

Step 12 – must start by the short axis

Step 29 - must start by the long axis

Step 31 _must start before the long axis and finish after it;

Step 33 - must start by the long axis

Key points - Bachata Couples

Section 1

1. **Step 6 ClCw RBI** (2 beats) for both:

- correct timing of the step;
- correct technical execution of ClCw with a correct placement of free foot with respect to the skating foot with feet close and the free leg finishing in front of the body at the end of the turn;
- correct edge before and after,

- For the couple: unison and proximity of the skaters during the turn which must be turned simultaneously.

2. Step 8 RK (2 beats) for the man:

- correct timing of the step;
- correct technical execution of the RK with an evident cusp;
- correct inside edge before and after (not outside);
- fluidity of the turn, which should be smooth and not jumped.

3. Step 15 ClCW LFI (from LFO to RBI) (2 beats) for both:

- correct timing of the step;
- correct technical execution of ClCW with a correct placement of free foot with respect to the skating foot with feet close and the free leg finishing in front of the body at the end of the turn;
- correct edge before and after;
- For the couple: unison and proximity of the skaters during the turn which must be turned simultaneously.

4. Step 17b OpMK RBI (1 beat), for the woman:

- correct timing of the step;
- correct technical execution of the open Mohawk, placing the right skate to the inside of the left skate, close together, respecting the prescribed edges required before and after the turn;
- correct lean of the body;
- For the couple: unison and proximity of the skaters during the turn.

Section 2

1. Step 21 RFI 3T (1+3 beats) for both:

- correct timing of the step;
- correct technical execution of the three turn with clear edges and evident cusp at the entrance and exit of the turn that must be done on the 2nd beat;
- For the couple :unison and proximity of the skaters during the turn.

2. Step 25 BK (2 beats) for both:

- correct timing of the step;
- correct technical execution of bracket with correct edge before and after (not flat); fluidity of the turn, which should be smooth and not jumped;
- For the couple :unison and proximity of the skaters during the turn.

3. Step 31 CT (2 beats) for both:

- correct timing of the step;
- correct technical execution of Counter with an evident cusp; correct inside edge before and after the Ct; not jumped;

- For the couple: unison and proximity of the skaters during the turn.

4. Step 33 HhMk LBO (1 beat) for both:

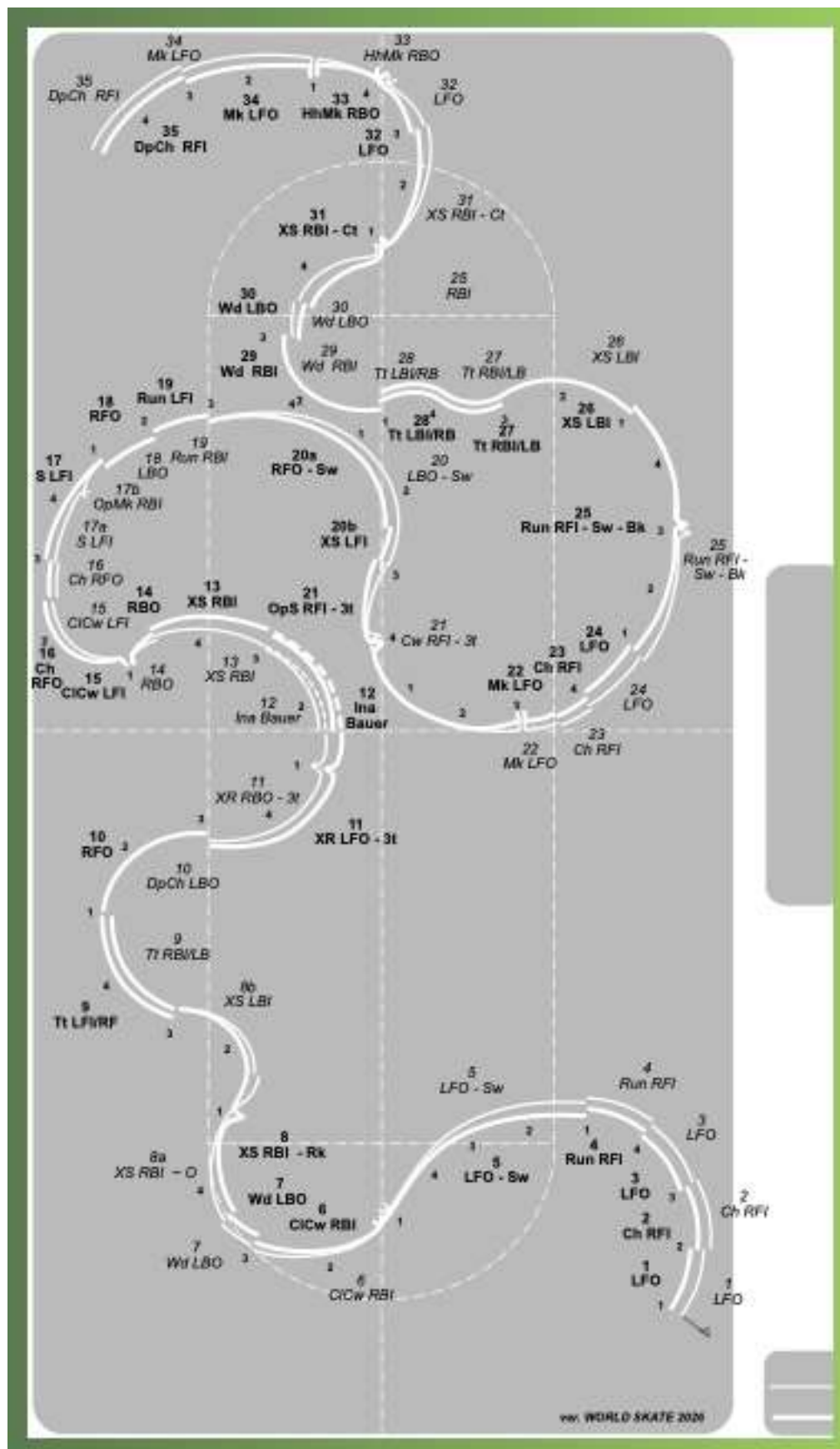
- correct timing of the step;
- proper technical execution of the heel to heel Mohawk with the right foot placed close to the heel of the left foot, with feet close together; strong edges, respecting the prescribed edges required before and after the turn;
- For the couple: these steps must be performed avoiding separation of the partners.

List of steps - Bachata Couples

HOLD	STEP	MAN'S STEP		BOTH		WOMAN'S STEPS
1st SECTION						
Kilian	1	LFO		1		LFO
	2	Ch RFI		1		Ch RFI
	3	LFO		1		LFO
	4	Run RFI		1		Run RFI
	5	LFO Sw		2+2		LFO Sw
	6	CICw RBI		2		CICw RBI
	7	Wd LBO		½		WD LBO
From Kilian, see note (the woman moves back at the right man's hip) to Waltz	8a	XS RBI Rk*	1 ½ +2		1 ½ + ½	XS RBI/O*
	8b				1 ½	XS LBI
Waltz	9	Tt LFI/ (RF)		2		Tt RBI (LB)
	10	RFO		2		DpCh LBO
Partial Reverse Tango	11	XR LFO 3T*		1 ½ + ½		XR RBO 3T*
(see note) Kilian	12	INB		2		INB
	13	Xs LBI		1 ½		Xs LBI
Kilian	14	RBO		½		RBO
	15	CICW LFI		1 ½		CICW LFI
	16	Ch RFO		½		Ch RFO
	17a	LFI	2		1	LFI
Waltz	17b				1	OpMK RBI
	18	RFO		1		LBO
	19	run LFI		1		run RBI
from Waltz to Reverse Tango	20a	RFO Sw	2 + 1 ½		2+2	LBO Sw
	20b	Xs LFI	½			
Reverse Kilian to Tandem	21	OpS RFI 3T*	1 +3		1+3	CW RFI 3T*
Kilian	22	MK LFO		½		MK LFO
	23	Ch RFI		½		Ch RFI
	24	LFO		1		LFO

from Kilian to Tandem	25	Run RFI Sw Bk*		1+1+2		Run RFI Sw Bk*
	26	Xs LBI		2		Xs LBI
Tandem (see note)	27	Tt RBI/(LB)		1		Tt RBI/(LB)
Tandem (see note)	28	Th LBI/(RB)		1		Th LBI(RB)
Tandem	29	Wd RBI		2		Wd RBI
Kilian	30	Wd LBO		$\frac{1}{2}$		Wd LBO
	31	Xs RBI Ct*		1 $\frac{1}{2}$ +2		Xs RBI Ct*
	32	LFO		1		LFO
	33	HhMK RBO*		1		HhMK RBO*
	34	Mk LFO		2		Mk LFO
	35	DpCh RFI		2		DpCh RFI
	*Movement optional of free leg					

Pattern - Bachata Couples



BACHATA - SOLO

Music: Bachata 4/4
Pattern: set

Tempo: 112 bpm

The bachata is a Caribbean musical genre originating in the Dominican Republic. The music has a sweet and melodic sound.

Step 1 LFO (1 beat) stroke, **step 2 ChRFI** (1 beat) chassè, **step 3 LFO** (1 beat) stroke and **step 4 runRFI** (1 beat) are a sequence of steps that starts near the long barrier and curve toward the long axis.

Step 5 LFOSw (2 + 2 beats) is a stroke with a swing forward on the 3rd beat.

Step 6 ClCW RBI (2 beats) is a closed choctaw performed near the long axis.

Step 7 Wd LBO ($\frac{1}{2}$ beat) is a wide step.

Step 8 XS RBI/O ($1\frac{1}{2} + \frac{1}{2}$) is a cross stroke followed by a change edge to outside edge ($\frac{1}{2}$ beat) with the optional movement of free leg. **Step 9 XS LBI** ($1\frac{1}{2}$ beat) is a cross stroke. These steps start parallel to the long axis and with the change edge and the cross-stroke curve in direction of the long barrier.

Step 10 Tt RBI/(LB) (2 beats) is a thrust where the body weight is on the right foot. With this step, skaters curve to arrive parallel to the long barrier. During the thrust, the partial detachment of the wheels from the floor of the leg that does not support the weight of the body is optional.

Step 11 DpCh LBO (2 beats) is a dropped chasse with the free leg back that curves and moves away from the long barrier.

Step 12 XRoll RBO - 3T - Rk (2 + 2 + 2 beats) is a cross roll followed by a three turn (3T: from a right backward outside edge to right forward inside edge) and a Rocker with optional movements of free leg.

Step 13 Wd LBO ($\frac{1}{2}$ beat) is a wide step and **Step 14 XS RBI** ($1\frac{1}{2}$ beat) a cross stroke, are performed in the direction of the short axis. These steps are followed by **Step 15 LBO - Swing** (2 + 2) a stroke with a swing backward of free leg on 3rd beat of the step to describe a lobe in the direction of the center of the rink.

Step 16 Cw RFI-3T (1 + 3) is a choctaw followed by a 3 turn. The movement of the free leg during the 3T is optional.

Step 17 Mk LFO ($\frac{1}{2}$ beat), **step 18 Ch RFI** ($\frac{1}{2}$ beat), **step 19 LFO** (1 beat) stroke, **Step 20 Run RFI Sw- Bk** (1+1+2) with a swing forward on 2nd beat and bracket on 3rd beat. The movement of free leg during the bracket is optional.

Step 21 XS LBI (2 beats) is a cross stroke. Skater curves in the direction of the long axis.

Step 22-23-24 represent the typical movements of the bachata rhythm, with steps in which the swaying of the body characterizes the dance; the direction of the steps is almost parallel to the short side barrier.

Step 22 TtCh RBI/(LB) (1 beat), **Step 23 TtChLBI/(RB)** (1 beat) and **Step 24 Wd RBI** (2 beats): the weight of the body is on the skating foot. During the thrust chasse, the partial detachment of the wheels from the floor of the leg that does not support the weight of the body (step 22 and 23) is optional as long as the sinuous movement typical of the rhythm is maintained. Step 24 is a wide step.

Step 25 Wd LBO ($\frac{1}{2}$ beat) is a wide step and **Step 26 XS RBI - Ct** ($1\frac{1}{2} + 2$) it is composed of a cross stroke followed by a counter from right inside backward edge to right inside forward edge. The movement of free leg is optional during the Counter. The direction of the steps is towards the short side barrier.

Step 27 LFO (1 beat) a stroke, **Step 28 HhMk RBO** (1 beat) a heel to heel mohawk, and **Step 29 Mk LFO** (2 beats) are a sequence of steps that start aiming toward the short side and finish parallel to the short side barrier.

Step 30 Dp Ch RFI (2 beats) is a dropped chasse, the last step of the pattern that finishes in the direction of the long side barrier to restart for a new dance sequence.

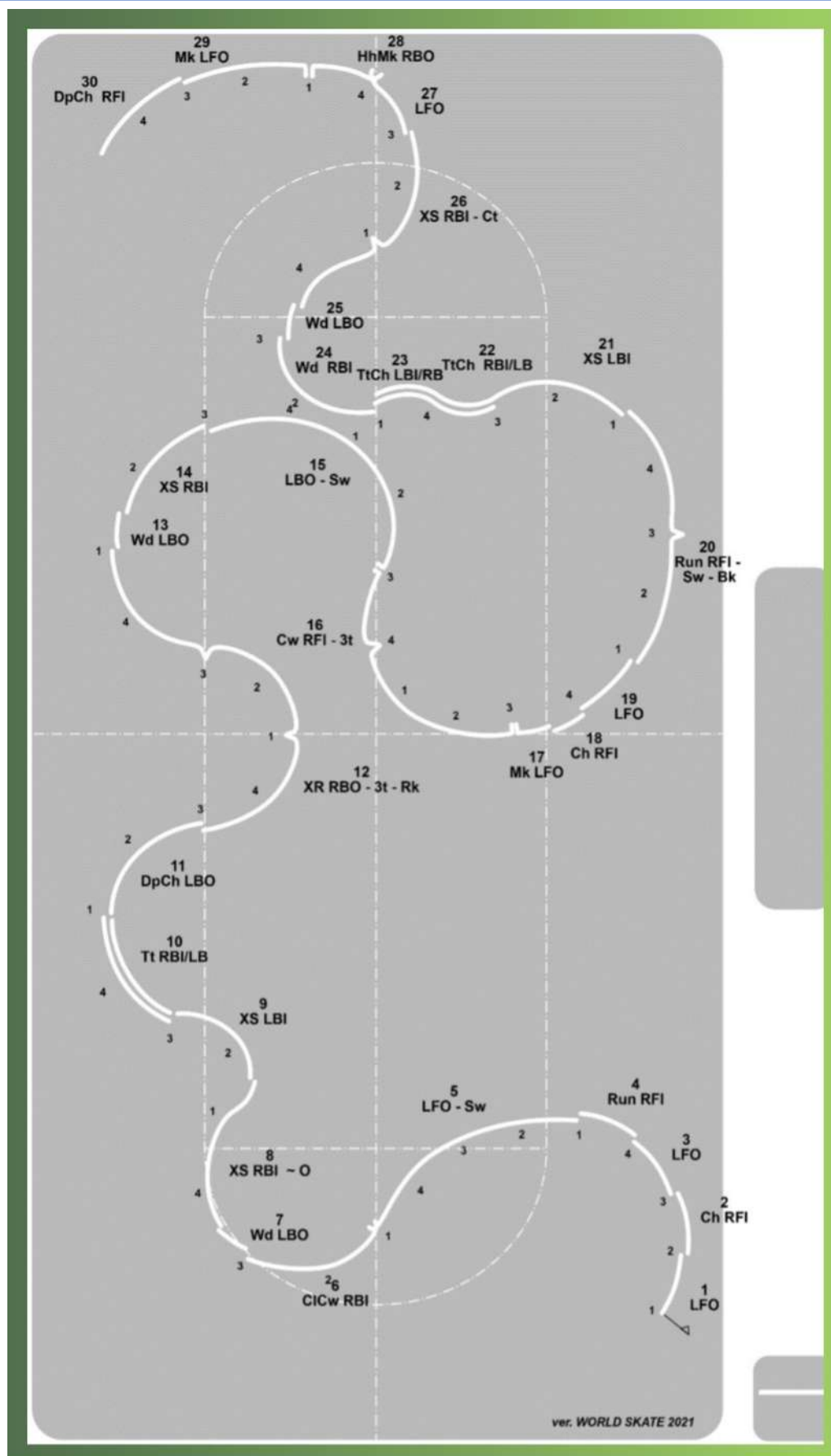
Key point - Bachata Solo

1. **Step 6 ClCW RBI (from LFO to RBI) (2 beats) attention to:**
 - correct technical execution of ClCW with a correct placement of free foot with respect to the skating foot with feet close and the free leg finishing in front of the body at the end of the turn.
 - correct edge before and after.
 - correct timing of the turn.
2. **Step 12 Rk (from RFI to RBI) (2 beats) attention to:**
 - correct technical execution of rocker with an evident cusp.
 - correct inside edge before and after (not outside).
 - correct timing of the turn.
 - fluidity of the turn which should be smooth (not jumped).
3. **Step 20 Bk (from RFI to RBO) (2 beats) attention to:**
 - correct technical execution of bracket with correct edge before and after (not flat).
 - correct timing of the turn.
 - fluidity of the turn which should be smooth (not jumped).
4. **Step 26 Ct (from RBI to RFI) (2 beats) attention to:**
 - correct technical execution of Counter with an evident cusp.
 - correct inside edge before and after.
 - correct timing of the turn.
 - fluidity of the turn which should be smooth (not jumped).

List of steps - Bachata Solo

STEP NO.	STEPS	MUSICAL BEATS
1^ SECTION		
1	LFO	1
2	Ch RFI	1
3	LFO	1
4	Run RFI	1
5	LFO Swing	2+2
6	Cl CW RBI	2
7	Wd LBO	½
8	XS RBI / O	1 ½ + ½
9	XSLBI	1 ½
10	Tt RBI/(LB)	2
11	Dp Ch LBO	2
12	Xroll RBO-3T-Rk	2+2+2
13	Wd LBO	½
14	Xs RBI	1 ½
15	LBO Swing	2+2
16	Cw RFI - 3T*	1 + 3
17	LFO	½
18	Ch RFI	½
19	LFO	1
20	Run RFI Swing-BK*	1+1+2
21	Xs LBI	2
22	Tt Ch RBI/(LB) (see note)	1
23	Tt Ch LBI/(RB) (see note)	1
24	Wd RBI	2
25	Wd LBO	½
26	XS RBI-Ct*	1 ½ +2
27	LFO	1
28	Hh RBO*	1
29	Mk LFO	2
30	DpCh RFI	2
*Movement optional of free leg		

Pattern - Bachata Solo



CANASTA TANGO

By James Francis

Music: Tango 4/4
Tempo: 100 Beats

Position: Reverse Kilian
Pattern: set

All steps in this dance are progressive except No's 4,7,10 and 14.

Step 1, a LFO 1 beat edge on count 1 of a measure. This is the first step of an 8 beat barrier lobe.

Step 4 is a raised chasse executed on count 4.

Step 5, LFO and 8, RFO are 4 beat swings.

Steps 7, LFI of the center and step 10, RFI of the straightaway, are cut steps (dropped chasse - the foot is placed alongside the skating foot with the free leg being placed immediately forward on the inside edge). The free leg then returns to the side of the skating foot to allow a smooth transition for **steps 8 and 11**.

Steps 9 to 13 must be skated with very strong edges in order that step 14 XR RFO may be aimed to the center for a 4-beat inverted corner lobe. The push for the XR RFO is made from the outside of the left foot.

Neat close footwork, tango expression and good carriage should be maintained.

Key Points – Canasta Tango

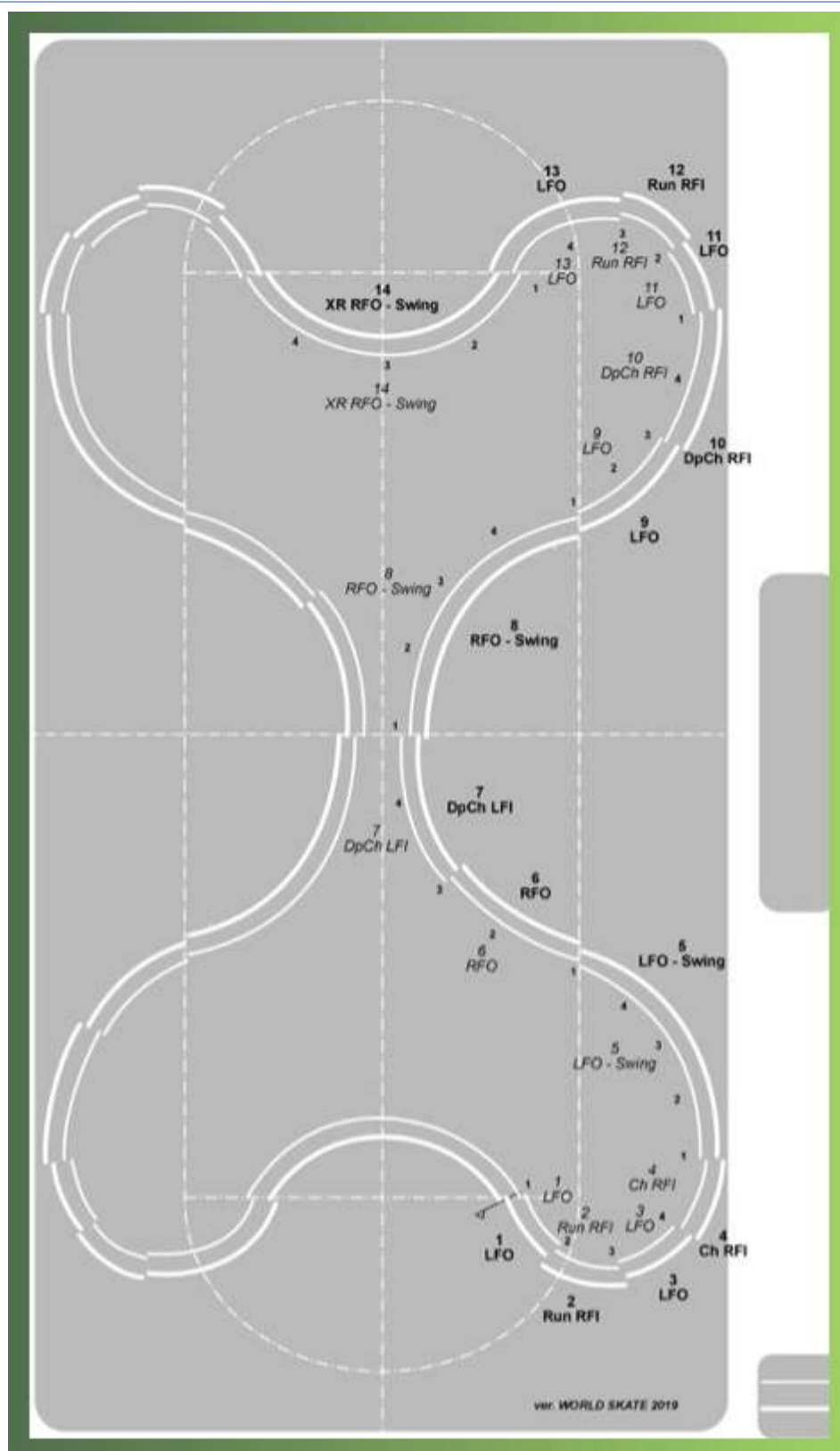
1. **Step 4 Ch RFI:** correct execution of the chasse with the foot placed at the side of the left foot in parallel “and” position and raised parallel to the floor.
2. **Step 7 DpCh LFI:** correct execution of the dropped chasse, placed at the side of the right foot in parallel “and” position.
3. **Step 8 RFO Sw:** correct execution of the swing, on a clear outside edge held for 4 beats.
4. **Step 14 XR RFO Sw:** correct execution of the cross roll, placed on an outside edge and held for 4 beats without deviation from the edge.

List of steps – Canasta Tango

HOLD	STEPS	MAN	LADY	BEATS
Reverse Kilian	1	LFO	LFO	1
	2	RFI	RFI	1
	3	LFO	LFO	1
	4	RFI-Chasse	RFI-Chasse	1
	5	LFO-Swing	LFO-Swing	4
	6	RFO	RFO	2
	7	LFI-Cut Step	LFI-Cut Step	2
	8	RFO-Swing	RFO-Swing	4
	9	LFO	LFO	2
	10	RFI-Cut Step	RFI-Cut Step	2

	11	LFO	LFO	1
	12	RFI	RFI	1
	13	LFO	LFO	2
	14	XR RFO	XR RFO	4

Pattern – Canasta Tango



CARLOS TANGO - COUPLES

By Carl Henderson. Modified for Minis Couples by Cinzia Bernardi)

Music: Tango 4/4
Tempo: 96

Position: Kilian
Pattern: set

Please note that the Hold position is changed from Kilian (Crossed in front) TO KILIAN:

Step 1 LFO (1 beat), aimed in the direction of the long side barrier followed by step 2 RFI (1 beat), parallel to the long side barrier.

Step 3 LFO + tap in back (total of 4 beats) is maintained on an outside edge for all four beats of which, the first three are characterized by an extension of the right free leg in back and by a light touch to the floor with the inside front wheel (on the 3rd beat), and on the fourth beat in "and" position in preparation for the next step. The direction is toward the short side barrier.

Step 4 DpCh RFI + tap in front (total of 4 beats) is a dropped chasse maintained on an inside edge for all four beats of which, the first three are characterized by an extension in front of the free leg and by a light touch to the floor with the outside front wheel of the left skate (on the 3rd beat), and on the fourth beat in "and" position in preparation for the next step.

Step 4 crosses the long axis on the 3rd beat and represents the top of the lobe that curves almost parallel to the short side barrier.

The Steps: 5 LFO (1 beat), step 6 Ch RFI (1 beat), step 7 LFO (1 beat) in the direction of the long side barrier, followed by step 8 run RFI (1 beat), which curving, is almost parallel to the long side barrier.

Step 9 LFO-Sw (4 beats) is a run followed by a swing on the 3rd beat that initially aims toward the long side barrier, becomes parallel to it and moves toward the baseline in the direction of the long axis.

Step 10 RFO (1 beat) aimed in the direction of the long axis, followed by step 11, run LFI (1 beat), which curving, becomes almost parallel to the long axis.

Step 12 RFO-Sw (4 beats) crosses the short axis on the 2nd beat, becoming parallel to the long axis, followed by a swing of the free leg in front on the 3rd beat and ends aiming toward the long side barrier, crossing the baseline on the 4th beat.

Key Points – Carlos Tango Coupes

1. Step 3 LFO "Tap Down" (2+1+1) beats:

- correct timing of the step
- correct technical execution of the stroke, with feet close and parallel, placed on a clear outside edge
- correct execution of the "tap down" movement: on the 3rd beat the right inside the wheel taps down (only one wheel).
- No deviations from the outside edge during the tap down.
- **For couples:** Attention to the position of the couple which should be close without any separations.

2. Step 4 DpCh RFI "Tap Down" (2+1+1):

- Correct timing of the step.
- Correct technical execution of the dropped chasse with feet close and parallel, placed on a clear inside edge (it starts with an “and position”)
- correct execution of the “tap down” movement: on the 3rd beat the left outside toe wheel (only one wheel) taps down.
- No deviations from the inside edge during the tap down.
- **For couples:** Attention to the position of the couple which should be close without any separations

3. Step 9 STROKE LFO-Sw (2+2)

- Correct timing of the step
- Correct execution of the stroke and Swing with an outside edge with the free leg held back for 2 beats and swung forward on the 3rd beat.
- No deviations from the outside edge during the swing.
- **For couples:** Attention to the position of the couple which should be close without any separations

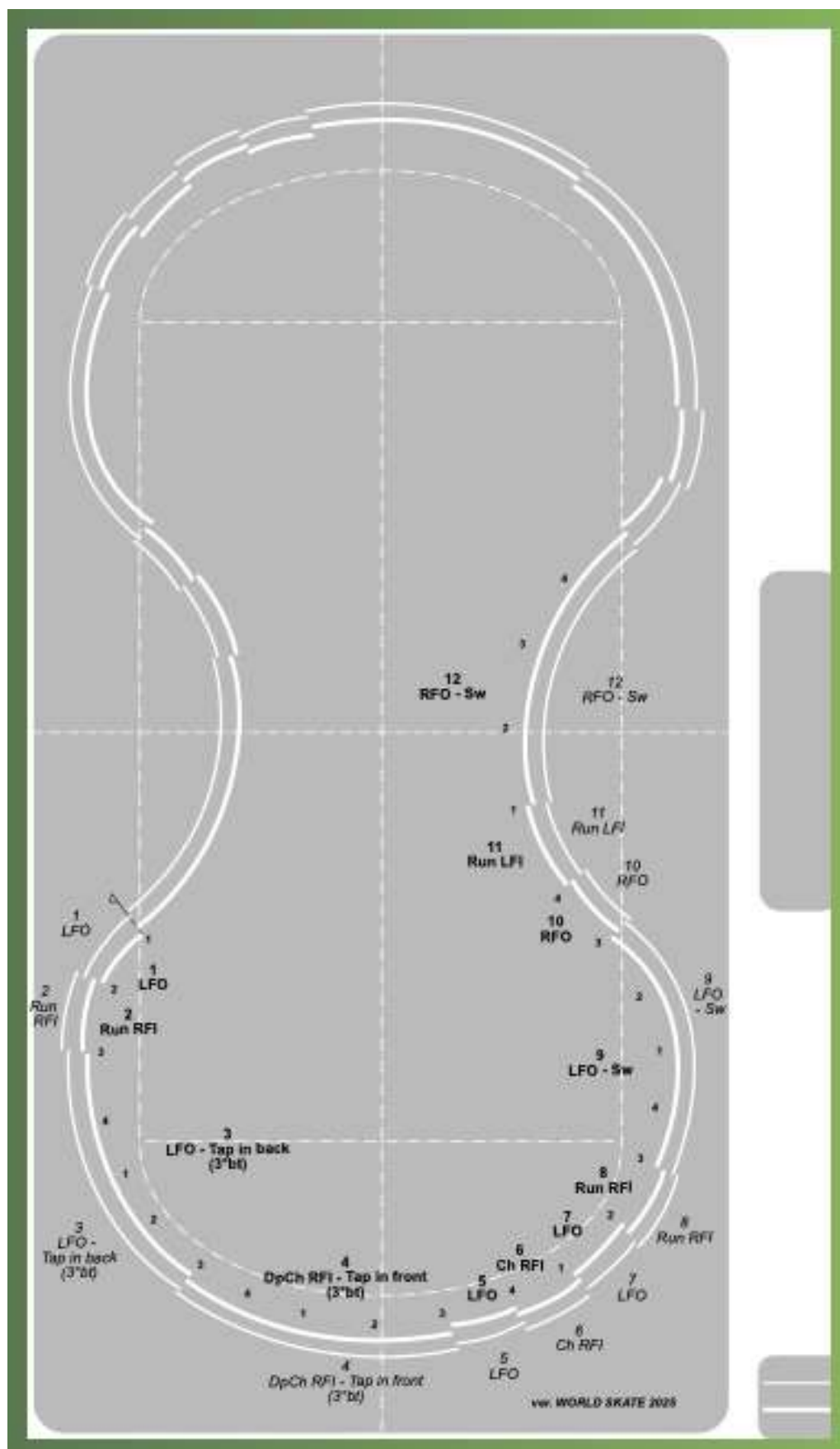
4. Step 12 STROKE RFO-Sw (2+2):

- Correct timing of the step
- Correct execution of the stroke and Swing with an outside edge with the free leg held back for 2 beats and swung forward on the 3rd beat.
- No deviations from the outside edge during the swing.
- **For couples:** attention to the position of the couple which should be close without any separations.

List of steps – Carlos Tango Couples

HOLD	NO.	MAN'S STEPS	MUSICAL BEAT	WOMAN'S STEPS
SECTION 1				
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO + tap in back	2+1+1	LFO + tap in back
	4	Dp Ch RFI + tap in front	2+1+1	Dp Ch RFI + tap in front
	5	LFO	1	LFO
	6	Ch RFI	1	Ch RFI
	7	LFO	1	LFO
	8	run RFI	1	run RFI
	9	run LFO Sw	2+2	run LFOSw
	10	RFO	1	RFO
	11	run LFI	1	run LFI
	12	run RFO Sw	2+2	run RFO Sw

Pattern – Carlos Tango Couples



CARLOS TANGO – SOLO

By Carl Henderson

Music: Tango 4/4
Pattern: set

Tempo: 96 BPM

Step 1 LFO (1 beat) is aimed in the direction of the long side barrier followed by **step 2 Run RFI** (1 beat), parallel to the long side barrier.

Step 3 LFO + tap in back (2+1+1 beats: total of 4 beats) is maintained on an outside edge for all four beats of which, the first three are characterized by an extension of the right free leg in back and by a light touch to the floor with the inside front wheel (on the 3rd beat), and on the fourth beat in parallel "and" position in preparation for the next step. The direction is toward the short side barrier.

Step 4 DpCh RFI + tap in front (2+1+1 beats: total of 4 beats) is a dropped chasse maintained on an inside edge for all four beats of which, the first three are characterized by an extension in front of the free leg and by a light touch to the floor with the outside front wheel of the left skate (on the 3rd beat), and on the fourth beat in "and" position in preparation for the next step.

Step 4 crosses the long axis on the 3rd beat and represents the top of the lobe that curves almost parallel to the short side barrier.

The Steps: **5 LFO** (1 beat), **step 6 Ch RFI** (1 beat), **step 7 LFO** (1 beat) in the direction of the long side barrier, followed by **step 8 run RFI** (1 beat), which curving, is almost parallel to the long side barrier.

Step 9 LFO Sw (2+2 beats) is a stroke followed by a swing on the 3rd beat that initially aims toward the long side barrier, becomes parallel to it and moves toward the baseline in the direction of the long axis.

Step 10 RFO (1 beat) aimed in the direction of the long axis, followed by **step 11 Run LFI** (1 beat), which curving, becomes almost parallel to the long axis.

Step 12 RFO Sw (2+2 beats) crosses the short axis on the 2nd beat, becoming parallel to the long axis, followed by a swing of the free leg in front on the 3rd beat and ends aiming toward the long side barrier, crossing the baseline on the 4th beat.

REFERENCE STEPS:

Step 4 – must start before the longitudinal axis and finish after it. Tap in front must be done on the longitudinal axis;

Steps 12 - must start before the short axis and finish after it.

Key Points – Carlos Tango

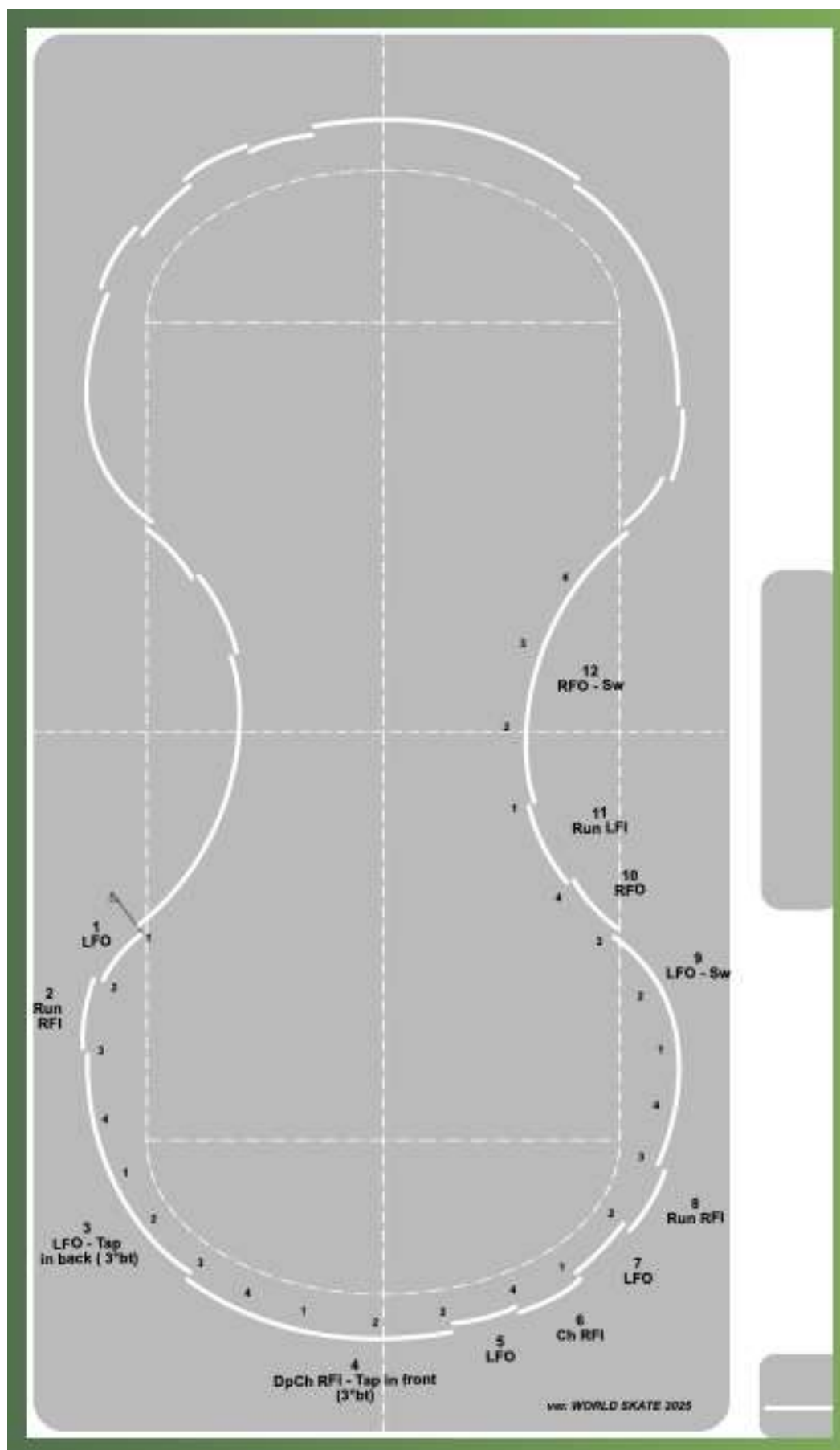
1. **Step 3 LFO “Tap Down”** (2+1+1 beats)
 - Correct timing of the step
 - Correct technical execution of the **stroke**, with feet close and parallel, placed on a clear outside edge
 - Correct execution of the **“tap down” movement**: on the 3rd beat the right inside the wheel taps down (only one wheel).
 - No deviations from the outside edge during the tap down.
2. **Step 4 DpCh RFI “Tap Down”** (2+1+1 beats)
 - Correct timing of the step.
 - Correct technical execution of the **dropped chasse** with feet close and parallel, placed on a clear inside edge (**it starts with a parallel “and position”**)
 - Correct execution of the **“tap down” movement**: on the 3rd beat the left outside toe wheel (only one wheel) taps down.
 - No deviations from the inside edge during the tap down.
3. **Step 9 LFO Sw** (2+2 beats)
 - Correct timing of the step.
 - Correct execution of the **stroke and Swing** with an outside edge with the free leg held back for 2 beats and swung forward on the 3rd beat.
 - No deviations from the outside edge during the swing.
4. **Step 12 RFO Sw** (2+2 beats)
 - Correct timing of the step.
 - Correct execution of the **stroke and Swing** with an outside edge with the free leg held back for 2 beats and swung forward on the 3rd beat;
 - No deviations from the outside edge during the swing.

List of steps – Carlos Tango

Step Number	Steps	Musical Beats
1	LFO	1
2	Run RFI	1
3	LFO + tap in back	2+1+1
4	Dp Ch RFI + tap in front	2+1+1
5	LFO	1
6	Ch RFI	1
7	LFO	1
8	run RFI	1
9	LFO Sw	2+2
10	RFO	1
11	run LFI	1

12	RFO Sw	2+2
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Pattern – Carlos Tango



CASTEL MARCH

By Odoardo Castellari

Music: Tango 4/4 or 2/4

Hold: Kilian, Reverse Killian, Waltz

Competitive Requirements - 2 sequences

Tempo: 100 BPM

Pattern: set

Step 1 LFO aims in the direction of the long side barrier and becomes parallel to it; **Step 2** Run RFI starts parallel to the long side barrier and aims toward the center of the rink; **Step 3** LFO is in the direction of the long axis.

Step 4 XR RFO (1 beat) aims in the direction of the long axis and requires an obvious change of lean and the immediate recall of the left foot, close behind the skating foot in preparation of the next step.

Step 5 XB LFI (2 beats): feet should be close and parallel to each other in the direction of the long axis and the free leg extends in front.

Step 6 CIMk RBI (2 beats) is a closed mohawk parallel to the long axis.

Step 7 LBO (2 beats) skated with the free leg extended in front and in line with the skating leg, is initially skated toward the short axis and then toward the long side barrier.

Step 8 RBO (1 beat), the skater exceeds the short axis, aiming toward the barrier.

Step 9 XF LBI (1 beat), in the direction of the long side barrier, partners release Kilian position to separate their hold, turning counterclockwise to execute a ballroom, **step 10** lvMk RFI (2 beats). The ballroom ends with the free legs crossed behind the skating legs, aimed parallel to the long side barrier and the couple assumes Reverse Kilian position, which is maintained until step 12.

Step 12 XR RFO (1 beat) is a cross roll for both skaters.

Steps 13 XR LFO 3t (2 beats, 1+1) for the man and **13a** XR LFO (1 beat) and **13b** Ch RFI (1 beat) for the woman, the partners both execute a cross roll, followed by a three turn for the man while the woman performs a chasse at the same time.

Step 14 is RBO for the man and LFO for the woman (1 beat for both).

Step 15 is Run LBI (1 beat) for the man and Run RFI (1 beat) for the woman. Steps 13b, 14 and 15 are skated in Waltz position.

Steps 16a RBO (1 beat) and **16b** Ch LBI (1 beat) for the man and **step 16** LFO 3t (2 beats, 1+1) for the woman, the couple switches from Waltz position to Reverse Kilian position. Step 16b crosses the long axis.

Steps 17 RBO (1 beat), **18** XB LBO (1 beat) and **19** XB RBO Sw (2 beats, 1+1) are cross rolls in Reverse Kilian position. Step 19 is a cross roll on the 1st beat followed by a swing of the free leg from front to back on the 2nd beat, finishing in line with the skating leg. During the swing, the couple turns their torsos to the left while keeping the shoulders parallel to prepare for the next step.

Step 20 CIMk LFO (2 beats), a closed mohawk for both skaters with the free leg extended in front, the couple assumes Kilian position which will be maintained until step 28b.

Step 21 Run RFI (1 beat) and **step 22** LFO (1 beat)

Step 23 XF RFO (1/2 beat) and **24** XB LFI (1/2 beat) are crosses which are performed with feet close and parallel.

Step 25 DCh RFO (1 beat) is a dropped chasse with the free leg sliding in front off the floor.

Step 26 XF LFI (2 beats) is a left inside cross in front, in the direction of the long side barrier, executed with the free leg, at the end of the step, crossed behind the skating leg.

Step 27 RFI (1 beat) is an open stroke.

Step 28 a-b-c-d, which intersects the short axis is comprised of 5 beats:

- **28a** LFO on the 1st beat: the right free foot is rapidly brought close and parallel to the skating foot, lifted from the floor into "and" position to prepare for the next step.
- **28b** LUNGE* (or thrust) on the 2nd beat: the right foot is placed next to the left foot to perform a forward lunge, LFO (with skating leg bent) and simultaneously RFI (with leg extended in back).
- **28c** LFO Sw (on the 3rd beat): skaters remain with the weight of the body on the outside edge of the left foot while the right foot, sliding on the floor, is moved forward in contact with the floor (both feet remain resting on the floor until they are under the center of gravity and parallel to each other). The couple then executes a forward swing on the 3rd beat with the free legs lifted from the floor and in line with the skating legs.
During the forward swing, the couple moves out of Kilian position, to assume Tandem position (with woman in front of the man), left skates in line, free legs extended, with the man's right hand on the right side of the woman and the left hands of the couple joined together, at the height of the woman's hip (in Tandem position allowing for a slight shift of the woman to the man's left to avoid the man hitting the knee of his right leg against the woman's buttocks).
- **28d** LFI (4th and 5th beat on an inside edge): on the 4th beat the couple changes edge from LFO to LFI and on the 5th beat remains on the inside edge; during these two beats, the right leg is brought back to the left and the foot is placed next to the left in "and" position. On this change of edge, the woman moves to the man's left side and in this position the left hands of the skaters are raised above the woman's head while the right hands are joined on the right side of the woman.

Step 29 is a RFO (2 beats) that begins parallel to the long axis and aims toward the long side barrier, with the man's right hand on the right side of the woman while the left arms of both skaters are optional.

Step 30 XR LFO 3t (2 beats) is a cross roll on the 1st beat with the man's right hand on the right side of the woman, and on the 2nd beat a three turn, where the couple assumes Kilian position.

Step 31 RBO (2 beats) begins in Kilian position, and then there is a rapid passage of the couple into Tandem position to execute the next step.

Step 32 Mk LFO (1 beat) is followed by a crossed chasse, **step 33** XCh RFI (1 beat).

Step 34 is a LFO (2 beats) that intersects the long axis, followed by **step 35** XR RFO (2 beats).

Step 36 SI Sd LFI/RFO - LFO (2 beats total, 1+1) is distributed as follows:

- On the 1st beat (**step 36a**) the couple executes a SLIDE with both skates on the floor (LFI of the supporting leg and RFO of the extended leg).
- On this step the skaters will initially place the left foot next to the right, resting on the floor, then transfer their weight onto the left (LFI) by stretching the right leg forward simultaneously on an outside edge (RFO).
- The edges are pressed to form an arc that aims in the direction of the long side barrier.
- On the 2nd beat (**step 36b**) the skaters perform a change of edge with the left foot to LFO, while lifting the right leg off the floor. The direction is perpendicular to the long side barrier.

Step 37 DCh RFI (2 beats) is a dropped chasse that curves in preparation for the restart of the dance.

***Lunge or thrust** both feet of the skaters are resting on the floor, the left knee is clearly bent in front while the right leg simultaneously slides in back, leg extended, on a RFI edge.

Key Points – Castel March

SECTION 1:

1. **Steps 5 – 6:** Correct technical execution of **step 5 XB LFI** (2 beats) and **step 6 CIMk RBI** (2 beats), a closed mohawk executed with feet close together. Attention to the proper placement of the free foot with respect to the skating foot during the closed mohawk with control of the position of the couple during the turn.
2. **Steps 8-9-10:** Correct technical execution of **step 9 XF LBI** and **step 10 IvMk RFI** with feet close together. Attention to the precise execution of the change of position as the partners release hold during the ballroom and at the end of the transition, assume Reverse Kilian position.
3. **Steps 12 XR RFO** (1 beat) **for both skaters** and **13 XR LFO 3t** (2 beats, 1+1) **for the man** and **13a XR LFO** (1 beat) and **13b Ch RFI** (1 beat) **for the woman:** Correct technical execution of the Xrolls with deep edges and correct lean, with attention that the couple maintains Reverse Kilian position with no separation during these steps.
4. **Steps 18 XB LBO and 19 XB RBO Sw:** correct technical execution of these steps on required edges with feet close together, with attention that the couple maintains Reverse Kilian position with no separation during these steps.

SECTION 2:

1. **Steps 20 and 21:** correct technical execution of **step 20 CIMk LFO** for both skaters, exiting with the free legs extended forward; attention to the proper foot placement and the required outside edge on the closed mohawk and Kilian position of the couple; correct execution of **step 21 Run RFI**, which must not be crossed.
2. **Steps 23-24-25:** Correct technical execution of **Step 23 XF RFO** (1/2 beat) and **24 XB LFI** (1/2 beat), cross steps performed with feet close together and **step 25 DCh RFO** (1 beat). Attention to the correct timing of each step.
3. **Step 28 Lunge (thrust):** correct technical execution of the lunge, in Kilian position; proper control of the timing required during the execution of the step

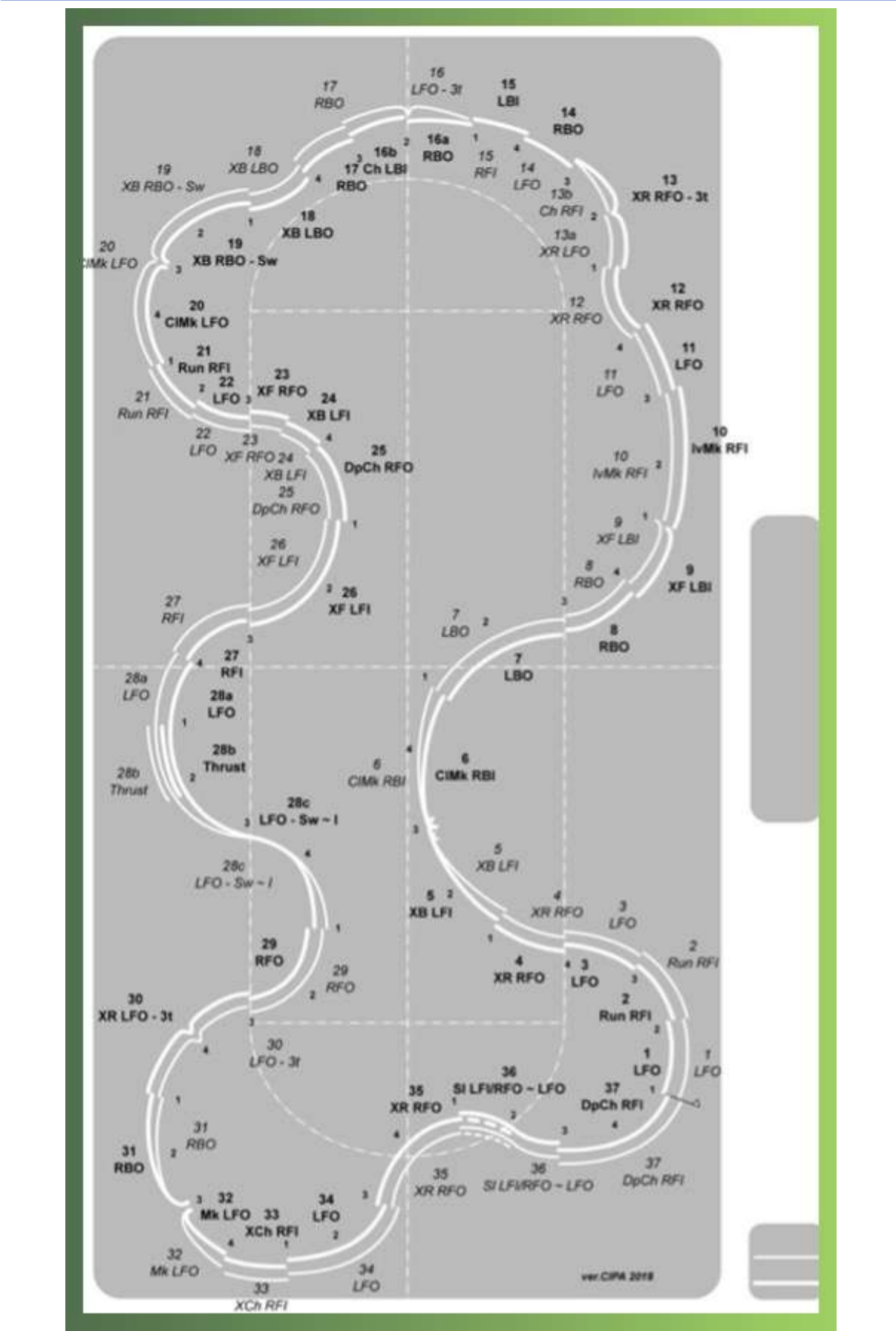
and the required edges; attention to the outside edge in the swing, in Tandem position and the change of edge, with the movement of the woman to the man's left while the hands are brought over the head of the woman and the right hands are together on the right side of the woman.

4. **Step 36a/b** LFI/RFO-Sd- LFO: correct technical execution of the Slide on the 1st beat with the required edges (LFI of the supporting leg and RFO of the leg extended in front); attention to the evident change of edge to outside (LFO) on the 2nd beat with the right legs lifted in front.

List of steps – Castel March

POSITION	NO	WOMAN'S STEPS	MUSICAL BEATS			MAN'S STEPS
SECTION 1						
Kilian see notes	1	LFO		1		LFO
	2	Run RFI		1		Run RFI
	3	LFO		1		LFO
	4	XR RFO		1		XR RFO
	5	XB LFI		2		XB LFI
	6	CIMk RBI		2		CIMk RBI
	7	LBO		2		LBO
	8	RBO		1		RBO
	9	XF LBI		1		XF LBI
Reverse Kilian	10	IvMk RFI		2		IvMk RFI
	11	LFO		1		LFO
	12	XR RFO		1		XR RFO
	13a	XR LFO	1		1+1	XR LFO 3t
Waltz	13b	Ch RFO	1			(to LBI)
	14	LFO		1		RBO
	15	Run RFI		1		Run LBI
	16a	LFO 3t	1+1		1	RBO
Reverse Kilian	16b	(to LBI)			1	Ch LBI
	17	RBO		1		RBO
	18	XB LBO		1		XB LBO
See notes	19	XB RBO Sw		1+1		XB RBO Sw
Kilian	20	CIMk LFO		2		CIMk LFO
	21	Run RFI		1		Run RFI
	22	LFO		1		LFO
SECTION 2						
	23	XF RFO		½		XF RFO

	24	XB LFI		½		XB LFI
	25	DCh RFO		1		DCh RFO
	26	XF LFI		2		XF LFI
	27	RFI open stroke		1		RFI open stroke
	28a	LFO		1+		LFO
	28b	28b Thrust(LFO/RFI)		1+		Thrust (LFO/RFI)
Tandem	28c	LFO Sw		1+		LFO Sw
See notes	28d	LFI		2		LFI
	29	RFO		2		RFO
	30	XR LFO 3t		1+1		XR LFO 3t
Kilian Tandem to	31	RBO		2		RBO
Kilian	32	Mk LFO		1		Mk LFO
	33	XCh RFI		1		XCh RFI
	34	LFO		2		LFO
	35	XR RFO		2		XR RFO
	36 ^a	SI Sd(LFI/RFO)		1 +		SI Sd (LFI/RFO)
	36b	LFO		1		LFO
	37	DCh RFI		2		DCh RFI



CHA CHA PATIN

By Hugo Chapouto (2016)

Music: Cha Cha 4/4

Tempo: 112 bpm

Position: Kilian Reverse, Tandem, Kilian

This dance was designed to introduce skaters to a Latin American rhythm at an early stage of development and help them to appreciate rhythm not only with their feet, but also with their bodies. Therefore, individual interpretation to add Cha Cha character is permitted provided that the integrity of steps, free leg positions and dance holds are maintained.

The dance should start near the left corner close to the judge stand in Reverse Kilian position with a LFO (step #1) and a raised chasse RFI (step #2), both of one beat, aiming toward the long side barrier. Step #3 is a LFO of two beats, aiming toward the center of the floor, followed by a dropped chasse RFI (step #4) of one and a half beats and a quick raised chasse LFO (step #5) of a half beat.

Step #6 is a RFO of two beats, with a knee action to accent the second beat of the step, aiming toward the center of the floor, followed by a Run LFI (step #7) and RFO (step #8), both of one beat. Closing the lobe, is a cross behind LFI (step #9) with a change of edge to LFO on the second beat of the step, aiming toward the long side barrier, to allow step #10, a cross behind RFI of one and a half beats. Step #11 is a quick Open Mohawk LBI of a half beat, to allow step #12 a RBO swing of four beats, starting near the short axis, parallel to the long side barrier, swinging the free leg backward on the third beat of the step, finishing aiming toward the center of the floor. On step 11, the couple should change from Reverse Kilian position to Tandem position, keeping the man's right hand on the woman's right hip.

Step #13 is a Choctaw to a LFI of two beats, aiming toward the center of the floor, where the couple should assume Kilian position. Step #14 is a cross behind RFO of one beat followed by a cross in front LFI (step #15) of two and a half beats, swinging the free leg in front on the second beat of the step, finishing aiming toward the long side barrier, with a quick raised chasse RFO (step #16) of a half beat. Step #17 is a LFO of two beats, with a knee action to accent the second beat of the step, aiming toward the long side barrier, followed by a run RFI (step #18) of one beat and a LFO (step #19) of three beats, skated around the corner. On this step, the free leg should return close to the left leg after stroking on the first beat, to accent the second beat of the step returning to a backward position.

Step #20 is a Cross in front RFI of two beats, aiming toward the center of the floor, with a change of edge to outside on the second beat of the step, to allow Step #21, a cross behind LFI of one and a half beats. Step #22 is a quick Open Mohawk RBI of a half beat, to allow step #23 an LBO swing of four beats, starting near the long axis, swinging the free leg backward on the third beat of the step, finishing aiming toward the short side barrier. On step 22, the couple should change from Kilian position to Tandem position, keeping the man's left hand on the woman's left hip. The last step of the dance is a Choctaw to RFI (step #24), of two beats, finishing parallel to the short side barrier, allowing restarting the dance.

Key Points – Cha Cha Patin

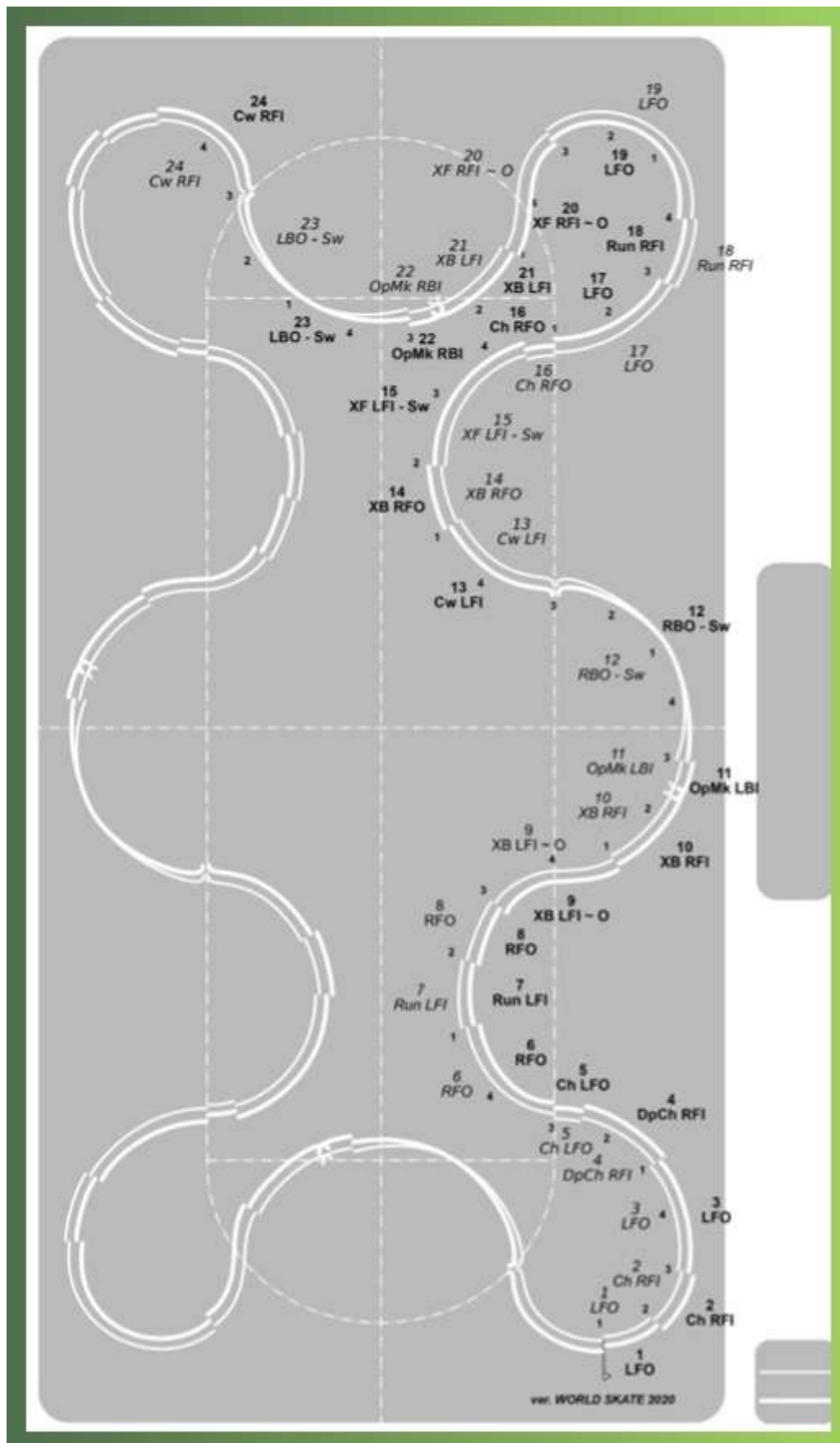
1. **Step 11 OpMk LBI (½ beat):** correct technical execution of the open mohawk, respecting the correct timing and placement of the left foot.
2. **Step 13 Cw LFI:** correct technical execution of the choctaw, with the correct edges before and after the turn.
3. **Step 22 OpMk RBI (½ beat):** correct technical execution of the open mohawk, respecting the correct timing and placement of the right foot.
4. **Step 24 Cw RFI:** correct technical execution of the choctaw with correct edges before and after the turn.

List of steps - Cha Cha Patin

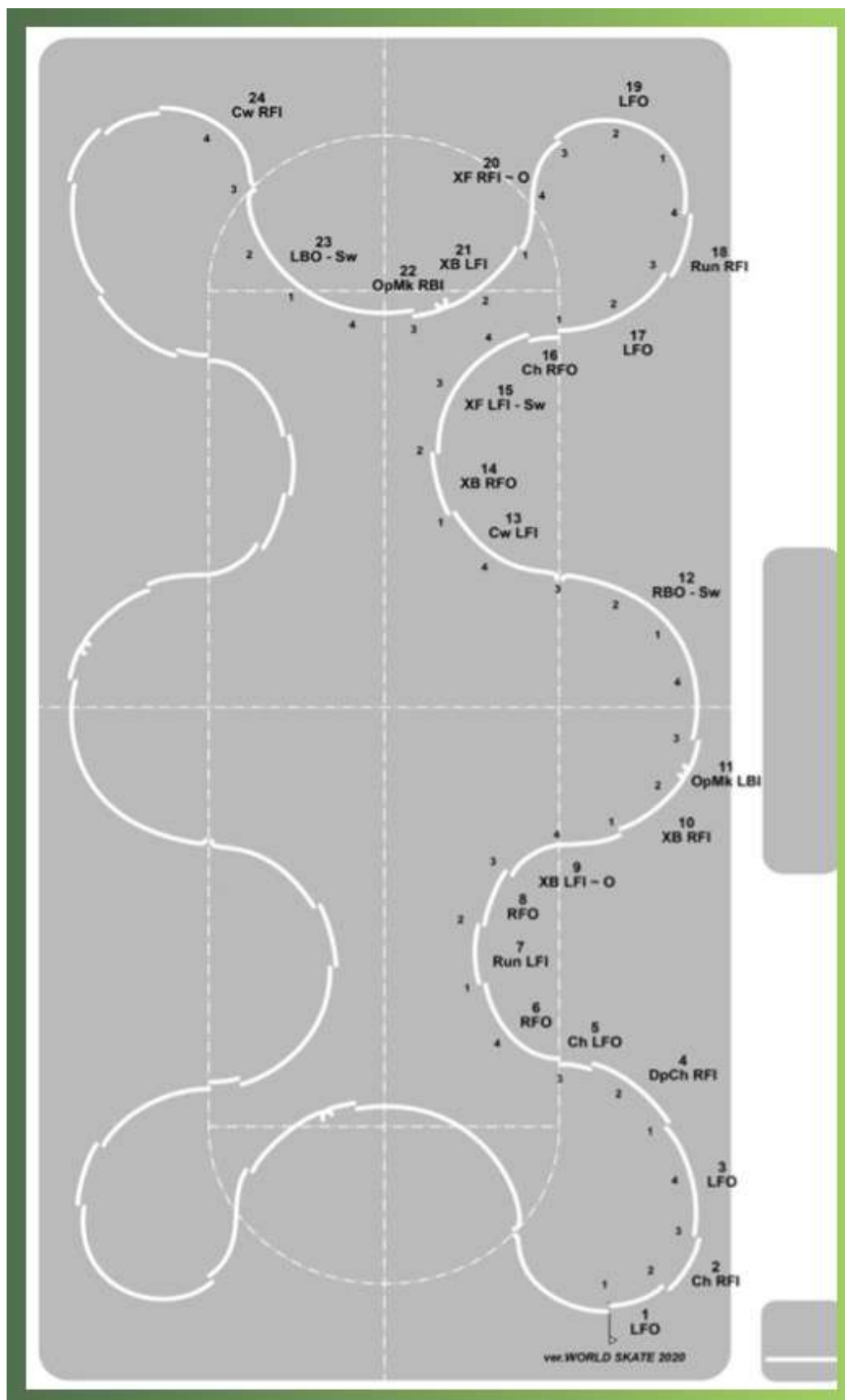
HOLD	NO.	WOMAN STEPS	BEATS	MAN STEPS
1st SECTION				
Kilian Reverse	1	LFO	1	LFO
	2	Ch RFI	1	Ch RFI
	3	LFO	2	LFO
	4	DCh RFI	1 ½	DCh RFI
	5	Quick Ch LFO	½	Quick Ch LFO
	6	RFO	2	RFO
	7	Run LFI	1	Run LFI
	8	RFO	1	RFO
	9	XB LFI/O	1+1	XB LFI/O
	10	XB RFI	1 ½	XB RFI
Tandem	11	Quick OpMk LBI	½	Quick OpMk LBI
	12	RBO Sw	2+2	RBO Sw
Kilian	13	Cw LFI	2	Cw LFI
	14	XB RFO	1	XB RFO
	15	XF LFI Sw	1+1 ½	XF LFI Sw
	16	Quick Ch RFO	½	Quick Ch RFO
	17	LFO	2	LFO
	18	Run RFI	1	Run RFI
	19	LFO	3	LFO
	20	XF RFI/O	1+1	XF RFI/O

	21	XB LFI	1 1/2	XB LFI
Tandem	22	Quick OpMk RBI	1/2	Quick OpMk RBI
	23	LBO Sw	2+2	LBO Sw
Kilian Reverse	24	Cw RFI	2	Cw RFI

Pattern – Cha Cha Patin Couples



Pattern – Cha Cha Patin Solo



CITY BLUES SOLO & COUPLES

By Robert LaBriola

Music: Blues 4/4
Tempo: 88 Beats

Music: Kilian
Pattern: set

The dance is performed in Kilian position and the steps are the same for both skaters.

The dance begins aiming toward the long side barrier with a sequence of three steps:

Step 1 LFO (1 beat) is a stroke beginning toward the long side barrier.

Step 2 Run RFI (1 beat) is a run parallel to it.

Step 3 LFO (2 beats) curves away from the long side barrier and aims in the direction of the long axis.

Steps 4, 5 and 6 form the center lobe of the dance (8 beats total) with steps 4 and 5 forming the first half of the lobe and step 6 the second half.

Step 4 RFO (2 beats) is a stroke in the direction of the long axis;

Step 5 Dpch LFI (2 beats) is a dropped chasse accomplished by:

- a previous parallel “and-position before changing support;
- Changing foot.
- Immediately extending the free leg in front.

Step 6 RFO Sw (4 beats total 2+2) where the free leg swings in front on the 3rd beat, begins at the short axis and finishes on the baseline in the direction of the long side barrier.

Step 7 LFO (1 beat) is a stroke aimed toward the long side barrier, **step 8 Run RFI** (1 beat) becomes parallel to it and **step 9 LFO Sw** (1+1 beats) is a stroke with a swing forward on the 2nd beat, begins parallel to the long side barrier and curves away from it.

Step 10 XF RFI (2 beats) is a cross front with extension of the left leg in back, aimed in the direction of the short side barrier.

Step 11 LFO (1 beat) is a stroke aimed toward the long side barrier, **step 12 Run RFI** (1 beat) becomes parallel to it and **step 13 LFO** (2 beats) is a stroke that begins parallel to the long side barrier and curves away from it.

Step 14 Dpch LFI (2 beats) is a dropped chasse aimed to the long side barrier.

REFERENCE STEPS:

Step 6 – must start by the short axis;

Step 13 – must start by the long axis.

Key Points – City Blues Couples and Solo

1. Step 5 DpCh LFI (2 beats):

- Correct timing of the step;
- Correct technical execution of the DpCh – starting from an “and position”: with feet close and parallel. On beat 1, the right leg becomes the free leg and immediately extends in front.
- No deviations from the inside edge;
- **For couples:** Attention to the position of the couple which should be close without any separations.

2. Step 6 RFO Sw (2+2 beats):

- Correct timing of the step;
- Correct technical execution of the stroke and Swing on an outside edge with the free leg held back for 2 beats and swung forward on the 3rd beat;
- No deviations from the outside edge;
- **For couples:** Attention to the position of the couple which should be close without any separations.

3. Step 10 XF RFI (2 beats):

- Correct technical execution of the cross front, with feet close and parallel before executing the RFI on a clear inside edge.
- No deviations from the inside edge;
- **For couples:** Attention to the position of the couple which should be close without any separations.

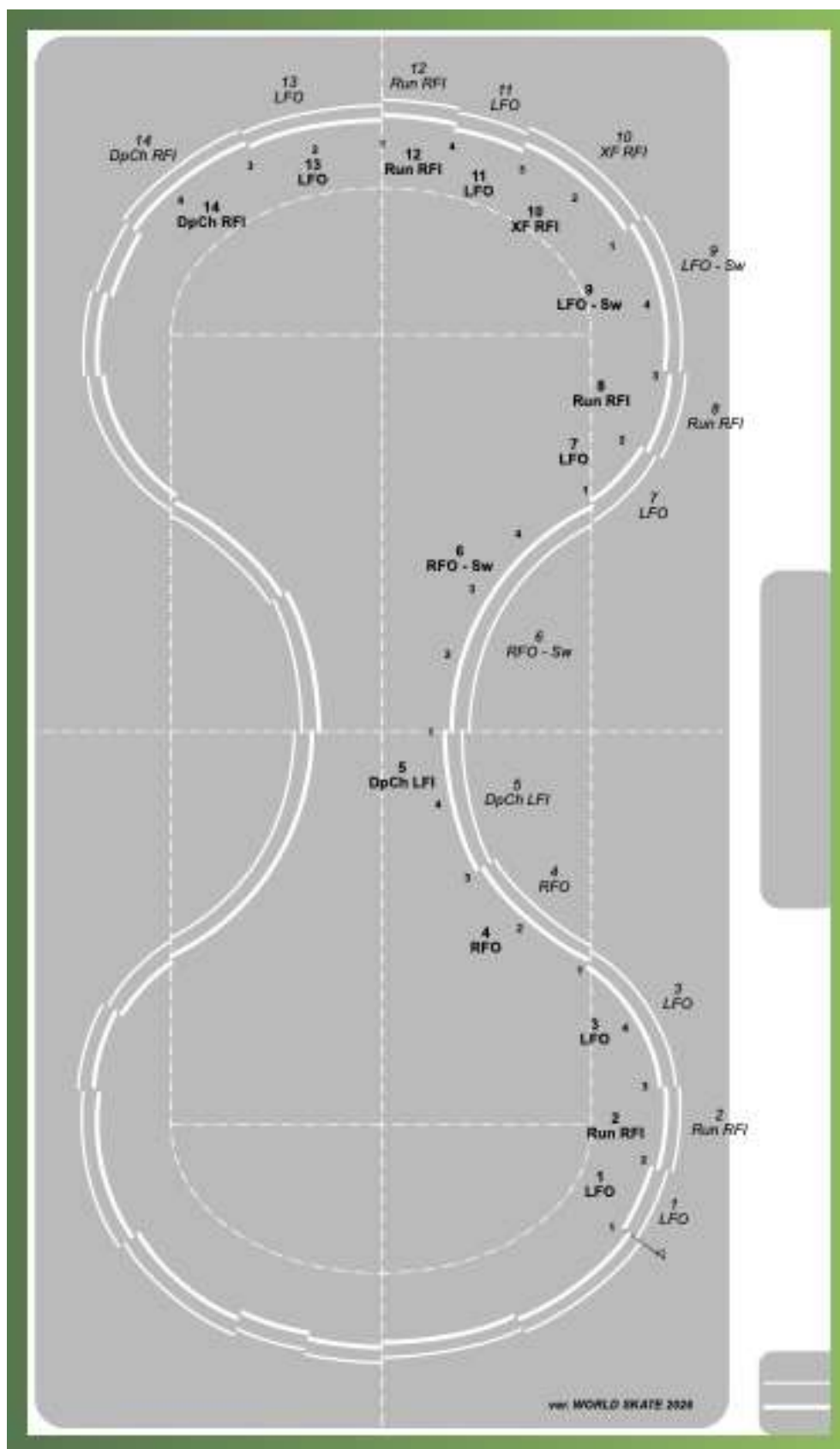
4. Step 14 DpCh RFI (2 beats):

- Correct timing of the step (2 beats).
- Correct technical execution of the DpCh – starting from an “and position”: with feet close and parallel. On beat 1, the left leg becomes the free leg and immediately extends in front.
- No deviations from the inside edge;
- **For couples:** Attention to the position of the couple which should be close without any separations.

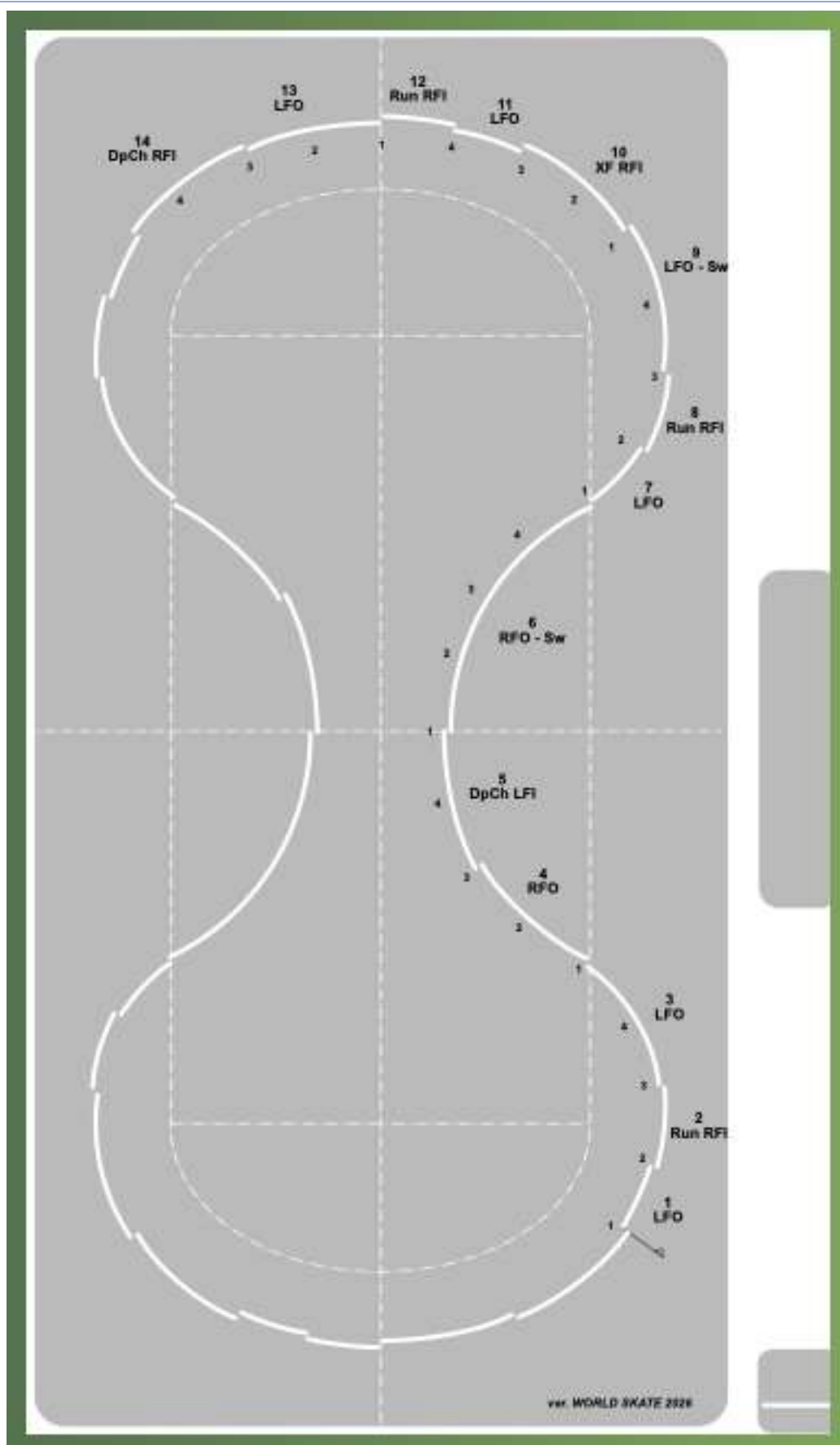
List of steps – City Blues Couples and Solo

HOLD	STEPS	MAN	BEATS	LADY
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	RFO	2	RFO
	5	Dpch LFI	2	Dpch LFI
	6	RFO Sw	2+2	RFO Sw
	7	LFO	1	LFO
	8	Run RFI	1	Run RFI
	9	LFO Sw	1+1	LFO Sw
	10	XF RFI	2	XF RFI
	11	LFO	1	LFO
	12	Run RFI	1	Run RFI
	13	LFO	2	LFO
	14	Dpch RFI	2	Dpch RFI

Pattern – City Blues Couples



Pattern – City Blues Solo



COALESCE WALTZ - SOLO

By Andrew Beattie

Music: Waltz 3/4

Tempo: 132 bpm

Pattern: set

Step 1 LFO (2 beats) is a stroke in the direction of the short side barrier.

Step 2 Ch RFI (1 beat) is a chasse performed parallel to the short side barrier.

Step 3 LFO 3T (2+1 beats) is a stroke and a 3 turn on the 3rd beat of the step, with the foot of the free leg kept close to the skating foot during the execution of the turn.

Step 4 Ch RBO (1 beat) is a chasse.

Step 5 Mk LFO 3T (1+1 beats) begins with a mohawk to LFO, followed by a 3 turn on the 2nd beat of the step. The foot of the free leg must be kept close to the skating foot during the execution of the turn.

Step 6 RBO Sw (3+3 beats) is a stroke followed by a swing where the free leg must swing back on the 4th beat of the step, maintaining the outside edge.

Step 7 DpCh LBO (3 beats) is a dropped chasse towards the long axis.

Step 8 Mk RFO 3T (2+1 beats) begins with a mohawk to RFO and a 3 turn on the 3rd beat of the step, with the foot of the free leg kept close to the skating foot.

Step 9 LBO (2+1+3 beats) is a stroke where the free leg extends forward for 2 beats. On the 3rd beat the free leg approaches the skating leg (without bending the knee of the free leg) and on the 4th beat extends forward again. Attention to the timing of the free leg movements and maintenance of the outside edge. Step 9 initially begins parallel to the long axis and finishes towards the long side barrier.

Step 10 Cw RFI (3 beats) is a Choctaw in the direction of the long side barrier.

Step 11 LFO (2 beats) is a Stroke.

Step 12 XCh RFI (1 beat) is a Crossed chasse with feet close together.

Step 13 LFO (3 beats) is a Stroke that curves in the direction of the short axis.

Step 14 XR RFO Sw (3+3 beats) is a Cross roll with a swing of the free leg forward on the 4th beat of the step, concluding the sequence of the dance to restart. The swing finishes in the direction of the short side barrier.

Key Points – Coalesce Waltz Solo

1. Step 2 Ch RFI (1 beat):

- Correct timing of the step;
- Correct technical execution of the chasse on an inside edge with a clear lift from the floor.

2. Step 8 Mk RFO 3T (2+1 beats):

- Correct timing of the step;
- Clear outside edge, with appropriate inclination, before the 3T;
- Correct technical execution and timing of the 3T on the 3rd beat;
- Clear inside edge after the 3T.

3. Step 9 LBO (2+1+3 beats):

- Correct timing of the step;
- Correct technical execution of the stroke and free leg movements (see description) without deviating from the outside edge during the entire step;

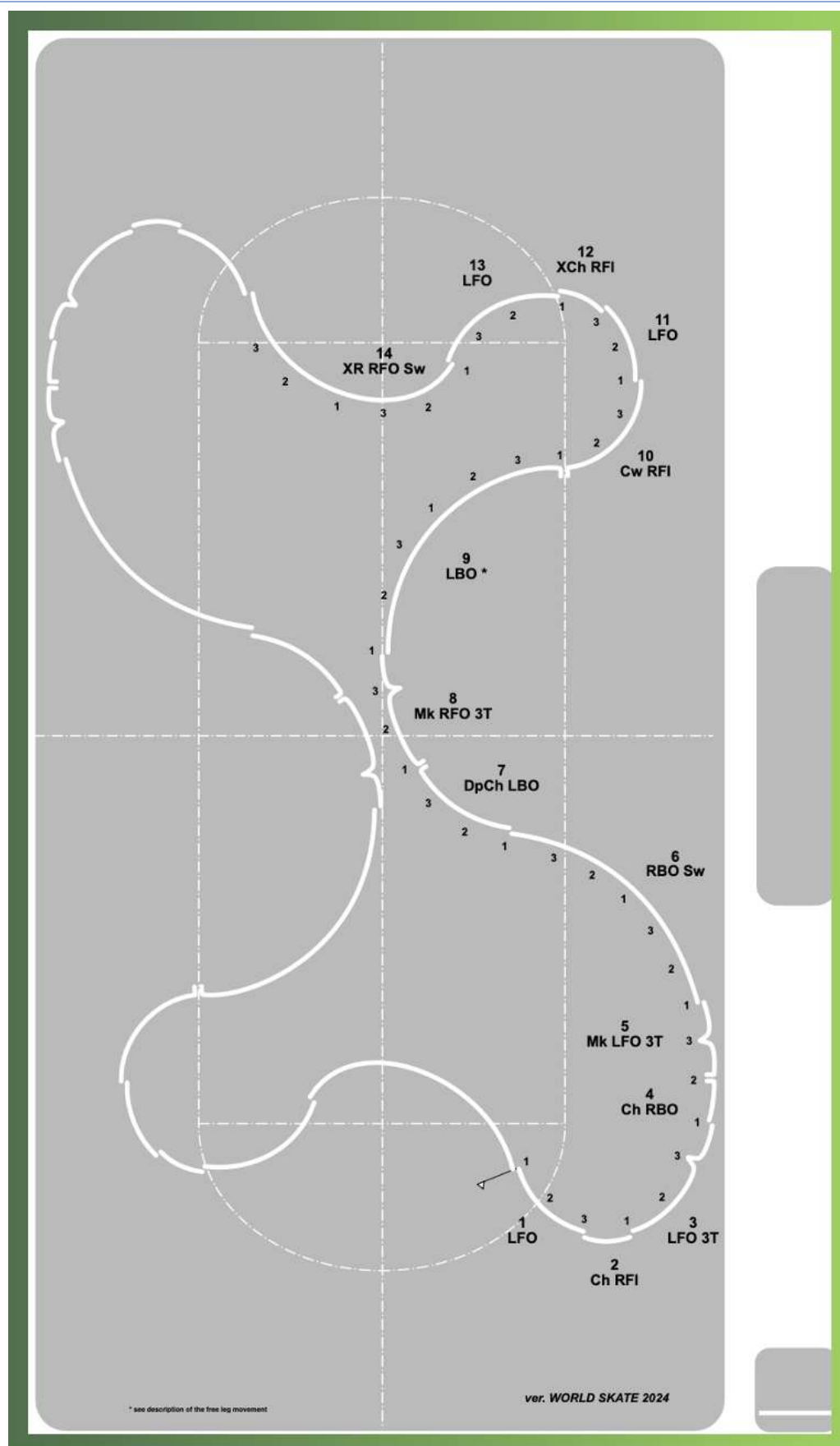
4. Step 14 XR RFO Sw (3+3 beats):

- Correct timing of the step;
- Correct technical execution of the cross roll, immediately transferring to an outside edge with an appropriate change of lean;
- Correct technical execution and timing of the swing on the 4th beat, without deviating from the outside edge in advance.

List of steps – Coalesce Waltz Solo

STEP NUMBER	STEP	MUSICAL BEATS
1	LFO	2
2	Ch RFI	1
3	LFO 3T	2 + 1
4	Ch RBO	1
5	Mk LFO 3T	1 + 1
6	RBO Sw	3 + 3
7	DpCh LBO	3
8	Mk RFO 3T	2 + 1
9	LBO*	2 + 1 + 3
10	Cw RFI	3
11	LFO	2
12	XCh RFI	1
13	LFO	3
14	XR RFO Sw	3 + 3
* please read prescribed movement of the free leg		

Pattern – Coalesce Waltz Solo



CUMBIA ARGENTINA - COUPLES

By [María Cecilia Ardanáz](#)

Music: Cumbia 4/4

Tempo: 92bpm

Pattern: set

Hold Position: Tandem, Kilian, Reverse Kilian

The evolution of figure skating led to the creation of a dance with a variety of pushing steps, clear edges, short and dynamic steps for the skill of the skater.

The dance must be performed with energy and determination.

Step 1: The position assumed by the couple during Step 1 is Tandem, aimed in the direction of the long side barrier; **Forward scissor move** (1+1 beat each), this movement must start and finish with both feet on the floor. Starting with feet close together in an angular position both feet must separate from each other and join again doing inside edges for 2 beats.

- 1st beat: The anticlockwise lobe made by the right foot must be done at the same time and similar to the clockwise lobe made by the left foot, making both skates widely separate and parallel.

- 2nd beat: Always on inside edges both feet must return, on the second beat, to a "and" position on the right foot, preparing for step 2.

Step 2 LFO (1 beat) is a stroke followed by the **step 3 Run RFI** (1 beat) and **step 4 LFO** (1 beat). They are a series of runs curving towards the long axis. The position assumed by the couple during step 2 is Kilian which will be maintained until step 6 DpCh LFO (beat 1).

Step 5 XB RFI (1 beat) is a cross behind on an inside edge with simultaneous extension of the free leg in front. This step aims toward the short side barrier.

Step 6 DpCh LFO/I (1+ ½ beats). This step must be executed with clear outside and inside edges. The DpCh is done on an outside edge for 1 beat, with the simultaneous free leg extension toward the short side barrier. There should be a clear COE to inside for ½ beat. The position of the couple is Kilian with the woman slightly forward, allowing for the change to Tandem position at the time of the COE. Attention to the correct lean of the couple during this step.

Step 7 Ch RFO (½ beat) is a quick chasse. Correct technical execution of the quick chasse on an outside edge with both feet parallel. The position assumed by the couple during step 7 Ch RFO is Tandem.

The next group of steps are skated in Reverse Kilian position.

Step 8 Run LFI (2 beats) is a run that begins on the long axis and continues in the direction of the long side barrier.

Step 9 RFO (1 beat), **Step 10 Run LFI** (1 beat) and **Step 11 RFO** (2 beats) are a sequence of runs on a shallow arc that approaches the left long side barrier. These runs must be performed powerfully.

Step 12 CIMk LBO (2 beats) is a closed Mohawk with the feet close together, with simultaneous stretching of the free leg, skated on an outside edge. The couple must keep parallel body lines and synchronization of the free leg movements. At the time of the closed mohawk, the couple assume Kilian position.

Step 13 CIMk RFO (1 ½ beats) is a closed Mohawk on an outside edge with the feet close together, executed with simultaneous stretching of the free leg. This step begins the curve in the direction of the long axis without deviating from the outside edge at the exit of the step. The closed mohawk is performed on the short axis. The position assumed by the couple during this step is Reverse Kilian which will be maintained until Step 23.

Step 14 Ch LFI (½ beat) is a quick chasse on an inside edge.

Step 15 RFO (1 beat), **Step 16 Run LFI** (1 beat), **Step 17 RFO** (2 beats) create a sequence of runs that initially aim towards the long axis and curve in the direction of the short axis. The last stroke ends on the short axis, parallel to the long side barriers.

Step 18 XR LFO (2 beats) a cross roll on an outside edge aiming towards the short side barrier. The couple must keep parallel body lines during the cross roll and synchronization of leg movements during the steps.

Step 19 XF RFI (2 beats) is a cross in front with the feet close together skated on an inside edge aiming towards the long side barrier. The movement of the free leg is optional.

Step 20 LFO (1 beat) is a stroke and **Step 21 Run RFI** (1 beat) is a run that ends on the short axis, followed by **Step 21 LFO** (2 beats), an outside stroke that aims in the direction of the short side barrier. These steps must be performed powerfully.

Step 23 OpS RFI (2 beats) is an open stroke.

Step 24 CIMk LBI (2 beats) is a closed Mohawk with the feet close together with simultaneous stretching of the free leg, skated on an inside edge. The position assumed by the couple is Killian during these 2 beats.

Step 25 CIMk RFI (1 ½ beats) is a closed Mohawk on an inside edge with the feet close together without deviating from the inside edge at the exit of the step; the

free leg must be stretched, aiming toward the short side barrier. The position assumed by the couple is Reverse Killian until Step 30.

Step 26 Ch LFO ($\frac{1}{2}$ beat) is a quick chasse on an outside edge.

Step 27 Run RFI (1 beat) is a run that curves in the vicinity of the short side barrier and **Step 28 LFO** (1 beat) is a stroke that begins on the long axis.

Step 29 XB RFI (1 beat) is a cross behind with feet close and parallel with simultaneous stretching of the free leg, aiming toward the short side barrier.

Step 30 Ch LFO (1 beat) the position assumed by the couple is Tandem. Chasse on an outside edge skated towards the long side barrier to conclude the dance.

REFERENCE STEPS:

Step 8 – must start on the longitudinal axis;

Steps 13, 18 and 22 - must start on the short axis;

Step 28 – must start on the longitudinal axis;

Key Points – Cumbia Argentina Couples

1. **Step 5 XB RFI** (1 beat) - **Step 6 DpCh LFO/I** ($1 + \frac{1}{2}$ beats)
 - Correct timing of the steps;
 - Correct technical execution of **cross behind**, with feet close and parallel before executing the RFI on a clear inside edge, and with correct inclination;
 - Correct timing and technical execution of the **COE** with an evident change of inclination;
 - Attention to the unison of the free leg movements.
2. **Step 12 CIMk LBO** (2 beats) - **Step 13 CIMk RFO** ($1 \frac{1}{2}$ beats).
 - Correct timing of the steps.
 - Correct technical execution of both **Closed Mohawks** with the feet close together with the clear outside edge before and after in both steps.
 - No deviation from the outside edges.
3. **Step 18 XR LFO** (2 beats) - **Step 19 XF RFI** (2 beats).
 - Correct timing of both steps;
 - Correct technical execution of the **cross roll**, performed with a clear and correct outside edge for 2 beats, with adequate inclination of the body and no separation of the hold position of the partners.
 - Correct technical execution of **cross front**, with feet close and parallel before executing the LFI on a clear inside edge.
 - Attention to the unison of the free leg movements.
4. **Step 24 CIMk LBI** (2 beats) - **Step 25 CIMk RFI** ($1 \frac{1}{2}$ beats).

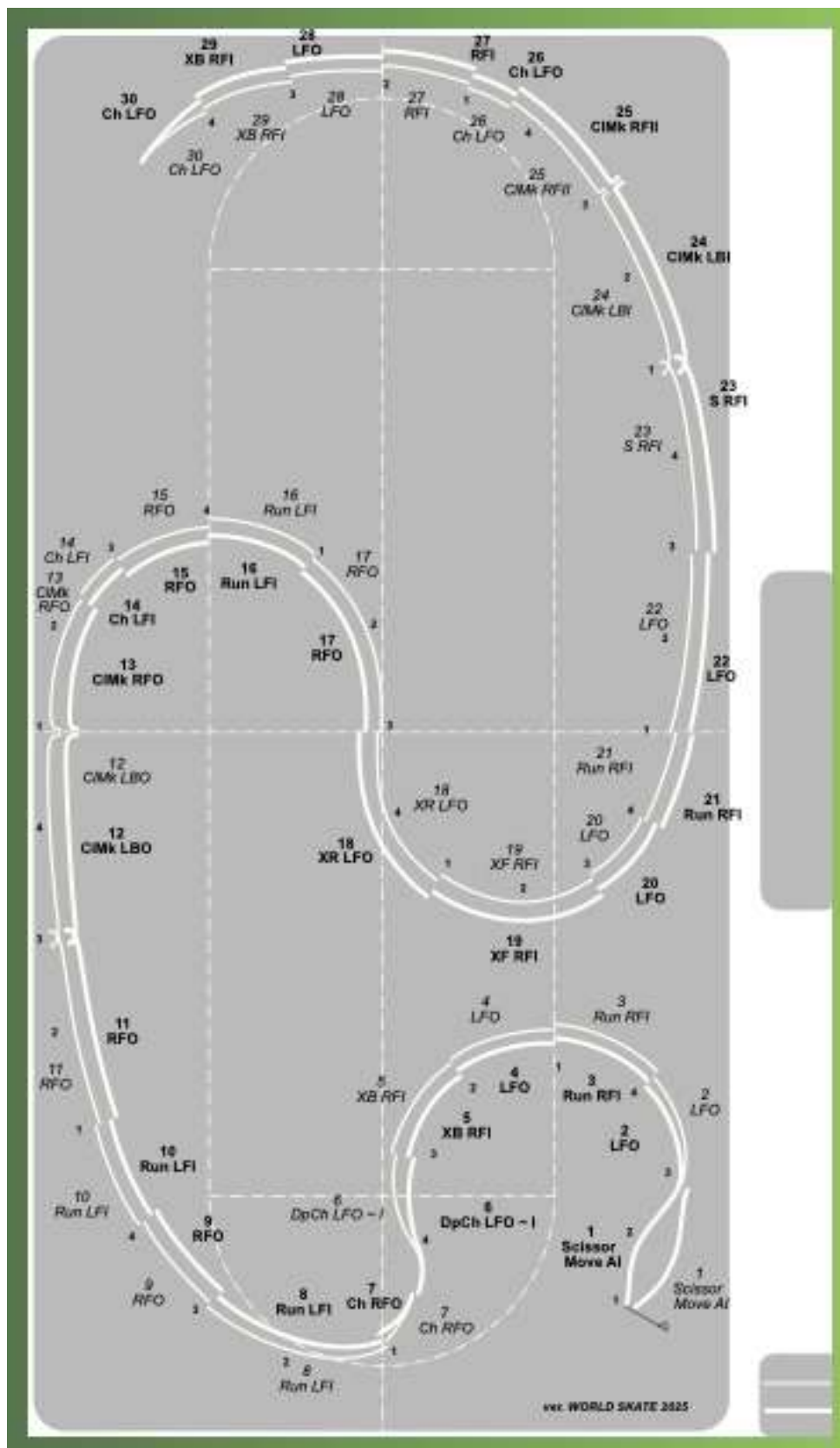
- Correct timing of both steps;
- Correct technical execution of both **Closed Mohawk** with the feet close together with the clear inside edge at the exit of both steps.
- No deviation from the inside edges.

List of steps – Cumbia Argentina Couples

HOLDS	STEP S	MAN'S STEP	MUSICAL BEATS	WOMAN'S STEP
Tandem	1	Forward Scissor	1 + 1	Forward Scissor
Kilian	2	LFO	1	LFO
	3	Run RFI	1	Run RFI
	4	LFO	1	LFO
	5	XB RFI	1	XB RFI
	6	DpCh LFO/I	1+1/2	DpCh LFO/I
From Kilian to	7	Ch RFO	1/2	Ch RFO
Reverse Kilian	8	Run LFI	2	Run LFI
	9	RFO	1	RFO
	10	Run LFI	1	Run LFI
	11	RFO	2	RFO
Kilian	12	CIMk LBO	2	CIMk LBO
Reverse Kilian	13	CIMk RFO	1 1/2	CIMk RFO
	14	Ch LFI	1/2	Ch LFI
	15	RFO	1	RFO
	16	Run LFI	1	Run LFI
	17	RFO	2	RFO
	18	XR LFO	2	XR LFO
	19	XF RFI*	2	XF RFI*
	20	LFO	1	LFO
	21	Run RFI	1	Run RFI
	22	LFO	2	LFO
	23	OpS RFI	2	OpS RFI
Kilian	24	CIMk LBI	2	CIMk LBI

Reverse Kilian	25	CIMk RFI	1 ½	CIMk RFI
	26	Ch LFO	½	Ch LFO
	27	Run RFI	1	Run RFI
	28	LFO	1	LFO
	29	XB RFI	1	XB RFI
Tandem	30	Ch LFO	1	Ch LFO
*The movement of the free leg is optional.				

Pattern – Cumbia Argentina Couples



CUMBIA ARGENTINA - SOLO

By María Cecilia Ardanáz.

MUSIC: Cumbia 4/4

Tempo: 92bpm

PATTERN: Set

The evolution of figure skating led to the creation of a dance with a variety of pushing steps, clear edges, short and dynamic steps for the skill of the skater. The dance must be performed with energy and determination.

Step 1 Forward scissor move (1+1 beat each), this movement must start and finish with both feet on the floor. Starting with feet close together in an angular position both feet must separate from each other and join again doing inside edges for 2 beats.

- 1st beat: The anticlockwise lobe made by the right foot must be done at the same time and like the clockwise lobe made by the left foot, making both skates

- widely separate and parallel.

- 2nd beat: Always on inside edges both feet must return, on the second beat, to a "and" position on the right foot, preparing for step 2.

Step 2 LFO (1 beat) is a stroke followed by the **step 3 Run RFI** (1 beat) and **step 4 LFO** (1 beat). They are a series of runs curving towards the long axis.

Step 5 XB RFI (1 beat) is a cross behind on an inside edge with simultaneous extension of the free leg in front. This step aims toward the short side barrier.

Step 6 DpCh LFO/I (1+ ½ beats). This step must be executed with clear outside and inside edges. The DpCh is done on an outside edge for 1 beat, with the simultaneous free leg extension toward the short side barrier. There should be a clear COE to inside for ½ beat.

Step 7 Ch RFO (½ beat) is a quick chasse. Correct technical execution of the quick chasse on an outside edge with both feet parallel.

Step 8 Run LFI (2 beats) is a run that begins on the long axis and continues in the direction of the long side barrier.

Step 9 RFO (1 beat), **Step 10 Run LFI** (1 beat) and **Step 11 RFO** (2 beats) are a sequence of runs on a shallow arc that approaches the left long side barrier. These runs must be performed powerfully.

Step 12 CIMk LBO (2 beats) is a closed Mohawk with the feet close together, with simultaneous stretching of the free leg, skated on an outside edge.

Step 13 CIMk RFO (1 ½ beats) is a closed Mohawk on an outside edge with the feet close together, executed with simultaneous stretching of the free leg. This step begins the curve in the direction of the long axis without deviating from the outside edge at the exit of the step. The closed mohawk is performed on the short axis.

Step 14 Ch LFI (½ beat) is a quick chasse on an inside edge.

Step 15 RFO (1 beat), **Step 16 Run LFI** (1 beat), **Step 17 RFO** (2 beats) create a sequence of runs that initially aim towards the long axis and curve in the direction of the short axis. The last stroke ends on the short axis, parallel to the long side barriers.

Step 18 XR LFO (2 beats) a cross roll on an outside edge aiming towards the short side barrier.

Step 19 XF RFI (2 beats) is a cross in front with the feet close together skated on an inside edge aiming towards the long side barrier. The movement of the free leg is optional.

Step 20 LFO (1 beat) is a stroke and **Step 21 Run RFI** (1 beat) is a run that ends on the short axis, followed by **Step 21 LFO** (2 beats), an outside stroke that aims in the direction of the short side barrier. These steps must be performed powerfully.

Step 23 OpS RFI (2 beats) is an open stroke.

Step 24 CIMk LBI (2 beats) is a closed Mohawk with the feet close together with simultaneous stretching of the free leg, skated on an inside edge.

Step 25 CIMk RFI (1 ½ beats) is a closed Mohawk on an inside edge with the feet close together without deviating from the inside edge at the exit of the step; the free leg must be stretched, aiming toward the short side barrier.

Step 26 Ch LFO (½ beat) is a quick chasse on an outside edge.

Step 27 Run RFI (1 beat) is a run that curves in the vicinity of the short side barrier and **Step 28 LFO** (1 beat) is a stroke that begins on the long axis.

Step 29 XB RFI (1 beat) is a cross behind with feet close and parallel with simultaneous stretching of the free leg, aiming toward the short side barrier.

Step 30 Ch LFO (1 beat) is a chasse on an outside edge, skated towards the long side barrier to conclude the dance.

REFERENCE STEPS:

Step 8 – must start on the longitudinal axis;

Steps 13, 18 and 22 - must start on the short axis;

Step 28 – must start on the longitudinal axis;

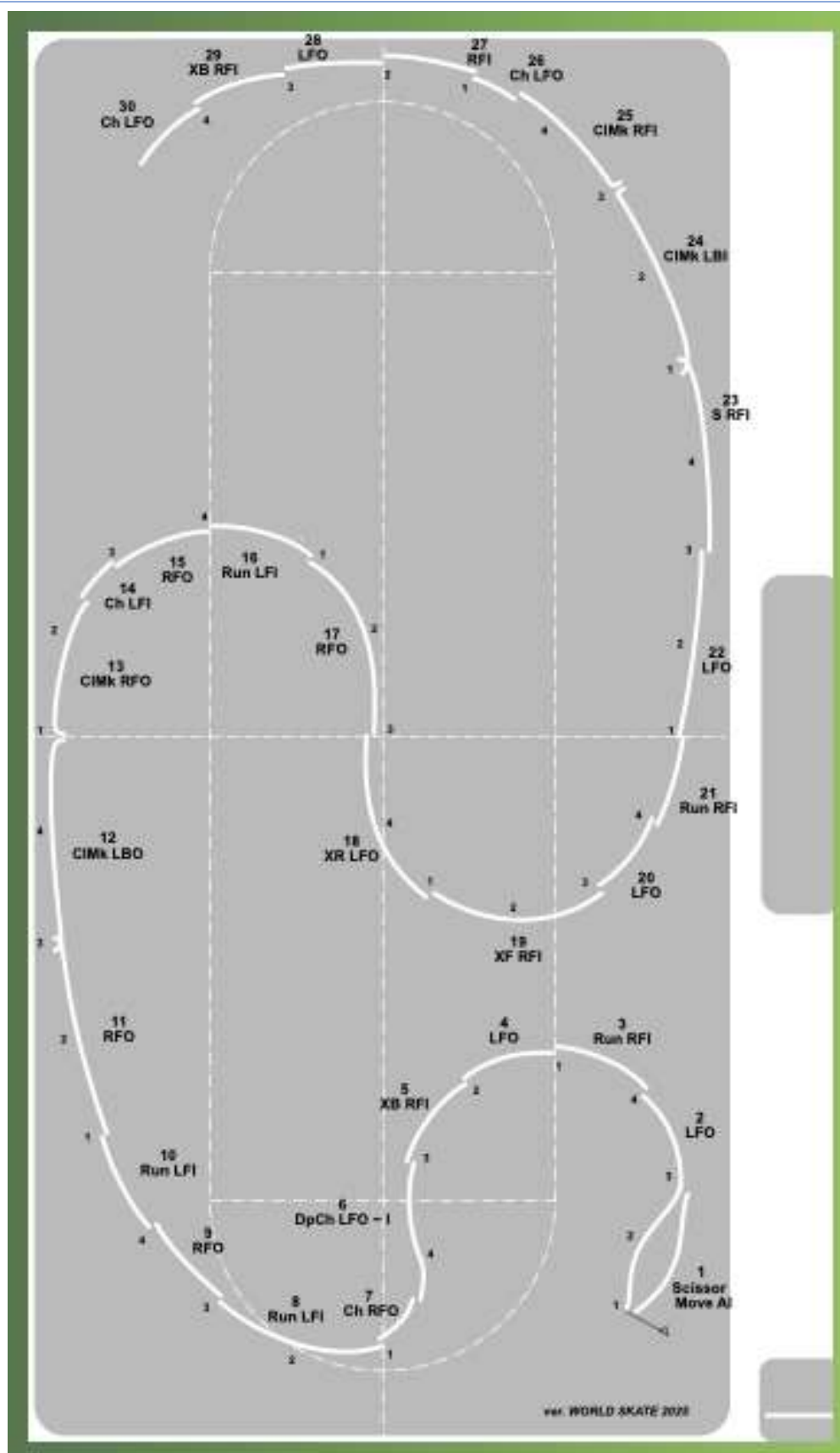
Key Points – Cumbia Argentina Solo

1. **Step 5 XB RFI (1 beat) - Step 6 DpCh LFO/l (1 + ½ beats).**
 - Correct timing of the step;
 - Correct technical execution of the **cross back**, with feet close and parallel before executing the RFI on a clear inside edge.
 - Correct timing and technical execution of the **Dropped Chasse**;
 - Correct execution of the **change of edge**: one beat on outside edge and ½ beat on a clear inside edge.
2. **Step 12 CIMk LBO (2 beats) - Step 13 CIMk RFO (1 ½ beats).**
 - Correct timing of the steps;
 - Correct technical execution of both **Closed Mohawk** with feet close together, respecting the prescribed edges required before and after both turns;
 - No deviation from the outside edges.
3. **Step 18 XR LFO (2 beats) - Step 19 XF RFI (2 beats).**
 - Correct timing of the steps;
 - Correct technical execution of the **cross roll**, performed with a clear and correct outside edge for 2 beats, with adequate inclination of the body;
 - Correct technical execution of the **cross front**, with feet close and parallel before executing the RFI on a clear inside edge.
4. **Step 24 CIMk LBI (2 beats) - Step 25 CIMk RFI (1 ½ beats).**
 - Correct timing of the steps.
 - Correct technical execution of both **Closed Mohawk** with feet close together, respecting the prescribed edges required before and after both turns.
 - No deviation from the inside edges.

List of steps – Cumbia Argentina Solo

Step Number	Step	Musical Beats
1	Forward inside Scissor Move	1 + 1
2	LFO	1
3	Run RFI	1
4	LFO	1
5	XB RFI	1
6	DpCh LFO/I	1+ ½
7	Ch RFO	½
8	Run LFI	2
9	RFO	1
10	Run LFI	1
11	RFO	2
12	CIMk LBO	2
13	CIMk RFO	1½
14	Ch LFI	½
15	RFO	1
16	Run LFI	1
17	RFO	2
18	XR LFO	2
19	XF RFI*	2
20	LFO	1
21	Run RFI	1
22	LFO	2
23	OpS RFI	2
24	CIMk LBI	2
25	CIMk RFI	1½
26	Ch LFO	½
27	Run RFI	1
28	LFO	1
29	XB RFI	1
30	Ch LFO	1
*The movement of the free leg is optional.		

Pattern – Cumbia Argentina Solo



DENCH BLUES – COUPLES DOUBLE PATTERN

By Robert Dench and Leslie Turner

Music: Blues 4/4 **Tempo:** 88 bpm **Pattern:** set
Positions: Partial Tango, Waltz, Reverse Partial Tango, Foxtrot

Note: The dance must begin on the opposite side of the judges.

Step 1 XR RFO for the man and **XR LBO** for the woman, (1 beat each) begins in Partial Tango position, followed by **Step 2 Run LFI** for the man and **XF RBI** for the woman (1 beat each) skated in Waltz position.

Step 1 begins aiming toward the long axis and step 2 curves to finish parallel to it.

Step 3 RFO for the man and **LBO** for the woman (2 beats) finishes toward the long side barrier beginning in Waltz position and moving into Reverse Partial Tango position for the start of Step 4.

Step 4 XR LFO 3t for the man (2 beats), with the man executing the three turn on beat 2, while the woman skates **Step 4a XR RBO** (1 beat) and **Step 4b XCh LBI** (1 beat). Step 4 begins in Partial Tango position and as the man does the three turn the couple assumes Foxtrot position, aiming toward the long side barrier. The couple remains in Foxtrot position until step 16.

Step 5 RBO (4 beats) curves to finish aiming perpendicular to the long axis followed by **Step 6 Mk LFO** (2 beats) which continues the curve to finish aiming toward the center of the rink. The movement of the free leg on Step 5 is optional.

Step 7 XR RFO Sw (2 + 2 beats) is a strong outside edge, beginning toward the center of the rink and finishing toward the short side barrier. This step intersects the long axis with the swing of the free legs in front on beat 3.

Step 8 LFO (2 beats) aims toward the short side barrier and curves toward the long side barrier, followed by **Steps 9 Run RFI** (1 beat), **10 LFO** (1 beat) and **11 Run RFI** (2 beats) skated on a strong curve finishing toward the long axis allowing for the proper aim of the following step 12. The timing of these steps should be carefully executed.

Step 12 LFI and **13 ClCw RBO** (2 beats each) form a closed choctaw and the curvature of these edges should be of equal degree. Step 12 should aim toward the long axis and step 13 should aim toward the long side barrier. During the execution of the choctaw, the right foot should be placed close to the left on a strong outside edge and the left leg should finish in front. The couple should remain close to each other during this choctaw, without any obvious separation.

Step 14 XR LBO (4 beats) is a cross roll aiming toward the long axis and curving to finish toward the long side barrier. The movement of the free leg on this step is optional.

Step 15 Cw RFI (2 beats) aims toward the long side barrier and should be placed close to the left foot, with partners remaining close together.

Step 16a LFO (1 beat), **16b Ch RFI** (1 beat) and **17 LFO** (2 beats) for the man continue the curve to finish toward the long axis, while the woman simultaneously skates **Step 16 LFO 3t** (2 beats) and **17 RBO**. The couple, on step 17 assumes Waltz position.

Key Points – Dench Blues Couples Double Pattern

SECTION 1

1. Steps 5 RBO (4 beats) and 6 Mk LFO (2 beats) for both:

- Correct technical execution of step 5, RBO for 4 beats, without deviation from the outside edge.
- Correct technical execution of MK and required timing, with feet close together and with correct lean.
- Position of the couple should be close without any separation.

2. Steps 7 XR RFO Sw (2+2 beats) and 8 LFO (2 beats) for both:

- Correct technical execution of the cross-roll swing, skated on an outside edge for all 4 beats (without changing the edge at the end of the step).
- Correct technical execution of the stroke and required timing.
- Position of the couple should be close without any separation.

3. Steps 12 LFI (2 beats) and 13 ClCW RBO (2 beats) for both:

- Correct technical execution of Step 12 a strong inside edge, without deviation from the edge prior.
- Correct technical execution of Choctaw (Step 13), with attention to the placement of the RBO with a strong outside edge finishing toward the long axis.
- Position of the couple, which should be close without any separation.

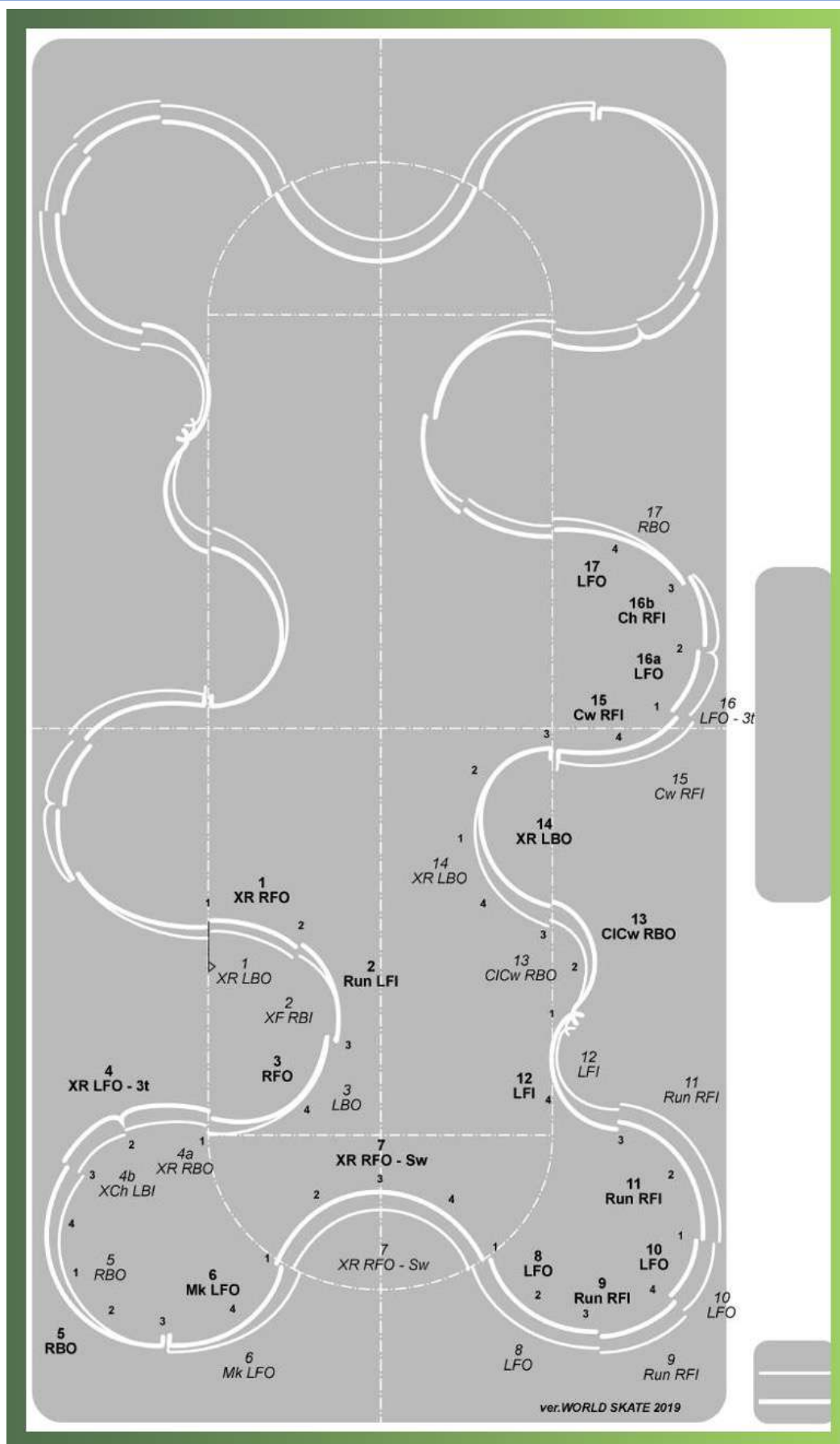
4. Step 16 LFO 3t (1+1 beats) for the woman:

- Correct technical execution of the stroke LFO (on the 1st beat).
- Correct technical execution of the 3 turns (on 2nd beat): the turn must highlight an evident cusp.
- No deviation from the outside edge before and inside edge after the turn.
- Position of the couple, should be close without any separation.

List of steps – Dench Blues Couples Double Pattern

HOLD	NO.	WOMAN'S STEP	MUSICAL BEATS			MAN'S STEP
1st SECTION						
Waltz	1	XR LBO		1		XR RFO
	2	XB RBI		1		Run LFI
	3	LBO		2		RFO
	4a	XR RBO		1	1+1	XR LFO 3t
	4b	XCh LBI		1		
Foxtrot	5	RBO *		4		RBO *
	6	Mk LFO		2		Mk LFO
	7	XR RBO Sw		2+2		XR RFO Sw
2nd SECTION						
Foxtrot	8	LFO		2		LFO
	9	Run RFI		1		Run RFI
	10	LFO		1		LFO
	11	Run RFI		2		Run RFI
	12	LFI		2		LFI
	13	CICw RBO		2		CICw RBO
	14	XR LBO *		4		XR LBO *
	15	Cw RFI		2		CwRFI
	16a	LFO 3t		1+1	1	LFO
	16b				1	Ch RFI
Waltz	17	RBO		2		LFO
* free leg movement optional						

Pattern – Dench Blues Couples Double Pattern



DENCH BLUES – SOLO DOUBLE PATTERN

By Robert Dench and Leslie Turner

Music: Blues 4/4

Tempo: 88 bpm

Pattern: Set

Step 1 XR LBO (1 beat) is a cross roll in the direction of the long axis and **Step 2 XF RBI** (1 beat) is a cross in front that curves parallel to it.

Step 3 LBO (2 beats) finishes toward the long side barrier.

Step 4 XR RBO (1 beat) is a cross roll in the direction of the long side barrier.

Step 5 XCh LBI (1 beat) is a crossed chasse with feet close and parallel.

Step 6 RBO (4 beats) curves to finish aiming perpendicular to the long axis followed by **Step 7 Mk LFO** (2 beats) which continues the curve to finish aiming toward the center of the rink. The movement of the free leg on Step 6 is optional.

Step 8 XR RFO Sw (2+2 beats) is a cross roll on a strong outside edge, beginning toward the center of the rink and finishing toward the short side barrier. This step intersects the long axis with the swing of the free leg in front on beat 3.

Step 9 LFO (2 beats) aims toward the short side barrier and curves toward the long side barrier, followed by **Steps 10 Run RFI** (1 beat), **11 LFO** (1 beat) and **12 Run RFI** (2 beats) skated on a strong curve finishing toward the long axis allowing for the proper aim of the following step 13. The timing of these steps should be carefully executed.

Step 13 LFI and **14 ClCw RBO** (2 beats each) form an angular stroke and a closed choctaw and the curvature of these edges should be of equal degree. Step 13 should aim toward the long axis and step 14 should aim toward the long side barrier. During the execution of the choctaw, the right foot should be placed close to the left on a strong outside edge and the left leg should finish in front.

Step 15 XR LBO (4 beats) is a cross roll aiming toward the long axis and curving to finish toward the long side barrier. The movement of the free leg on this step is optional.

Step 16 Cw RFI (2 beats) is a choctaw that aims toward the long side barrier and should be placed close to the left foot.

Step 17 LFO 3T (1+1 beats) is a stroke on the outside edge with a 3 turn to LBI on the 2nd beat.

Step 18 RBO (2 beats) is the final step of the dance that continues in the direction of the long axis.

REFERENCE STEPS:

Step 8 – must start before long axis and finish after it;

Step 16 – must start before the short axis and finish after it.

Key Points – Dench Blues Solo Double Pattern

1. Step 6 – RBO (4 beats)

- Correct timing of the step;
- Correct technical execution of the **stroke** without deviating from the outside edge during the entire step;

2. Step 8 XR RFO Sw (2+2 beats)

- Correct timing of the step;
- Correct technical execution of the **cross roll**, performed with a clear and correct outside edge with adequate inclination of the body;
- Correct executing of the **swing**. The free leg must be swung forward on the 3rd beat;
- No deviation from the outside edge.

3. Step 14 ClCw RBO (2 beats):

- Correct timing of the step;
- Correct technical execution of the **Closed Choctaw** with feet close together, respecting the prescribed edges required before and after the turn.

4. Step 17 LFO 3T (1+1 beats):

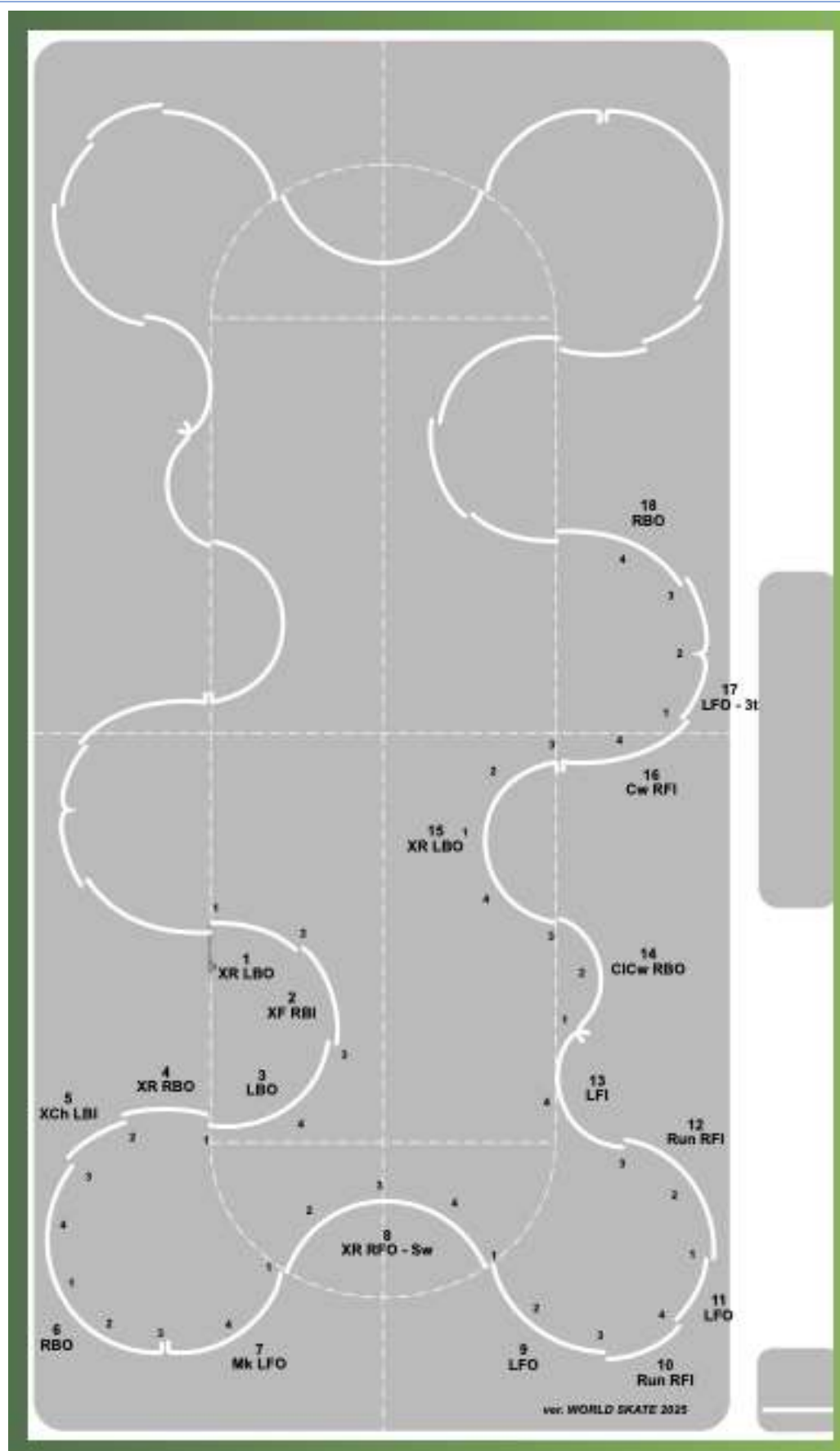
- Correct timing of the step;
- Correct technical execution of the **three turn**, executed on the 2nd beat of the step, with the correct edge before and after the turn.

List of steps – Dench Blues Solo Double Pattern

Step Number	Steps	Musical Beats
1	XR LBO	1
2	XF RBI	1
3	LBO	2
4	XR RBO	1
5	XCh LBI	1
6	RBO *	4
7	Mk LFO	2
8	XR RFO Sw	2+2
9	LFO	2
10	Run RFI	1
11	LFO	1
12	Run RFI	2
13	LFI	2
14	ClCw RBO	2
15	XR LBO *	4
16	Cw RFI	2
17	LFO 3T	1+1

18	RBO	2
*The movement of the free leg is optional.		

Pattern – Dench Blues Solo Double Pattern



DENCH BLUES - COUPLES

By Robert Dench and Leslie Turner

Music: Blues 4/4

Tempo: 88 bpm

Pattern: Set

Dance Hold: Partial Tango, Waltz, Reverse Partial Tango, Foxtrot

Note: The dance must begin on the opposite side of the judges.

Step 1 of the dance begins in Partial Tango position and is a XR RFO for the man for one beat, followed by step 2 a run LFI in Waltz position for one beat (not crossed) while the woman skates respectively on step 1 a XR LBO for one beat followed by a XF RBI, **step 2**.

Step 1 is aimed toward the long axis, beginning a lobe that initially aims to the center of the rink and finishes toward the long side barrier with **step 3** (a RFO for the man and LBO for the woman) for two beats in Waltz position.

During **step 4**, for two beats, the man executes a XR LFO on the first beat, in Reverse Partial Tango position followed by a three turn on the second beat that brings the couple to assume Foxtrot position. The woman simultaneously skates a XR RBO followed by a Xch LBI (steps 4a and 4b) for one beat each, which aim toward the long side barrier.

Step 5, (RBO for 4 beats), begins aiming slightly toward the long side barrier, becomes parallel to it and finishes aiming toward the center of the short side barrier. The movement of the free leg on this step is optional.

Step 6 (Mk LFO) must be skated on a deep edge that finishes aiming toward the middle of the long side barrier.

Step 7 (XR RFO Sw) intersects the long axis at the third beat and finishes aiming toward the short side barrier. On beat 3 of the steps, the free leg swings in front.

Step 8 (LFO), is held for 2 beats and begins a large lobe that finishes in the direction of the long axis in preparation for the closed choctaw.

Steps 9, 10 and 11 form a progressive run sequence and must be skated with fluidity and careful attention to the correct timing.

Step 12 (LFI) is aimed to the center of the rink and must be skated on a deep inside edge to finish aiming to the long side barrier.

Step 13, (CICw RBO) must be placed behind the heel and to the outside of the left foot, aimed to the long side barrier and finishing toward the long axis.

The curvature of these edges (LFI-RBO), steps 12 and 13, should be of equal degree.

Step 14 (XR LBO) for four beats, aimed toward the long axis and gently curves to finish to the long side barrier. The movement of the free leg on this step is optional.

Steps 15, 16 and 17 form a lobe of three steps for the woman and four for the man (steps 15, 16a, 16b and 17).

Step 15 (Cw RFI) must aim to the long side barrier and be skated on a deep curve, finishing parallel to the short axis.

Step 16a-b for the man (LFO for one beat, Ch RFI for one beat) and Step 16 for the woman (LFO 3) must be skated strongly to take the pattern around the top of the

corner lobe so that Step 17 can begin towards the long side barrier and finish towards the long axis in preparation for the correct aim for the restart of the dance. During step 17, which for the man is a LFO for two beats, the couple resumes Waltz position.

Key Points – Dench Blues Couples

Section 1:

1. **Steps 1 (XR RFO for the man) (XR LBO for the woman) and 4 (XR LFO 3 for the man) and (XR RBO for the woman):** Proper execution of the cross rolls, on outside edges with matching body posture baseline and correct positions. Step 1 is aimed toward the long axis and step 4 aimed toward the long side barrier.
2. **Steps 2 (XF RBI) and 4b (Xch LBI) for the woman:** proper execution of the steps, performed with feet parallel and close together. Note: Step 4b, the free leg must return immediately to the “and” position. Correct correspondence and unison with the man's steps.
3. **Steps 5 (RBO) and 6 (Mk LFO):** proper execution of Step 5, RBO for 4 beats, aiming initially toward the long side barrier, then parallel to it, without deviation from the outside edge during the entire step, allowing for the correct execution of the mohawk (Step 6), with feet close together and with the correct lean, beginning toward the short side barrier and ending toward the long axis.
4. **Step 7 (XR RFO Sw):** proper execution of the cross-roll swing, skating on an outside edge for all 4 beats (without changing the edge at the end of the step), skated with flow on a deep edge, allowing for step 8 (LFO) to aim toward the corner of the rink. On beat 3 of this step, the free leg swings in front.

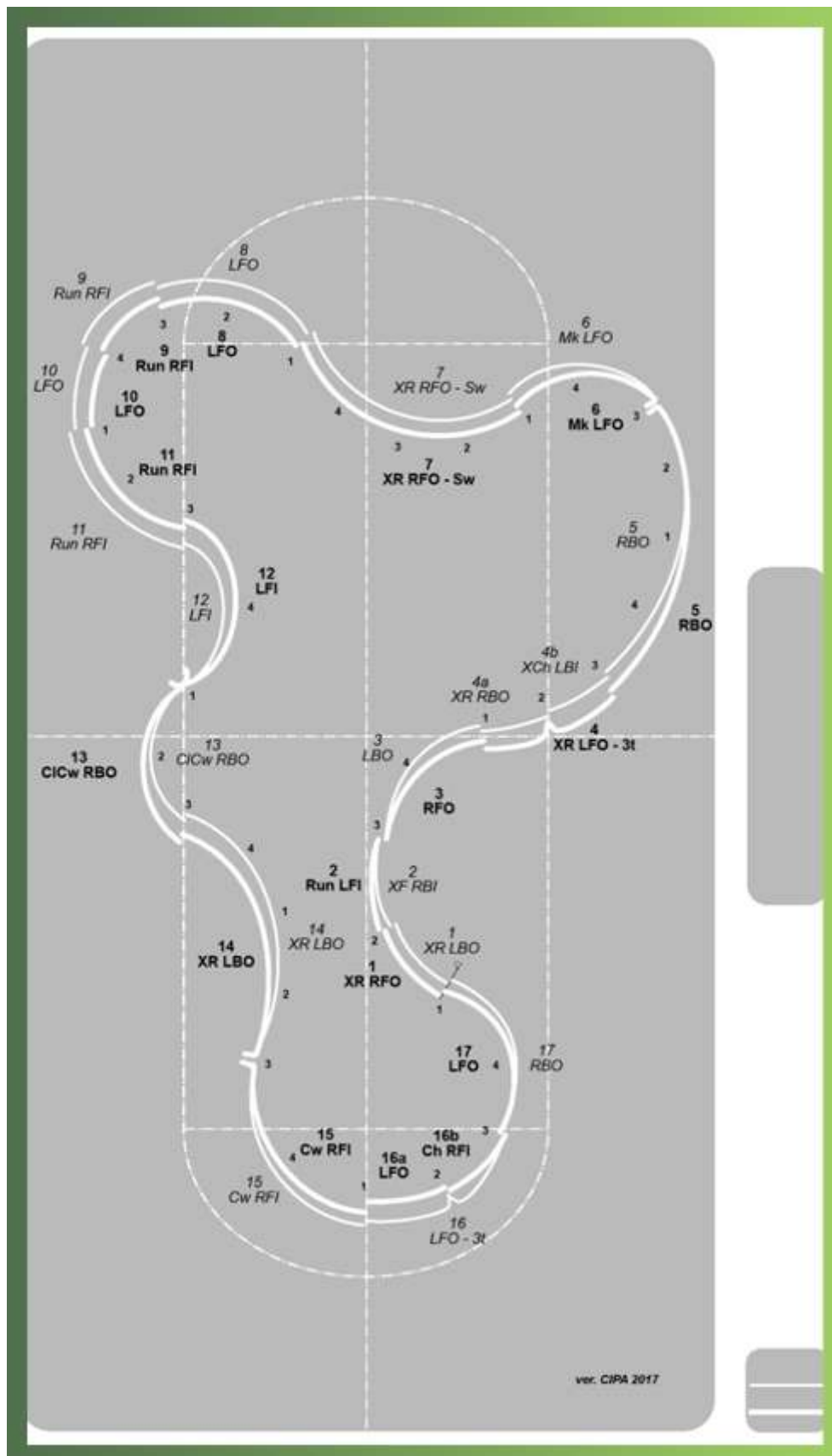
Section 2:

1. **Steps 8, 9, 10, 11:** proper execution and correct timing of steps 8 (two beats), 9 (one beat), 10 (one beat) and 11 (two beats), and without deviating from the required edges.
2. **Step 12 (LFI) and 13 (Cw RBO):** proper execution of these steps. Step 12 (LFI for two beats) must aim toward the long axis and be maintained on a strong inside edge, without deviation from the edge prior to the choctaw (Step 13), which should be placed behind the heel and to the outside of the left foot, aiming toward the long side barrier on a strong outside edge (of approximately equal size to Step 12).
3. **Step 14 (XR LBO)** must maintain an outside edge for four beats, without changing the edge before the choctaw RFI (Step 15).
4. **Step 15 (Cw RFI), 16a-b (LFO-ChRFI for man), 16 (LFO-3 for the woman) & 17 (LFO for man and RBO for woman):** proper execution of the choctaw, with feet close together and keeping the correct edges before/after the turn, allowing a powerful stroke on Step 16, followed by a three turn for the woman and a chasse for the man at the top of the lobe. Step 17 is aimed toward the long side barrier and must finish toward the long axis to correctly aim the restart of the dance.

List of steps – Dench Blues Couples

HOLD	NO.	WOMAN'S STEP	BEATS			MAN'S STEP
1st SECTION						
Partial Tango	1	XR LBO		1		XR RFO
Waltz	2	XF RBI		1		run LFI
	3	LBO		2		RFO
Reverse Partial Tango	4a	XR RBO	1		1 + 1	XR LFO 3t
Foxtrot	4b	XCh LBI	1			
	5	RBO *		4		RBO *
	6	Mk LFO		2		Mk LFO
	7	XR RFO Sw		2 + 2		XR RFO Sw
2nd SECTION						
Foxtrot	8	LFO		2		LFO
	9	run RFI		1		run RFI
	10	LFO		1		LFO
	11	run RFI		2		run RFI
	12	LFI		2		LFI
	13	CICw RBO		2		CICw RBO
	14	XR LBO *		4		XR LBO *
	15	Cw RFI		2		Cw RFI
	16a	LFO 3t	1 + 1		1	LFO
	16b				1	Ch RFI
Waltz	17	RBO		2		LFO
* free leg movement optional						

Pattern – Dench Blues Couples



DENCH BLUES - SOLO

By Robert Dench and Leslie Turner

Music: Blues 4/4

Tempo: 88 bpm

Pattern: set **Competitive Requirements** - 2 sequences (for one circuit pattern)

Note: The dance must begin on the opposite side of the judges.

Clarification:

- Step 1 is a XR-LBO - before it was a XB.
- Step 8 is a XR-RFO-Sw - before it was only a XR.
- Step 17 LFO-3t begins on the long axis.

The Dance:

Step 1 of the dance is a XR LBO followed by a XF RBI. Step 1 is directed towards the long axis, beginning a lobe that points to the center of the rink and ends (with step 3) in the direction of the long side barrier.

Step 4 is a XR RBO aiming towards the long side barrier and Step 5 a Xch LBI. When skated in team dance, Steps 4 and 5 are Steps 4a and 4b for the woman.

Step 6 is a RBO stroke step that begins aiming slightly toward the long side barrier, then parallel to it and finishes aimed toward the center of the short side barrier. The movement of the free leg on this step is optional.

Step 7 (mohawk LFO) should be skated on a deep edge that must finish aiming towards the middle of the long side barrier.

Step 8 (XR-RFO-Sw) intersects the long axis at the third beat and finish aiming towards the short side barrier. On beat 3 of this step, the free leg swings in front

Step 9, LFO, is held for 2 beats and begins a large lobe that finishes with a direct aim to the long axis in preparation for the closed choctaw.

Steps 10, 11, 12 form a progressive run sequence and must be skated with smoothness and careful attention to timing.

Step 13 is aimed to the center of the rink and skated on deep edge to finish with a long side barrier aim. The following turn, a closed choctaw to a RBO, Step 14, must be placed to the outside of the left foot, aimed to the long side barrier and finishing to the long axis.

Step 15 is a XR-LBO aimed to the long axis and gently curved to finish to the long side barrier. The movement of the free leg on this step is optional.

The aim of step 16, choctaw RFI, must be to the long side barrier and skated on a deep curve, finishing parallel to the short axis

Step 17 (LFO-3) must be skated strongly to take the pattern around the top of the corner lobe so that step 18 can begin towards the long side barrier and finish towards the long axis in preparation for the correct aim for the restart of the dance.

During the evaluation of this dance particular attention should be paid to the following elements:

- Accuracy of timing, step technique, and the prescribed pattern.
- Step 6 must be a strong RBO edge.

- Step 8 (XR-RFO-Sw) must maintain a strong outside edge for all four beats of the step, without changing the edge at the end.
- Attention to the timing during steps 9, 10, 11, and 12.
- Steps 13 and 14 (which comprise the closed choctaw) must be lobes of approximately equal size.
- Step 13 (LFI for two beats) must be maintained on a strong inside edge, without changing the edge before the choctaw (step 14).
- Step 14 (closed choctaw RBO) must begin aiming toward the long side barrier, not parallel to it.
- Step 15 (XR-LBO) must maintain a strong outside edge for all four beats of the step, without changing the edge before the choctaw (step 16).
- Step 16 is a choctaw RFI for two beats.
- Step 17 (LFO-3 for two beats) is aimed toward the long side barrier, and step 18 must finish toward the long axis to correctly aim the restart of the dance

Key Points – Dench Blues Solo

Section 1

1. **Steps 1 (XR-LBO) & 4 (XR-RBO):** proper execution of Cross-Rolls, on outside edges with matching body posture baseline, (Step 1 aimed toward the long axis and Step 4 aimed toward the long side barrier)
2. **Steps 2 (XF RBI) & 5 (Xch-LBI):** proper execution of the steps, performed with feet parallel and close together. (Note: Step 5, the free leg must return immediately to the “and” position.
3. **Steps 6 (RBO) & 7 (Mk LFO):** proper execution of Step 6 RBO for 4 beats, aiming initially toward the long side barrier, without deviation from the outside edge during the entire step, allowing for the correct execution of the Mohawk (**Step 7**), with feet close together and with the correct lean, beginning toward the short side barrier and ending toward the long axis.
4. **Step 8 (XR-RFO-Sw):** proper execution of the Cross-Roll Swing, skating on an outside edge for all 4 beats (without changing the edge at the end of the step), skated with flow on a deep edge. On beat 3 of this steps, the free leg swings in front.

Section 2

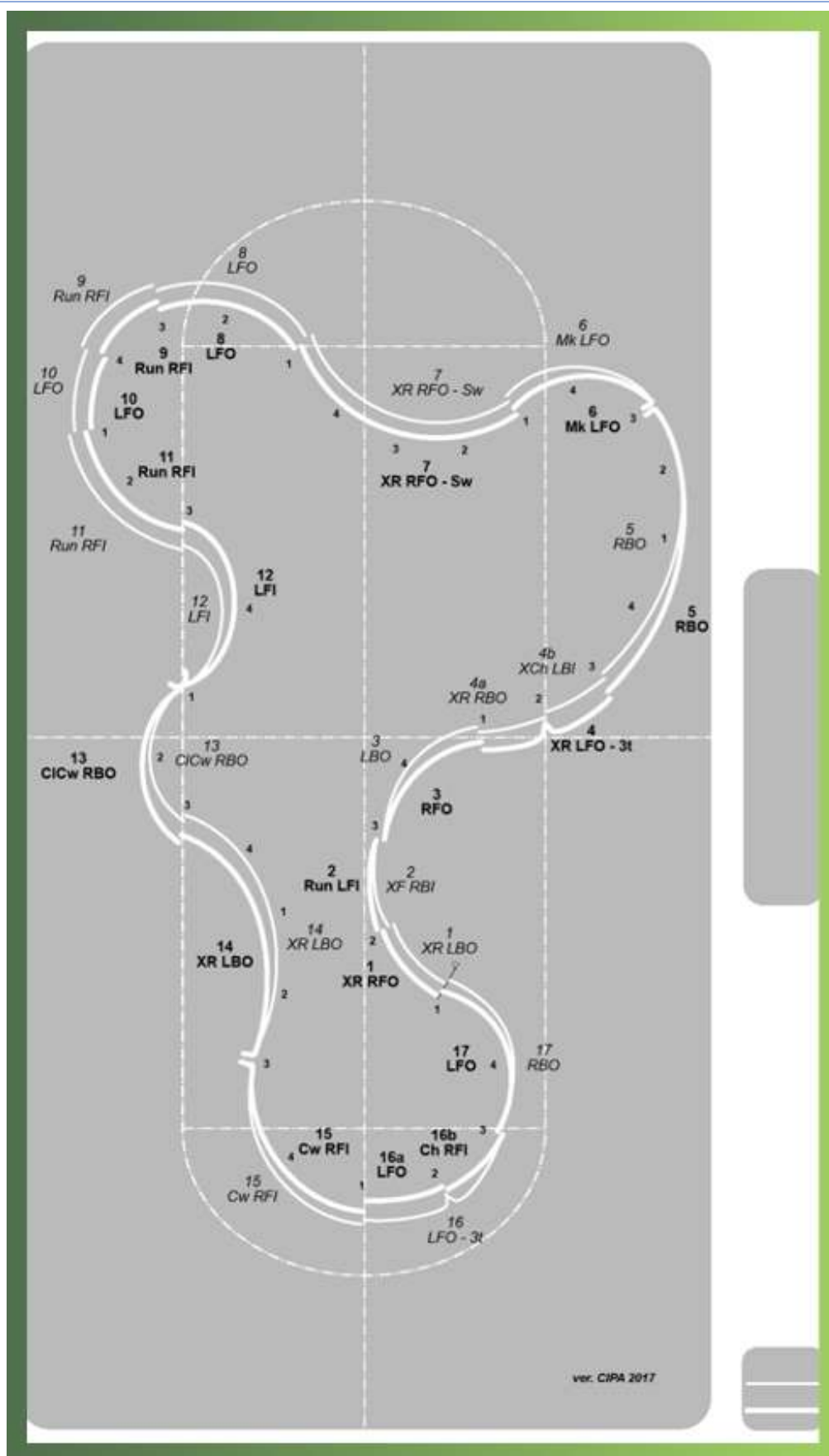
1. **Step 9-10-11-12:** proper execution and correct timing of steps 9 (two beats), 10 (one beat), 11 (one beat) and 12 (two beats), without deviation from the prescribed edges.
2. **Step 13 (LFI) & 14 (CICw RBO):** proper execution of these steps. **Step 13** (LFI for two beats) must be maintained on a strong inside edge, without deviation from the edge prior to the choctaw (**Step 14**), which should be placed behind the heel and to the outside of the left foot, aiming toward the long side barrier on a strong outside edge (of approximately equal size to Step 13).
3. **Step 15 (XR LBO)** must maintain an outside edge for four beats, without changing the edge before the choctaw RFI (step 16).
4. **Step 16 (Cw RFI) 17 (LFO-3t) & 18 (RBO):** proper execution of the choctaw, with feet close together and keeping the correct edges before/after the turn, allowing a powerful stroke on **Step 17**, followed by a three-turn performed at

the top of the lobe. **Step 18** is aimed toward the long side barrier must finish toward the long axis to correctly aim the restart of the dance.

List of steps – Dench Blues Solo

NO.	SKATER'S STEP	BEATS
1st SECTION		
1	XR LBO	1
2	XF RBI	1
3	LBO	2
4	XR RBO	1
5	XCh LBI	1
6	RBO *	4
7	Mk LFO	2
8	XR RFO Sw	2+2
2nd SECTION		
9	LFO	2
10	Run RFI	1
11	LFO	1
12	Run RFI	2
13	LFI	2
14	CICw RBO	2
15	XR LBO *	4
16	Cw RFI	2
17	LFO-3t	1+1
18	RBO	
* free leg free movement		

Pattern – Dench Blues Solo



DENVER SHUFFLE - COUPLES

By Briggs & Johnson

Music: Polka 2/4
Tempo: 100 bpm

Position: Kilian
Pattern: Set

The dance must be performed with liveliness and determination.

The position is Kilian and the steps are the same for both skaters.

Step 1 LFO (2 beats), aims in the direction of the long side barrier followed by **step 2 XF RFI** (2 beats), a cross in front right forward inside edge with the free leg held back, skated parallel to the long side barrier. The movement of the left free leg back is optional.

Step 3 LFO (1 beat) **step 4 Ch RFI** (1 beat) and **step 5 LFO** (2 beats) are skated in the direction of the short side barrier; on step 5 the free leg, after finishing the push on the first beat, is brought into "and" position in preparation for the next step.

Steps: 6 and 7 Slip SLIDE in which the feet slide alternately with a forward extension, parallel to each other and on separate tracks with all eight wheels (for each skater) resting on the floor. The slides are executed at the top of the curve of the lobe of the short side barrier and intersect the long axis.

Step 6 Slip SLIDE (1 beat), right forward inside edge remains as the center of gravity of the body while the left foot slides forward on an outside edge with extension of the left leg stretched forward.

Step 7 Slip SLIDE, left forward outside edge remains as the center of gravity of the body while the right foot slides forward on an inside edge with extension of the right leg stretched forward. At the end of the second slide (step 7) the four wheels of the right foot should be lifted simultaneously from the floor in preparation for **step 8 XF RFI** (2 beats), a cross in front right forward inside edge. The movement of the left leg is optional.

Step 8 begins the downward phase of the curve started with step 3 and ending with step 10, in the direction of the long side barrier.

Step 9 LFO (1 beat) aims in the direction of the long side barrier, followed by **step 10 Ch RFI** (1 beat) and a sequence of runs, **step 11 LFO** (1 beat), **12 Run RFI** (1 beat), and **13 LFO** (2 beats), the latter moving away from the long side barrier, curving in the direction of the long axis to arrive at a baseline parallel to the long axis.

Step 14 XR RFO (2 beats) is a cross roll on a right forward outside edge in the direction of the long axis; **Step 15 XB LFI** (two beats) is a cross behind left forward inside edge with the right free leg stretched in front, which is aimed in the direction of the long axis.

Step 16 RFO (1 beat) begins before the short axis and is followed by **step 17 Ch LFI** (1 beat) skated after the short axis and **18 RFO Sw**, (2+2 beats) in which the free leg extends in back for two beats and swings in front on the 3rd beat; finishing on the baseline almost parallel to the short axis in the direction of the long side barrier.

It is essential to pay attention to the edges in the center lobe, so as not to deform the shape of the corners of the rink.

Key Points – Denver Shuffle – Couples

1. Steps 6 SISd RFI (LFO) and 7 SISd LFO (RFI) (1 + 1 beats):

- Correct timing of the steps;
- Correct technical execution of these steps, executed on the required edges (NOT to be skated "flat"). After step 7, the 4 wheels of the right skate are raised simultaneously (not the two front wheels before the two rear wheels). It must be an evident lifting of the entire foot from the floor and then skating step 8.
- Attention to synchronization and the Kilian position of the couple which should be close without any separations.

2. Step 10 Ch RFI (1 beat):

- Correct timing of the step;
- Correct technical execution of the Chasse with clear lift from the floor of the free skate, in an inside edge.
- Attention to synchronization and the Kilian position of the couple which should be close without any separations.

3. Step 14 XR RFO (2 beats):

- Correct timing of the steps;
- Correct technical execution of the cross roll on an outside edge, with the appropriate change of lean.
- Attention to synchronization and the Kilian position of the couple which should be close without any separations.

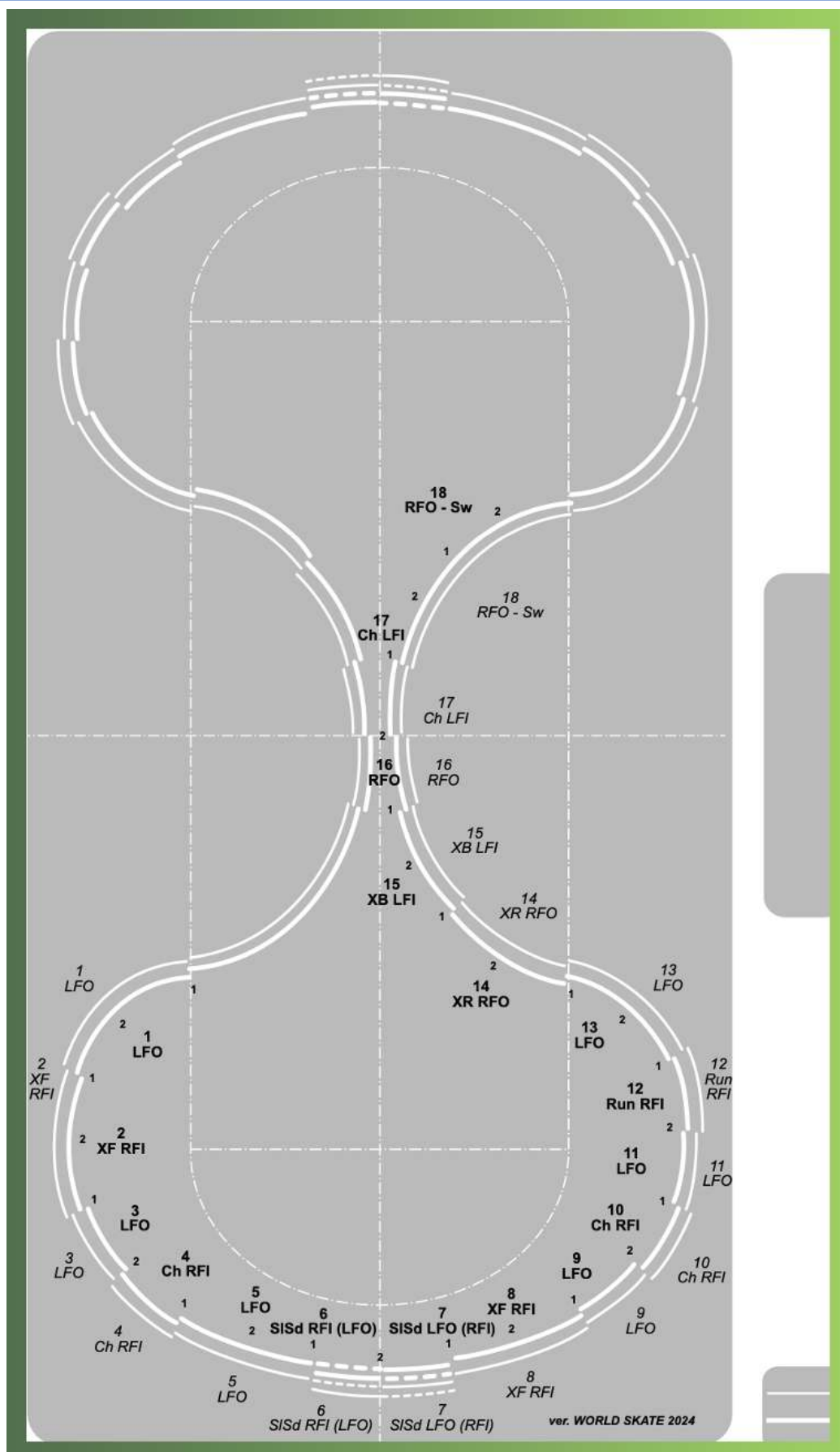
4. Step 18 RFO Sw (2+2 beats):

- Correct timing of the step;
- Correct technical execution of the swing with the free leg being swung forward on the 3rd beat, without deviation from the outside edge in advance.
- Attention to synchronization and the Kilian position of the couple which should be close without any separations.

List of steps – Denver Shuffle Couples

HOLD	STEP NO.	MAN'S STEPS	MUSICAL BEATS	WOMAN'S STEPS
Kilian	1	LFO	2	LFO
	2	XF RFI*	2	XF RFI*
	3	LFO	1	LFO
	4	Ch RFI	1	Ch RFI
	5	LFO	2	LFO
	6	SISd RFI (LFO)	1	SISd RFI (LFO)
	7	SISd LFO (RFI)	1	SISd LFO (RFI)
	8	XF RFI*	2	XF RFI
	9	LFO	1	LFO
	10	Ch RFI	1	Ch RFI
	11	LFO	1	LFO
	12	Run RFI	1	Run RFI
	13	LFO	2	LFO
	14	XR RFO	2	XR RFO
	15	XB LFI	2	XB LFI
	16	RFO	1	RFO
	17	Ch LFI	1	Ch LFI
	18	RFO Sw (3rd beat)	2+2	RFO Sw (3rd beat)
*The movement of the free leg is optional.				

Pattern – Denver Shuffle Couples



DENVER SHUFFLE – SOLO

By Briggs & Johnson

Music: Polka 2/4
Pattern: Set

Tempo: 100bpm

Step 1 LFO (2 beats), aims in the direction of the long side barrier followed by **step 2 XF RFI (2 beats)**, a cross in front right forward inside edge with the free leg held back, skated parallel to the long side barrier. The movement of the left free leg back is optional.

Step 3 LFO (1 beat) **step 4 ChRFI** (1 beat) and **step 5 LFO** (2 beats) are skated in the direction of the short side barrier; on step 5 the free leg, after finishing the push on the first beat, is brought into “and” position in preparation for the next step.

Steps: 6 and 7 Slip SLIDE in which the feet slide alternately with a forward extension, parallel to each other and on separate tracks with all eight wheels resting on the floor. The slides are executed at the top of the curve of the lobe of the short side barrier and intersect the long axis.

Step 6 Slip SLIDE (1 beat), right forward inside edge remains as the center of gravity of the body while the left foot slides forward on an outside edge with extension of the left leg stretched forward.

Step 7 Slip SLIDE (1 beat), left forward outside edge remains as the center of gravity of the body while the right foot slides forward on an inside edge with extension of the right leg stretched forward. At the end of the second slide (step 7) the four wheels of the right foot should be lifted simultaneously from the floor in preparation for **step 8 XF RFI** (2 beats), a cross in front right forward inside edge. The movement of the left leg is optional.

Step 8 begins the downward phase of the curve started with step 3 and ending with step 10, in the direction of the long side barrier.

Step 9 LFO (1 beat) aims in the direction of the long side barrier, followed by **step 10 Ch RFI** (1 beat) and a sequence of runs, **step 11 LFO** (1 beat), **12 Run RFI** (1 beat), and **13 LFO** (2 beats), the latter moving away from the long side barrier, curving in the direction of the long axis to arrive at a baseline parallel to the long axis.

Step 14 XR RFO (2 beats) is a cross roll to a right forward outside edge in the direction of the long axis; **Step 15 XB LFI** (two beats) is a cross behind left forward inside edge with the right free leg stretched in front, which is aimed in the direction of the long axis.

Step 16 RFO (1 beat) begins before the short axis and is followed by **step 17 Ch LFI** (1 beat) skated after the short axis and **Step 18 RFO Sw**, (2+2 beats), in which the free leg extends in back for two beats and swings in front on the 3rd beat; finishing on the baseline almost parallel to the short axis in the direction of the long side barrier.

It is essential to pay attention to the edges in the center lobe, so as not to deform the shape of the corners of the rink.

Key Points – Denver Shuffle Solo

1. Steps 6 SISd RFI (LFO) and 7 SISd LFO (RFI) (1+1 beat):

- Correct timing of the steps;
- Correct technical execution of these steps, executed on the required edges (NOT to be skated "flat"). After step 7, the 4 wheels of the right skate are raised simultaneously (not the two front wheels before the two rear wheels). It must be an evident lifting of the entire foot from the floor and then skating step 8.

2. Step 10 Ch RFI (1 beat):

- Correct timing of the step;
- Correct technical execution of the Chasse with clear lift from the floor of the free skate, in an inside edge.

3. Step 14 XR RFO (2 beats):

- Correct timing of the step;
- Correct technical execution of the cross roll on an outside edge, with the appropriate change of lean.

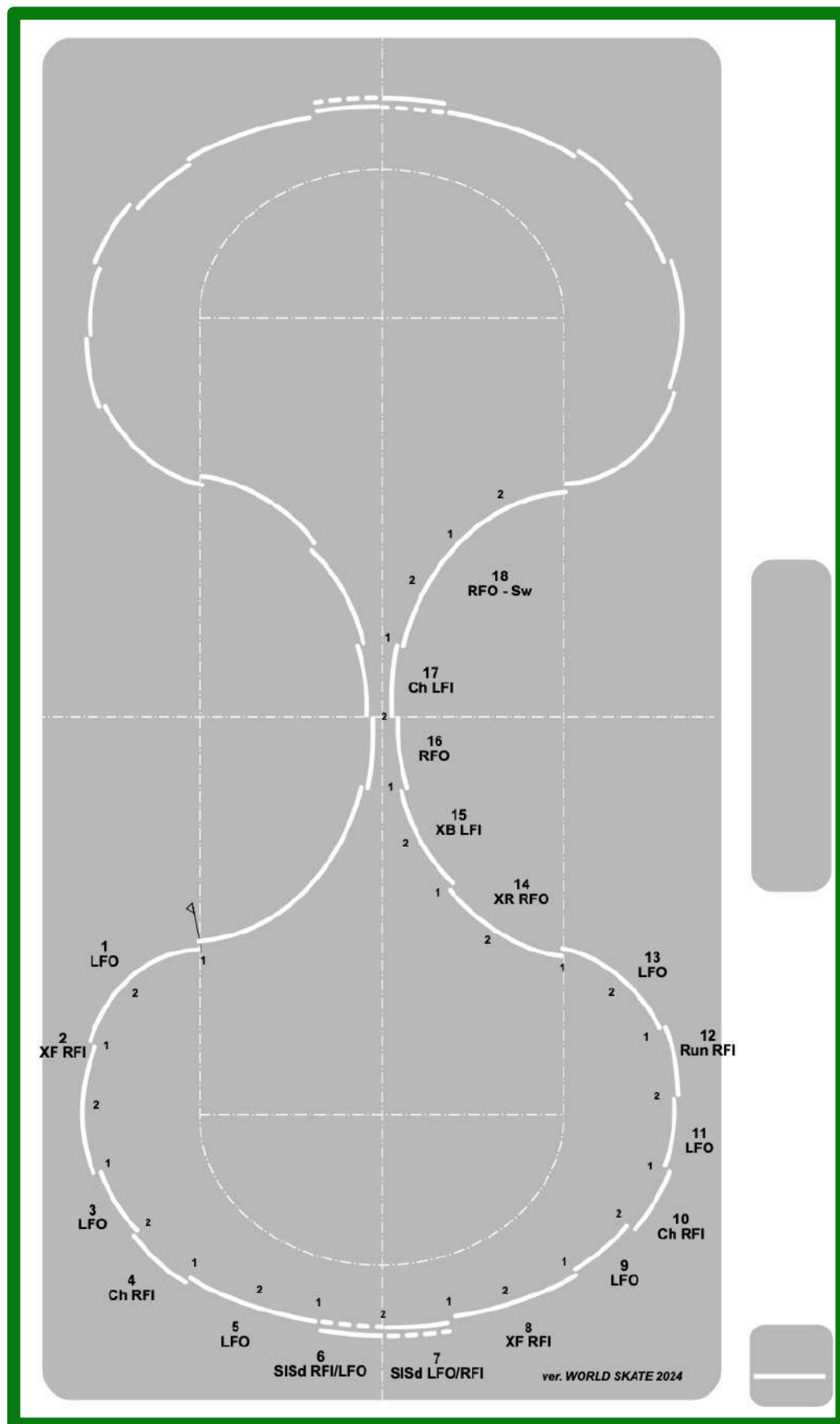
4. Step 18 RFO Sw (2+2 beats):

- Correct timing of the step;
- Correct technical execution of the swing with the free leg being swung forward on the 3rd beat, without deviation from the outside edge in advance.

List of steps – Denver Shuffle Solo

STEP NO.	STEPS	BEATS
1	LFO	2
2	XF RFI*	2
3	LFO	1
4	Ch RFI	1
5	LFO	2
6	SLSd RFI (LFO)	1
7	SLSd LFO (RFI)	1
8	XF RFI*	2
9	LFO	1
10	Ch RFI	1
11	LFO	1
12	Run RFI	1
13	LFO	2
14	XR RFO	2
15	XB LFI	2
16	RFO	1
17	Ch LFI	1
18	RFO Sw (3 rd beat)	2+2
*The movement of the free leg is optional		

Pattern – Denver Shuffle Solo



EASY PASO - COUPLES

By Fabio Sampo

Music: Paso Doble 2/4 or 4/4
Tempo: 104 Bpm

Position: Kilian, Promenade, Foxtrot
Competitive requirements: 4 sequences

The initial position, Kilian, is maintained until step 9.

Step 1 LFO (1 beat) is a stroke aimed parallel to the long axis.

Step 2 RFI (1 beat) is a run aimed toward the long axis.

Step 3 LFO (2 beats) is a stroke in the direction of the long axis with the right skate brought close to the left foot in “and” position on the 2nd beat in preparation for the next step.

Step 4 RF Slip Flat (1 beat) is performed with the bending of the right knee and the extension of the left leg forward, aimed toward the long axis. On the end of the 1st beat, the left leg is brought back, parallel to the right foot while keeping the foot on the floor. During step 4 all eight wheels must remain in contact with the floor.

Step 5 LFI Slip Slide (½ beat) the skating foot is LFI and the extended leg is RFO performed on the inside edge of the left foot with obvious knee bend and a simultaneous extension of the right leg forward on an outside edge. This step comes close to the long axis and begins the descent toward the short axis. The slide can be skated either with 8 wheels on the floor or with 7 wheels on the floor (lifting the inside front wheel of the right foot). The choice is optional.

Step 6 RFO (½ beat), is performed with a transfer of the body weight onto the right foot in the direction of the short axis, while the left is raised from the floor and held crossed behind the right foot.

Step 7 XB LFI (2 beats), a cross behind with a forward extension of the free leg, aimed perpendicular to and intersecting the short axis. At the end of the second beat, the skaters bring the free leg into “and” position to perform **step 8 RFO** (2 beats) a stroke, which moves away from the long axis and moves parallel to the short axis.

Step 9 XR LFO (1 beat) is a cross roll skated toward the long side barrier, followed by a chasse, **step 10 Ch RFI** (1 beat), on which the skaters move away from the short axis and back toward the long side barrier. On Step 10, Kilian position switches to Foxtrot position. The change of position occurs on step 10, by sliding the man's right hand from the hip to the shoulder blade of the woman, while the man's left hand and the woman's right hand join in position.

During step 11 skaters perform different steps.

Step 11 LFO (2 beats) for the man is a stroke.

Step 11m1 DCh-RFI (2 beats) for man is a Dropped Chasse;(m=man)

Step 11m2 LFO (2 beats) for the man is a stroke followed by a **Step 11m3 CIMk RBO** (2 beats), with free leg finishing in front of the skating foot. During execution of the closed mohawk for the man (step 11m3) and the RBO three turn for the woman, (step 11wd), the couple assumes Promenade position.

Step 11 LFO (1 beat) for the woman is a stroke aimed to the long side barrier.

The beats on the steps 11wa-11wb-11wc-11wd (1+2+2+2: total 7 beats) for the woman, are distributed as follows:(w= woman):

- on the 1st beat (step 11wa) is a ballroom RBO with close feet, continuing toward the long side barrier.
- on the 2nd beat (step 11wb), the woman executes 3T to RFI with the free leg extended in front, keeping the free leg forward also for the 3rd beat. The direction is parallel to the long axis (corresponding to the start of the man's step 11m1 DpCh RFI);
- on the 4th beat (step 11wc) the free leg swung and extended back (at the start of the man's step 11m2 LFO), keeping the free leg backward almost to the end of the 5th beat, then bringing the free foot closer to the skating foot in preparation for the next step, aimed toward the short side barrier.
- on the 6th beat (step 11wd) the woman performs a 3 Turn to RBO (at the start of the man's step 11m3, CIMk RBO), aimed toward the long axis and finishing directly with the free leg in front with respect to the skating foot also for the 7th beat, to match the man.

Starting from Step 12, both the man and the woman, the couple will return to perform the same steps until the end of the dance.

Step 12 XF LBI 3T (1+1+1 ½ beats). This step starts in Promenade position and ends in Kilian position at the end of three turn (on the 2nd beat):

- during the 1st beat, the skaters perform XF LBI with the simultaneous backward extension of the free leg;
- On the 2nd beat the skaters perform a 3T in unison (from LBI to a LFO edge). The change of position (from Promenade to Kilian) occurs at the 2nd beat with the man's right hand sliding from the woman's shoulder blade to the woman's side while the left hands of the skaters are brought to the height of hip of the man (Kilian position).
- after the 3T (on the 3rd beat) the right free leg extends in front for 1 ½ beats. The step ends parallel to the short axis.

Step 13 ChRFI (½ beat) is a quick chasse for both skaters that is just after the long axis.

Step 14 LFO (2 beats) is a stroke which moves away from the long axis and toward the long side barrier.

Step 15 DpCh RFI (2 beats) is a dropped chasse, continues toward the long side barrier and ends almost parallel to the long axis.

REFERENCE STEPS:

Step 7 Must start before the short axis and finish after it.

Step 13 Must start by the long axis

Key Points – Easy Paso Couples

1. Step 4 RF Flat (1 beat) and Step 5 LFI Slide (½ beat) for both:

- **Step 4 RF Flat:**
 - correct timing of the step;
 - correct technical execution of the flat, with a bend of the right knee and simultaneous extension of the left leg, aiming toward the long axis;
 - attention: all eight wheels must remain in contact with the floor.
- **Step 5 LFI Slide:**
 - correct timing of the step;
 - correct technical execution of the slide, performed on an inside edge of the left foot and the simultaneous extension of the right leg on an outside edge;
 - the inside edge of the skating foot should be deep and evident;
 - attention: the slide can be skated either with 8 wheels on the floor or with 7 wheels on the floor (lifting the inside front wheel of the right foot). The choice is optional.
- **For the couples:**
 - simultaneous placement of the feet and synchronization;
 - skaters must stay close together.

2. Step 9 XR LFO (1 beat) for both:

- correct timing of the step;
- correct technical execution of the cross roll, respecting the prescribed edges required before and after the XR, on a clear and correct outside edge, with adequate inclination of the body before and after the XR.
- **For the couple:**
 - maintain closeness between the partners in the Kilian position;
 - simultaneous placement of the feet and synchronization in the change of inclination.

3. Step 11wb RBO 3t (1 beat) for the woman:

- correct timing of the step, performed on the 2nd beat of the step that begins with the ballroom RBO (11wa);
- correct technical execution of the 3T, with the correct edge before and after the turn.
- **For the couple:** during this step the skaters must stay together.

4. Step 11m3 CIMk RBO (1 beat) for the man:

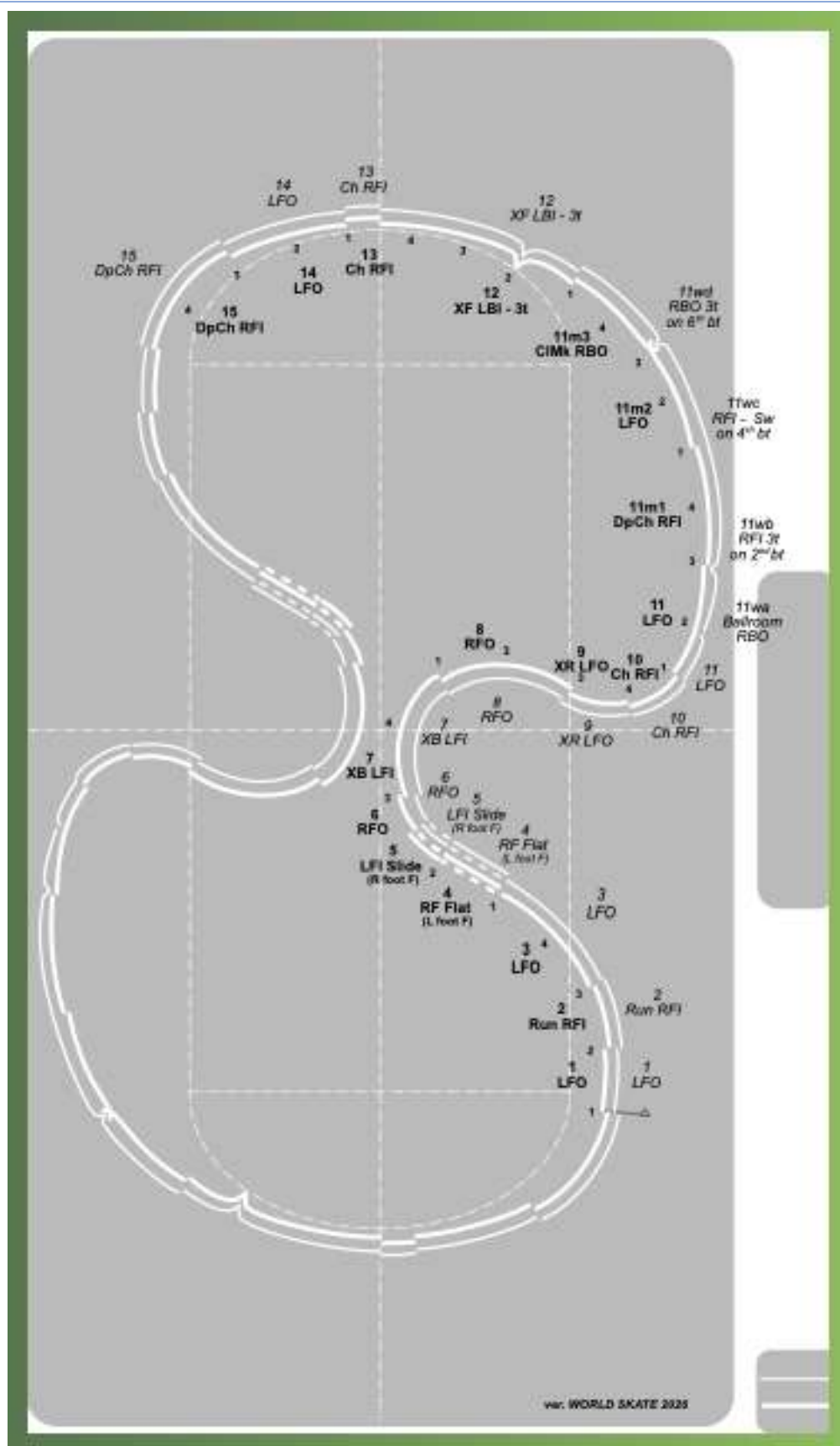
- correct timing of the step;
- correct technical execution of the closed mohawk, respecting the prescribed edges required before and after the turn.
- **For the couple:**
 - during this step the skaters must stay together;
 - avoid deviations of edges while the couple assumes Promenade position.

List of steps – Easy Paso Couples

HOLD	STEP	MAN'S STEPS	BEATS			step	WOMAN'S STEPS
			M	B	W	Only Woman	
KILIAN	1	LFO		1			LFO
	2	RUN RFI		1			RUN RFI
	3	LFO		2			LFO
	4	RF Flat L foot F		1			RF Flat L foot F
	5	LFI Slide R foot F		½			LFI Slide R foot F
	6	RFO		½			RFO
	7	XB LFI		2			XB LFI
	8	RFO		2			RFO
	9	XR LFO		1			XR LFO
FOXTROT (See the notes)	10	Ch RFI		1			Ch RFI
	11	LFO	2		1	11	LFO
					1	11 *wa	<u>1 beat</u> - Ballroom RBO (with close feet)
		DCh RFI		2		11 wb	<u>2 beat and 3 beat:</u> 3 TURN RFI (on the 2 nd beat); at the end of the 3Turn, the free leg is stretched forward)
		LFO		2		11 wc	<u>4 beat-5 beat:</u> swing back of free leg on 4 th beat
	11 m2						
PROMENADE (See the notes)	11 m3	CI Mk RBO		2		11 wd	3 TURN RBO (3T is on the 6 th beat and at the end of the 3T, the free leg is forward also for the 7 th beat)

HOLD	STEP	MAN'S STEPS	BEATS			step	WOMAN'S STEPS
			M	B	W	Only Woman	
KILIAN	12	XF LBI 3 TURN LFO (on beat 2) (see description)		1+ 1+ 1 ½			XF LBI 3 TURN LFO (on beat 2) (see description)
	13	Ch RFI		½			Ch RFI
	14	LFO		2			LFO
	15	DpCh RFI		2			DpCh RFI
*w: woman *m: man							

Pattern – Easy Paso Couples



EASY PASO – SOLO

By Fabio Sampo

Music: Paso Doble 2/4 or 4/4

Tempo: 104 Bpm

Pattern: set

Step 1 (LFO) is a stroke aimed parallel to the long axis.

Step 2 (RFI) is a progressive for one beat aimed toward the long axis.

Step 3 (LFO) is a stroke in the direction of the long axis for 2 beats with the right skate brought close to the left foot in “and” position on the 2nd beat in preparation for the next step.

Step 4 (RF Flat) for one beat is performed with the bending of the right knee and the extension of the left leg forward, aimed toward the long axis. At the end of the 1st beat, the left leg is brought back, parallel to the right foot while keeping the foot on the floor. During step 4 all eight wheels must remain in contact with the floor.

Step 5 (LFI Slide) for ½ beat (the skating foot is LFI and the extended leg is RFO) performed on the inside edge of the left foot with an obvious knee bend and a simultaneous extension of the right leg forward on an outside edge. This step approaches the long axis and begins the descent toward the short axis. The slide can be skated either with 8 wheels on the floor or with 7 wheels on the floor (lifting the inside front wheel of the right foot). The choice is optional.

Step 6, (RFO) for ½ beat, is performed with a transfer of body weight onto the right foot in the direction of the short axis, while the left is raised from the floor and held crossed behind the right foot.

Step 7 is a XB LFI for two beats, crossed behind with a forward extension of the free leg, initially aimed toward the long axis and finishing toward the long side barrier. At the end of the second beat, the skater brings the free leg into “and” position to perform step 8 (RFO) a stroke for two beats, which moves away from the long axis and moves toward the short axis.

Step 9 (XR LFO) is a one beat cross roll skated initially toward the short axis, followed by a chasse, step 10 (Ch RFI) for one beat, on which skater moves away from the short axis and back toward the long side barrier.

Step 11 (LFO) is a one beat stroke skated toward the long side barrier.

Step 12 (lvMk RBO 3t) is a 3 beat step, distributed as follows:

- On the 1st beat a ballroom BO skated toward the long side barrier.
- On the 2nd beat a RBO three turn (to RFI) continuing toward the long side barrier with the extension of the free leg forward and stretching at the end of the three turn.

Step 13 is an open mohawk LBI for 2 beats, aimed toward the short side barrier.

Step 14 is a 2 beat RBO stroke still aimed toward the short side barrier.

Step 15 (XF LBI 3t), begins toward the short side barrier and ends almost parallel to it. It is a 3 beat and a half step, distributed as follows:

- On the 1st beat XF with the simultaneous backward extension of the right free leg.
- On the 2nd beat a three turn is performed (from LBI to LFO)

- On the 3rd beat a swing in front is performed or the free leg extends behind the supporting foot (optional)

Step 16 is a half beat Quick Ch RFI that is just after the long axis.

Step 17 (LFO) for 2 beats is a stroke which moves away from the long axis and toward the long side barrier.

Step 18, the last step of the dance, is a DCh RFI for 2 beats continuing toward the long side barrier and ends near parallel to long axis.

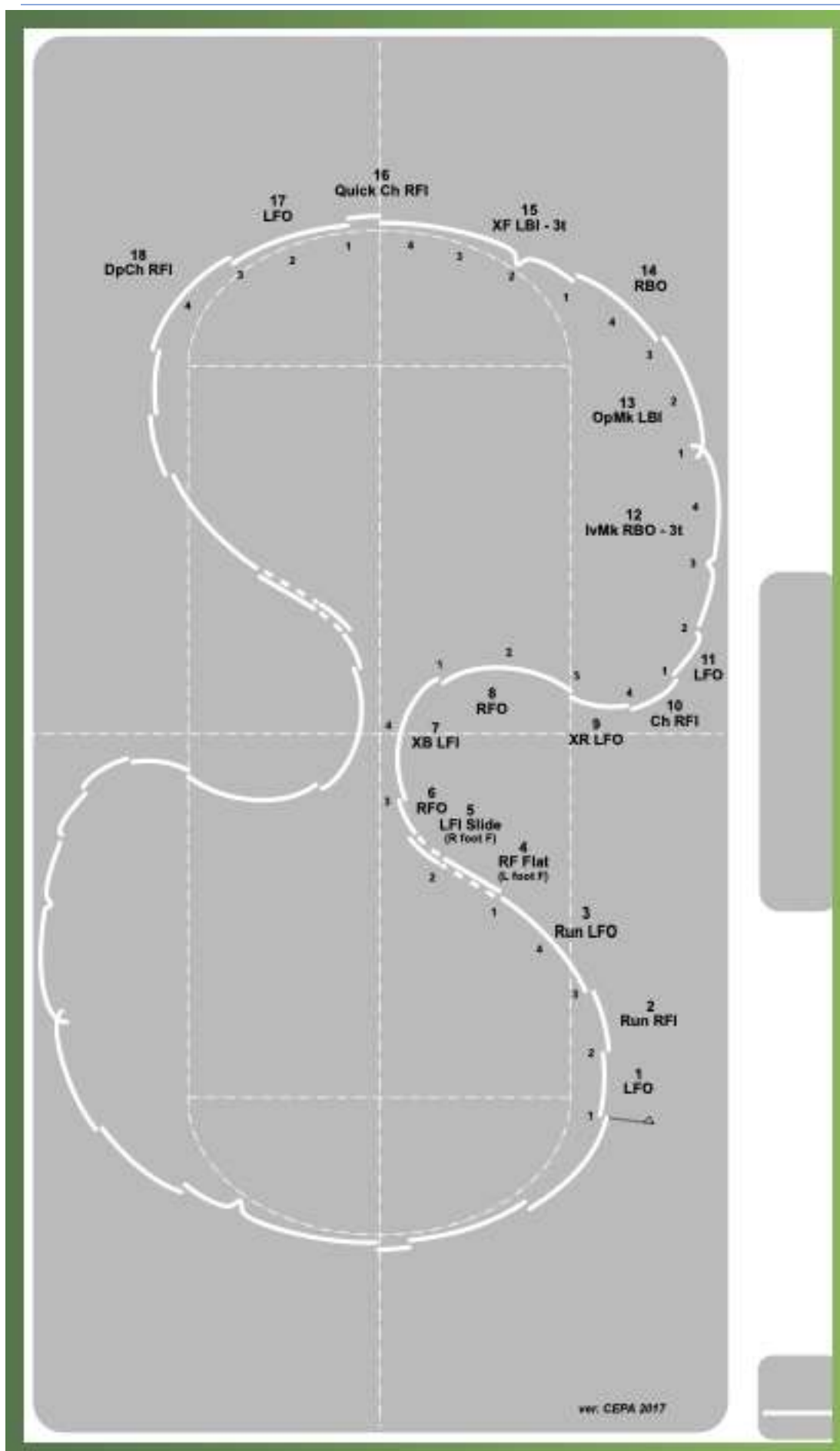
Key Points – Easy Paso Solo

1. **Step 4 RF-Flat:** correct technical execution of the flat, with an obvious bend of the right knee and simultaneous extension of the left leg, aiming toward the long axis. All eight wheels must remain in contact with the floor.
Step 5 LFI Slide: correct technical execution of the slide, performed on an inside edge of the left foot and the simultaneous extension of the right leg on an outside edge. The slide can be skated either with 8 wheels on the floor or with 7 wheels on the floor (lifting the inside front wheel of the right foot). The choice is optional. The inside edge of the skating foot should be deep and evident.
2. **Step 9 XR LFO:** correct technical execution of the cross roll, on a strong outside edge and a clear change of inclination.
3. **Step 13 OpMk LBI (2 beats):** correct technical execution of the open mohawk, with the proper placement of the left foot.
4. **Step 15 XF LBI 3t Sw (3½ beats):** correct technical execution of the cross in front on an inside edge with feet close and parallel on the first beat, a three turn on the second beat and a swing forward or backward of the free leg on the third beat. Movement of the free leg is optional.

List of steps – Easy Paso Solo

NO.	STEP	BEATS
1	LFO	1
2	RFI	1
3	LFO	2
4	RF (FLAT)	1
5	LFI (SLIDE)	1/2
6	RFO	1/2
7	XB LFI	2
8	RFO	2
9	XR-LFO	1
10	Ch RFI	1
11	LFO	1
12	IvMk RBO (on beat 1) 3t (on beat 2)	1 + 2
13	OpMk LBI	2
14	RBO	2
15	XF LBI (on beat 1) LBI-3t to LFO (on beat 2) swing (on beat 3, optional)	1+ 1+ 1 ½
16	Quick Ch RFI	1/2
17	LFO	2

Pattern – Easy Paso Solo



FEDERATION FOXTROT - SOLO

By Jackie Terenzi, updated by World Skate Dance Committee

Music: Foxtrot 2/4 or 4/4
Pattern: set

Tempo: 96bpm

The dance begins with a lobe formed by five steps (steps 1-2-3-4-5), initially aimed toward the long side barrier, becoming parallel to it and finishing perpendicular to the long axis.

Step 1 RBO (1 beat) is a stroke, followed by **step 2 XF LBI** (1 beat), **step 3 RBO** (1 beat), **step 4 Run LBI** (1 beat) and **step 5 RBO** (2 beats).

Step 6 LBO (2 beats) is a stroke in the direction of the long axis, followed by **step 7 Mk RFO 3T** (1+1 beats), a mohawk on the 1st beat with the three turn on the 2nd beat (on the short axis), after which the skater is parallel to the long axis.

Step 8 LBO (2 beats) begins parallel to the long axis and moves away from it in preparation for:

Step 9 Mk RFO Sw Ct (6 beats total) as follows:

- A mohawk RFO on the 1st beat with the free leg held behind for two beats, skated in the direction of the long side barrier.
- A forward swing of the free leg on the 3rd beat, perpendicular to the long side barrier
- An outside Counter turn (from RFO to RBO) on the 5th beat, with the free leg held forward at the end of the turn. This turn is aimed perpendicular to the long side barrier, curving during the last two beats to finish parallel to it.

Step 10 XF LBI (2 beats) is a cross in front on an inside edge that travels in the direction of the short side barrier.

Step 11 RBO (4 beats) is an outside stroke with the free leg held in front until the 4th beat. The stroke begins almost parallel to the long side barrier and finishes parallel to the short axis at the end of the last beat. At the end of the step, the free leg becomes close to the skating foot in a fluid movement, in preparation for the next step.

Step 12 Cw LFI (2 beats) is a choctaw that begins parallel to the short axis, followed by:

Step 13 RFO Sw CT 3T (2+2+1+1+2 beats) is distributed as follows:

- RFO with the free leg behind for two beats, skated in the direction of the short side barrier.

- A forward swing of the free leg on the 3rd beat which is held in front until the 4th beat.
- A counter turn (from RFO to RBO) on the 5th beat aimed perpendicular to the short side barrier.
- A three turn (from RBO to RFI) on the 6th beat with a raise of the free leg on the 7th beat; on the last two beats the inside edge curves in the direction of the long side barrier.

Step 14 LFO 3T (1+1 beats) is a stroke on the 1st beat followed by a three turn on the 2nd beat; it is the last step of the dance, skated in the direction of the long side barrier. This step should be skated so as to avoid excessive rotation as it would prevent the correct restart of the dance.

REFERENCE STEPS:

Step 7 – must start before short axis and finish after it;

Step 22 – must start before the longitudinal axis.

Key Points – Federation Foxtrot Solo

1. Step 6 – LBO (2 beats)

- Correct timing of the step;
- Correct technical execution of the **stroke** without deviating from the outside edge during the entire step;

2. Step 9 Mk RFO Sw Ct (only from 3rd to 6th beats)

- Correct timing of the step;
- Correct **outside edge** on the 3rd and 4th beats;
- Correct technical execution of the **Counter**, executed on the 5th beat of the step, with the free leg held forward after the turn. Correct outside edge after the turn.

3. Step 12 Cw LFI (2 beats):

- Correct timing of the step;
- Correct technical execution of the **Choctaw** with feet close together, respecting the prescribed edges required before and after the turn.

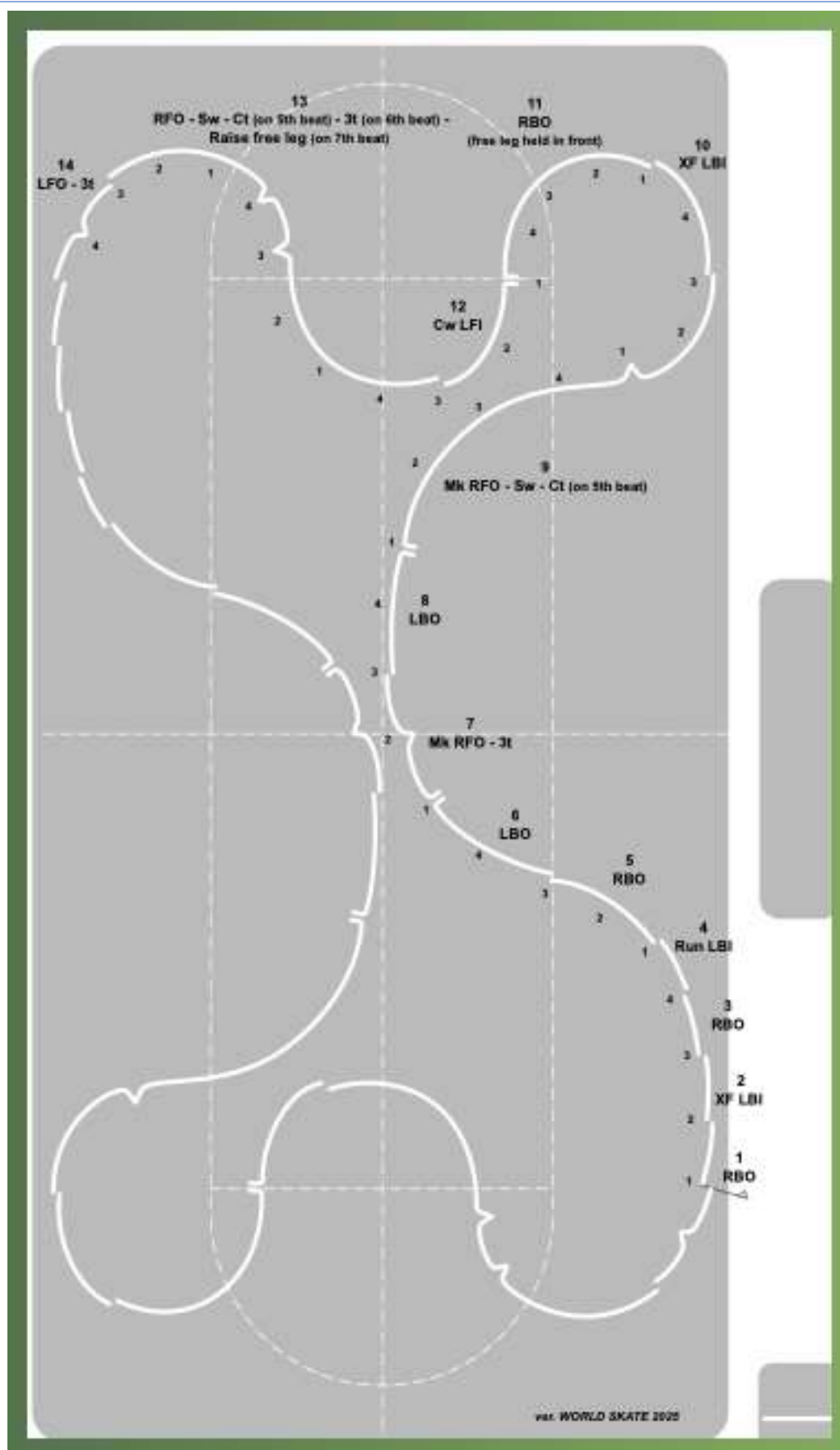
4. Step 13 RFO Sw CT 3T (2+2+1+1+2 beats):

- Correct timing of the step;
- Correct executing of the **swing**. The free leg must be swung forward on the 3rd beat;
- Correct technical execution of the **Counter**, executed on the 5th beat of the step. Correct edge before and after the turn.
- Correct technical execution of the **three turn**, executed on the 6th beat of the step, with the correct edge before and after the turn. **The free leg must be raised forward on the 7th beat.**

List of steps – Federation Foxtrot Solo

NO .	STEPS	BEATS
SECTION 1		
1	RBO	1
2	XF LBI	1
3	RBO	1
4	Run LBI	1
5	RBO	2
6	LBO	2
7	Mk RFO 3T	1+1
8	LBO	2
9	Mk RFO Sw CT	2+2+2
10	XF LBI	2
11	RBO (free leg held in front)	4
12	Cw LFI	2
13	RFO Sw CT 3T (raise of the free leg)	2+2+1+1+2
14	LFO 3T	1+1

Pattern – Federation Foxtrot Solo



FLIRTATION WALTZ - COUPLES

By Freida Peterson

Music: Waltz $\frac{3}{4}$

Position: Kilian, Tandem, Reverse Kilian, Closed

Competitive Requirements – 2 Sequences

Tempo: 120 bpm

Pattern: set

Please note that, for all compulsory dances, for skating surfaces smaller than 25m X 50m, crossing the long and short axes is allowed to increase speed, depth of lobes and edges, and use of space, without changing the symmetry of the pattern. In this dance, crossing the axes is permitted on the following steps:

- Steps 3–4 and 17c–17d may cross the long axis.

The dance begins in Kilian position with two strokes on outside edges for three beats each: LFO and RFO.

Step 2 through 6 form a lobe that uses the continuous axis of the rink as its baseline, beginning with step 2 toward the long axis and finishing with step 6 away from the long axis.

Step 3 (LFI) is a two-beat stroke aimed toward the long axis.

Step 4 and 5 are skated in Tandem position.

Step 4, a one-beat open mohawk RBI (with the heel of the free foot placed at the instep of the skating foot), begins toward the long axis and becomes parallel to it. **Step 5**, a three beat LBO, begins parallel to the long axis and finishes away from it.

Step 6 through 10 are skated in Reverse Kilian position.

Step 6, a three-beat mohawk RFO, crosses the short axis on the second beat of the step. **Step 7** is a two-beat LFO aimed toward the long side barrier; **step 8** is a one-beat RFI progressive (run) aimed toward the long side barrier and finishing parallel to it.

Step 9 is a six-beat LFOI-swing in which the couple performs a change of edge on the fourth beat while simultaneously performing a swing in front with the free leg passing close to the skating foot. The beats of step 9 are distributed as follows:

- The first three beats of step 9 are performed on an outside edge beginning parallel to the long side barrier and aiming toward the long axis.
- The fourth beat, which with the change of edge to inside must show a change of lean, begins at the baseline and continues toward the long axis.
- The fifth beat, still on the inside edge, is parallel to the long axis;
- The sixth beat, inside edge aimed toward the corner of the rink, returns to the baseline.

Step 10 is a two-beat RFI aimed toward the corner, curving to become parallel to the long side barrier in preparation for a one-beat open mohawk LBI (step 11), which finishes toward the short side barrier.

Steps 11 and 12 are skated in Tandem position. **Step 12** is a three-beat RBO aimed toward the middle of the short side of the rink.

Step 13 (three beats for the woman) represents the top of the curve distributed along the short side of the rink. It begins with a mohawk LFO followed by a three turn on the third beat performed on the long axis.

Step 13a, for the man, is a two-beat mohawk LFO followed by step 13b, a one-beat progressive (run), performed simultaneously with the woman's three turn.

Step 14 (two beats) for the woman is a RBO that moves away from the long axis, and for the man is a LFO progressive (run), followed by step 15, a one-beat crossed chasse for both partners. These steps are aimed toward the long side barrier and represent the descent of the arc that began with step 11.

- During the execution of steps 13-14-15 the couple is in Hand-in-Hand position performed by the skaters holding with their left hands while their right arms are free from hold; the movement of the right arms is optional.

Step 16 (six beats), RBO stroke for the woman and LFO stroke for the man, the skaters perform a swing in Waltz position, moving the free leg into the direction of travel on the fourth beat. The aim of step 16 begins toward the long side barrier on the first three beats, then moves away from the barrier and toward the long axis on the final three beats. At the end of the sixth beat, the man with his left hand raises the woman's right hand, and, keeping this hand over his partner's head, prepares for the execution of step 17.

Step 17 for the man is a RFO for 6 beats of music. The movement of the man's free leg is optional.

- Step 17 for the woman is a rotation composed of a sequence of five steps (17a-17b-17c-17d-17e), of which the first four steps are for one beat (17a-17b-17c-17d), and the fifth and final step (17e) is for two beats. The aim of the first three steps (17a-17b-17c) is toward the center of the rink; the aim of the fourth step (17d, open mohawk) is parallel to the long axis; the aim of the fifth step (17e) is toward the middle of the long side of the rink.
- The following steps, for the woman, are: 17b, mohawk RFO, and 17d, open mohawk.
- The man's right hand and the woman's left hand are free until the end of the woman's step 17d, while on step 17e the couple resumes Waltz position.

Step 18, the skaters perform a swing simultaneously, from in back to in front for the man, and from in front to in back for the woman, which begins toward the long side barrier and finishes toward the long axis.

Step 19, the man skates a six-beat RFOI while the woman performs a very pronounced LBO (step 19a) in preparation for step 19b, a closed choctaw RFI that begins toward the long side barrier and finishes parallel to it after three beats. This choctaw should be executed on the baseline.

- While the woman performs her closed choctaw (step 19b), the man, on the fourth beat, changes edge from outside to inside together with a swing of the free leg from in back to in front.
- During the end of the woman's step 19, the man releases hold with his left hand together with the woman's right hand, assuming Kilian position on step 19b.
- In this change from backward to forward for the woman, the partners' hands are momentarily free. The couple maintains Kilian position until step 22.

Step 20 (two-beat LFO), **step 21** (one-beat RFI), and **step 22** (three-beat LFO) are progressives that begin parallel to the long side barrier and aim toward the middle of the short side of the rink. At the end of step 22 the partners cross their tracings, and the man begins to move the woman into Tandem position in preparation for step 23.

Step 23 (two-beat RFI for both skaters), which begins at the long axis, begins the descending phase of the final curve on the short side of the rink. The step is performed in Tandem position.

Step 24 is a one-beat open mohawk LBI performed in Kilian position.

Step 25 (RBO stroke), performed in Kilian position with the free leg in front with respect to the skating foot, aims toward the long side barrier and finishes parallel to it in preparation for the mohawk LFO that concludes the dance.

This mohawk must be repeated at the end of the final required sequence of the dance.

During the evaluation of this dance particular attention should be paid to the following elements:

- Accuracy of timing, step technique, and the prescribed pattern and edges.
- Correct technical execution of the open mohawks (steps 4, 11, 20, and 29).
- Correct execution of all required mohawks in the dance.
- Correct changes of position for the couple (step 3–4, 5–6, 10–11, 12–13, 15–16, 16–17, 17–18, 19a–20, 22–23).
- The change of edge on step 9 should be well pronounced on beat 4 of the step.
- Steps 13–16 must be executed fluidly and well cadenced to better create the character of a waltz.
- Pay attention to the timing during the execution of the woman's steps 17a–b–c–d–e.
- Step 19b, closed choctaw: correct technical execution of the feet (toe of the free foot placed to the outside of the skating foot) without deviation from the prescribed edges.
- Change of edge on the fourth beat of the man's step 19 with a simultaneous swing forward of his free leg.
- Concluding mohawk that connects step 25 (RBO) with step 1 (LFO) performed with the correct control of the torso, edges, and posture.

Key Points – Flirtation Waltz Couples

Section 1:

1. **Steps 3–4:** steps aimed toward the long axis on strong and clear edges; from a two-beat LFI (step 3) to a one-beat **open mohawk** RBI (step 4): correct technical execution of the open mohawk, executed with the right free foot, which becomes the skating foot, placed at the instep of the left skating foot. (This is the technical execution of all open mohawks required in this dance.)
2. **Step 6 (RFO):** in Reverse Kilian position: correctness of the required position and outside edge maintained to the end of the third beat with no deviation from the edge.
3. **Steps 7–8–9:** accuracy of timing of the steps:
 - Step 7: LFO for two beats;
 - Step 8: RFI for one beat;

- Step 9: LFOI-swing for six beats; 3 beats on an outside edge and 3 beats on an inside edge, with the change of edge and swing of the free leg performed on the fourth beat. Pronounced and clear edges.
4. **Steps 10-11:** from a two-beat RFI (step 10) to a one-beat **open mohawk** LBI (step 11), on clear edges. Correct technical execution of the open mohawk.

Section 2:

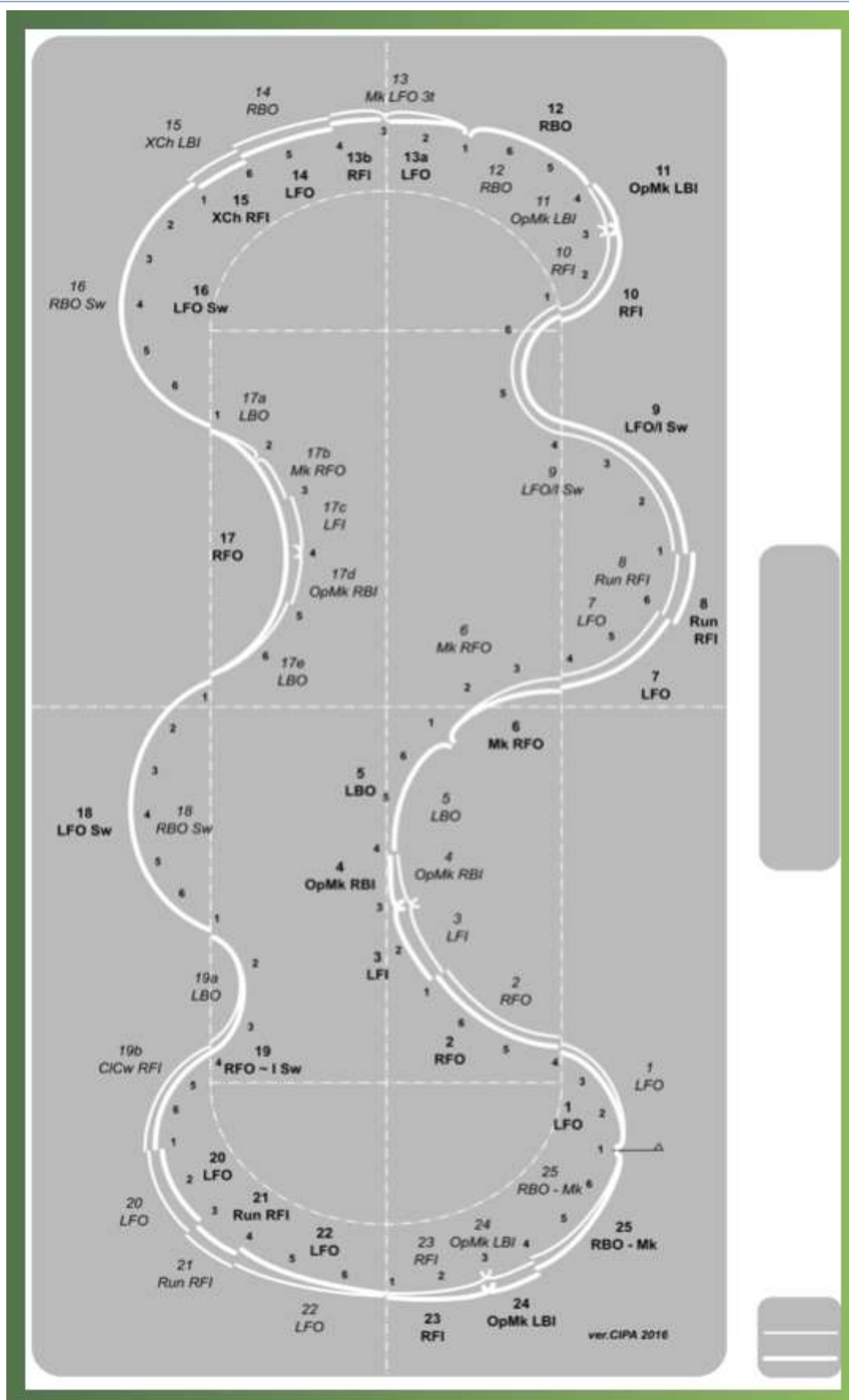
1. **Step 13:** for the woman a mohawk LFO-3t, correct execution of the three turn on the third beat (not on the second beat); the three turn is performed on the long axis. Step 13a for the man is a two-beat mohawk LFO followed by step 13b, a one-beat progressive (run) performed simultaneously with the woman's three turn.
2. **Step 17 for the woman:** correctness of timing / technique / prescribed direction and fluidity of rotation. The aim of the first three steps (17a-17b-17c, for one beat each) is toward the center of the rink; the aim of the fourth step (17d, open mohawk for one beat) is parallel to the long axis; the aim of the fifth step (17e, for two beats) is toward the middle of the long side of the rink.
3. **Steps 19a-19b for the woman:** step 19a LBO is a strong outside edge for three beats aiming first toward the long axis and finishing away from it, followed by a closed choctaw RFI (step 19b), which begins toward the long side barrier and finishes parallel to it.
4. **Steps 23-24:** step 23 is a two-beat RFI followed by step 24, a one-beat **open mohawk** LBI on clear edges with correct technical execution of the open mohawk.
5. **Step 25 (RBO – mohawk LFO):** stroke performed in Kilian position with the free leg in front with respect to the skating foot, aimed toward the long side barrier. Step 25 finishes parallel to the long side barrier in preparation for the mohawk LFO that concludes the dance. This mohawk must be repeated at the end of the final required sequence of the dance.

List of steps – Flirtation Waltz Couples

HOLD	NO	WOMAN'S STEPS	BEATS			MAN'S STEPS
1st SECTION						
Kilian	1	LFO		3		LFO
	2	RFO		3		RFO
	3	LFI		2		LFI
Tandem	4	Open MkRBI		1		Open MkRBI
	5	LBO		3		LBO
Reverse Kilian	6	MkRFO		3		MkRFO
	7	LFO		2		LFO

	8	RunRFI		1		RunRFI
	9	LFO/I Sw		3+3		LFO/I Sw
	10	RFI		2		RFI
Tandem	11	Open Mk LBI		1		Open Mk LBI
	12	RBO		3		RBO
Hand in Hand (See Notes)	13	Mk LFO 3t	2+1		2	Mk LFO
	13b				1	RFI
	14	RBO		2		LFO
	15	XCh LBI		1		XCh RFI
Waltz	16	RBO Sw		3+3		LFO Sw
See Notes	17a	LBO	1		6	RFO
	17b	Mk RFO	1			
	17c	LFI	1			
	17d	Open Mk RBI	1			
	17e	LBO	2			
Waltz	18	RBO Sw		3+3		LFO Sw
	19a	LBO	3		3+3	RFO/I Sw
Kilian	19b	CICw RFI	3			
	20	LFO		2		LFO
	21	RFI		1		RFi
	22	LFO		3		LFO
Tandem	23	RFI		2		RFI
Kilian	24	Open Mk LBI		1		Open Mk LBI
	25	RBO		3		RBO
		Mk to...				Mk to...

Pattern – Flirtation Waltz Couples



FLIRTATION WALTZ - SOLO

By Freida Peterson

Music: Waltz $\frac{3}{4}$
Pattern: set

Tempo: 120 bpm

The dance begins with two strokes on outside edges for three beats each: **LFO and RFO**. Steps 2 through 6 form the first center lobe of the dance, beginning with step 2 toward the long axis and finishing with step 6 away from the long axis.

Step 3 LFI (2 beats) is aimed toward the long axis.

Step 4 OpMk RBI (1 beat) begins toward the long axis and becomes parallel to it.

Step 5 LBO (3 beats) begins parallel to the long axis and finishes away from it.

Step 6 Mk RFO (3 beats) crosses the short axis on the second beat of the step.

Step 7 LFO (2 beats) is aimed toward the long side barrier; **Step 8 Run RFI** (1 beat) is aimed toward the long side barrier and finishes parallel to it.

Step 9 LFOI-Sw (6 beats) in which the skater performs a change of edge on the fourth beat while simultaneously performing a swing in front with the free leg passing close to the skating foot. The beats of step 9 are distributed as follows:

- The first three beats of step 9 are performed on an outside edge beginning parallel to the long side barrier and aiming toward the long axis;
- The fourth beat, which with the change of edge to inside must show a change of lean, begins at the baseline and continues toward the long axis;
- The fifth beat, still on the inside edge, is parallel to the long axis;
- The sixth beat, inside edge aimed toward the corner of the rink, returns to the baseline.

Step 10 RFI (2 beats) is aimed toward the corner, curving to become parallel to the long side barrier in preparation for a one-beat **OpMk LBI** (**step 11**), which finishes toward the short side barrier. **Step 12 RBO** (3 beats) is aimed toward the middle of the short side barrier.

Step 13 Mk LFO 3t (3 beats) represents the top of the curve distributed along the short side barrier. It begins with a mohawk LFO followed by a three turn on the third beat performed on the long axis.

Step 14 RBO (2 beats) moves away from the long axis, followed by **step 15 XCh-LBI**, a one-beat crossed chasse. These steps are aimed toward the long side barrier and represent the descent of the arc that began with step 11.

During **Step 16 RBO Sw** (6 beats), the skater performs a RBO-swing, moving the free leg into the direction of travel on the fourth beat. The aim of step 16 begins toward the long side barrier on the first three beats, then moves away from the barrier and toward the long axis on the final three beats.

Steps 17-18-19-20-21 form a rotation composed of a sequence of five steps: • **Step 17** is a **LBO** for one beat. • **Step 18** is a **Mk RFO** for one beat. • **Step 19** is **LFI** for one beat. • **Step 20** is an **OpMk RBI** for one beat. • **Step 21** is a **LBO** for two beats.

The aim of the first three steps (17-18-19) is toward the center of the rink; the aim of the fourth (**step 20 OpMk RBI**), is parallel to the long axis, and the aim of the fifth step (step 21) is toward the long side barrier.

During **step 22**, the skater performs a **RBO-Sw** from in front to in back, which begins toward the long side barrier and finishes toward the long axis.

Step 23 (3 beats) is a very pronounced **LBO** in preparation for **step 24**, **CICw RFI** that begins toward the long side barrier and finishes parallel to it after three beats. This choctaw should be executed on the baseline.

Step 25 LFO (2 beats), **step 26 RFI** (1 beat), and **step 27 LFO** (3 beats) begin parallel to the long side barrier and aim toward the middle of the short side of the rink.

Step 28 RFI (2 beats), begins at the long axis, and begins the descending phase of the final curve on the short side of the rink.

Step 29 OpMk LBI (1 beat).

Step 30 RBO aims toward the long side barrier and finishes parallel to it in preparation for the mohawk LFO that concludes the dance. This mohawk must be repeated at the end of the final required sequence of the dance.

Key Points – Flirtation Waltz Solo

Section 1:

1. **Steps 3-4 LFI - OpMk RBI**: correct technical execution of the mohawk, with feet close together on correct edges. Correct timing of the steps, step 3 (2 beats) and step 4 (1 beat).
2. **Step 6 Mk RFO**: correct technical execution of the mohawk with feet close together on the correct outside edge.
3. **Step 9 LFOI Sw**: accuracy of timing of Step 9: LFOI-swing for six beats; 3 beats on an outside edge and 3 beats on an inside edge
4. **Steps 10 RFI and 11 OpMk LBI**: correct technical execution and timing of the mohawk, from a two-beat RFI (step 10) to a one-beat open mohawk LBI (step 11), on clear and correct edges.

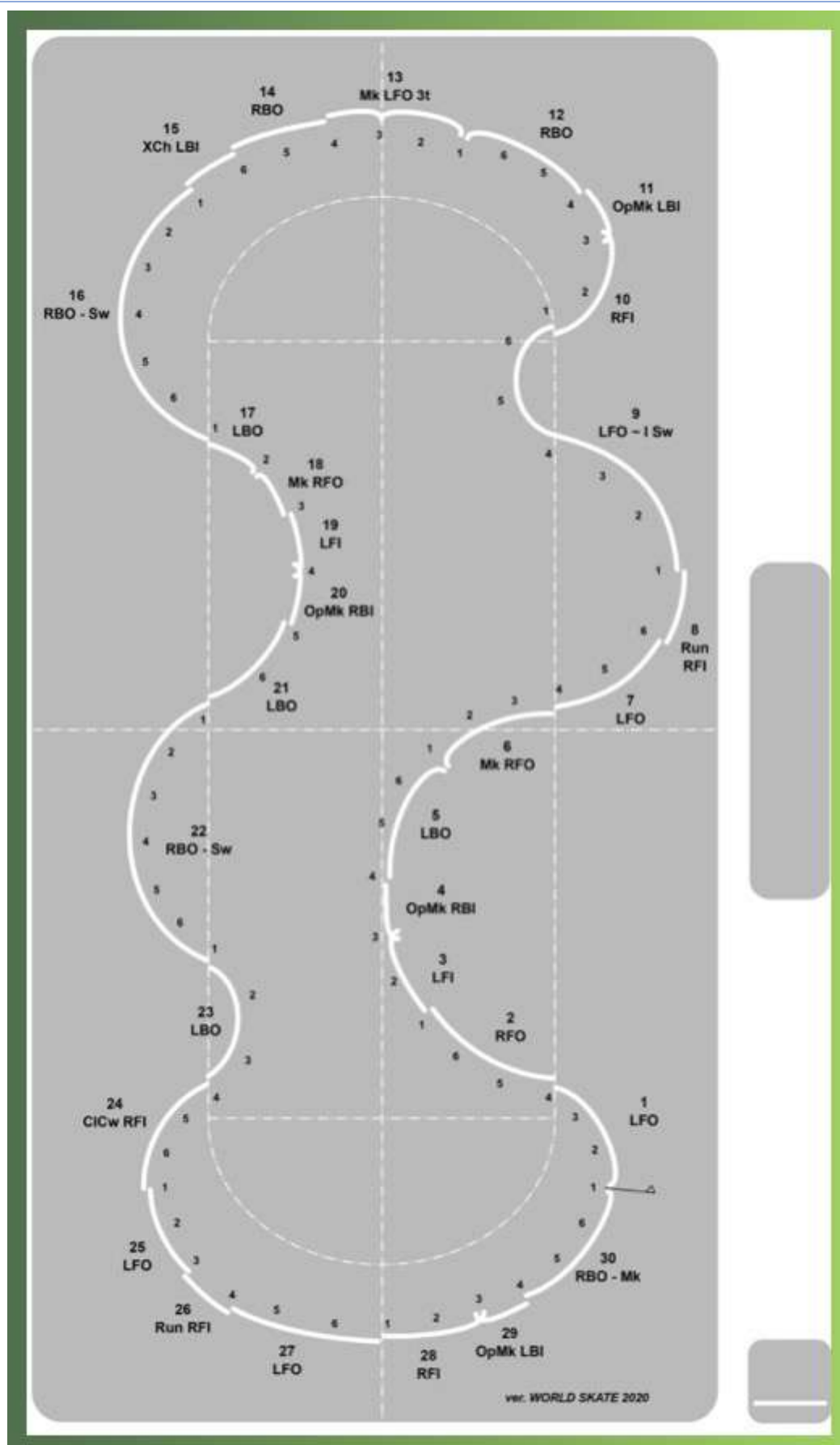
Section 2:

1. **Step 13: Mk LFO-3t**: correct technical execution of the three turn on the third beat (not on the second beat) on correct edges and not hopped; the three turn is performed on the long axis.
2. **Steps 17-18-19-20-21**: correct technical execution of the mohawks (Step 18 Mk RFO and step 20 OpMk RBI) and correctness of timing of these steps for the proper beats: Steps 17, 18, 19, 20 for one beat each and step 21 for two beats.
3. **Steps 23 LBO -24 CICw RFI**: correct technical execution of the closed choctaw, with feet close together and on correct edges before and after the choctaw.
4. **Step 30 RBO - Step 1 Mk LFO**: Correct technical execution of the mohawk, with feet close together and outside edges, first aimed toward the long side barrier on Step 30 and finishing parallel to it for the mohawk (Step 1), which should be held for the required beats (3 beats). This mohawk **MUST** be executed correctly at the end of the dance.

List of steps – Flirtation Waltz Solo

STEP NO.	STEPS	MUSICAL BEATS
1st SECTION		
1	LFO	3
2	RFO	3
3	LFI	2
4	OpMk RBI	1
5	LBO	3
6	Mk RFO	3
7	LFO	2
8	Run RFI	1
9	LFO~I Sw	3+3
10	RFI	2
11	OpMk LBI	1
12	RBO	3
2nd SECTION		
13	Mk LFO 3t	2+1
14	RBO	2
15	XCh LBI	1
16	RBO Sw	3+3
17	LBO	1
18	Mk RFO	1
19	LFI	1
20	OpMk RBI	1
21	LBO	2
22	RBO Sw	3+3
23	LBO	3
24	CICw RFI	3
25	LFO	2
26	Run RFI	1
27	LFO	3
28	RFI	2
29	OpMk LBI	1
30	RBO	3
	Mk to....	

Pattern – Flirtation Waltz Solo



FOURTEEN STEP - COUPLES

By Franz Scholler

Music: March 4/4

Tempo: 108 bpm

Pattern: set

Hold positions: Waltz-Promenade-Partial tango

The dance start in Waltz position from step 1 to 7.

Steps **1 LFO stroke**, **2 RFI run**, **3 LFO stroke** for the man and **step 1 RBO stroke** (1 beat for each), **2 LBI run** (1 beat for each), **3 RBO** (2 beats for each) stroke for the woman; these steps must be skated with good edges and deep curves, first aiming to the long side barrier and finishing toward the long axis.

Steps 4 RFO Sw for the man and **LBO Sw** (2+2 beats for each) for the woman is a stroke aimed toward the long axis, becomes parallel to it, and finishes toward the long side barrier. These outside swing steps must be skated on strong outside edges for a total of 4 beats each, with the free leg swinging on beat 3 of the steps and finishing in line with the tracing of the skating leg.

Steps **5 LFO stroke** for the man and **RBO** for the woman (1 beat for each) must be aimed initially toward the long side barrier and begin a perfect circular arc that travels around the short side of the rink.

Step **6 RFI run** for the man and **LBI run** for the woman (1 beat for each), **step 7 LFO stroke** for the man and **RBO stroke** for the woman (2 beats for each); **Steps 7** are outside edges which begin parallel to the long side barrier and finish away from it.

Step **8 Ops RFI** for the man and step **8 LFO Mk** for the woman (1 beat each) aim up toward the peak of the arc of the corner. The couple assumes the Promenade position.

Step 9 OpMk LBI (1 beat) for the man, **step 9 XCh RFI** (1 beat) for the woman skating close and to the side of the man in Partial tango position until step 13, towards the short side barrier.

Steps **10 RBO stroke**, **11 LBI Run** and **12 RBO stroke** (1 beat each) followed by step **13 XF LBI** for the man are performed in partial Tango position. Step 10 and 11 aim towards the apex of lobe while step **12 (RBO for man and LFO for woman)** which starts from the long axis, the descending phase of the arc begins.

Step **10 LFO stroke** - **11 RFI run** - **12 LFO stroke** (1 beat each) followed by step **13 OpMk RBO** (1 beat) for the woman executed just after the long axis draw an arc of the lobe performed on the short side of the rink.

Step **14 Mk RFI** for the man and **Run LBI** for the woman (2 beats each) which start in "and" position are in Waltz position.

Reference steps:

Step 4 – must start before the short axis and finish after it;

Step 12 – must start on the long axis.

Key Points – Fourteen Step Couples

1. **Step 4 RFO Sw** for the man and **LBO Sw** for the woman (2+2 beats) for both:
 - Correct timing of the steps;
 - Correct technical execution of both swings with the free leg being swung past the line of the body on the 3rd beat, without deviation from the outside edge in advance;
 - The couple should be in unison with the free legs and the same correct lean of the body.
2. **Steps 8: Ops RFI** (1 beat) and **Step 9: OpMk LBI** (1 beat) for the man
 - Correct timing of the steps;
 - Correct technical execution of the **Open stroke** on a clear inside edge;
 - Correct lean of the body toward the center of the rink;
 - Correct execution of the **open Mohawk**, placing the right skate to the inside of the left skate close together, respecting the prescribed edges required before and after the turn.
3. **Step 8 MK LFO** (1 beat) and **Step 9 XCh RFI** (1 beat) for the woman
 - Correct timing of the steps;
 - Correct execution of **Mohawk**, placing the right foot on the floor near the previous skating foot, respecting the outside edges required before and after the mohawk.
 - Correct technical execution of the **Cross Chasse** done with a clear cross back, with feet parallel and close together, before changing support, assuming a clear chasse position on the correct edge for 1 beat.
4. **Step 13 XF LBI** (1 beat) for the man. **Step 12 LFO** and **step 13 OpMk RBO** (1 beat each) for the woman:
 - Correct timing of the steps;
 - **Man:** Correct technical execution of the **cross front**, with feet close and parallel before executing the LBI on a clear inside edge.
 - **Woman:** Correct technical execution of the **LFO stroke** without deviating from the outside edge during the entire step;
 - **Woman:** Correct execution of the **Open Mohawk**, placing the right skate to the inside of the left skate close together, respecting the prescribed edges required before and after the turn.

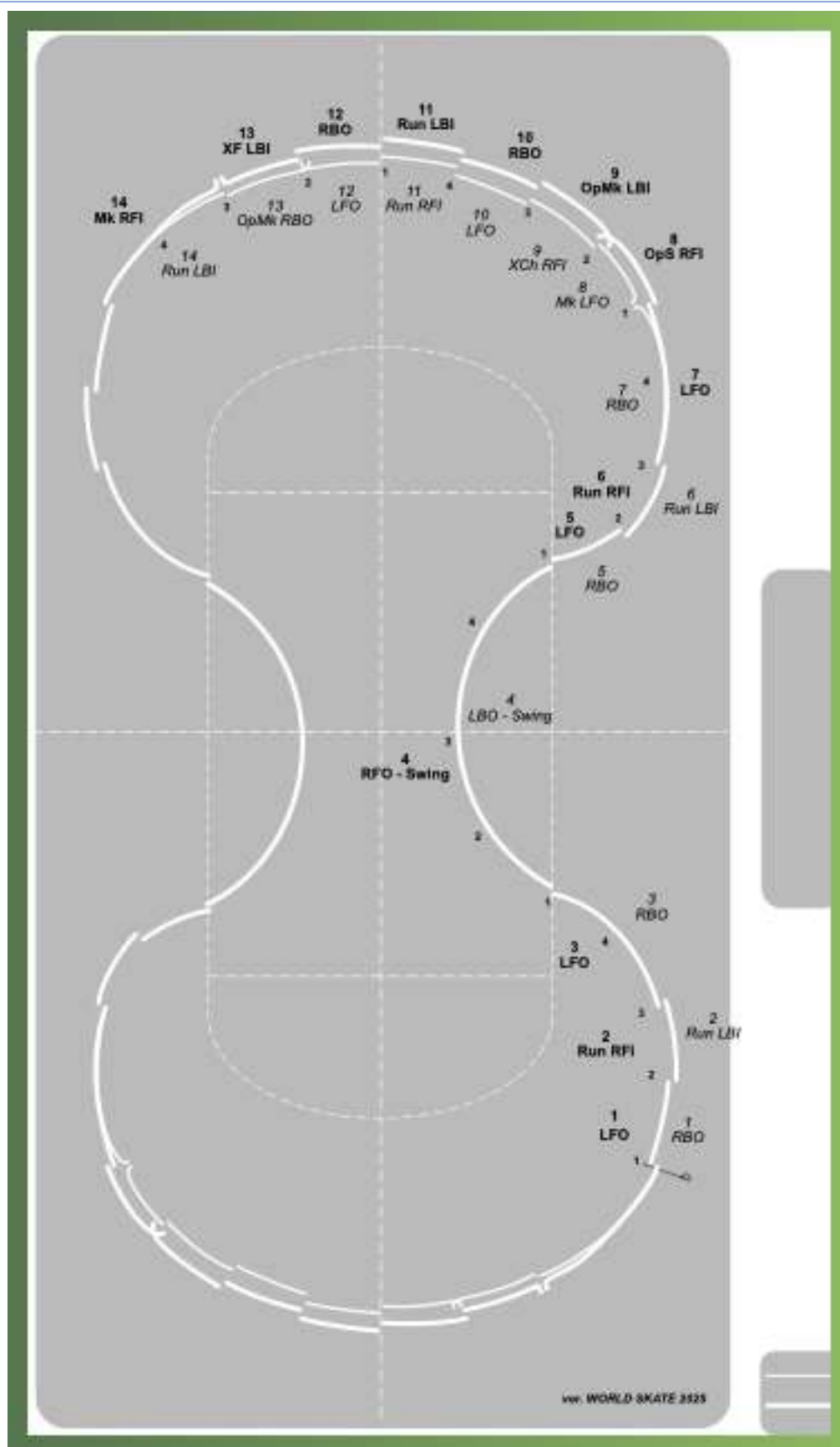
For the couple

 - Attention to the unison and at the **synchronization and proximity of step 13** of the skaters.

List of steps – Fourteen Step Couples

Hold	N°	Woman steps	Beats	Man steps
Waltz	1	RBO	1	LFO
	2	Run LBI	1	Run RFI
	3	RBO	2	LFO
	4	LBO – Sw	2+2	RFO – Sw
	5	RBO	1	LFO
	6	Run LBI	1	Run RFI
	7	RBO	2	LFO
Promenade	8	Mk LFO	1	Ops RFI
Tango Partial	9	XCh RFI	1	OPMk LBI
	10	LFO	1	RBO
	11	Run RFI	1	Run LBI
	12	LFO	1	RBO
	13	OpMk RBO	1	XF LBI
Waltz	14	Run LBI	2	Mk RFI

Pattern – Fourteen Step Couples



FOURTEEN STEP PLUS - SOLO

Originated as 14 Step by Franz Scholler. Adapted to 14 Step Plus for Solo Dance by Ron Gibbs

Music: March 6/8 or 4/4

Tempo: 108 bpm

Pattern: set

Competitive Requirements - 2 sequences (for one circuit pattern)

This dance has been adapted from the 14 Step (for couples), incorporating both the Ladies' and Men's Steps.

Steps 1, 2 (RFI run), **3**, and **14, 15** (LBI run), **16** form barrier lobes and must be skated with good edges and deep curves first aiming to the long side barrier and finishing toward the long axis.

Step 3 and **Step 16** are strong outside edges toward the center of the rink and must not change edge in preparation for step 4 and step 17.

Steps 4 (RFO swing) and **17** (LBO swing) are aimed toward the long axis, become parallel to it, and finish toward the long side barrier. These outside swing steps must be skated on strong outside edges for 4 beats each, with the free leg swinging on beat 3 of the steps and finishing in line with the tracing of the skating leg.

Steps 5 and **18** must be aimed initially toward the long side barrier and begin a perfect circular arc that travels around the short side of the rink.

Steps 7 and **20** are outside edges for two beats which begin parallel to the long side barrier and finish away from it.

Step 8 (RFI) and **9** (mohawk LBI) are each for one beat. In executing the open Mohawk (Step 9) the left foot must be placed at the instep of the right foot.

- Care must be taken to aim the next three steps up toward the peak of the arc, with **Step 12** (RBO) beginning at the long axis.

Step 13 (XF-LBI-3t-3t) is a three beat step consisting of:

- On the first beat: a cross front to a LBI (XF-LBI);
- On the second beat: a three turn from LBI to LFO;
- On the third beat: a three turn from LFO to LBI.

The position of the free leg during these turns is free to interpretation. The rotation of the upper body must be controlled to enable the proper execution of the turns while remaining on the prescribed arc.

Step 14 (RBO) must be stepped in time with the music and not late due to a loss of control on the double three turns.

Step 21 is a mohawk to a LFO which, along with steps 22 (Xch-RFI), 23 (LFO) and 24 RFI (run), aim up toward the peak of the arc of the corner.

Step 25 is LFO and step 26 is an open mohawk RBO, each for one beat. Step 25 begins at the long axis, with the open mohawk (step 26) executed just after the long axis. These edges must be outside edges without any flattening or deviation of the arc. At the finish of this open mohawk, the toe of the free foot must be brought behind the heel of the right (skating) foot and placed on the outside of it for step 27, a closed mohawk LFO for one beat.

Step 27 must be a closed mohawk with the free leg extended in front at the finish of the turn.

Step 28 is a RFI run for one beat (not a chasse) and must not be crossed. Timing of this step is very important, as is also the timing on the entire sequence of steps 25, 26, 27, 28.

During the evaluation of this dance particular attention should be paid to the following elements:

- Accuracy of timing, step technique, and the prescribed pattern.
- Steps 3 and 16 must be skated on outside edges, without deviation from the edge in preparation for the next step.
- Steps 4 (RFO swing) and 17 (LBO swing) are aimed toward the long axis and must be skated on a strong outside edge, finishing aiming toward the long side barrier.
- Steps 5 and 18 must be aimed initially toward the long side barrier.
- Step 9 (open mohawk LBI) should be executed correctly, with the heel of the left foot placed at the instep of the right foot at the end of step 8 (RFI).
- Proper timing and accuracy of Step 13 (XF-LBI-3t-3t), a three-beat step, XF on beat 1, 3t-LFO on beat 2 and 3t-LBI on beat 3.
- Outside edges must be performed on step 25 (LFO for one beat) and 26 (mohawk RBO for one beat), with step 26 (open mohawk) being placed at the instep of the left foot. At the completion of step 26, the free leg must be placed to the outside of the heel of the right foot in preparation for step 27 (closed mohawk LFO, not heel-to-heel).
- Step 27 must be a closed mohawk and not a step forward. The free leg must finish in a forward position in preparation for step 28 (RFI run).
- Step 28 (RFI run for one beat) is not a chasse and must not be crossed.
- Accurate timing of steps 25, 26, 27 and 28 is important.

Key Points – Fourteen Step Plus Solo

Section 1:

1. **STEP 4** (RFO swing): proper execution of Roll (outside forward edge to outside forward edge) aimed toward the center of the rink and ending toward the long side barrier, drawing a symmetrical edge of 4 beats, with the free leg swing on beat 3 of the step (at the top of the lobe), without deviation from the outside edge during the step.
2. Proper execution of steps 8 (RFI) and 9 (Open mohawk LBI), with the left foot placed at the instep of the right and close to it, keeping the inside edge before/after the turn.
3. **STEP 13** (XF LBI-3t-3t): proper execution of the XF and three turns, crossing with feet parallel and close together and keeping the correct edge before/after the turns, and with correct timing.

Section 2:

1. **STEP 17** (LBO swing): proper execution of Roll (outside backward edge to outside backward edge) aimed toward the center of the rink and ending toward the long side barrier, drawing a symmetrical edge of 4 beats, with the free leg swing on beat 3 of the step (at the top of the lobe), without deviation from the outside edge during the step.

2. **STEP 21** (LFO) & **22** (Xch RFI): proper execution of the Mohawk and Xch, keeping the correct edge on each step, crossing with feet parallel and close together and immediately returning to the “and” position after the Xch.
3. **STEPS 25** (LFO) and **26** (open mohawk RBO): proper execution of the mohawk, each step for one beat and must be done on clear outside edges with Step 26 being placed at the instep of the left foot.
4. **STEP 27**: at the finish of Step 26, the toe of the free foot must be brought behind the heel of the right foot and placed on the outside of it for Step 27, a closed mohawk for one beat. The free leg must be extended in the forward position at the finish of Step 27 & **STEP 28**: is a RFI run for one beat. This is not a chasse and should not be crossed. Attention must be paid to the timing of steps 25, 26, 27, 28.

List of steps – Fourteen Step Plus Solo

NO.	SKATER'S STEP	BEATS
1st SECTION		
1	LFO	1
2	Run RFI	1
3	LFO	2
4	RFO Sw	2+2
5	LFO	1
6	Run RFI	1
7	LFO	2
8	RFI	1
9	OpMk LBI	1
10	RBO	1
11	Run LBI	1
12	RBO	1
13	XF LBI-3t-3t	1+1+1
2nd SECTION		
14	RBO	1
15	Run LBI	1
16	RBO	2
17	LBO Sw	2+2
18	RBO	1
19	Run LBI	1
20	RBO	2

21	Mk LFO	1
22	XCh RFI	1
23	LFO	1
24	Run RFI	1
25	LFO	1
26	OpMk RBO	1
27	CIMk LFO	1
28	Run RFI	1

Pattern – Fourteen Step Plus Solo



GLIDE WALTZ – SOLO & COUPLES

Music: Waltz 3/4
Hold: Kilian

Tempo: 120 bpm
Pattern: set

For couples, the dance is performed in Kilian Position and the steps are the same for both skaters.

This is an easy dance and is very important to be in time and, for couples, with a close Kilian dance position.

The dance starts with **step 1**, a **LFO** towards the long barrier for 2 beats.

Step 2 is a **RFI Chasse** for 1 beat.

Step 3 is a **LFO** for 3 beats.

Step 4 and **step 8** are a **RFI open strokes***, maintaining the line of the lobe when changing foot to the inside edge of steps 4 and 8.

Step 11 is a **LFO** for 3 beats towards the longitudinal axis.

Step 12 is a **RFO** of 2 beats that starts the center lobe, followed by **step 13**, a **LFI Chasse** of 1 beat, and **step 14**, a **RFO** of 3 beats that finishes the center lobe.

* **OPEN STROKE:** A step used to impart speed in which the new skating foot takes the floor close to the previous step with either a parallel or angular takeoff.

Key Points – Glide Waltz

1. **Step 4 OpS RFI (3 beats):**

- Correct timing for 3 beats without deviation from inside edge in advance;
- Correct technical execution of the open stroke (see description) on an inside edge, without deviation from the line of the lobe with adequate inclination towards the center of the lobe;
- **For couples:** Attention to the Kilian position of the couple.

2. **Step 8 OpS RFI (3 beat)**

- Correct timing for 3 beats without deviation from inside edge in advance;
- Correct technical execution of the open stroke (see description) on an inside edge without deviation from the line of the lobe with adequate inclination towards the center of the lobe;
- **For couples:** Attention to the Kilian position of the couple.

3. **Step 11 LFO (3 beats)**

- Correct timing for 3 beats without deviation from outside edge in advance;
- Correct technical execution of stroke on outside edge
- **For couples:** Attention to the Kilian position of the couple.

4. **Step 13 Ch LFI (1 beat):**

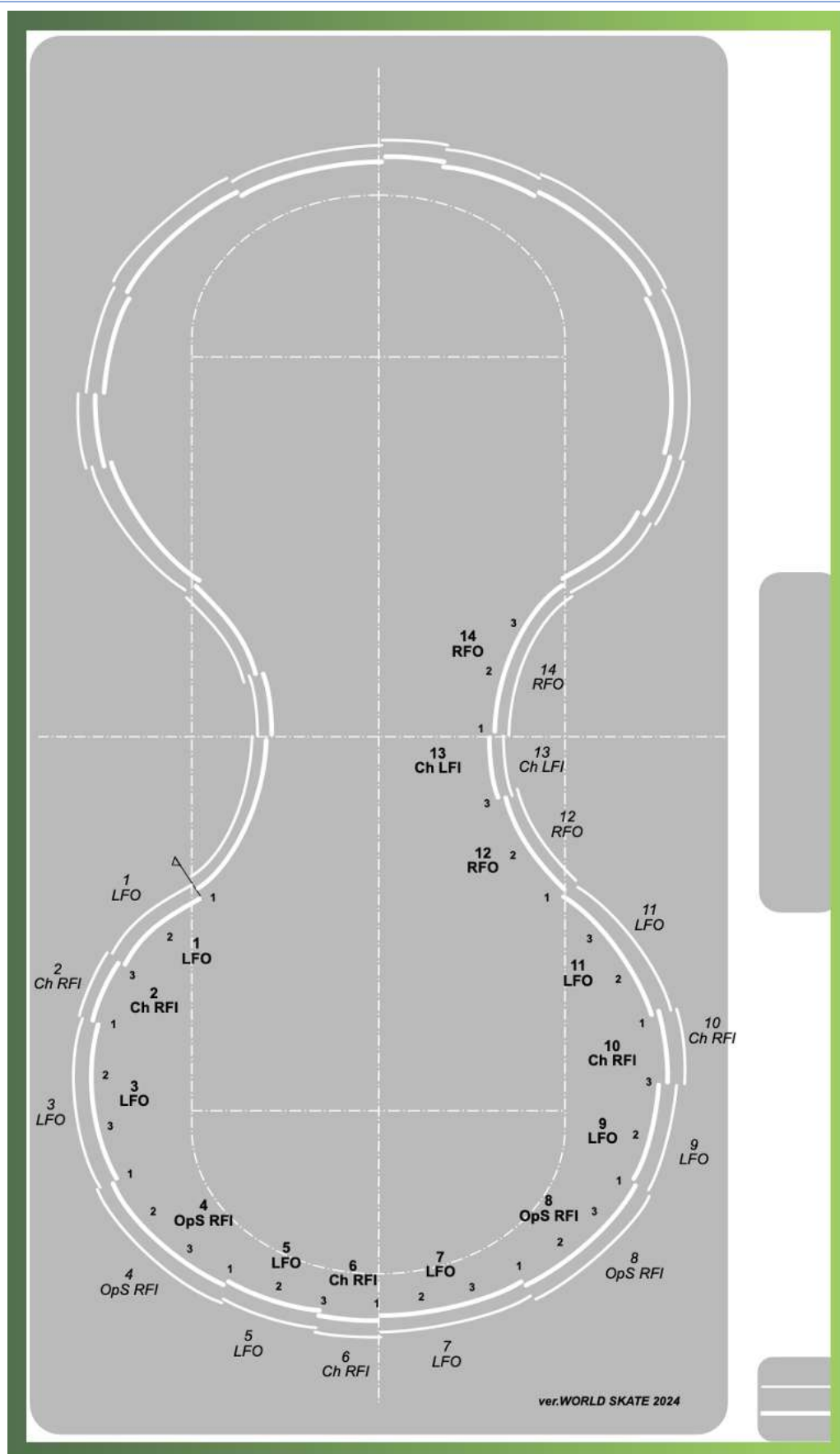
- Correct timing of the step;
- Correct technical execution of the Chasse with clear lift from the floor of the free skate, in an inside edge;

- **For couples:** Attention to the Kilian position of the couple.

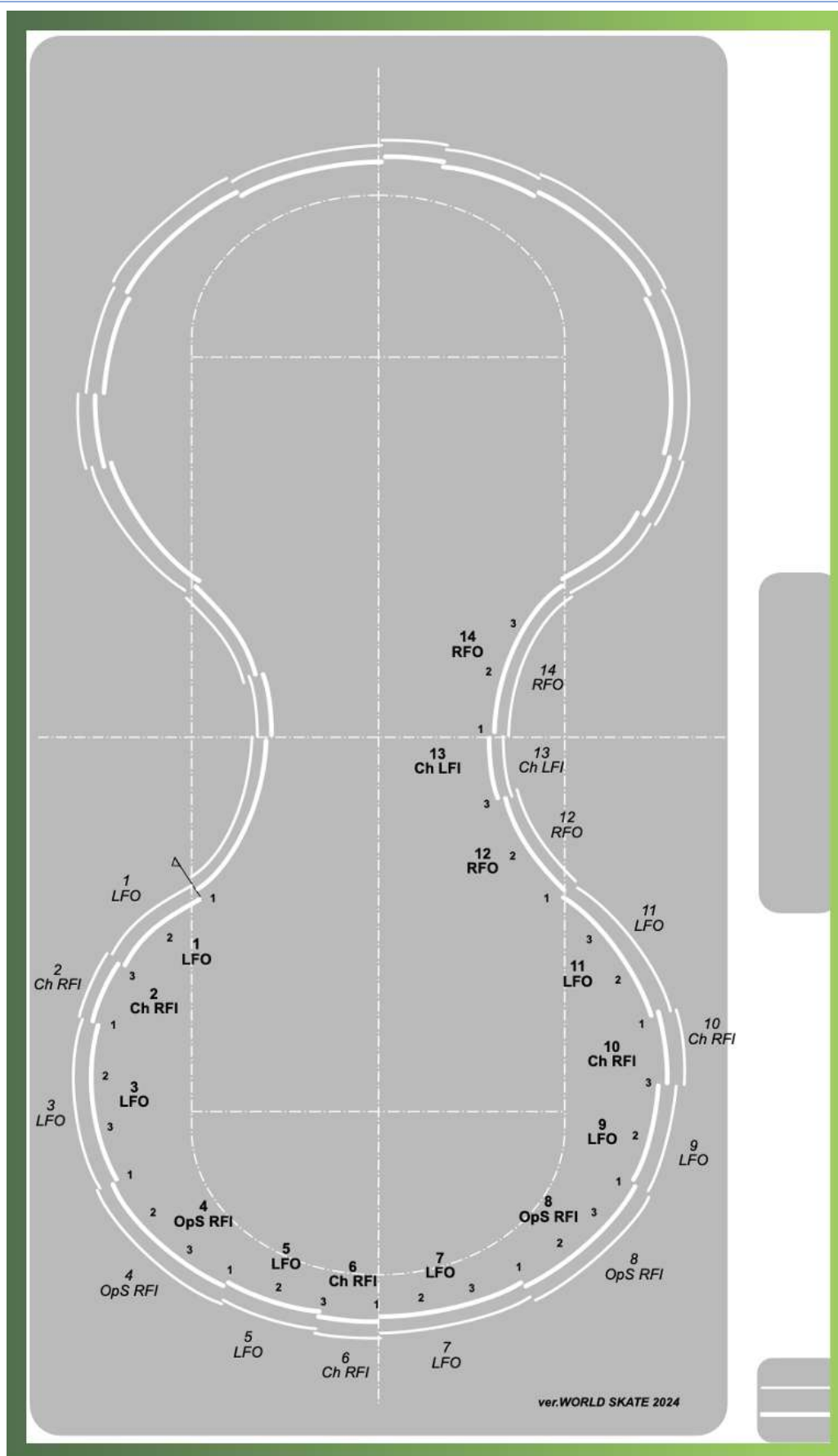
List of steps – Glide Waltz

HOLD	NO.	WOMAN STEPS	BEATS	MAN STEPS
Kilian	1	LFO	2	LFO
	2	Ch RFI	1	Ch RFI
	3	LFO	3	LFO
	4	OpS RFI	3	RFI
	5	LFO	2	LFO
	6	Ch RFI	1	Ch RFI
	7	LFO	3	LFO
	8	OpS RFI	3	RFI
	9	LFO	2	LFO
	10	Ch RFI	1	Ch RFI
	11	LFO	3	LFO
	12	RFO	2	RFO
	13	Ch LFI	1	Ch LFI
	14	RFO	3	RFO

Pattern – Glide Waltz Solo



Pattern – Glide Waltz Couples



GOLDEN SAMBA - COUPLES

*Originated as SILVER SAMBA by Courtney Jones and Peri Horne (1963)
Adapted as GOLDEN SAMBA by H. Chapouto (2015) revised by Filipe Sereno (2019)*

Music: Samba 2/4

Tempo: 104 bpm

Hold Position: Kilian, Reverse Cross-arm, Waltz, Tango

Pattern: Set

The dance begins with the partners in Kilian position.

Step 1 LFO stroke and **Step 2 Run RFI** (1 beat each), aim toward the short side barrier.

Step 3 LFO stroke (1 beat) for the man, while the woman skates a stroke **LFO 3T** (with $\frac{1}{2}$ beat before and $\frac{1}{2}$ beat after the turn), cross tracing in front on the man, keeping the left hands in contact while the right hands release hold.

Step 4 Ch RFI for the man and a **RBO** stroke for the woman (1 beat each), with the woman on the left side of the man. During this step the woman's right hand starts to approach the man's left hip, allowing for contact on the next step. The man's right hand is open to the side, free to choreograph.

Step 5 LFO (1 beat) for the man while the woman performs a **mohawk LFO**, in a Reverse Kilian position with the arms crossed. Keeping the same hold, both skaters perform **Step 6 Run RFI** (1 beat).

Step 5 must start at the long axis (**reference step**).

Step 7-8 are divided as follow:

For the woman:

Step 7 LFO (1 beat) stroke for the woman, beginning to move toward the long side barrier.

Step 8a Ch RFI (1 beat) followed by **Step 8b HhMk LBI** (1 beat), a heel-to-heel mohawk turn.

For the man:

Step 7 LFO 3T ($1 + \frac{1}{2}$ beat) the man executes the 3T, cross tracing in front on the women, followed by the **Step 8 RBO 3T** ($\frac{1}{2} + 1$ beat). During this step, the man crosses tracing in front of the woman, finishing in Waltz position at the end of the step.

Steps 9, 10, 11 and 12 form a sequence of different chasses on a curve starting parallel to the long side barrier and ending toward the center of the rink, in Waltz position.

Step 9 RBO for the woman and a **LFO** for the man ($\frac{1}{2}$ beat each), and **Step 10 Ch LBI** for the woman and **Ch RFI** for the man is a quick raised chasse for both skaters ($\frac{1}{2}$ beat each).

Step 11 RBO for the woman and a **LFO** for the man is a stroke (for 1 beat each), and **Step 12 DpCh** (1 beat each) is a dropped chasse for both skaters.

Step 13, in Waltz position, starts toward the center of the rink, defining the start of the center lobe. **Step 13 RBI Sw** (2+2 beats) for the woman consists of a deep inside stroke with free leg in front followed by a swing backward of the free leg on the third beat.

Step 13 LFI Sw 3T (4 beat total: $2+1\frac{1}{2} + \frac{1}{2}$) for the man; the step begins with the free leg held in back for two beats, and then the free leg is swung in front on the third beat of the step and maintained in front for $1\frac{1}{2}$ beats; at the end of the swing, the man, returning the free leg close to the skating leg, performs an LFI 3t. During the 3 Turn of man the detachment of the skaters takes place to allow the execution.

Step 14 LBO for the woman is a quick stroke and **Step 14 Mk RFO** for the man ($\frac{1}{2}$ beat each). **Step 14** must start on the short axis (**reference step**), and **Step 15 Ch RBI** for the woman and **Ch LFI** for the man consists of a quick raised chasse ($\frac{1}{2}$ beat each), skated in Waltz position and parallel to the long axis.

Step 16 (5 beats total) is divided as follows for the woman: **step 16a LBO Sw Sw CT** ($1+1+1+1\frac{1}{2}$ beats) + **step 16b Ch RFI** ($\frac{1}{2}$ beat) quick chasse:

Step 16 (5 beats total) is divided as follows for the man: **step 16 RFO Sw Sw CT** ($1+1+1+2$):

- 3 beats on an outside edge (LBO for the woman, RFO for the man) with the couple in Waltz position, and the free leg swinging twice, once on the second beat (women back and man front) of the step and once on the third beat of the step (women front and man back).
- 2 beats on an outside edge for the man where on the first of these beats a counter turn is performed from outside forward (RFO) to outside backward (RBO), holding the free leg in front on the second beat, while the woman performs a counter turn from outside backward (LBO) to outside forward (LFO), held for one and a half beats, followed by a quick Ch RFI (for $\frac{1}{2}$ beat). The counter turn corresponds to beat 4 of the step and the couple assumes Tango position, ending this center lobe, aiming toward the long side barrier.

Step 17 LFO 3T for the woman ($1+1$ beats) is a stroke followed three turn to an LBI,

into Kilian position, while the man skates **Step 17 XF LBI** (2 beats) a cross in front parallel to the long side barrier. At this point the couple assumes Kilian position, which will be held until the end of the dance.

Step 18 RBO (3 beats total), toward the center of the rink, where the couples must use the free leg to accentuate the rhythm. The movement of the free leg is optional.

For both partners **Step 19 XB LBO** (1 beat), the skaters skate a cross behind LBO.

Step 20 XF RBI Sw/O Tuck Sw (2+1+1+1 beats: 5 beats total) is a cross in front XF RBI (2 beats), toward the short side barrier with a change of edge to outside (for 3 beats). The change of edge is accompanied with a swing of the free leg forward on the 3rd beat, and a lift movement of the free leg (in a tucked position) on the 4th beat. On the 5th beat, the free leg is swung forward once again, ending parallel to the short side barrier. Step 20 must start before the longitudinal axis and must end after the same axis (**reference step**).

Step 21 XF LBI 3T ($\frac{1}{2} + \frac{1}{2}$ beat) for both is a cross in front followed by an half beat three turn.

Step 22 Run RFI (1 beat) for both, aiming toward the center of the rink.

Steps 23-34a Change of Edge Chasses, four stroke -chasse-stroke sequences (the second and third step of each are inside edges – **steps 24 Ch RFI** ($\frac{1}{2}$ beat) - **25 LFI** (1 beat) stroke, and the same time for **27 Ch LFI- 28 RFI** angular stroke, **30 Ch RFI- 31 LFI** angular stroke, **33 Ch LFI- 34 a) RFI** angular stroke).

The timing of the change of edge chasse is:

- One-half ($\frac{1}{2}$) beat for the outside forward stroke (steps 23, 26, 29, 32)
- One-half ($\frac{1}{2}$) beat for the inside forward raised chasse (steps 24, 27, 30, 33)
- One beat (1) for the inside forward angular open strokes (Steps 25, 28, 31, 34a), drawing quick yet strong lobes over a baseline parallel to the long side barrier.

Steps 34 SIFt b) to e), are four slip flat steps (for the beats, see the list) followed by **Step 35 DpCh LFI** (2 beats) a dropped chasse. Beginning before the short axis, on **Step 34a**, both skaters must bring their left free leg to the “parallel and” position to start the slip flat step, which must be skated on the flat with both feet on the skating surface with the weight of the body on the back leg, which is bent, allowing the other leg, which is held rigidly, to shoot forward without being lifted from the skating surface

The timing of this step is as followed:

- **Step 34b SIFt RF**: one beat (right leg bent, left leg extended forward),
- **Step 34c SIFt LF**: one beat (left leg bent, right leg extended forward),
- **Step 34d SIFt RF**: one-half ($\frac{1}{2}$) beat (right leg bent, left leg extended forward),
- **Step 34e SIFt LF**: one-half ($\frac{1}{2}$) beat (left leg bent, right leg extended forward), followed by
- **Step 35 DpCh RFI** (for 2 beats), a dropped chasse RFI, with both skaters slipping their left free leg forward, aiming toward the center of the rink.

Step 34 must start before the short axis (**reference step**).

Steps 36 LFI and **37 RFI** two inside edges (2 beats each), the purpose of which is to emphasize the character of the dance, both in terms of rhythm and choreography. The movement of free leg is optional. These steps are bold inside forward edges, starting the first one to the center of the rink and the second one to the long side barrier.

Individual interpretation by couples to add Samba character is permitted provided that the integrity of steps, free leg positions and holds is maintained.

REFERENCE STEPS

Step 5 - must start on the long axis;

Step 14 - must start on the short axis;

Step 20 - must start before the long axis and finish after it;

Step 34 - must start before the short axis and finish after it;

Key Points – Golden Samba Couples

Section 1:

1. **Step 8b HhMk LBI** for the woman (1 beat) and **Step 8 RBO 3T** for the man ($\frac{1}{2}$ +1 beats):

- Correct timing of the steps;
- Step 8b: woman: Correct execution of the **Heel-to-Heel Mohawk** with feet close together, respecting the prescribed edges required before and after the turn;
- Step 8: man: correct technical execution of the **three turn**, with the correct edges before and after the turn;
- For the couple: attention to the correct timing and unison of the couple.

2. **Step 13 LFI Sw 3T** ($2 + 1\frac{1}{2} + \frac{1}{2}$) for the man:

- Correct timing of the step;
- correct technical execution of the **swing** of the free leg on the 3rd beat without deviation from the inside edge;
- correct technical execution of the **three turn** on the correct edges and on the correct $\frac{1}{2}$ beat, with detachment of hold of the skaters;
- For the couple: attention to the correct timing, unison and nearness of the couple.

3. **Step 16a LBO CT** for the woman and **step 16 RFO CT** for the man:

- Correct timing of the steps;
- Correct technical execution of the **CT** on the 4th beat of the step for both partners, on correct edges and with correct lean
- For the couple: attention to the correct timing and unison of the couple.

4. **Step 20 XF RBI Sw/O Tuck Sw** ($2+1+1+1$ beats) for both partners:

- Correct timing of the steps;
- Correct technical execution of **cross front**, with feet close and parallel before executing the RBI on a clear inside edge;
- correct timing and execution of the **COE** on the third beat;
- correct technical execution of the free leg movement (double lift of the free leg on beats 3 and 5 of the step) and the maintenance of the edge during all 3 beats of the double lift.
- For the couple: attention to the unison of the couple.

Section 2:

1. Step 21 XF 3T ($\frac{1}{2}$ beat + $\frac{1}{2}$ beat) for both partners:

- Correct timing of the steps;
- Correct technical execution of **cross front**, with feet close and parallel before executing the LBI for $\frac{1}{2}$ beat;
- Correct technical execution of the **three turn** on the correct $\frac{1}{2}$ beat;
- Attention to the correct timing and edge of the step;
- For the couple: attention to the unison of the couple.

2. Steps 24 Ch RFI ($\frac{1}{2}$ beat) and 25 LFI (1 beat) for both partners:

- Correct timing of the steps;
- Correct technical execution of the step 24 **chasse** with a clear lift from the floor on an inside edge;
- Correct technical execution of step 25 **stroke**;
- Attention that the couple maintains a correct Kilian position with no separation during this step.
- For the couple: attention to the correct timing and unison of the couple.

3. Steps 27 Ch LFI ($\frac{1}{2}$ beat) and 28 RFI (1 beat) for both partners:

- Correct timing of the steps;
- Correct technical execution of the **chasse** on a clear inside edge;
- Correct technical execution of the **stroke**;
- attention that the couple maintains a correct Kilian position with no separation during this step.
- For the couple: attention to the correct timing and unison of the couple.

4. Steps 34b, 34c (1+1 beats) for both partners:

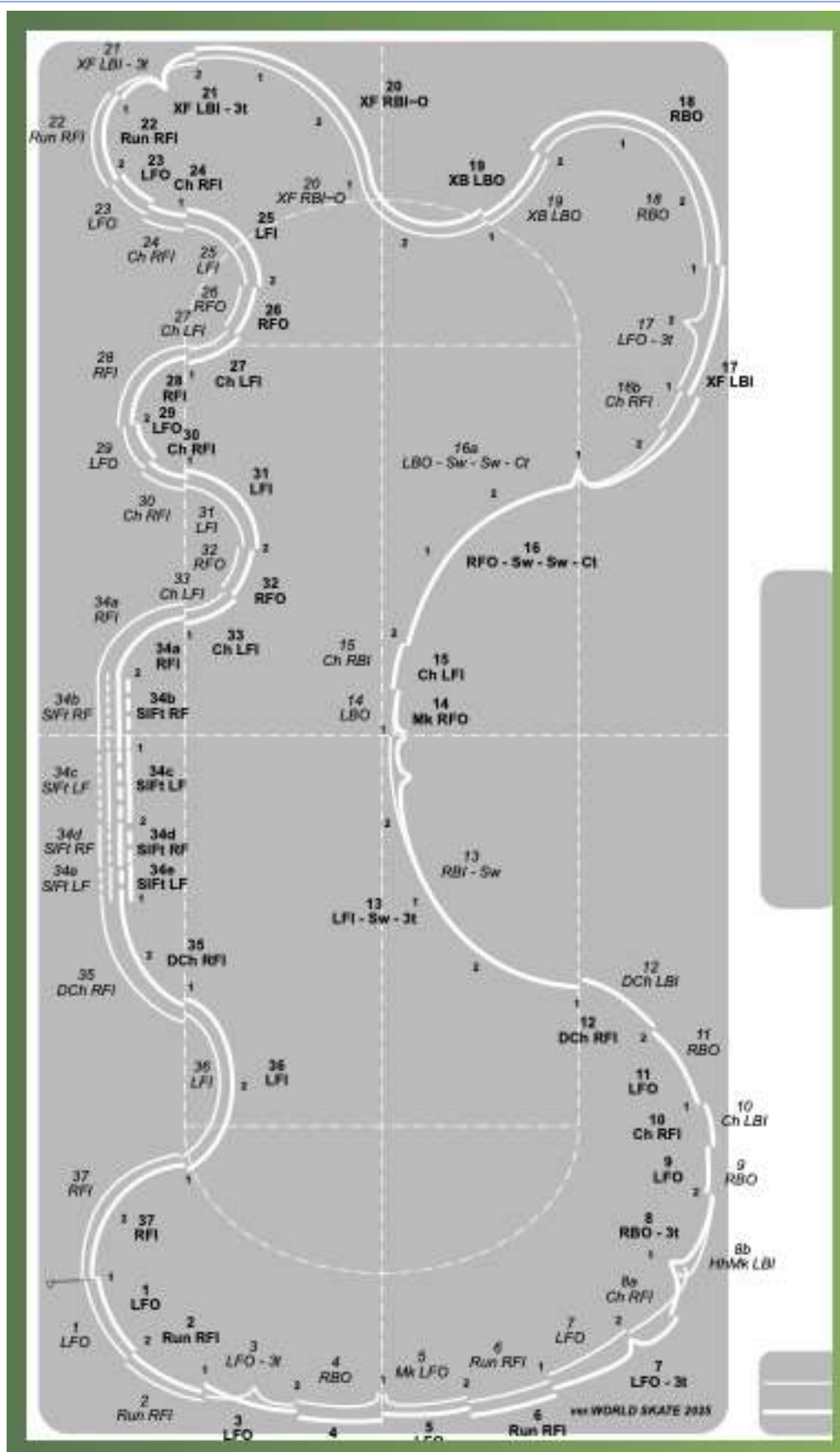
- Correct timing of the step;
- Correct technical execution of the “**FLAT**”. Pay attention: all eight wheels must remain in contact with the floor.
- For the couple: attention to the correct timing and to the couple's simultaneous movement of the legs.

List of steps – Golden Samba Couples

HOLD	NO.	WOMAN'S STEP	BEATS OF MUSIC			MAN'S STEP
1st SECTION						
Kilian	1	LFO		1		LFO
	2	Run RFI		1		Run RFI
See text Reverse crossed arm	3	LFO 3t	½ + ½		1	LFO
	4	RBO		1		Ch RFI
	5	Mk LFO		1		LFO
	6	Run RFI		1		Run RFI
	7	LFO	1		1 + ½	LFO 3t
	8a	Ch RFI	1		½ + 1	RBO 3t
	8b	HhMk LBI	1			
Waltz (No hold during 3 turn)	9	RBO		½		LFO
	10	Ch LBI		½		Ch RFI
	11	RBO		1		LFO
	12	DpCh LBI		1		DpCh RFI
Waltz	13	RBI Sw	2+2		2+1½+ ½	LFI Sw 3t
	14	LBO		½		Mk RFO
	15	Ch RBI		½		Ch LFI
See text	16a	LBO SwSwCt	1+1+1+ 1½		1+1+1+2	RFO SwSwCt
Outside	16b	Ch RFI	½			
See text to Kilian	17	LFO 3t	1+1		2	XF LBI
Killian	18	RBO *		3		RBO *
	19	XB LBO		1		XB LBO
	20	XF RBI/O		2+3		XF RBI/O
2nd SECTION						
Killian	21	XF LBI 3t		½ + ½		XF LBI 3t
	22	Run RFI		1		Run RFI
	23	LFO		½		LFO
	24	Ch RFI		½		Ch RFI
	25	LFI		1		LFI
	26	RFO		½		RFO
	27	Ch LFI		½		Ch LFI
	28	RFI		1		RFI
	29	LFO		½		LFO
	30	Ch RFI		½		Ch RFI
	31	LFI		1		LFI
	32	RFO		½		RFO
	33	Ch LFI		½		Ch LFI

	34a	RFI		1		RFI
	34b	SIFt Rf (Lff)		1		SIFt Rf (Lff)
	34c	SIFt LF (Rff)		1		SIFt LF (Rff)
	34d	SIFt Rf (Lff)		$\frac{1}{2}$		SIFt Rf (Lff)
	34e	SIFt LF (Rff)		$\frac{1}{2}$		SIFt LF (Rff)
	35	DCh RFI		2		DCh RFI
	36	LFI *		2		LFI *
	37	RFI *		2		RFI *
* movement of the free leg is optional						

Pattern – Golden Samba Couples



G-REGGAE – SOLO & COUPLES

By Gastón Pasini.

MUSIC: REGGAE 4/4

Tempo: 84 bpm

PATTERN: Set

Hold position: Kilian

Step 1 LFO (1 beat) is a stroke directed towards the short side barrier.

Step 2 Run RFI (1 beat) and **Step 3 LFO** (1 beat) are series of runs directed towards the long side barrier.

Step 4 Ch RFI (1 beat) chasse executed parallel to the long side barrier.

Step 5 LFO (2 beats) stroke that starts near the long barrier and curves toward the long axis.

Step 6 RFO (2 beats) is a stroke that begins and ends at the baseline on the clear outside edge.

Step 7 LFO (1 beat) is a stroke and **Step 8 Run RFI** (1 beat) is a run. Step 7 aims slightly toward the long side barrier and finishes parallel to it. Step 8 curves away from the long side barrier and curves toward the long axis.

Step 9 LFO (2 beats) is a stroke on a strong outside edge that is directed towards the long axis, curving parallel and near to the short axis.

Step 10 XR RFO (1 beat) a cross roll on an outside edge of one beat.

Step 11 Run LFI (1 beat) is a run on an inside edge executed on a curve towards the short axis.

Step 12 RFO (2 beats) is a stroke on an outside edge executed parallel to long axis. This step intersects the short axis on the 2nd beat.

Step 13 LFI (2 beats) is a run, **Step 14 RFI** (2 beats), **Step 15 LFI** (2 beats) and **Step 16 RFI** (2 beats) are strokes on inside edges, stroked with the feet placed in an angular “and” position.

Step 17 LFO (1 beat), **Step 18 Run RFI** (1 beat) and **Step 19 LFO** (2 beats) are series of runs that start near the long side barrier and finish towards the long axis.

Step 20 XR RFO (1 beat) a cross roll on an outside edge of one beat.

Step 21 Ch LFI (1 beat) is a chasse on an inside edge executed on a curve towards the long axis.

Step 22 RFO (2 beats) is a stroke on an outside edge for 2 beats. This step begins on the long axis and travels in the direction of the short side barrier.

REFERENCE STEPS:

Step 12 – must start before short axis and finish after it;

Step 22 – must start on the longitudinal axis.

Key Points – G-Reggae Solo & Couples

1. Step 5 LFO (2 beats) and Step 6 RFO (2 beats).

- Correct timing of the steps.
- Correct technical execution of the **steps on outside edges of 2 beats each**, with feet close and parallel.
- Correct change of **body inclination between steps 5 and 6**.

For Couples:

- Maintain closeness between the partners in the kilian position.
- Simultaneous placement of the feet and synchronization in the change of inclination.

2. Step 10 XR RFO (1 beat) and Step 11 Run LFI (1 beat).

- Correct timing of both steps;
- Correct technical execution of the **cross roll**, performed with a clear and correct outside edge for 1 beat, with adequate inclination of the body;
- Correct technical execution of the **Run** without crossing the tracing of the previous skating leg;

For Couples:

- Maintain closeness between the partners in the kilian position;
- Simultaneous placement of the feet and synchronization in the change of inclination.

3. Step 15 LFI (2 beats) and Step 16 RFI (2 beats).

- Correct timing of both steps;
- Correct technical execution of the **steps on inside edges of 2 beats each**, with feet close and in an angular “and” position;
- Correct change of **body inclination between steps 15 and 16**.

For Couples:

- Maintain closeness between the partners in the kilian position.
- Simultaneous placement of the feet and synchronization in the change of inclination.

4. Step 20 XR RFO (1 beat) and Step 21 Ch LFI (1 beat).

- Correct timing of both steps;
- Correct technical execution of the **cross roll**, performed with a clear and correct outside edge for 1 beat, with adequate inclination of the body;
- Correct technical execution of **chasse** with a clear lift of the free foot parallel to the floor, maintaining the inside edge for one beat;

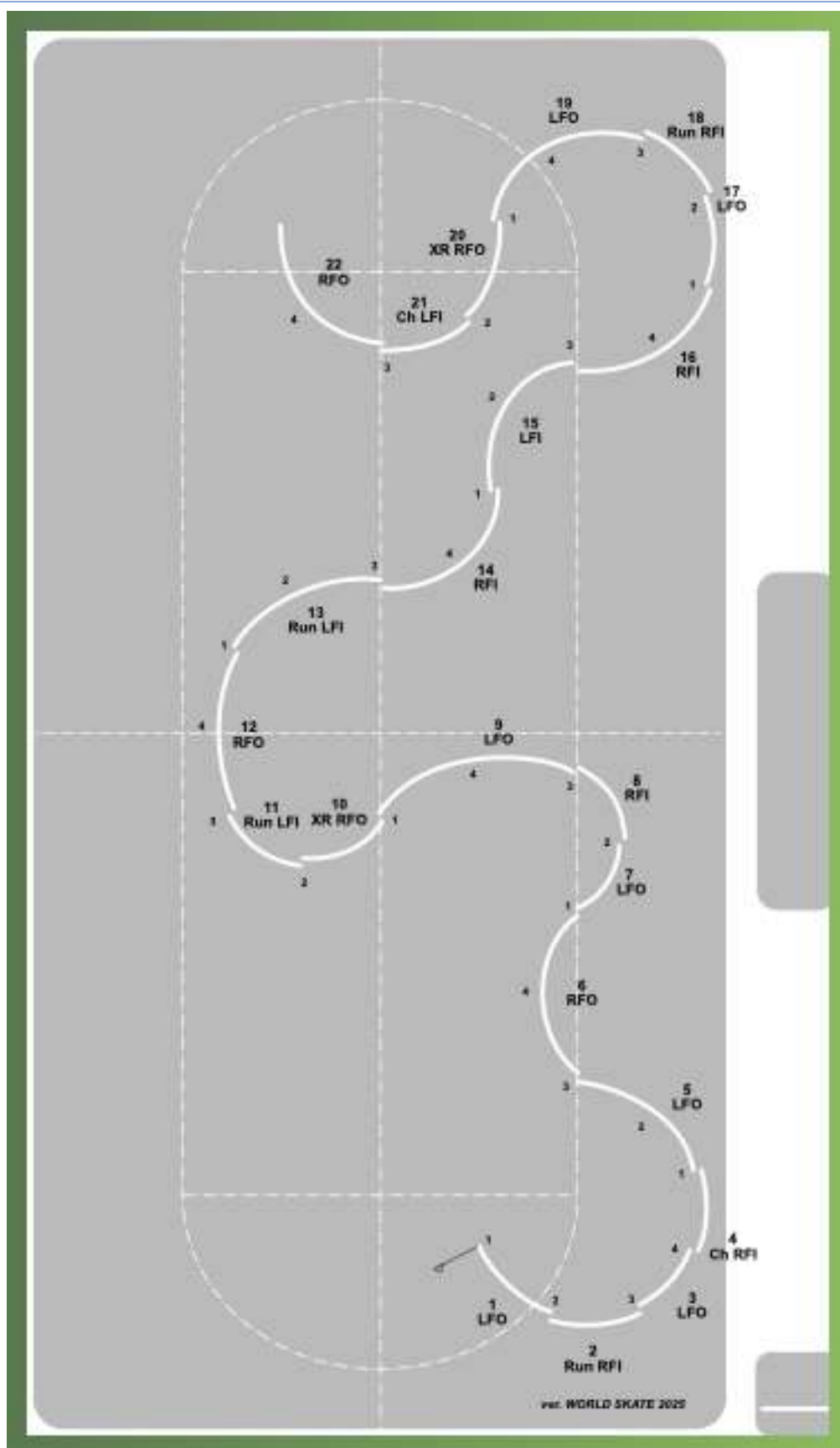
For Couples:

- Maintain closeness between the partners in the kilian position;
- Simultaneous placement of the feet and synchronization in the change of inclination.

List of steps – G-Reggae Solo & Couples

Step Number	Steps	Musical Beats
1	LFO	1
2	Run RFI	1
3	LFO	1
4	Ch RFI	1
5	LFO	2
6	RFO	2
7	LFO	1
8	Run RFI	1
9	LFO	2
10	XR RFO	1
11	Run LFI	1
12	RFO	2
13	Run LFI	2
14	RFI	2
15	LFI	2
16	RFI	2
17	LFO	1
18	Run RFI	1
19	LFO	2
20	XR RFO	1
21	Ch LFI	1
22	RFO	2

Pattern – G-Reggae Solo & Couples



HARRIS TANGO – COUPLES

By Paul Krechow and Trudy Harris

Music: Tango 4/4

Tempo: 100 bpm

Position: Outside, Open, Outside Reverse, Closed, Promenade

Pattern: set

Competitive Requirements – 2 Sequences

CHANGES:

Steps 1, 4, 7, 11 and 14 (for both skaters) and step 8 (for the man only) are X-ROLLS (XR). During these steps it is possible to “return” on the preceding tracing performed by increasing of the lobe in favor of the edge – before it was not possible to “return”.

- Clarification: step 22 the three turn for the woman is on beat two (2).

The Dance:

The dance begins in Tango position, with the woman to the right of the man.

All cross rolls: steps 1, 4, 7, 8 (only for the man), 11, and 14, may show an increase of pressure on the outside edge, i.e. a “return” on the preceding tracing performed by increasing of the lobe in favor of the edge.

Steps 1-2, one beat each, are respectively for the man a front cross roll XR RFO (step 1) followed by a crossed chasse XB LFI (step 2) and for the woman a back cross roll XR LBO followed by a crossed chasse XF RBI. They are skated parallel to the long axis and must show clearly defined edges.

Step 3, a four-beat RFO for the man and LBO for the woman, crosses the long axis on the second beat of the step and finishes perpendicular to the long barrier. The partners, after completing the stroke with the free leg stretched in line with the tracing of the employed leg, return the free leg on the third beat (movement may be interpreted freely) and move into Reverse Tango position, the change of position beginning on the third beat and finishing on the fourth beat. The successive changes of position on steps 6, 10, and 13 are performed in the same way.

Steps (4, 5, and 6) begins for the man with a XR LFO (step 4) followed by a crossed chasse XB RFI (step 5) and a four-beat LFO (step 6); for the woman with a XR RBO (step 4) followed by a crossed chasse XF LBI (step 5) and a four-beat RBO (step 6); this sequence begins toward the barrier on the long side of the rink and finishes toward the center of the rink, parallel to the short axis.

- During steps 4 and 5 the couple is in Reverse Tango position and during the execution of step 6 they assume Tango position. On the last beat of step 6, the couple crosses the short axis and become parallel to it.
- The lobe formed by steps 7, 8, 9, and 10 begins in Tango position and finishes in Reverse Tango position.

Step 7 (two beats), the man, moving to the side of the woman, executes a deep front cross roll XR RFO on the first beat toward the long axis followed by an outside rocker on the second beat that should show a pronounced outside edge on the exit. Following is a cross roll XR LBO (step 8) and a crossed chasse XF RBI (step 9), for one beat each.

For the woman step 7 is a back cross roll XR LBO (for two beats), followed by a mohawk RFO (step 8) aimed toward the long axis and a crossed chasse XB LFI (step 9), both for one beat each.

Step 10 partners then execute a four-beat edge, which begins parallel to the long axis and finishes perpendicular to the long barrier with a LBO for the man and a RFO for the woman, during which the woman is moved from the right to the left of the man in Reverse Tango position.

Steps 11, 12, and 13 start with a lobe consisting of a sequence beginning in reverse Tango Position aimed perpendicular to the long barrier and concludes on step 13 (four beats) toward the long axis in Tango position.

Step 14 (two beats for both partners), is for the woman a cross roll XR RFO on the first beat, directed toward the midline of the rink, followed by a three turn on the second beat; for the man it is a cross roll XR LBO, directed toward the midline of the rink, followed by a return of the free leg to prepare for the next step.

Step 15 (four beats), in Waltz position, begins with a stroke LBO for the woman and for the man a mohawk RFO. Step 15 finishes with a swing for both partners that, on the second beat of said step, crosses the long axis and descends toward the short side of the rink.

Steps 16, 17, 18, and 19 form a larger and more accentuated arc compared to the arc formed by steps 12, 13, and 14 that begins close to the short side and becomes parallel to the long side of the rink with step 18 and finishes toward the long axis with step 19. During the sequence of steps from 16 through 20, the couple assumes and maintains Foxtrot position.

Step 16 for the woman is a choctaw RFI followed by step 17 LFO, for the man a LFO followed by a run RFI, both for one beat each.

Steps 18 and 19 are each for 2 beats.

Step 20 (four-beat stroke), which begins with a RFO from “parallel and” position for the woman and a LFI from “angular and” position for the man, is skated toward the long axis and finishes parallel to it with a swing-roll of the free leg in front on the third beat of the step.

Step 21, for four beats in Promenade position, begins with a closed mohawk (LBO for the woman and RBI for the man) that crosses the short axis of the rink parallel to the long axis and finishes toward the long side barrier.

Step 21 must be executed with good edges, and during the closed mohawk the couple must remain close and side-by-side.

Step 22 is six beats for the woman and is divided as follows:

- First beat: choctaw to RFI in Foxtrot position.
- Second beat: three turns from RFI to RBO in Foxtrot position.
- Second, third, fourth, fifth, and sixth beat of step 22: a RBO maintained for five (5) beats in Tango position.
- The man, corresponding to the woman's step 22, executes:
- An open choctaw (22a) on a LFO edge in Foxtrot position for one beat aimed parallel to the barrier (long side of the rink).
- A chasse RFI (22b) for one beat.
- A LFO (22c) for four beats in Tango position which aims parallel to the long axis before restarting the dance in Tango position.

During the evaluation of this dance particular attention should be paid to the following elements:

- Accuracy of timing, step technique, and the prescribed pattern and positions.
- Accurate execution of the cross rolls, crosses, and crossed chasses
- Steps 3, 6, 10, and 13 are four-beat steps on outside edges, without changing edge on the fourth beat and not flat.
- The man's step 7, XR RFO rocker, must be on an evident outside edge.
- Step 7 XR LBO for the woman is on a defined outside edge.
- Step 8 for the woman is a mohawk RFO toward the long axis.
- Unison of the couple and timing during steps 7 and 8.
- The cross roll-on step 14 is on a deep outside edge.
- Step 15 for the man: mohawk RFO.
- Step 16 is a choctaw RFI for the woman.
- Step 20 RFO for the woman is a stroke, not a cross front.
- Step 21 is a closed mohawk and lasts for four beats, on defined edges, not flat, with a good side by side position and with shoulders parallel to each other.
- Step 22: the couple should return their direction toward the center of the rink and parallel to the long axis before performing the restart.

Key Points – Harris Tango

Section 1:

1. **STEPS 1, 4, 7, 8** (for the man only), 11, and 14: are cross-rolls (XR).
2. **STEPS 3, 6, 10, 13:** four beats on an outside edge, without changing the edge on the fourth beat.
3. **STEPS 7, 8:** step 7 for the man (XR-RFO-rocker) and step 8 for the man (XR-LBO) must be clear outside edges; step 7 for the woman (XR-LBO) and step 8 for the woman (mohawk RFO aimed toward the long axis) must be clear outside edges. During these steps it is important for the couple to have good unison.
4. **STEP 14:** XR for both skaters executed with a clear change of lean, followed by a three turn for the woman. The lobe must be deep.

Section 2:

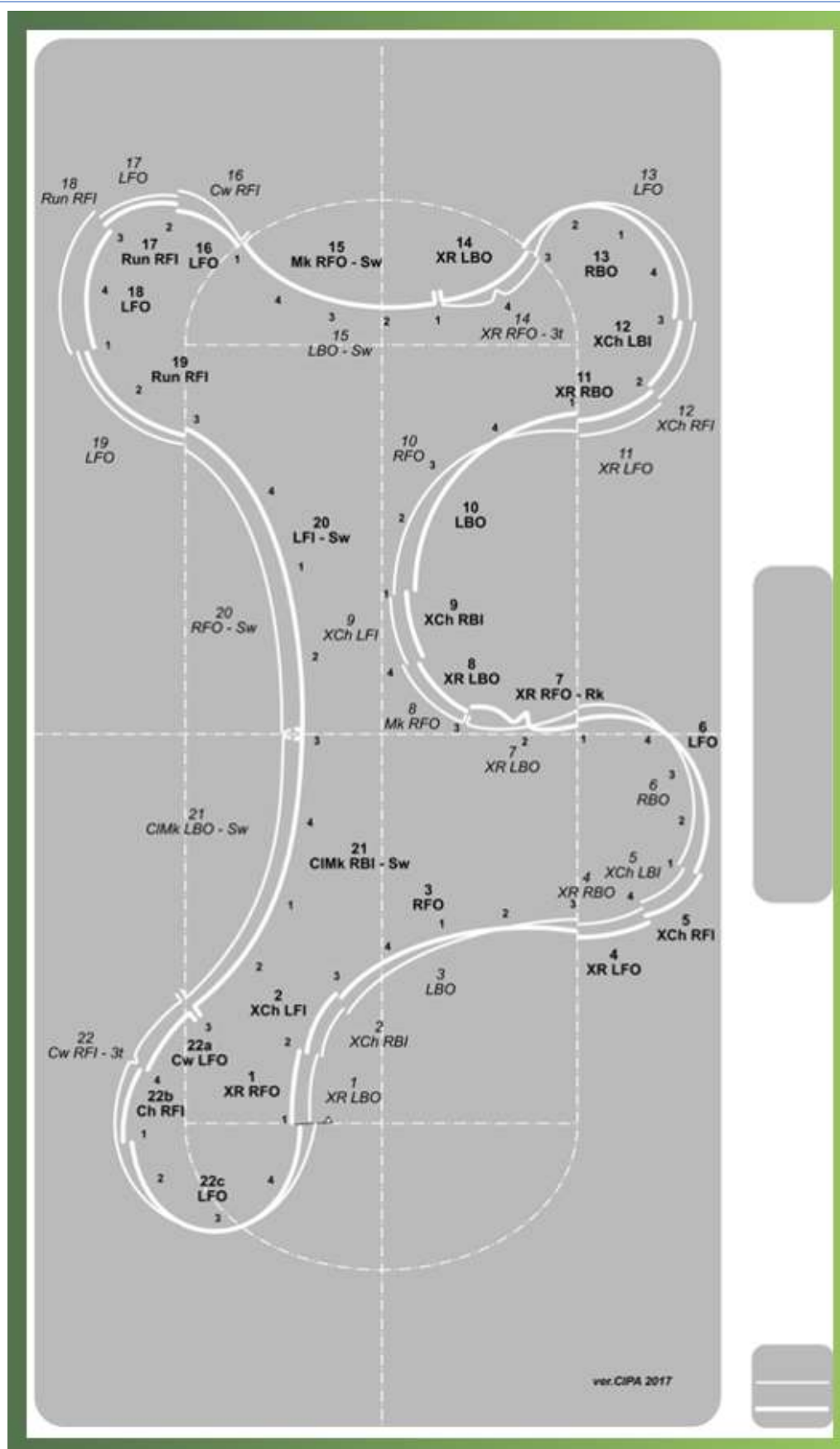
1. **STEP 16** (for the woman): proper execution of Choctaw a RFI; the heel of the right foot is brought behind the heel of the left foot in preparation for this step, without stepping wide.
2. **STEP 20:** a stroke step for the woman taken from parallel "and" position, and NOT a progressive (run) or a cross roll; during the swing, both partners should maintain the correct edges for four beats (outside for the woman and inside for the man).
3. **STEP 21:** closed mohawk followed by a swing with unison of the free legs on beat 3 of the step.
4. **STEP 22:** correct execution of the choctaw and the correct edges before/after the turn and correct timing of the Three Turn (for woman) and Chassé (for man) on beat 2 of the step; at the end of this step (22c) it is important that the couple aims parallel to the long axis to be able to perform a correct restart. Strong edge before and after 3t of woman.

List of steps – Harris Tango

HOLD	NO.	MAN'S STEPS	BEATS			WOMAN'S STEPS
1st SECTION						
Tango	1	XR RFO		1		XR LBO
	2	XCh LFI		1		XCh RBI
See Text	3	RFO *		2+2		LBO *
Tango Reverse	4	XR LFO		1		XR RBO
	5	XCh RFI		1		XCh LBI
See Text	6	LFO *		2+2		RBO *
	7	XR RFO Rk	1+1		2	XR LBO
Tango	8	XR LBO		1		Mk RFO
	9	XCh RBI		1		XCh LFI
See Text	10	LBO *		2+2		RFO *
Tango Reverse	11	XR RBO		1		XR LFO
	12	XCh LBI		1		XCh RFI
See Text	13	RBO *		2+2		LFO *
Tango	14	XR LBO	2		1+1	XR RFO-3t
2nd SECTION						
Waltz	15	Mk RFO Sw		2+2		LBO Sw
Foxtrot	16	LFO		1		Cw RFI
	17	Run RFI		1		LFO
	18	LFO		2		Run RFI
	19	Run RFI		2		LFO
	20	LFI Sw		2+2		RFO Sw
T.Promenade	21	CIMk RBI Sw		2+2		CIMk LBO Sw
Foxtrot	22a	Cw LFO	1		1 + 1 + 4	Cw RFI-3t *
Tango	22b	Ch RFI	1			

	22c	LFO *	4		
* free leg free movement					

Pattern – Harris Tango



HARRIS TANGO – COUPLE DOUBLE PATTERN

By Paul Krechow and Trudy Harris

Music: Tango 4/4

Tempo: 100 bpm

Position: Tango, Foxtrot, Reverse Tango, Waltz, Promenade

Pattern: Set

The dance begins in Tango position, with the woman to the right of the man. It should be skated on strong edges with controlled partnership to allow for the transitions between the many positions throughout the dance.

Steps 1 and 2, XR RFO, XCh LFI (for the man) and **XR LBO, XCh RBI** (for the woman) should be aimed toward the long axis with the partners skating close together at the hips.

Step 3 RFO (for the man) and **LBO** (for the woman) is held for four beats and finishes toward the long side barrier. During the execution of this step, the partners switch to Reverse Tango position. This change of position should begin on the third beat and finish on the fourth beat. The movement of the free legs is optional.

Steps 4 and 5, XR LFO, XCh RFI (for the man) and **XR RBO, XCh LBI** (for the woman) should aim initially toward the long side barrier, becoming parallel to it on step 5, with the partners in Reverse Tango position.

Step 6 LFO (for the man) and **RBO** (for the woman) is held for four beats. During the execution of this step, the partners move into Tango position, beginning on the third beat of the step and finishing on the fourth beat. The movement of the free legs on this step is optional.

Steps 7, 8 and 9, XR RFO Rk, XR LBO, XCh RBI (for the man) and **XR LBO, Mk RFO, XCh LFI** (for the woman) should be executed with the partners remaining in Tango position, with feet close together and without any evident separation of the couple at the hips.

Step 10 LBO (for the man) and **RFO** (for the woman) is held for four beats and begins with the partners in Tango position. During the execution of this step, the partners move into Reverse Tango position, beginning on the third beat of the step and finishing on the fourth beat. The movement of the free legs on this step is optional.

Steps 11 and 12, XR RBO, XCh LBI (for the man) and **XR LFO, XCh RFI** (for the woman) are skated in Reverse Tango position with the partners remaining close together.

Step 13 RBO (for the man) and **LFO** (for the woman) is held for four beats and begins with the partners in Reverse Tango position. This step completes the lobe which should end aiming toward the long axis. During the execution of this step, the partners move into

Tango position, beginning on the third beat of the step and finishing on the fourth beat. The movement of the free legs on this step is optional.

Step 14 XR LBO (for the man) and **XR RFO 3t** (for the woman) (two beats) begins toward the long axis, with the partners in Reverse Tango position. The woman's

three turn is executed on the second beat and should be turned smoothly and not hopped.

Step 15 (4 beats), **Mk RFO Sw** (for the man) and **LBO Sw** (for the woman) is skated in Waltz position. The timing of the swing of the free leg on this step is optional.

Step 16, **LFO** (for the man) and **Cw RFI** (for the woman) is one beat, with the couple in Foxtrot position. Attention should be paid to the back to forward choctaw of the woman, which should be placed with feet close together. The couple should remain close during the execution of this change of position.

Steps 16, 17, 18 and 19 form a barrier lobe that begins toward the long side barrier and finishes toward the long axis. During these steps the couple maintains Foxtrot position. Steps 16 and 17 are one beat each and steps 18 and 19 are two beats each.

Step 20 (four beats), **LFI Sw** (for the man) and **RFO Sw** (for the woman) should be aimed strongly toward the long axis on clear edges. The timing of the swing of the free legs on this step is optional.

Step 21 (four beats), **CIMk RBI** (for the man) and **CIMk LBO** (for the woman) is executed at the top of the lobe, with feet close and the free legs finishing in front of the body after the turn. These closed mohawks should be executed smoothly and not jumped, on good edges, with the partners remaining close together and side by side during the turns. The movement of the free legs on this step is optional.

Steps 22a, b and c, **Cw LFO**, **Ch RFI**, **LFO** (for the man) and **Step 22 Cw RFI 3t** (for the woman) should be executed as follows:

For the woman: Step 22 for six beats:

Open choctaw to RFI in Foxtrot position on the first beat, a three turn on the second beat and a RBO held for the remaining 4 beats in Tango position. The three turn should be executed smoothly on clear edges and not hopped.

For the man: Step 22a is an open choctaw with the couple in Foxtrot position on the first beat; a chasse RFI for one beat and a LFO for four beats in Tango position. This lobe begins toward the long side barrier and finishes toward the long axis.

Attention should be paid to the close relationship of the partners during the execution of this lobe. The movement of the free legs during the woman's three turn is optional.

Key Points – Harris Tango Couple Double Pattern Couples

SECTION 1:

1. **Step 7 XR RFO Rk** (for the man) (1+1 beats) and **Step 7 XR LBO** (for the woman) (2 beats):

For the man :

- Correct timing of the step for the correct technical execution of the Xroll on an outside edge (not flat), immediately on the first beat
- **ROCKER** : the turn must start on a clear outside and turned on the 2nd beat with an evident cusp.
- No deviations from the outside edge and no change the lean of the body during the rocker.

For the woman:

- Correct technical execution of the woman's Xroll on an outside edge (not flat) immediately on the first beat.
- No deviations from the outside edge.

For both:

- These steps should be executed with the partners remaining in Tango position, with feet close together and without any evident separation of the couple at the hips.

2. Step 11 XR RBO (1 beat) - 12 XCh LBI(1 beat) for the man-and Step 11 XR LFO(1 beat) -12 XCh RFI(1 beat) for the woman:

- Correct timing of the steps.
- Correct technical execution of the Xroll on an outside edge (not flat) with a change of the lean of the body.
- Correct technical execution of the XCH with feet close (not wide) and parallel
- During these steps, the partners must remain close together and side by side.

3. STEP 14: XR LBO for the man (2 beats) and XR RFO 3t for the woman (1+1 beats)

For the man:

- Correct timing of the step (2 beats).
- Correct technical execution of the Xroll on an outside edge (not flat) with a change of the lean of the body
- No deviations from the outside edge.

For the woman:

- Correct timing of the step (1+1 beats).
- Correct technical execution of the Xroll on an outside edge (not flat) with a change of the lean of the body followed by 3Turn on the 2nd beat.
- No deviations from the edge during 3turn.
- During these steps, the partners must remain close together

4. STEP 21: CLMK RBI (4 beats) for the man and CIMK LBO(4 beats) for the woman

- Correct timing of the step (4 beats).
- Correct technical execution of the Closed Mohawk and the placement of the foot on the floor.
- The new free leg must be extended in front while the skating foot assumes immediately the edge required.
- No deviations from the edge.
- During these steps, the partners must remain close together

Key Points – Harris Tango Couple Double Pattern Solo (man's steps)

SECTION 1:

1. Step 7 XR RFO Rk (1+1 beats):

- Correct timing of the step (1+1 beats);
- Correct technical execution of the Xroll on an outside edge (not flat) on the first beat

- **ROCKER:** the turn must start on a clear outside and turned on the 2nd beat with an evident cusp.
- No deviations from the outside edge and no change of the lean of the body during the rocker.

2. Step 11 XR RBO (1 beat) - 12 XCh LBI(1 beat):

- Correct timing of the steps ;
- Correct technical execution of the Xroll on an outside edge (not flat) with a change of the lean of the body;
- Correct technical execution of the XCH with feet close (not wide) and parallel

3. STEP 14: XR LBO (2 beats):

- Correct timing of the step (2 beats).
- Correct technical execution of the Xroll on an outside edge (not flat) with a change of the lean of the body
- No deviations from the outside edge.

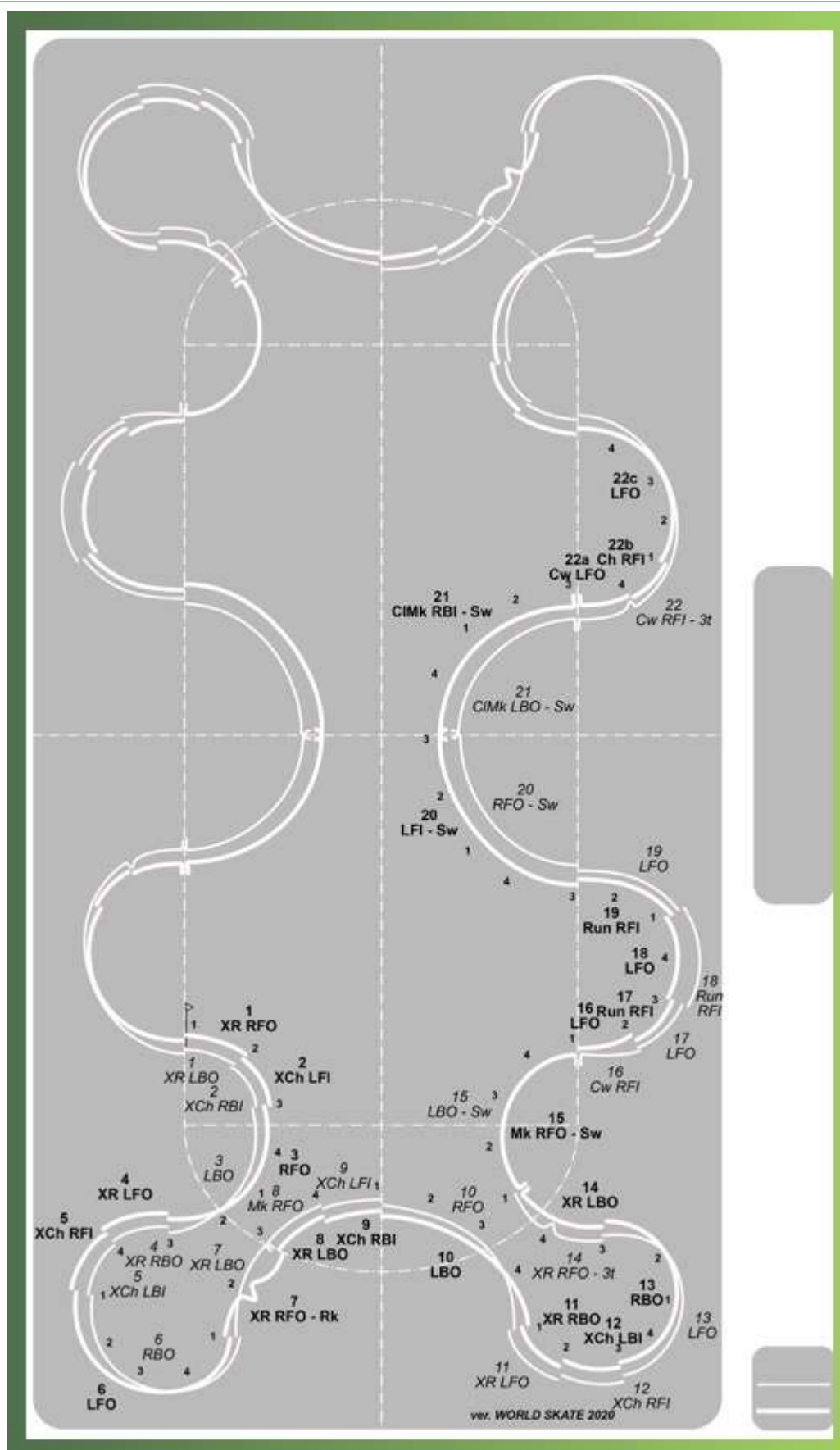
4. STEP 21: CLMK RBI (4 beats):

- Correct timing of the step (4 beats);
- Correct technical execution of the Closed Mohawk – From a previous left forward inside edge, the right foot must pass close together to the left foot before becoming the skating foot;
- The new free leg must be extended in front while the skating foot assumes immediately an inside edge;
- No deviations from the inside edge.

List of steps – Harris Tango Double Pattern

POSITION	STEP	MAN'S STEPS		BEATS		WOMAN'S STEPS
SECTION 1						
Tango	1	XR RFO		1		XR LBO
	2	XCh LFI		1		XCh RBI
See Text	3	RFO *		4		RBO
Reverse Tango	4	XR LFO		1		XR RBO
	5	XCh RFI		1		XCh LBI
See Text	6	LFO *		4		RBO *
Tango	7	XR RFO Rk	1+1		2	XR LBO
	8	XR LBO		1		Mk RFO
	9	XCh RBI		1		XCh LFI
See Text	10	LBO *		4		RFO *
Reverse Tango	11	XR RBO		1		XR LFO
	12	XCh LBI		1		XCh RFI
See Text	13	RBO *		4		LFO *
Tango	14	XR LBO	2		1+1	XR RFO 3t
SECTION 2						
Waltz	15	Mk RFO Sw *		4		LBO Sw *
Foxtrot	16	LFO		1		Cw RFI
	17	Run RFI		1		LFO
	18	LFO		2		Run RFI
	19	Run RFI		2		LFO
	20	LFI Sw *		4		RFO Sw *
	21	CIMk RBI *		4		CIMk LBO *
Foxtrot	22(a)	Cw LFO	1		1+5	Cw RFI 3t *
Tango	22(b)	Ch RFI	1			
Tango	22(c)	LFO *	4			
* movement of the free leg optional						

Pattern – Harris Tango Double Pattern



ICELAND TANGO (modified) – Couples

By Miss K.Schmidt Variation by: Lorenza Residori - Stefano Orsi

Music: Tango 4/4

Tempo: 100 bpm

Position: Foxtrot, Tango Promenade, Waltz, Tango, Reverse Tango, Partial Tango, Partial Reverse Tango

Pattern: set

Note: all free leg movements, where not mentioned, are optional.

The dance starts in Foxtrot position.

Step 1 LFO and **2 Ch RFI** (1 beat each) begin the dance.

Step 3 LFO 3t (1+1 beat) for the woman, starts in the direction parallel to the long side barrier with a three turn to a LBI on the 2nd beat towards the short side barrier.

For the man, **step 3a LFO** (1 beat) is followed by **step 3b Run RFI**, simultaneous with the woman's three turn. The position on step 3b of the man (beat 2 of woman's step 3) changes from Foxtrot to Waltz.

Step 4 RBO for the woman and **LFO** for the man (2 beats) is performed in Waltz position. On the following steps 5, 6 and 7, the couple assumes Tango Promenade position on opposite edges executed in mirror symmetry.

Step 5 Cw LFI for the woman and **RFO** for the man (1 beat each), **step 6 RFO** for the woman and **Run LFI** for the man (1 beat each) and **step 7 Run LFI** for the woman and **RFO** for the man (2 beats for both, draw a lobe that begins initially toward the long axis and curves, by the end of step 7, towards the short side barrier.

Step 8 ClCw RBO for the woman (2 beats) and **Step 8a ClCw LBI** for the man (1 ½ beats) and **8b RBO** for the man (½ beat) on an outside edge.

Step 9 XS LBI 3t Bk (2+2+1 ½ beats for a total of 5 ½ beats) for the woman and **XS LBI Bk 3t** (2+2+1 ½ beats for a total of 5 ½ beats) for the man, consists of:

For the woman:

- XS LBI (2 beats)
- Three turn on beat 3 (2 beats from LBI to LFO)
- Bracket on beat 5 (1 ½ beats from LFO to LBI)

For the man:

- XS LBI (2 beats)
- Bracket on beat 3 (2 beats from LBI to LFO)
- Three turn on beat 5 (1 ½ beats from LFO to LBI)

Step 10 Wd RBO (½ beat) for both partners.

Step 11 XS LBI (1½ beats) for both, in the direction of the long axis.

Step 12 Ch RBO (½ beat) for the woman is a quick chasse on a right back outside edge in preparation for the next step and **Step 12 Mk RFI** (½ beat) for the man is a quick mohawk on a right forward inside edge, in Reverse Tango position for the couple.

Step 13a Cw LFI O (3+1 beats, for a total of 4 beats) for the woman, in Promenade position is a choctaw followed a change of edge to outside on beat 4 of the step, in preparation for **Step 13b XF RFI** (2 beats), a cross in front, where the couple assumes Waltz position.

Step 13 OpS LFI Sw Ct (2+1+3 beats for a total of 6 beats) for the man in Promenade position is an open stroke with the free leg behind for 2 beats followed by a swing of the free leg in front on beat 3 (for 1 beat) and a counter turn on beat 4 (held for 3 beats), at which time the couple moves from Promenade to Waltz position during the counter turn.

Step 14 OpS LFI (1 beat) for the woman is an open stroke.

Step 14 Cw LFO (1 beat) for the man, is a choctaw; the couple assumes Promenade position on this step.

Step 15 OpMk (H-H) RBI (1 beat, heel to heel) for the woman, is an open heel to heel mohawk and **Step 15 Ch RFI** (1 beat) for the man is a chasse that finishes with the couple in Waltz position.

Step 16 LBO Sw (2+2 beats for 4 beats total) for the woman, with the free leg in front for 2 beats and a swing in back on beat 3 for 2 beats.

Step 16 RFO Sw (2+2 beats for 4 beats total) for the man, with the free leg in back for 2 beats and a swing in front on beat 3 for 2 beats.

Step 17 RBO for the woman and **LFO** for the man (1 beat each).

Step 18 Run LBI for the woman and **Run RFI** for the man (1 beat each).

Step 19 RBO-I-3t for the woman and **LFO-I-3t** for the man (2+2+2 for 6 beats total for both skaters) includes a change of edge on the 3rd beat and a three turn on the 5th beat. This step is initially aimed toward the long axis, becomes parallel to it and finishes toward the long side barrier.

The step is divided as follows:

- 2 beats on an outside edge (RBO for the woman and LFO for the man) beginning on the first beat in Waltz position and moving into Tango position on the second beat.
- 2 beats on an inside edge in Tango position; on the first of these 2 beats the edge is changed to RBI for the woman and LFI for the man;
- Three turn for the woman and three turn for the man; on the first of these beats (beat 5) a three turn is executed, where at the end the three turn the couple assumes Reverse Tango position for 2 beats.

Step 20 XR LFO Sw-I (rockover) (2+1+1 beats, for 4 beats total) for the woman, starts in Reverse Tango position with a forward cross roll (2 beats), a swing in front of the free leg on the 3rd beat, in Waltz position, followed by a change of edge to inside on the 4th beat, with the appropriate change in the inclination of the body (rockover), in preparation for pushing on the next inside edge (step 21 RFI)

Step 20 XR RBO Sw-I (rockover) (2+2+1 for 4 beats total) for the man, starts in Reverse Tango position with a cross roll (2 beats), a swing in back of the free leg on the 3rd beat in Waltz position, followed by a change of edge to inside on the 4th beat with the appropriate change in the inclination of the body (rockover), in preparation for pushing on the next inside edge (step 21, Cw LFO).

Step 21 OpS RFI (1 beat) is an open stroke for the woman and **Cw LFO** for the man in Foxtrot position aims toward the short side barrier.

Step 22 (1 beat) **LFO** for the woman and **Run RFI** for the man.

Step 23 (2 beats) **Run RFI** for the woman and **LFO** for the man.

Step 24 LFO Sw 3t (1+1+2 beats) for the woman and **RFI Sw Br** for the man consists of

- A stroke **LFO** for the woman and a run **RFI** for the man on the 1st beat;
- A swing in front of the free leg for both on the 2nd beat;
- A three turn for the woman to a **LBI** edge and a Bracket to a **RBO** edge for the man on the 3rd beat of the step, aimed towards the long axis.

From step 25 to 27 the couple assumes Partial Tango and Partial Reverse Tango position, where the shoulders should remain parallel to each other in order to control the direction and fluidity of these steps.

Step 25 Cw RFO for the woman (4 beats total). At the same time, the man performs **Step 25a XB LBO** (2 beats) and **25b XF RBI** (2 beats).

Step 26 ClCw LBI (4 beats total) for the woman is a closed choctaw and for the man it is **Cw LFO**.

Step 27 Cw RFO Sw-I (2+1+1 beats) is a choctaw for the woman with the free leg held in back on the first two beats, followed by a swing in front on the 3rd beat; the steps concluded with a change of edge to inside (**RFO** to **RFI**) on the 4th beat.

Step 27 ClCw RBI Sw-O (2+1+1 beats) is a closed choctaw for the man with the free leg in front on the first two beats followed by a swing in back on the 3rd beat and a change of edge to outside (**RBI** to **RBO**) on the 4th beat.

The man, at the end of step 27 and before step 1 performs a mohawk in order to repeat step 1 of the dance on a **LFO**, while the woman will return the free leg into "and" position before repeating step 1, **LFO**.

Key Points – Iceland Tango Couples

Section 1:

1. **Step 8 ClCw RBO** (for the woman) and **8a ClCw LBI** (for the man): correct technical execution of the closed choctaw, without deviation from the prescribed edges, with feet close together (not wide) with the free leg in front at the end of the turn.
2. **Step 9: Bracket** for the man (on beat 3rd) and **Step 9 Bracket** for the woman (on beat 5th): technical execution of the brackets, with attention to the edges on the entry and exit of the turns (not hopped) and to the timing of each of the brackets.
3. **Step 13 Counter LFI** for the man: correct technical execution of the counter turn (on the 4th beat), with attention to the inside edges on the entry and exit of the turn, (not hopped).
4. **Step 19 LFI 3t** for the man and **RBI 3t** for the woman: correct technical execution of the three turns, with correct edges before and after the turns (not hopped), and the correct timing of the turns on the 5th beat.

Section 2:

1. **Step 20 XR LFO Sw-I** (rockover) for the woman and **XR RBO Sw-I** (rockover) for the man (2+1+1 beats: 4 beats total) for the man: correct technical execution

of the cross roll for two beats, a swing in front on the 3rd beat and a change of edge to inside on the 4th beat with an evident change of inclination of the body (rockover) in preparation for the push on the next inside edge.

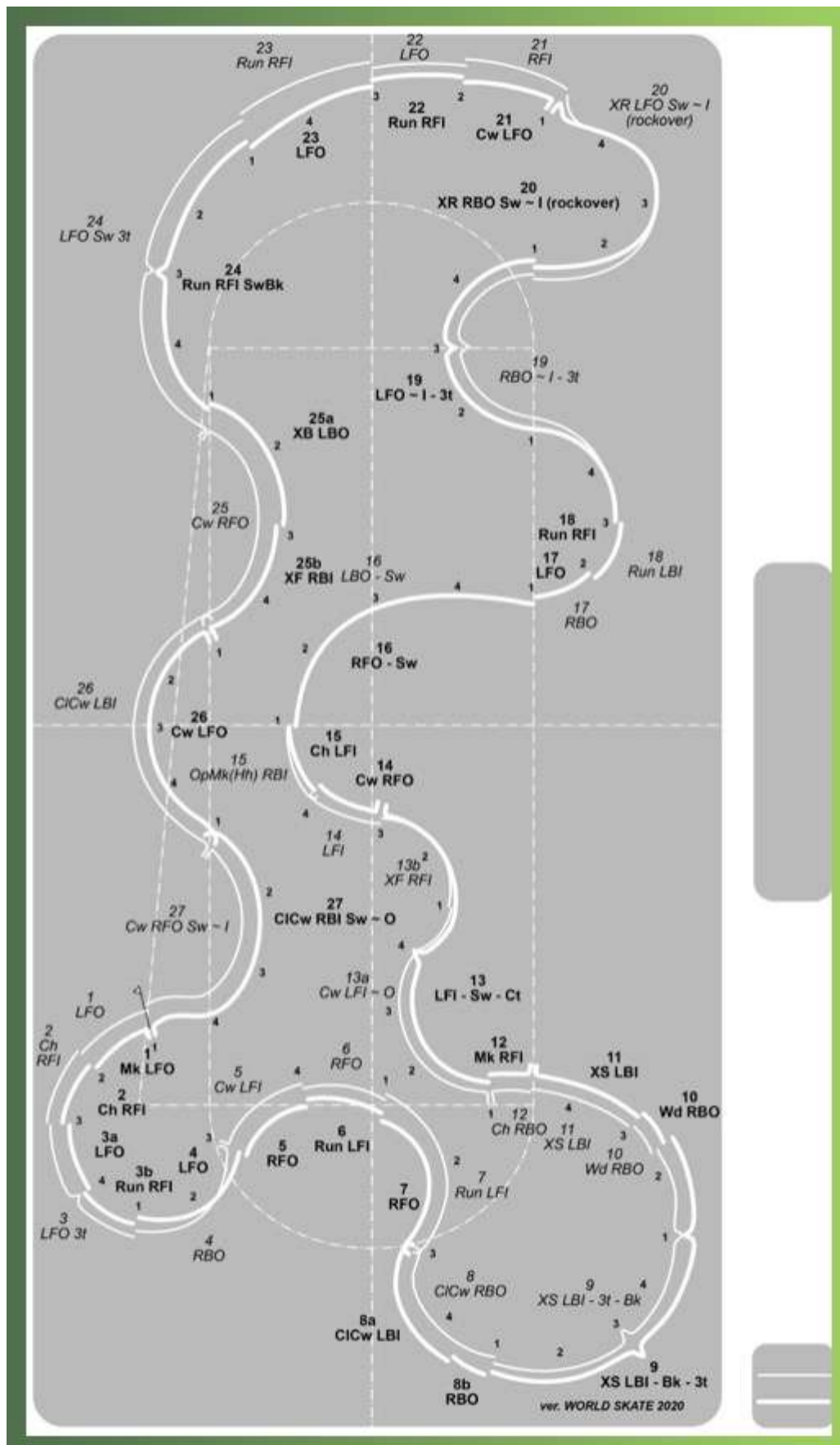
2. **Step 24 RFI Bracket** for the man: correct technical execution and timing of the bracket on the 3rd beat of the step, with clear correct edges on the entry and exit of the turn (not hopped).
3. **Step 26 CI Cw LBI** (for the woman) (4 beats total): correct technical execution of the closed choctaw without deviation from the prescribed edges, with feet close together (not wide) with the free leg in front at the end of the turn.
4. **Step 27 CI Cw RBI Sw-O** (2+1+1 beats) for the man: correct technical execution of the closed choctaw without deviation from the prescribed edges, with feet close together (not wide) with the free leg in front at the end of the turn and a change of edge to outside on the 4th beat.

List of steps – Iceland Tango Couples

POSITION	STEP	WOMAN'S STEPS	MUSICAL BEATS			MAN'S STEPS
SECTION 1						
Foxtrot	1	LFO		1		LFO
	2	Ch RFI		1		Ch RFI
	3a	LFO 3t	1+1		1+	LFO
	3b				1	Run RFI
	4	RBO		2		LFO
Promenade	5	Cw LFI		1		RFO
	6	RFO		1		Run LFI
	7	Run LFI		2		RFO
Foxtrot	8a	CICw RBO	2		1 ½	CICw LBI
	8b				½	RBO
Foxtrot Promenade Foxtrot	9	XS LBI + 3t + Bk		2 2+ 1½		XS LBI + Bk + 3t
	10	Wd RBO		½		Wd RBO
	11	XS LBI		1½		XS LBI
Reverse Tango	12	Ch RBO		½		Mk RFI
Promenade	13a	Cw LFI O	3+1		2+1+3	LFI Sw + Ct
Waltz	13b	XF RFI	2			
Promenade	14	LFI		1		Cw RFO
Waltz	15	OpMk RBI (hh)		1		Ch RFI
	16	LBO Sw		2+2		RFO Sw
	17	RBO		1		LFO
	18	Run LBI		1		Run RFI
Waltz + Tango + Reverse Tango	19	RBO + I + 3t		2+ 2+ 2		LFO + I + 3t
SECTION 2						
Reverse Tango + Waltz	20	XR LFO Sw – I (with rockover)		2 1+1		XR RBO Sw - I (with rockover)

Foxtrot	21	OpS RFI		1		Cw LFO
	22	LFO		1		Run RFI
	23	Run RFI		2		LFO
	24	LFO Sw 3t		1+1+2		Run RFI Sw Bk
Partial Tango reverse Partial Tango Partial Tango Reverse	25a	Cw RFO	4		2	XB LBO
	25b				2	XF RBI
	26	CICw LBI		4		Cw LFO
	27	Cw RFO Sw I		2+1+1		CICw RFI Sw O
		(return foot to "and" position to repeat step 1)				(mohawk to repeat step 1)

Pattern – Iceland Tango Couples



IMPERIAL TANGO - COUPLES

By R. E. Gibbs

Music: Tango 4/4

Tempo: 104 bpm

Position: Foxtrot, Kilian

Pattern: Set

The couple begins the dance in Foxtrot position.

Steps 1 LFO (1 beat) stroke, **Step 2** RFI Run (1 beat) and **Step 3** LFO-flat-I stroke, a sequence of steps curved toward the center of the rink.

On Step 3 LFO-flat-I (2+1+1 beats), two beats with the free leg held back on an outside edge, a flat for one beat with the free leg held at the side of the skating foot, followed by an LFI of one beat with the free leg in front.

Step 4 RBI OpMk (1 beat), with position of the free leg optional: (stretched back or close to the skating foot), followed by **step 5** LBO (1 beat), the execution of this step is optional: (as a stroke with the free leg forward with respect the skating foot or with the free leg close to the skating foot). The couple releases the hold to be able to perform these steps independently.

Step 6 Mk RFO (2 beats), the couple assumes Kilian position. The step is executed after the short axis, aimed toward the long side barrier.

Step 7 XR LFO 3t (1+1 beats) a cross roll immediately followed by a three turn on the second beat. On this step the partners remain in the Kilian position.

Step 8 RBO (1 beat) followed by **step 9** XCh LBI (1 beat), and **step 10** RBO (2 beats).

Step 11 Mk LFO (1 beat) followed by **step 12** XCh RFI (1beat).

Step 13 LFO (2 beats) followed by **step 14** CIMk RBO (2 beats). On these steps the shoulders of the couple should be in line with tracing.

The sequence is completed with **step 15** XF LBI (1 beat) and **step 16** Mk RFI (1 beat) with the position of the free leg on Step 16 optional, (either stretched back or close to the skating foot).

At the completion of Step 1, the hold is changed to Foxtrot.

Key Points – Imperial Tango Couples

1. Step 4 - OpMk RBI (1 beat) and step 5 RBO (1 beat) for both:

- Correct timing of the steps;
- Correct execution of the **open Mohawk**, placing the right skate to the inside of the left skate close together, respecting the prescribed edges required before and after the turn;
- Correct technical execution of the **RBO stroke**, executed on a clear outside edge (the position of the free leg is optional). No deviation from the outside edge;
- For the couple: the distance between skaters should be controlled and partners should remain close together, avoiding separation.

2. Step 7 - XR LFO 3t (1+1 beats) for both:

- Correct timing of the steps;
- Correct technical execution of the **cross roll**, performed with a clear and correct outside edge for 1 beat, with adequate inclination of the body;
- Correct technical execution of the **three turn**, executed on the 2nd beat of the step, with the correct edge before and after the turn;
- For the couple: partners must avoid separation during the three turn.

3. Step 12 Xch RFI (1 beat) for both:

- Correct timing of the step;
- Correct technical execution of the **cross chasse** done with a clear cross back, with feet parallel and close together, before changing support assuming a clear chasse position on a clear inside edge.
- For the couple: the cross chasse must be performed simultaneously.

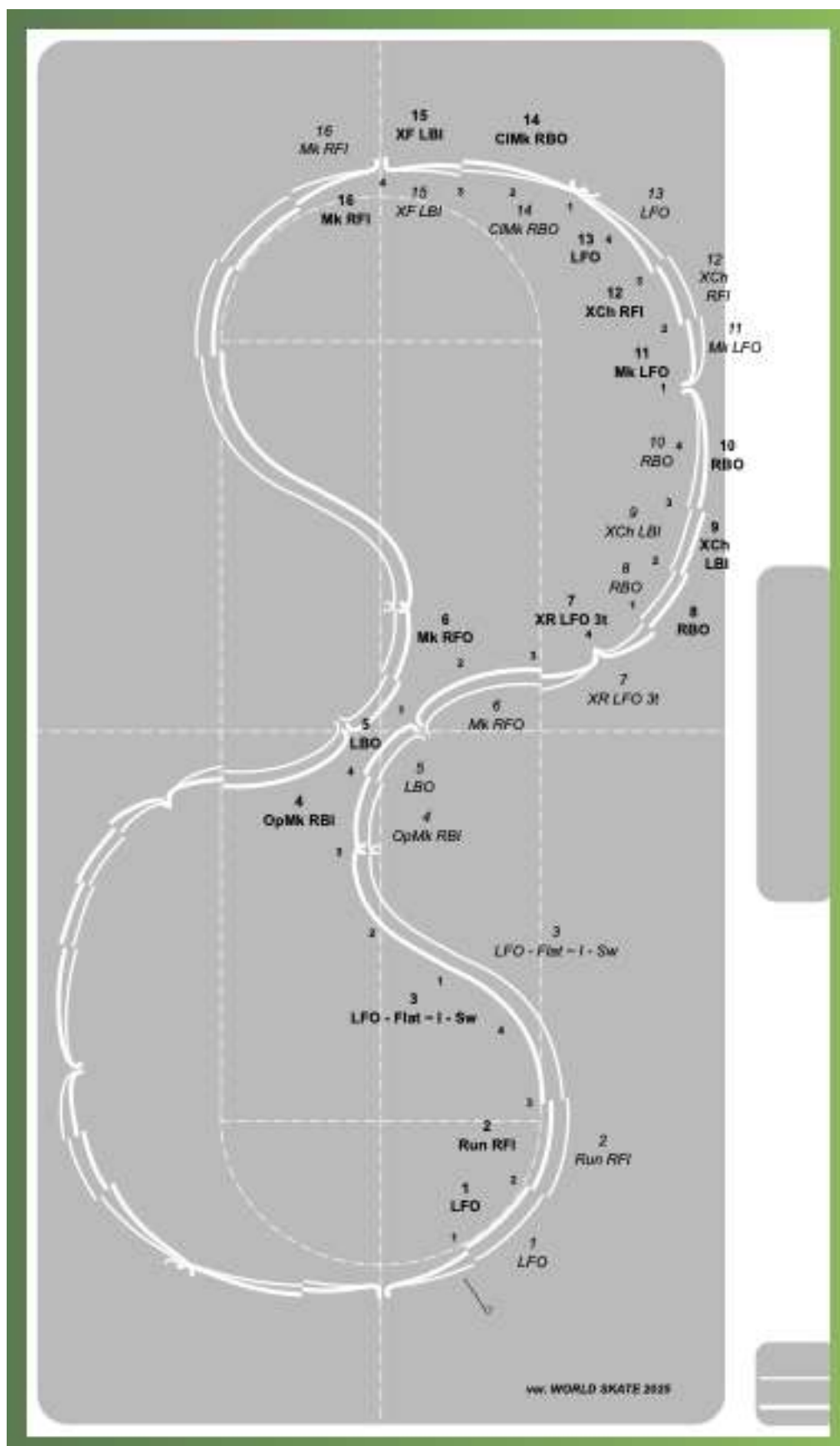
4. Step 14 – CIMk RBO (2 beats) for both:

- Correct timing of the step;
- Correct execution of the **Closed Mohawk** with feet close together, respecting the prescribed edges required before and after the turn;
- For the couple: the lean of the partners at the end of Close Mohawk should be toward the center of the rink on a clear outside edge.

List of steps – Imperial Tango Couples

Hold	N°	Woman's step	Beats			Man's step
Foxtrot	1	LFO		1		LFO
	2	Run RFI		1		Run RFI
	3	LFO-Flat-I		2+1+1		LFO-Flat-I
See notes: detachment of the hold	4	OpMk RBI*		1		OpMk RBI*
	5	LBO*		1		LBO*
Kilian	6	Mk RFO		2		Mk RFO
	7	XR LFO 3t		1+1		XR LFO 3t
	8	RBO		1		RBO
	9	XCh LBI		1		XCh LBI
	10	RBO		2		RBO
	11	Mk LFO		1		Mk LFO
	12	XCh RFI		1		XCh RFI
	13	LFO		2		LFO
	14	CIMk RBO		2		CIMk RBO
	15	XF LBI		1		XF LBI
	16	Mk RFI*		1		Mk RFI*
* the movement of free leg is optional						

Pattern – Imperial Tango Couples



IMPERIAL TANGO - SOLO

By R. E. Gibbs

Music: Tango 4/4

Tempo: 104 bpm

Pattern: Set

Steps 1, 2 are a sequence of a stroke and a run step, curved toward the center of the rink.

Step 3 is a **LFO/Flat/I Sw** (2+1+1 beats), two beats with the free leg held back, a flat for one beat with the free leg held at the side of the tracing foot, followed by a **LFI** of one beat with the free leg forward.

Step 4 is a **RBI open mohawk** of one beat (position of the free leg stretched back or close to the skating foot), followed by **step 5 LBO** of one beat which ends on the short axis.

Step 6 is a **Mk RFO** for two beats. This step must start on the short axis (**reference step**)

Step 7 is a **cross roll LFO** immediately followed by a **Three turn** (1+1 beats).

Step 8 is a **RBO** of one beat followed by **step 9, a crossed chasse LBI** of one beat, and by **step 10, a RBO** of two beats.

Step 11 is a **Mk LFO** of one beat followed by **step 12** which is a **crossed chasse RFI** of one beat.

Step 13 is a **LFO** of two beats followed by **step 14, a RBO closed mohawk** of two beats. The sequence is completed with **step 15 XF LBI** of one beat and **step 16 Mk RFI** of one beat (position of the free leg stretched back or close to the skating foot). **Step 16** must be done on the longitudinal axis (**reference step**).

REFERENCE STEPS

Step 6 – must start on the short axis;

Step 16 - must start on the long axis;

Key points – Imperial Tango Solo

1. Step 4 - OpMk RBI (1 beat)

- Correct timing of the step;
- Correct execution of the **Open Mohawk**, placing the right skate to the inside of the left skate, respecting the prescribed edges required before and after the turn.

2. Step 7 - XR LFO 3T (1+1 beats)

- Correct timing of the step;
- Correct technical execution of the **Cross roll**, performed with a clear and correct outside edge for 1 beat, with adequate inclination of the body;
- Correct technical execution of the **Three turn**, executed on the 2nd beat of the step, with the correct edge before and after the turn.

3. Step 12 XCH RFI (1 beat)

- Correct timing of the step;
- Correct technical execution of the **Crossed chasse** done with a clear cross back, with feet parallel and close together, before changing support assuming a clear chasse position on the correct edge for 1 beat.

4. Step 14 – CIMk RBO (2 beats)

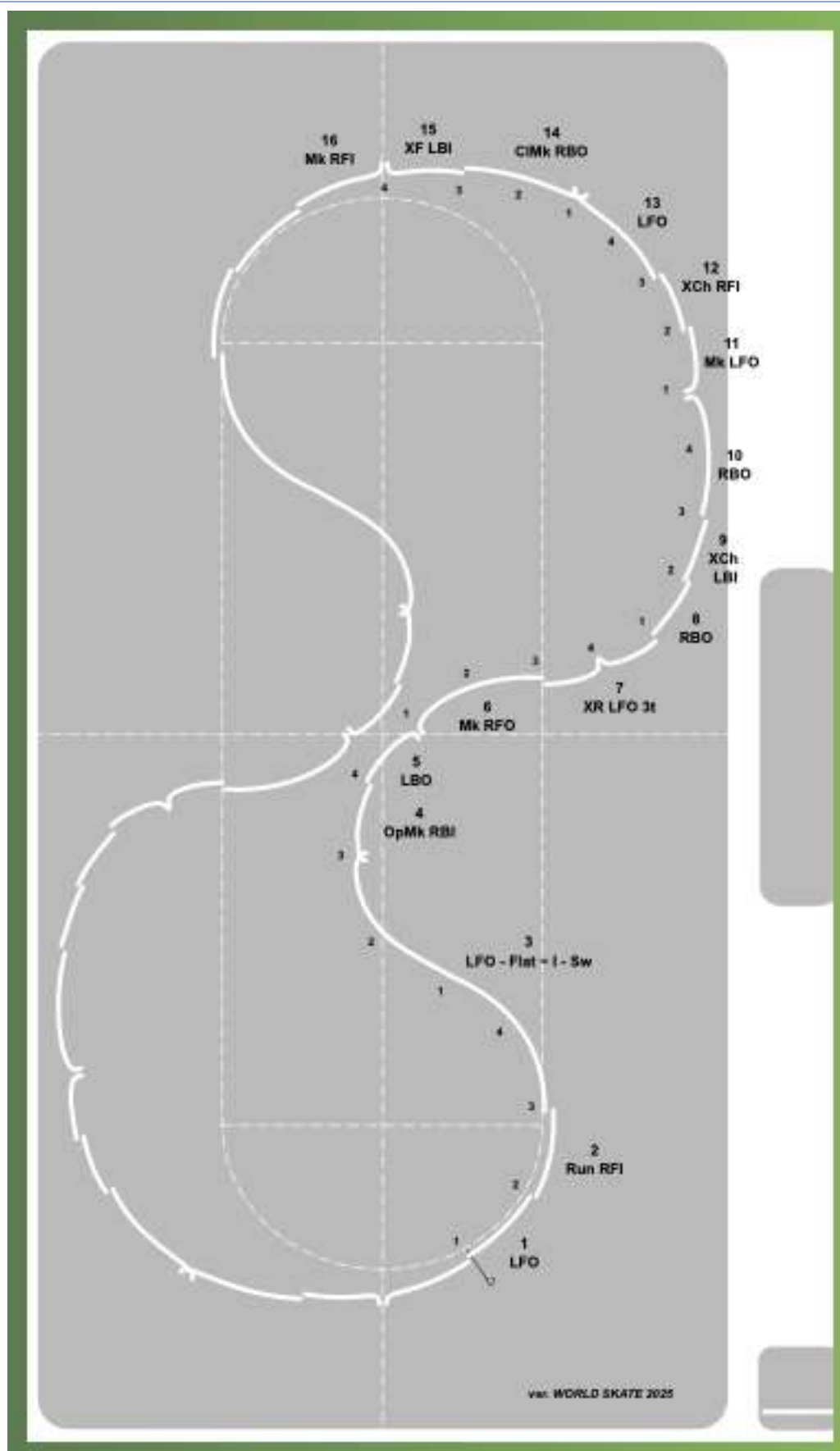
- Correct timing of the step;
- Correct execution of the **Closed Mohawk** respecting the prescribed edges required before and after the turn.

List of steps – Imperial Tango Solo

Step Number	Step	Musical Beats
1	LFO	1
2	Run RFI	1
3	LFO/Flat/I Sw	2+1+1
4	OpMk RBI*	1
5	LBO*	1
6	Mk RFO	2
7	XR LFO 3T	1+1
8	RBO	1
9	XCh LBI	1
10	RBO	2
11	Mk LFO	1
12	XCh RFI	1
13	LFO	2
14	CIMk RBO	2
15	XF LBI	1

16	Mk RFI*	1
*The movement of the free leg is optional.		

Pattern – Imperial Tango Solo



ITALIAN FOXTROT - COUPLES

By Odoardo Castellari

Music: Foxtrot 4/4

Tempo: 96 bpm

Dance Holds: Waltz, Partial Tango, Promenade, Tandem, Kilian, Reverse Partial Tango

Pattern: Set

SECTION 1

Steps 1 LFO stroke for the man, **RBO** stroke for the woman (1 beat each), **step 2 XCh RFI** for the man and **XCh LBI** for the woman (1 beat each) (the woman slightly to the right of the man), **Step 3 LFO** stroke for the man, **RBO** stroke for the woman (1 beat each) and **Step 4 Run RFI** for the man, **Run LBI** for the woman (1 beat each) are skated in Waltz position. These steps create an arc that begins toward the long side barrier and finishes parallel to the short side barrier.

Step 5 LFO/I Sw for the man and **RBO/I Sw** for the woman (2+2 beats) is stroke that begins in Waltz position with the partners directly "in front" on the first beat; the change of edge in inside occurs on the third beat and the free leg swings forward for the man, backward for the woman on the third beat. The woman moves to the left of the man on third beat, moving the couple into Reverse Partial Tango position for this step. At the time of the COE, the couple intersect the long axis and travel in the direction of the long side barrier.

Steps 6 LFI is an angular open stroke for the man and **Cw LFO** for the woman is a choctaw (1 beat each) in Promenade position.

Step 7 OpMk LBI for the man and **XCh RBI** for the woman (1 beat each) is in Waltz position which is maintained until step 14.

Steps 8 (1 beat) **RBO** for the man and **LFO** for the woman are strokes, **step 9** (1 beat) **Run LBI** for the man and **Run RFI** for the woman.

step 10 ($\frac{1}{2}+\frac{1}{2}+1$ beats) **RBO/I** for the man and **LFO/I** for the woman are strokes that curve from the long side barrier and finishing toward the center of the rink. The change of edge from outside to inside occurs on the second beat. Step 10 is a special feature of this dance. It is a very lively step with a quick movement of the free leg. Immediately after stroking, the free foot is brought alongside the skating foot so that the free foot is in the "and" position by the end of the first beat. The first beat is composed of two half beats on an outside edge: $\frac{1}{2}$ beat with free leg extended and $\frac{1}{2}$ beat recalling the free leg to "and" position. On the second beat the free leg is pushed to the side, while changing the edge from outside to inside. The direction after the change of edge is toward the long

axis, starting a lobe that ends with step 13 in the direction of the long side barrier.

Steps 11 LBO and **step 12 XCh RBI** for the man and **RFO** and **XCh LFI** for the woman (1 beat for both), curve to finish at the short axis and parallel to the long axis. Steps 11 and 12 are done with the woman slightly to the left of the man.

Step 13 LBO for the man and **RFO** for the woman (2 beats for both) are deep outside edges that completes the lobe, finishing almost perpendicular to the long side barrier.

Step 14a RBO (1 beat) and **Step 14b Ch LBI** (1 beat) for the man is a stroke and a chasse. **Step 14 LFO 3T** (1+1 beats) for the woman is a stroke with a 3 turn to LBI on the 2nd beat, which is to be turned in front of the man during the chasse. At the end of the 3 turn, the couple continue in Tandem position; the arm position is optional. These steps end parallel to the long side barrier.

Step 15 RBO (2 beats) are strokes for both skaters that travel toward the long axis.

Steps 16 LBO and **step 17 RBO** (1 beat each) must be skated as outside edges maintaining Tandem position. They should have a light, bouncing character. The position of the free leg is optional for each step (as strokes or chasses).

Steps 18 through 24 are done in Kilian position.

Step 18 Cw LFI (2 beats) begins at the long axis and must be skated on a clear inside edge in Kilian position.

Step 19 RFI (2 beats) is an angular stroke aimed initially toward the short side barrier and curves to finish almost parallel to it.

SECTION 2

Step 20 to 24: **steps 20 LFO - 21 XCh RFI - 22 LFO - 23 Run RFI** (1 beat each) - **24 LFO** (2 beats) continue on a lobe that begins toward the long side barrier, becomes parallel to it with step 22 and finishes aiming toward and almost perpendicular to the long axis with step 24.

Steps 25b, 26 and 27 are done in Waltz position.

Step 25a for the man is a **XR RFO** (1 beat) in which the arm position used is optional. **Step 25b Ch LFI** (1 beat) finishes parallel to the long axis, followed by **step 26 RFO** (2 beats) in Waltz position. **Step 25** for the woman **XR RFO 3t** (1+1 beat) is aimed toward the center of the floor with the three-turn executed on the second beat of the step. This step finishes parallel to the long axis, followed by **Step 26 RFO** (2 beats) for the man and **LBO** (2 beats) for the woman, completing the lobe aiming toward the long side barrier.

Step 27 XR LFO 3t (1+1 beat) for the man is aimed toward the long barrier with the three-turn executed on the second beat of the step. This step finishes parallel to the long barrier and before the short axis. **Step 27a XR RBO** (1 beat) for the woman is followed by **step 27b XCh LBI** (1 beat). The couple is in Reverse Partial Tango position during the cross roll of the man and after the three turns, the couple is in Kilian position.

Step 28 RBO (2 beats) for both, in Kilian position, completes the lobe aiming toward the long axis and after the short axis.

Step 29 XR LBO (2 beats) for both, aims toward the long axis, followed by **Step 30a Mk RFO** (1 beat) and **Step 30b Ch LFI** (1 beat) for the man; **Step 30 Mk RFO 3t** (1+1 beats), for the woman with the three-turn executed on the second beat of the step. Step 29 begins in Kilian position with the woman to the right of the man. After taking the step, the man guides the woman forward and to his left side so at the end of the step the woman is on the man's left. At the end of this step the left arms are raised over the woman's head, so she can step forward while going under the left arms. Steps 30a and 30b, the woman must step forward on the right side of the man. Partners must release all contact during the woman's three turn.

Step 31 ($1\frac{1}{2}+1\frac{1}{2}$ for both) **DpCh RFO/I** for the man and **DpCh LBO/I** for the woman and should be skated on a deep outside edge ($1\frac{1}{2}$ beats) toward the long side barrier with a change to an inside edge on the last $\frac{1}{2}$ beat of the step that completes the dance; this step is done in Waltz position.

REFERENCE STEPS:

Step 4 – must start before the long axis and finish after it;

Step 13 – must start on the short axis;

Step 18 – must start on the long axis;

Step 28 – must start on the short axis.

Key Points – Italian Foxtrot Couples – Steps 5-31

KP 1: 6 Cw LFO (1 beat) for the woman and **7 Op Mk LBI** (1 beat) for the man

- Correct timing of the steps;
- Woman: Correct technical execution of the **Choctaw** with feet close together, respecting the prescribed edges required before and after the turn.
- Man: Correct technical execution of the **Open Mohawk** with feet close together, respecting the prescribed edges required before and after the turn.
- For the couple: these steps must be performed avoiding separation of the partners

KP 2: 18 Cw LFI (2 beats) for both:

- Correct timing of the step;
- Correct technical execution of the **Choctaw** with feet close together, respecting the prescribed edges required before and after the turn.
- For the couple: there should be no separation between partners during the change of direction (from backward to forward) and pay attention to the correctness of the required edges.

KP 3: 27 XR LFO- 3t (1+1 beats) for the man:

- Correct timing of the step;
- Correct technical execution of the **cross roll**, performed with a clear and correct outside edge;
- Correct technical execution of the **three turn**, executed on the 2nd beat of the step, with the correct edge before and after the turn.
- Attention to the hold positions required for this step: **Reverse Partial Tango** position during the XR of the man. After the three turn the couple must assume **Kilian** position.

KP 4: Step 30 RFO 3t (1+1 beats) for the woman

- Correct timing of the step;
- Correct technical execution of the **three turn**, executed on the 2nd beat of the step, with the correct edge before and after the turn.
- Attention to the release of hold during the execution of the three turn by the woman.

Key Points – Italian Foxtrot Couples – General

SECTION 1:**KP 1: 5 RBO/I Sw for the woman (2+2 beats) and LFO/I Sw (2+2 beats) for the man:**

- correct timing during the clear change of edge to inside required on the third beat with simultaneous swing movement of the free legs, remaining for 2 more beats on an inside edge with adequate inclination.
- correct technical execution of the stroke on the first beat on an outside edge.

KP 2: 6 Cw LFO (1 beat) for the woman and 7 Op Mk LBI (1 beat) for the man

- Correct timing of the steps;
- Woman: Correct technical execution of the Choctaw with feet close together, respecting the prescribed edges required before and after the turn;
- Man: Correct technical execution of the Open Mohawk with feet close together, respecting the prescribed edges required before and after the turn;

- Attention to the correct promenade position; for the couple: these steps must be performed simultaneously, avoiding separation of the partners.

KP 3: 10 LFO/I ($\frac{1}{2} + \frac{1}{2} + 1$ beats) for the **woman** and **RBO/I** ($\frac{1}{2} + \frac{1}{2} + 1$ beats) for the **man**

- Correct timing of the steps;
- Correct technical execution of stroke on the first half-beat, on an outside edge and the recall of the free leg on the second half-beat to the skating foot with feet close together on an outside edge;
- correct timing during the clear change of edge required on second beat on an inside edge and correct technical execution of the change of edge with adequate inclination and simultaneous movement of the free legs.

KP 4: 18 Cw LFI (2 beats) for **both**:

- Correct timing of the step;
- Correct technical execution of the Choctaw with feet close together, respecting the prescribed edges required before and after the turn;
- Attention to the correct Kilian position. For the couple: there should be no separation between partners during the change of direction (from backward to forward) and pay attention to the correctness of the required edges.

SECTION 2:

KP 5: 25 XR RFO-3t (1+1 beat) for the **woman**

- Correct timing of the step;
- Correct technical execution of the cross roll, performed with a clear and correct outside edge;
- Correct technical execution of the three turn, executed on the 2nd beat of the step, with the correct edge before and after the turn with the feet close during the turn;
- Attention to the hold positions required for this step: Kilian position during the XR of the woman. After the three turn the couple must assume Waltz position.

KP 6: Step 27 XR LFO -3t (1+1 beats) for the **man**:

- Correct timing of the step;
- Correct technical execution of the cross roll, performed with a clear and correct outside edge;
- Correct technical execution of the three turn, executed on the 2nd beat of the step, with the correct edge before and after the turn;
- Attention to the hold positions required for this step: Reverse Partial Tango position during the XR of the man. After the three turn the couple must assume Kilian position.

KP 7: 29 XR LBO (2 beats) for both.

- Correct timing of the step;
- Correct technical execution of the cross roll, performed with a clear and correct outside edge;
- Attention to the outside edge of the skaters, which must be maintained without deviation from it.

KP 8: Step 30 RFO 3t (1+1 beats) for the woman

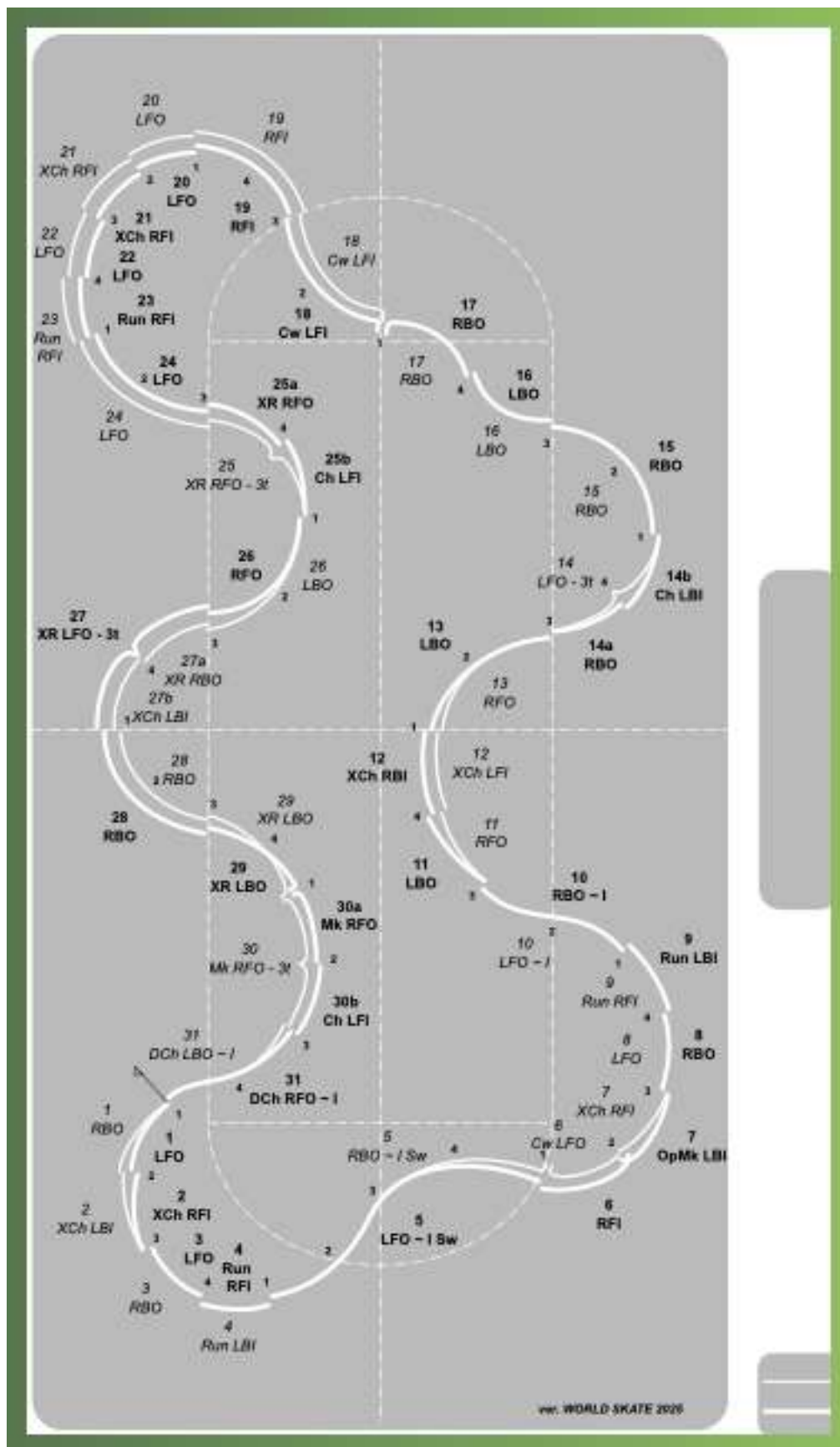
- Correct timing of the step;
- Correct technical execution of the three turn, executed on the 2nd beat of the step, with the correct edge before and after the turn;
- Attention to the release of hold during the execution of the three turn by the woman.

List of steps – Italian Foxtrot Couples

Hold	N°	Woman	Beats			Man
SECTION 1						
Waltz	1	RBO		1		LFO
	2	XCh LBI		1		XCh RFI
	3	RBO		1		LFO
	4	Run LBI		1		Run RFI
From Waltz to Partial Tango (see notes)	5	RBO/I Sw		2+2		LFO/I Sw
Promenade	6	Cw LFO		1		RFI
Waltz (see notes)	7	XCh RFI		1		OpMk LBI
	8	LFO		1		RBO
	9	Run RFI		1		Run LBI
	10	LFO/I		$\frac{1}{2} + \frac{1}{2} + 1$		RBO/I
	11	RFO		1		LBO
	12	XCh LFI		1		XCh RBI
	13	RFO		2		LBO
	14a	LFO 3T	1+1		1	RBO
Tandem	14b				1	Ch LBI
	15	RBO		2		RBO
	16	LBO*		1		LBO*
	17	RBO*		1		RBO*
	Kilian	18	Cw LFI		2	
	19	RFI		2		RFI
SECTION 2						
Kilian	20	LFO		1		LFO
	21	XCh RFI		1		XCh RFI
	22	LFO		1		LFO
	23	Run RFI		1		Run RFI
	24	LFO		2		LFO
See notes	25a	XR RFO 3T	1+1		1	XR RFO

Waltz	25b				1	Ch LFI
	26	LBO		2		RFO
Reverse partial tango	27a	XR RBO	1		1+1	XR LFO 3T
Kilian	27b	XCh LBI	1			
	28	RBO		2		RBO
	29	XR LBO		2		XR LBO
See notes	30a	Mk RFO 3T	1+1		1	Mk RFO
	30b				1	Ch LFI
Waltz	31	DpCh LBO/I		$1\frac{1}{2} + \frac{1}{2}$		DpCh RFO/I

Pattern – Italian Foxtrot Couples



ITALIAN FOXTROT - SOLO

By Odoardo Castellari

Music: Foxtrot 4/4

Tempo: 96 bpm

Pattern: set

This is a lively, lilting dance and should be skated with strong edges.

Step 1 LFO (1 beat) begins aiming toward the long side barrier and is followed by **step 2 XCh RFI** (1 beat) which curves around to finish aiming to the short side barrier. **Steps 3 LFO** (1 beat), **4 Run RFI** (1 beat), and **5 LFO/I Sw** (2+2 beats) should be skated on clear edges with a change of edge to inside on the third beat of step 5, with a simultaneous swing in front of the free leg (2+2).

Step 6 RFI (1 beat) and **step 7 OpMk LBI** (1 beat) form an open mohawk aimed toward the long side barrier and must be executed by placing the heel of the left foot closely to the inside of the right foot.

Steps 8 RBO (1 beat), **9 Run LBI** (1 beat) and **10 LBO/I** (1+1 beat) curve from the long side barrier with step 10 finishing toward the center of the rink.

Step 10 is a special feature of this dance. It is a very lively step with a quick movement of the free leg. Immediately after stroking, the free foot is brought alongside the skating foot so that the free foot is in the "and" position by the end of the first beat. The first beat is composed of two half beats on an outside edge: 1/2 beat with free leg extended and 1/2 beat recalling the free leg to "and" position. On the second beat, the free leg is pushed to the side, while changing the edge from outside to inside. The direction after the change of edge is toward the long axis, starting a lobe that ends with step 13 in the direction of the long side barrier.

Steps 11 LBO (1 beat) and **12 XCh RBI** (1 beat) curve to finish at the short axis and parallel to the long axis. **Step 13 LBO** (2 beats) is a deep edge that completes the lobe, finishing almost perpendicular to the long side barrier.

Steps 14 RBO (1 beat), **15 Ch LBI** (1 beat) and **16 RBO** (2 beats) form a lobe that begins toward the long side barrier and curves to finish toward the long axis.

Steps 17 LBO stroke (1 beat) and **18 RBO** stroke (1 beat) must be skated as outside edges. They should have a light, bouncing character. These steps must be executed with the free legs forward.

Step 19 Cw LFI (2 beats) begins at the long axis and must be skated on a clear inside edge. In preparation for this choctaw the left free leg should be recalled quickly from the forward extension of step 18.

Step 20 RFI is aimed initially toward the short side barrier and curves to finish parallel to it

Steps 21 LFO (1 beat), **22 XCH RFI** (1 beat), **23 LFO** (1 beat), **24 Run RFI** (1 beat) and **25 LFO** (2 beats), continue a lobe that begins toward the long side barrier, becomes parallel to it with step 23 and finishes aiming toward and almost perpendicular to the long axis with step 25,

Step 26 XR RFO 3t (1+1 beats) is aimed toward the center of the floor with the 3 turn executed on the second beat of the step. This step finishes parallel to the long axis, followed by **step 27 LBO** (2 beats) which completes the lobe aiming toward the long side barrier.

Step 28 XR RBO 3T 3T (1+1+2 beats) is a cross behind on the first beat, a three turn from RBO to RFI on the second beat and a three turn from RFI to RBO on the third beat, then holding the backward outside edge for the remaining 2 beats finishing toward the long axis. The free leg movement during this step is optional

Step 29 XR LBO (2 beats) aims toward the long axis, followed by **step 30 Mk RFO 3t** (1+1 beats), with the three-turn executed on the second beat of the step.

Step 31 DpCh LBO (1 beat) should be skated on a deep outside edge toward the long side barrier with a quick return of the free leg for **step 32 Cw RFI** (1 beat), which completes the dance.

REFERENCE STEPS:

Step 5 – must start before the long axis and finish after it

Step 12 – must start before the short axis and finish after it

Step 19 – must start by the long axis

Step 28 - must start before the short axis and finish after it. (3T by the axis)

Key Points – Italian Foxtrot Solo 2026 (Pattern steps 16-32)

1. Step 19 Cw LFI (2 beats)

- Correct timing of the step;
- Correct execution of the **Choctaw** with feet close together, respecting the prescribed edges required before and after the Cw.

2. Step 26 XR RFO 3t (1+1 beats)

- Correct timing of the step;
- Correct technical execution of the **cross roll** (respecting the prescribed edges required before and after the XR);
- Correct technical execution of the **three turn**, executed on the 2nd beat of the step, with the correct edge before and after the turn.

3. Step 28 XR RBO 3t 3t (1+1+2 beats)

- Correct timing of the step;
- Correct technical execution of the **cross roll** (respecting the prescribed edges required before and after the XR);
- Correct technical execution of the **three turns**. First 3t executed on the 2nd beat of the step and the second 3t executed on the 3rd beat of the step, with the correct edges before and after the turns.

4. Step 32 Cw RFI (1 beat)

- Correct timing of the step;

- Correct execution of the Choctaw with feet close together, respecting the prescribed edges required before and after the Cw.

GENERAL Key Points – Italian Foxtrot Solo

Section 1

1. **Step 5 LFO/I Sw:** must be skated on clear edges with the change of edge occurring on the third beat of the step with the simultaneous swing in front of the free leg.
2. **Steps 6 RFI and 7 Op Mk LBI:** correct technical execution of the open Mohawk on correct edges and correct placement of the foot.
3. **Step 10 RBOI:** attention to the correct timing and execution of the change of edge from outside to inside on the second beat of the step and the simultaneous optional movement of the free leg.
4. **Steps 17 LBO and 18 RBO:** correct technical execution of the steps skated on outside edges, with a light bouncing character. These steps must be skated as strokes and not as chasses.

Section 2

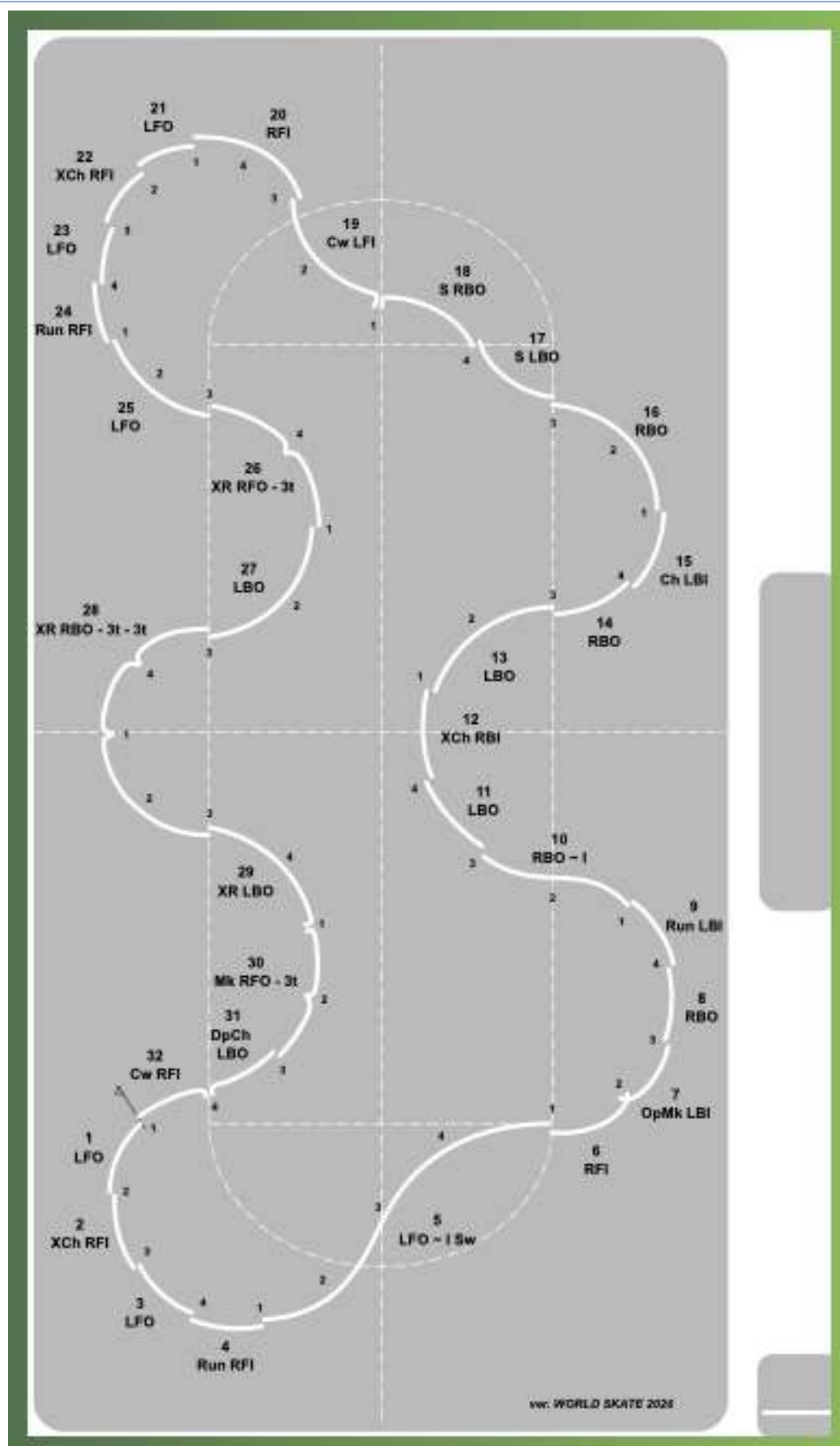
1. **Step 19 Cw LFI** should be skated on clear edges with feet close together and with proper lean.
2. **Step 26 XR RFO 3t:** correct technical execution of the Xroll, with correct lean, and the three turn on correct edges.
3. **Step 28 XR RBO 3t 3t:** correct technical execution of the cross roll and three turns with correct timing of the turns and clear edges with good control of the exit of the second turn on a strong outside edge.
1. **Steps 30 Mk RFO 3t, 31 DpCh LBO and 32 Cw RFI:** correct technical execution of all turns with feet close together and correct timing.

List of steps – Italian Foxtrot Solo

NO.	STEPS	BEAT S
1	LFO	1
2	XCh RFI	1
3	LFO	1
4	Run RFI	1
5	LFO/I Sw	2+2
6	RFI	1
7	OpMk LBI	1
8	RBO	1
9	Run LBI	1
10	RBO/I	1+1
11	LBO	1

12	XCh RBI	1
13	LBO	2
14	RBO	1
15	Ch LBI	1
16	RBO	2
17	S LBO	1
18	S RBO	1
19	Cw LFI	2
20	RFI	2
21	LFO	1
22	XCh RFI	1
23	LFO	1
24	Run RFI	1
25	LFO	2
26	XR RFO 3t	1+1
27	LBO	2
28	XR RBO 3t 3t*	1+1+2
29	XR LBO	2
30	Mk RFO 3t	1+1
31	DpCh LBO	1
32	Cw RFI	1
	*movement of the free leg is optional	

Pattern – Italian Foxtrot Solo



KEATS FOXTROT - COUPLES

By Eric Van Weyden & Eva Keats

Music: Foxtrot 4/4

Music: Foxtrot, Outside, Waltz

Tempo: 96 Beats

Pattern: set

This dance is designed to be skated on deep edges and semi-circular lobes.

In open position the partners should skate with their shoulders and hips close together.

Steps 1, 2 and 3, step 2 is a cross chasse for both partners.

On step 4 the lady accents beat 3 with a knee bend corresponding to the men on his step 4B.

Steps 4A and 9 for the man and steps 4 and 9 for the lady are started with cross rolls.

Step 5 is a front cross roll for the lady but not for the man, and partners should be directly opposite at this point.

Step 7 is a run for both partners.

At the end of **step 8** the man should be towards the side of the lady for his cross RFO three turn (almost tango position) and waltz position is resumed by step 10.

The man's **step 11B** is a run. The man's steps 11A and 11B take place whilst the lady skates a two beat LFO into her closed mohawk. On the LFO the lady does not swing her free leg, but, after extending it behind, brings it up to her skating heel (keeping it well turned out) to place on the floor on beat 1 in the prescribed position for a closed mohawk.

On a rink 40 x 20 meters or larger, the border pattern for this dance must be used. For a rink smaller than 40 x 20 meters the other pattern can be used. However, please remember that the whole skating surface must be used, and the border pattern should be used wherever possible.

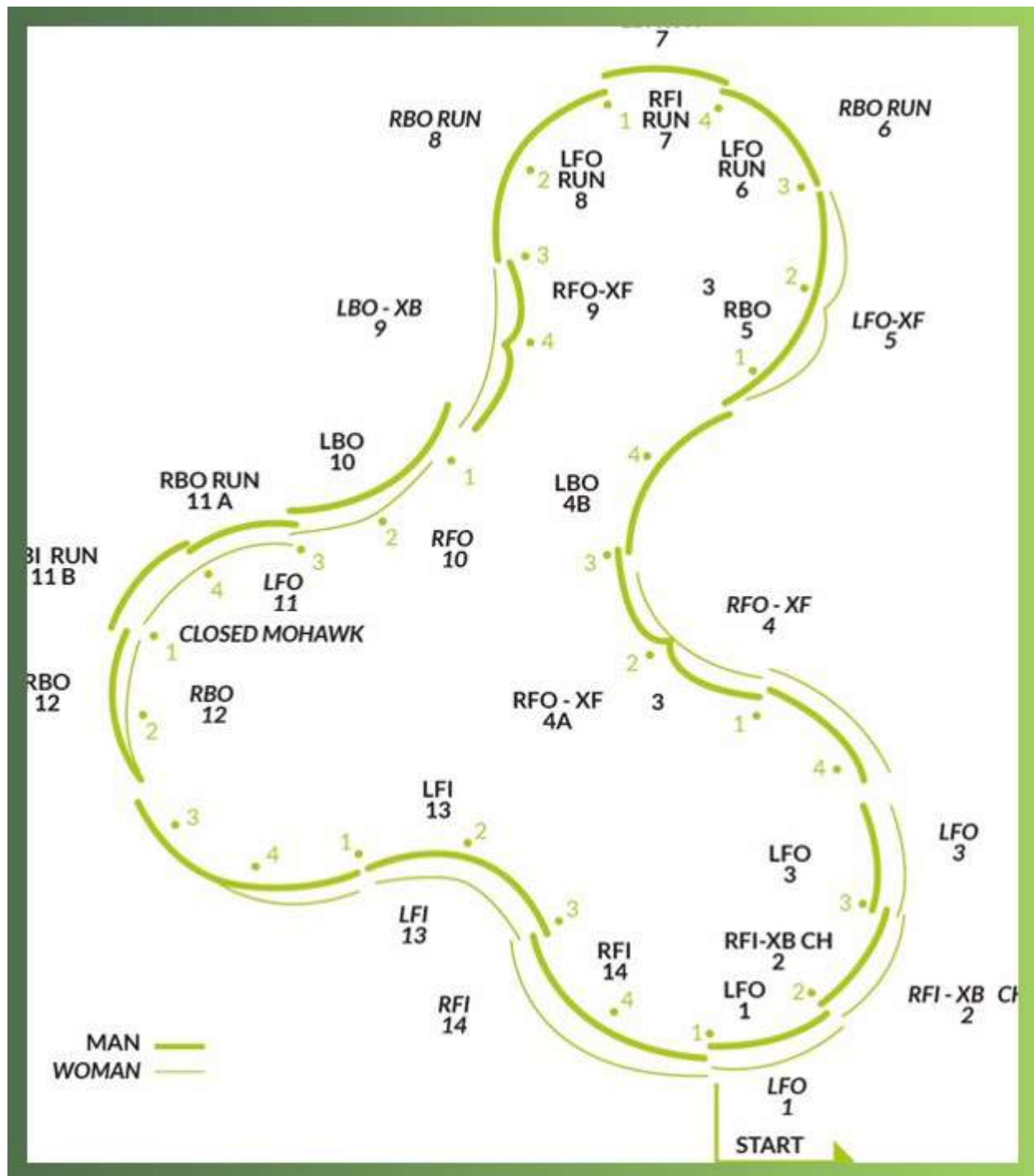
Key Points – Keats Foxtrot Couples

1. Correct execution of step 2 (cross chasse).
2. **Step 3** LFO is struck at the side.
3. Make sure step 4b and 10 are good outside edges.
4. **Steps 6,7 & 8** must be progressive steps.
5. Pay attention to the Mohawk of the lady (step 11).
6. **Steps 13 and 14** must have good inside edges.

List of steps – Keats Foxtrot Couples

HOLD	STEPS	MAN	BEATS	LADY	BEATS
Foxtrot	1	LFO	1	LFO	1
	2	XB-RFI	1	XB-RFI	1
	3	LFO	2	LFO	2
	4A	XR RFO 3t to RBI	1+1	XR RFO	4
Waltz	4B	LBO	2		
	5	RBO	2	XR LFO 3t to LBI	1+1
	6	LFO	1	RBO	1
	7	RFI Run	1	LBI Run	1
Outside	8	LFO	2	RBO	2
	9	XR RFO 3t to RBI	11	XR LBO	2
Waltz	10	LBO	2	RFO	2
	11A	RBO	1	LFO	2
	11B	LBI Run	1		
Foxtrot	12	RBO	4	CIMk RBO	4
	13	Cw LFI	2	Cw LFI	2
	14	RFI	2	RFI	2

Pattern – Keats Foxtrot Couples



NOTE:

NOTE:
See note regarding this pattern in the description of the dance.

KEATS FOXTROT – COUPLES DOUBLE PATTERN (MODIFIED)

Music: Foxtrot 4/4

Tempo: 96 bpm

Positions: Foxtrot - Waltz - Partial Tango – Tango

Competitive requirements: 4 sequences

Pattern: Set

The dance begins in Foxtrot position which will be maintained up to the beginning of step 4.

Step 1 LFO (1 beat) a stroke followed by **Step 2 XCh RFI** (1 beat) a cross chasse and **Step 3 LFO** (2 beats) a stroke, the same steps for both partners in Foxtrot position, form a sequence of steps which begins toward the long side barrier, becomes parallel to it and finishes aiming perpendicular to the long axis.

Step 4a XR RFO 3t (beats 1+1) for the man begins with a cross roll on the first beat, aiming initially toward the long axis, followed by a three turn on the second beat, which finishes parallel to it. **Step 4b LBO** (2 beats) for the man is a stroke that begins parallel to the long axis and curves in the direction of the long side barrier, finishing on the baseline.

Step 4 XR RFO (4 beats total) for the woman forms a lobe that begins and ends on the baseline is executed as follows: is a cross roll, together with the man, on the first beat of the step; the movements of free leg in the remaining three beats are optional.

Steps 5 to 8 form a lobe which begins on the baseline and aims toward the long side barrier, intersects the short axis with steps 6 and 7 and ends with step 8, perpendicular to the long axis and ending on the baseline.

Step 5 RBO (2 beats) a stroke for the man, coincides with **Step 5 XR LFO- 3t** (beats 1+1) for the woman, who executes a forward cross roll on the 1st beat followed by a three turn on the 2nd.

Step 6 Mk LFO for the man and a **RBO** (both 1 beat) is a stroke for the woman in direction at the long barrier.

Step 7 (both 1 beat) **Run RFI** for the man and **Run LBI** for the woman are parallel to the long barrier.

Step 8 (both 2 beats) **LFO** for the man and **RBO** for the woman are outside edges which finish at the baseline and almost perpendicular to the long axis. On this step the couple starts to change from Waltz to Partial Tango position.

At the end of step 8, the man moves next to the woman to prepare for:

Step 9 XR RFO 3t (2 beats), with the cross roll on the 1st beat and the three turn on the 2nd beat, as the woman executes a **XR LBO** (2 beats), with the couple in Partial Tango position. The lobe begins on the baseline with step 9 and finishes almost to the corner with step 10.

Step 10 (both 2 beats) **LBO** stroke for the man and **Mk RFO** for the woman; the skaters assume the Waltz position.

Steps 11a RBO a stroke and **11b Run LBI** (1 beat each) for the man and **step 11 LFO** a stroke for the woman (2 beats); the direction is to the short barrier. The

movement of the woman's free leg on this step is optional. The couple is in a Partial Tango position.

Step 12 RBO stroke for man (4 beats) and a **CIMk** for woman are strongly curved to finish parallel to the long axis; the steps should be executed before the long axis and the couple intersects the long axis on the 2nd beat of the step. After the first beat, which ends with the free leg in front, the movements of the free leg during the remaining beats are optional. The couple assumes Foxtrot position on this step and remain in this position for the remainder of the dance.

Step 13 Cw LFI (2 beats) for both, on an inside forward edge aiming at the end toward the long side barrier.

Step 14 RFI (2 beats) for the man is an open stroke and **step 14 RFI 3t-3t** ($1 + \frac{1}{2} + \frac{1}{2}$) for woman is an open stroke followed by two quick 3Turn under the left arm of the man joined to the right arm of the woman. The open strokes should be skated with angled feet in the direction of the long side barrier, curving to become almost parallel to it. The movement of free legs on the 2nd beat are optional for the skaters.

Key Points – Keats Foxtrot Couples (modified)

Section 1:

1. **Step 4a XR RFO 3t** (1+1 beats) for the man:

- correct technical execution of the cross roll and three turn, maintaining the correct edge after the three turns on the 2nd beat with feet close together.
- proximity of the partners during this step without separation of the couple.

2. **Step 5 XR LFO 3t** (1+1 beats) for woman:

- correct technical execution of the cross roll and three turn, maintaining the correct edge after the three turns on the 2nd beat with feet close together.
- proximity of the partners during this step without separation of the couple that must be in Waltz position (not in Tango).
- synchronization of the couple during the execution of different steps between skaters.

3. **Step 12: CIMk RBO** (4 beats) for the woman:

- correct technical execution of the CIMK with proper positioning of the free foot placed on the outside of the skating foot.
- feet placed close (not wide) and the maintenance of the outside during all 4 beats, without deviation from the required edge.
- maintenance of the outside edge before and after the turn.

RBO (4 beats) stroke for the man:

- correct technical execution of the stroke and the maintenance of the outside edge during all 4 beats, without deviation from the required outside edge.

For both:

- during these steps, the partners must remain close together
- synchronization of the skaters.

4. Step 14:

RFI 3t-3t (1+ ½ + ½) open stroke + two 3 turns for woman:

- correct technical execution of the quick 3Turns (not hopped).
- control of the woman's body line during the 3 Turns, without a break in the body posture baseline at the end of the 2nd three turn
- correct timing to restart the dance on the 1st beat.

RFI (2 beats) open stroke for the man:

- correct technical open stroke in inside edge for 2 beats supporting the execution of the woman and without changing the edge.

For both:

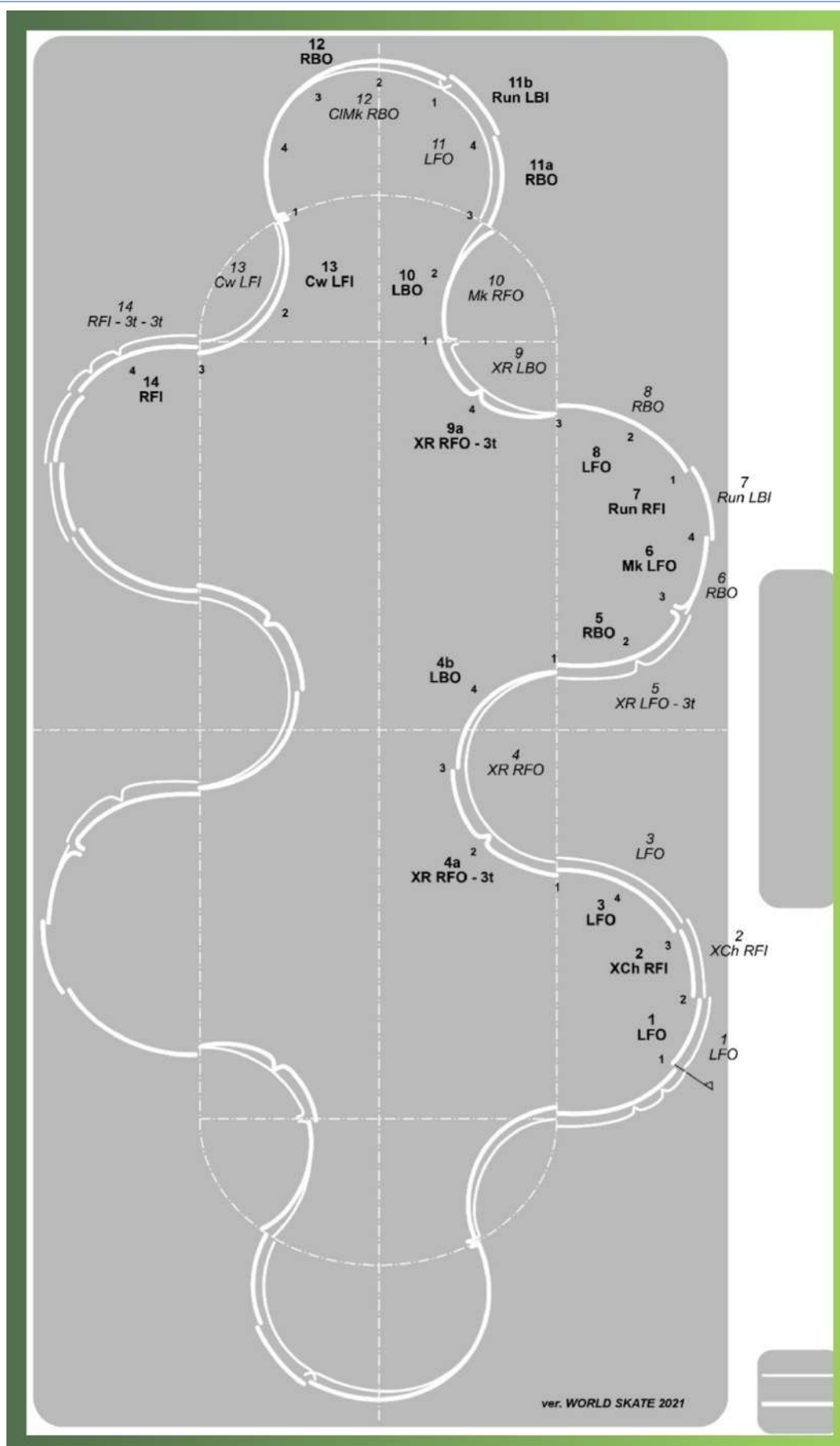
- Pay attention to: the correct angular placement of the feet during open strokes RFI and the inside edge.
- Attention that the couple is in the correct Foxtrot position before and after the 3 turns to prepare the restart.

List of Steps – Keats Foxtrot Couples (modified)

HOLD	STEPS	MAN's step	BEATS	LADY's step	BEATS
Foxtrot	1	LFO	1	LFO	1
	2	XCh -RFI	1	XCh-RFI	1
	3	LFO	2	LFO	2
	4a	XR RFO -3t (to RBI)	1 + 1	XR RFO*	4
Waltz	4b	LBO	2		
	5	RBO	2	XR LFO -3t (to LBI)	1 + 1
	6	Mk LFO	1	RBO	1
	7	RFI Run	1	LBI Run	1
Waltz to Partial Tango	8	LFO	2	RBO	2
	9	XR RFO -3t (to RBI)	1 + 1	XR LBO	2

Waltz to Partial Tango	10	LBO	2	Mk RFO	2
	11a	RBO	1	LFO	2
	11b	LBI Run	1		
Foxtrot See note to Foxtrot	12	RBO*	4	CIMk RBO *	4
	13	Cw LFI	2	Cw LFI	2
	14	RFI*	2	RFI -3t -3t*	1 + $\frac{1}{2}$ + $\frac{1}{2}$
* The movement of free leg is optional					

Pattern – Keats Foxtrot Couples (modified)



KEATS FOXTROT - SOLO (WOMAN'S STEPS)

By Eva Keats & Erik Van Der Weyden

Music: Foxtrot 4/4

Tempo: 96 bpm

Pattern: Set

Step 1, LFO (1 beat), **2**, XCh RFI (1 beat) and **3**, LFO (2 beats), form a sequence of steps which begins toward the long side barrier, becomes parallel to it and finishes aiming perpendicular to the long axis at the baseline.

Step 4 XR RFO (4 beats) forms a lobe that starts and ends on the baseline, aiming initially toward the long axis and finishing toward the long side barrier. It is a cross roll on the first beat with the movement of the free leg optional during the step

Steps 5 to **8** form a lobe which begins toward the long side barrier, beginning at the baseline, and ends with step **8**, perpendicular to the long axis and ending on the baseline.

Step 5, XR LFO 3t (2 beats 1+1) is a cross-roll on the first beat followed by a three turn on the second beat.

Steps 6 RBO (1 beat), **7** Run LBI (1 beat) and **8** LBO (2 beats) complete the lobe, ending at the baseline and almost perpendicular to the long axis.

Step 9 XR LBO (2 beats) begins on the baseline, toward the long axis and **Step 10** Mk RFO (2 beats) finishes aiming almost perpendicular to the short side barrier.

The next lobe, formed by **steps 11**, LFO (2 beats) and **12**, CIMk RBO (4 beats) strongly curves to finish parallel to the long axis. Step **12** should be executed before the long axis and the skater intersects the long axis on the 2nd beat of the step.

Step 12, CIMk RBO (4 beats total on outside edge): After the first beat, which ends with the free leg in front, the movement of the free leg during the remaining beats is optional.

At the end of step **12**, the free foot is brought close to the heel of the skating foot to enable the skater to correctly execute **step 13**, Cw LFI (2 beats), on a good inside forward edge aiming toward the long side barrier.

Step 14 RFI 3t 3t (1+1/2+1/2) is an open stroke and two 3 turns skated with an angular takeoff in the direction of the long side barrier.

Key Points – Keats Foxtrot Solo Woman's steps

Section 1:

1. **Step 2** XCh RFI (1 beat):

- Correct technical execution of the XCh with feet close and parallel.
- Without lightening of the edge before or after the cross.

2. **Step 5** XR LFO 3t: (1+1beats):

- Correct technical execution of the cross-roll on the first beat followed by a three turn on the second beat with feet close together.
- Proper attention to the lean and inside edge at the end of the three turn.

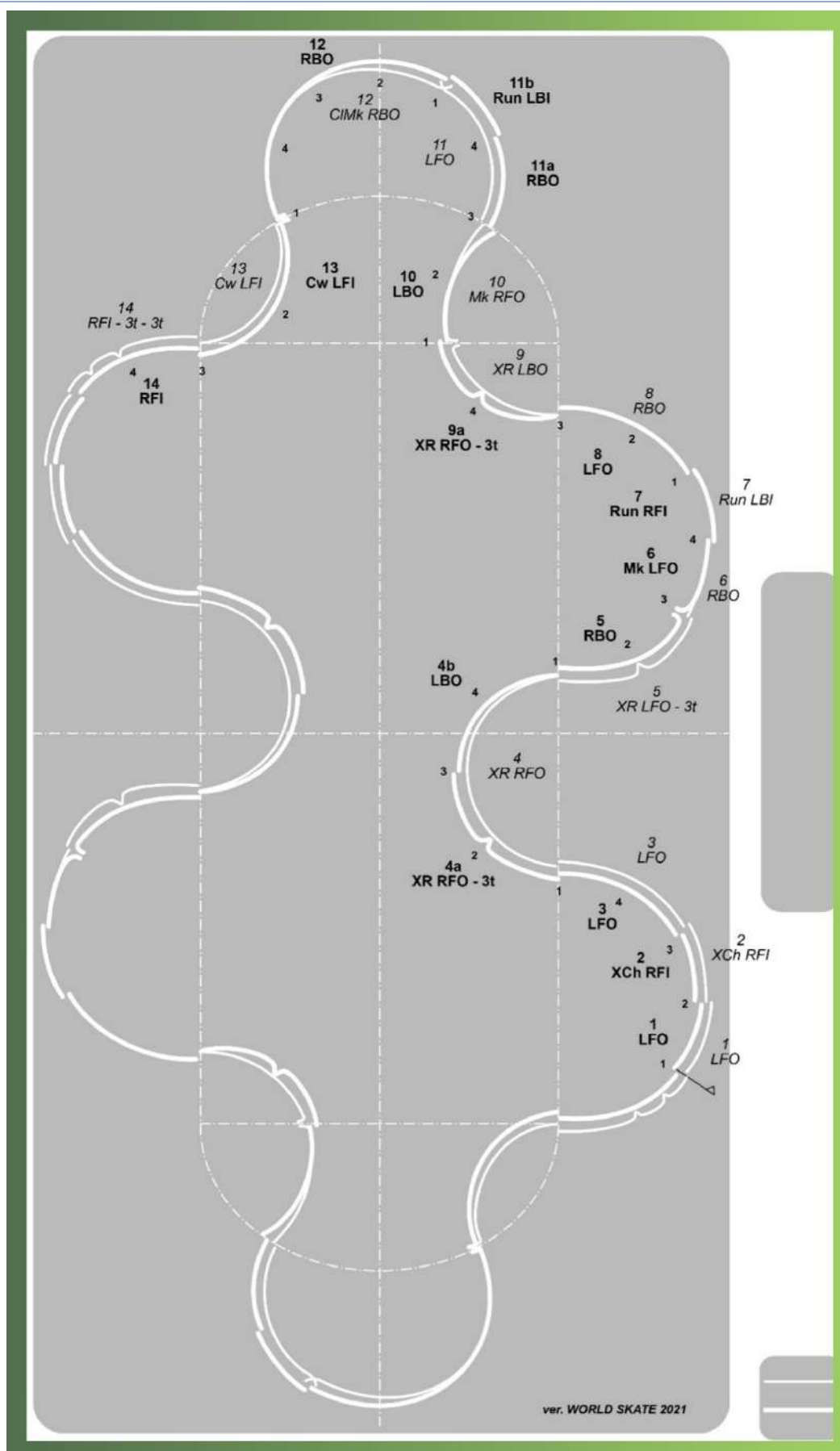
3. **Step 12** CIMk RBO (4 beats):

- Correct technical execution of the closed mohawk, with proper positioning of the free foot placed to the outside of the skating foot.
 - Attention to the feet placed close (not wide) and the maintenance of the outside edge during the 4 beats, without deviation from the edge.
 - Outside edge before and after the turn
4. **Step 14:** RFI 3t-3t (1+ ½ + ½) open stroke + two 3 turn:
- correct technical execution of the quick 3 turns (not hopped);
 - control of the body line during the 3 turns, without a break in the body posture baseline at the end of the 2nd three turn
 - correct timing to restart the dance on the 1st beat.

List of steps – Keats Foxtrot Solo Woman's steps

STEP NO.	STEP	MUSICAL BEATS
SECTION 1		
1	LFO	1
2	XCh RFI	1
3	LFO	2
4	XR RFO*	4
5	XR LFO 3t	1+1
6	RBO	1
7	Run LBI	1
8	RBO	2
SECTION 2		
9	XR LBO	2
10	Mk RFO	2
11	LFO	2
12	CIMk RBO*	4
13	CW LFI	2
14	RFI 3t 3t	1+1/2+1/2

Pattern – Keats Foxtrot Solo Woman's steps



KENT TANGO - SOLO

By Jackie Terenzi

Music: Tango

Tempo: 100 bpm

Pattern: set

Step 1 LFO 3T (2 beats) is a stroke on the 1st beat followed by a three turn in the direction of the long side barrier.

Step 2 RBO (1 beat) is a stroke followed by **step 3 Ch LBI** (1 beat), parallel to the long side barrier.

Step 4 RBO Sw (2+2 beats) is a stroke followed by a swing behind the free leg, on the 3rd beat. The direction is initially parallel to the long side barrier, then curving toward the long axis becoming perpendicular to it.

Step 5 LBO (2 beats) is a stroke in the direction of the center of the rink.

Step 6 Mk RFO (1 beat) begins at the short axis followed by **step 7 XCh LFI** (1 beat) which finishes parallel to the long axis.

Step 8 RFO Sw (2+2 beats) is a stroke followed by a forward swing of the free leg on the 3rd beat which begins parallel to the long axis and curves away from it in preparation of **step 9 LFO** (1 beat) stroke in the direction of the long side barrier.

Step 10 CIMk RBO (1 beat) is a closed mohawk with the free leg extending in front at the end of the mohawk, skated in the direction of the long side barrier and finishing parallel to it.

Step 11 XF LBI (1 beat) curves in preparation for **step 12 Mk RFI Sw** (1+2 beats), a mohawk on the 1st beat and a forward swing of the free leg on the 2nd beat, remaining on an inside edge for a total of 3 beats. These steps begin curving away from the long side barrier, becoming parallel to the short side barrier, and finishing on the continuous baseline aiming toward the long axis.

Step 13 LFI (2 beats) is an open stroke which intersects the long axis (1 beat before and 1 beat after)

Step 14 RFI Sw (2+2 beats) is an open stroke RFI in the direction of the short side barrier with the free leg held in back for two beats, followed by a swing of the free leg in front on the 3rd beat. This step ends toward the long side barrier.

Key Points – Kent Tango Solo

1. Steps 3 and 4:

Step 3 CH LBI (1 beat) - Correct technical execution of the **Chasse** – Correct timing and clear lift from the floor of the free skate.

Step 4 RBO Sw (2+2 beats) - Correct technical execution of the swing - pendular movement with similar amplitude of the free leg at the beginning and at the end of the movement, executed backwards on the 3rd beat on a clear outside edge, keeping the outside edge during the swing.

2. Step 6:

Step 6 **Mk RFO** (1 beat) - Correct technical execution on a clear outside edge, with feet close together during the **Mohawk** and correct lean and body posture during the turn.

3. Step 10:

Step 10 **CIMk RBO** (1 beat) - Correct technical execution of the **Closed Mohawk**, with feet close together, executed smoothly on a clear outside edge. At the conclusion of this mohawk, the free leg should be in front of the body.

4. Steps 12 and 13:

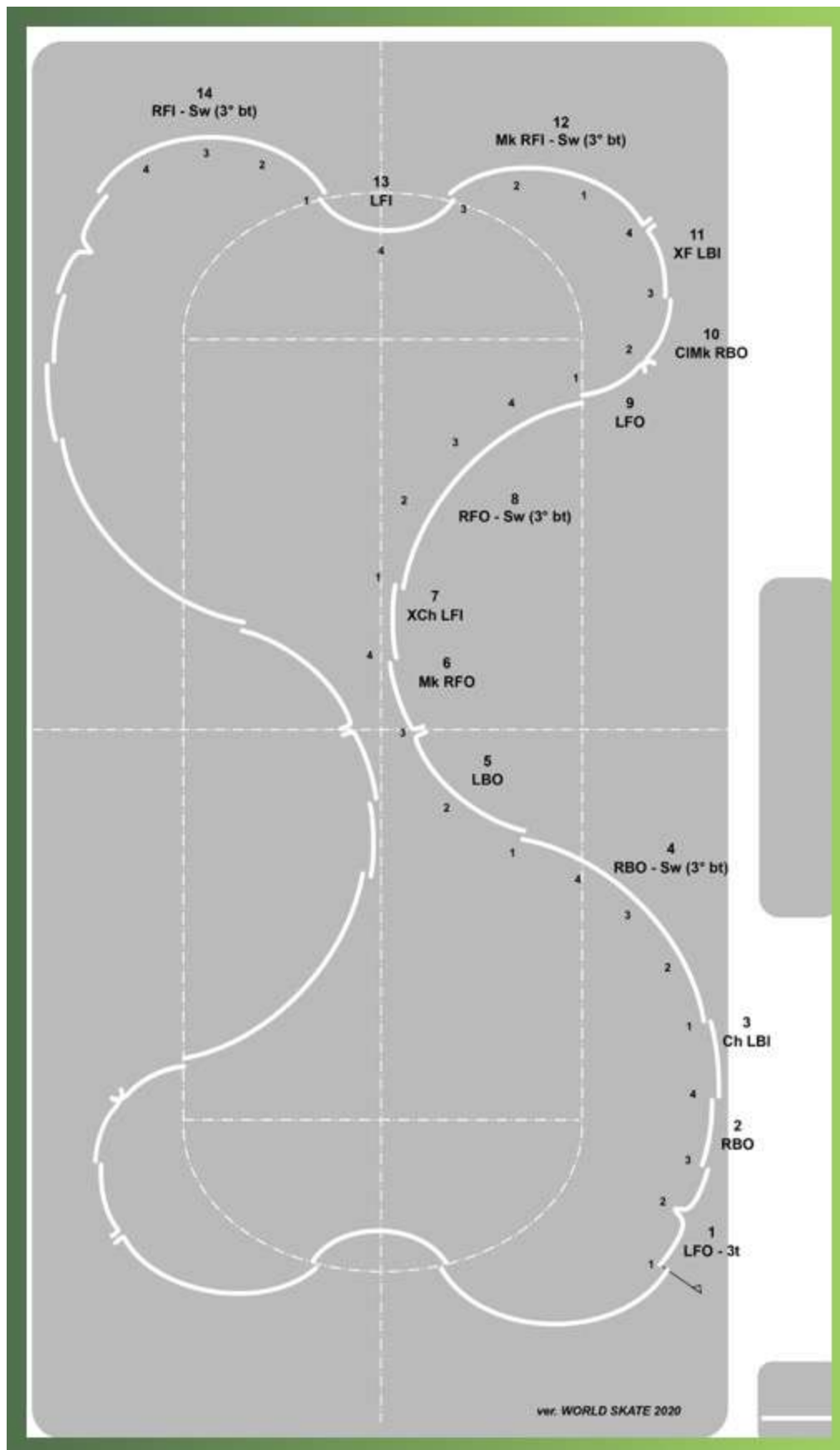
Step 12 **Mk RFI Sw** (1+2 beats) - Correct technical execution of the **Mohawk** - must be done with close feet keeping the inside edges. Correct technical execution of the Swing – free leg must swing forward on the 2nd beat keeping the inside edge during the swing.

Step 13 LFI (2 beats) - Correct execution of the inside edge, with an angular stroke, with feet close together and not wide. There should be a change of lean with respect to the previous step.

List of steps – Kent Tango Solo

NO.	STEPS	MUSICAL BEATS
1	LFO 3t	1+1
2	RBO	1
3	Ch LBI	1
4	RBO Sw (3rd beat)	2+2
5	LBO	2
6	Mk RFO	1
7	XCh LFI	1
8	RFO Sw (3rd beat)	2+2
9	LFO	1
10	CIMk RBO	1
11	XF LBI	1
12	Mk RFI Sw (2nd beat)	1+2
13	LFI	2
14	RFI Sw (3rd beat)	2+2

Pattern – Kent Tango Solo



KILIAN – COUPLES

By Karl Schreiter

Music: March 2/4 or 4/4
Pattern: Set

Tempo: 108 bpm

Step 1 LFO starts on the long axis and aims toward the long side barrier, **Step 2 Run RFI** continues the curve with **Step 3 LFO** (2 beats) finishing almost parallel to the long axis.

Step 4 RFO (two beats) aims strongly out to the long side barrier with the correct body lean, finishing almost perpendicular to the long side barrier.

Steps 3 and 4 are the only steps that are held for two beats each and **MUST** be outside edges. Every other step is for one beat each.

Step 5 LFO, 6 Run RFI and 7 LFO are a sequence of steps during which the body lean is toward the inside of the lobe, which curves toward the long axis. **Step 6** crosses the short axis and is parallel to the long side barrier.

Step 8 XR RFO is performed with a decisive change of lean toward the barrier, which is maintained through **Step 9 XB LFI**; these steps should be skated on strong edges while controlling the rotation of the shoulders prior to the execution of the next step.

During **Step 9**, which aims toward the long side barrier, the man begins parallel to the woman's path, remaining on her left side. Before performing **Step 10 OpCw RBO**, he crosses her tracing.

Step 10 OpCw RBO is an Open Choctaw in which the right skate takes the floor slightly in front and at the inside of the skating foot. Strong shoulder checking by the partners is necessary to counteract the turning movement.

Step 11 XB LBI, Step 12 RBO and Step 13 XF LBI should be skated with strong edges, maintaining the curvature of the dance.

Step 14 Mk RFI should be stepped close to the heel of the skating foot, on an inside edge that continues the arc created by the preceding steps.

The position of the free leg on the Mk RFI is optional.

This step brings the skater parallel to the short side barrier in preparation for the restart of the dance on the long axis.

Key Points – Kilian Couples

1. **Steps 3 LFO (2 beats) and 4 RFO (2 beats)** for both skaters:
 - Correct timing of the steps;
 - **MUST** be skated on the required outside edges, without deviations in advance and with the proper body leans.
 - Attention to the synchronization and Kilian position of the couple which should be close without any separations.
2. **Step 8 XR RFO (1 beat)** for both skaters:
 - Correct timing of the step;

- Correct technical execution of the cross roll on an outside edge;
- The couple must perform it with a decisive change of lean toward the long barrier.

3. Step 10 OpCw RBO (1 beat) for both skaters:

- Correct timing of the step;
- Correct technical execution of the choctaw with right skate taking the floor slightly in front and to the inside of the left foot.
- Attention to the close relationship of the partners who should remain hip to hip and without any separation during the choctaw.

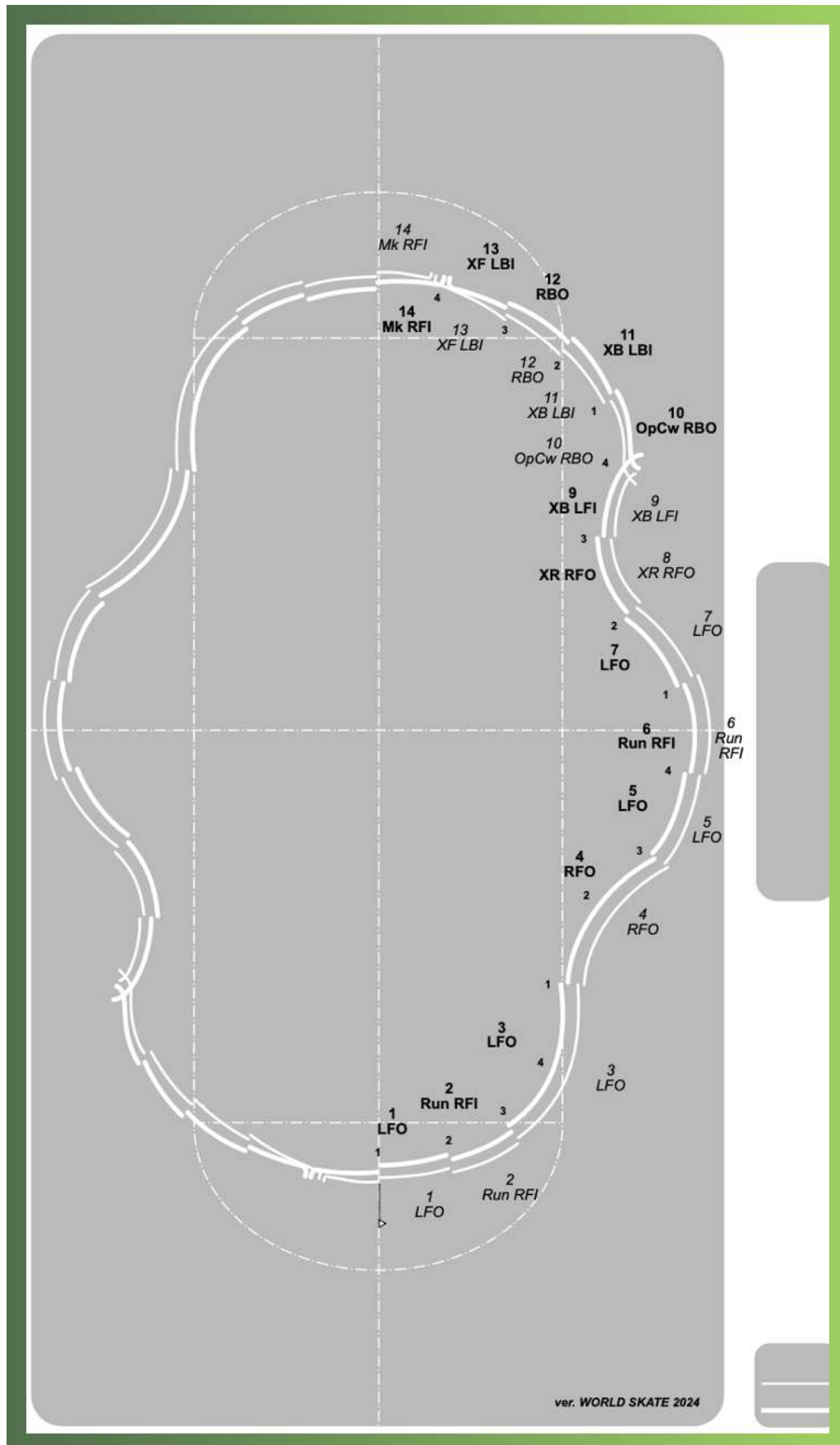
4. Step 13 XF LBI (1 beat) for both skaters:

- Correct timing of the step;
- Correct technical execution of cross front, with feet close and parallel before executing the LBI on a clear inside edge during the step.
- Attention to the close relationship of the partners without any separation during the step.

List of steps – Kilian Couples

POSITION	N°	WOMAN'S STEPS	MUSICAL BEATS	MAN'S STEPS
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	RFO	2	RFO
	5	LFO	1	LFO
	6	Run RFI	1	Run RFI
	7	LFO	1	LFO
	8	XR RFO	1	XR RFO
	9	XB LFI	1	XB LFI
	10	OpCw RBO	1	OpCw RBO
	11	XB LBI	1	XB LBI
	12	RBO	1	RBO
	13	XF LBI	1	XF LBI
	14	Mk RFI*	1	Mk RFI*
* position of the free leg is optional				

Pattern – Kilian Couples



KILIAN – SOLO

By: Karl Schreiter

Music: March 2/4 or 4/4

Tempo: 108 bpm

Pattern: Set

Step 1 LFO starts on the long axis and aims toward the long side barrier, Step 2 continues the curve with Step 3 LFO (two beats) finishing almost parallel to the long axis.

Step 4 RFO (two beats) aims strongly out to the long side barrier with the correct body lean, finishing almost perpendicular to the long side barrier.

Steps 3 and 4 are the only steps that are held for two beats each and **MUST** be outside edges. Every other step is for one beat each.

Step 5 LFO, 6 Run RFI and 7 LFO are a sequence of steps during which the body lean is toward the inside of the lobe, which curves toward the long axis. Step 6 crosses the short axis and is parallel to the long side barrier.

Step 8 XR RFO is performed with a decisive change of lean toward the barrier, which is maintained through Step 9 XB LFI; these steps should be skated on strong edges while controlling the rotation of the shoulders prior to the execution of the next step.

Step 10 OpCw RBO is an open choctaw in which the right skate takes the floor slightly in front and to the inside edge side of the skating foot. Strong shoulder checking is necessary in order to counteract the turning movement.

Step 11 XB LBI, Step 12 RBO and Step 13 XF LBI should be skated with strong edges, maintaining the curvature of the dance.

Step 14 Mk RFI should be stepped close to the heel of the skating foot, on an inside edge that continues the arc created by the preceding steps.

The position of the free leg on the Mk RFI is optional.

This step brings the skater parallel to the short side barrier in preparation for the restart of the dance on the long axis.

Key Points – Kilian Solo

- Steps 3 LFO (two beats) and 4 RFO (two beats):** MUST be skated on the required outside edges, without deviations and with the proper leans.
- Step 8 XR RFO:** correct technical execution of the cross roll on an outside edge and performed with a decisive change of lean toward the outside of the rink.
- Step 9 XB LFI:** correct technical execution of the cross behind, skated on a strong inside edge with feet close and parallel.

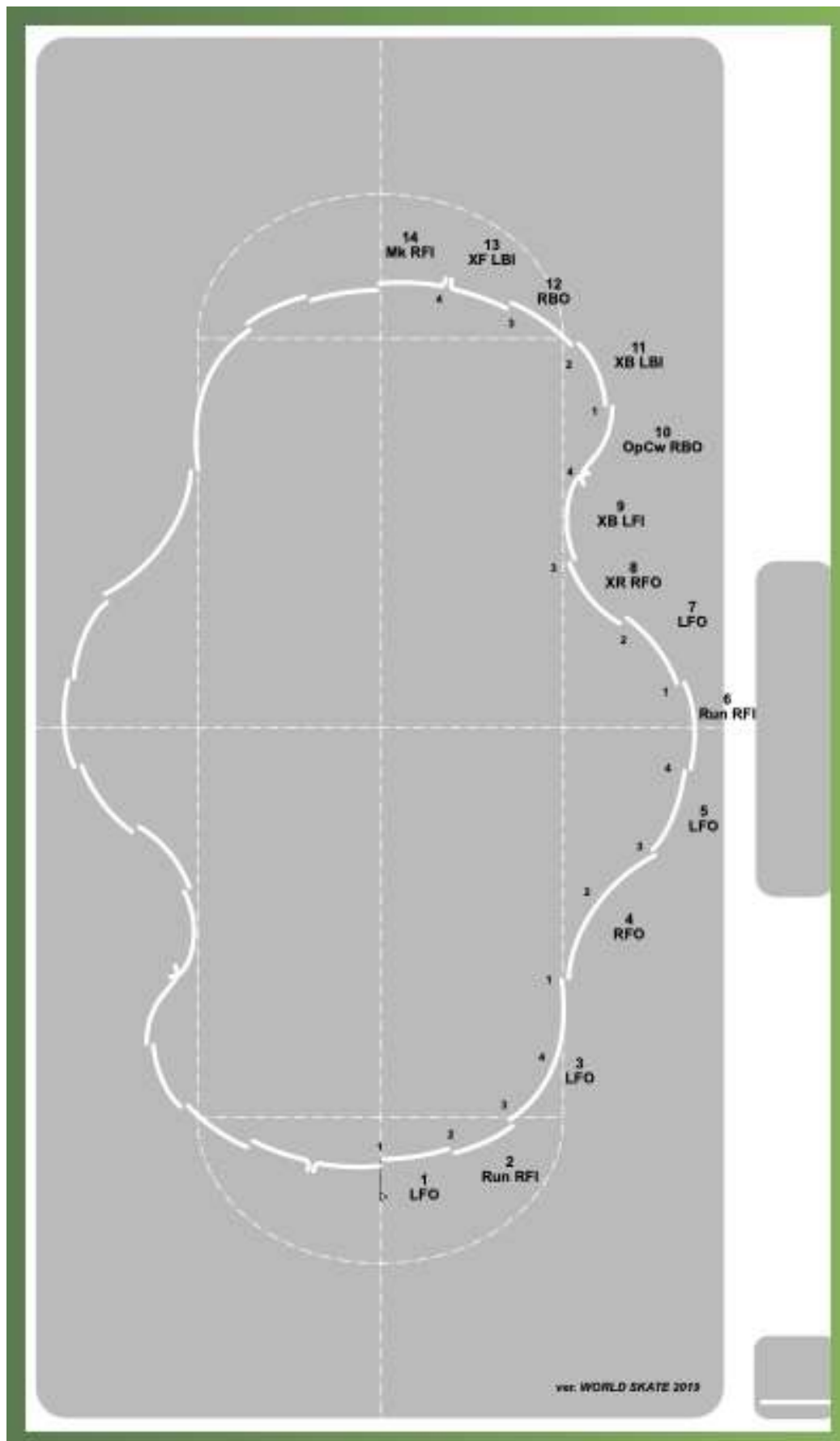
Step 10 OpCw RBO: correct technical execution of the choctaw with the right foot placed slightly in front and to the inside of the left foot.

- Step 14 Mk RFI:** correct technical execution of the mohawk, which should be performed near the heel of the skating foot, on an inside edge. The restart of the dance is near the long axis.

List of steps – Kilian Solo

NO	STEPS	BEATS OF MUSIC
1	LFO	1
2	Run RFI	1
3	LFO	2
4	RFO	2
5	LFO	1
6	Run RFI	1
7	LFO	1
8	XR RFO	1
9	XB LFI	1
10	OpCw RBO	1
11	XB LBI	1
12	RBO	1
13	XF LBI	1
14	Mk RFI	1

Pattern – Kilian Solo



KINDER WALTZ SOLO & COUPLES

Originated as 120 WALTZ by Jean van Horn. Adapted as Kinder Waltz by World Skate Dance sub-Committee (2016)

Music: Waltz $\frac{3}{4}$

Position: Kilian

Tempo: 120 bpm

Pattern: set

This dance should be skated with deep edges, using the entire skating surface and respecting the baseline throughout, demonstrating flow and rhythmical movements in accordance with the music and correct timing.

For couples the dance must be skated in Kilian position

The dance starts near the short axis (left to the Judges panel).

Step 1 LFO is two beats and runs parallel to the long side barrier, followed by **Step 2 Ch RFI** for one beat and **Step 3 LFO** stroke for three beats aiming towards the long axis.

Step 4 XR RFO for two beats following by **Step 5 Run LFI** for one beat and **Step 6 RFO Sw** for six beats, still starting to the long axis, holding the free leg in back for three beats, and swinging the free leg forward on the 4th beat of the step, finishing aiming toward the long side barrier and closing the first lobe of the dance.

Step 7 LFO is a stroke for two beats followed by **Step 8 Ch RFI** for one beat and **Step 9 LFO** another stroke for one beat.

Step 10 Run RFI is a one beat run that curves almost parallel to the short side of the rink. The closure of this lobe, placed at the right corner of the rink, takes place with **Step 11 LFO/I Sw** for six beats, which begins parallel to the short side barrier and moving away from it, forms a curve that crosses the long axis with the final two beats aimed toward the short side barrier. The free leg is held in back for the first three beats and brought in front with a swing on the 4th beat, simultaneously with the execution of the change of edge to LFI (held for three beats).

Step 12 OpS RFI Sw is for six beats, swinging the free leg forward on the 4th beat of the step with the direction towards the short side barrier, becoming parallel to it and finishing aimed towards the long side barrier.

To finish this second corner lobe there is a sequence of **Step 13 LFO** stroke for 2 beats aiming toward the long side barrier, followed by **Step 14 Run RFI** for one beat, parallel to the long side barrier and **Step 15 LFO Sw** for 5 beats in total which starts parallel to the long side barrier, holding the free leg in back for three beats and swinging the free leg forward on the 4th beat of the step finishing toward the long axis.

Step 16 XF RFO for one beat, keeping the free leg close to the skating foot on the step, followed by **Step 17 XB LFI/O** for three beats aiming to the long side barrier, changing the edge to LFO on the 3rd beat to allow for the next step, **Step 18 XB RFI** for three beats, aiming to the long side barrier.

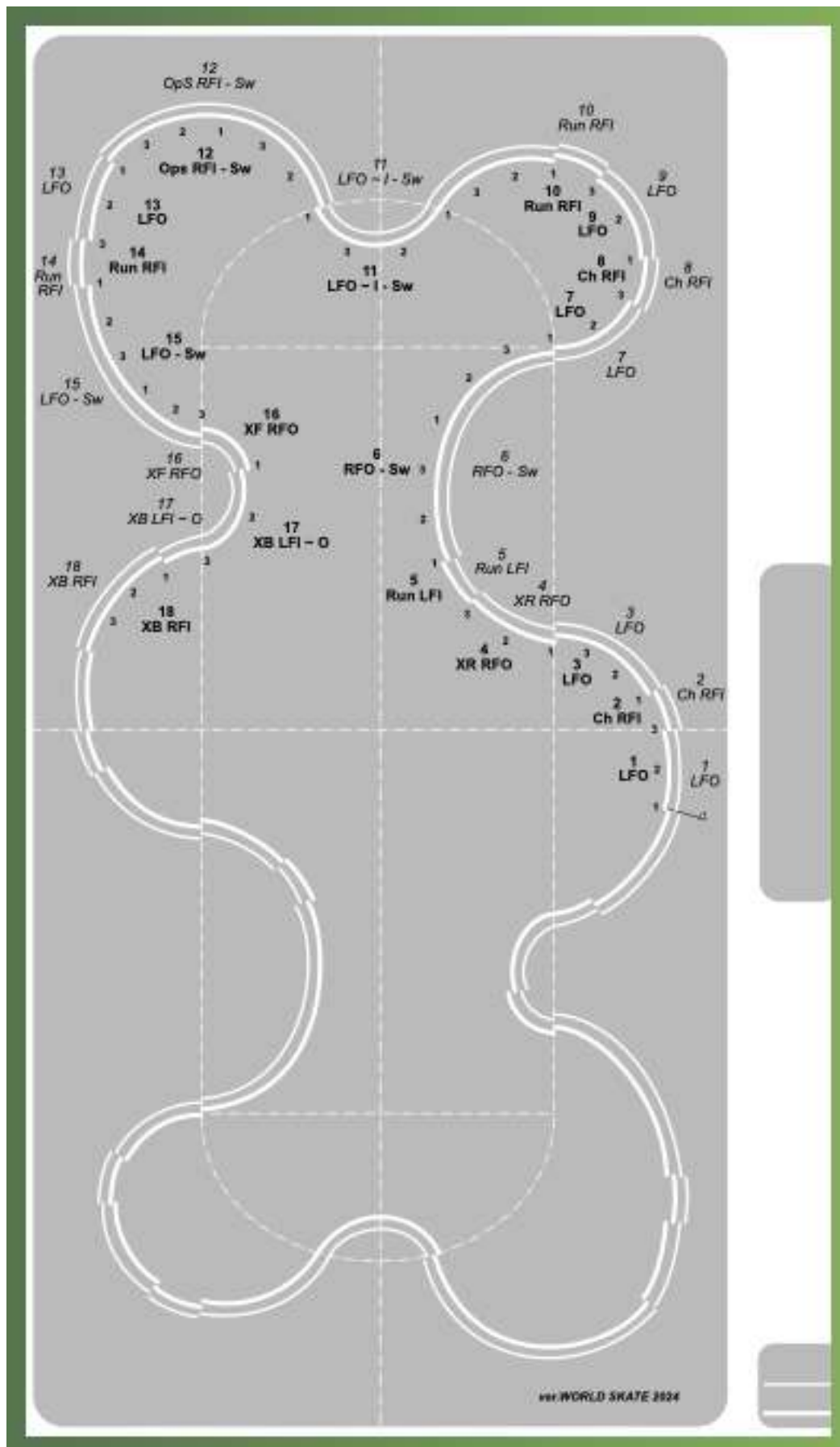
Key Points – Kinder Waltz

1. **Step 4 XR RFO (2 beats)**
 - Correct timing of the step;
 - Correct technical execution of the cross roll, performed with a clear and correct outside edge, with adequate inclination of the body
 - **For couples:** Attention to the Kilian position of the couple which should be close without any separations.
2. **Step 6 RFO SW (3+3 beats)**
 - Correct timing of the step;
 - Correct technical execution of the swing, keeping the outside edge from the beginning to the end, swinging the free leg forward on the 4th beat.
 - **For couples:** Attention to the synchronization and Kilian position of the couple which should be close without any separations.
3. **Step 12 OpS RFI Sw (3+3 beats)**
 - Correct timing of the step;
 - Correct technical execution of the swing, keeping the inside edge from the beginning to the end, swinging the free leg forward on the 4th beat.
 - **For couples:** Attention to the synchronization and Kilian position of the couple which should be close without any separations.
4. **Step 17 XB LFI/O (2+1 beats)**
 - Correct timing of the step;
 - Correct technical execution of the cross behind, placing the feet close together and the clear inside edge (only changing to outside on the 3rd beat of the step).
 - **For couples:** Attention to the Kilian position of the couple which should be close without any separations.

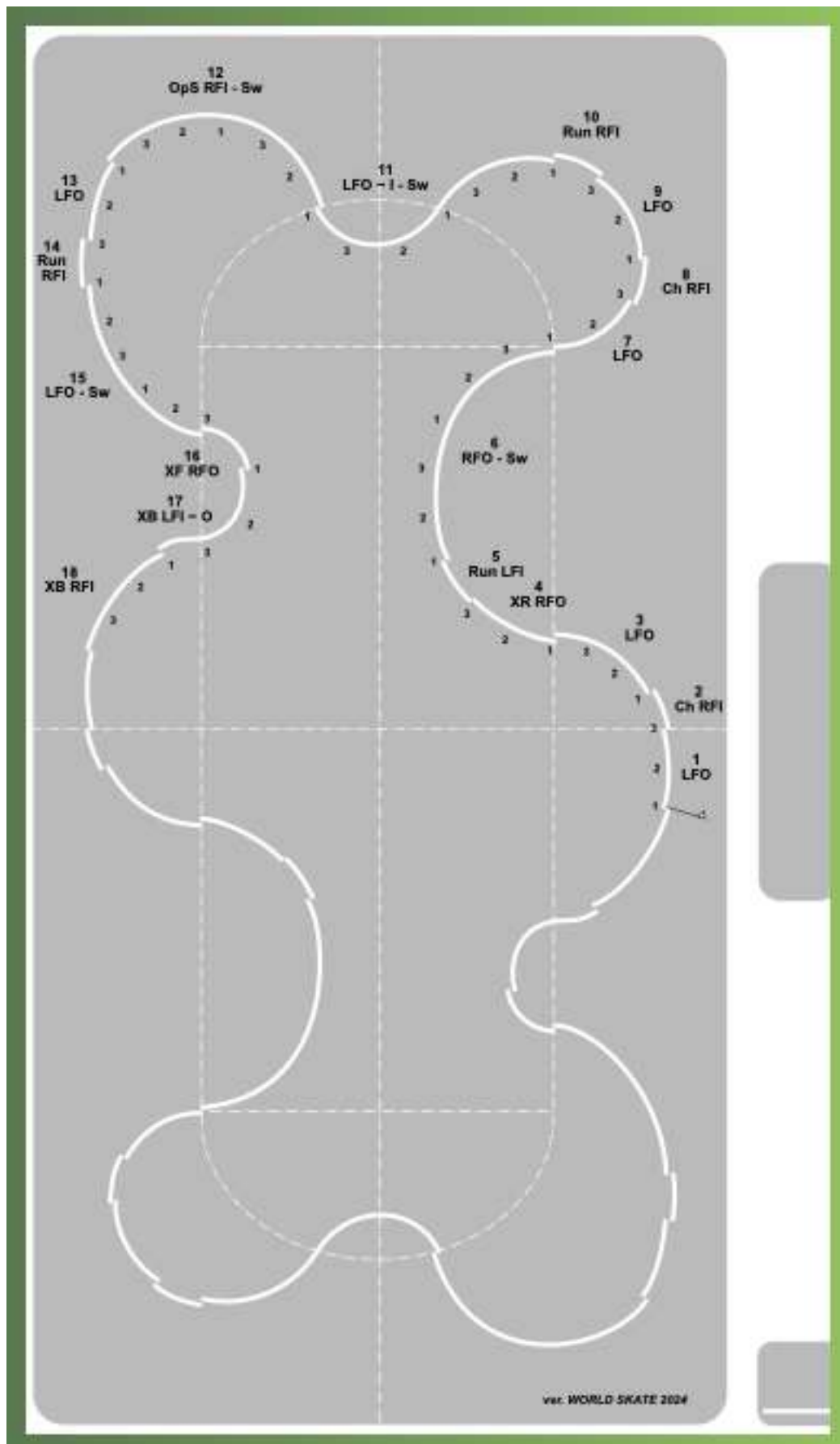
List of steps – Kinder Waltz

HOLD	NO.	WOMAN STEPS	BEATS	MAN STEPS
1st SECTION				
Kilian	1	LFO	2	LFO
	2	Ch RFI	1	Ch RFI
	3	LFO	3	LFO
	4	XR RFO	2	XR RFO
	5	Run LFI	1	Run LFI
	6	RFO Sw	3+3	RFO Sw
	7	LFO	2	LFO
	8	Ch RFI	1	Ch RFI
	9	LFO	2	LFO
	10	Run RFI	1	Run RFI
	11	LFO/I Sw	3+3	LFO/I Sw
	12	OpS RFI Sw	3+3	RFI Sw
	13	LFO	2	LFO
	14	Run RFI	1	Run RFI
	15	LFO Sw	3+2	LFO Sw
	16	XF RFO	1	XF RFO
	17	XB LFI/O	2+1	XB LFI/O
	18	XB RFI	3	XB RFI

Pattern – Kinder Waltz Couples



Pattern – Kinder Waltz Solo



LA VISTA CHA CHA – COUPLES

By Unknown (adapted by Fabio Holland and World Skate Dance Commission)

Music: Cha-cha 4/4

Dance Hold: Kilian

Tempo: 108 beats per minute

Pattern: set

The dance must be performed with liveliness, determination and with cha cha rhythm. The position is Kilian and the steps are the same for both skaters.

Step 1 LFO (1 beat) stroke, **step 2 Run RFI** (1 beat) and **step 3 LFO** (2 beats) stroke, the first aiming toward the long side barrier and the second parallel to it; the third step aims toward the long axis.

Step 4 XR-RFO (2 beats) is a cross roll to a right forward outside edge, aiming toward the long axis.

Step 5 XB-LFI (2 beats) a cross behind that concludes with the free leg extended in front; becomes parallel to the long axis at the end of the second beat of the step.

Step 6 RFO (1 beat) stroke, **step 7 Run LFI** (1 beat), **step 8 RFO** (2 beats) stroke, are three steps, ending towards the long side barrier.

Steps 4 through step 8 form the center lobe of the dance.

Step 9 XR-LFO (2 beats) is a cross roll, aims toward the long side barrier.

Step 10 XB-RFI (2 beats) is a cross behind that concludes with the free leg extended in front. Becomes parallel to the long side barrier.

Step 11 LFO (1 beat) stroke, **step 12 Run RFI** (1 beat), **step 13 LFO** (2 beats) stroke are three steps; the direction of these steps begins parallel to the long side barrier and goes away from it.

Step 14 XF-RFI Cha Cha Tuck (1+1+2 beats) is a cross in front, with the backward extension of the free leg (on the 1st beat), followed by a bending of the skating leg (on the 2nd beat) with the simultaneous approach of the free leg to the skating leg; during the remaining beats (3rd and 4th beats) the movement of the free legs is optional.

Step 15 XB LFO Cha Cha Tuck (1+1+2 beats) is a cross behind, with the forward extension of the free leg (on the 1st beat), followed by a bending of the skating leg (on the 2nd beat) with the simultaneous approach of the free leg to the skating leg; during the remaining beats (3rd and 4th beat) the movement of the free legs is optional.

Step 16 Run RFI (1 beat), **step 17 LFO** (1 beat), **step 18 Run RFI** (2 beats) are three steps that end the dance.

Key Points – La Vista Cha Cha - Couples

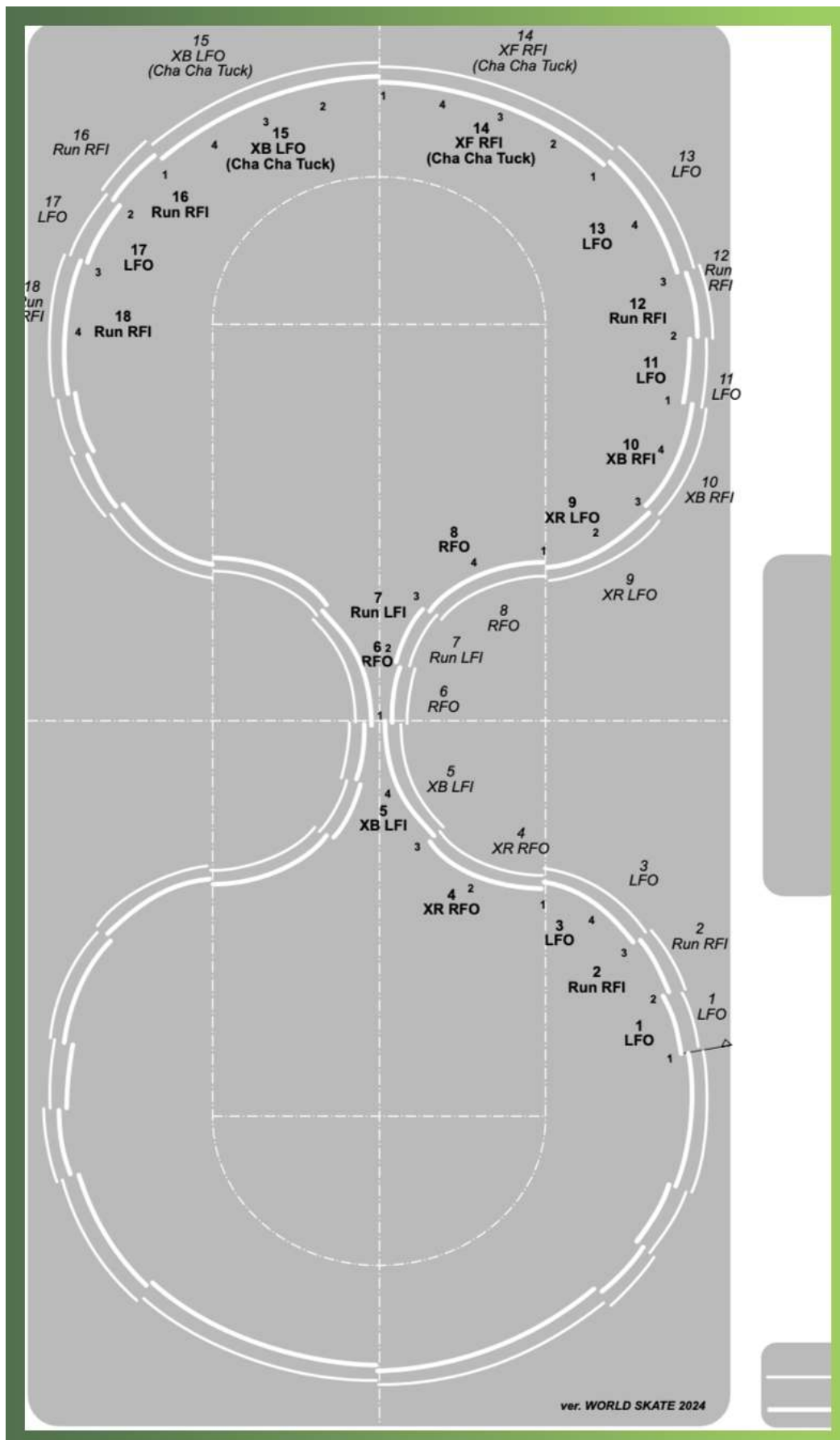
1. **Steps 4 XR RFO (2 beats) and Step 5 XB LFI (2 beats)**
 - Correct timing of the steps;
 - Correct technical execution of the cross roll on an outside edge, with the appropriate change of lean.
 - Correct technical execution of the cross behind, with feet close and parallel before executing the LFI, on a clear inside edge.

- Attention to the Kilian position of the couple which should be close without any separations.
2. **Step 9 XR LFO (2 beats) and Step 10 XB RFI (2 beats)**
- Correct timing of the steps;
 - Correct technical execution of the cross roll on an outside edge, with the appropriate change of lean.
 - Correct technical execution of the cross behind, with feet close and parallel before executing the RFI, on a clear inside edge.
 - Attention to the Kilian position of the couple which should be close without any separations.
3. **Step 14 XF RFI Cha-Cha Tuck (1+1+2 beats)**
- Correct timing of the step;
 - Correct technical execution of the cross front, with feet close and parallel before executing the RFI, on a clear inside edge.
 - On the second beat the free leg must be close to the skating leg;
 - Attention to synchronization and the Kilian position of the couple which should be close without any separations.
4. **Step 15 XB LFO Cha-Cha Tuck (1+1+2 beats)**
- Correct timing of the step;
 - Correct technical execution of the cross behind, with feet close and parallel before executing the LFO, on a clear outside edge.
 - On the second beat the free leg must be close to the skating leg;
 - Attention to synchronization and the Kilian position of the couple which should be close without any separations

List of steps – La Vista Cha Cha Couples

HOLD	STEPS	STEPS OF MAN	BEATS	STEPS OF WOMAN
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	XR RFO	2	XR RFO
	5	XB LFI	2	XB LFI
	6	RFO	1	RFO
	7	Run LFI	1	Run LFI
	8	RFO	2	RFO
	9	XR LFO	2	XR LFO
	10	XB RFI	2	XB RFI
	11	LFO	1	LFO
	12	Run RFI	1	Run RFI
	13	LFO	2	LFO
	14	XF RFI (Cha Cha TUCK)*	1+1+2	XF RFI (Cha Cha TUCK)*
	15	XB LFO (Cha Cha TUCK)*	1+1+2	XB LFO (Cha Cha TUCK)*
	16	Run RFI	1	Run RFI
	17	LFO	1	LFO
	18	Run RFI	2	Run RFI
* movement of free leg (see note)				

Pattern – La Vista Cha Cha Couples



LA VISTA CHA CHA – SOLO

By Unknown (adapted by Fabio Holland and World Skate Dance Commission)

Music: Cha-cha 4/4

Tempo: 108 beats per minute

Pattern: set

The dance begins with three steps: **1 LFO** (1 beat) stroke, **2 Run RFI** (1 beat), **3 LFO** (2 beat) stroke, with the first aiming toward the long side barrier and the second parallel to it; the third step aims toward the long axis.

Step 4 XR-RFO (2 beats) is a cross roll to a right forward outside edge, followed by **Step 5 XB-LFI** (2 beats) a cross behind that concludes with the free leg extended in front; Step 4 aims toward the long axis, and Step 5 becomes parallel to it at the end of the second beat of the step.

Steps 6 RFO (1 beat) stroke, **7 Run LFI** (1 beat), **8 RFO** (2 beats).

Steps 4 through 8 form the center lobe of the dance.

Step 9, XR-LFO (2 beats) is a forward cross roll followed by **Step 10 XB-RFI** (2 beats), a cross behind that concludes with the free leg extended in front. Step 9 aims toward the long side barrier, while Step 10 becomes parallel to it.

The lobe continues with **Steps 11 LFO** (1 beat) is a stroke, **12 Run RFI** (1 beat), **13 LFO** (2 beats) is a stroke; the aim of these steps begins parallel to the long side barrier and goes away from it.

Step 14 XF-RFI Cha Cha Tuck is a cross in front (1+1+2 beats total), with the backward extension of the free leg (on the 1st beat), followed by a bending of the skating leg (on the 2nd beat) with the simultaneous approach of the free leg to the skating leg; during the remaining beats (3rd and 4th beats) the movement of the free leg is optional.

Step 15 XB LFO Cha Cha Tuck is a cross behind (1+1+2 beats total) with the forward extension of the free leg (on the 1st beat), followed by a bending of the skating leg (on the 2nd beat) with the simultaneous approach of the free leg to the skating leg; during the remaining beats (3rd and 4th beat) the movement of the free leg is optional.

The final three steps of the dance: **16 Run RFI** (1 beat), **17 LFO** stroke (1 beat), **18 Run RFI** (2 beats).

Key Points – La Vista Cha Cha Solo

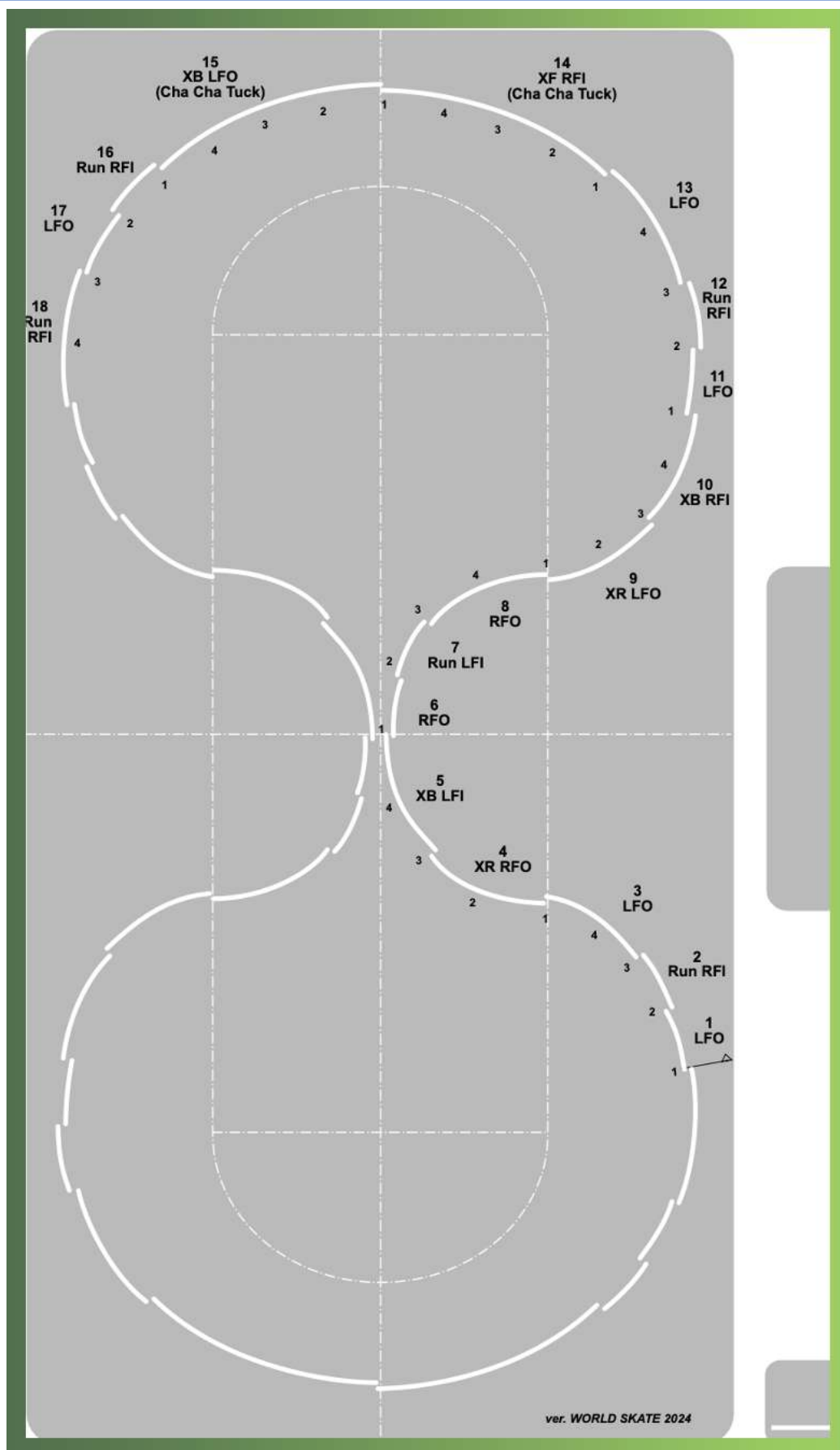
1. **Steps 4 XR RFO (2 beats) and Step 5 XB LFI (2 beats)**
 - Correct timing of the steps;
 - Correct technical execution of the cross roll on an outside edge, with the appropriate change of lean.
 - Correct technical execution of the cross behind, with feet close and parallel before executing the LFI, on a clear inside edge.
2. **Step 9 XR LFO (2 beats) and Step 10 XB RFI (2 beats)**

- Correct timing of the steps;
 - Correct technical execution of the cross roll on an outside edge, with the appropriate change of lean.
 - Correct technical execution of the cross behind, with feet close and parallel before executing the RFI on a clear inside edge;
3. **Step 14 XF RFI Cha-Cha Tuck (1+1+2 beats)**
- Correct timing of the step;
 - Correct technical execution of the cross in front, with feet close and parallel before executing the RFI on a clear inside edge;
 - On the second beat the free leg must be close to the skating leg;
4. **Step 15 XB LFO Cha-Cha Tuck (1+1+2 beats)**
- Correct timing of the step;
 - Correct technical execution of the cross behind, with feet close and parallel before executing the LFO on a clear outside edge;
 - On the second beat the free leg must be close to the skating leg;

List of Steps – La Vista Cha Cha Solo

STEP NO.	STEPS	BEATS
1	LFO	1
2	Run RFI	1
3	LFO	2
4	XR RFO	2
5	XB LFI	2
6	RFO	1
7	Run LFI	1
8	RFO	2
9	XR LFO	2
10	XB RFI	2
11	LFO	1
12	Run RFI	1
13	LFO	2
14	XF RFI (Cha Cha Tuck)*	4
15	XB LFO (Cha Cha Tuck)*	4
16	Run RFI	1
17	LFO	1
18	Run RFI	2
*Movement of the free leg is optional (see note)		

Pattern – La Vista Cha Cha Solo



LITTLE WALTZ - SOLO

By: Ronald E. Gibbs - Adapted by Mario Lago.

Music: Waltz $\frac{3}{4}$

Tempo: 132 BPM

Pattern: Set

This dance should be skated with clear edges, respecting the baseline throughout, demonstrating flow and rhythmical movements in accordance with the music and in a correct timing.

SECTION 1

Steps 1-9 are a sequence of strokes and chasse skated forward, constructing three (3) lobes along the length of the rink. These steps are orientated around a sub-baseline that runs parallel to the long side barrier.

Step 1 RFO (2 beats) travels in the direction of the long axis and **Step 2 Ch LFI** (1 beat) parallel to the long axis. **Step 3 RFO** (3 beats) curves in the direction of the long side barrier.

Step 4 LFO (2 beats) travels in the direction of the long side barrier and **Step 5 Ch RFI** (1 beat) ends on the short axis. **Step 6 LFO** (3 beats) starts in the transversal axis (**reference step**) and curves in the direction of the long axis.

Steps 7, 8 and 9 repeat the timing and technical execution of steps 1, 2 and 3.

The next steps create the first corner lobe that begins toward the long side barrier:
- **Step 10 LFO** (2 beats), **Step 11 Run RFI** (1 beat) and **Step 12 LFO** (3 beats).

Step 13 CIMk RBO Sw (3+3 beats) is a closed mohawk turn on the outside edge, executed with feet close together. On the 4th beat, the free leg swings behind the body. The closed mohawk turn begins with a slight aim to the short side barrier and subsequently curves away from the barrier to finish parallel to the long axis.

Step 14 LBO (3 beats) is a stroke and **Step 15 Mk RFO Sw** (3+3 beats) is a mohawk turn on the outside edge where the free leg must swing forward on the 4th beat. **Step 15** must start before the longitudinal axis and finishes after it (**reference step**). These steps create a lobe that curves towards the short side barrier. These steps are orientated around a sub-baseline that runs parallel to the short side barrier.

The next steps create the second corner lobe.

Step 16 LFO 3T (3+3 beats) begins with a stroke, followed by a 3 turn to LBI on the 4th beat. The stroke begins in the direction of the short side barrier and the 3 turn must create the top of the lobe which allows the exit of the turn to descend toward the long side barrier.

The corner lobe finishes with **Step 17 RBO Sw** (3+3 beats). On the 4th beat, the free leg swings behind the body. The end of the swing travels in the direction of the long axis.

SECTION 2

Steps 18-34 are a sequence of strokes and chasse skated forward, constructing three (3) lobes along the length of the rink. These steps are orientated around a sub-baseline that runs parallel to the long side barrier.

Step 18 LBO (2 beats) travels in the direction of the long axis and **Step 19 Ch RBI** (1 beat) parallel to the long axis. **Step 20 LBO** (3 beats) curves in the direction of the long side barrier.

Step 21 RBO (2 beats) travels in the direction of the long side barrier and **Step 22 Ch LBI** (1 beat) ends on the short axis. **Step 23 RBO** starts (3 beats) on the short axis (**reference step**) and curves in the direction of the long axis.

Steps 24, 25 and 26 repeat the timing and technical execution of steps 18, 19 and 20.

The next steps create the third corner lobe that begins toward the long side barrier:

- **Step 27 RBO** (2 beats), **Step 28 Run LBI** (1 beat) and **Step 29 RBO** (3 beats).

Step 30 Mk LFO Sw (3+3 beats) is a mohawk turn on the outside edge where the free leg must swing forward on the 4th beat. The mohawk turn begins with a slight aim to the short side barrier and subsequently curves away from the barrier to finish parallel to the long axis.

Step 31 RFO (3 beats) is a stroke and **Step 32 CIMk LBO Sw** (3+3 beats) is a closed mohawk turn on the outside edge, executed with feet close together. **Step 32** must start before the longitudinal axis and finishes after it (**reference step**). On the 4th beat, the free leg swings behind the body. These steps are orientated around a sub-baseline that runs parallel to the short side barrier.

The next steps create the fourth corner lobe.

Step 16 DpCh RBO 3T (3+3 beats) begins with a dropped chasse, followed by a 3 turn to RFI on the 4th beat. The dropped chasse begins in the direction of the short side barrier and the 3 turn must create the top of the lobe which allows the exit of the turn to descend toward the long side barrier. At the end of the turn, the free leg must be stretched behind the body.

The corner lobe finishes with **Step 34 LFO Sw** (3+3 beats). On the 4th beat, the free leg swings in front of the body. The end of the swing travels in the direction of the long axis.

Special attention must be paid to:

- Quality of chasses, all with 1 beat, in which the free skate must be clearly lifted from the floor.
- Good amplitude of the swings;

- Correct technical execution of the Mohawks and Closed Mohawks;
- Correct execution and clear cusps on the 3 turns;
- Good flow of execution, with strong and smooth movements.

Reference steps:

Step 6 - Must start on the short axis;

Step 15 - Must start before the longitudinal axis and finishes after it;

Step 23 - Must start on the short axis;

Step 32 - Must start before the longitudinal axis and finishes after it;

Key Points – Little Waltz Solo

SECTION 1:

1. **Step 2 CH LFI** (1 beat):
 - Correct timing of the step;
 - Correct technical execution of the **Chasse**;
 - Correct timing and clear lift from the floor of the free skate.
2. **Step 9 RFO** (3 beats):
 - Correct timing of the step;
 - Correct technical execution of **stroke** on outside edge;
 - Correct timing for 3 beats without deviation from outside edge in advance.
3. **Step 13 CIMk RBO Sw** (3+3 beats):
 - Correct timing of the step;
 - Correct execution of the **Closed Mohawk** with feet close together, respecting the prescribed edges required before and after the turn;
 - Correct lean and body posture during the turn.
4. **Step 16 LFO 3T LBI** (3+3 beats):
 - Correct timing of the step;
 - Correct technical execution of the **three turn** with clear edges and evident cusp at the entrance and exit of the **turn** that must be done on the 4th beat;

SECTION 2:

1. **Step 19 CH RBI** (1 beat):
 - Correct timing of the step;
 - Correct technical execution of the **Chasse**;
 - Correct timing and clear lift from the floor of the free skate.
2. **Step 26 LBO** (3 beats):
 - Correct timing of the step;
 - Correct technical execution of **stroke** on outside edge;
 - Correct timing for 3 beats without deviation from outside edge in advance.
3. **Step 30 Mk LFO Sw** (3+3 beats):
 - Correct timing of the step;
 - Correct execution of the **Mohawk** with feet close together, respecting the prescribed edges required before and after the turn.
 - Correct technical execution of the **swing** with the free leg being swung forward on the 4th beat, without deviation from the outside edge in advance.
4. **Step 33 DpCh RBO 3T RFI** (3+3 beats):
 - Correct timing of the steps;
 - Correct execution of the **dropped chasse** RBO;

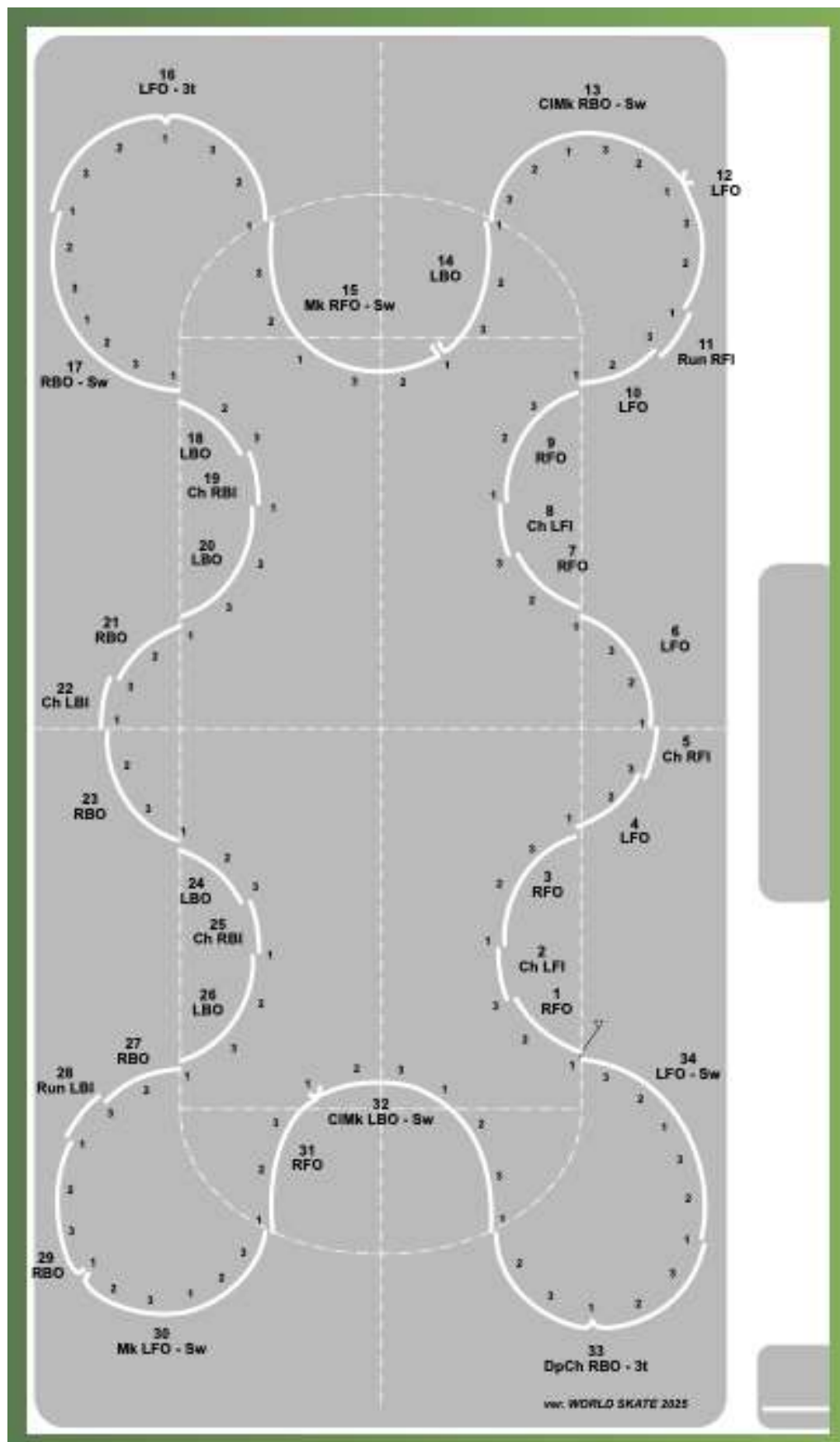
- Correct technical execution and clear cusp edges at the entrance and exit of the 3 turn that must be done on the 4th beat with the free leg stretched behind the body.

List of steps – Little Waltz Solo

NO.	STEPS	MUSICAL BEATS
SECTION 1		
1	RFO	2
2	Ch LFI	1
3	RFO	3
4	LFO	2
5	Ch RFI	1
6	LFO	3
7	RFO	2
8	Ch LFI	1
9	RFO	3
10	LFO	2
11	Run RFI	1
12	LFO	3
13	CIMk RBO Sw	3+3
14	LBO	3
15	Mk RFO Sw	3+3
16	LFO 3T LBI	3+3
17	RBO Sw	3+3
SECTION 2		
18	LBO	2
19	Ch RBI	1
20	LBO	3
21	RBO	2
22	Ch LBI	1
23	RBO	3
24	LBO	2

25	Ch RBI	1
26	LBO	3
27	RBO	2
28	Run LBI	1
29	RBO	3
30	Mk LFO Sw	3+3
31	RFO	3
32	CIMk LBO Sw	3+3
33	DpCh RBO 3T RFI	3+3
34	LFO Sw	3+3

Pattern – Little Waltz Solo



LITTLE WALTZ – COUPLES

By: Hans Jurgen Schamberger

Music: Waltz 3/4
Hold: Waltz

Tempo: 132 bpm
Pattern: set

The dance is skated in Waltz position.

Steps 1, 2 and 3 form a center lobe which begins toward the long axis, with step 2 finishing parallel to it and step 3 aiming to the long side barrier. The steps should be performed on correct edges with no deviation of the edge at the end of step 3.

Steps 4, 5 and 6 form a barrier lobe beginning toward the long side barrier, step 5 finishing parallel to it and step 6 aiming to the long axis. The steps should be performed on correct edges with no deviation of the edge at the end of step 6.

Steps 7, 8 and 9 form another center lobe, executed the same as the first. All three lobes should be symmetrical, with adherence to the baseline.

Step 10 LFO (for the man) and **RBO** (for the woman) should be aimed toward the long side barrier on clear outside edges, with step 11 becoming parallel to it.

Step 12 LFO 3t (for the man) and **RBO** (for the woman): The three turn for the man should be executed on the third beat of the step and should be turned smoothly and not hopped. The woman should allow the man to seamlessly pass her during the execution of the three turn, where a controlled rotation is required.

Step 13 RBO Sw (for the man) and **Mk LFO Sw** (for the woman): The woman should execute the mohawk with feet close together and the swing should be executed on a clear outside edge which should finish in the direction of the short axis. The free leg should be extended (in front for the man and in back for the woman) for the first three beats and should swing on the fourth beat of the step.

Step 14 LBO (for the man) and **RFO** (for the woman): the aim of this step must be toward the short axis. There should be an evident change of lean on this step from the previous step.

Step 15 Ch RBI (for the man) and **Ch LFI** (for the woman) should be a chasse with feet close together on inside edges and **Step 16 LBO** (for the man) and **RFO** (for the woman) should finish in the direction of the short side barrier, maintaining the outside edge for all three beats of the step.

Step 17 RBO (for the man) and **LFO** (for the woman) should begin in the direction of the short side barrier and begin the curve around the last lobe of the dance.

Step 19 RBO (for the man) and **LFO 3t** (for the woman) should be executed without deviation from the curve of the lobe. The three turn for the woman should be executed on the third beat of the step and should be turned smoothly and not hopped. The man should allow the woman to seamlessly pass him during the execution of the three turn, where a controlled rotation is required.

Step 20 Mk LFO Sw (for the man) and **RBO Sw** (for the woman): The man should execute the mohawk with feet close together and the step should be skated on a strong outside edge, beginning toward the long side barrier, becoming parallel to it and finishing toward the center of the rink. The free leg should be extended for three beats (in back for the man and in front for the woman) and should swing on the fourth beat of the step.

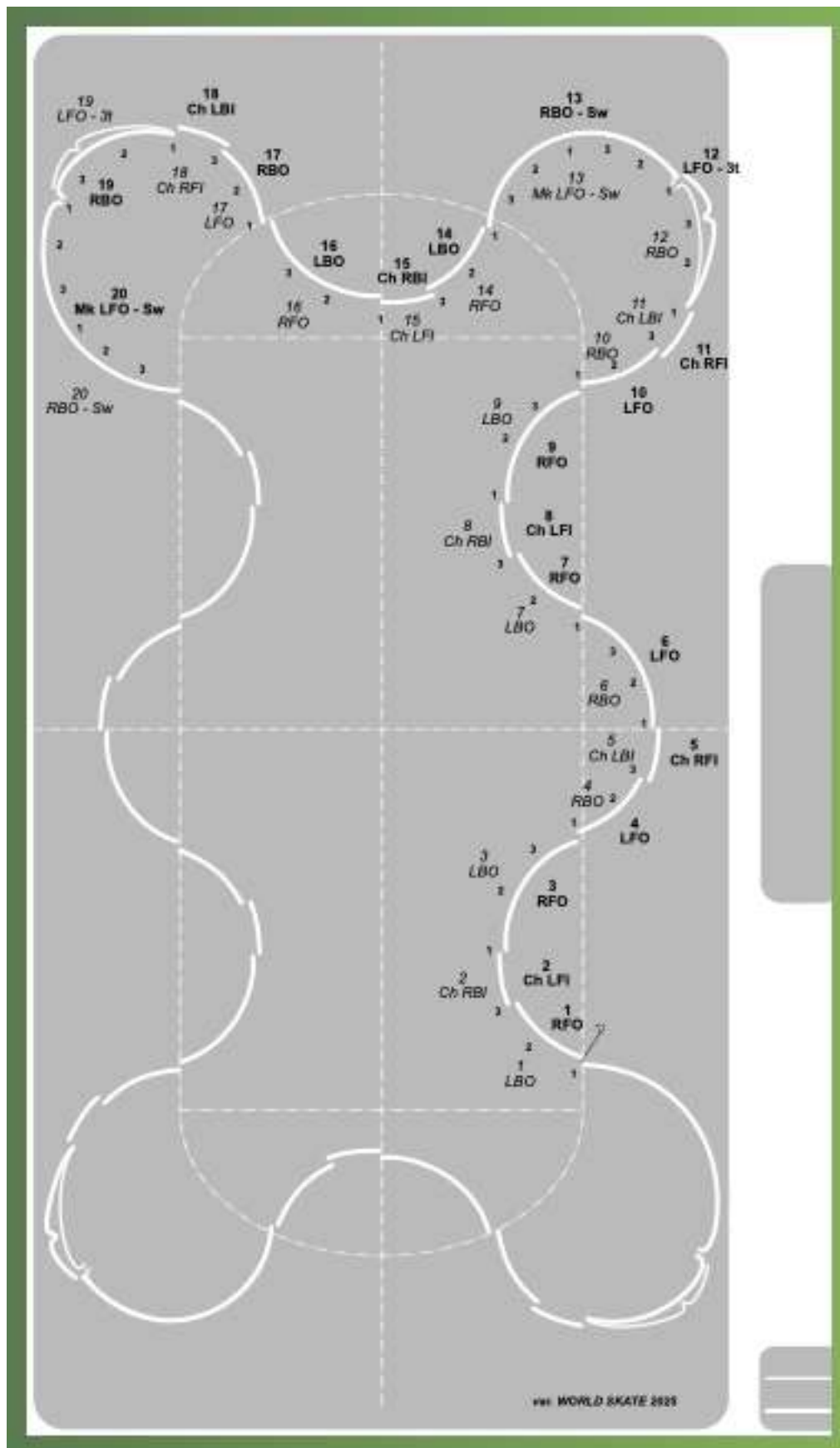
Key Points – Little Waltz Couples

1. **Step 3 RFO** (for the man) and **LBO** (for the woman):
 - Technical correctness of the stroke, performed on an outside edge, maintained for three beats for both partners (not 2 beats on the outside edge and 1 beat on the inside), without deviation or flattening of the edge.
 - Attention to the placement of the steps, which should start with feet parallel
 - Attention at the synchronization of the skaters.
2. **Step 12 LFO -3t** (2+1 beats): for the man
 - Correct technical execution of the three turn on the third beat (not on the 2nd beat); with feet close and finishing on an inside edge without deviation or flattening of the edge.
 - During these steps, the partners must remain close together
3. **Step 14 LBO** (for the man) and **RFO** (for the woman):
 - Technical correctness of the stroke, performed on an outside edge, maintained for two beats for both partners, without deviation or flattening of the edge.
 - Attention to the synchronization of the skaters.
4. **Step 19 LFO -3t** (2+1 beats) for the woman:
 - Correct technical execution of the three turn on the third beat (not on the 2nd beat); with feet close and finishing on an inside edge without deviation or flattening of the edge.
 - During these steps, the partners must remain close together

List of steps – Little Waltz Couples

POSITION	STEP #	MAN'S STEPS	MUSICAL BEATS			WOMAN'S STEPS
Waltz	1	RFO		2		LBO
	2	Ch LFI		1		Ch RBI
	3	RFO		3		LBO
	4	LFO		2		RBO
	5	Ch RFI		1		Ch LBI
	6	LFO		3		RBO
	7	RFO		2		LBO
	8	Ch LFI		1		Ch RBI
	9	RFO		3		LBO
	10	LFO		2		RBO
	11	Ch RFI		1		Ch LBI
	12	LFO 3t	2+1		3	RBO
	13	RBO Sw		3+3		LFO Sw
	14	LBO		2		RFO
	15	Ch RBI		1		Ch LFI
	16	LBO		3		RFO
	17	RBO		2		LFO
	18	Ch LBI		1		Ch RFI
	19	RBO	3		2+1	LFO 3t
	20	LFO Sw		3+3		RBO Sw

Pattern – Little Waltz Couples



LORAN RUMBA - SOLO

By Anna Remondini, Lorenza Residori, Jessica Gaudy

Music: Rumba 4/4

Tempo: 86 bpm

Pattern: Set

Free leg movements in this dance, where not mentioned, are optional.

Step 1 LFO ($\frac{1}{2}$ beat) is a stroke in the direction of the long side barrier, followed by **Step 2 Ch RFI** ($\frac{1}{2}$ beat).

Step 3 LFO-I-Sw-O ($\frac{1}{2} + \frac{1}{2} + \frac{1}{2} + \frac{1}{2}$ beats) is a stroke on an outside edge and an immediate change of edge to inside followed by a swing in front of the free leg and a change of edge to outside, with a recall of the free leg, crossed in front of the supporting leg, in preparation for the next step. The direction of this step ends toward the long side barrier.

Step 7 LFO 3t 3t Sw Rk ($1 + \frac{1}{2} + \frac{1}{2} + 1 + 2$, total 5 beats) is a step consisting of: a stroke on a LFO edge, two three turns of $\frac{1}{2}$ beat each, a swing in front of the free leg (on the 3rd beat) and a rocker (on the 4th beat), remaining on an outside edge until the end of the step. This step curves toward the long axis.

Step 8 RBI Sw Br 3t IB ($1+1+2+\frac{1}{2} + 1 \frac{1}{2}$ beats, total 6 beats): a run RBI on the first beat, followed by a swing behind the free leg on the second beat, a bracket on the third beat to RFO, keeping the outside edge on the next beat. The step continues with a three turn ($\frac{1}{2}$ beat) from RFO to RBI with subsequent support of the left forward inside edge to skate an Ina Bauer ($1 \frac{1}{2}$ beats). The execution of the Ina Bauer is optional, i.e. it can be performed from a minimum of 6 wheels to all 8 wheels.

Step 9 ClCw RBO (1 beat) is a closed choctaw that begins on two feet from the Ina Bauer (step 8), with feet close together during the execution of the choctaw.

Step 11 XS RBI-O-3t-Ct-O ($1+1+2+1+1$ beats, total 6 beats): a cross stroke on the first beat, following by a change of edge to outside on the second beat, a three turn on the third beat, from RBO to RFI, held on the inside edge for two beats, a counter on the fifth beat, followed by a change of edge to outside on the sixth beat of the step.

Step 14 LFI Sw ($1+1$ beats) is an open stroke followed by a swing of the free leg on the second beat.

Step 15 OpCw RBO (2 beats) is an open choctaw, executed with feet close together.

Step 16 XR LBO Sw ($1+1$ beats) is a cross roll on the first beat, followed by a swing in back on the second beat.

Step 19 RFI 3t ($1+1$ beats) is an open stroke followed by a three turn on the second beat to a RBO.

Step 20 Mk LFO (1 beat) is followed by **Step 21 Ballroom RBO** (2 beats) performed with the toes of the feet close together during the step.

Step 24 Cw LFO (1 beat) is an choctaw, followed by **Step 25 XS RFI** (1 beat) a cross stroke that concludes the dance.

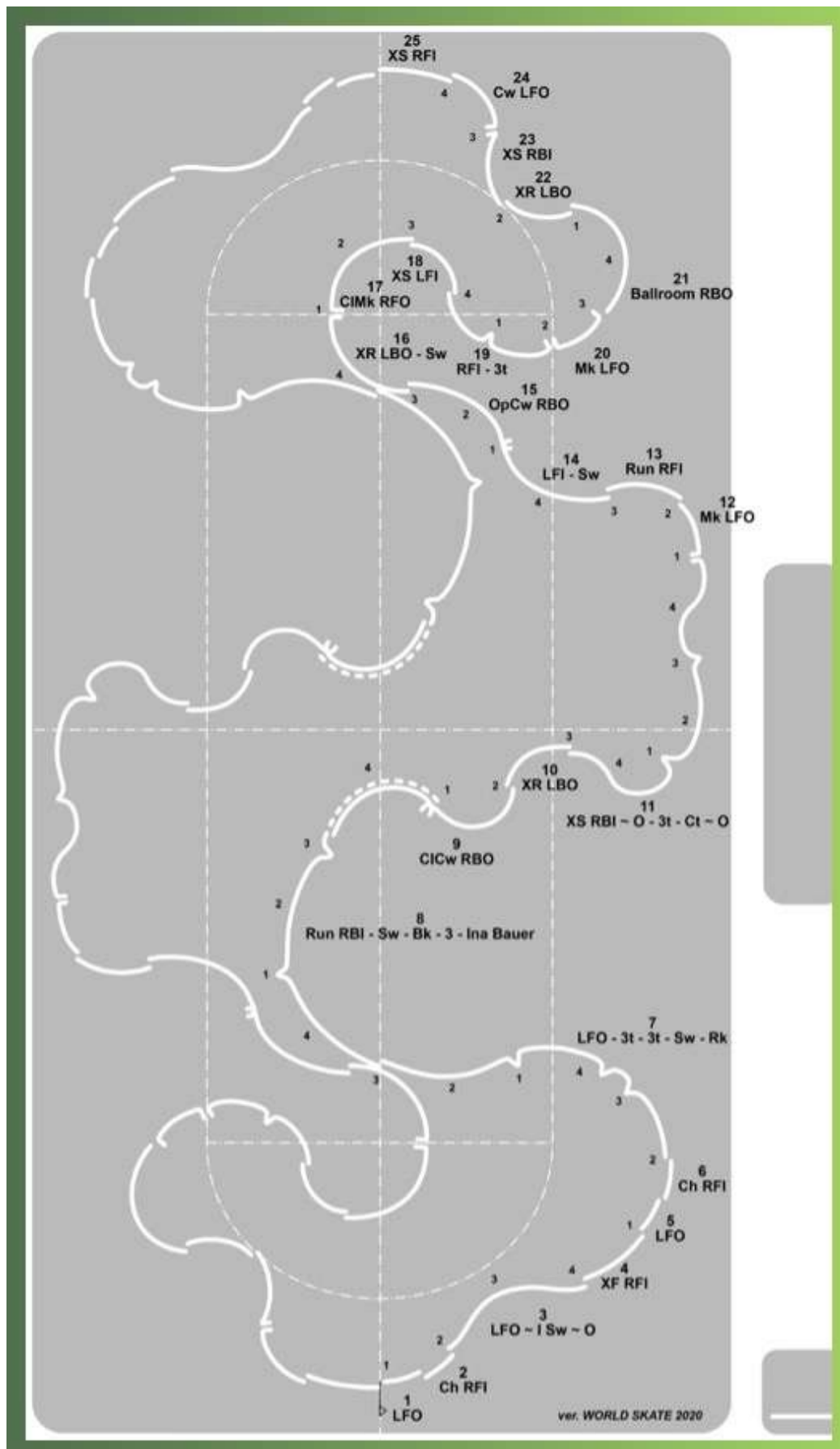
Key Points – Loran Rumba Solo

1. **Step 7 (beginning with the third beat):** correct execution of the swing on the third beat of the step, on an outside edge that precedes the rocker and correct technical execution of the rocker with attention to the maintenance of the outside edge on both the entry and exit of the rocker turn.
2. **Step 8 (beginning on beat 3):** correct technical execution of the bracket on the third beat of the step, maintaining the outside edge on the fourth beat, with attention to the correct edges on the entry and exit of the turn.
3. **Step 11 (beginning on beat 5):** correct technical execution of the counter from correct inside edge to inside edge, followed by a change of edge to outside for one beat. Attention to the required edges on the entry and exit of the turn and the change of edge on the last beat of the step.
4. **Step 15 OpCw RBO (2 beats):** correct technical execution of the open choctaw, with feet close together on correct edges.

List of steps – Loran Rumba Solo

STEP NO.	STEPS	MUSICAL BEATS
SECTION 1		
1	LFO	$\frac{1}{2}$
2	Ch RFI	$\frac{1}{2}$
3	LFO-l-Sw-O	$\frac{1}{2}+\frac{1}{2}+\frac{1}{2}+\frac{1}{2}$
4	XF RFI	1
5	LFO	$\frac{1}{2}$
6	Ch RFI	$\frac{1}{2}$
7	LFO 3t 3t Sw Rk	$1+\frac{1}{2}+\frac{1}{2}+1+2$
8	Run RBI-Sw-Bk-3t-lna B	$1+1+2+\frac{1}{2}+1 \frac{1}{2}$
9	CiCw RBO	1
10	XR LBO	1
11	XS RBI-O-3t-Ct-O	$1+1+2+1+1$
12	Mk LFO	1
13	Run RFI	1
14	LFI (Open stroke) Sw	$1+1$
15	OpCw RBO	2
16	XRoll LBO Sw	$1+1$
17	CIMk RFO	2
18	XS LFI	1
19	RFI (Open stroke) 3t	$1+1$
20	Mk LFO	1
21	Ballroom RBO	2
22	XRoll LBO	1
23	XS RBI	1
24	Cw LFO	1
25	XS RFI	1
Note: Free leg movements are optional except those mentioned in the description.		

Pattern – Loran Rumba Solo



MANHATTAN BLUES - COUPLES

By Arlis Snyder. Updated by World Skate Dance Committee.

Music: Blues 4/4

Pattern: Set

Tempo: 92 bpm

Position: Reverse Kilian, Kilian

The dance begins in Reverse Kilian position, which is held from Step 1 to Step 4 and from Step 8 to Step 14. From step 5 to step 7, the couple is in Kilian position.

Step 1 LFO (1 beat) is a stroke and **Step 2 RFI** (1 beat) is a run performed in the direction of the long side barrier.

Step 3 LFO (4 beats) is a stroke that begins at the long side barrier and ends in the direction of the long axis. The free leg movement on this step is optional.

Step 4 RFO (2 beats) is a stroke that aims initially toward the center of the rink and finishes parallel to the long axis.

Step 5 HhMk LBO (2 beats) is a heel-to-heel mohawk, that begins parallel to the long axis and finishes in the direction of the long side barrier, where the couple passes into Kilian position. The free leg at the end of the mohawk can be held close to or behind the skating foot.

Step 6 XB RBO (2 beats) is a cross behind with feet close on an outside edge.

Step 7 XR LBO (4 beats) is a cross roll on an outside edge maintained for the entire duration of the step where the movement of the free leg on this step is optional.

Step 8 CwRFI (2 beats) is a right forward inside choctaw toward the long side barrier, with feet close, in which the couple assumes Reverse Kilian position, followed by **Step 9 LFO**, a stroke (1 beat) and **Step 10 Run RFI** (1 beat).

Step 11 LFO/I Sw (2+2 beats) is a stroke on an outside edge, followed by a change of edge to inside on the third beat with a simultaneous swing of the free leg in front. The step begins moving away from the long side barrier and aims toward the long axis and finishes toward the short side barrier.

Step 12 OpCw RBO (2 beats) is skated in the direction of the short side barrier, where the couple maintains Reverse Kilian position. The free leg, at the end of the open choctaw, can be kept close to or behind the skating foot.

Step 13 XF LBI (2 beats) is a left backward cross in front on an inside edge with feet close and parallel, where the skaters, curving with pressure on the inside edge, move, while maintaining the prescribed position until the skating feet are aligned. This alignment will be facilitated by a turning of the torso toward the center of the rink.

Step 14 MkRFI (4 beats) is a right inside forward mohawk that must begin with the feet close together, in which the couple maintains the Reverse Kilian position. The free leg movement on this step is optional.

Key Points – Manhattan Blues Couples

1. **Step 5 HhMk (heel-to-heel) LBO (2 beats):**
 - Correct timing of the step;
 - Correct execution of the heel to heel mohawk, with feet close, placing the heel of the free foot near the heel of the skating foot, respecting the outside edges required before and after the mohawk.
 - Attention to the transition from Reverse Kilian to Kilian position without distancing between the partners.

2. **Step 7 XR LBO (4 beats):**
 - Correct timing of the step;
 - Correct technical execution of the cross roll, performed with a clear and correct outside edge;
 - Evident and adequate change of inclination of the skaters.

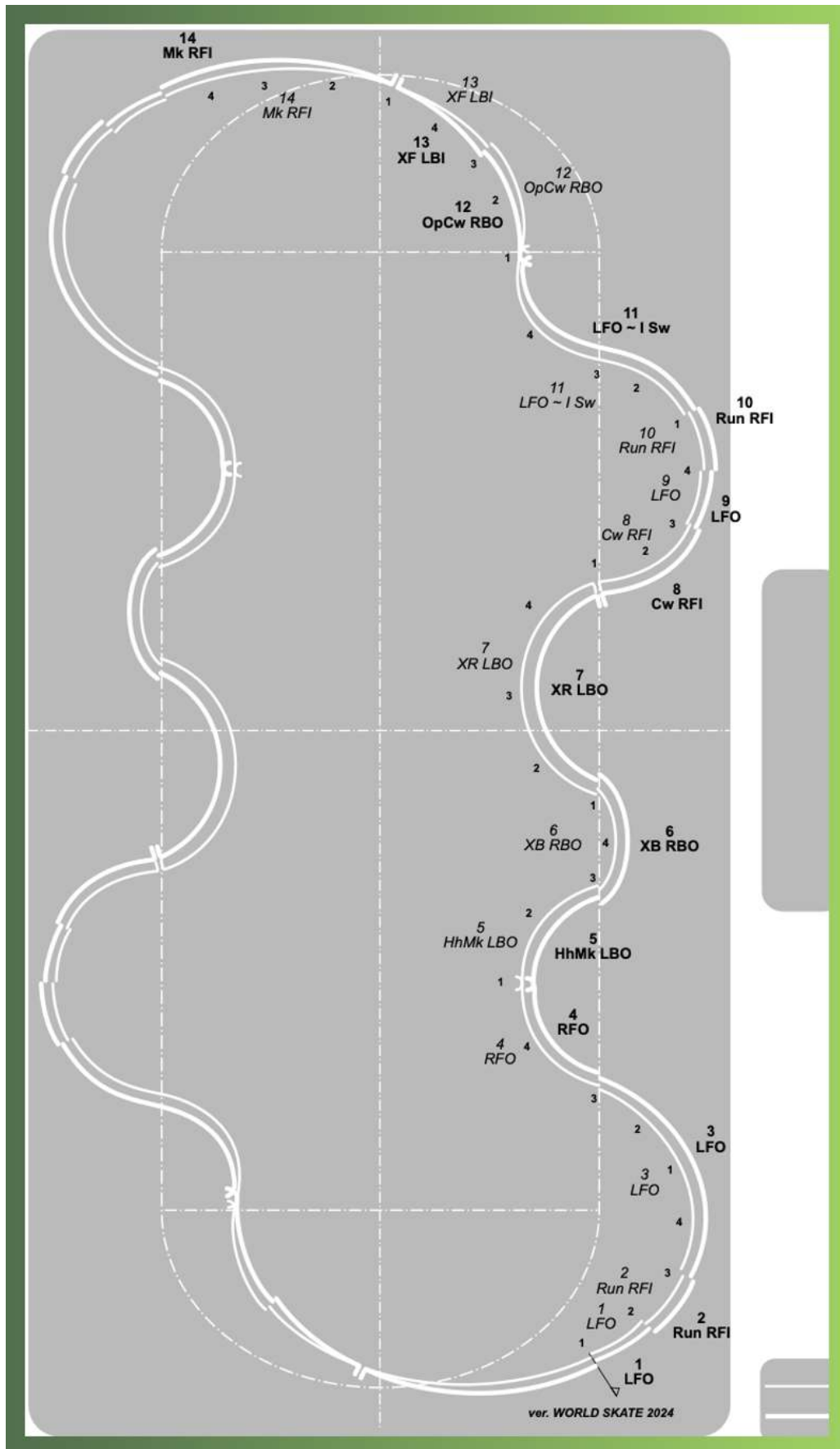
3. **Step 12 OpCw RBO (2 beats):**
 - Correct timing of the step;
 - Correct execution of the open choctaw, placing the right skate to the inside of the left skate, respecting the prescribed edges required before and after the open choctaw.
 - Control of the Reverse Kilian position during the rotation, without distancing between the partners.

4. **Step 13 XF LBI (2 beats):**
 - Correct timing of the step;
 - Correct technical execution of cross front, with feet close and parallel before executing the LBI on a clear inside edge during the step;
 - Attention to the Reverse Kilian position of the couple which should be close without any separations.

List of steps – Manhattan Blues Couples

POSITION	N°	WOMAN'S STEPS	MUSICAL BEATS	MAN'S STEPS
1st SECTION				
	1	LFO	1	LFO
Kilian reverse	2	Run RFI	1	Run RFI
	3	LFO*	4	LFO*
	4	RFO	2	RFO
Kilian	5	Hh Mk LBO	2	Hh Mk LBO
	6	XB RBO	2	XB RBO
	7	XR LBO*	4	XR LBO*
Kilian reverse	8	CwRFI	2	CwRFI
	9	LFO	1	LFO
	10	Run RFI	1	Run RFI
	11	LFO/I Sw	2+2	LFO/I Sw
	12	Op Cw RBO	2	Op Cw RBO
	13	XF LBI	2	XF LBI
	14	MkRFI*	4	MkRFI*
* Movement of the free leg is optional				

Diagram – Manhattan Blues Couples



MANHATTAN BLUES - SOLO

By Arlis Synder. Updated by World Skate Dance Committee.

Music: Blues 4/4

Tempo: 92 bpm

Pattern: Set

The dance begins aiming toward the long side barrier with 3 steps.

Step 1 LFO (1 beat) is a stroke performed in the direction of the long side barrier, **Step 2 Run RFI** (1 beat) is a run and **Step 3 LFO** (4 beats) is a stroke that starts parallel to the long side barrier and ends in the direction of the long axis. The movement of the free leg on step 3 is optional.

Step 4 RFO (2 beats) is a stroke that aims initially toward the center of the rink and finishes parallel to the long axis.

Step 5 HhMk LBO (2 beats) is a heel-to-heel mohawk, performed with feet close together, bringing the left heel to the right heel, showing the correct outside edge at the moment of the step. The free leg, at the end of the mohawk can be kept close or behind the skating foot.

Step 6 XB RBO (2 beats) is a cross behind on an outside edge.

Step 7 XR LBO (4 beats), is a cross roll on an outside edge maintained for the entire step. The movement of the free leg is optional

Step 8 CwRFI (2 beats) is a right forward inside choctaw toward the long side barrier, with feet close, followed by **Step 9 LFO** (1 beat) a stroke and **Step 10 Run RFI** (1 beat) a run.

Step 11 LFO/I Sw (2+2 beats) in which the skater performs a stroke on an outside edge with a change of edge on the 3rd beat with a simultaneous swing of the free leg in front.

Step 12 OpCw RBO (2 beats) is skated in the direction of the short side barrier. The free leg, at the end of the open choctaw, can be kept close or behind the skating foot.

Step 13 XF LBI (2beats) is a left backward cross in front, maintaining the inside edge for 2 beats.

Step 14 Mk RFI (4 beats) is a right forward inside mohawk with feet starting with feet close together, where the movement of the free leg is optional.

Key Points – Manhattan Blues Solo

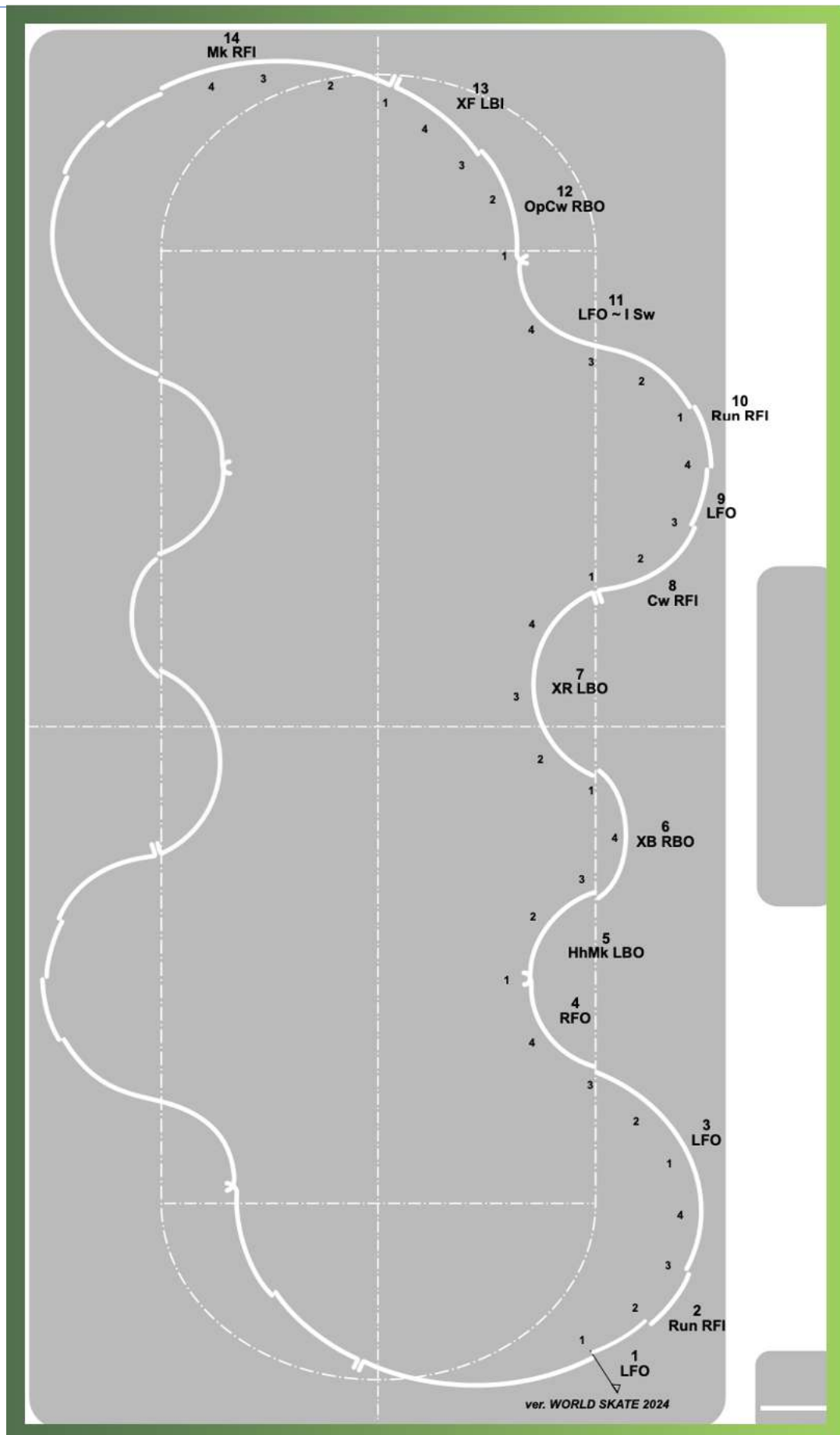
1. **Step 5 HhMk (heel to heel) LBO (2 beats):**
 - Correct timing of the step;
 - Correct execution of the heel to heel mohawk, with feet close, placing the heel of the free foot near the heel of the skating foot, respecting the outside edges required before and after the mohawk.
2. **Step 7 XR LBO (4 beats)**
 - Correct timing of the step;
 - Correct technical execution of the cross roll, performed with a clear and correct outside edge, with adequate inclination of the body.
3. **Step 12 OpCw RBO (2 beats)**
 - Correct timing of the step;
 - Correct execution of the open choctaw, placing the right skate to the inside of the left skate, respecting the prescribed edges required before and after the open choctaw.
4. **Step 13 XF LBI (2 beats):**
 - Correct timing of the step;
 - Correct technical execution of cross front, with feet close and parallel before executing the LBI on a clear inside edge during the step.

List of steps – Manhattan Blues Solo

Nº	STEP	BEATS
1	LFO	1
2	Run RFI	1
3	LFO*	4
4	RFO	2
5	HhMk LBO	2
6	XB RBO	2
7	XR LBO*	4
8	Cw RFI	2
9	LFO	1
10	Run RFI	1
11	LFO/I Sw	2+2
12	OpCw RBO	2
13	XF LBI	2
14	Mk RFI*	4

*The movement of free leg is optional

Diagram – Manhattan Blues Solo



MIDNIGHT BLUES - COUPLES

By Roy, Sue, and Mark Bradshaw and Julie MacDonald, 2001 (with changes Lorenza Residori - Marie Gaudy 2015)

Music: Blues 4/4

Tempo: 88 bpm

Pattern: set

The Midnight Blues should be skated with strong edges and deep knee action to achieve the desired slow, rhythmic, relaxed and easygoing expression. Individual interpretation by the couple to add Blues character is permitted, provided that the steps, free leg positions and positions/holds are maintained, and they must be accentuated and emphasized. The dance must be skated with the full pattern and deep lobes as described in the diagram.

The dance begins with the couple in Promenade position, mirroring each other, skating **step 1** (Choctaw LFI for the woman and Choctaw RFO for the man) and **step 2**, a progressive for both skaters (RFO for the woman and LFI for the man), for one (1) beat each aimed toward the center of the rink.

Step 3a (for one beat): the woman skates a $\frac{1}{2}$ beat LFI progressive followed by a three turn for $\frac{1}{2}$ beat (on count "3" of the music) performed with the foot of the free leg held crossed over the skating leg (cross-foot-three). During the woman's three turn, the couple momentarily assumes Waltz position.

Step 3b (for one beat) for the woman is composed of a $\frac{1}{2}$ beat Mohawk RFO followed by a three turn for $\frac{1}{2}$ beat during which the foot of the free leg is kept crossed with respect to the skating leg (cross-foot-three). During the Mohawk, the woman maintains hold of the man's left hand with her right hand, which is lowered to hip level to assume, at the end of the three turn (step 3b), Reverse Kilian position.

- The man, on step 3, performs a RFO for one and a half ($1\frac{1}{2}$) beats, returning the free leg in preparation for the successive $\frac{1}{2}$ beat three turn (3b) during which the foot of the free leg is crossed behind with respect to the skating leg (cross-foot-three).

Steps 4a-4b for the man are as follows:

- **Step 4a:** XB LBO (for $3\frac{1}{2}$ beats) is a cross behind LBO in which the man passes the woman and crosses her tracing to assume Reverse Kilian position. During the $3\frac{1}{2}$ beats, where the position moves from Reverse Kilian to Tandem, he performs a lift of the free leg at the end of which he prepares for the following step (4b).
- **Step 4b:** Choctaw RFI (for $\frac{1}{2}$ beat), the man performs a change of position causing the woman to move to his left to assume Waltz position.
- On step 4b, the man, simultaneous to the change of edge of the woman on the last $\frac{1}{2}$ beat (step 4), continues in the direction of the long side barrier and begins the next lobe.
- On step 4, the woman skates a XB LBOI (for four beats total), a cross behind LBO, during which the first $3\frac{1}{2}$ beats she performs a lift of the free leg coordinated with the man's leg lift, (where the position of the couple moves from Reverse Kilian to Tandem) while the other last half ($\frac{1}{2}$) beat she changes

her edge to inside, recalling the free leg close to the skating leg in "and" position.

Steps 5 (RBO for the woman and LFO for the man) and 6 (run LBI for the woman and run RFI for the man), for one beat each, are aimed toward the barrier in Waltz position. Step 5 begins at the short axis.

Step 7 (RBOI 3t for the woman and LFOI 3t for the man) for six beats total, consists of a change of edge on the third beat and a three turn on the fourth beat of the step; this step is aimed initially toward the long axis, then becomes parallel to it, and finishes toward the long side barrier. Swinging the free legs during the execution of step 7 is optional.

Step 7 is for six beats total and is divided as follows:

- Two (2) beats on an outside edge (RBO for the woman, LFO for the man): this step begins with the partners in Waltz position on the first beat, and on the second beat they pass to Tango position.
- One (1) beat on an inside edge in Tango position: on this beat there is a change of edge from RBO-I for the woman and from LFO-I for the man (corresponding with beat 3 of the step).
- Three (3) beats on an outside edge (on the first of these three beats, a three turn from RBI to RFO for the woman, and a three turn from LFI to LBO for the man; (the three turn is executed on the fourth beat of step 7); at the end of this three turn, the couple assumes Waltz position.

Step 8 the man skates a cross stroke (XS RBi) while the woman performs a LFI progressive (run) aimed toward the long side barrier.

Step 9a for the man is a one beat wide step LBI, followed by a two beat RBO (9b) concluding with the free leg bent and held beside the inside of the skating leg (tuck).

Step 9 the woman skates a wide step RFI 3t (for three beats total). The wide step, for one beat, is performed aiming toward the long side barrier (coordinated with the man's wide step), the three turn on the second beat (of step 9) to a RBO, held for two beats, concluding with the free leg bent and the free foot held beside the inside of the skating leg (tuck) on the last beat.

- At the end of the woman's three turn, the couple assumes Kilian position, and from aiming toward the long side barrier, they become parallel to it, during the execution of the tuck.

Step 10, for one beat, is a cross in front XS LBI for the man and Mk LFO for the woman, in Waltz position

Step 11: the man begins his long step (for nine beats total), distributed as follows:

- A one beat dropped chasse, DCh RBO on the first beat of the step, beginning parallel to the long side barrier and moving away from it.
- A one beat three turn on the second beat of the step, with the free leg bent in front, finishing toward the short side barrier. At the end of the three turn, the couple assumes Foxtrot position.
- A bracket from RFI to RBO (for five beats total) performed on beat 3 of the step. This bracket is performed parallel to the short side and concludes keeping the free leg extended in back for one beat. The free leg movement in subsequent beats is optional.

- At the end of the woman's three turn, the position of the skaters is face to face, Hand in Hand, (the woman's right hand holds the man's left hand and her left hand holds the man's right hand), with their shoulders parallel.
- A change of edge to RBI on beat 8, maintaining the inside edge for one and a half ($1\frac{1}{2}$) beats, performed with a forward swing of the free leg. During the change of edge to inside, the man supports the woman's left ankle with his left ankle, accentuating the edge with a suspension of the skating knee. The edge, which passes the long axis, curves and moves away from the long axis. On this step, the man is to the right of the woman and side by side, maintaining Hand in Hand position with the partner's shoulders parallel.
- On the last $\frac{1}{2}$ beat of step 11, the man performs an inside Rocker turn (from RBI to RFI), aimed toward the long side barrier.

Step 11a, the woman skates a Run RFI for one beat.

Step 11b is a dropped chasse, DCh LFI (for one beat), with a return of the free leg bent and in front (in Foxtrot position), followed by a three turn (for one beat) finishing with the free leg extended in back simultaneous to the man's bracket. Step 11b concludes on a LBI parallel to the short side barrier, and at the end of the woman's three turn and the man's bracket, the couple assumes Promenade position.

On Step 11c (for six beats total) the woman performs:

- On the first beat of the step, a dropped chasse, DCh RBO;
- On the second beat: a three turn (from RBO to RFI), finishing on an inside edge held for three beats. During the three turn, the free leg is brought close to the skating leg and successively extended in back. During the woman's RBO, the man's left arm and the woman's right arm (which are linked) are lifted to allow the woman to perform the three turn under the arms, then assuming face to face, Hand in Hand position at the end of the turn;
- On the fifth beat of step 11c (corresponding to the eighth beat of the man's step 11), the woman performs a change of edge from RFI to RFO, maintaining the outside edge for $1\frac{1}{2}$ beats, with the free leg bent in back. During the change of edge to outside, with the free leg bent in back, the woman's left ankle is supported by the man's left ankle, accentuating the edge with a suspension of the skating knee. This edge curves and becomes parallel to the short axis. On this step, the woman is to the right of the man and side by side, maintaining Hand in Hand position.
- On the last $\frac{1}{2}$ beat of step 11c, the woman performs a one half ($\frac{1}{2}$) beat RFO Rocker (Rocker from RFO to RBO) corresponding to the man's rocker, maintaining Hand in Hand position.

Step 12, for the man, is a stroke LFO 3t for two beats.

Step 12a, for the woman, (for $1\frac{1}{2}$ beats total) is a one beat cross in front (XF LBI) followed by a double three (from LBI to LFO to LBI, $\frac{1}{4}+\frac{1}{4}$) on the second beat of the step, followed by step 12b, a chasse RBO in "and" position (performed on the "and" count) between the end of the second beat and the beginning of the next step. During this step the woman turns her double three under her right hand holding the man's left hand (while the other arm remains linked with that of her partner at the level of the abdomen), and at the end of the three turn they momentarily assume Foxtrot position on RBO.

Step 15, the woman skates a XR RFO swing for four beats. Her free leg swings forward on the third beat of the step and is held in front on the fourth beat of the

step. The man skates a four beat XR RFO 3t. His three turn is executed on the second beat of the step, with his free leg held close to his skating foot and then he extends his free leg back in line with his tracing on beat three, to match the woman's swing forward. The position of the couple at the end of the man's three turn is Reverse Partial Tango position. This step is aimed initially toward the long axis, then moving away from it to descend toward the barrier, near the short axis.

Step 16 is a LFO 3t for the woman (for two beats), passing from Foxtrot to Tango position on the three turn. The three turn is executed on the second beat of the step.

- The man skates a choctaw LFO, Step 16a, in Foxtrot position and a crossed chasse XChRFI, Step 16b, in Tango position.

Step 17 the woman performs a RBO and the man a LFO for two beats on an outside edge (for both). Step 17 begins parallel to the barrier and curves toward the long axis.

Step 18a (XR RFO) and **18b** (XB LFI Ina Bauer LFI 3t): the man skates a cross roll XR RFO (step 18a) for one beat, in Tango position, followed by step 18b, (two beats total), formed by:

- A cross behind, XB LFI, for one beat, with the forward extension of the free leg, where the couple assumes Foxtrot position.
- Ina Bauer* (for 1 ½ beats) in Tandem position;
- A three turn (for ½ beat) LFI 3t (to LBO) while keeping both feet on the floor, with the couple assuming Kilian position.
- The woman on Step 18 (XR LBO 3t Ina Bauer 3t, for four beats total) formed by:
 1. A backward Xroll XR LBO (corresponding to step 18a of the man), for one beat, in Tango position;
 2. A three turn, from LBO to LFI, for one beat, (corresponding to step 18b of the man) with a forward extension of the free leg in a momentary Foxtrot position;
 3. Ina Bauer* (for 1 ½ beats) in Tandem position, in which the direction of the Ina Bauer aims toward the long axis, becomes parallel to it and finishes toward the long side barrier.
 4. A three turn (for ½ beat) LFI 3t (to LBO) while keeping both feet on the floor, with the couple assuming Kilian position.
 5. *Ina Bauer: the weight of the body on both feet on the ground with the left foot on a LFI edge and the corresponding leg bent; the right foot is supported in back on a RBI edge with the leg extended in the opposite direction of the left foot. The feet have separate tracings.

Step 19 (for 1½ beats) is composed of a cross stroke XS RBI, concluding with the left foot crossed behind, followed by a quick wide step LBI, step 20, for ½ beat.

Step 21: the man skates a four beat RBO while the woman skates a one beat RBO followed by two quick three turns (from RBO to RFI to RBO for ½ beat each) followed by a forward extension of the free leg for two beats coordinated with that of the man, for a total of four beats. The woman performs a three turn under her left hand, which is linked to the man's left hand. At the end of the rotation of the woman's three turns, the couple resumes Kilian position, passing slightly to Tandem position in preparation for the next step.

Steps 22-23-24: a mohawk LFO (step 22), Run RFI (step 23), Run LFO (step 24), for one beat each, beginning toward the short side barrier then curving away from it. the couple is in Kilian position.

Step 25 Run RFIO 3t 3t (9 beats) for the man is composed as follows:

- A Run RFI for one beat in Kilian position
- A change of edge to outside (RFI to RFO) executed on beat 2 of the step where the couple assumes Waltz position.
- An outside edge RFO, maintained for a total of 4 beats, during which the man performs a forward lean of the chest on the fourth beat of the step, coordinated with the woman's "layback", in Tango position, (the movement of the free leg is optional). The posture of the partners must be side by side.
- A three turn (from RFO to RBI) for one beat, in Waltz position, (on the sixth beat of the step)
- A three turn (from RBI to RFO) for one beat in Reverse Tango position, (on the seventh beat of the step). The outside edge is maintained for the remainder of the step.
- During the two three turns, the man moves his partner from his right side, in front of him, and then to his left side in Reverse Tango position. On the last two beats of the man's step 25 (corresponding to the woman's step 25b), the couple assumes Waltz position.

Step 25a for the woman is composed of seven beats:

- A Run RFI for one beat.
- A RFI Rocker, (from RFI to RBI), on the second beat of the step, which crosses the tracing of the man's skating foot and ends in Waltz position.
- A "Layback" on the fourth beat of the step, in Tango position, with the woman's torso bending backward. The movement of the free leg is optional.
- A three turn (from RBI to RFO) for one beat (on the sixth beat of the step) in Waltz position.
- A three turn (from RFO to RBI) for one beat (on the seventh beat of the step) in Reverse Tango position.

Step 25b for the woman, a LBO for two beats in Waltz position, followed by a XR RBO (step 26a) for one beat in Reverse Tango position, aiming toward the long axis, and by a crossed chasse, XCh LBI, (step 26b) for one beat, coordinated with the man's three turn. The aim of the woman's crossed chasse is toward the short side barrier and with this step the couple begins a change of position to Kilian with step 27.

Step 26 for the man is a XR LFO 3t for two beats with the three turn on the second beat of the step. The cross roll is in Reverse Tango position.

Step 27: both skaters perform a RBO (for one beat) in Kilian position, that initially aims toward the short side barrier, becoming parallel to it with a cross stroke, step 28, XS LBI.

Step 29 is a one beat stroke RBO followed by a one beat chasse ChLBI (step 30) for both skaters.

Step 31 is a stroke RBO swing for the woman (for four beats), with a swing of the free leg on the third beat, where the couple assumes Foxtrot position. For the man, step 31a is two beat stroke RBO with a forward extension of the free leg, followed by step 31b, a XF LBI performed on the third beat (in unison with the woman's swing), with a backward extension of the free leg, held also for the fourth beat. On step 31b the couple assumes Foxtrot position.

The couple concludes the dance aiming toward the long axis and preparing for the first step of the dance; a choctaw RFO for the man and a choctaw LFI for the woman, in Promenade position.

- For the execution of the dance as a compulsory dance, this step must be repeated three times (at the beginning of the dance, at the beginning of the second repetition and repeated as the first step for the third time before the exit).
- For the execution of the dance as a required element of the Style Dance, this step must be repeated two times (at the beginning of the dance and at the end of the repetition, before performing the exit).

Glossary:

- Tuck: the free leg is bent and closed with the foot in contact with the skating leg.
- Cross-Foot-Three: a three turn performed with the free foot crossed behind the skating foot at the height of the heel.
- Layback: a backward bend of the torso.
- Ina Bauer: the weight of the body on both feet on the ground with the left foot on a LFI edge and the corresponding leg bent; the right foot is supported in back on a RBI edge with the leg extended in the opposite direction of the left foot. The feet have separate tracings

Key Points – Midnight Blues Couples

Section 1:

1. **Step 1:** Choctaw LFI (for the woman) and Choctaw RFO (for the man) in the direction of the long axis; attention to the correct technical execution of the choctaws on correct edges with the correct Promenade position.
2. **Step 3a-3b** (for the woman) and **Step 3** (for the man): attention to the proper timing and the proper technical execution of the steps 3a (Run LFI cross foot 3t) and 3b (Mk RFO cross foot 3t) of the woman, with the feet of the free legs crossed behind the skating feet. The second three turn (RFO) of the woman coordinated with the man's three turn (RFO cross foot 3t), step 3. Step 4 XB LBO for both skaters: a close and parallel cross behind of the feet(not a stroke).
3. **Step 7** (RBOI 3t for the woman and LFOI 3t for the man) for six beats total: Proper timing and execution of the change of edge on the third beat and the three turn on the fourth beat. Movement of the free legs during the execution of step 7 is optional.
4. **Step 11** (9 beats total for the man) during which he executes a three turn (on the second beat), a bracket (on the third beat), a change of edge (on the eighth beat) with the RBI held for 1½ beats, supporting the ankle of the woman's free leg with the ankle of his free leg, and a rocker turn (RBI to RFI) on the last ½ beat of the step. Attention to the timing of the turns and change of edge and the inside edges before and after the rocker turn.
Step 11b-11c (for the woman): Correct technical execution and required timing corresponding to the man's steps, with a three turn LFO (coordinated with the man's bracket) with the free legs in unison, a three turn RBO, under the partners' adjoining arms, a change of edge with the ankle of the free leg supported by the man's ankle, while maintaining the outside edge for 1 ½ beats and an outside rocker (RFO) on the last ½ beat of step 11c.

Section 2:

1. **Step 12a** XF LBI 3t 3t and 12b Ch RBO for the woman: Correct technical execution and proper timing of the XF LBI 3t 3t with feet close: the execution of the two three turns must be quick (½ beat) and the chasse RBO, counting "and" in preparation for the next mohawk LFO (step 13a).
2. **Step 18** Xroll LBO 3t Ina Bauer (for the woman) and step 18a-18b Xroll RFO, XB LFI Ina Bauer (for the man): Correct technical execution of the required steps and unison of the couple while executing the Ina Bauer with the left leg bent and the right leg extended.
3. **Steps 25a** for the woman composed of:
 - A Run RFI for one beat.
 - A RFI on the first beat of the step and a rocker (from RFI to RBI) on the second beat: attention to the inside edges before and after the turn where the woman crosses the tracing of the man's skating foot. The couple ends in Waltz position.

- A "Layback" on the fourth beat of the step, in Tango position, with the woman's torso bending backward. The movement of the free leg is optional.

Step 25 (for the man) Run RFIO 3t 3t is composed of:

- A Run RFI for one beat in Kilian position.
- A change of edge to outside (RFI to RFO) executed on the second beat of the step in which the couple assumes Waltz position.
- The outside edge maintained for a total of four beats in which the man performs a forward lean of the chest on the fourth beat of the step, coordinated with the "layback" of the woman, in Tango position. Movement of the free leg is optional. The posture of the partners must be side by side.

Attention to the change of edge, the required positions and the fluidity of the movement.

4. **Step 25a** (for the woman): Run RFI Rocker Layback 3t 3t and Step 25 (for the man) Run RFIO 3t 3t, for 9 beats total: Attention to the correct technical execution of the required three turns (not hopped), both of which must be close, as well as the position and the movements of the partners during the execution of the three turns.

SECTION 1 for steps 5-15:

1. **Step 7** (RBOI 3t for the woman and LFOI 3t for the man) (6 beats):
 - proper timing and technical execution of the change of edge on the third beat and the three turn on the fourth beat.
 - Correct technical execution of 3T for both without deviation from the edge and with correct lean
 - Attention to the position of the couple which should be close without any separations
2. **Step 11 for the man 3t(RBO-RFI)** on the second beat of step 11 lasting 1 beat. **bracket(RFI-RBO)** on the third beat of step 11 lasting for 5 beats: proper timing and technical execution of three turn (on the second beat), a bracket (on the third beat);
 - Attention to the edges before and after the turns.
 - Attention to the position of the couple which should be close without any separations.
3. **Step 11 (for the man) RK** ($\frac{1}{2}$ beat)
 - Correct technical execution and required timing of Rocker turn (RBI to RFI) on the last $\frac{1}{2}$ beat of the step

Step 11c (for the woman) ($\frac{1}{2}$ beat):

 - Correct technical execution and required timing of Rocker (RFO) on the last $\frac{1}{2}$ beat of step 11c . Attention to the edges before and after the turns.
 - Attention to the position of the couple which should be close without any separations.
4. **Step 12a XF LBI 3t 3t**($1 + \frac{1}{4} + \frac{1}{4}$) **and 12b Ch RBO**($\frac{1}{2}$ beat) (for the woman):
 - Correct technical execution and proper timing of the XF LBI 3t 3t with feet close and the proper timing of step 12b of $\frac{1}{2}$ beat :

- the technical execution of the two three turns must be quick and the chasse RBO with feet close and parallel.
- Attention to the position of the couple which should be close without any separations

List of steps – Midnight Blues Couples

HOLD	NO.	MAN'S STEPS	MUSICAL BEATS			WOMAN'S STEPS
SECTION 1						
Promenade	1	Cw RFO		1		Cw LFI
	2	run LFI		1		RFO
* see notes	3a	RFO	1 ½		½ + ½	run LFI cross-foot-3t *
* see notes	3b	cross-foot-3t *	½		½ + ½	Mk RFO cross-foot-3t *
Reverse Kilian to Tandem to Waltz	4a	XB LBO (+ free leg lift)	3 ½ +		3 ½ +	XB LBOI (+ free leg lift)
	4b	Cw RFI	½		½	
Waltz	5	LFO		1		RBO
	6	run RFI		1		run LBI
Tango to	7	LFOI 3t (on 4th beat)	2+1+3		2+1+3	RBOI 3t (on 4th beat)
Waltz	8	XS RBI		1		run LFI
Kilian	9a	Wd LBI	1		1 + 2	Wd RFI 3t (tuck)
	9b	RBO tuck	2			
Waltz	10	XS LBI		1		Mk LFO
Promenade (* see notes)	11a	DCh RBO	1 +		1	run RFI
	11b	3t Bk to	1+5+		1 + 1	DCh LFO 3t
	11c	RBO (see notes)			1 + 3	DCh RBO 3t
		RBOI (on 8th beat)	1 ½ +		1 ½ +	RFIO
		RBI Rk	½		½	RFO Rk
SECTION 2						
	12a	LFO 3t	1 + 1		1+ ¼ + ¼	XF LBI 3t 3t
	12b				½	Ch RBO (see notes)
Waltz	13a	RBO	2		1	Mk LFO

	13b				1	Ch RFI
Foxtrot to Reverse Partial Tango	14	Mk LFO		2		LFO
	15	XR RFO 3t	1 + 3		2 + 2	XR RFO Sw
Foxtrot to Tango	16a	Cw LFO	1 +		1 + 1	LFO 3t
	16b	XCh RFI	1			
Waltz	17	LFO		2		RBO
Tango to Foxtrot to Kilian	18a	XR RFO	1		1	XR LBO
	18b	XB LBI Ina Bauer LFI 3t	1 + 1 ½ ½		1 + 1 ½ ½	3t Ina Bauer LFI 3t
	19	XS RBI		1 ½		XS RBI
	20	Wd LBI		½		Wd LBI
	21	RBO	4		1	RBO
(* see notes) to Kilian					½ + ½ + 2	3t 3t
	22	Mk LFO		1		Mk LFO
	23	run RFI		1		run RFI
	24	LFO		1		LFO
Kilian to Waltz to Tango (* see notes) Waltz	25a	run RFIO 3t 3t	1 + 4 1 + 3		1 + 4 1 + 1	run RFI Rk 3t 3t
	25b				2	LBO
Reverse Tango to	26a	XR LFO 3t	1+1		1	XR RBO
Foxtrot to	26b				1	XCh LBI
Kilian	27	RBO		1		RBO
	28	XS LBI		1		XS LBI
	29	RBO		1		RBO
	30	Ch LBI		1		Ch LBI
	31a	RBO	2 +		2 +	RBO
Foxtrot to Promenade (step 1)	31b	XF LBI	2		2	Sw (on 3rd beat)

* **cross-foot-3t**: three turn performed with the free foot crossed behind the skating leg

UPDATE: JULY 2025



MIDNIGHT BLUES - SOLO

*By Roy, Sue, and Mark Bradshaw and Julie MacDonald, 2001: couple
(by: Lorenza Residori – Daniel Morandin – Marie Gaudy 2015: solo dance)*

Music: Blues 4/4

Tempo: 92 bpm

Pattern: set

Section 1

Step 1: RBO Sw (2+2 beats) with a backward swing of the free leg on the third beat of the step, which begins near the long side barrier and finishes toward the long axis in preparation for the next step.

Step 2: Cw LFI (1 beat) is a choctaw, aimed toward the long axis.

Step 3: RFO Bk Bk Ct (3+1+1+2 beats) is distributed as follows:

- The first beat is a RFO stroke aimed toward the long axis;
- On the second beat the free leg must become close to the skating leg;
- On the third beat the motion of the free leg is optional;
- Outside Bk (from RFO to RBI) on the fourth beat of the step, beginning to move away from the long axis;
- Inside Bk (from RBI to RFO) on the fifth beat of the step, which continues in the direction of the previous step;
- Outside Ct (from RFO to RBO) on the sixth beat of the step, which finishes almost parallel to the long axis on the seventh beat. At the end of the counter, the skater crosses the short axis (**reference step**).
- The free leg movements on beats 4 through 7 are optional.

Step 4: XR LBO (2 beats) this step begins parallel to the long axis and descends toward the long side barrier; the movement of the free leg is optional.

Step 5: XB RBO (1 beat), parallel to the short axis, is followed by **step 6** XS LBI (1 beat) aimed toward the long side barrier.

Step 7: RBO (1 beat) and **step 8** Run LBI (1 beat).

The sequence of steps 5,6,7,8 and the first two beats of step 9 form a lobe that aims initially toward the long side barrier, becomes parallel to it, and then moves away from it with step 8 and the first two beats of step 9.

Step 9: RBO/l 3t (2+1+3 beats) consists of a change of edge on the third beat and a three turn on the fourth beat; this step is aimed initially toward the long axis, becoming parallel to it, and finishes toward the long side barrier of the rink. The movement of the free leg during the execution of step 9 is optional.

Step 10: XS LFI (1 beat) is a cross stroke parallel to the short side barrier, is followed by

Step 11: Wd RFI 3t (2 beats). During step 10, the wide step is performed aiming toward the long side barrier on the first beat, the three turn (RFI to RBO) on the second beat, continues to curve toward the long side barrier. The movement of the free leg is optional.

Step 12: XS LBI (1 beat) is a cross stroke that curves to become parallel to the long side barrier.

Step 13: DpCh RBO 3t (1+3 beats), distributed as follows:

- A dropped chasse on the first beat, beginning parallel to the long side barrier and moving away from it;
- A three turn (from RBO to RFI) on the second beat of the step finishing with the free leg bent in front, close to the skating leg. The three turn begins parallel to the short side barrier and finishes with a forward extension of the free leg for the following beats, curving toward the long axis and becoming almost parallel to it.

Section 2

Step 14: LFO (2 beats) aimed toward the center of the rink, parallel to the long axis, followed by **step 15:** XR RFO (1 beat).

Step 16: run LFI Sw Ct (1+2+1½ beats) must start before the longitudinal axis (**reference step**) and is distributed as follows:

- A run LFI on the first beat, followed by a forward swing of the free leg on the second beat, and held in front on the third beat; the aim on the third beat is perpendicular to the long axis;
- An LFI CT aiming perpendicular to the long side barrier, with the free leg in back at the end of the turn for 1 ½ beats; the exit edge of the counter begins parallel to the short axis, moves toward the long side barrier, and concludes toward the short axis.

Step 17: Ch RBI (½ beat), followed by **step 18:** LBO (2 beats), parallel to the short axis. **Step 19:** RBO (2 beats) begins toward the long side barrier and becomes parallel to it to prepare for **step 20:** Mk LFO (2 beats), which begins parallel to the long side barrier and moves toward the long axis.

Step 21: XR RFO 3t (1+3 beats). This step must start before the short axis and finish after the same axis (**reference step**). The three turn is performed on the second beat of the step. The movement of the the free leg is optional. This step begins toward the long axis and moves away from it to descend toward the barrier.

Step 22: Cw LFO (1 beat) followed by **step 23:** XCh RFI (1 beat).

Step 24: LFO (2 beats) on an outside edge beginning parallel to the long side barrier and finishing toward the long axis.

Step 25: XR RFO (1 beat). On this step the skater prepares for **step 26** XB LFI INB 3T (1+1 ½ + ½ beats), composed of a one beat cross behind followed by an Ina Bauer for 1 ½ beats (Ina Bauer: the bodyweight is over both feet supported on

the skating surface with the left foot forward on a LFI with the corresponding leg bent; the other foot's tracing is farther behind and closer to the long axis on a RBI aimed opposite from the left foot with the leg extended; the feet are on different tracings. At the end of step 26, a quick three turn is performed (from LFI to LBO) ($\frac{1}{2}$ beat), keeping the right foot on the skating surface. The aim of steps 25-26 is initially toward the long axis, becoming parallel to it during the Ina Bauer, and moving away from it with the three turn.

Step 27: XS RBI (1 $\frac{1}{2}$ beats) is composed of a cross stroke starting with two feet on the floor and ending with a push, with the left foot lifting from the floor crossed behind the skating leg, followed by **step 28:** Wd LBI ($\frac{1}{2}$ beat).

Step 29: (RBO 3t 3t) (1+ $\frac{1}{2}$ + $\frac{1}{2}$ + 2 beats) is composed of an RBO (for 1 beat) followed by two quick three turns for $\frac{1}{2}$ beat each, finishing on an outside edge for two beats (being the use of the free leg optional). The quick three turns are performed parallel to the long side barrier, and on the last two beats the RBO edge curves away from it.

Steps 30: Mk LFO (1 beat) moves away from the long side barrier, becoming parallel to the short side barrier with **step 31** (run RFI) (1 beat) aimed toward the long axis.

Step 32: LFO Rk (1+1 beats) begins for one beat on an LFO parallel to the long axis, followed by a rocker on the second beat of the step that finishes on an LBO edge and becomes parallel to the long axis.

Step 33: XB RBI 3t (2+2 beats) in which the three turn is performed on the third beat of the step, and which begins aiming toward the center of the rink and becomes parallel to the short axis.

Step 34: CLCw LBI (1 $\frac{1}{2}$ beats) finishes with the free leg in front with respect to the skating leg. Step 34 must be done on the longitudinal axis (**reference step**) followed by **step 35:** Wd RBI ($\frac{1}{2}$ beat) and **step 36** LBO (1 beat) that descends toward the short side barrier.

Step 37: XS RBI (1 beat) is a cross stroke that curves toward the long axis, followed by

Step 38: Tt LBI/RB (2 beats) is a thrust that is performed with the left skating leg bent and the right leg extended outward with the front inside wheel supported on the skating surface. Step 38 begins parallel to the long axis and curves toward the short side barrier.

Step 39: RBO (1 beat) begins parallel to the short side barrier and aims toward the long side barrier, followed by **step 40**, XS LBI (1 beat), which continues the aim of the previous step, toward the long side barrier, becoming almost parallel to it.

Reference Steps

Step 3 - must start before the short axis and finish after it;

Step 15 - must start before the long axis and finish after it;

Step 21 - must start before the short axis and finish after it;
Step 34 - must be done on the long axis.

Key Points – Midnight Blues Solo

Section 1 – Steps 1-13

1. Step 2: Cw LFI (1 beat)

- Correct timing of the step;
- Correct execution of the **Choctaw** with feet close together, respecting the prescribed edges required before and after the turn.

2. Step 3: RFO Bk Bk Ct (3+1+1+2 beats) (only beats 1 to 4)

- Correct timing of the step;
- Correct technical execution of the first **Bracket** on the 4th beat, with a clear outside edge at the entry and inside edge at the exit of the turn;
- No deviation from the inside edge.

3. Step 9: Run RBO/I 3t (2+1+3 beats)

- Correct timing of the step;
- Correct technical execution of the **COE** on the 3rd beat;
- Correct technical execution of the **three turn** that must be done on the 4th beat with the correct edge before and after the turn.

4. Step 11: Wd RFI 3t (1+1 beats)

- Correct timing of the step;
- Correct execution of the **Wide Step** (placement of the new free foot apart from the previous skating foot);
- Correct technical execution of the **Three turn** that must be done on the 2nd beat with the correct edge before and after the turn.

Section 2 – Steps 14 To 40

1. Step 16 Run LFI Sw-Ct (1+2+1½ beats)

- Correct timing of the step;
- Correct execution of the **Swing**. The free leg must swing forward on the 2nd beat and be held in front on the 3rd beat;
- Correct technical execution of the **Counter** that must be done on the 4th beat with the correct edge before and after the turn.

2. Step 21 XR RFO 3t (1+3 beats)

- Correct timing of the step;
- Correct technical execution of the **cross roll**, immediately transferring to an outside edge;
- Correct technical execution of the **three turn**, executed on the 2nd beat of the step, with the correct edge before and after the turn.

3. Step 32: LFO Rk (1+1 beats)

- Correct timing of the step;
- Correct technical execution of the **Rocker** on the 2nd beat, with clear outside edge at the entry and exit of the turn;
- No deviation from the outside edge.

4. Step 34: ClCw LBI (1 ½ beats)

- Correct timing of the step;

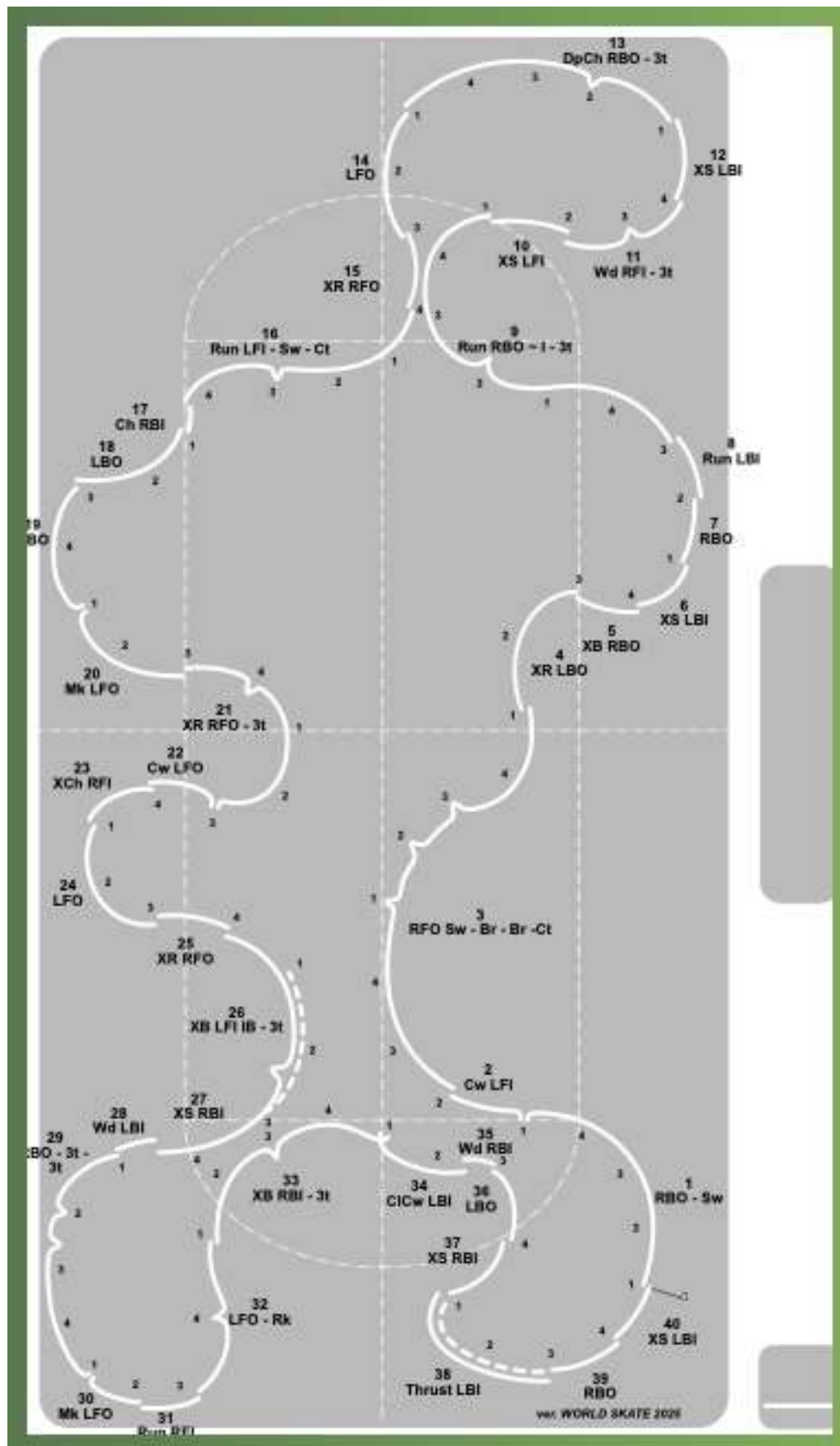
- Correct execution of the **Closed choctaw** with feet close together, respecting the prescribed edges required before and after the turn.

List of steps – Midnight Blues Solo

Step Number	Steps	Musical Beats
SECTION 1		
1	RBO Sw	2+2
2	Cw LFI	1
3	RFO Bk Bk Ct	3+1+1+2
4	XR LBO	2
5	XB RBO	1
6	XS LBI	1
7	RBO	1
8	Run LBI	1
9	RBO/I 3t	2+1+3
10	XS LFI	1
11	Wd RFI 3t	1+1
12	XS LBI	1
13	DpCh RBO 3t	1+3
SECTION 2		
14	LFO	2
15	XR RFO	1
16	run LFI Sw-Ct	1+2+1½
17	Ch RBI	½
18	LBO	2
19	RBO	2
20	Mk LFO	2
21	XR RFO 3t	1+3
22	Cw LFO	1
23	XCh RFI	1
24	LFO	2
25	XR RFO	1
26	XB LFI INB 3t (with both feet on floor)	1+1 ½ + ½
27	XS RBI	1½
28	Wd LBI	½
29	RBO 3t 3t	1+ ½ + ½ + 2
30	Mk LFO	1
31	run RFI	1
32	LFO Rk	1+1
33	XB RBI 3t	2+2
34	CICw LBI	1½
35	Wd RBI	½
36	LBO	1
37	XS RBI	1

38	Tt LBI/RB	2
39	RBO	1
40	XS LBI	1

Pattern – Midnight Blues Solo



OLYMPIC FOXTROT - COUPLES

By Joan Preston

Music: Foxtrot 4/4

Position: Killian

Tempo: 104 bpm

Pattern: set

The dance is skated in Killian position and the steps are the same for both skaters. The dance begins toward the long side barrier with a sequence of three steps:

Step 1 LFO (1 beat) is a stroke aimed toward the long side barrier, **step 2 Run RFI** (1 beat) parallel to it, and **step 3 LFO** (2 beats) is a stroke that curves away from the long side barrier and aims in the direction of the long axis.

Steps **4 XR RFO** (2 beats) and **5 XR LFO** (2 beats) form lobes curving to the left and the right of the baseline; step 4 begins toward the long axis and finishes toward the long side barrier and vice versa on step 5. Step 5 ends at the short axis.

Step 6 XR RFO Sw (2+2 beats) begins at the short axis and forms a larger lobe than the previous two lobes; it is aimed toward the long axis and ends toward the long side barrier. The forward swing of the free leg is on the 3rd beat.

Step 7 LFO (1 beat) stroke, **8 Run RFI** (1beat) and **9 LFO** (2 beats) stroke, repeat the same timing and direction of the initial sequence of steps 1-2-3.

The lobes formed by **step 10 Ops RFI** (2 beats), **step 11 OpS LFI** (2 beats) and **step 12 Ops RFI Sw** (2+2 beats), begin at the continuous baseline and are distributed to the right and left of a baseline that is set parallel to the short axis.

Step 12 OpS RFI Sw (2+2 beats) is RFI open stroke with a forward swing of the free leg on the 3rd beat, beginning at the long axis aiming toward the short side barrier, becoming parallel to it and ending toward the long side barrier.

Reference steps:

Step 6 – must start by the short axis;

Step 12 – must start by the long axis.

Key Points – Olympic Foxtrot

1. Step 4 XR RFO (2 beats):

- Correct timing of the step;
- Correct technical execution of the **cross roll** (respecting the prescribed edges required before and after the XR), on a clear and correct outside edge for 2 beats, with adequate inclination of the body;

For Couples:

- Maintain closeness between the partners in the **Kilian** position;
- Simultaneous placement of the feet and synchronization in the change of inclination

2. Step 6 XR RFO Sw (2+2 beats):

- Correct timing of the step;
- Correct technical execution of the **cross roll** (respecting the prescribed edges required before and after the XR);
- Correct technical execution of the **swing** with the free leg being held back for two beats and then swung forward on the 3rd beat, without deviation from the outside edge in advance.

For Couples:

- Attention to the position of the couple which should be close without any separations.
- Attention to the unison of the free legs on the swing.

3. Step 9 LFO (2 beats)

- Correct timing of the step;
- Correct technical execution of the **stroke**, without deviation from the outside edge in advance.

For Couples:

- Attention to the Kilian position of the couple which should be close without any separations.

4. Step 12 OpS RFI Sw (2+2 beats):

- Correct timing of the step;
- Correct technical execution of the **swing** with the free leg being held back for 2 beats and then swung forward on the 3rd beat, without deviation from the inside edge in advance.

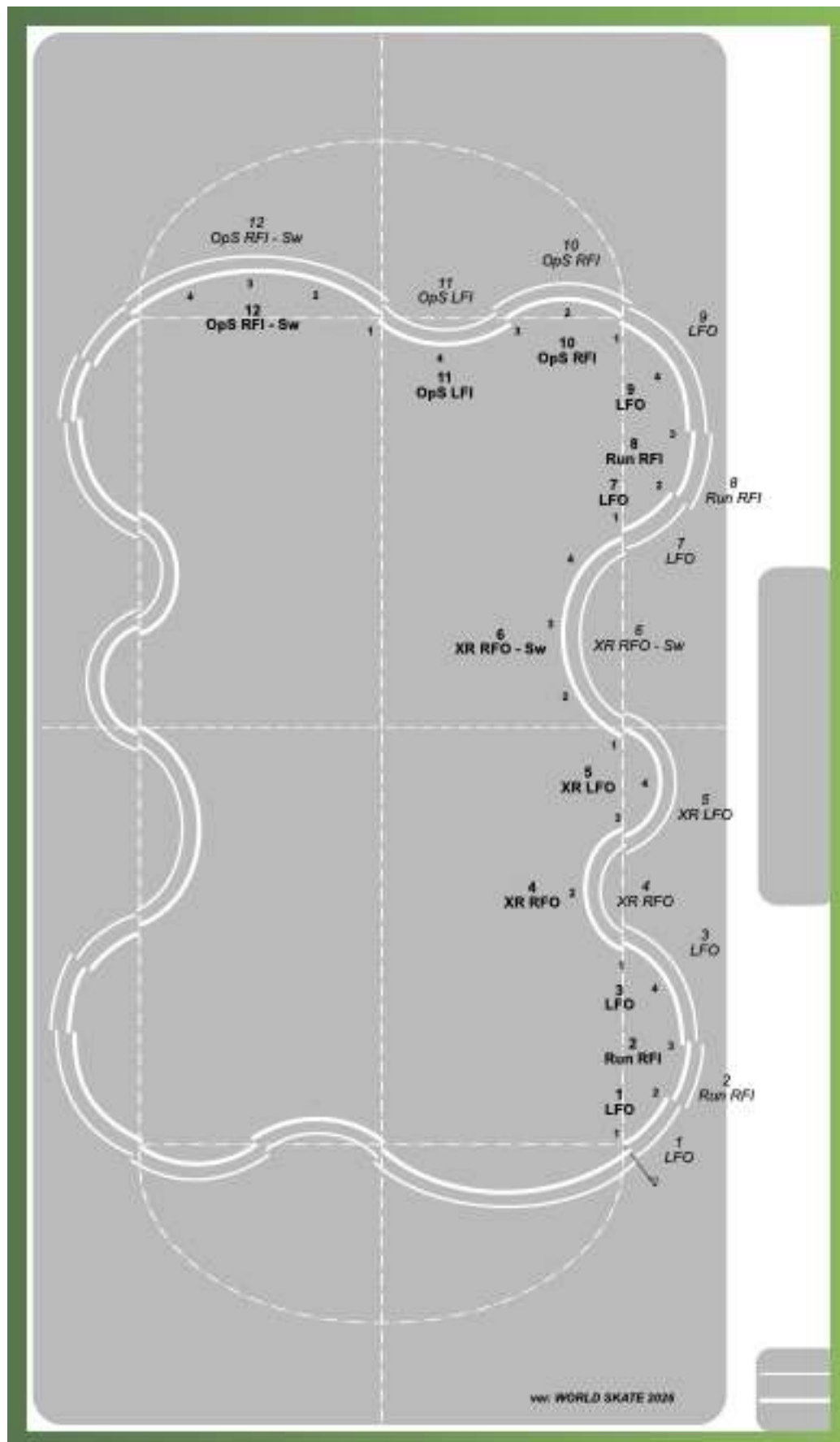
For Couples:

- Attention to the position of the couple which should be close without any separations.
- Attention to the synchronization of the free legs on the swing.

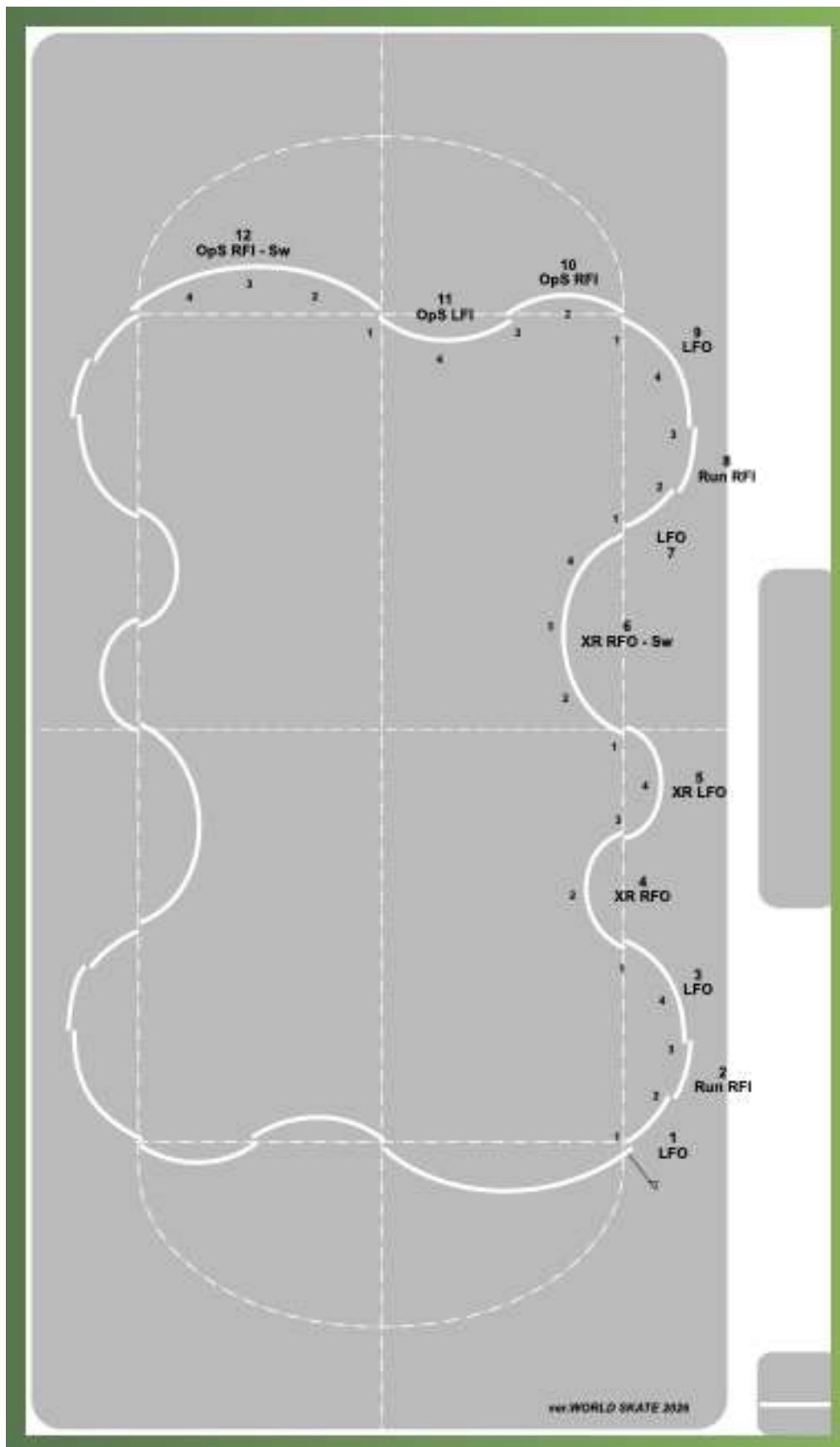
List of steps – Olympic Foxtrot Couples

HOLD	STEP	MAN'S STEPS	MUSICAL BEATS	WOMAN'S STEPS
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	XR RFO	2	XR RFO
	5	XR LFO	2	XR LFO
	6	XR RFO Sw	2+2	XR RFO Sw
	7	LFO	1	LFO
	8	Run RFI	1	Run RFI
	9	LFO	2	LFO
	10	OpS RFI	2	OpS RFI
	11	OpS LFI	2	OpS LFI
	12	OpS RFI Sw	2+2	OpS RFI Sw

Pattern – Olympic Foxtrot Couples



Pattern – Olympic Foxtrot Solo



PASO DOBLE - COUPLES

By Reginald Wilkie and Daphne Wallis

Music: Paso Doble 2/4

Hold: Tango, Waltz, Foxtrot

Tempo: 112 bpm

Pattern: set

The dance begins with **Step 1**, aiming toward the long axis and the short side barrier, with the couple in Tango position until **step 15**. The following steps (steps 2 through 6) curve sharply around the corner on strong edges.

Step 8 and 9 are skated as flats, (RF LF for the man and LB RB for the woman) with both skates of each partner on the floor, and foot sliding past foot very closely. There are two optional ways to perform these steps. One option is to skate with one skate remaining bent, under the center of gravity and the other leg extended straight in front of the body; the other way is to skate with both legs straight, one extended in front and the other extended in back, with the weight evenly distributed between them. All 8 wheels of the skates must remain on the floor during these two steps.

Step 10 (XF RFO for man, XB LBO for woman), the feet must be clearly lifted from the floor.

Step 11 is a one-beat change of edge step ($\frac{1}{2}$ beat on inside edge and $\frac{1}{2}$ beat on outside edge) and should be skated boldly by both partners and the effect to be attained is a pronounced outward bulge of the pattern.

The following steps, 12 through 25, are skated on a circle. Steps 15 and 16 for the man (XB LFO to OpMk RBO) constitute an outside-to-outside open Mohawk, while steps 16 and 17 for the woman (XF LBI to Mk RFI) constitute a back to forward inside to inside Mohawk, which finishes with the couple in Waltz position for step 17. Step 17 is the first two-beat step of the dance. The couple remains in Waltz position until Step 20 (Mk LFO for the man) where the couple assumes Foxtrot position until step 28b.

Steps 26, 27 and 28 constitute three cross rolls for both partners (XR RFO, XR LFO, XR RFO-S-I). Steps 26 and 27 are one beat each and step 28 is a three-beat step, with the free legs swinging to the front on beat 2 and the change of edge to inside occurring on the 3rd beat, followed for the woman by step 28b, a quick open Mohawk (Mk LBI) for $\frac{1}{2}$ beat. As the woman turns backward, the couple resumes Tango position.

Key Points Paso Doble - Couples

1. Step 11: XB LFI/O ($\frac{1}{2} + \frac{1}{2}$ beats) for the man and XF RBI/O ($\frac{1}{2} + \frac{1}{2}$ beats) for the woman:
 - Correct technical execution and timing of the steps, with an evident change of edge and outward bulge of the pattern.
 - Attention to the synchronization of the couple and closeness without separation during the step.

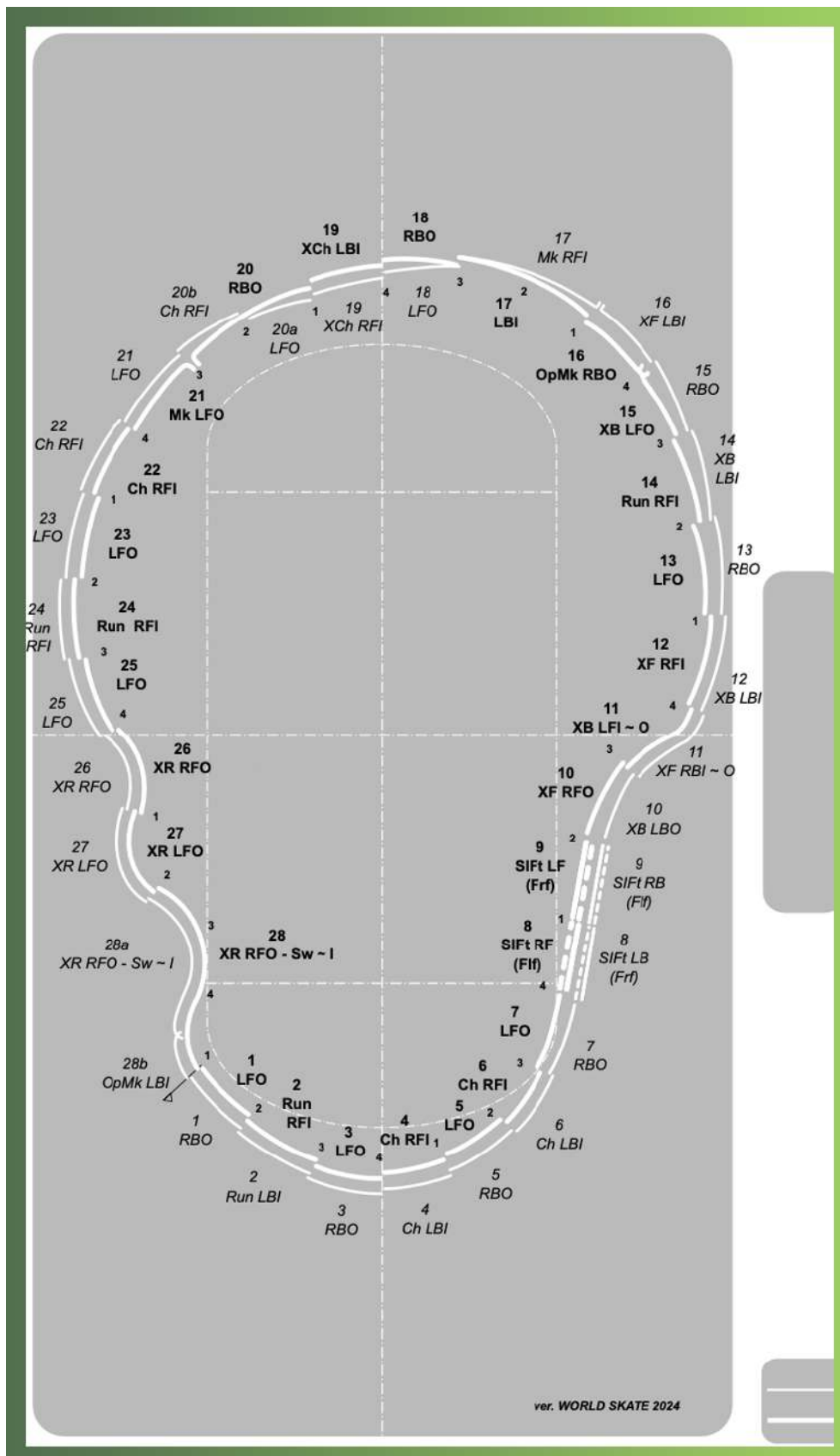
2. Steps 15 XB LFO (1 beat) and 16 OpMk RBO (1 beat) for the man.
 - Correct technical execution of the cross behind, with feet close together and evident outside edge.
 - Correct technical execution of the open Mohawk, with feet close together and evident outside edge.
3. Steps 26 XR RFO (1 beat) and step 27 XR LFO (1 beat) for both skaters
 - Correct technical execution and timing of the cross rolls, on immediate outside edges;
 - Correct synchronization of the couple and without separation.
4. Step 28b quick OpMK ($\frac{1}{2}$ beat) for the woman:
 - Correct technical execution and timing of the quick open mohawk, executed on the last $\frac{1}{2}$ beat.
 - Attention should be placed mainly on the correct timing of the step, executed on the last $\frac{1}{2}$ beat and held for only $\frac{1}{2}$ beat.

List of steps – Paso Doble Couples

STEP	HOLD	MAN'S STEPS	M	BOTH	W	WOMAN'S STEPS
1	Tango	LFO		1		RBO
2		Run RFI		1		Run LBI
3		LFO		1		RBO
4		Ch RFI		1		Ch LBI
5		LFO		1		RBO
6		Ch RFI		1		Ch LBI
7		LFO		1		RBO
8		RF (left foot forward)		1		LB (right foot forward)
9		LF (right foot forward)		1		RB (left foot forward)
10		XF RFO		1		XB LBO
11		XB LFIO		$\frac{1}{2} + \frac{1}{2}$		XF RBIO
12		XF RFI		1		XB LBI
13		LFO		1		RBO
14		Run RFI		1		XB LBI
15		XB LFO		1		RBO
16		OpMk RBO		1		XF LBI
17	Waltz	LBI		2		Mk RFI
18		RBO		1		LFO
19		XCh LBI		1		XCh RFI
20a		RBO	2		1	LFO
20b					1	Ch RFI
21	Foxtrot	Mk LFO		1		LFO
22		Ch RFI		1		Ch RFI
23		LFO		1		LFO
24		Run RFI		1		Run RFI
25		LFO		1		LFO
26		XR RFO		1		XR RFO
27		XR LFO		1		XR LFO
28a		XR RFO - Sw - I	1+1+1		1+1+ $\frac{1}{2}$	XR RFO - Sw - I

28b					1/2	Quick OpMk LBI
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Pattern – Paso Doble Couples



PRINCETON POLKA - COUPLES

Music: Polka 2/4

Tempo: 100 bpm

Position: Foxtrot, Waltz, Promenade

Skaters are in Foxtrot position to start the dance.

Step 1 (LFI for the man and RFO for the woman) begins on the baseline and with **Step 2** (RFO for the man and LFI for the woman) aims towards the center of the rink.

Steps 3 and 4 (LFI and Hh Mk RBI for the man and RFO and Hh Mk LBO for the woman) constitute a heel-to-heel open Mohawk of 2 beats each step.

Steps 5, 6 and 7 (LFI, RFO, LFI for the man and RFO, LFI, RFO for the woman) is a run sequence aiming towards the long side barrier, that returns the skaters to the baseline.

Step 8 for the man is a ClCW RBO, aiming towards the long side barrier, followed by **Step 9** XF LBI and **Step 10** RFI. At the same time, the woman performs **Step 8** LFO, **Step 9** Mk RBO and **Step 10** LBI. During this series of steps, the couple rotate around each other, the man crossing the woman's tracing and the couple finishing in waltz position with the woman backwards.

Steps 11, 12 and 13 (LFI, RFO, LFI for the man and RBO, LBI, RBO for the woman) are skated in Waltz position and aim toward the long axis and the short side barrier.

Step 14 (RFI for the man and LFO for the woman) and **Step 15** (Hh Mk LBI for the man and Hh Mk RBO for the woman) constitute a heel-to-heel Mohawk of 2 beats each step.

On **Step 14** the couple changes from Waltz position into Promenade position, which is maintained until **step 18** when the man skates a RFI and the woman a LBI, where the couple returns to Waltz position.

Steps 16 and 17 (RBO and XF LBI for the man and LBI and XF RBO for the woman) aim away from the short side barrier and descend towards the long side barrier. The XFs for both skaters should be close and parallel.

On **Step 18** (RFI for the man and LBI for the woman) the couple assumes Waltz position.

Steps 19 and 20 (LFO and RFI for the man and RBO and LBI for the woman) continue the curve toward the long side barrier as the couple prepares for the man's three turn on **step 21**.

Step 21 is LFO 3t (1+1 beats) for the man, while the woman skates a RBO (2 beats). The three turn is executed on the second beat of the step, while the woman slightly opens her left shoulder, allowing the man to advance to turn past the woman, and finishes on a RBO edge, while the woman executes a LFO (**step 22**), preparing for the repeat of the dance. During these steps, the couple should remain close with no apparent separation during the three turn.

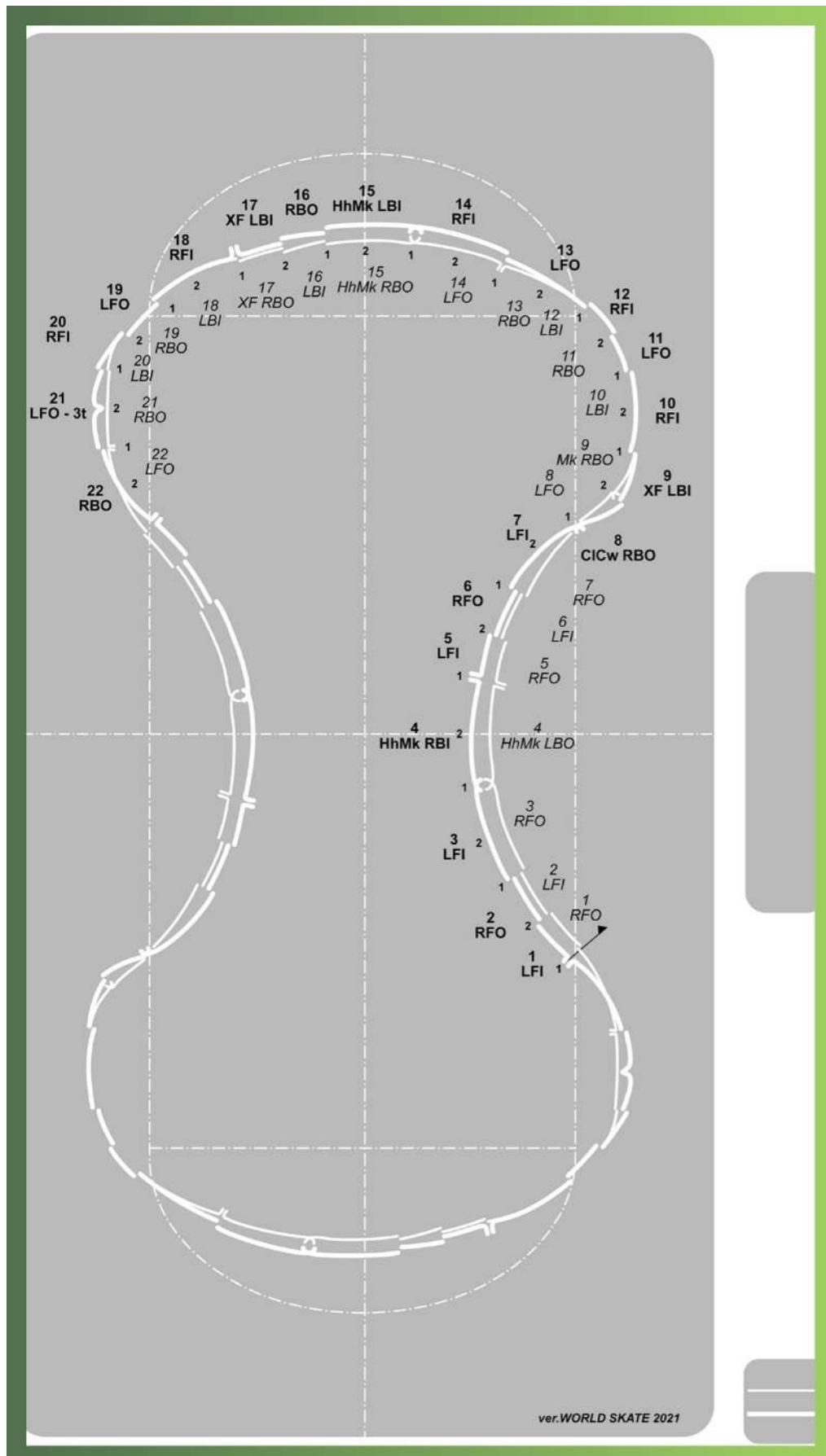
Key Points – Princeton Couples

1. **Step 4 (Hh Mk RBI for the man and Hh Mk LBO for the woman):** Correct technical execution of the heel-to-heel mohawks, with heels close together, on the prescribed edges. Couple should not separate at the hips during the execution of this mohawk.
2. **Step 8 (CICw RBO for the man):** Correct technical execution of the closed choctaw, with feet close, initially placed on the prescribed outside edge.
3. **Step 15 (Hh Mk LBI for the man and Hh Mk RBO for the woman):** Correct technical execution of the heel-to-heel mohawks, with heels close together, on the prescribed edges. Couple should not separate at the hips during the execution of this mohawk.
4. **Step 21 (LFO 3t for the man):** Correct technical execution of the three turn on the second beat of the step, on the prescribed edges, while passing the woman smoothly without separation of the couple.

List of steps – Princeton Polka Couples

POSITION	STEP	MAN'S STEPS	MUSICAL BEATS			WOMAN'S STEPS
Foxtrot	1	LFI		1		RFO
	2	RFO		1		LFI
	3	LFI		2		RFO
	4	Hh Mk RBI		2		Hh Mk LBO
	5	LFI		1		RFO
	6	RFO		1		LFI
	7	LFI		2		RFO
Waltz	8	CICw RBO		1		LFO
	9	XF LBI		1		Mk RBO
	10	RFI		2		LBI
	11	LFO		1		RBO
	12	RFI		1		LBI
	13	LFO		2		RBO
Promenade	14	RFI		2		LFO
	15	Hh Mk LBI		2		Hh Mk RBO
	16	RBO		1		LBI
	17	XF LBI		1		XF RBO
Waltz	18	RFI		2		LBI
	19	LFO		1		RBO
	20	RFI		1		LBI
	21	LFO 3t	1+1		2	RBO
	22	RBO		2		LFO

Pattern – Princeton Polka Couples



QUICKSTEP - COUPLES

By R.J. Wilkie and Daphne Wallas

Music: Quickstep

Position: Kilian Position

Competitive Requirements – 4 Sequences

Tempo: 112 bpm

Pattern: set

The dance must be skated in perfect adherence to the tempo of the music, which is fast and lively.

The steps are the same for both skaters.

Step 1 LFO (1 beat) is a stroke, **Step 2 Ch RFI** (1 beat) is a chasse, **Step 3 LFO** (1 beat) is a stroke, **Step 4 run RFI** (1 beat) is a run. The dance begins at the long axis with a sequence of steps from 1 to 4 directed toward the long side barrier.

Step 5 LFO Sw (2+2 beats) is a stroke for both characterized by a swing on 3rd beat in which the skaters begin parallel to the long side barrier and finish toward the long axis. During the forward swing of the free leg, through the strong pressure of the outside edge combined with a slight twist of the torso, the woman moves slightly behind her partner and follows his tracing.

Step 6 RBI/O (2+1 beats), forms a lobe that begins with a closed choctaw aimed toward the center of the rink on an inside edge (2 beats) followed by a change to an outside edge (on the 3rd beat) at which point the skaters cross the baseline of the dance. During this step, the free skate is extended in front on the first beat, it is brought beside the employed skate to “and-position” on the second beat. On the third beat it moves outward to assist the execution of the change of edge. The aim of step 6 is initially toward the long axis, becoming parallel to it, and finally coming toward the long side barrier.

The above steps 7, 8, and 9 must be executed in a lively manner and the edges should be well defined.

Step 7 XB LBI (1 beat) is a cross behind which brings the couple from parallel to the long side barrier toward the center of the rink.

Steps Ops 8 RBI (1 beat) and **9 XF LBO** (1 beat) form a lobe that opens toward the center of the rink and concludes on the baseline at the short axis in which step 8 RBI should show a strong change of lean with respect to step 7, and step 9 XF LBO should continue the arc of curvature with respect to the preceding step.

Step 10 XB RBO (4 beats) which begins with a cross behind toward the long side barrier and finishes toward the long axis, must be on a prominent outside edge. During this step the movement of the free leg is optional.

Step 11 Cw LFI (2 beats), begins with a choctaw in which the partners must maintain control with the woman remaining beside the man. This step forms a lobe that begins on the baseline and returns to it.

Step 12 OpS RFI (2 beat) open stroke, which brings the couple toward the long side barrier.

Steps 13 through 18 are each one-beat steps and must be well-cadenced and skated in a lively and confident manner.

Step 13 LFO is a stroke parallel to the long barrier, **Step 14 RFI** is a run skated in the curve, **Step 15 LFO** is a stroke (1 beat each) skated toward the long axis. **Step 16 XR RFO** (1 beat) is a fast cross roll executed with a clear change of lean ; this step starts parallel to the short side of the barrier and curves toward it.

Step 17 XB LFI/O ($\frac{1}{2} + \frac{1}{2}$ beat) is a cross behind followed by a change of edge from inside to outside, is executed (1 beat total of music) aimed toward the short side of the rink and with the change of edge it begins to curve in preparation for the next step.

Step 18 XF RFI (1 beat), is a right inside cross front aimed toward the short side of the rink and finishing parallel to it.

The dance must be skated in perfect adherence to the tempo of the music, which is fast and lively.

REFERENCE STEPS:

Step 1 – must start by the long axis;

Step 9 - must start by the short axis.

Key Points – Quickstep Couples

1. Steps 6 ClCw RBI/O (1+1+1 beats) for both:

- correct timing of the step;
- correct execution of the Closed Choctaw with feet close together, respecting the prescribed edges required before and after the ClCw;
- After the ClCw the free leg finishes in front of the body for one beat. At the second beat and maintaining the inside edge, the free leg assumes an “and-position”;
- correct timing of the execution of the change of edge, that must be done on the 3rd beat with the free leg being brought outward simultaneously on the correct outside edge.
- For the couple: pay attention to the close relationship of the partners during the choctaw without separation and adequate inclination.

2. Step 9 XF LBO (1 beat) for both:

- correct timing of the step;
- correct technical execution of cross front, with feet close and parallel before executing the LBO on a clear outside edge;
- For the couple: the cross in front must be performed simultaneously and adequate inclination.

3. Steps 11 Cw LFI (2 beats) for both:

- correct timing of the step;
- correct technical execution of the Choctaw with feet close together, respecting the prescribed edges required before and after the turn;
- For the couple: there should be no separation between partners during the change of direction (from backward to forward) and pay attention to the correctness of the required edges and adequate inclination.

4. Step 17 XB LFI/O ($\frac{1}{2} + \frac{1}{2}$ beats) for both:

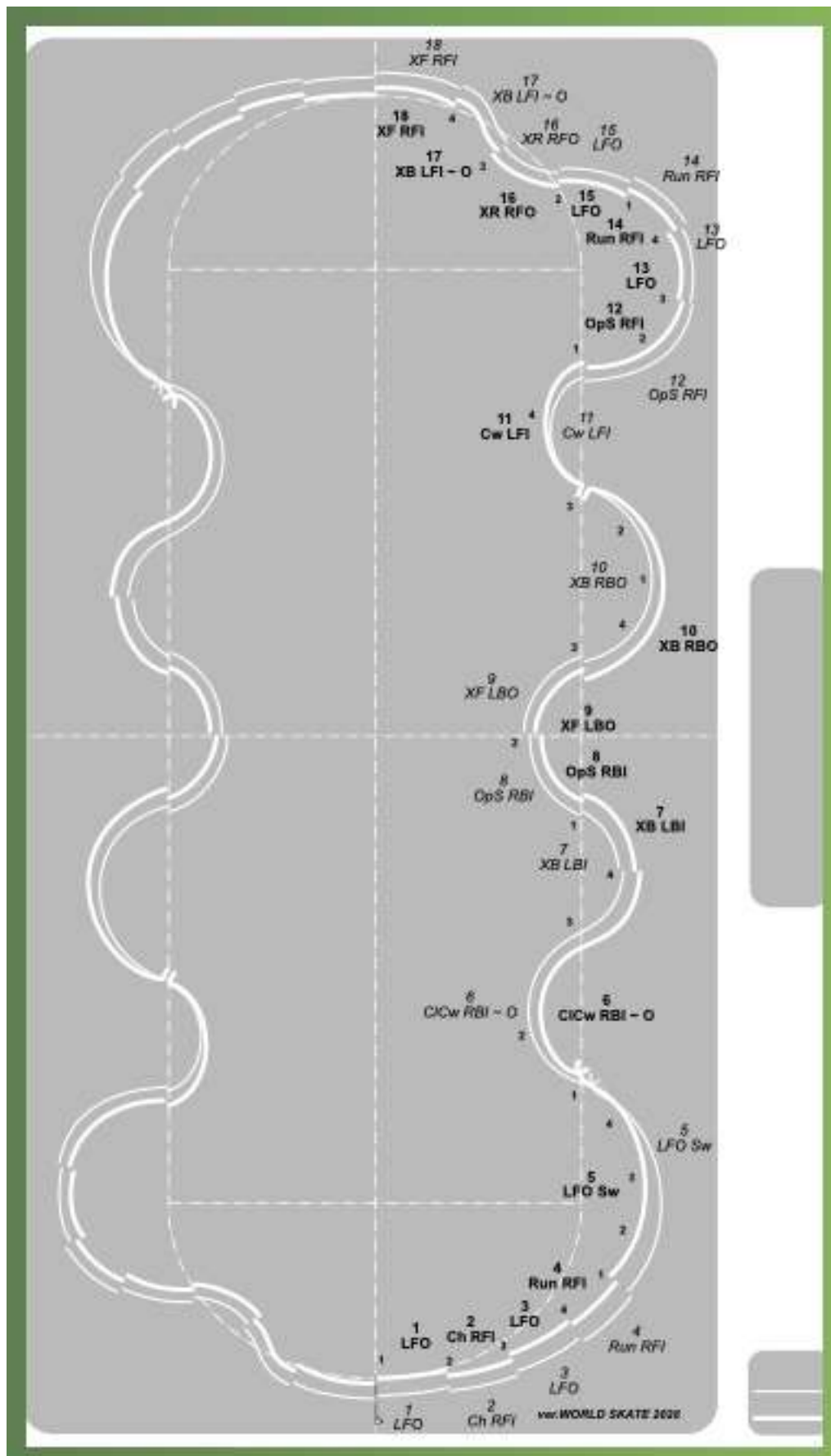
- Correct timing of the step;
- Correct technical execution of cross behind, with feet close and parallel before executing the LFI on a clear inside edge.
- Correct timing of the execution of the change of edge, that must be done on the second $\frac{1}{2}$ beat of the step to an outside edge.
- For the couple: the cross behind must be performed simultaneously with adequate inclination.

NOTE: THE DANCE MUST SHOW CLEAR LOBES DISTRIBUTED EQUALLY TO THE LEFT AND RIGHT OF THE BASELINE OF THE DANCE.

List of steps – Quickstep Couples

HOLD	STEP	WOMAN'S STEPS	BEATS	MAN'S STEPS
Kilian	1	LFO	1	LFO
	2	Ch RFI	1	Ch RFI
	3	LFO	1	LFO
	4	run RFI	1	run RFI
	5	LFO Sw	2+2	LFO Sw
	6	CICw RBI/O	1+1+1	CICw RBI/O
	7	XB LBI	1	XB LBI
	8	Ops RBI	1	Ops RBI
	9	XF LBO	1	XF LBO
	10	XB RBO *	4	XB RBO *
	11	CW LFI	2	CW LFI
	12	Ops RFI	2	Ops RFI
	13	LFO	1	LFO
	14	run RFI	1	run RFI
	15	LFO	1	LFO
	16	XR RFO	1	XR RFO
	17	XB LFI/O	1/2 + 1/2	XB LFI/O
	18	XF RFI	1	XF RFI
*movement of the free legs is optional				

Pattern – Quickstep Couples



QUICKSTEP - SOLO

By R.J. Wilkie & Daphne Wallis

Music: Quickstep 2/4

Tempos: 112 bpm

Pattern: set

This dance must be skated in perfect adherence to the tempo of the music, which is fast and lively.

Step 1 LFO (1 beat) is a stroke, **Step 2 Ch RFI** (1 beat) is a chasse, **Step 3 LFO** (1 beat) is a stroke, **Step 4 run RFI** (1 beat) is a run. The dance begins at the long axis with a sequence of steps from 1 to 4 directed toward the long side barrier.

Step 5 LFO Swing (2+2) is characterized by a swing in which the skater begins parallel to the long side barrier and finishes toward the long axis, performing a swing with strong pressure on the outside edge.

Step 6 ClCW RBI/O (1+1+1), for three beats, forms a lobe that begins with a closed choctaw aimed toward the center of the rink on an inside edge (for two beats) followed by a change to an outside edge (on the third beat) at which point the skater crosses the baseline of the dance. During this step, the free skate is extended in front on the first beat (clcw); it's brought beside the employed skate to an "and-position" on the second beat, and on the third beat it moves outward to assist the execution of the change of edge to outside. The aim of step 6 is initially toward the long axis, becoming parallel to it, and finally coming toward the long side barrier.

Step 7 XB LBI (1 beat) is a cross behind which brings the skater from parallel to the long side barrier toward the center of the rink.

Steps Ops 8 RBI (1 beat) and **9 XF LBO** (1 beat) form a lobe that opens toward the center of the rink and concludes on the baseline at the short axis in which step 8 RBI should show a strong change of lean with respect to step 7, and step 9 XF LBO should continue the arc of curvature with respect to the preceding step.

- The above steps 7, 8, and 9 must be executed in a lively manner and the edges should be well defined.

Step 10 XB RBO (4 beats) begins with a cross behind toward the long side barrier and finishes toward the long axis, must be on a prominent outside edge. During this step the movement of the free leg is optional.

Step 11 Cw LFI (2 beats) is a choctaw and it forms a lobe that begins on the baseline and returns to it.

Step 12 OpS RFI (2 beat) open stroke, which brings the skater toward the long side barrier.

Steps 13 through 18 are each one-beat steps and must be well-cadenced and skated in a lively and confident manner.

Step 13 LFO (1 beat) is a stroke parallel to the long barrier, **Step 14 run** (1 beat) is a run skated in the curve, **Step 15 LFO** (1 beat) is a stroke skated toward the long axis.

Step 16 XR RFO (1 beat) is a fast cross roll executed with a clear change of lean ; this step starts parallel to the short side of the barrier and curves against it.

Step 17 XB LFI/O ($\frac{1}{2} + \frac{1}{2}$) beats), is a cross behind and a change of edge from inside to outside. Is executed in one beat of music ($\frac{1}{2}$ beat inside and $\frac{1}{2}$ beat outside) and aimed toward the short side barrier.

Step 18 XF RFI (1 beat), is a right inside cross front aimed toward the short side barrier and finishing parallel to it.

The dance must be skated in perfect adherence to the tempo of the music, which is fast and lively.

REFERENCE STEPS:

Step 1 – must start by the long axis;

Step 9 – must start by the short axis

Key Points – Quickstep Solo

1. Steps 6 ClCw RBI/O (1+1+1 beats):

- Correct timing of the step;
- Correct execution of the Closed Choctaw with feet close together, respecting the prescribed edges required before and after the ClCw.
- After the ClCw the free leg finishes in front of the body for one beat. At the second beat and maintaining the inside edge, the free leg assumes an “and-position”.
- Correct timing of the execution of the change of edge, that must be done on the 3rd beat with the free leg being brought outward simultaneously on the correct outside edge.

2. Step 9 XF LBO (1 beat):

- Correct timing of the step;
- Correct technical execution of cross front, with feet close and parallel before executing the LBO on a clear outside edge.

3. Steps 11 Cw LFI (2 beats)

- Correct timing of the step;
- Correct execution of the Choctaw with feet close together, respecting the prescribed edges required before and after the Cw.

4. Step 17 XB LFI/O ($\frac{1}{2} + \frac{1}{2}$ beats)

- Correct timing of the step;
- Correct technical execution of cross behind, with feet close and parallel before executing the LFI on a clear inside edge.

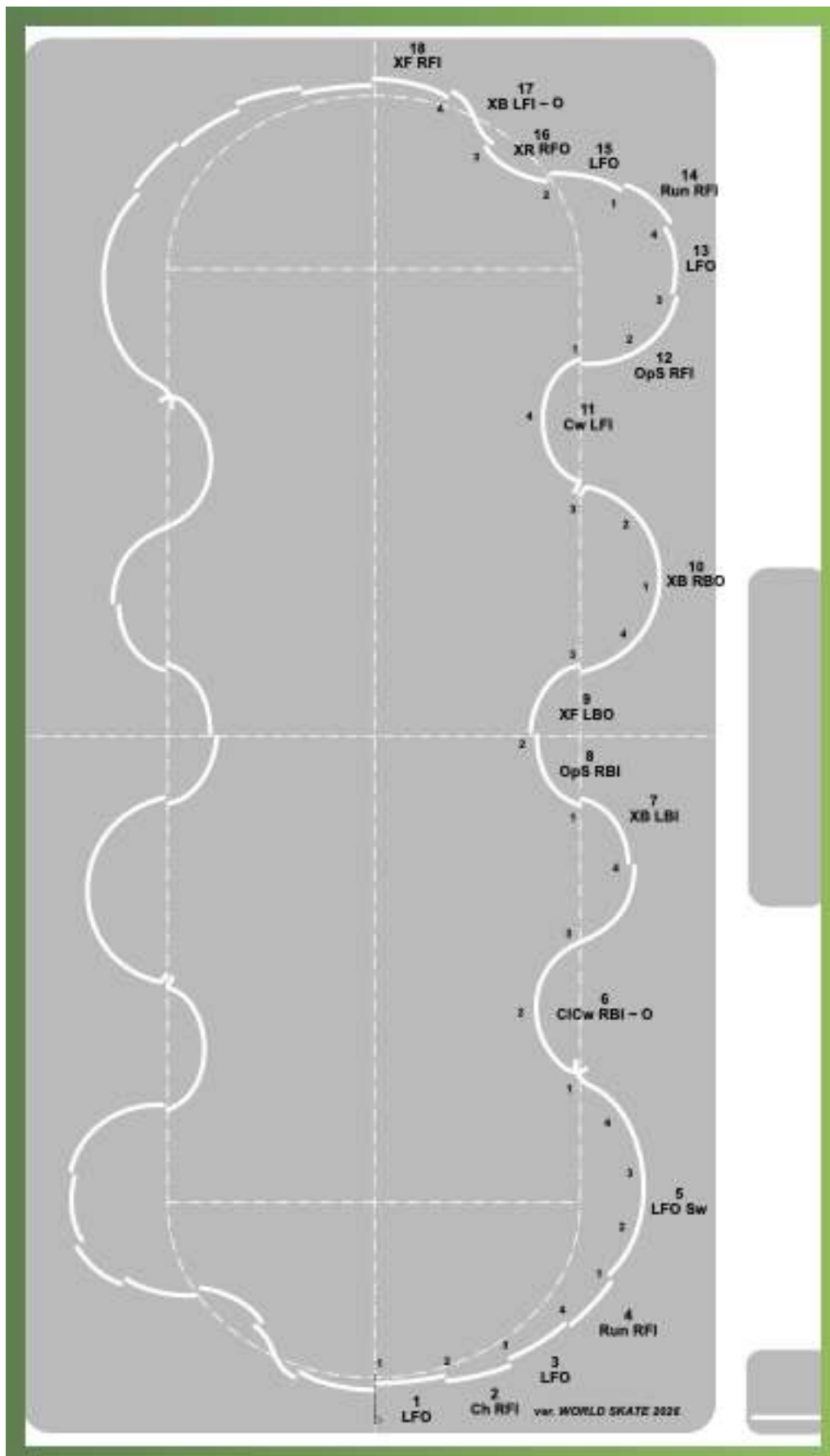
- Correct timing of the execution of the change of edge, that must be done on the second $\frac{1}{2}$ beat of the step to an outside edge.

NOTE: THE DANCE MUST SHOW CLEAR LOBES DISTRIBUTED EQUALLY TO THE LEFT AND RIGHT OF THE BASELINE OF THE DANCE.

List of steps – Quickstep Solo

NO	STEPS	BEATS
1	LFO	1
2	Ch RFI	1
3	LFO	1
4	run RFI	1
5	LFO Sw	2+2
6	CICw RBI/O	1+1+1
7	XB LBI	1
8	Ops RBI	1
9	XF LBO	1
10	XB RBO *	4
11	CW LFI	2
12	Ops RFI	2
13	LFO	1
14	run RFI	1
15	LFO	1
16	XR RFO	1
17	XB LFI/O	$\frac{1}{2}+\frac{1}{2}$
18	XF RFI	1
*movement of the free leg is optional		

Pattern – Quickstep Solo



RHYTHM ROLL – SOLO

By Marie Gaudy

Music: 2/4 or 4/4
Pattern: Set

Tempo: 104 bpm

Steps 1, 2 and 3 LFO, ChRFI, LFO begin aiming toward the long side barrier and finish parallel to it.

Step 4 Run RFI Rk (4 1/2 beats total) with the rocker turn executed on the fourth beat from inside edge to inside edge.

Step 5 is a wide step, **Wd LBO** for 1/2 beat, followed by **Step 6 XS RBIO** for three beats, two beats on the inside edge and one beat on the outside edge.

Step 7 XR LBO (3 beats) is a cross roll onto an outside edge. The movement of the free leg is optional.

Step 8 CIMk RFO (2 beats) is a closed mohawk from outside edge to outside edge, with the free leg in front at the finish of the turn.

Step 9 CICw LBI (2 beats) is a closed choctaw from an outside edge to an inside edge with the free leg in front at the finish of the turn.

Steps 10 RBO, 11 Mk LFO and 12 Run RFI are each one beat and skate toward the long side barrier.

Steps 13 LFO and 14 Ch RFI are quick steps (1/2 beat each) followed by **Step 15 LFO 3t** (2 beats) with the three-turn executed on the second beat of the step.

Step 16 XB RBO 3t 3t (8 beats total) is a cross behind for one beat, a three turn on the second beat and another three turn on the 3rd beat, finishing the second three turn on an outside edge for the remaining beats.

Step 17 is a **Cw LFI** which should be executed on an inside edge.

Step 18 RFO and 19 Run LFI are one beat steps that intersect the long axis.

Step 20 RFO Rk (4 beats) is a rocker turn from outside edge to outside edge, with the rocker turn executed on the third beat.

Steps 21 XB LBI, 22 Ch RBO, 23 Mk LFO and 24 Run RFI are one beat steps with attention paid to the correct timing.

Step 25 LFO Ct (10 beats total), a LFO edge for 4 beats, executing the counter turn on the fifth beat and an maintaining an LBO for the remainder of the step. The movement of the free leg on this step is optional.

Step 26 CICw RFI 3t (3 beats) is a closed choctaw with the free leg in front of the body after the turn and a three turn to an RBO on the third beat.

Step 27 Mk LFO for one beat followed by **Step 28 Run RFI** for two beats and **Step 29 LFO** for one beat begin at the long side barrier and complete the lobe which started with Step 26.

Step 30 XR RFO-Bk-O (3+2+2 beats) is a cross roll on an outside edge for 3 beats, a bracket turn to a RBI on the 4th beat and a change of edge to outside on the 6th beat.

Steps 31 Mk LFO, 32 Ch RFI, 33 LFO, 34 Run RFI and 35 LFO curve away from the short side barrier and finish with a slight aim toward the long axis.

Step 36 XR RFO 3t Ct (6 beats total) is a cross roll on the first beat, a three turn to a RBI on the second beat and a counter turn from RBI to RFI on the fifth beat.

Key Points – Rhythm Roll Solo

Section 1:

1. **Step 4 Run RFI Rk:** correct technical execution of the rocker turns on the 4th beat, on the correct inside edge on the entry and exit of the turn.
2. **Step 8 CIMk RFO:** correct technical execution of the closed mohawk with feet close and the free leg finishing in front of the body at the end of the turn.
3. **Step 16 XB RBO 3t 3t:** correct technical execution and required timing of the three turns (1 beat each), executed on the 2nd and 3rd beat.
4. **Step 20 RFO Rk:** correct technical execution of the rocker turns on the third beat with the correct outside edge on the entry and exit of the turn.

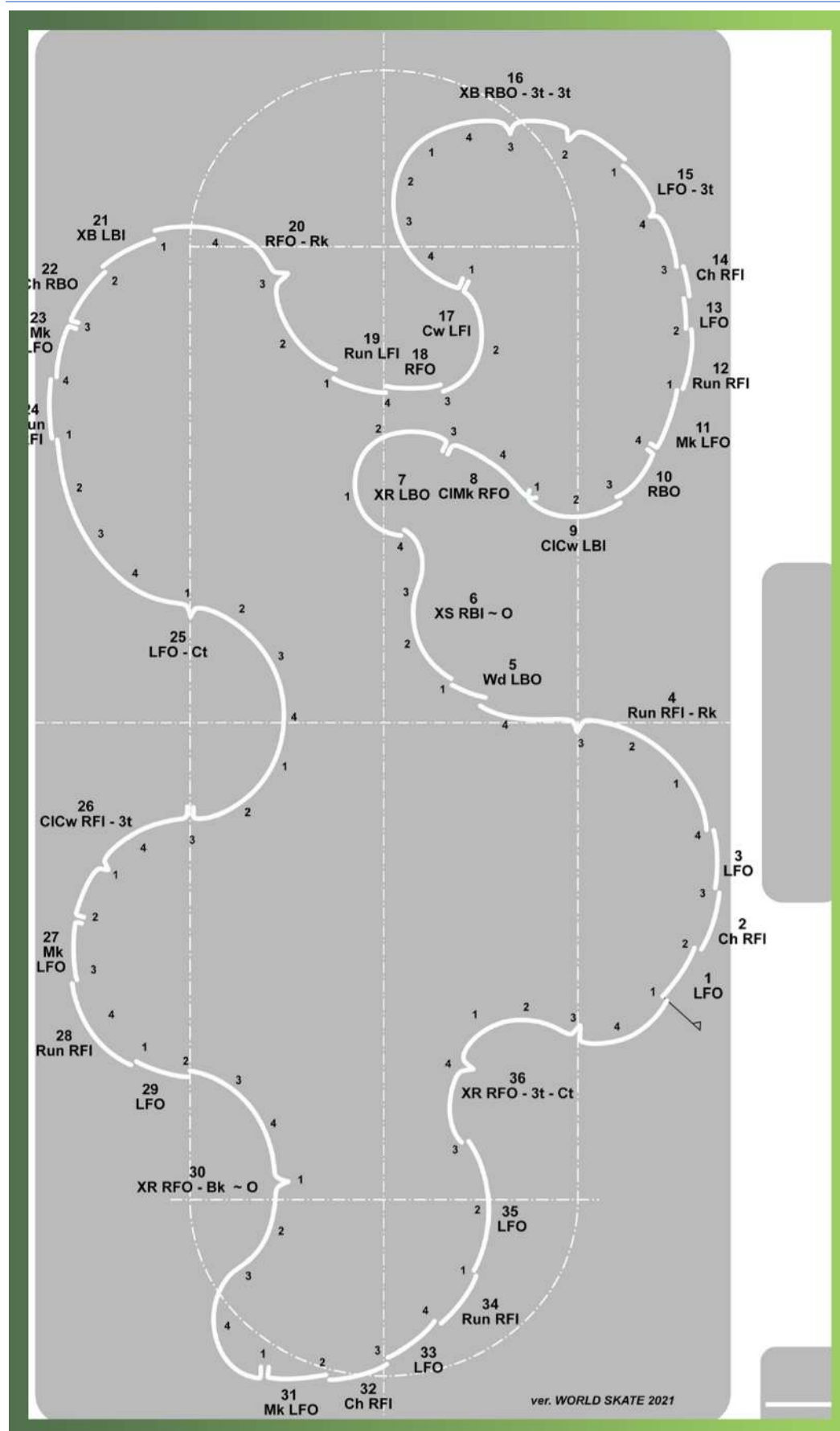
Section 2:

1. **Step 25 LFO Ct:** (beats 5 and 6 only):
 - correct technical execution of the counter turn on the fifth beat with correct outside edge on the entry and exit of the turn.
2. **Step 26 ClCw RFI 3t:** (2+1 beat)
 - correct technical execution of the closed choctaw with feet close,
 - correct technical execution of the three turns on the third beat.
3. **Step 30 XR RFO-Bk-O** (beats 3, 4 and 5 only):
 - correct technical execution of the bracket turn on the 4th beat, with correct outside edge on the entry of the turn and inside edge on the exit of the turn.
4. **Step 36 XR RFO 3t Ct** (1+3+2 beats) (beginning on fifth beat):
 - correct technical execution of the counter turn on the fifth beat with correct inside edge on the entry and exit of the turn.

List of steps – Rhythm Roll Solo

STEP NO.	STEPS	MUSICAL BEATS
SECTION 1		
1	LFO	1
2	Ch RFI	1
3	LFO	1
4	Run RFI Rk	3+1 ½
5	Wd LBO	½
6	XS RBIO	2+1
7	XR LBO	3
8	CI Mk RFO	2
9	CI Cw LBI	2
10	RBO	1
11	LFO	1
12	Run RFI	1
13	LFO	½
14	Ch RFI	½
15	LFO 3t	1+1
16	XB RBO 3t 3t	1+1+6
17	Cw LFI	2
18	RFO	1
19	Run LFI	1
20	RFO Rk	2+2
SECTION 2		
21	XB LBI	1
22	Ch RBO	1
23	Mk LFO	1
24	Run RFI	1
25	LFO Ct	4+6
26	CI Cw RFI 3t	2+1
27	Mk LFO	1
28	Run RFI	2
29	LFO	1
30	XR RFO Bk-O	3+2+2
31	Mk LFO	1
32	Ch RFI	1
33	LFO	1
34	Run RFI	1
35	LFO	2
36	XR RFO 3t Ct	1+3+2

Pattern – Rhythm Roll Solo



ROCKER FOXTROT - COUPLES

By Eva Keats and Erik Van der Weyden

Music: Foxtrot 4/4

Tempo: 104 bpm

Position: Open, Closed

Pattern: set

Competitive Requirements – 4 Sequences

e of the rink (half of the short side), forms three lobes toward the long side barrier and two toward the center of the rink. The pattern of the dance covers half of the rink, therefore one time around the rink is composed of two sequences of the dance.

Steps 1 through 4, the same steps for both partners, are skated in Foxtrot position and form a lobe that initially opens toward the long side barrier and successively becomes parallel to it. This lobe consists of a LFO (step 1) a crossed chasse XCh-RFI (step 2), a LFO (step 3), followed by a RFI progressive (run, step 4).

Step 5 for the woman is a LFO-swing-rocker for four beats total performed while the man skates a LFO (5a) and a RFO (5b) each for two beats; these steps are aimed initially toward the center of the rink, then parallel to the long axis, and finally toward the long side barrier.

- The woman's rocker on the second beat (step 5), preceded by a forward swing of the right free leg, which facilitates the execution of the turn, is executed by the woman only after the free foot has passed the skating foot, and, at the same time, the woman crosses the tracing of the man's skating foot (step 5a).
- The couple assumes Waltz position on step 5b.
- At the end of the rocker, the woman performs a soft bend of the skating knee that coincided with the bend of the man's knee on step 5b (RFO). The movement of the woman's free leg on the third and fourth beats of step 5 is free to interpretation.

Step 6 the man performs a LFO aimed toward the long side barrier followed by a three turn (on the second beat) while the woman performs a RBO for two beats. The couple maintains Waltz position through step 7a, and on step 7b they resume Foxtrot position.

Step 7a for the man (two beats), composed of a RBO beginning toward the long side barrier and becoming parallel to it, is followed by a mohawk LFO.

Step 7b (two beats), which moves away from the barrier and toward the long axis.

- For the woman step 7 is a mohawk LFO for four beats in which the movement of the free leg is free to interpretation. With step 7b the couple returns to Foxtrot position.

Step 8 is, for both partners, a XR-RFO aimed toward the long axis where the couple should perform an evident change of lean of the body baseline and a change of trajectory from the previous step.

Step 9 is a progressive (run) for two beats that begins toward the long axis and becomes parallel to it.

Step 10, a RFO that is brought toward the long side barrier, completes the lobe begun by step 8.

Step 11, a two-beat LFO executed by the couple with the free leg extended in back, the man must maintain his partner close to his right hip to prepare for and

facilitate the execution of the following step (closed mohawk), aimed toward the long side barrier and finishing parallel to it.

Step 12, closed mohawk RBO (two beats), performed with the toe of the free foot placed to the outside of the heel of the skating foot, is executed parallel to the long side barrier and finishes away from it. After the closed mohawk, the partners continue a slow clockwise rotation of the body combined with sufficient pressure on the outside edge in preparation for step 13.

During step 13, XF-LBI, cross-tracing of the skating feet occurs due to the shift in the woman's position that, after being made to drift slightly behind the man, allows her to place her foot on a RFI (step 14).

Step 14, a mohawk RFI which concludes the dance bringing the couple parallel to the short side of the rink, must be skated by the man without stepping over the woman's foot.

During the evaluation of this dance particular attention should be paid to the following elements:

- Accuracy of timing, step technique, and the prescribed pattern and positions.
- Execution of the crossed chasse (step 2) with feet close and parallel.
- Step 5: execution of the woman's rocker on the second beat with well-defined edges; the woman's skating foot should cross the tracing of the man's skating foot.
- Steps 5a, 5b, and 6, for the man, must be clear outside edges.
- Step 6 for the man is a LFO (not a cross-roll); step 6 for the woman (RBO), is aimed toward the long side barrier and not parallel to it; step 6 for the woman is a stroke.
- Step 7 (for the woman) and 7a – 7b (for the man): the partners must remain close and maintain Foxtrot position without separating. The control of this position after the man's mohawk is important because on the rotation of this step, if not controlled with good posture, tends to make the woman move in front and far away from the man.
- Step 11 must be an outside edge aimed initially toward the long side barrier, and successively parallel to it.
- Correct technical execution of the closed mohawk (step 12).
- Step 13 is for both partners a XF-LBI maintaining the inside edge throughout the step; often the woman, because she moves behind the man, tends to change her edge to outside.
- On step 14, mohawk RFI, the man must avoid stepping over the woman's foot.

Key Points – Rocker Foxtrot Couples

Section 1:

1. **Step 5:** proper execution of the Swing-Rocker, keeping the outside edge before/after the turn, aimed toward the center of the rink. The woman's rocker must be preceded by a forward swing of the free leg (not a dropped chasse), all on beat 1 of the step. The execution of the woman's rocker is on beat two (2) with well-defined edges. The woman's skating foot should cross the tracing of the man's skating foot (step 5a).
2. **Step 6:** proper execution of Roll (outside backward edge to a Stroke outside backward edge) in Waltz position (not Tango).

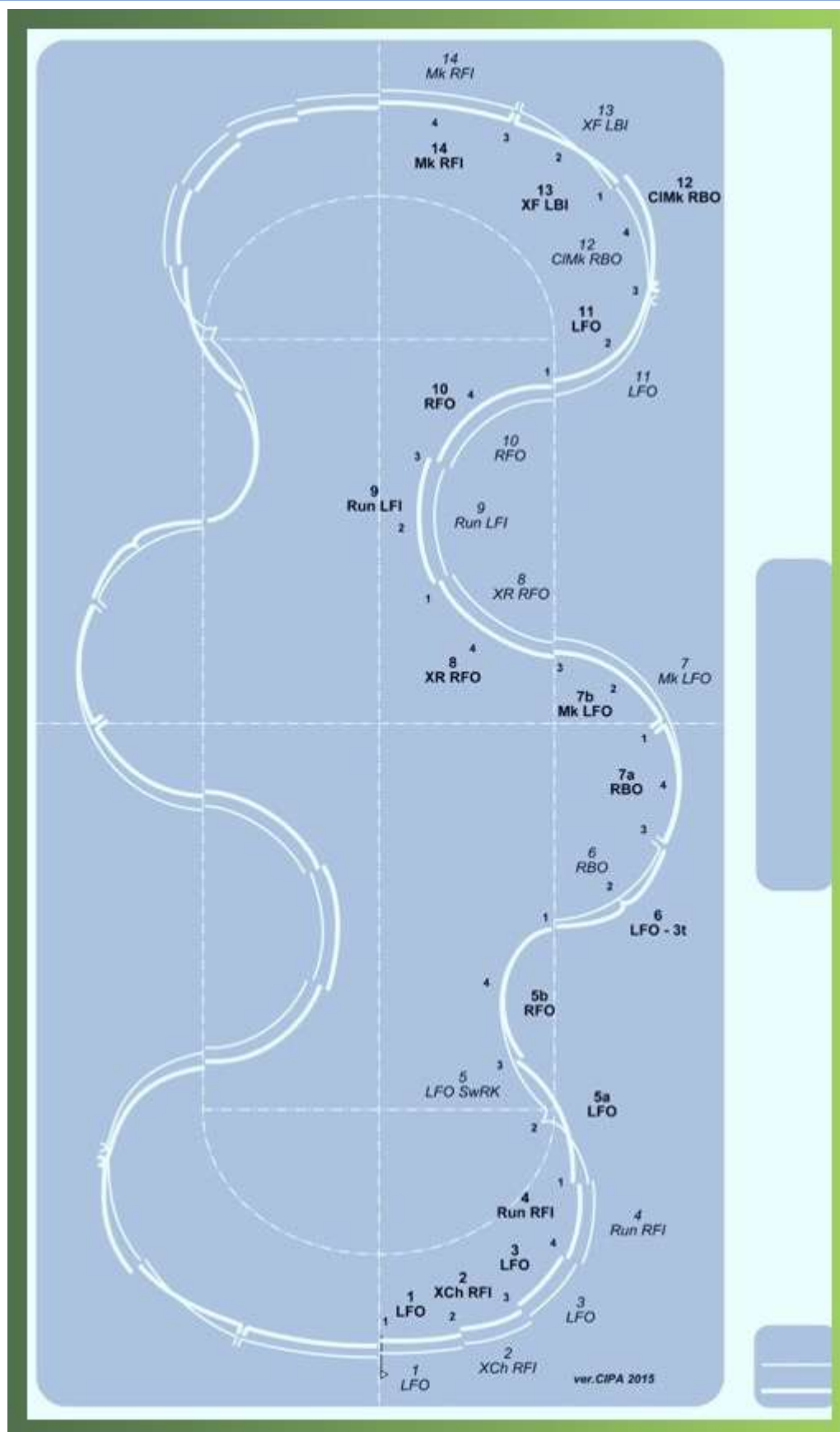
Section 2:

1. **Steps 11-12:** (LFO and RBO): Proper execution of the closed mohawk (the free foot becoming the employed foot is placed to the outside of the skating foot and successive stroke of the left foot to a forward position); maintain control of Foxtrot position of the couple during the execution of the closed mohawk.
2. **Step 13:** proper execution of Cross Front, Step 13, for both partners a XF-LBI maintaining the inside edge throughout; (often the woman, because she moves behind the man, tends to change her edge to outside.)
3. **Step 14:** proper execution of Mohawk, maintaining control of Foxtrot position; the man must avoid stepping over the woman's foot. The edge must be an inside edge, but it is often incorrectly skated flat (often the woman, because she moves behind the man, tends to change her edge to outside, or the man, because he step over the woman's foot, tends to change his edge to flat or outside).

List of steps – Rocker Foxtrot Couples

HOLD	NO.	WOMAN'S STEP	BEATS			MAN'S STEP
Foxtrot	1	LFO		1		LFO
	2	XCh RFI		1		XCh RFI
	3	LFO		1		LFO
	4	Run RFI		1		Run RFI
	5a	LFO SwRk	1+1+2		2	LFO
Waltz	5b				2	RFO
	6	RBO	2		1+1	LFO-3t
	7a	Mk LFO *	4		2	RBO
Foxtrot	7b				2	Mk LFO
	8	XR RFO		2		XR RFO
	9	Run LFI		2		Run LFI
	10	RFO		2		RFO
	11	LFO		2		LFO
	12	CIMk RBO		2		CIMk RBO
	13	XF LBI		2		XF LBI
	14	Mk RFI		2		Mk RFI
* free leg free movement						

Pattern – Rocker Foxtrot Couples



ROCKER FOXTROT (MODIFIED) - SOLO

By Erik Van Der Weyden & Eva Keats

Music: Foxtrot 4/4

Tempo: 104 bpm

Patter: Set

The dance, which begins at the intersection of the long axis with the short side barrier, forms three lobes toward the long side barrier and two toward the center of the rink. The pattern of the dance covers half of the skating surface; therefore, one time around the floor is composed of two sequences of the dance.

Steps 1 through 5 form a lobe that initially opens toward the long side barrier and successively becomes parallel to it, and finishes aiming toward the center of the rink. This lobe consists of: **Step 1 LFO** (1 beat), **step 2 XCh RFI** (1 beat) a crossed chasse with feet close and parallel, **step 3 LFO** (1 beat) followed by **step 4 RFI** (1 beat) progressive run.

Step 5 DpCh LFO Rk (4 beats) is a dropped chasse followed by an outside forward rocker of four beats total, aimed initially toward the center of the rink, then parallel to the long axis and finally toward the long side barrier. The rocker must be performed on the second beat of the step. The movement of the skater's free leg on the third and fourth beats is optional.

Step 6 RBO (2 beats) the skater performs outside backward edge, aimed toward the long side barrier on a strong outside edge.

Step 7 Mk LFO 3t 3t ($1 + \frac{1}{2} + \frac{1}{2} + 2$, total 4 beats) is an outside forward mohawk and two three turns of $\frac{1}{2}$ beat each, that begins parallel to the long side barrier and then moves away from it, finishing toward the long axis; the movement of the free leg is optional.

Step 8 XR RFO (2 beats) aimed toward the long axis where the skater should perform an evident change of lean of the body baseline from the previous step.

Step 9 Run LFI (2 beats) progressive run for two beats that begins toward the long axis and becomes parallel to it.

Step 10 RFO (2 beats) a stroke that is aimed toward the long side barrier, completes the lobe begun by step 8.

Step 11 LFO (2 beats) is an outside forward stroke followed by **Step 12 CIMk RBO** (2 beats). The skater aims toward the long side barrier in preparation for the turn and ends moving away from it.

Step 13 XF LBI (2 beats) maintains the curve on an inside edge for two beats. The movement of the free leg is optional during this step.

Step 14 Mk RFI (2 beats) concludes the dance, bringing the skater to the short side of the rink, ending at the long axis.

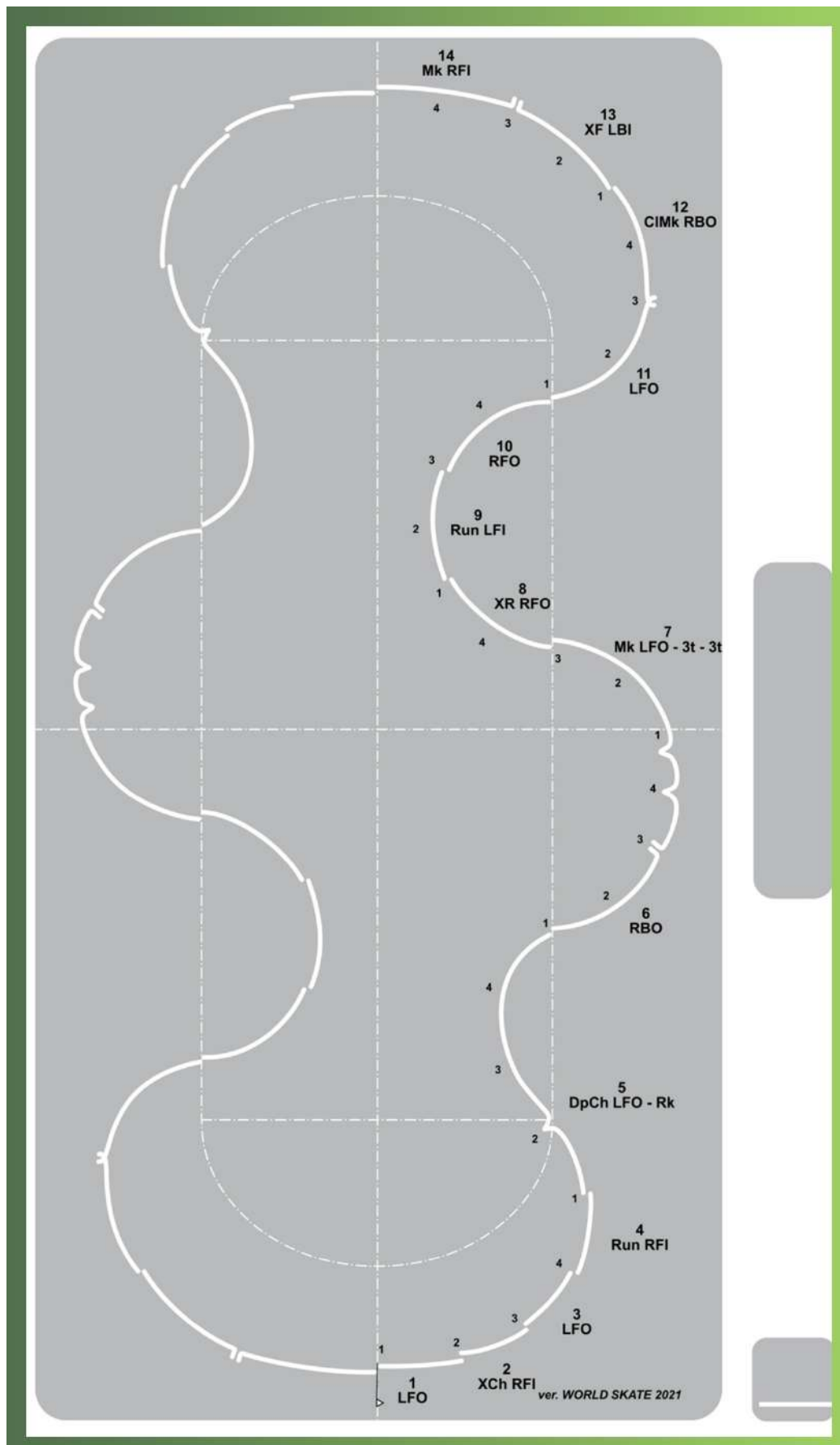
Key Points – Rocker Foxtrot Solo (modified)

1. **Step 5 DpCh LFO Rk** (4 beats): correct technical execution of dropped chasse with feet together close and parallel starting the step; correct technical execution of the rocker on the second beat of the step keeping the outside edges before/after the turn with well-defined deep curves.
2. **Step 7 LFO 3t 3t** ($1 + \frac{1}{2} + \frac{1}{2} + 2$, total 4 beats): correct technical execution of the three turns and the timing of the turns on half beats.
3. **Step 12 CIMk RBO** (2 beats): correct technical execution of the closed mohawk with feet close together, executed on a clear outside edge.
4. **Step 13 XF LBI** (2 beats): correct technical execution of cross in front, maintaining the inside edge throughout, not changing or flattening the edge.

List of steps – Rocker Foxtrot Solo (modified)

STEP No.	STEP	NUMBER OF BEATS OF MUSIC	
1	LFO		1
2	XCh RFI		1
3	LFO		1
4	Run RFI		1
5	DpCh LFO Rk	1+3	4
6	RBO		2
7	Mk LFO 3t 3t	$1 + \frac{1}{2} + \frac{1}{2} + 2$	4
8	XR RFO		2
9	Run LFI		2
10	RFO		2
11	LFO		2
12	CIMk RBO		2
13	XF LBI		2
14	Mk RFI		2

Pattern – Rocker Foxtrot Solo (modified)



ROLLER SAMBA – SOLO

By: Hugo Chapouto (revised by: Lorenza Residori & Anna Remondini)

Music: Samba 2/4

Tempo: 104

bpm

Pattern: Set

The dance must be performed with energy and determination.

Step 1 LFO (2 beats), aimed in the direction of the long side barrier followed by **Step 2 XF RFI** (2 beats), a right inside cross in front with simultaneous free leg stretch, aimed parallel to the long side barrier.

Steps 3 LFO and **4 CH RFI** ($\frac{1}{2}$ beat each) are respectively a stroke and a chasse in the direction of the short side barrier.

Step 5 LFO 3t (1 + 2 beats) is a LFO stroke aimed toward the short side barrier followed by a three turn on the 2nd beat, with optional free leg movement, followed by **Step 6 RBO** (2 beats) aimed parallel to the short side barrier.

Step 7 CIMk LFO (1 $\frac{1}{2}$ beats) is a closed mohawk that intersects the long axis and moves toward the long side barrier.

Steps 8 Ch RFI ($\frac{1}{2}$ beat) and **Step 9 LFO** (2 beats) are respectively a chassé and a stroke, both directed towards the long side barrier.

Step 10 XB RFI (two beats) is a right forward inside cross behind skating towards the long side barrier.

Steps 11 LFO (1 beat) and **12 OpMk** (1 beat) are respectively a stroke and an open mohawk.

Step 13 Mk LFO Sw ~I Sw, (2 + 2 + 2 beats) is a mohawk where the free leg swings in front on the 3rd beat for two beats. On the 5th beat the skater executes simultaneously a swing back and a change of edge to inside; the step begins parallel to the long side barrier, and curves in the direction of the long axis to end on the 6th beat parallel to it.

Step 14 is a **DpCh RFO** (2 beats), which starts parallel to the long axis and aims toward the long side barrier and ends near the short axis of the rink.

Step 15 LFO (2 beats) curves to end in the direction of the long axis by intersecting the short axis.

Step 16 XR RFO Sw (2+2 beats), describes a large and marked lobe directed initially toward the long axis and then toward the long side barrier. The free leg swings in front on the third beat.

Reference Steps:

Step 7 – must start before the long axis and finish after it.

Steps 15 - must start before the short axis and finish after it.

Key Points – Roller Samba Solo

1. Steps 5 LFO 3t (1+2 beats):

- Correct timing of the step;
- Correct technical execution of the three turn, executed on the 2nd beat of the step, with the correct edge before and after the turn.

2. Step 7 CIMk LFO (1 ½ beats):

- Correct timing of the step;
- Correct execution of the Closed Mohawk with feet close together and the free leg finishing in front of the body at the end of the turn;
- Respecting the prescribed edges required before and after the CIMk.

3. Step 13 Mk LFO Sw ~I Sw, (2+2 +2 beats):

- Correct timing of the step;
- Correct technical execution of the swing with the free leg being held back for 2 beats then swung forward on the 3rd beat, without deviation from the outside edge in advance.
- Correct timing and technical execution of the change of edge and, simultaneously, of the swing back on the 5th beat of the step, without deviation from the inside edge in advance.

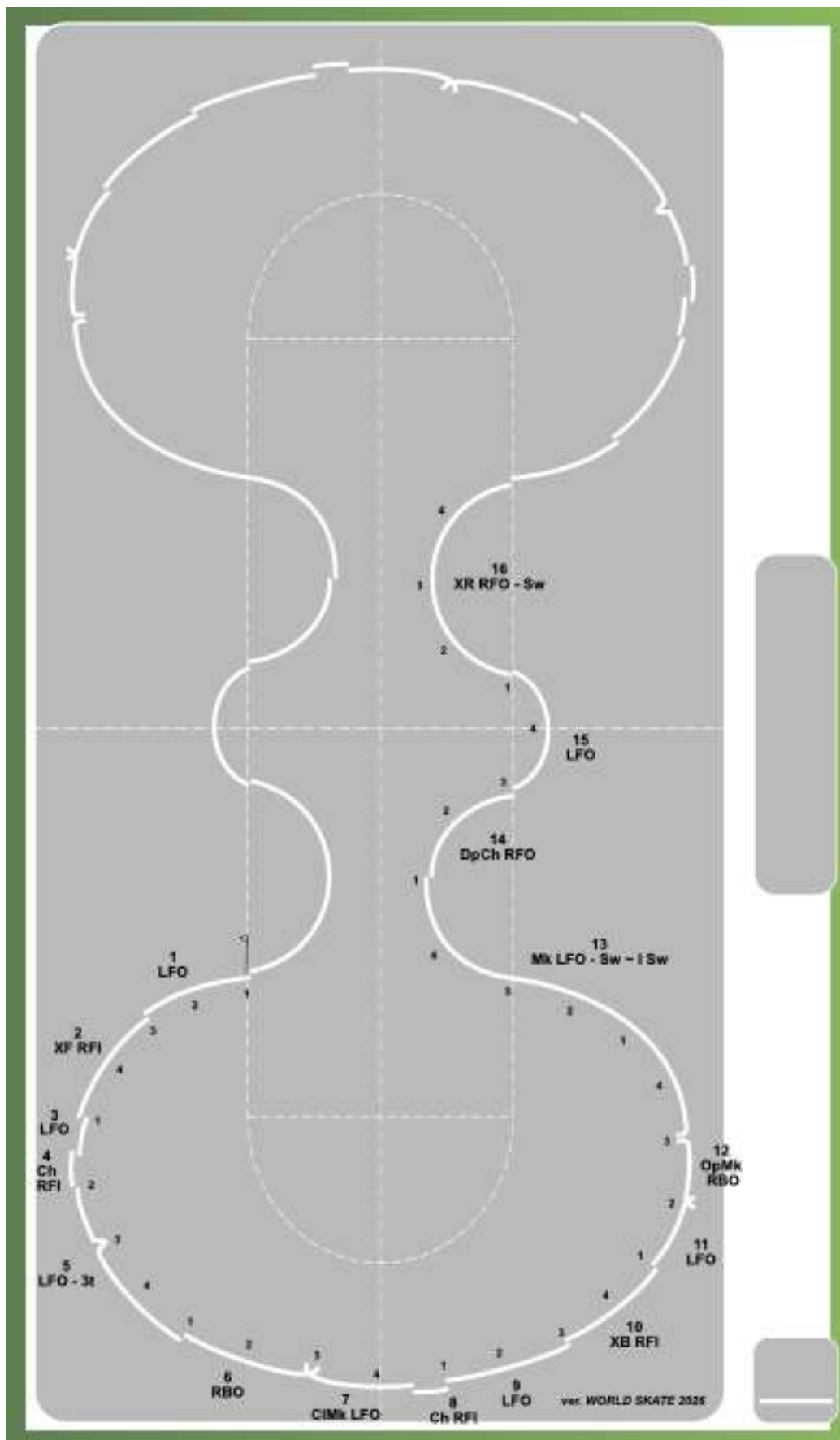
4. Steps 16 XR RFO Sw (2+2 beats):

- Correct timing of the step;
- Correct technical execution of the cross roll (respecting the prescribed edges required before and after the XR) with adequate inclination of the body;
- Correct technical execution of the swing with the free leg being swung forward on the 3rd beat, without deviation from the outside edge in advance.

List of steps – Roller Samba Solo

STEP NO.	STEP	MUSICAL BEAT
1	LFO	2
2	XF RFI	2
3	LFO	$\frac{1}{2}$
4	Ch RFI	$\frac{1}{2}$
5	LFO 3t	1 + 2
6	RBO	2
7	CIMk LFO	$1\frac{1}{2}$
8	Ch RFI	$\frac{1}{2}$
9	LFO	2
10	XB RFI	2
11	LFO	1
12	OpMk RBO	1
13	Mk LFO Sw -I Sw	2+2 +2
14	DpCh RFO	2
15	LFO	2
16	XR RFO - Sw	2+2

Pattern – Roller Samba Solo



ROLLER SAMBA – COUPLES

By Hugo Chapouto

Music: Samba 2/4

Tempo: 104 bpm

Position: Crossed Arm Kilian, Reverse Crossed Arm Kilian

Pattern: set

The dance must be performed with energy and determination.

The position is Crossed Arm Kilian and Reverse Crossed Arm Kilian; the steps are the same for both skaters.

Step 1 LFO (2 beats), a stroke in the direction of the long side barrier, followed by **Step 2 XF RFI** (2 beats), a right inside cross in front with simultaneous free leg stretch, is parallel to the long side barrier.

Steps 3 LFO and **4 Run RFI** (1 beat each) are respectively a stroke and a run in the direction of the short side barrier.

Step 5, LFO (1 beat) stroke, followed by **Step 6 Ch RFI** (1 beat) for the man, while the woman simultaneously skates **Step 5 LFO 3t** (1+ ½ beats), crossing the man's tracing, followed by **Step 6 RBO** (½ beat) to the left of the man and maintaining the crossed position of the arms. The position with crossed arms is maintained as in the previous step.

Steps 7 LFO and **8 Run RFI** (1 beat each) are for the man respectively a stroke and a run towards the long side barrier while the woman performs, simultaneously with the man, **Step 7 Mk LFO** (1 beat), and **Step 8 Run RFO** (1 beat), a run. The position assumed by the pair during step 7 is Reverse Crossed Arm Kilian which will be maintained until step 19.

Step 9 LFO (2 beats) for both skaters is aimed towards the long side barrier.

Step 10 XB RFI (2 beats), is skated towards the long side barrier.

Step 11 LFO Sw - I Sw, (6 total beats, 2 + 2 + 2), in which the free leg swings in front on the 3rd beat and back on the 5th beat simultaneously with a change of edge to inside (on the 5th beat); the step starting parallel to the long side barrier, curves in the direction of the long axis to end on the 6th beat parallel to it.

Step 12 is a DpCh RFO (2 beats), which aims towards the long side barrier and ends near the short axis of the rink.

Step 13 LFO (2 beats) a stroke, curves to end in the direction of the long axis by intersecting the short axis.

Step 14 XR RFO Sw (2+2 beats), describes a large and marked lobe directed initially toward the long axis and then toward the long side barrier. The swing takes place by swinging the free leg in front on the 3rd beat.

Step 15 LFO (2 beats) stroke, aimed in the direction of the long side barrier followed by **Step 16 XF RFI** (2 beats), a right inside cross in front with simultaneous free leg stretch, is parallel to the long side barrier.

Steps 17 LFO and 18 Run RFI (1 beat each) are respectively a stroke and a run in the direction of the short side barrier.

Step 19 LFO (1 beat) is a stroke for the woman followed by **Step 20 a Ch RFI** (1 beat); the man skates simultaneously **Step 19 LFO 3t** (1 + ½ beats), crossing the woman's tracing, followed by **Step 20 RBO** (½ beat) to the left of the woman and maintaining the crossed position of arms.

Steps 21 LFO and 22 Run RFI (1 beat each) are for the woman respectively a stroke near the long axis and a run (1 beat) after the long axis while the man performs, simultaneously with the woman, **Step 21 Mk LFO** (1 beat) and **Step 22 Run RFI**.

The position taken by the couple during **Step 21** is Crossed Arm Kilian which will be maintained until the end of the dance.

Step 23 LFO (2 beats) is a stroke for both skaters in the direction of the long side barrier.

Step 24 is an **XB RFI** (2 beats), skated towards the long side barrier.

Step 25 LFO - Sw, (2+2 beats), a stroke in which the free leg swings forward on the 3rd beat; the step starts parallel to the long side barrier and curves in the direction of the long axis.

Step 26 RFO (2 beats) is a stroke, aimed in the direction of the long axis, curving on an outside edge, followed by **Step 27 DpCh LFI** (1 ½ beats), which begins parallel to the long axis, and aims toward the long side barrier.

Step 28 Ch RFI (½ beat) on the inside edge changes the trajectory of the previous step and is near the short axis of the rink.

Step 29 LFO (2 beats) is a stroke curves in the direction of the long axis and intersects the short axis.

Step 30 XR RFO Sw (2+2 beats) is a cross-roll that describes a large and marked lobe directed initially towards the long axis and then toward the long side barrier. The swing takes place by swinging the free leg in front on the 3rd beat.

Reference Steps:

Step 8 – Must start by the long axis.

Step 13 – Must start before the short axis and finish after it.

Step 22 - Must start by the long axis

Step 29 - Must start before the long axis and finish after it.

Key Points – Roller Samba Couples

Section 1

1. Steps 5 LFO- 3t (1+ ½ beats) and 6 RBO (½ beat) for the woman:

- correct timing of the steps;
- correct technical execution of the 3T, executed on the ½ beat of the Step 5, with the correct edge before and after the turn;
- clear outside edge on Step 6, for ½ beat.

For the couples:

- Attention to the position of the couple which should be close without any separations.

2. Step 11 LFO Sw - I Sw:

- correct timing of the step;
- correct technical execution of the **swing** with the free leg being held back for 2 beats then swung forward on the 3rd beat, without deviation from the outside edge in advance;
- correct timing and technical execution of the **change of edge** and, simultaneously, of the **swing** back on the 5th beat of the step, without deviation from the inside edge in advance.

For couples:

- attention to the position of the couple which should be close without any separations;
- attention to the unison of the free legs on the swing.

3. Step 12 DpCh RFO (2 beats):

- correct timing of the step;
- correct technical execution of the DpCh – starting in “and position”: with feet close and parallel. On beat 1, the left leg becomes the free leg and immediately extends in front;
- no deviations from the inside edge;

For couples:

- attention to the position of the couple which should be close without any separations.

4. Step 14 XR RFO Sw (2+2 beats):

- correct timing of the step;
- correct technical execution of the cross roll (respecting the prescribed edges required before and after the XR), on a clear and correct outside edge, with adequate inclination of the body;

For couples:

- attention to the position of the couple which should be close without any separations;
- attention to the unison of the free legs on the swing.

Section 2

1. Steps 19 LFO 3t (1+ ½ beat) and step 20 RBO (½ beat) for the man:

- Correct timing of the steps;
- Correct technical execution of the 3T, executed on the ½ beat of the step 19, with the correct edge before and after the turn;
- Clear outside edge on step 20 for ½ beat.

For couples:

- Attention to the position of the couple which should be close without any separations.

2. Step 24 XB RFI (2 beats):

- correct timing of the step;
- correct technical execution of cross behind, with feet close and parallel before executing the RFI on a clear inside edge.

For couples:

- attention to the position of the couple which should be close without any separations.

3. Step 27 DpCh LFI (1 ½ beats):

- correct timing of the step;
- correct technical execution of the DpCh – starting in “and position”: with feet close and parallel. On beat 1, the left leg becomes the free leg and immediately extends in front;
- no deviations from the inside edge.

For couples:

- attention to the position of the couple which should be close without any separations.

4. Step 30 XR RFO Sw (2+2 beats):

- correct timing of the step;
- correct technical execution of the cross roll (respecting the prescribed edges required before and after the XR), on a clear and correct outside edge, with adequate inclination of the body.

For couples:

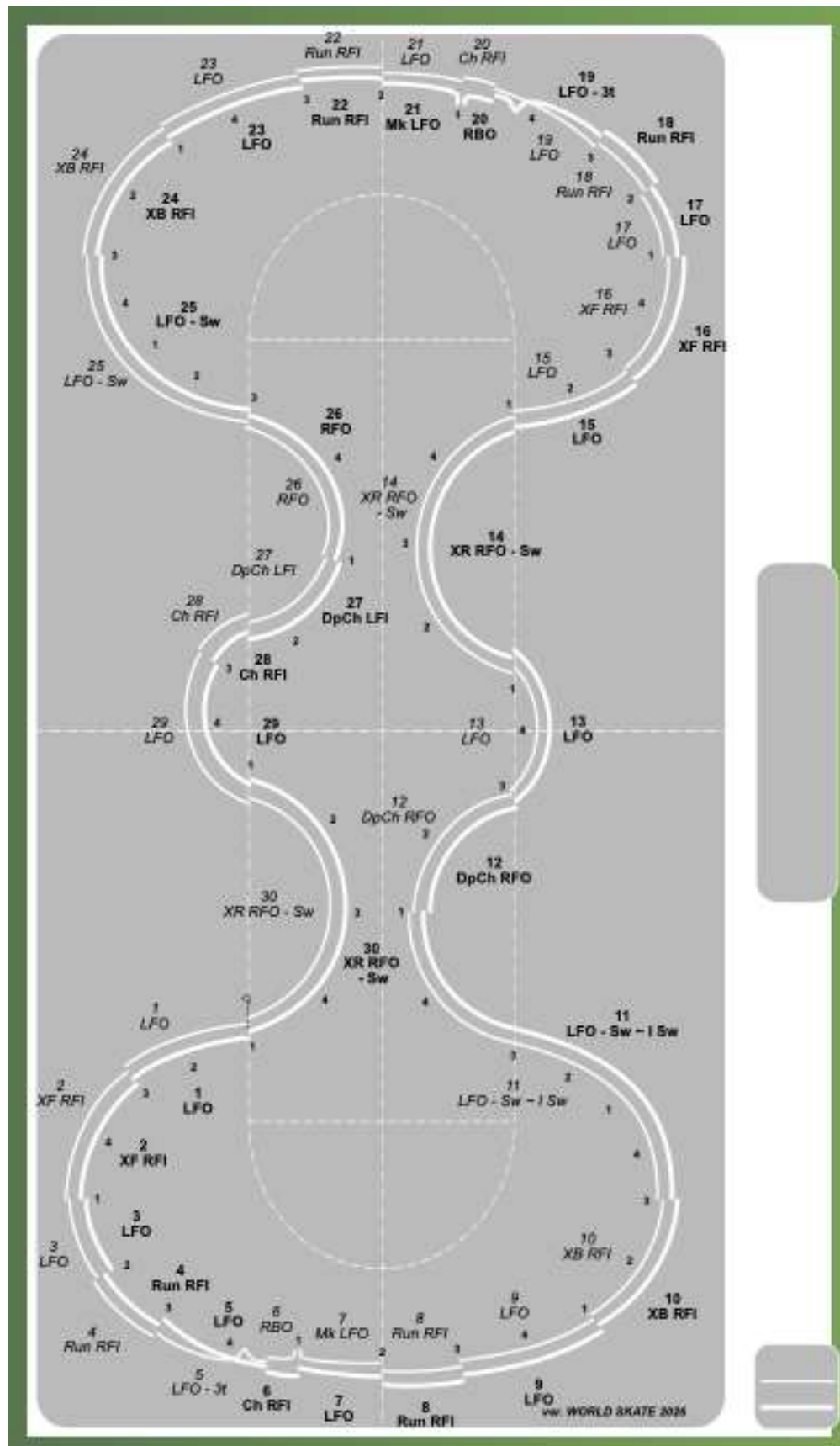
- Attention to the position of the couple which should be close without any separations;
- Attention to the unison of the free legs on the swing

List of steps – Roller Samba Couples

HOLD	STEP	WOMAN'S STEPS	BEATS WOMAN	BEATS BOTH	BEATS MAN	MEN'S STEPS
SECTION 1						
Crossed Arm Kilian	1	LFO		2		LFO
	2	XF RFI		2		XF RFI
	3	LFO		1		LFO
	4	Run RFI		1		Run RFI
	5	LFO 3t	1 + ½		1	LFO
	6	RBO	½		1	Ch RFI
Reverse Cross Arm Kilian	7	Mk LFO		1		LFO
	8	Run RFI		1		Run RFI
	9	LFO		2		LFO
	10	XB RFI		2		XB RFI
	11	LFO Sw I-Sw		2+2+2		LFO Sw I-Sw
	12	DpCh RFO		2		DpCh RFO
	13	LFO		2		LFO
	14	XR RFO Sw		2+2		XR RFO Sw
SECTION 2						
	15	LFO		2		LFO
	16	XF RFI		2		XF RFI
	17	LFO		1		LFO
	18	Run RFI		1		Run RFI
	19	LFO	1		1+½	LFO 3t
	20	Ch RFI	1		½	RBO
Cross Arm Kilian	21	LFO		1		Mk LFO
	22	Run RFI		1		Run RFI
	23	LFO		2		LFO
	24	XB RFI		2		XB RFI
	25	LFO Sw		2+2		LFO Sw
	26	RFO		2		RFO

	27	DpCh LFI		1 ½		DpCh LFI
	28	Ch RFI		½		Ch RFI
	29	LFO		2		LFO
	30	XR RFO Sw		2+2		XR RFO Sw

Pattern – Roller Samba Couples



ROMAN MOOD - SOLO

By Alessandro Spigai

Music: Dance 4/4

Tempo : 120 bpm

Pattern: Set

Free leg movements in this dance, if not mentioned, are optional.

1st SECTION

Step 1 Forward inside Scissor move (1+1 beats):

This movement must start and finish with both feet on the floor.

Starting with feet close together on an angular position (this angular position is mostly made by the right foot while taking the floor), both feet must separate from each other and join again doing inside edges for 2 beat.

- **1st Beat:** The anti-clockwise lobe made by the right foot must be done at the same time and similar to the clockwise lobe made by the left feet, making both skates widely separate and parallel.
- **2nd Beat:** Always on inside edges both feet must return, on the last moment, to a parallel "and position" on the right foot, preparing step 2.

Step 2 LFO (1 beat) is a Stroke followed by **Step 3 Run RFI** (1 beat).

Step 4 LFO Sw RK / I RK (1+1+2+2+2 beats, total 8 beats) Is a step that consists of:

- **4a)** a stroke on an LFO edge followed by a swing in front of the free leg on the 2nd beat,
- **4b)** an outside rocker on the 3rd beat (2 beats),
- **4c)** a change of edge to inside on the 5th beat (2 beats),
- **4d)** an inside rocker on the 7th beat (2 beats).

Step 5 RFO (½ beat) is a stroke followed by **Step 6 Ch LFI** (½ beat).

Step 7 RFO Sw (1+2 beats) is a RFO stroke of 1 beat followed by a swing in front on the 2nd beat;

Step 8 ClCW LBI (1½ beats) is a Close Choctaw LBI for 1½ beat;

Step 9 Wd RBO (½ beat) is a Wide step on an outside edge. In this step it is possible to keep the left foot in contact with the floor or lift it;

Step 10 XS LBI 3T (1+1 beats), is a Three turn on the 2nd beat.

Step 11 SISd RFI (LFO) INB 3T Sw (1+1+2+2 beats, total 6 beats) is a step that consists of:

- **11a)** SISd RFI (LFO) (1 beat), is a Slip Slide where the right foot does a forward inside edge while the left foot slides forward, in a stretched position, on an outside edge.
- **11b)** Ina Bauer (1 beat) on the 2nd beat, the center of gravity stays on the right leg that must be bent on a forward inside edge; the left leg is placed back of the right foot tracing, in an extended position, skating backwards. The Ina Bauer begins on two feet from the Slip Slide (step 11a)

• **11c)** is a 3T that must be done on the 3rd beat finishing with the free leg extended in front for 1 more beat (4th beat of the step). The 3t begins on two feet from the previous Ina Bauer and must be done using the right foot to turn (step 11b).

• **11d)** a swing in back on the 5th beat.

Step 12 Wd LBO (1 beat) Wide step on an outside edge. In this step the contact on the floor by the right foot is optional .

Step 13 XS RBI CT (3+2 beats), is a cross stroke on the 1st beat and a Counter on 4th beat.

2nd SECTION

Step 14 LFO (1 beat) and **Step 15 Run RFI** (1 beat).

Step 16 LFO 3T ($\frac{1}{2}$ beat + $\frac{1}{2}$ beat), with $\frac{1}{2}$ beat before and $\frac{1}{2}$ beat after the three turn, followed by **Step 17 RBO** (1 beat).

Step 18 Mk LFO (1 beat), **Step 19 Ch RFI** (1 beat) and **Step 20 LFO** (1 beat).

Step 21 Run RFI Sw BK / I BK (1+2+2+2+2 beats, total 9 beats) is a step that consists of:

- 21a) a run on an RFI edge followed by a swing in front of the free leg on the 2nd beat,
- 21b) an inside bracket on the 4th beat (2 beats),
- 21c) a change of edge to inside on the 6th beat (2 beats),
- 21d) an inside bracket on the 8th beat (2 beats).

Step 22 is an LFI Dropped chasse (2 beats);

Step 23 RFI (2 beats) is an Open stroke.

Step 24 LFO 3T (1+1 beats), a Three turn on 2nd beat.

Step 25 RBO-Tr-RFI (2+2+2 beats, total 6 beats) is a step that consists of:

- 25a) RBO, it is possible to choose between a stroke with the free leg forward or a Dropped Chasse with the free leg extended behind (2 beats),
- 25b) a traveling of two and half ($2\frac{1}{2}$) rotations in 2 beats from RBO to RFI,
- 25c) the exit of Traveling (RFI) is maintained for 2 Beats.

Step 26 LFO (2 beats) curves away from the barrier to aim toward the long axis.

Step 27 XR RFO (1 beats), is a Cross roll.

Step 28 Run LFI Sw (1+2 beats), is a run followed by a swing of the free leg on the 2nd beat.

Step 29 OpCw RBO (2 beats) is an open choctaw, executed with feet close together.

Step 30 XS LBI (1 beat), is a Cross stroke.

Step 31 Mk RFI 3T (1+1 beats), is Mohawk followed by a Three turn on 2nd beat.

Step 32 Mk LFO (1 beat) is a Moha

Key Points – Roman Mood Solo

Section 1

1. **Step 4a, 4b LFO Sw RK** –Coe-I–Rk (4 beats):

- Correct timing of the step;
- Correct technical execution of the **Outside Rocker** on the 3rd beat of the step with attention to keep the Outside edge both the entry and exit of the Rocker turn

2. **Step 4c, 4d Sw Rk–Coe-I–RK** (4 beats):

- Correct timing of the step;
- Correct timing of the Coe-I that must be done on the 5th beat, keeping a clear inside edge till the end of the 6th beat.
- Correct technical execution of the **Inside Rocker** on the 7th beat of the step with attention to keep the Inside edge both the entry and exit of the Rocker turn.

3. **Step 8 ClCw LBI** (1½ beats):

- Correct timing of the step;
- Correct technical execution of the **Closed Choctaw**, with feet close together on correct edges;
- The free leg must finish in front of the body.

4. **Step 13 XS RBI CT** (3+2 beats):

- Correct timing of the step;
- Correct technical execution of the **Inside Counter** on 4th beat of the step;
- Attention to keep the Inside edge both the entry and exit of the Counter turn

Section 2

1. **Step 21b Run RFI Sw BK** – Coe-I BK (1+2+2+2+2 beats):

- Correct timing of the step;
- Correct technical execution of the **Inside Forward Bracket** on the 4th beat of the step;
- attention to keep the correct edge both the entry and exit of the Bracket turn.

2. **Step 21d Run RFI Sw BK** – Coe-I BK (1+2+2+2+2 beats):

- Correct timing of the step;
- Correct technical execution of the **Inside Backward Bracket** on the 8th beat;
- Attention to keep the correct edge both the entry and exit of the Bracket turn.

3. **Step 25b RBO – Tr RFI** (2+2+2beats):

- Correct timing of the step;
- Correct technical execution of Traveling of two and half (2½) rotations, in 2 beats (3rd and 4th beats), from RBO to RFI.

4. **Step 29 OpCw RBO** (2 beats)

- Correct timing of the step;

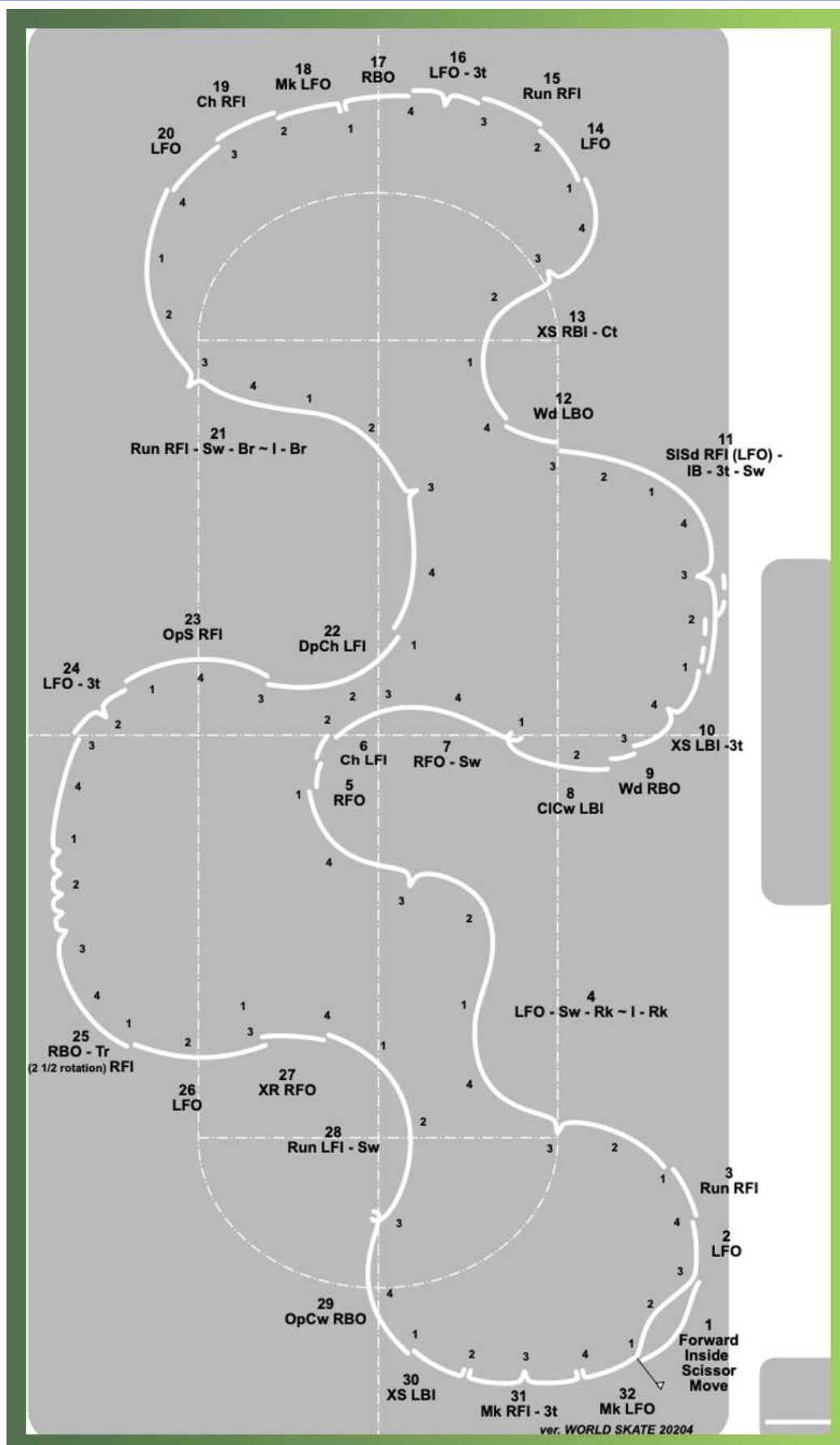
- Correct technical execution of the Open Choctaw, with feet close together on correct edges.

List of steps – Roman Mood Solo

STEP NO.	STEPS	MUSICAL BEAT
Section 1		
1	Forward inside Scissor Move	1+1
2	LFO	1
3	run RFI	1
4	LFO Sw Rk / I Rk	1+1+2+2+2
5	RFO	$\frac{1}{2}$
6	Ch LFI	$\frac{1}{2}$
7	RFO Sw	1+2
8	CICw LBI	$1\frac{1}{2}$
9	Wd RBO	$\frac{1}{2}$
10	XS LBI 3T	1+1
11	SISd RFI (LFO) INB 3T Sw	1+1+2+2
12	Wd LBO	1
13	XS RBI CT	3+2
Section 2		
14	LFO	1
15	Run RFI	1
16	LFO 3T	$\frac{1}{2} + \frac{1}{2}$
17	RBO	1
18	Mk RFO	1
19	Ch RFI	1
20	LFO	1
21	Run RFI Sw BK / I BK	1+2+2+2+2
22	DpCh LFI	2
23	RFI open stroke	2
24	LFO 3T	1+1
25	RBO Tr RFI	2+2+2

26	LFO	2
27	XR RFO	1
28	run LFI Sw	1+2
29	OpCw RBO	2
30	XS LBI	1
31	Mk RFI 3t	1+1
32	Mk LFO	1
Note: Free leg movements are optional except those mentioned in the description.		

Pattern – Roman Mood Solo



RUMBA - SOLO

Music: Dance 4/4

Tempo: 104 bpm

Pattern: Set

Step 1 LFO (1 beat) is a stroke parallel to the short side barrier, **Step 2 RFI** (1 beat) is a run and **Step 3 LFO** (1 1/2 beats) is a stroke performed to the long side barrier followed by **Step 4 Ch RFI** (1/2 beat) parallel to the long side barrier.

Step 5 LFO (2 beats) is a stroke initially parallel to the side barrier and finishes towards the long axis.

Step 6 XF RFI (2 beats) is a right forward cross in front, maintaining the inside edge for 2 beats completing the lobe.

Step 7 LFI (1 1/2 beats) is step aiming to the long axis followed by **Step 8 Ch RFO** (1/2 beat) aiming to the long axis.

Step 9 LFI-Sw-Bk (2+2+2 beats) the free leg is swung forward on 3rd beat, and the LFI Bk on the 5th beat.

Step 10 ClCW RFI (1 beat) is a closed Choctaw.

Step 11 DpCh LFO (1 beat) is a dropped chasse step on an outside edge followed by

Step 12 XF-RFI (2 beats) a cross in front which begins parallel to the long side barrier.

Step 13 LFO (2 beats) is a stroke that aims towards the long axis, completing the barrier lobe.

Step 14 RFO (1 beat) is a stroke that also aims towards the long axis, followed by

Step 15 Ch LFI (1 beat).

Step 16 RFO – Sw - CT (2+2+2 beats) the free leg is swung forward on 3rd beat, with the counter turned on the 5th beat and finishing on an outside edge for the remaining 2 beats.

Step 17 Mk LFO (1beat) followed by **Step 18 Ch RFI** (1 beat), beginning parallel to the long side barrier.

Step 19 LFO (2 beats) is a stroke that aims towards the long axis and **Step 20 XF RFI** (2 beats) is a cross in front that curves around, finishing aiming towards the long axis.

Step 21 LFI (1beat) and **Step 22 RFI** (1 beat) are inside edges of one beat each, followed by **Step 23 LFI** (2 beats). These inside edges should create a serpentine pattern on a corner baseline.

Step 23 LFI (2 beats) is a two-beat inside edge that finishes toward the short side barrier.

Step 24 RFO-LFI (2 beats) both feet are placed on the floor in a parallel and close position skating a clockwise direction.

After finishing this movement, Immediately, the right skating foot remains on the floor and does a **COE** to **Step 25**, a **DpCh RFI** (2 beat) with the left free leg finishing in front of the body.

Key Points – Rumba Solo

1. **Steps 9 LFI Sw Bk** (2+2+2 beats)

- Correct timing of the step;
- The free leg must swing forward on the third beat;
- Correct technical execution of the BK on the 5th beat, with a clear inside edge before and an outside edge after the turn;

2. **Step 11 DpCh LFO** (1 beat) **and 12 XF RFI** (2 beats)

- Correct timing of the steps;
- Correct technical execution of the DPCh (step 11), on a clear outside edge, with the free leg finishing in front of the body;
- Correct technical execution of the cross in front (step 12), on an inside edge with feet close and parallel before assuming the RFI.

3. **Step 16 RFO_Sw CT** (2+2+2 beats)

- Correct timing of the step;
- Correct technical execution of the Sw, on a clear outside edge where the free leg swings forward on the third beat;
- Correct technical execution of the CT, executed on the fifth beat, with the correct edge on the entry and exit of the turn.

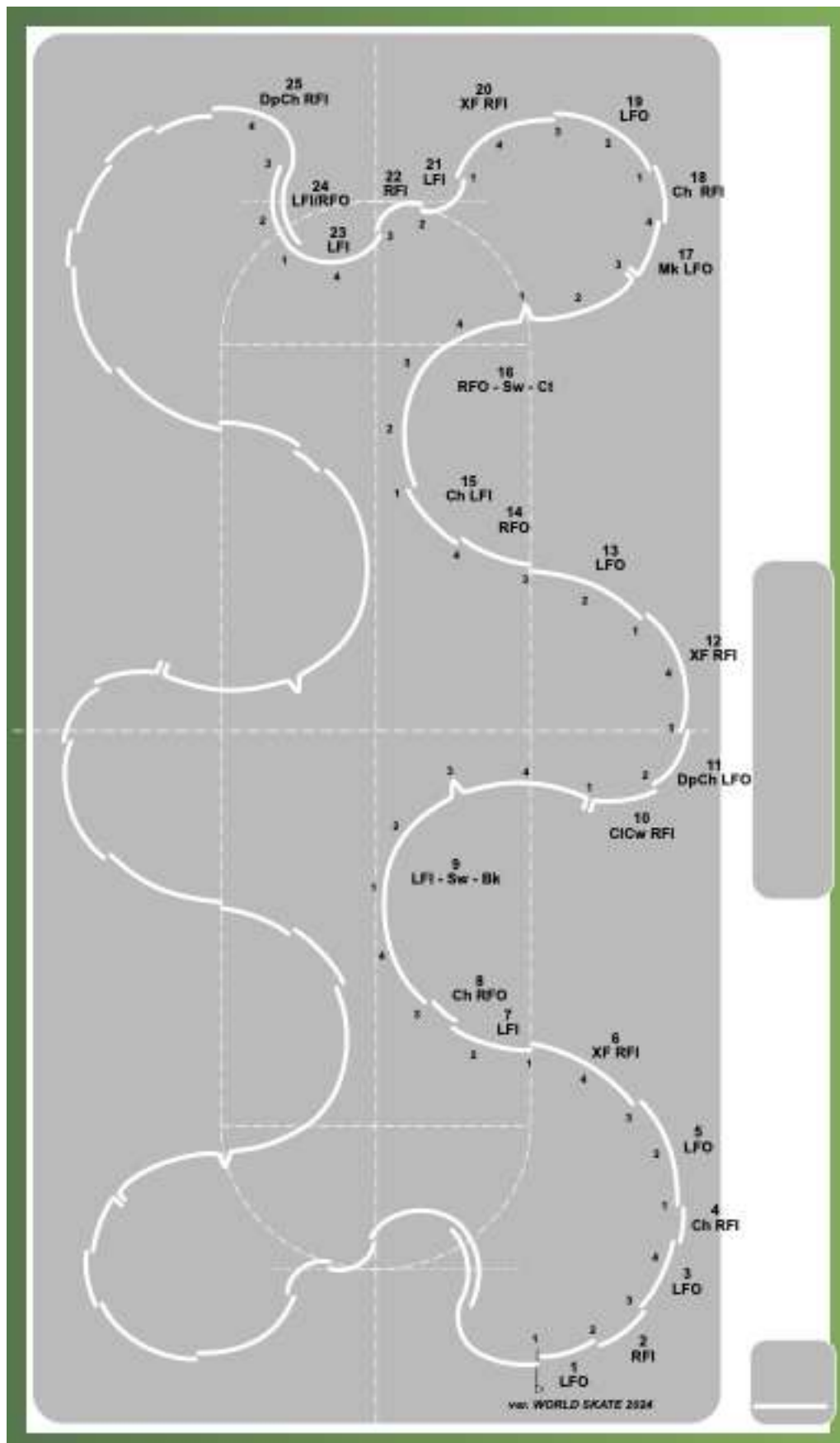
4. **Step 24 RFO-LFI** (2 beats) **and Step 25 DpCh RFI** (2 beats)

- Correct timing of the step;
- Correct technical execution of **step 24** with both feet on the floor for two beats on the correct right outside edge and left inside edge with feet close and parallel.
- Correct technical execution of the COE and of the DpCh (Step 25) for two beats, on an inside edge, with the free leg finishing in front of the body at the completion of the step.

List of steps – Rumba Solo (44 beats total)

N°	STEPS	BEATS
1	LFO	1
2	Run RFI	1
3	LFO	1 ½
4	Ch RFI	½
5	LFO	2
6	XF RFI	2
7	LFI	1 ½
8	Ch RFO	½
9	LFI Sw BK	2+2+2
10	CICw RFI	1
11	DpCh LFO	1
12	XF RFI	2
13	LFO	2
14	RFO	1
15	Ch LFI	1
16	RFO Sw CT	2+2+2
17	Mk LFO	1
18	Ch RFI	1
19	LFO	2
20	XF RFI	2
21	LFI	1
22	RFI	1
23	LFI	2
24	RFO-LFI	2
25	DpCh RFI.	2

Pattern – Rumba Solo



SHAKEN SAMBA - COUPLES

By Unknown. Revised by Lorenza Residori - Stefano Orsi

Music: Samba 2/4

Tempo: 104 bpm

Position: Foxtrot-Partial Tango-Waltz-Kilian-Hand in Hand

Pattern: set

The dance must be performed with vivacity and determination. The movements of the free legs, if not mentioned, are of free interpretation (optional).

The dance begins in Foxtrot position and is maintained until step 6.

Step 1 LFI for the man and **RFO** for the woman are one-beat strokes followed by **Step 2 RFO** stroke for the man and **Run LFI** for the woman, (1 beat each).

Step 3a, LFI (2 beats) is a run for the man followed by **step 3b OpCw RBO** (1 beat); **Step 3 RFO Rk** (2+1 beats) for the woman, is a stroke followed by a RFO Rocker on the third beat.

Step 4 XB LBI (1 beat) is a cross behind for both.

Step 5, Wd Step RBO ($\frac{1}{2}$ beat) is a fast wide step, placed a short distance from the supporting foot and **Step 6. XS LBI** ($1\frac{1}{2}$ beats) for both. During this step the couple assumes Kilian position.

Step 7 Mk RFI Rk (1+1 beats), a RFI mohawk in Tandem position, in the direction of the long axis, followed by a rocker turn in Kilian position. **Step 8, Wd LBO** ($\frac{1}{2}$ beat), a fast wide step placed a short distance from the supporting foot.

Step 9a XS RBI ($1\frac{1}{2}$ beats) and **Step 9b Mk LFI** (2 beats) for the man, in which the couples assume Foxtrot position. **Step 9 XS RBI Br** ($1\frac{1}{2} + 2$ beats) for the woman, who simultaneously performs a cross stroke followed by a bracket (from RBI to RFO). The direction for both is toward the long side barrier.

Step 10 CICw RBO (1 beat) for the man is a closed choctaw that crosses the path of the woman. Simultaneously the woman performs a **stroke LFO** (1 beat) and the couple assumes Partial Tango position. The direction of this step is perpendicular to the long side barrier.

On **Step 11 XF LBI** (1 beat) for the man and **Mk RBO** (heel to heel) for the woman (1 beat), the couple maintains Partial Tango position.

On **Step 12 Mk RFI** (2 beats) for the man and **stroke LBI** for the woman (2 beats), the couple assumes Waltz position that will be maintained until Step 18.

Step 13, LFO for the man and **RBO** for the woman, is skated in the direction of the short side barrier ($\frac{1}{2}$ beat each).

Step 14 is a chasse for both, **Ch RFI** for the man and **Ch LBI** for the woman, (both of $\frac{1}{2}$ beat each), followed by **Step 15 a stroke LFO** for the man and **RBO** for the woman (both of 1 beat each).

Step 16 IvMk RBO for the man and **Mk LFO** for the woman (2 beats each) and **Step 17 Mk LFO** for the man and **IvMk RBO** for the woman ($1\frac{1}{2}$ beats each).

Step 18 Ch RFI for the man and **Ch LBI** for the woman is for both a chasse ($\frac{1}{2}$ beat each) in preparation for **Step 19 LFO 3t** (1+1 beats) for the man and **DpCh RBO** (2

beats) for the woman. During step 19 the change of position of the couple takes place, from Waltz to Kilian, which will be maintained until step 26.

Step 19b and 20 are Slides (1 beat each): **Step 19b, Slide LBI** (with RBO extended leg forward) and **20a Slide RBO**, a one beat slide (with the LBI leg extended forward), and **Step 20b RBO** (2 beats) performed by lifting the left leg from the floor with an optional free leg movement. Steps 19b-20a are slides made on the required edges that provide the forward extension of the leg that does not support the weight of the body while the position of the supporting leg is optional (can be bent, under the hips or extended behind). The edges must be kept during the slides (Note: during the slides it is possible to lift a wheel from the floor, with a minimum of 7 wheels resting on the floor). The steps end parallel to the long side barrier.

Step 21 Mk LFO (1 beat) is a LFO mohawk for both followed by **Step 22** (1 beat) **Ch RFI** for the man and **lvMk RBO** for the woman, performed under the joined left hands of the couple, which will be lifted upwards.

Step 23 is **LFO** stroke for the man and **Mk LFO** for the woman, in which the couple assumes Kilian position. **Step 24 Run RFI** (1 beat) and **Step 25 LFO** (2 beats), form a curve moving away from the long side barrier in the direction of the long axis for both skaters.

Step 26 for the woman is divided as follows (1 + 1 + 1 + 1 ½ beats):

- **26a XR RFO - 26b Ch LFI - 26c RFO+ Assisted Jump**. The woman performs steps of 4 total beats as follows:

- **26a XR RFO** in Kilian position (1 beat);

- **26b Ch LFI** (1 beat), in Waltz position;

- **26c RFO** -assisted jump (½ + 1 ½ beats) ascending/descending with optional free legs position during the time in the air.

Step 27 for the woman **RBI 3t** (1½ + ½ beats): landing from the assisted -jump on **RBI** (1½ beats), followed by a three turn (½ beat from a **RBI** to **RFO**) where the couple passes from Waltz to Kilian position.

Step 26 for the man: **XR RFO 3t** (1 + 1 beats), the man creates a full lobe aiming toward the long axis, formed by a cross roll (first beat) in Kilian position and a three turn (second beat of the step) with an optional free leg position, performed in coordination with the woman's chasse (step 26b for the woman). The couple assumes Waltz position at the end of the man's three turn.

Step 26c for the man: two feet on the skating surface **LBO/RBI** (2 beats total, ½ + 1 ½ beats) is divided as follows:

- ½ beat in which the man prepares with two feet on the skating surface (**LBO/RBI**), preparing for the woman's take-off while she is on a **RFO** edge (the woman's step 26c);
- 1 ½ beats maintaining two feet on the skating surface, during which the man supports the woman in the air to help her perform an assisted jump (the woman's step 26c).

Step 27 for the man: **Mk RFO** (2 beats): the man performs a **Mk RFO** during the descending phase of the woman's assisted jump; the position of the couple

moves from Waltz (on the landing) to Kilian (during the woman's three turn). The position of the arms is optional during this change.

Step 28 DpCh LFI-O ($1\frac{1}{2} + \frac{1}{2}$ beats) for both is a dropped chasse LFI followed by a change of edge to outside on the last $\frac{1}{2}$ beat for both, in the direction of the long side barrier.

Step 29 XF RFI (2 beats), is a cross in front that ends near the short axis.

Step 30 XB LFO (1 beat) with the free extension of the free leg, **step 31 OpCw RBI** (1 beat) that curves toward the long side barrier, followed by **step 32 Cw LFO Sw** ($2 + 2$ beats), a choctaw LFO followed by a forward swing of the free leg on the 3rd beat of the step which, parallel to the long side barrier, curves in the direction of the long axis.

Step 33 ClCw RBI (2 beats) is a closed choctaw executed with the free leg in front of the body, in closed position, at the end of the turn. The direction is toward the long axis.

Step 34 XF LBO ($\frac{1}{2}$ beat), **step 35 XB RBI** ($\frac{1}{2}$ beat), **step 36 XF LBO** (1 beat), **step 37 XS RBI** ($\frac{1}{2}$ beat), **step 38 XB LBO** ($\frac{1}{2}$ beat) and **step 39 XS RBI** (1 beat); the entire sequence of the aforesaid curved steps are aimed parallel to the long axis and then moving away from it to descend toward the long side barrier.

Step 40 LB/RB is a two-foot step (with both left and right foot backward), (2 beats) with feet placed parallel at a distance corresponding to the width of the shoulders, in which the skaters can perform optional movements/tilting of the body/pelvis. The partners, during this step, may be in Tandem position or the woman may be slightly to the right and ahead of the man. The choice of the position will be optional as well as the movement of the arm/right hand while the left hands of the partners remain joined together. The steps aim in the direction of the long side barrier.

Step 41 XS LBI Br ($2 + 2$ beats) is a cross stroke LBI, followed by a bracket (from LBI to LFO) on the 3rd beat, maintained on an outside edge for the next beat. During the cross stroke the woman slides behind the man to perform a bracket simultaneously with her partner. At the end of the turn, the woman may be in front of the man or slightly away from him (the position of the couple is optional). The left hands of the partners are joined while the right hands are optional.

Step 42 Ch RFI ($\frac{1}{2}$ beat) is a chasse executed in Kilian position, **Step 43 LFO** (1 $\frac{1}{2}$ beats) is a stroke,

Step 44 XF RFI ($\frac{1}{2}$ beat) is a cross in front followed by **Step 45 XB LFO** ($\frac{1}{2}$ beat), a cross behind, both performed keeping the feet close and parallel.

Step 46 XF RFI Sw- O ($1+2+2$ beats): for the man is a RFI cross in front with the free leg held behind for the 1st beat, a swing forward of the left free leg on the 2nd beat.

Step 46 XF RFI Sw - Ct ($1+2+2$) for the woman is a RFI cross in front with the free leg held behind for the 1st beat, a swing forward of the left free leg on the 2nd beat on a RFI edge, followed by a counter turn on the 4th beat to RBI, held for two beats. During the counter turn, the woman rotates under the left hands of the couple and moves from Kilian position to Hand in Hand position (left hands joined and right hands optional). For the man RFI followed by a change of edge on the

4th beat with a simultaneous backward swing of the free leg on a RFO, held for two (2) beats.

Step 47 is for both partners a Wide step of 1 beat each, for the man a **Wide LFI** and for the woman a **Wide LBI**, keeping the right hands in hold and the left hands optional.

Step 48 is for both partners a wide step of $\frac{1}{2}$ beat each, for the man a **Wide RFO** and for the woman a **Wide RBO**.

Step 49 is for both a XF of $\frac{1}{2}$ beat each, for the man a **XF LFI** and for the woman a **XF LBI**, changing the grip of the hands: left hands in hold and right hands optional.

Step 50 is for both a **wide step** of 1 beat each, for the man a **Wide RFI** and for the woman a **Wide RBI**, keeping the left hands in hold and the right hands optional.

Step 51 for both is a **wide step** of $\frac{1}{2}$ beat each, for the man a **LFO** and for the woman a **LBO**.

Step 52 for the man is a **XF RFI Sw** ($\frac{1}{2} + 2$ beats): formed by a cross in front RFI for $\frac{1}{2}$ beat followed by a forward swing of the free leg for two beats.

Step 52 for the woman is a **XF RBI Ct Sw** ($\frac{1}{2} + 2$ beats): a cross in front RBI for $\frac{1}{2}$ beat with the simultaneous change of hand, the right hands crossed under the left hands, which are joined over the right. The woman, on the same step, performs a **RFI Ct** (2 beats) in which she performs an inside counter turn on the first beat with a simultaneous forward swing of the free leg, finishing the counter with the free leg in front, coordinated with that of the man. The woman's counter turn is under the joined left hands of the couple, the right hands of the couple are in hold and the position of the skaters is side by side.

Step 53 LFO (1 beat) curves in the direction of the long side barrier, where the couple assumes Kilian position.

Step 54 Ch RFI (1 beat).

Step 55a LFO (2 beats) for the man is a stroke followed by **Step 55b DpCh RFI** (2 beats) that aims in the direction of the long axis in preparation for the restart of the dance. The woman on **Step 55 RFO Sw** (2+2 beats), performs a stroke followed by a forward swing of the free leg on the 3rd beat. Between Step 55 and Step 1, the couple assumes Foxtrot position.

Key Points – Shaken Samba Couples

Section 1

1. **Step 3b OpCw RBO** of the man (1 beat) and **Step 3 RBO Rk** of the woman (3 beats): correct technical execution of the positioning of the free foot by the man, inside the supporting foot and the immediate RBO edge; for the woman, attention to the outside edges entering and exiting the rocker without deviation from it.
2. **Step 7 Mk RFI Rk** (1+1 beats): correct technical execution of the mohawk with feet close and correct inside edges and correct technical execution of the rocker with the required inside edges entering and exiting the edge.
3. **Step 9 XS RBI Br** of the woman: correct technical execution of the bracket with required inside edge entering and outside edge exiting the turn.
4. **Steps 9b Mk LFI**, and **10 ClCw RBO** for the man: attention to the edges of the Mk LFI performed with the feet close. Correct execution of the closed Choctaw with feet close and the free leg in front of the body after the turn and correct edges.

Section 2

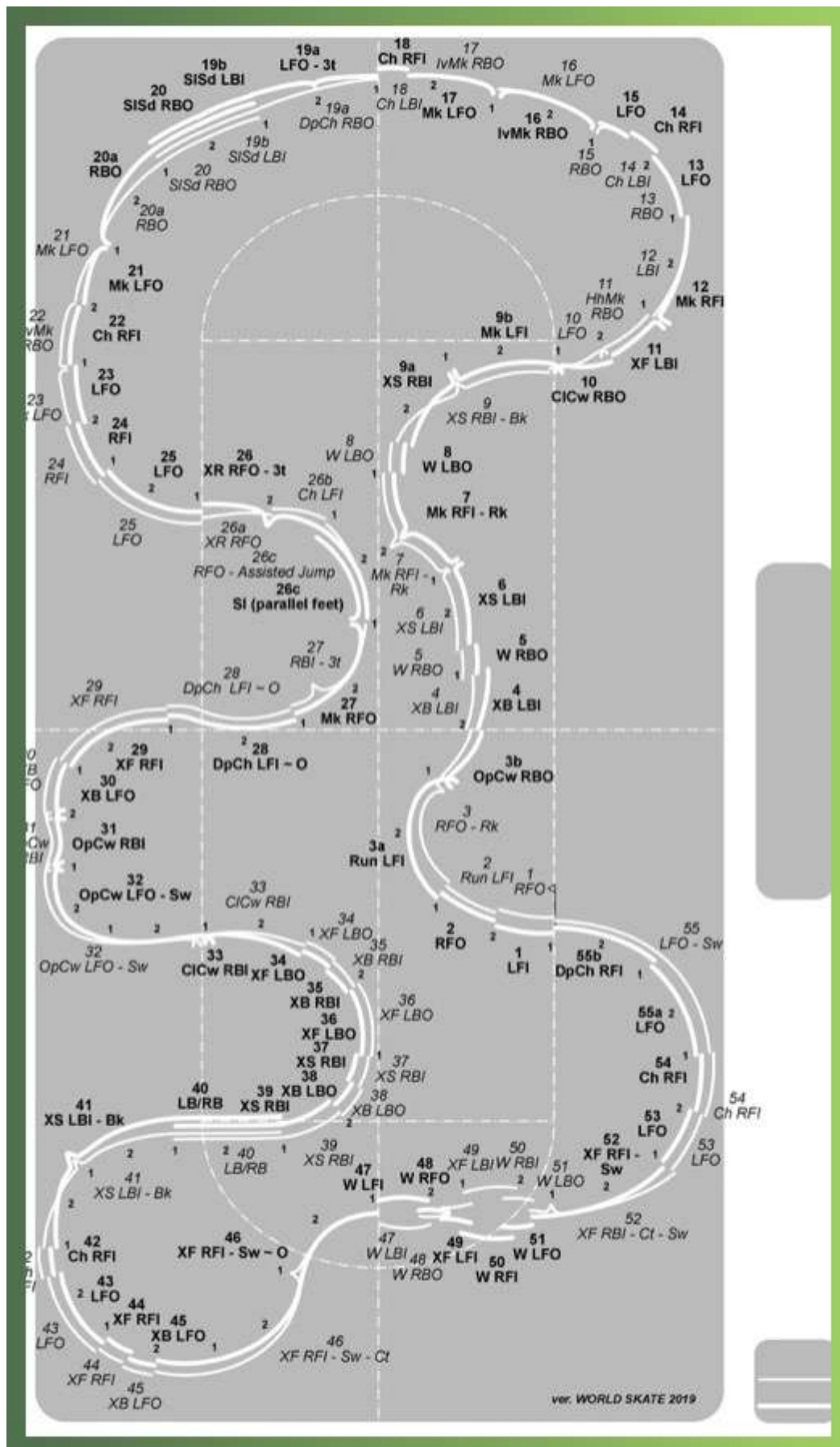
1. **Step 31 OpCw RBI** for both skaters: correct technical execution of the open choctaw, on correct edges, with feet close together.
Step 32 Cw LFO Sw: correct technical execution of the choctaw with feet close and correct body inclination.
2. **Step 33 ClCw RBI**: correct technical execution of the closed choctaw, on correct edges, with feet close together and the free leg in front of the body after the turn.
3. **Step 41 XS LBI Br**: correct technical execution of the bracket on the 3rd beat, on correct edges entering and exiting the turn. The skaters should remain close during the bracket.
4. **Step 46 XF RFI Sw-O** for the man: correct technical execution of the cross in front with feet close and parallel and the change of edge to outside on the 4th beat. The timing of the change of edge of the man must be in unison with the counter of the woman.
Step 46 XF RFI Sw – Ct for the woman: correct technical execution of the cross in front with feet close and parallel and to the required edges of the counter that must be in unison with the change of edge of the man on the 4th beat.

List of steps – Shaken Samba Couples

POSITION	STEP NO.	MAN'S STEPS	MUSICAL BEATS			WOMAN'S STEPS
SECTION 1						
Foxtrot	1	LFI		1		RFO
	2	RFO		1		Run LFI
	3a 3b	Run LFI OpCw RBO	2 1		2 + 1	RFO Rk
	4	XB LBI		1		XB LBI
Kilian	5	Wd RBO		½		Wd RBO
	6	XS LBI		1½		XS LBI
1 beat Tandem, 2 nd Kilian	7	Mk RFI Rk		1+1		Mk RFI Rk
	8	Wd LBO		½		Wd LBO
From Kilian to Foxtrot	9a 9b	XS RBI Mk LFI	1½ 2		1½+2	XS RBI Br
Partial Tango	10	CICw RBO		1		LFO
	11	XF LBI		1		Mk RBO (heel to heel)
Waltz	12	Mk RFI		2		LBI
	13	LFO		½		RBO
	14	Ch RFI		½		Ch LBI
	15	LFO		1		RBO
	16	IvMk RBO		2		Mk LFO
	17	Mk LFO		1½		IvMk RBO
	18	Ch RFI		½		Ch LBI
Waltz to Kilian	19	LFO 3t	1+1		2	DpCh RBO
	19a	Slide LBI (RBO)		1		Slide LBI (RBO)
	20	Slide RBO (LBI)		1		Slide RBO (LBI)
	20a	RBO (free leg optional)		2		RBO (free leg optional)
Kilian to Tandem	21	Mk LFO		1		Mk LFO
See note	22	Ch RFI		1		IvMk RBI
Kilian	23	LFO		1		Mk LFO
	24	Run RFI		1		Run RFI
	25	LFO		2		LFO
Kilian to Waltz	26a	XR RFO 3t		1+1		(26a) XR RFO (26b) Ch LFI
Waltz	26c	Preparation on two feet (parallel feet LBO/RBI) + supporting the partner		½+1 ½		(26c) RFO Assisted Jump
Waltz to Kilian	27	Mk RFO	2		1½+ ½	RBI 3t (to RFO)
	28	DpCh LFI-O		1½+ ½		DpCh LFI-O
	29	XF RFI		2		XF RFI
	30	XB LFO		1		XB LFO
SECTION 2						
	31	OpCw RBI		1		OpCw RBI
	32	Cw LFO Sw		2+2		Cw LFO Sw
	33	CICw RBI		2		CICw RBI

	34	XF LBO		$\frac{1}{2}$		XF LBO
	35	XB RBI		$\frac{1}{2}$		XB RBI
	36	XF LBO		1		XF LBO
	37	XS RBI		$\frac{1}{2}$		XS RBI
	38	XB LBO		$\frac{1}{2}$		XB LBO
	39	XS RBI		1		XS RBI
Optional: Tandem or see notes	40	Two footstep LB/RB (movement of the body/pelvis optional)		2		Two footstep LB/RB (movement of the body/pelvis optional)
See notes	41	XS LBI Br		2+2		XS LBI Br
Kilian	42	Ch RFI		$\frac{1}{2}$		Ch RFI
	43	LFO		$1\frac{1}{2}$		LFO
	44	XF RFI		$\frac{1}{2}$		XF RFI
	45	XB LFO		$\frac{1}{2}$		XB LFO
Kilian to Hand in Hand: right hands in hold, left hands optional (See note)	46	XF RFI-Sw-O		1+2+2		XF RFI-Sw Ct
	47	Wd Step LFI		1		Wd Step LBI
Hand in Hand Right hands in hold, left hand optional	48	Wd Step RFO		$\frac{1}{2}$		Wd Step RBO
Hand in Hand Left hands in hold, right hands optional (See note)	49	XF LFI		$\frac{1}{2}$		XF LBI
Hand in Hand Left hands in hold, right hands optional (See note)	50	Wd Step RFI		1		Wd Step RBI
	51	Wd Step LFO		$\frac{1}{2}$		Wd Step LBO
Left hands in hold above, right hands in hold below Position is side by side, hand in hand	52	XF RFI Sw	$\frac{1}{2}+2$		$\frac{1}{2}+2$	XF RBI Ct
Kilian	53	LFO		1		LFO
	54	Ch RFI		1		Ch RFI
	55a	LFO	2		2+2	LFO Sw
	55b	DpCh RFI	2			

Pattern – Shaken Samba Couples



SKATERS MARCH – SOLO/COUPLES

By Irwin & Nazzaro

Music: March 4/4

Tempo: 100 bpm

Pattern: set

The dance is performed in Kilian position and the steps are the same for both skaters.

The dance begins aiming toward the long side barrier with a sequence of three steps:

Step 1 LFO (1 beat) beginning toward the long side barrier.

Step 2 Run RFI (1 beat) is parallel to it.

Step 3 LFO (2 beats) curves away from the long side barrier and aims in the direction of the long axis.

Steps 4, 5 and 6 form the center lobe of the dance (8 beats total) with steps 4 and 5 forming the first half of the lobe and step 6 the second half.

Step 4 XR RFO (2 beats) is a right outside cross roll in the direction of the long axis;

Step 5 XB LFI (2 beats) is a left inside cross behind with the free leg stretched in front with the 1st beat aiming toward the long axis and the 2nd beat parallel to it.

Step 6 RFO Sw (4 beats total 2+2) where the free leg swings in front on the 3rd beat, begins at the short axis and finishes on the baseline in the direction of the long side barrier.

Step 7 LFO (1 beat) aims toward the long side barrier, **step 8 Run RFI** (1 beat) becomes parallel to it and **step 9 LFO** (2 beats), begins parallel to the long side barrier and curves away from it.

Step 10 XF RFI (2 beats) is a cross front with extension of the left leg in back, aimed in the direction of the short side barrier.

Steps 11, 12, 13 and 14, repeats the sequence of steps 7, 8, 9 and 10, with the same timing but with a direction toward and then parallel to the short side barrier with steps 11 and 12, finishing at the long axis, and steps 13 and 14 after the long axis in the direction of the long side barrier.

Reference Steps:

Step 6 – Must start by short axis;

Step 13 – Must start by the long axis.

Key Points – Skaters March – Solo/Couples

1. Steps 4 XR RFO (2 beats):

- Correct timing of the step;
- Correct technical execution of the cross roll (respecting the prescribed edges required before and after the XR), on a clear and correct outside edge with adequate inclination of the body before and after the XR.

For Couples:

- Maintain closeness between the partners in the Kilian position;
- Simultaneous placement of the feet and synchronization in the change of inclination

2. Step 6 RFO Sw (2 + 2 beats):

- Correct timing of the step;
- Correct technical execution of the stroke and swing on an outside edge with the free leg held back for 2 beats and swung forward on the 3rd beat;
- No deviations from the outside edge

For Couples:

- Maintain closeness between the partners in the Kilian position;
- Attention with the unison of the free legs on the swing

3. Step 10 XF RFI (2 beats):

- Correct timing of the step;
- Correct technical execution of cross front with feet close and parallel before executing the RFI on a clear inside edge.

For Couples

- Correct Kilian position of the couple without separation during the step with correct lean and edges.

4. Step 14 XF RFI (2 beats):

- Correct timing of the step;
- Correct technical execution of cross front, with feet close and parallel before executing the RFI on a clear inside edge.

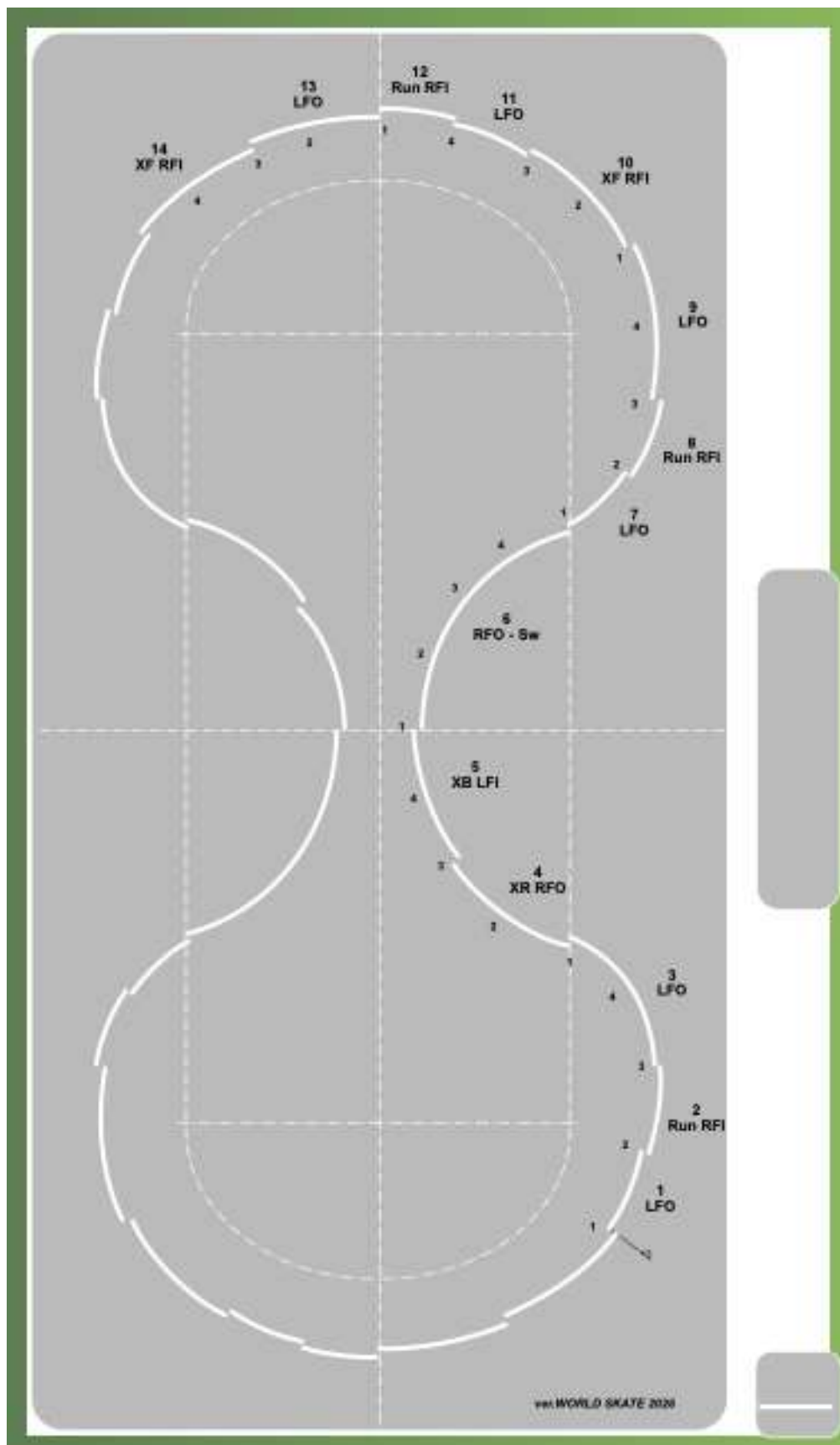
For Couples

- Correct Kilian position of the couple without separation during the step with correct lean and edges.

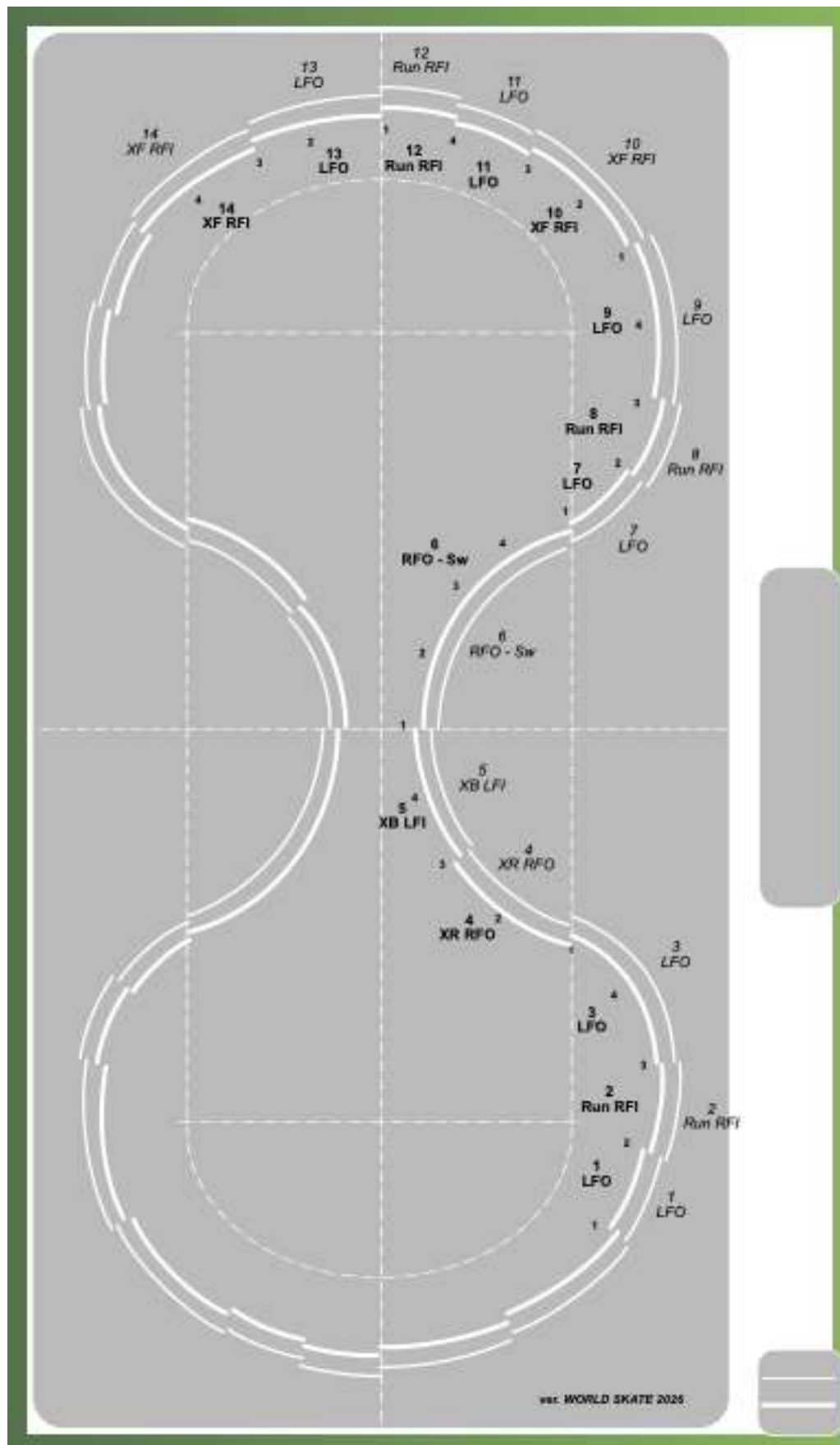
List of steps – Skaters March Solo/Couple

POSITION	NO.	MAN'S STEPS	MUSICAL BEATS	WOMAN'S STEPS
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	XR RFO	2	XR RFO
	5	XB LFI	2	XB LFI
	6	RFO Sw	2+2	RFO Sw
	7	LFO	1	LFO
	8	Run RFI	1	Run RFI
	9	LFO	2	LFO
	10	XF RFI	2	XF RFI
	11	LFO	1	LFO
	12	Run RFI	1	Run RFI
	13	LFO	2	LFO
	14	XF RFI	2	XF RFI

Pattern – Skaters March Solo



Pattern – Skaters March Couples



SIESTA TANGO - COUPLES

By George Muller

Music: Tango 4/4

Tempo: 100 bpm

Positions: Reverse Kilian - Kilian

Pattern: set

The positions used in the dance are **Reverse Kilian** and **Kilian**.

The dance begins in the **Reverse Kilian** position, which is maintained from **Step 1 to Step 10**. From **Steps 11 - 15** the position is **Kilian** and on **Step 16** the couple assumes **Reverse Kilian** position.

Steps 1 LFO (1 beat), **2 XCh RFI** (1 beat) and **3 LFO** (1beat) are a sequence of steps in the direction of the long side barrier.

Steps 4 Run RFI (1 beat) and **5 LFO** (2 beats) curves away from the barrier to aim toward the long axis.

Steps 6 XR RFO (2 beats) - Cross roll in the direction of the long axis with the free leg held in back after the cross roll. **Step 7 XB LFI** (2 beats) - Cross behind with the free leg extended in front of the skating foot, aimed toward the long axis on the 1st beat and becoming parallel to it (And-position) on the 2nd beat.

Step 8 RFO Sw/Sw (6 beats total) - Outside edge Swing for 4 beats, in which the free leg swings in front on the 3rd beat, followed by a swing behind the free leg, simultaneously with the change of edge to inside on the 5th beat. This step begins parallel to the long axis, becoming almost perpendicular to the long side barrier on the 4th beat of the outside edge. On the 5th and 6th beat the free leg swings back highlighting the change of edge to inside.

Step 9 LFO (2 beats) is parallel to the long side barrier.

Step 10 RFI (1 beat) is an open stroke that begins at the long side barrier and curves toward the middle of the short side barrier.

Step 11 OpMk Hh LBI (1 beat) Correct technical execution of the heel-to-heel mohawk, with feet close together, executed on a clear inside edge. The hold during the execution of the mohawk passes from **Reverse Kilian position to Kilian position**.

Step 12 RBO (2 beats) and **step 13 Run LBI** (2 beats) are skated before the long axis and **step 14 RBO** (1 beat) begins on the long axis. **Steps 13 and 14** are skated almost parallel to the short side barrier.

On step 15 XF LBI (1 beat) the partners, moving away from the short side barrier, preparing a change of position from Kilian to Reverse Kilian, followed by **step 16 Mk RFI** (2 beats) in the direction of the long side barrier.

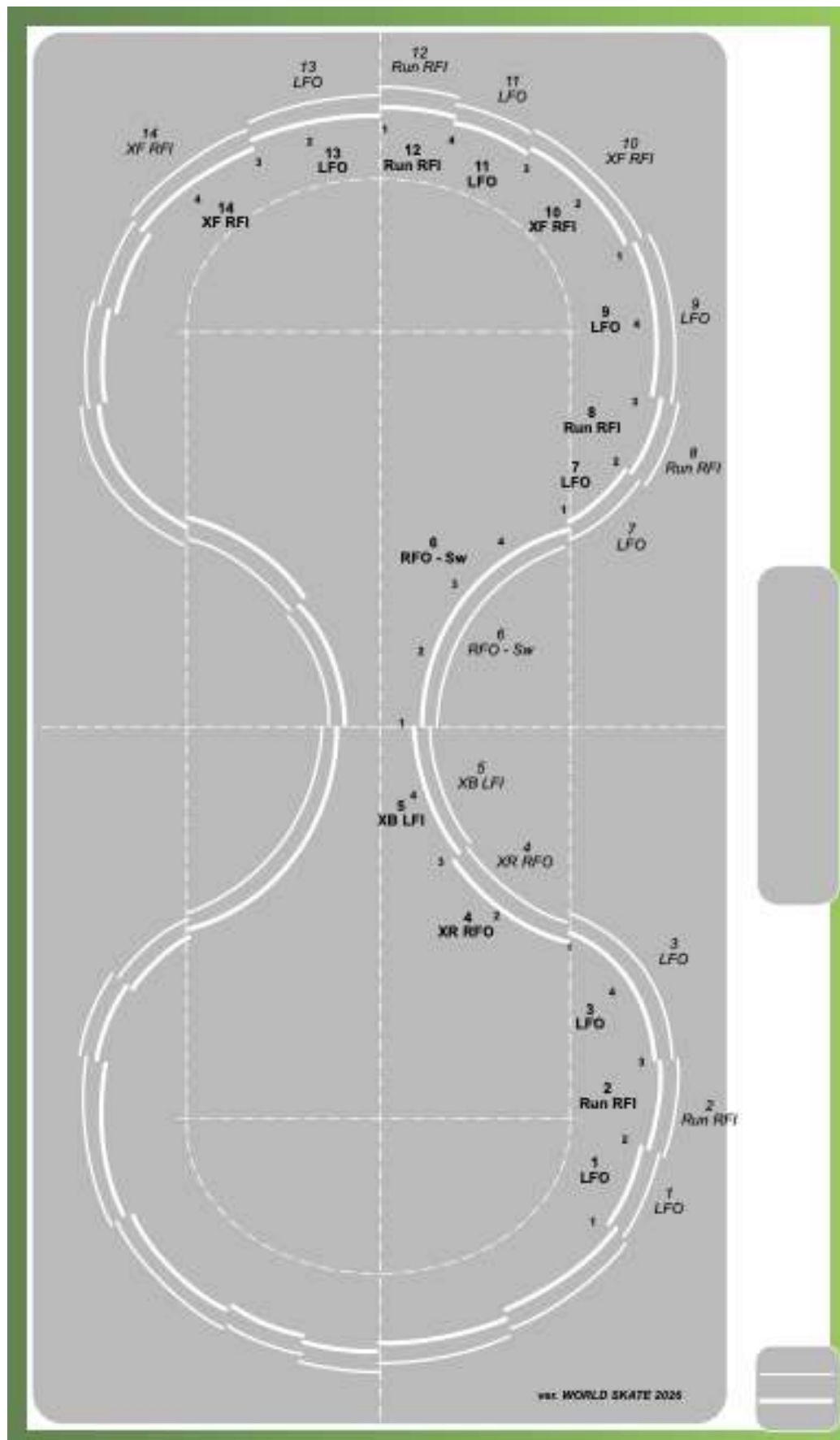
Key Points – Siesta Tango Couples

1. **Step 6 XR RFO** (2 beats) - Correct technical execution of the **Cross-Roll** - progressive movement of the free leg that crosses the skating leg and is placed on the floor ahead of the skating foot. The new skating foot when placed on the floor must assume immediately an outside edge with a change of lean (roll).
Couples must keep parallel body lines during the cross-roll and synchronization of leg movements during the steps.
2. **Step 8 RFO Sw/Sw** (2+2 beats outside edge + 2 beats inside edge). Correct technical execution of the Swing, outside edge for 4 beats, with the free leg extended in back for 2 beats, then swings in front on the 3th beat. On the 5th beat, the free leg swings back with a simultaneous change of edge to inside, which should be maintained for 2 beats. Couples must keep parallel body lines and synchronization of the free leg movements.
3. **Step 11 OpMk Hh LBI** (1 beat) - Correct technical execution of the **Heel to Heel Mohawk**, with feet close together, executed smoothly on a clear inside edge. Couples must keep parallel body lines and synchronization of the free leg movements.
4. **Step 16 Mk RFI** (2 beats) - Correct technical execution of the **Mohawk** - feet close together before turning forward on a clear inside edge. Couples must keep proper execution of the change of hold without separation of the partners.

List of steps – Siesta Tango Couples

Position	No.	Man's Steps	Musical Beats	Woman's Steps
Section 1				
Reverse Kilian	1	LFO	1	LFO
	2	XCh RFI	1	XCh RFI
	3	LFO	1	LFO
	4	Run RFI	1	Run RFI
	5	LFO	2	LFO
	6	XR RFO	2	XR RFO
	7	XB LFI	2	XB LFI
	8	RFO Sw / Sw	2+2+2	RFO Sw / Sw
	9	LFO	2	LFO
	10	RFI	1	RFI
Kilian	11	HhMk LBI	1	HhMk LBI
	12	RBO	2	RBO
	13	Run LBI	2	Run LBI
	14	RBO	1	RBO
	15	XF LBI	1	XF LBI
Reverse Kilian	16	Mk RFI	2	Mk RFI

Pattern – Siesta Tango Couples



SIESTA TANGO - SOLO

By George Muller

Music: Tango 4/4

Tempo: 100 bpm

Pattern: set

Steps 1 LFO (1 beat), **2 XCh RFI** (1 beat) and **3 LFO** (1beat) are a sequence of steps in the direction of the long side barrier.

Steps 4 Run RFI (1 beat) and **5 LFO** (2 beats) curves away from the barrier to aim toward the long axis.

Steps 6 XR RFO (2 beats) - Cross roll in the direction of the long axis with the free leg held in back after the cross roll. **Step 7 XB LFI** (2 beats) - Cross behind with the free leg extended in front of the skating foot, aimed toward the long axis on the 1st beat and becoming parallel to it (And-position) on the 2nd beat.

Step 8 RFO Sw/Sw (6 beats total) - Outside edge Swing for 4 beats, in which the free leg swings in front on the 3rd beat, followed by a swing behind the free leg, simultaneously with the change of edge to inside on the 5th beat. This step begins parallel to the long axis, becoming almost perpendicular to the long side barrier on the 4th beat of the outside edge. On the 5th and 6th beat the free leg swings back highlighting the change of edge to inside.

Step 9 LFO (2 beats) is parallel to the long side barrier.

Step 10 RFI (1 beat) is an open stroke that begins at the long side barrier and curves toward the middle of the short side barrier.

Step 11 HhMk LBI (1 beat) Correct technical execution of the Heel-to-heel mohawk, with feet close together, executed on a clear inside edge.

Step 12 RBO (2 beats) and **step 13 Run LBI** (2 beats) are skated before the long axis and **step 14 RBO** (1 beat) begins on the long axis. **Steps 13** and **14** are skated almost parallel to the short side barrier.

On step 15 XF LBI (1 beat) the skater moves away from the short side barrier, preparing **step 16 Mk RFI** (2 beats) in the direction of the long side barrier.

Key Points – Siesta Tango Solo

1. **Step 6:**

Step 6 XR RFO (2 beats) - Correct technical execution of the **Cross-Roll** - progressive movement of the free leg that crosses the skating leg and is placed on the floor ahead of the skating foot. The new skating foot when placed on the floor must assume immediately an outside edge with a change of lean (roll).

2. **Step 8:**

Step 8 RFO Sw/Sw (2+2 beats outside edge + 2 beats inside edge)> Correct technical execution of the swing, an outside edge for 4 beats, with the free leg extended in back for 2 beats, then swings in front on the 3rd beat. On the 5th beat, the free leg swings back with a simultaneous change of edge to inside, which should be maintained for 2 beats.

3. **Step 11:**

Step 11 HhMk LBI (1 beat) - Correct technical execution of the **Heel to Heel**

Mohawk, with feet close together, executed on a clear inside edge.

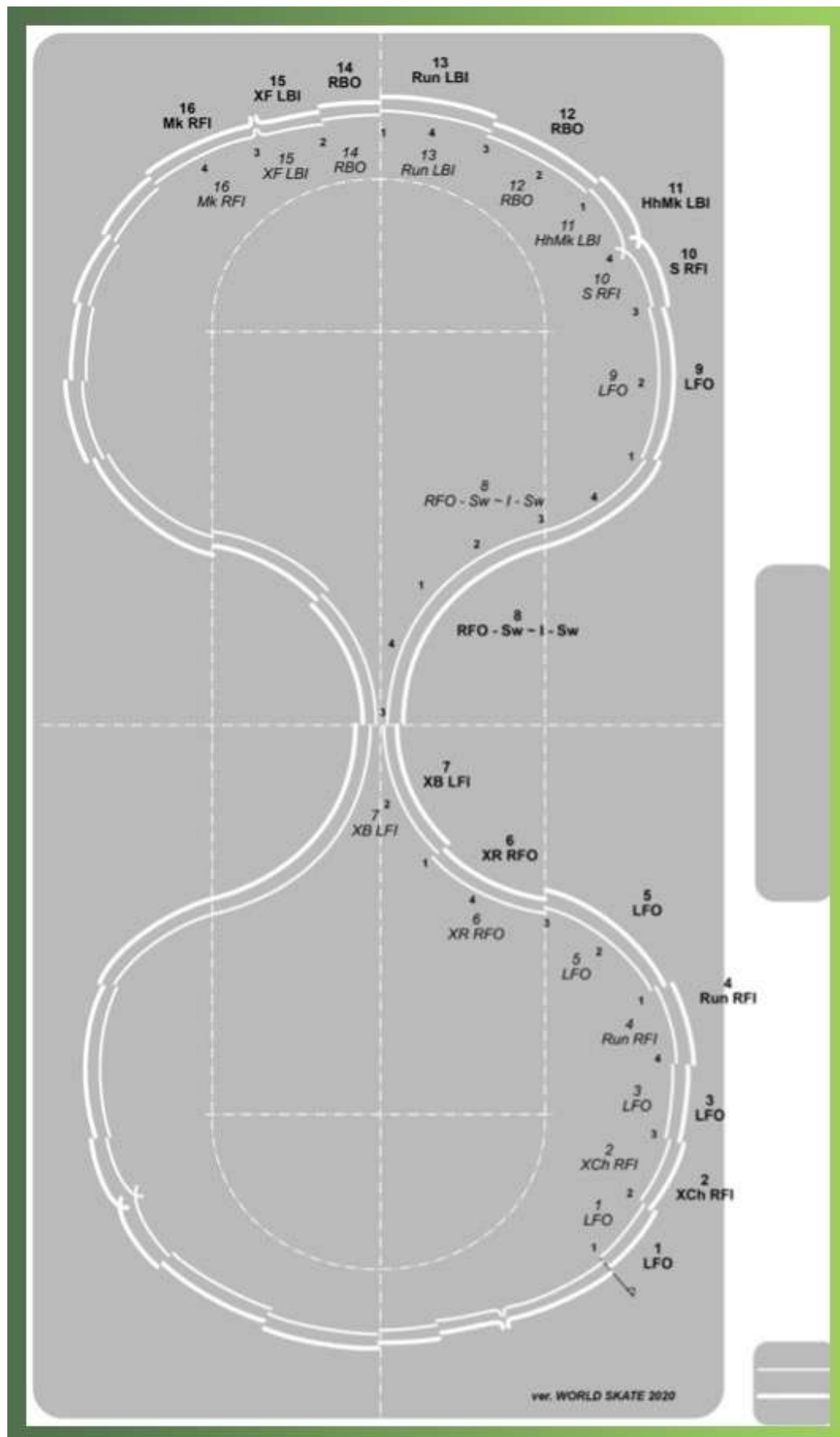
4. **Step 16:**

Step 16 **Mk RFI** (2 beats) - Correct technical execution of the **Mohawk** - feet close together before turning forward on a clear inside edge.

List of steps – Siesta Tango Solo

N O	STEPS	MUSICAL BEATS
1	LFO	1
2	XCh RFI	1
3	LFO	1
4	Run RFI	1
5	LFO	2
6	XR RFO	2
7	XB LFI	2
8	RFO Sw I Sw	2+2+2
9	LFO	2
10	RFI	1
11	HhMk LBI	1
12	RBO	2
13	Run LBI	2
14	RBO	1
15	XF LBI	1
16	Mk RFI	2

Pattern – Siesta Tango Solo



STARLIGHT WALTZ (MODIFIED) - COUPLES

Music: Waltz 3/4

Tempo: 148 bpm

Positions: Waltz, Partial Tango, Foxtrot, Promenade, Kilian, Tandem

Pattern: Set

From step 1 to step 15 the couple is in Waltz position.

Step 1 LFO for the man and **RBO** for the woman (2 beats each) are strokes on outside edge for both partners; **Step 2 Ch RFI** chasse for the man and **Ch LBI** chasse for the woman (1 beat each). **Step 3 LFO** for the man and **RBO** for the woman (3 beats each) are strokes for both. These steps should be aimed initially toward the long barrier, became parallel to it and then toward the long axis.

Step 4 RFO for the man and **LBO** for the woman (2 beats each) are strokes on outside edge for both partners; **Step 5 Ch LFI** for the man and **Ch RBI** for the woman (1 beat each) are chasses for both and **Step 6 RFO** for the man and **LBO** for the woman (3 beats each) are strokes for both. These steps should be aimed initially toward the long axis, became parallel and then toward the long barrier.

Step 7 LFO for the man and **RBO** for the woman (2 beats each) are strokes on outside edge for both partners; **Step 8 Ch RFI** chasse for the man and **Ch LBI** chasse for the woman (1 beat each). These steps should be aimed initially toward the long barrier then parallel to it.

Step 9 LFOI for the man and a **RBOI** for the woman (3+3 beats) is a stroke with an evident change to inside edge and a change in the line of the body too on the 4th beat of the step; it is divided as follows:

- three beats on outside edge that moves away from the long side barrier and finishes toward the long axis;
- three beats on an inside edge; it is characterized by a change of edge on the fourth beat.

The skaters on step 9 may give a personal interpretation to the movement of the free leg.

Step 10 RFO Sw for the man and **LBO Sw** for the woman (3+3 beats) is a stroke on an outside edge characterized by a swing of the free leg (forward for the man and backward for the woman) on 4th beat. The step begins parallel to the long axis and finishes toward the long side barrier.

Step 11 RBO (3 beats) stroke for the woman and **LFO-3t** (2+1 beats) for the man is a stroke followed by a three turn in which the three turn is performed on the third beat of the step.

Step 12 MkLFO-3t (2+1 beats) is a Mohawk followed by a three turn for the woman in which the three turn is performed on the third beat of the step; for the man a **RBO** is a stroke (3 beats).

The sequence of **steps 13 and 14** repeats the same steps of steps 11 and 12.

Step 15 RBO (3 beats) stroke for the woman, a **MkLFO-3t** (2+1 beats) for the man in which the three turn is performed on the third beat of the step.

Step 16 is composed of: **16a RBO** (2 beat) is a stroke for the man followed by **16b LBI** (1 beat) run and **step 16 Mk LFO** (3 beat) for the woman. These steps begin a curve that goes away from the long axis with the couple in Partial Tango position.

Step 17 (6 beats) **CIMk RBO** for the woman begins with a closed mohawk with the movement of free leg forward after the Cimk (on the first beat) and a stroke **RBO** for the man; the couple takes the Foxtrot position. The movements of the free legs are optional during the next 5 beats. The step begins a curve that goes away from the long axis, becomes parallel to it and finishes toward the long axis.

Step 18 CwLFI (3beats) is a choctaw for both partners, which begins parallel to the long axis and finishes toward the long side barrier.

Step 19 OpS RFI (3 beats) for the man is an open stroke while **step 19a OpS RFI** (2 beat) for the woman, is an open stroke followed **step 19b Op Mk LBI** (1 beat), an open mohawk. With the woman's open mohawk the couple assumes Waltz position.

Step 20 LFO Sw (3+3 beats for both skaters) for the man and a **RBO Sw** for the woman are strokes followed by a swing on the 4th beat (forward for the man and backward for the woman); it begins parallel to the long side barrier and finishes toward the long axis in Waltz position.

Step 21 RFO (2 beat) for the man is a stroke while for the woman it consists in **Step 21 Cw LFI** (2 beats) where the couple takes the Promenade position.

Step 22 Ch LFI (1 beat) for the man and **Step 22 Op Mk RBI** (1 beat) an open mohawk for the woman where the couple moves into Waltz position. The aim of these steps is toward the long axis and becomes parallel to it.

Step 23 RFO (3 beats) stroke for the man and for the woman **Step 23a LBO** (1 beat) is a stroke and **step 23b XF RBI** (2 beats) is a cross in front; the step 23 starts in Waltz position for both and during the cross in front of the woman, the man moves her to his right hip in Partial Tango position to prepare the next step.

Step 24 Mk LFI (3 beats) the woman skates a mohawk LFI, turning to the left releasing the hold with the man's left hand (joined to her right hand), offering her back to the man. For the man **Step 24 XS LFI** (3 beats) is a cross stroke assuming Kilian position during the step.

Step 25 ClCw-RBO-Sw (3+3 beats) for both is a closed choctaw for both skaters in Kilian position followed a swing back of free leg on 4th beat, the couple moves in Tandem position.

Step 26 MkLFO (2 beats) is a mohawk followed by **step 27 Ch RFI** (1 beat) a chasse and **Step 28 LFO** (3 beats) a stroke for both that starts to aim away from the long barrier in Kilian position.

Step 29 XS RFI- Rk (3+3) for both is a cross stroke followed by a Rocker on 4th beat. The movements of free legs are optional before and after the rocker.

Step 30 DpCh LBO (3 beats) is a Dropped chasse with the free leg back and **Step 31 XS RBI** (2 beats) is a cross stroke for both in Kilian position.

Step 32 Wd LBO (1 beat) is a quick wide step for both in Kilian position.

Step 33 XS RBI Ct (3+3 beats) for both, is a cross stroke followed by a Counter (on the fourth beat of the step) for the couple in Kilian position. The movements of free legs after the counter are optional.

Step 34a LFO (3 beats) for the man is a stroke in Kilian position followed by a **step 34b DpCh RFI** (3 beats) in Waltz position; the woman skates **Step 34 LFO - 3t** (3+3 beats) a stroke in Kilian position and three turn on the 4th beat in Waltz position. The movement of the free leg during the three turn is optional.

Key Points – Starlight Waltz Couples (modified)

SECTION 1:

1. **Step 11 LFO 3t (man)** in Waltz position: correct technical execution of the three turn and pay attention to: the timing (three turn on the 3rd beat); feet close during 3t (not wide); execution simultaneously between the 3t of the man and the stroke RBO of the woman (not the 3T of the man during the Mk LFO of the woman); speed, fluidity, cadence, and unison.
Step 12 LFO 3t (woman) in Waltz position: correct technical execution of the three turn and pay attention to: the timing (three turn on the 3rd beat); feet close during 3t (not wide); execution simultaneously between the 3t of the woman and the stroke RBO of the man (not the 3T of the woman during the MkLFO of the man); speed, fluidity, cadence, and unison.
2. **Step 13 LFO 3t (man)**: (see Kp 1: step 11), **Step 14 LFO 3t (woman)** (see Kp 1: Step 12)
3. **Step 17 Cl Mk RBO (woman)** and **stroke RBO (man)** 6 beats each: ClMk for the woman: correct technical execution of the placement of the free foot (not wide); ClMk for the woman on outside edge before and after (not flat); **Stroke RBO for the man**: attention to outside edge (6 beats for the couple, not 5 beats on outside and 1 inside) without deviation of the edge; attention to the correct line of the body of the couple and to the unison.
4. **Step 19b Op Mk LBI for the woman** (1 beat), attention to: correct technical execution of the Op. mohawk and to the placement of the heel of free leg to the instep of the skating foot (not wide or heel to heel); inside edge before and after the OpMK (not outside edge); the correct timing of the OpMK's with execution in one beat (not 2 beats).

SECTION 2:

1. **Step 22 Op Mk RBI for the woman** (1 beat); attention to: correct technical execution of the Open mohawk and to the placement of the heel of free leg to the instep of the skating foot (not wide or heel to heel); inside edge before and after the OpMK (not outside edge); correct timing of the OpMK's with execution in one beat (not 2 beats).
2. **Step 25 Cl Cw RBO for both** (3 beats): attention to: correct technical execution of the placement of the free foot with respect to the skating foot (not wide) and the free leg forward at the end of the step; correct timing of the ClCw on the first beat of the step; unison of the skaters.
3. **Step 29 RFI Rk for both** (3 beats): attention to: correct technical execution of rocker with an arch of entry and exit arch; correct inside edge (not outside) before and after the Rk; correct timing (on 4th beat of the step); fluidity of turns (not jumped), closeness of the couple and unison of the skaters during the turn.
4. **Step 33 RBI Ct for both** (3 beats): attention to the correct technical execution of the counter with an arch of entry and exit arch; on correct inside edge (not outside) correct edge before and after the Ct; correct timing (on 4th beat of

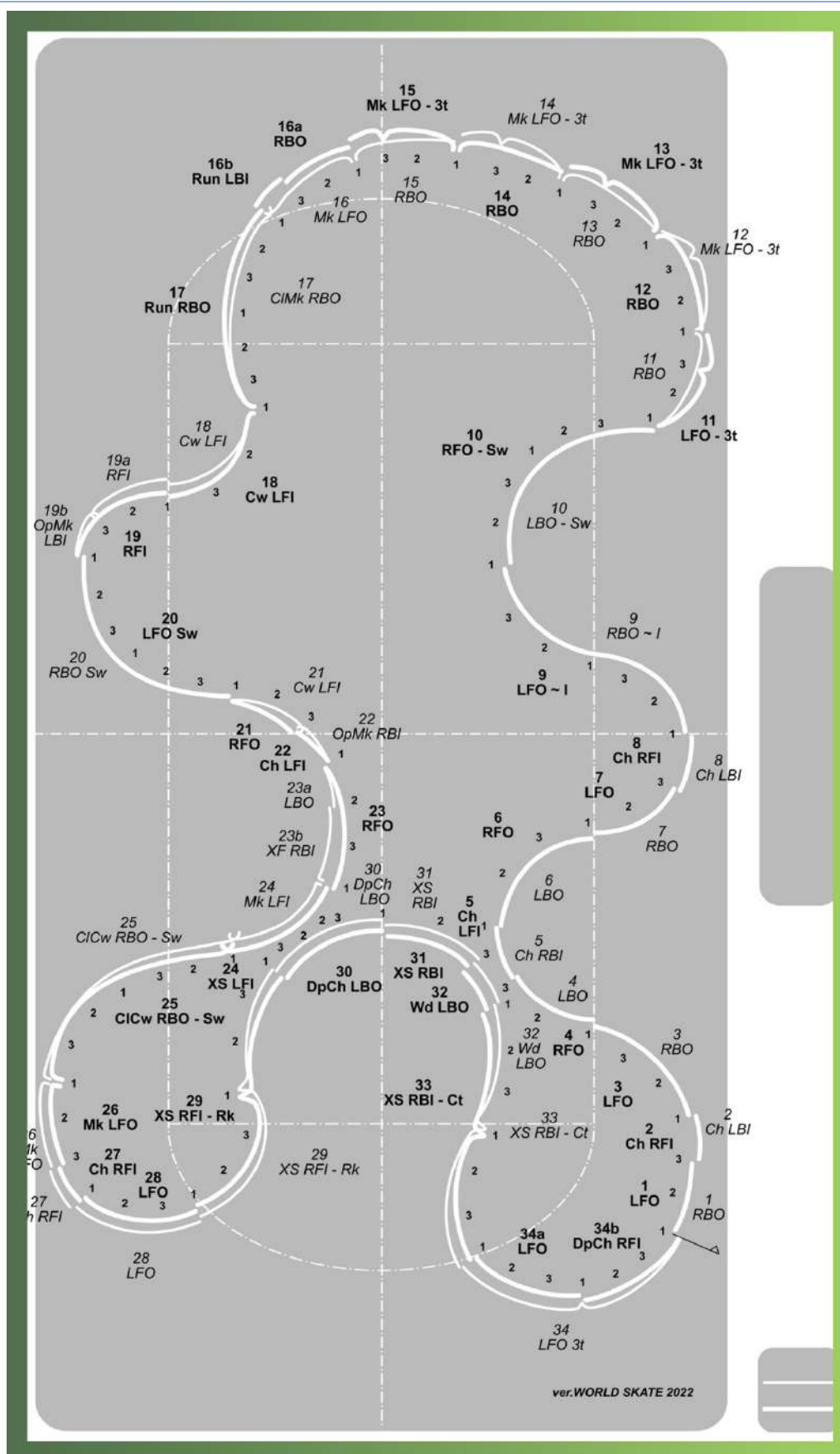
the step); fluidity of turns (not jumped) and unison of the skaters during the turn.

List of steps – Starlight Waltz Couples (modified)

HOLD	NO	WOMAN'S STEP		BEATS		MAN'S STEP
1st SECTION						
Waltz	1	RBO		2		LFO
	2	Ch LBI		1		Ch RFI
	3	RBO		3		LFO
	4	LBO		2		RFO
	5	Ch RBI		1		Ch LFI
	6	LBO		3		RFO
	7	RBO		2		LFO
	8	Ch LBI		1		Ch RFI
	9	RBO/I*		3 + 3		LFO/I*
	10	LBO-Sw		3+3		RFO-Sw
	11	RBO	3		2+1	LFO-3t
	12	Mk LFO	2+1		3	RBO
	13	RBO	3		2+1	Mk LFO – 3t
	14	Mk LFO – 3t	2+1		3	RBO
	15	RBO	3		2+1	Mk LFO – 3t
Partial tango	16a	Mk LFO	3		2	RBO
	16b				1	Run LBI
Foxtrot	17	CIMk RBO*		6		RBO*
	18	CwLFI		3		CwLFI
	19a	RFI	2		3	RFI
Waltz	19b	Op Mk LBI	1			
	20	RBO- Sw		3 + 3		LFO- Sw
2nd SECTION						
Promenade	21	Cw LFI	2		2	RFO
Waltz	22	OpMk RBI	1		1	Ch LFI
	23a	LBO	1		3	RFO
Partial Tango	23b	XF RBI	2			
Kilian	24	Mk LFI		3		XS LFI

from Kilian to Tandem	25	CICw RBO - Sw		3+3		CICw RBO- Sw
Kilian	26	Mk LFO		2		Mk LFO
	27	Ch RFI		1		Ch RFI
	28	LFO		3		LFO
	29	XS RFI Rk*		3+3		XS RFI Rk*
	30	DpCh LBO		3		DpCh LBO
	31	XS RBI		2		XS RBI
	32	Wd LBO		1		Wd LBO
	33	XS RBI-Ct*		3+3		XS RBI-Ct*
	34a	LFO-3t*	3+3		3	LFO
Waltz	34b				3	DpCh RFI
*Free leg position is optional						

Pattern – Starlight Waltz Couples (modified)



STARLIGHT WALTZ - SOLO

By J.L. Jones & Peri V. Horne

Music: Waltz $\frac{3}{4}$

Tempo: 168 bpm

Pattern: set

The dance is a bright waltz, which must be executed with emphasis and power.

Steps 1 through 6, distributed to the right and left of a baseline placed parallel to the long axis, are made up of two consecutive lobes consisting of a sequence, for both partners, of a two-beat outside edge, a one-beat inside chasse, and a three-beat outside edge. These should be aimed initially toward the long side barrier, then toward the long axis, and once again toward the long side barrier; the changes of lean must be evident.

Steps 7 and 8: see steps 1 and 2.

Step 9 is a RBOI-swing, for six beats total, divided as follows:

- Three beats on an outside edge that begins parallel to the long side barrier and finishes toward the long axis;
- Three beats on an inside edge, from a change of edge on the fourth beat at which time the free leg crosses the tracing of the standing leg. The aim is first toward the long axis and finishes parallel to it at the end of the sixth beat of the step. The skaters may give a personal interpretation to the movement of the free leg on beats 1 through 3.

Step 10, six-beat LBO-swing on an outside edge, which begins parallel to the long axis and finishes toward the long side barrier, is characterized by a swing of the free leg in line with the tracing of the skating leg.

Step 11, RBO (three beats), **step 12**, mohawk LFO-3t (the three-turn is performed on the third beat)

Step 13, RBO (three beats)

Step 14, LFO-3t (the three-turn is performed on the third beat)

Step 15, RBO (three beats).

Step 16 is a three-beat mohawk LFO that begins a curve that goes away from the long axis, then becomes parallel to it, and then finishes, with **step 17**, toward the center of the rink.

Step 17 begins with a closed mohawk RBO for a duration of six beats. This step includes a double lift of the free leg. The first lift comes from the raise of the free leg at the finish of the closed mohawk; the second lift of the free leg occurs on the fourth beat.

Step 18: a choctaw to a LFI, which, during three beats, begins parallel to the long axis and finishes toward the long side barrier.

Step 19 is a stroke RFI (for two beats) and **step 20** is an open mohawk LFI (for one beat). The aim of these steps is initially toward the long side barrier and finishes parallel to it.

Step 21: a six-beat RBO-swing, with the swing on the fourth beat, initially parallel to the long side barrier and finishing toward the long axis.

Steps 22-23: a choctaw LFI (step 22, for two beats) followed by an open mohawk RBI (step 23, for one beat). The aim of these steps is, on step 22, toward the long axis, and, on step 23, parallel to it; step 23 crosses the short axis.

Step 24: a six-beat LBO-swing, with the swing on the fourth beat, initially parallel to the long axis and finishing toward the long side barrier.

Steps 25-26: a choctaw RFI (step 25, for two beats) followed by an open mohawk LBI (step 26, for one beat). The aim of these steps is, on step 25, toward the long side barrier, and, on step 26, parallel to it.

Step 27 is a three-beat RBO, beginning parallel to the long side barrier and finishing toward the long axis.

Step 28: a three-beat XR-LBO, aimed initially towards the long axis, then finishing parallel to it.

Step 29 is a three-beat mohawk RFO that begins parallel to the long axis and finishes toward the long side barrier.

Step 30 is a stroke LFO (for two beats) followed by step 31, a XCh-RFI (for one beat), and the step moves away from the long side barrier (step 30) and becomes parallel to the short side barrier on the crossed chasse (step 31).

Step 32 is a three-beat LFO progressive (run) that begins parallel to the short side barrier and goes toward the long axis.

Step 33: a six-beat XR-swing in which the first two beats are aimed toward the long axis, the third beat at the peak of the lobe and the last three beats descend toward the short side barrier. On the fourth beat a forward swing of the free leg is performed.

Step 34, LFO-3t: the skater performs a stroke LFO followed by a three-turn (on the fourth beat) with a backward lift of the free leg at the end of the turn.

During the evaluation of this dance particular attention should be paid to the following elements:

- Accuracy of timing, step technique, and the prescribed pattern and positions.
- Chasses (steps 2-5-8) performed with well-pronounced edges, correct distribution of the lobes over the baseline of the dance.
- Step 9: change of edge on the fourth beat with the free leg crossing the tracing of the skating leg.
- The three-turns (from step 11 to step 15) must be performed with speed and fluidity, and well cadenced; pay attention to be exact with respect to the timing.
- Step 17: closed mohawk to a RBO with a duration of six beats and a double lift of the free leg. Pay particular attention to the technical execution of the closed mohawk, with the foot placed to the outside of the skating foot.
- Steps 18-19: choctaw LFI (step 18) and RFI (step 19), pronounced inside edges.
- Open mohawks (steps 20-23-26): pay particular attention to the technical execution with the foot placed to the inside of the skating foot and successively closing the feet, maintaining the inside edge before and after the turn.
- Steps 29 and 30 on outside edges.
- Step 33 (XRoll) must be skated on an outside edge for both skaters and an evident change of lean on the XRoll; swing on the fourth beat.

- Step 34: three-turn on the fourth beat and raise of the free leg in line with the skating foot.

Key Points – Starlight Waltz Solo

Section 1

1. **Steps 2-5-8:** chasses (for one beat), and steps 3-6 (three beats) without deviating from the edge of the skating foot.
2. **Steps 9-10:** step 9 is a RBOI for six beats with a change of edge on the fourth beat and the free leg crossing behind the skating leg; step 10 is a LBO-swing, with the swing of the free leg on the fourth beat and in line with the skating leg.
3. **Steps 11 through 15:** correct technical execution of the three turns and mohawks executed with speed, fluidity, and cadence; pay attention to be exact with respect to the timing.
4. **Steps 16-17:** step 16, LFO, is an outside edge for three beats; step 17 is a closed mohawk RBO with correct technical execution of the placement of the free foot to the outside of the skating foot before becoming the new skating foot. On the RBO, for six beats, there is a double lift of the free leg.

Section 2

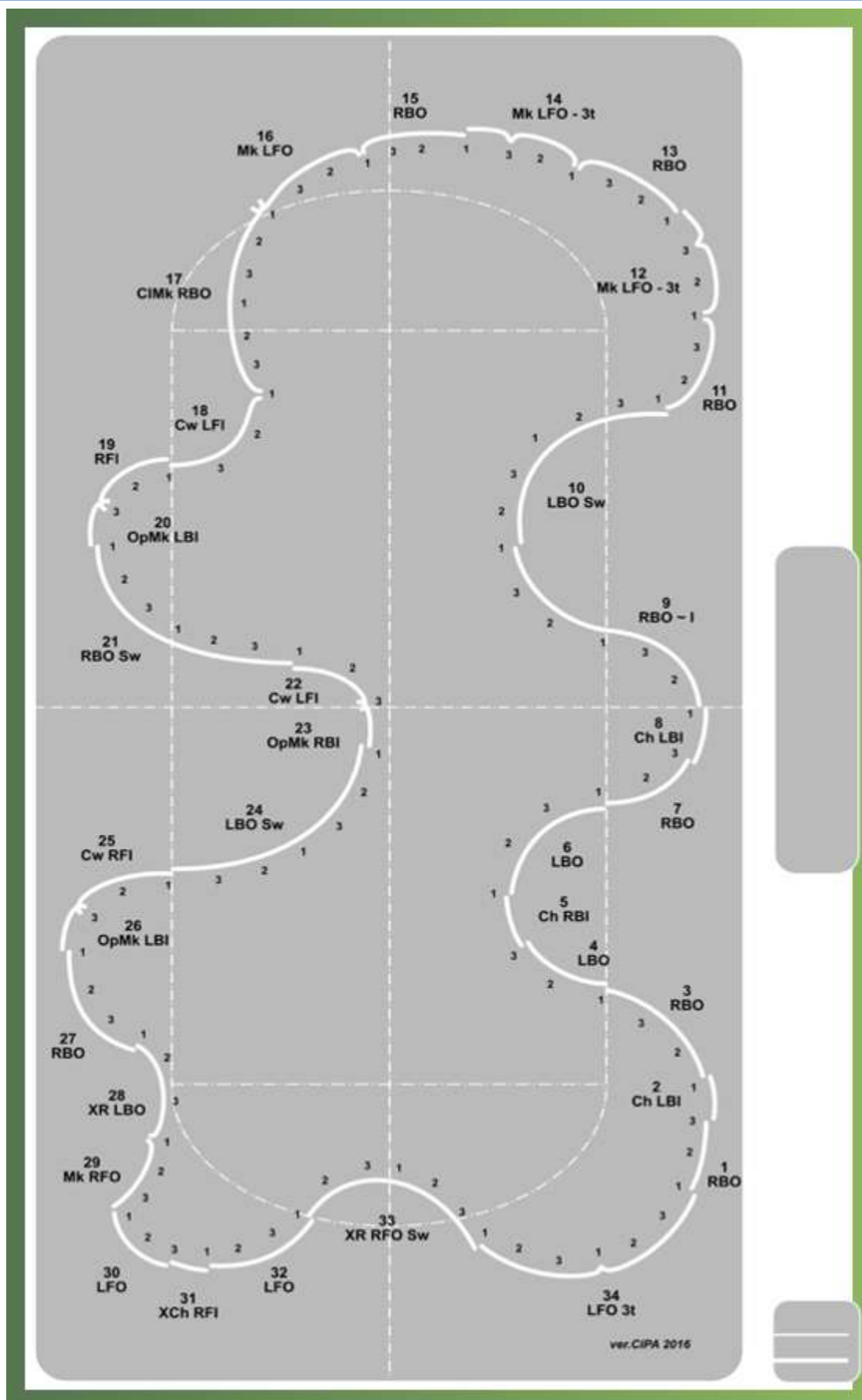
1. **Step 18, choctaw LFI for three beats:** begins parallel to the long axis and goes toward the long side barrier; technical execution of the choctaw and correctness of edges.
2. **Steps 20-23-26, open mohawks:** pay particular attention to the technical execution with the foot placed to the inside of the skating foot and successively closing the feet, maintaining the inside edge before and after the turn.
3. **Steps 22-25, choctaws:** two beats each, correct technical execution, with correct edges before and after the turn and correct placement of the free foot with respect to the skating foot.
4. **Step 29:** a three-beat mohawk RFO; step 30 is a stroke LFO (for two beats) followed by step 31, a XCh-RFI (for one beat).
5. **Steps 33-34:** step 33 is a six-beat XR-swing; on step 34 the three-turn is performed on the fourth beat of music.

List of steps – Starlight Waltz Solo

#	STEPS	BEATS	
1	RBO		2
2	Ch LBI		1
3	RBO		3
4	LBO		2
5	Ch RBI		1

6	LBO		3
7	RBO		2
8	Ch LBI		1
9	RBO/I Sw movement of the free leg is optional on the first three beats	3+3	6
10	LBO-Sw		6
11	RBO		3
12	Mk LFO-3	2+1	3
13	RBO		3
14	Mk LFO-3	2+1	3
15	RBO		3
16	Mk LFO	3	3
17	Closed Mk RBO elevation of the free leg on beat 4		6
18	Cw LFI		3
19	RFI	2	3
20	Open Mk LBI	1	
21	RBO-Sw		6
22	Cw LFI		2
23	Open Mk RBI		1
24	LBO-Sw		6
25	Cw RFI		2
26	Open Mk LBI		1
27	RBO		3
28	Xroll LBO		3
29	Mk RFO	3	3
30	LFO	2	3
31	XCh RFI	1	
32	LFO run		3
33	Xroll RFO-Sw		6
34	LFO 3 execution of three turn on beat 4 w/ elevation of free leg on beat 4	3+3	6

Pattern – Starlight Waltz Solo



SWEET TANGO - SOLO

Inspired by Tango Romantica by Ljudmila Pakhomova, Aleksandr Gorshkov & Elena Tschaikovskaja. Originated as Tango Beattie for roller dance by Andrew Beattie & revised by Lorenza Residori

Music: Tango 4/4
bpm
Pattern: set

Tempo: 104

This is a romantic dance which is skated in a soft, lyrical, and sinuous manner with both a soft and strong character where appropriate. Deep edges are necessary to convey its mood. The movement of the free leg, where not mentioned, is optional.

Section 1

Step 1 LFO (1 beat) is a stroke on the outside edge, followed by **Step 2 Ch RFI** (1 beat) and **Step 3 LFO** (1 beat), respectively a chasse and another stroke. This sequence of steps initially begins along the long side barrier and begins to curve in the direction of the long axis.

Step 4 XR RFO Sw CT-3T-3T (1+2+2+1+3 beats: 9 beats total) is composed of:

- **Step 4a) XR RFO** (1 beat): a cross roll on the outside edge
- **Step 4b) RFO Sw** (2 beats): a swing of the free leg forward on the 2nd beat of the step, maintaining the outside edge.
- **Step 4c) RFO CT** (2 beats): a CT to RBO on the 4th beat of the step and on a clear outside edge.
- **Step 4d) RBO 3T** (1 beat): a 3T to RFI on the 6th beat on a clear inside edge.
- **Step 4e) RFI 3T** (3 beats): a 3T to RBO on the 7th beat of the step and on a clear outside edge.

Step 5 Mk LFO (1 beat) is a mohawk with feet close together.

Step 6 XCh RFI (1 beat) is a crossed chasse on the inside edge with feet close and parallel.

Step 7 LFO (1 beat) and **Step 8 Run RFI** (1 beat) are respectively a stroke and a progressive run.

Step 9 LFO RK (1+3 beats) is a 1 beat outside stroke followed by a RK on the 2nd beat, initially aiming to the long axis and finishing parallel to it.

Step 10 DpCh RBI (2 beats) is a dropped chasse on an inside edge for two beats and in the direction of the long side barrier.

Step 11 Cw LFO 3T ($\frac{1}{2} + \frac{1}{2}$ beats) is a quick ($\frac{1}{2}$ beat) choctaw followed by a quick ($\frac{1}{2}$ beat) 3T.

Step 12 DpCh RBO 3T (1+2 beats) is a dropped chasse of one beat on an outside edge, followed by a 3T to RFI on the 2nd beat of the step.

Step 13 ClCw LBO (2 beats) is a closed choctaw with feet close together. The choctaw initially aims to the long axis.

Step 14 Mk RFO (2 beats) is a mohawk with feet close together and on the outside edge, skated towards the long side barrier.

Step 15 LFO ($\frac{1}{2}$ beat) and **Step 16 Ch RFI** ($\frac{1}{2}$ beat) is a quick stroke and a chasse, followed by **Step 17 LFO** (1 beat).

Step 18 Run RFI 3T (1+1 beat) is a progressive run on the inside edge with a 3 turn to RBO on the 2nd beat of the step, curving parallel to the short side barrier.

Step 19 Mk LFO BK (2+2 beats) is a mohawk with feet close together and a bracket turn to LBI on the 3rd beat of the step, without deviating from the inside edge at the exit of the turn.

Step 20 Mk RFI (2 beats) is a mohawk with feet close together with a slight aim to the long side barrier.

Section 2

Steps 21-25 create a sequence of strokes and runs that curve along the long side barrier and finish in the direction of the long axis: **LFO** (2 beats), **Run RFI** (1 beat), **LFO** (1 beat), **Run RFI** (2 beats) and **LFO** (1 beat).

Step 26 XR RFO 3T (3+1 $\frac{1}{2}$ beats) begins with a cross roll on the outside edge. A 3 turn to RBI occurs on the 4th beat of the step, finishing on a clear inside edge.

Step 27 Wd LBO ($\frac{1}{2}$ beat) is a wide step and **Step 28 XS RBI** (2 beats) is a cross stroke on the inside edge. *It is possible to execute the wide step and the cross stroke with both feet on the skating surface.*

Step 29 Cw LFO (1 beat) is a choctaw with feet close together and **Step 30 Run RFI** (1 beat) is a run to conclude the dance.

Key Points – Sweet Tango Solo - 2026 - Section 1 (steps 1 to 20)

Section 1:

1. **Step 4 (XR) RFO Sw CT (- 3T - 3T) - (beats 2 to 5 only):**
 - Correct timing of the steps;
 - Correct technical execution of the CT on the 4th beat, with a clear outside edge before and after the turn.
2. **Step 9 LFO RK (1+3 beats):**
 - Correct timing of the step;
 - Correct technical execution of the RK on the 2nd beat, with clear outside cusp at the entry and exit of the turn
 - No deviation from the outside edge.
3. **Step 13 ClCw LBO (2 beats):**
 - Correct timing of the step;
 - Correct execution of the Closed Choctaw with feet close together and the free leg finishing in front of the body at the end of the turn;
 - No deviation from the outside edge.
4. **Step 19 LFO Bk (2+2 beats):**
 - Correct timing of the step;
 - Correct technical execution of the BK on the 3rd beat, with a clear outside edge at the entry and a clear inside edge at the end of the turn.

Reference steps:

Step 4 – must start before the long axis and finish after it. (first 3T after)

Step 12 – must start by the short axis

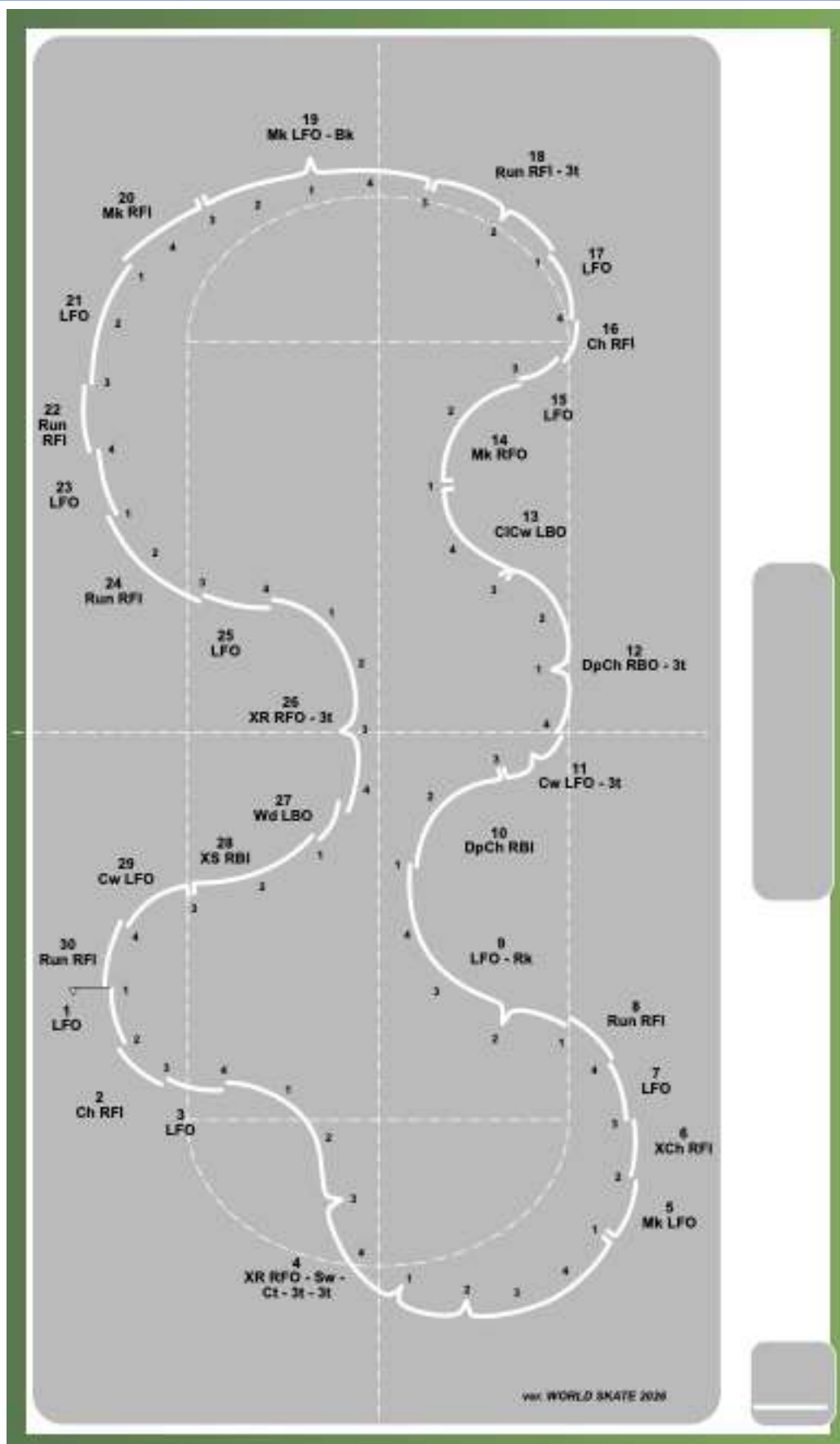
Step 19 – must start before the long axis and finish after it. (BK after)

Step 26 - must start before the short axis and finish after it. (3T by the axis)

List of steps – Sweet Tango Solo

Step Number	Step	Musical Beats
1st Section		
1	LFO	1
2	Ch RFI	1
3	LFO	1
4	XR RFO Sw CT 3T 3T	1 + 2 + 2 + 1 + 3
5	Mk LFO	1
6	XCh RFI	1
7	LFO	1
8	Run RFI	1
9	LFO Rk	1 + 3
10	DpCh RBI	2
11	Cw LFO 3T	$\frac{1}{2} + \frac{1}{2}$
12	DpCh RBO 3T	1 + 2
13	CICw LBO	2
14	Mk RFO	2
15	LFO	$\frac{1}{2}$
16	Ch RFI	$\frac{1}{2}$
17	LFO	1
18	Run RFI 3T	1 + 1
19	Mk LFO BK	2 + 2
20	Mk RFI	2
2nd Section		
21	LFO	2
22	Run RFI	1
23	LFO	1
24	Run RFI	2
25	LFO	1
26	XR RFO 3T	3 + 1 $\frac{1}{2}$
27	Wd LBO	$\frac{1}{2}$
28	XS RBI	2
29	Cw LFO	1
30	Run RFI	1
The movement of the free leg, where not mentioned, is optional.		

Pattern – Sweet Tango Solo



3.71 SWING FOXTROT - COUPLES

By Hans Jurgen Schamberger

Music: Foxtrot 4/4

Position: Foxtrot

Tempo: 104 bpm

Pattern: set

The dance is skated in Foxtrot position and the steps are the same for both skaters.

The dance begins toward the short side barrier with a sequence of three steps:

Step 1 LFO (1 beat) is skated toward the short side barrier becoming parallel to it;

Step 2 Run RFI (1 beat) and **step 3 LFO** (2 beats) curves away from the long side barrier toward the direction of the long axis.

Steps 4 XR RFO and **5 XR LFO** (2 beats each) are cross rolls skated on outside edges on the left and then the right side of the baseline; step 4 aims initially toward the long axis and curves back to the baseline and step 5 aims initially toward the long side barrier and curves back to the baseline.

The next cross roll, **step 6 XR RFO Sw** (2+2 beats), forms a larger lobe than the previous ones, aimed initially toward the long axis and finishing toward the long side barrier. The free leg swings forward on the 3rd beat.

The next sequence of **steps, 7 LFO, 8 Run RFI** (1 beat each) and **9 LFO** (2 beats) is skated with the same technique and timing of steps 1,2,3, beginning on the baseline, aiming toward the long side barrier and finishing on the baseline in the direction of the long axis with step 9.

Step 10 XR RFO Sw (2+2 beats) is a cross roll with a forward swing of the free leg on the 3rd beat. This step begins and ends on the baseline (see step 6).

The sequence of **steps 11 LFO, 12 Run RFI** (1 beat each) and **13 LFO** (2 beats) must be performed with the same technical execution and timing of steps 7, 8 and 9.

Steps 14 Ops RFI (2 beats) and **15 Ops LFI** (2 beats) are open strokes on inside edges. Step 15 is stroked from an angular position. Step 14 begins parallel to the short side barrier and curves to become perpendicular to the short axis; step 15 begins parallel to the long axis and becomes perpendicular to it.

Step 16 RFO Sw (2+2 beats) is a stroke with a forward swing of the free leg on the 3rd beat. The step begins before the long axis and finishes toward the short side barrier.

Reference steps:

Step 7 – must start by the short axis;

Step 16 – must start before and finish after the long axis.

Key Points – Swing Foxtrot Couples

1. Steps 5 XR LFO (2 beats):

- Correct timing of the step;
- Correct technical execution of the cross roll (respecting the prescribed edges required before and after the XR), on a clear and correct outside edge for 2 beats, with adequate inclination of the body before and after the XR;

For Couples:

- Maintain closeness between the partners in the Kilian position;
- Simultaneous placement of the feet and synchronization in the change of inclination

2. Step 10 XR RFO Sw (2+2 beats):

- Correct timing of the steps;
- Correct technical execution of the cross roll (respecting the prescribed edges required before and after the XR), on a clear and correct outside edge, with adequate inclination of the body;
- Correct technical execution of the swing with the free leg being held back for 2 beats and then swung forward on the 3rd beat, without deviation from the outside edge in advance.

For Couples:

- Attention to the position of the couple which should be close without any separations.
- Attention to the unison of the free legs on the swing.

3. Step Ops 14 RFI (2 beats) and Step Ops 15 LFI (2 beats)

- Correct timing of both steps;
- Correct technical execution of the steps on inside edges of 2 beats each, with feet close and in angular “and” position;
- Correct change of the body inclination between steps 14 and 15

For Couples:

- Maintain closeness between the partners in the Kilian position.
- Simultaneous placement of the feet and synchronization in the change of inclination.

4. Step 16 RFO Sw (2 + 2 beats):

- Correct timing of the step;
- Correct technical execution of the stroke and Swing on an outside edge with the free leg held back for 2 beats and swung forward on the 3rd beat;
- No deviations from the outside edge;

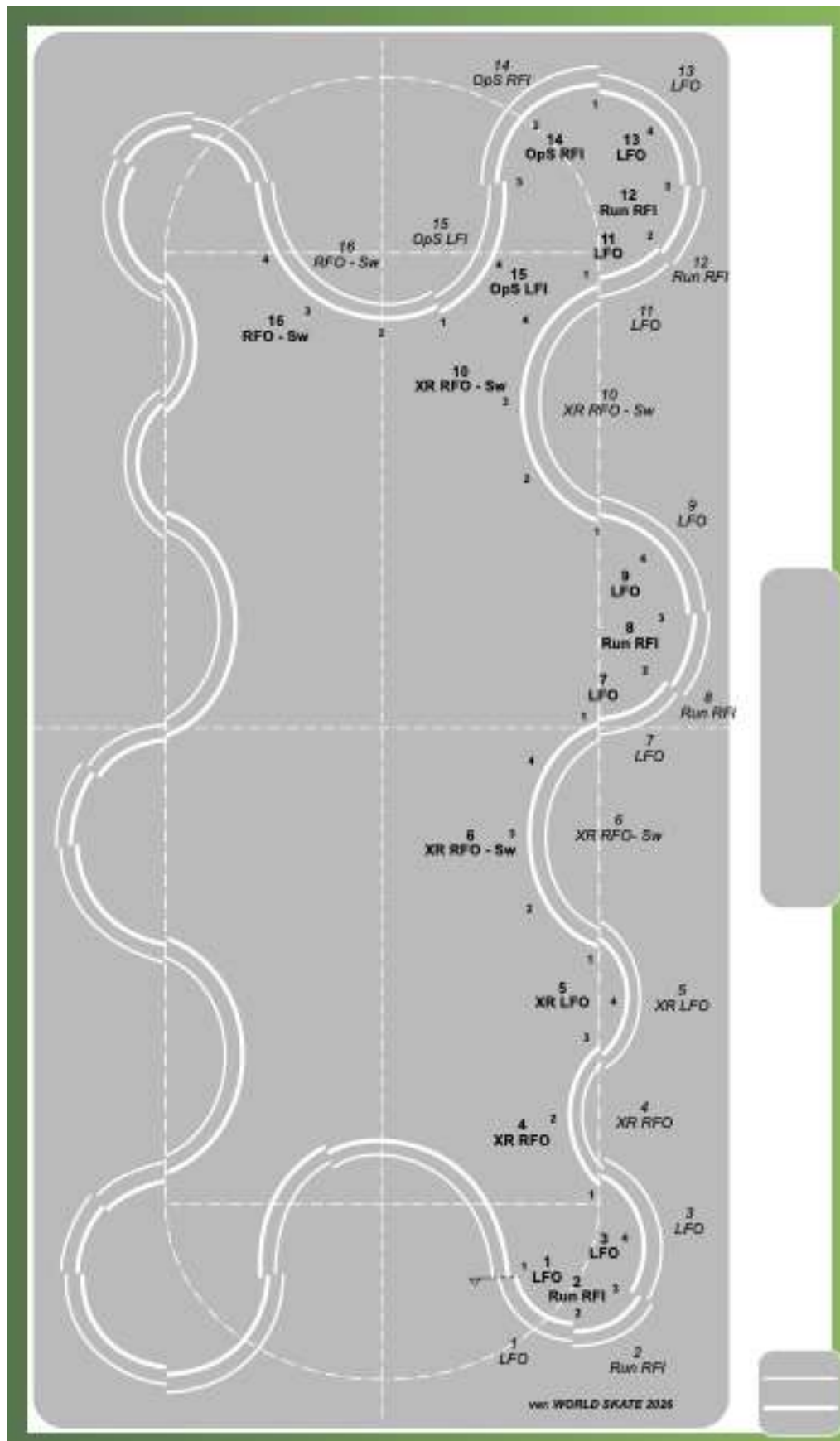
For Couples:

- Attention to the position of the couple which should be close without any separations.
- Attention to the unison of the free legs on the swing

List of steps – Swing Foxtrot Couples

HOLD	N°	Steps Woman	BEATS	Steps Man
FOXTROT	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	XR RFO	2	XR RFO
	5	XR LFO	2	XR LFO
	6	XR RFO Sw	2+2	XR RFO Sw
	7	LFO	1	LFO
	8	Run RFI	1	Run RFI
	9	LFO	2	LFO
	10	XR RFO Sw	2+2	XR RFO Sw
	11	LFO	1	LFO
	12	Run RFI	1	Run RFI
	13	LFO	2	LFO
	14	Ops RFI	2	Ops RFI
	15	Ops LFI	2	Ops LFI
	16	RFO Sw	2+2	RFO Sw

Pattern – Swing Foxtrot Couples



SWING FOXTROT - SOLO

By Hans Jurgen Schamberger

Music: Foxtrot 4/4

Tempo: 104 bpm

Pattern: set

The dance begins toward the short side barrier with a sequence of three steps:

Step 1 LFO (1 beat) is skated toward the short side barrier becoming parallel to it;

Step 2 Run RFI (1 beat) and **step 3 LFO** (2 beats) curves away from the long side barrier toward the direction of the long axis.

Steps 4 XR RFO and **5 XR LFO** (2 beats each) are cross rolls skated on outside edges on the left and then the right side of the baseline; step 4 aims initially toward the long axis and curves back to the baseline and step 5 aims initially toward the long side barrier and curves back to the baseline.

The next cross roll, **step 6 XR RFO Sw** (2+2 beats), forms a larger lobe than the previous ones, aimed initially toward the long axis and finishing toward the long side barrier. The free leg swings forward on the 3rd beat.

The next sequence of steps, **7 LFO** (1 beat), **8 Run RFI** (1 beat) and **9 LFO** (2 beats) is skated with the same timing of steps 1,2,3, beginning on the baseline, aiming toward the long side barrier and finishing on the baseline in the direction of the long axis with step 9.

Step 10 XR RFO Sw (2+2 beats) is a cross-roll swing with a forward swing of the free leg on the 3rd beat. This step begins and ends on the baseline (see step 6).

The sequence of **steps 11 LFO** (1 beat), **12 Run RFI** (1 beat) and **13 LFO** (2 beats) make part of a lobe that starts towards the long side barrier.

Steps 14 Ops RFI (2 beats) and **15 Ops LFI** (2 beats) are open strokes on inside edges; Step 15 is stroked from an angular position. Step 14 begins parallel to the short side barrier and curves to become perpendicular to the short axis. Step 15 begins parallel to the long axis and curves to end in the direction of it.

Step 16 RFO Sw (2+2 beats) is a stroke with a forward swing of the free leg on the 3rd beat. The step begins before the long axis and finishes toward the short side barrier.

Reference steps:

Step 7 – must start by the short axis;

Step 16 – must start before and finish after the long axis.

Key Points – Swing Foxtrot Solo

1. Step 3 LFO (2 beats)

- Correct timing of the step;
- Correct technical execution of the stroke without deviating from the outside edge during the entire step.

2. Step 5 XR LFO (2 beats).

- Correct timing of the step;
- Correct technical execution of the **cross roll** (respecting the prescribed edges required before and after the XR), on a clear and correct outside edge, with adequate inclination of the body;

3. Step 10 XR RFO Sw (2+2 beats).

- Correct timing of the steps;
- Correct technical execution of the **cross roll** (respecting the prescribed edges required before and after the XR), on a clear and correct outside edge, with adequate inclination of the body;
- Correct technical execution of the **swing** with the free leg being held back for 2 beats and then swung forward on the 3rd beat, without deviation from the outside edge in advance.

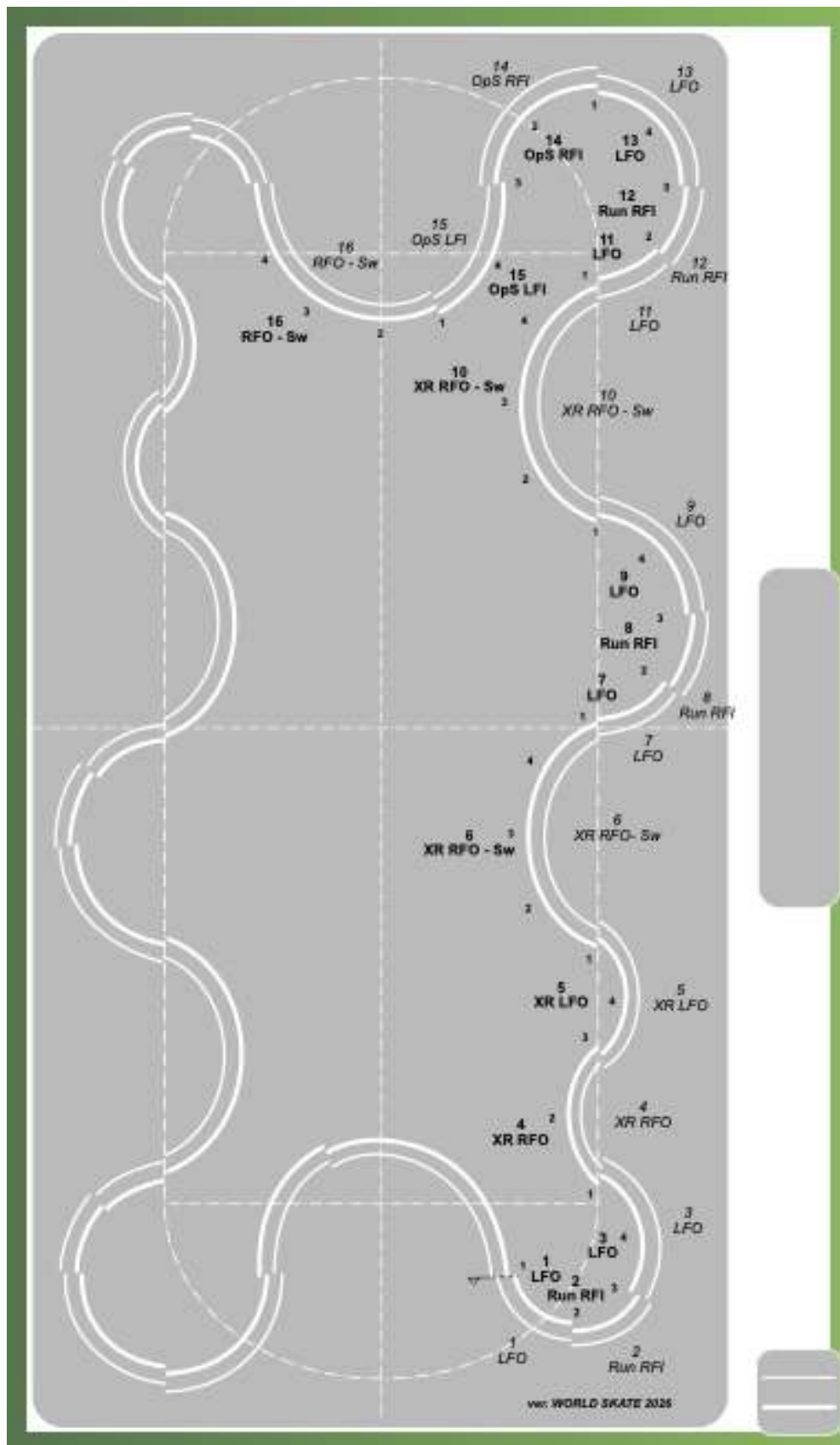
4. Step 15 OPS LFI (2 beats).

- Correct timing of the step;
- Correct technical execution of the **open stroke** without deviating from the inside edge during the entire step;

List of steps – Swing Foxtrot Solo

NO	STEPS	MUSICAL BEAT
Section 1		
1	LFO	1
2	Run RFI	1
3	LFO	2
4	XR RFO	2
5	XR LFO	2
6	XR RFO Sw	2+2
7	LFO	1
8	Run RFI	1
9	LFO	2
10	XR RFO Sw	2+2
11	LFO	1
12	Run RFI	1
13	LFO	2
14	Ops RFI	2
15	Ops LFI	2
16	RFO Sw	2+2

Pattern – Swing Foxtrot Solo



TANGO DELANCO - COUPLES

By J.Dunlop / W. Graf / L.Residori

Music: Tango 4/4

Tempo: 104 bpm

Positions: Foxtrot, Waltz, Tango, Partial Tango, Reverse Partial Tango, Tandem, Kilian, Cross Arm Kilian, Hand in Hand, Shadow

Pattern: set

This Tango is fluid and lively. These characteristics must be clear during the execution of the dance through good edges interspersed with quick rotation, which develop correctly around the baseline.

The footwork must be very quick and sudden to create an intense "staccato" (as a brief and sudden action that gives the idea of an abrupt stop before continuing with the next movement). Deep edges, executed effortlessly and with fluidly combined with carriage, are necessary elements to correctly express the dance.

Steps 1 through **4** are skated in Foxtrot position.

Steps 1 (LFO), **2** (Ch RFI), **3** (LFO) and **4** (Run RFI) each of one beat, are part of a lobe beginning toward the long side barrier with step 1, becomes parallel to it on step 2 and ends away from it on steps 3 and 4.

Step 5, aiming toward the long axis, is two beats for both partners. For the woman, (DpCh LFO Rk), with the Rocker turn executed on the second beat of the step finishing on a LBO with the right free leg extended in back, in line with the tracing of the skating leg. For the man, step 5 (run LFOI), is a run LFO on the 1st beat followed by a change of edge to inside on the 2nd beat with the right free leg extended in back and crossed behind the skating leg, to match the woman's rocker turn. On the second beat of step 5, the woman, executing the Rocker, must cross the man's tracing; the couple assumes Reverse Partial Tango position with the woman slightly to the left of the man. The couple remains in this position until step 6.

Step 6: The woman, on step 6a, skates a run RBI for 2 beats followed by step 6b, a DrCh LBO, for two beats performed with an optional free leg movement.

- On step 6, the man skates a RFO for 4 beats: the first two with the free leg stretched in back (corresponding to step 6a of the woman) and the last two beats with optional movement of the free leg (corresponding to step 6b of the woman). Step 6 begins aiming toward the long axis then becomes parallel to it and finally ends away from it.

Step 7 which has a total of six beats, is for the woman a Mk RFO Rk Sw and for the man a Xroll LFO-3t for 2 beats (step 7a) and a RBO Sw for 4 beats (step 7b); During this step, the man's left arm and the woman's right arm are brought over the woman's head enabling her to skate the Mk RFO on the first beat and a Rocker on the second beat, while the man executes a XR LFO on first beat followed by a three turn on the second beat (step 7a). The man then, in tandem position, executes step 7b with a RBO while the woman, remaining on the same edge, extends her left leg (free leg), first in front and then in back with a Swing (on the third beat of step 7b of the man) simultaneously with the man. Step 7 begins toward the long side barrier, becomes parallel to it and finishes away from it.

Step 8, Cw LFI (2 beats) in Kilian position, **step 9** RFO (2 beats), and **step 10** run LFI (1 beat) form a lobe that starts toward the long axis, becomes parallel to it on steps 8 and 9 and finishes aiming away from it on step 10.

- On steps 9, RFO (2 beats) and 10 run LFI (1 beat) the man keeps his right hand on the left shoulder of the woman, skating behind and slightly to the left of her.
- On **step 11**, (1 beat) the couple performs an RFI aimed towards the long side barrier, where the man, crossing the trace of the women and passing behind her, assumes Tandem position. During the change of position, from step 10 to 11, the arm movement is optional.
- The arc of **steps 12 and 13** is distributed parallel to the long side barrier, beginning toward it and finishing away from it. Step 12a is skated in Kilian position.
- Steps 12b-12c-12d-13a are skated in Partial Tango position.

Step 12 for the man is divided into 12a-12b-12c-12d, an Open Mk (heel-heel) LBI 3t - Open Mk RBO - Mk LFO - Ch RFI for 6 beats total, that are distributed as follows:

- Beat 1: **Step 12a**, Open Mohawk (heel-heel, executed in 1 beat) on an LBI edge and maintained for 2 beats on an inside edge;
- Beat 3: a three turn from LBI to LFO with the right free leg in front, maintained for 1 ½ beats on an outside edge.

Step 12b (Open Mk RBO) a quick Open Mohawk, for ½ beat,

Step 12c is a Mohawk LFO for 1 ½ beats;

Step 12d is a very quick Ch RFI, for ½ beat, only for the man.

Step 12 for the woman is an Open Mk (heel-heel) LBI- 3t- 3t, which remains on the same foot for six beats.

- At the same time as the man, the woman performs this mohawk LBI (heel-heel) and three turn (LBI to a LFO on the 3rd beat) with the free leg extended in front, followed by another three turn (from LFO to LBI) on 5th beat and maintained on the inside edge with the right free leg extended in back until the 6th beat.
- The movement of the free leg (where not mentioned) is optional.
- The execution of **step 13a** for the woman, (RBO), and **13b** (Mk LFO) (1 beat each) occurs with a passage of the man's left hand holding the woman's right hand over her head to allow her to perform the step in preparation for the change of position (to Kilian).

Step 13 for the man, a LFO (2 beats) which, on the 2nd beat, the free leg is brought into "and" position in preparation for the next step (step 14 XF RFI).

Step 14, for the couple is a XF RFI for 2 beats in Kilian position.

Step 15, for 4 beats for both, consists of a LFI swing- inside twizzle for the woman (2+1 ½+½) and a LFI swing (2+2) for the man skated toward the center of the rink. This step begins aiming away from long axis and finishes aiming toward it. This step for the woman is performed with the free leg held in back for the first 2 beats, swinging in front on the 3rd beat, and an inside twizzle on the last ½ beat.

- The inside twizzle is a rotation on one foot which comprises, in a single movement, a quick three turn from LFI to LBO, followed by a half three turn to a LFI, before performing the next step.
- The man, after the swing, matches the execution of woman's twizzle by bringing his feet together into "and" position.

- During the twizzle the skaters' left hands move over the woman's head to take the next step, **Step 16 (RFO)**, in Cross Arm Kilian position with the left hands of the skaters joined at the height of the hips (with the left hands over and the right hands under). This movement should be completed in time to start Step 16, a RFO for 1 ½ beats for both skaters.

Step 17 (Ch LFI) is a quick chasse skated for ½ beat. The steps 16 and 17 are aimed toward the long axis.

Step 18, for 4 beats, is a RFO swing followed by a twizzle (2+1 ½+½) for man and RFO swing (2+2) for the woman. Step 18 begins at the long axis and finishes toward the short side barrier.

- Step 18 for the man is skated with the free leg held in back for 2 beats, swinging in front on the 3rd beat and an outside twizzle for ½ beat.
- The outside twizzle, turned counterclockwise, is a full rotation on one foot, which comprises, in a single movement, a quick counter turn (from RFO to RBO) followed by a half three turn to a RFI before performing the next step. During the twizzle, the right hands of the skaters are released to allow the execution of this turn of the man while the left hands remains joined above his head (it should be noted that the man's height may affect the execution of the twizzle under the left arm of the woman. For this reason, it is permitted to release hold to facilitate this turn. The woman matches the execution of the man's twizzle by bringing her feet into "and" position.

Step 19, a LFO for 2 beats for both the man and woman, aims toward the long axis and finishes parallel to it. On step 19 the couple assumes Kilian position, which is maintained until the end of step 20.

Step 20 XB RFI-O-I, for a total of 4 beats. This step, begins parallel to the long axis and ends towards the short side barrier. The step is performed as follows:

- First beat: XB RFI with the free leg extended in front;
- Second beat: a change of edge from RFI to RFO with optional free leg movement;
- Third beat: change of edge from RFO to RFI with free leg lifted forward for a beat and returning to the "and" position; this inside edge must be held for 2 beats.

Step 21, for 2 beats, is a LFO skated parallel to the short side barrier. With step 21, LFO, the couple assumes Foxtrot position, which is maintained until step 25, LFO.

Step 22 run RFI (1 beat), **23** LFO (1 beat), and **24**, DrCh RFI (2 beats) descend from the short side barrier; Step 24 is parallel to the long side barrier. **Step 25** is a LFO (1 beat).

On **step 26** for the woman, a RBO Ballroom * step (lv Mohawk): (toe to toe).

- The woman, leaving her right hand with the man's left hand, performs a Ballroom (a ballroom), shifting her body weight from a LFO in a counterclockwise direction to a RBO, at the end of which she is in front of her partner on a RBO with her feet in "and" position. During the rotation, the man and woman join their hands, left hand to left hand and right hand to right hand, with the left hands on top and the right on bottom.
- The man, while the woman executes the ballroom, skates a run RFI for one beat.
- The position of the skaters is momentarily face to face with arms crossed, successively with step 27, the woman crosses the man's tracing to finish on his left.

Step 27, (4 beats total) for the woman a Mk LFO Sw Rk and the man a quick LFO Sw Rk is initially performed (on the 1st beat) with a passage of the woman under the link formed by the partners' left hands that pass over the woman's head to be successively brought to the height of the hip. The right hands remain joined and the skaters side by side (the woman to the left of the man)

Step 27, (for 4 beats), is as follows:

- 1st beat: for the woman Mk LFO and for the man a quick LFO;
- 2nd beat: Forward swing of the right free leg, in line with the skating leg;
- 3rd and 4th beat: LFO Rk (on 3rd beat) that finishes on a LBO, held until the end of the step. During the rocker turn the couple assumes Kilian position.

Step 28: (for 4 beats) for the woman is a XR RBO 3t O, is as follows:

- 1st beat: a Xroll RBO in Kilian position.
- 2nd beat: a three turn (RBO to RFI), the couple assumes Tango position;
- 3rd and 4th beat: a change of edge, from RFI to RFO on the 3rd beat, held on an outside edge until the end of the step. The position assumed is Partial Tango position and the movement of the free leg on this step is optional
- For man **Step 28a** is a XR RBO (2 beats) and **28b** a DrCh LBO (2 beats).

28a (2 beats): 1st and 2nd beat: a XR RBO (on the 1st beat) in Kilian position, held for 2 beats on an outside edge and on the 2nd beat, corresponding to the woman's three turn, the couple assumes Tango position.

28b (2 beats): 3rd and 4th beat: a DrCh LBO on the 3rd beat on an outside edge until the end of the step. The couple moves into Partial Tango position and the movement of the free leg on these steps is optional.

Step 29, aimed toward the long side barrier, is for the woman a XR LFO 3t, a cross roll on the 1st beat followed by a three turn on the 2nd beat, while for the man is a RBO for 2 beats; the position is Partial Tango on the cross roll and after the woman's three turn, the couple assumes (with step 30), Waltz position.

Step 30 (2 beats for both skaters), is a RBO for the woman and a Mk LFO for the man, aimed toward the long side of the barrier and becoming parallel to it.

Steps 31-32-33-34 are Ballroom * steps (lv Mohawk), performed in Waltz or Partial Tango position (optional choice) in which the skaters rotate lightly around each other, alternating with Ballroom * steps (lv Mohawks) from forward to backward and with mohawks from backward to forward on outside edges.

Step 31 (2 beats): Ballroom step for the man on a RBO with forward extension of the free leg while the woman performs a Mk LFO with backward extension of the free leg.

Step 32 (1 beat): Ballroom step for the woman on a RBO, with the foot of the free leg in "and" position, while the man performs a Mk LFO with immediate return of the foot of the free leg to "and" position, matching the woman.

Step 33 (1 beat): Ballroom step for the man on a RBO, with the foot of the free leg in "and" position, while the woman performs a Mk LFO with immediate return of the foot of the free leg to "and" position, matching the man.

Step 34 (2 beats): Ballroom step for the woman on a RBO with forward extension of the free leg while the man performs a Mk LFO with backward extension of the free leg. The couple, on step 34, assumes Tango position, maintaining it through step 35b.

Step 35 is a XR LBO (2 beats) for the woman and a XR RFO (35a) followed by a Ch LFI (35b) (1 beat each) for the man. Step 35 intersects the long axis.

Step 36 is a Mk RFO for the woman and a RFO for the man, during which the couple assumes Kilian position, aimed toward the short side barrier.

Step 37: XR LFO 3t (2 beats), the man slides forward with respect to the woman passing under the link of the left hands while the woman with **step 37a** XR LFO (1 beat), remains on the outside of the man and with **step 37b** Ch RFI (1 beat) she is in front of him, after his three turn. The position on step 37 is Hand in Hand (her left hand in his left hand, with right hands free). This step is initially aimed toward the short side barrier and curves in preparation for the next step.

Steps 38a-38b respectively for the man: step 38a, a RBO (1 beat) with the free leg extended in front and a DrCh LBI (38b) (1 beat) with the free leg extended in back. For the woman, **step 38** LFO Sw (2 beats) in which the free leg swings in front on the 2nd beat. Hand in Hand position is maintained until step 38b and the aim of the step is parallel to the short side barrier.

Step 39 is executed in Partial Tango position, with the woman on the man's left. On this step, the man performs a DrCh RBO with free leg in back, in line with the skating leg and the woman a RFI (Open Stroke). At the end of step 39, the man prepares to execute a mohawk that connects this step with the first step of the dance, a LFO (step 1), to be able to perform the restart of the dance while the woman brings the left free leg into "and" position. The man's mohawk must be repeated at the end of the second sequence of the dance.

Note: Ballroom * (lv Mohawk): 180 ° rotation from forward to backward, with the toes close and angled (toe to toe) during the execution of the turn.

Key Points – Tango Delanco Couples

Section 1

1. **Step 5** Dr Ch LFO Rk: correct execution of the Dr Ch LFO Rk, without changing to an inside edge before and/or after the Rocker for women, matching the change of edge of the man. The woman, during the Rocker must cross the trace of the man.
2. **Step 7** which has a total of six beats is for the woman Mk RFO-Rk Sw and for the man (7a) XR LFO-3t (2 beats) and (7b) RBO Sw (4 beats); proper execution of the Mohawk LFO rocker swing without changing the edge before and/or after the Rocker; the skater must lift the free leg in front on the 3rd beat and swing it in back on the 5th beat. Attention should be paid to the required change in position and the proximity of the skaters after the woman's Rocker turn.
3. **Step 12:** correct execution of the Mohawk (heel to heel) and correct edge before and after the three turn. Attention should be paid to the required change in position and the proximity of the skaters before and after the mohawk as well as during the three turn with the correct lean as well as the correct timing (see list of steps).

Section 2

1. **Step 15:** Proper execution of LFI Sw Tw ($2+1\frac{1}{2}+1\frac{1}{2}$) for the woman; step on a LFI edge, bringing the free leg forward on the 3rd beat with a Swing and remaining on an inside edge for $3\frac{1}{2}$ beats after which she will quickly rotate clockwise (Inside Twizzle formed by a three turn + half a three turn) in $\frac{1}{2}$ beat.
2. **Step 18:** Proper execution of the RFO Sw Tw ($2+1\frac{1}{2}+1\frac{1}{2}$) for the man; step on a RFO edge swinging the free leg in front on the 3rd beat of the step and remaining on an outside edge for $3\frac{1}{2}$ beats, after which he will quickly rotate counter-clockwise (Outside Twizzle formed by an outside counter turn + half three turn) in $\frac{1}{2}$ beat.
3. **Step 20:** RFIOI (4 beats) (1+1+2). The step should be skated with pronounced changes of edge with correct timing (1 beat RFI, 1 beat RFO and 2 beats RFI).

Section 3

1. **Step 26:** Correct execution of Ballroom step RBO * (lv Mohawk: toe to toe) for the woman, from LFO to RBO.
2. **Step 27** for the woman is a Mk LFO Sw Rk and for the man a LFO Sw Rk: Correct execution of the swing rockers on the correct edge and correct timing. Attention to the changes in position and proximity of the skaters before and after the rockers
3. **Step 28:** (4 beats) is for the woman a XR RBO 3t O: correct execution of the backward cross roll and lean relative to the woman. For man step 28a is XR RBO (2 beats) and 28b Dr Ch LBO (2 beats). Edges should be strong and defined as described.

Section 4

1. **Steps 31-32-33-34** for both: "Ballroom"/Mohawk: correct technical execution of the ballroom steps made lightly, on correct edges and with correct timing: steps 31 and 34 for 2 beats, steps 32 and 33 for 1 beat. Attention to the proximity of the partners during the ballroom steps and the correct position during rotations avoiding separations and variations in the space between them.

2. **Step 37:** XR LFO for both followed by a three turn for the man and Ch RFI for the woman; observe the changes of position and the correct edges and timing.
3. **Step 39** (2 beats): the man performs a Dr Ch RBO (2 beats) and the woman a RFI (open-Stroke) in Partial Tango position. Compliance with the prescribed timing and coordination of the free legs in unison.

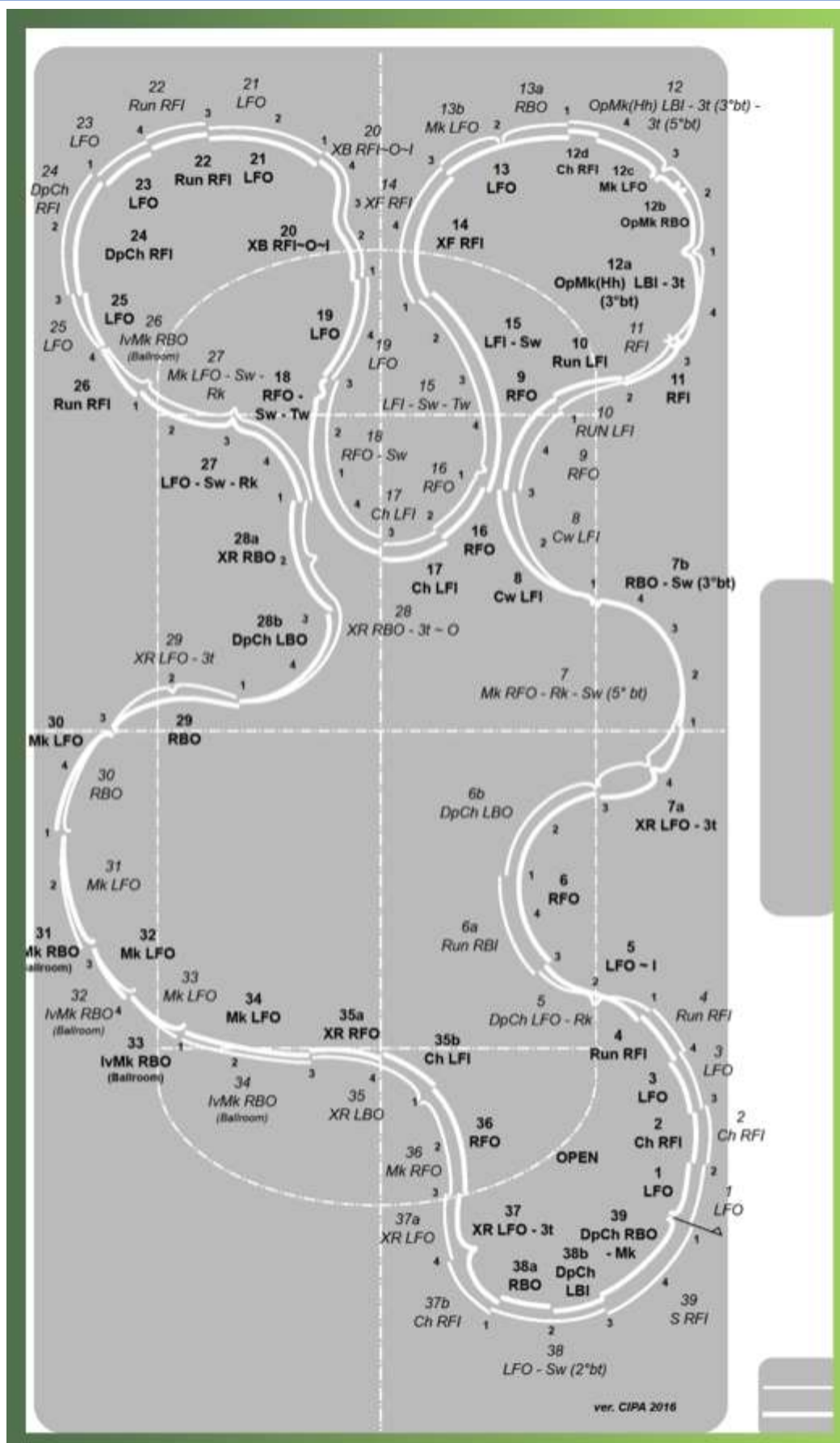
List of steps – Tango Delanco Couples

POSITION	STEP	MAN'S STEPS	BEATS			WOMAN'S STEPS
SECTION 1						
Foxtrot	1	LFO		1		LFO
	2	Ch RFI		1		Ch RFI
	3	LFO		1		LFO
	4	Run RFI		1		Run RFI
Reverse Partial Tango	5	LFOI (free leg crossed in back on beat 2)		1+1		Dp Ch LFO Rk (Free leg extended in back after Rk)
	6a	RFO	2+2		2	Run RBI
	6b	(free leg movement optional on the last 2 beats)			2	Dp Ch LBO (free leg movement optional)
(see notes)	7a	XR LFO 3t	1+1		1+1 +	Mk RFO Rk Sw
Tandem	7b	RBO Sw (swing on beat 3)	2+2		2+2	(Swing on beat 5)
Kilian	8	Cw LFI		2		Cw LFI
(see notes)	9	RFO (man's right hand on the shoulder of the woman)		2		RFO (man's right hand on the shoulder of the woman)
	10	run LFI (man's right hand on the shoulder of the woman)		1		run LFI (man's right hand on the shoulder of the woman)
Tandem	11	RFI		1		RFI
Kilian	12a	Op Mk LBI (heel to heel) Three turn (beat 3 of LBI) (free leg in front)	2+ 1 ½		2+ 2+	Op Mk LBI (heel to heel) Three turn (beat 3 with free leg in front)
	12b	Op Mk RBO	½		2	Three Turn (beat 5 with free leg in back)
Partial Tango	12c	Mk LFO	1 ½			
	12d	Ch RFI	½			

	13a	LFO	2		1	RBO
(see notes)	13b				1	Mk LFO
SECTION 2						
Kilian	14	XF RFI		2		XF RFI
(see notes)	15	LFI -Sw – “and position”	2+2		2+1 ½+ ½	LFI -Sw –Tw (½ count)
Cross Arm Kilian	16	RFO		1 ½		RFO
	17	Ch LFI		½		Ch LFI
(see notes)	18	RFO-Sw - Tw (½ count)	2+1 1/2+1 /2		2+2	RFO-Sw-“and position”
Kilian	19	LFO		2		LFO
	20	XB RFIOI		1+1 +2		XB RFIOI
Foxtrot	21	LFO		2		LFO
	22	run RFI		1		run RFI
	23	LFO		1		LFO
	24	Dp Ch RFI		2		Dp Ch RFI
	25	LFO		1		LFO
SECTION 3						
(see notes)	26	run RFI		1		Iv Mk RBO (Ballroom step)
(see notes) To Kilian	27	LFO Sw Rk		1+1 +2		Mk LFO Sw Rk
Kilian to Tango	28a	XR RBO	2		1+1	XR RBO- 3t (to RFI)~O
From Tango to Partial Tango	28b	Dp Ch LBO	2		+2	
	29	RBO		2		XR LFO 3t (to LBI)
SECTION 4						
Waltz	30	Mk LFO		2		RBO
	31	Iv Mk(Ballroom) RBO		2		Mk LFO

	32	Mk LFO		1		Iv Mk (Ballroom) RBO
	33	Iv Mk RBO(Ballroom)		1		Mk LFO
Tango	34	Mk LFO		2		Iv Mk(Ballroom) RBO
	35a	XR RFO	1		2	XR LBO
	35b	Ch LFI	1			
Kilian	36	RFO		2		Mk RFO
Hand in Hand	37a	XR LFO 3t (to LBI)	1+1		1	XR LFO
	37b				1	Ch RFI
	38a	RBO	1		1+1	LFO Sw (free leg in front on beat 2)
	38b	DpCh LBI (free leg in back)	1			
Partial Tango	39	Dp Ch RBO (free leg in back)		2		RFI (Open Stroke)
		Mk to...				

Pattern – Tango Delanco Couples



TANGO DELANCHA - SOLO

Originated as TANGO DELANCO by J. Dunlop, W. Graf, L. Residori (2011)

Adapted as TANGO DELANCHA for Solo Dance by H. Chapouto (2013)

Music: Tango 4/4

Tempo: 104 bpm

Pattern: set

This tango has a lively, fluid character, and a style established throughout with deep flowing edges interspersed with rapid rotational moves, organized over a continuous baseline.

Upper body movements must be carefully coordinated to accent the footwork, being deliberate and sometimes stealthy, so that the action may become *staccato*. When correctly executed, this *staccato* action is brief and stops abruptly, creating an illusion of greater motion.

Deep, effortless edges and flow combined with superb carriage are necessary to express the dance.

All $\frac{1}{2}$ beat steps and turns are to be performed on the “and” count of the music.

Steps 1 (LFO), **2** (RFI-CH), **3** (LFO), and **4** (RFI run), each for one beat, are part of an arc that begins toward the long side barrier with step 1, becomes parallel to it on step 2, and finishes away from it on steps 3 and 4.

Step 5 is a two-beat LFO dropped chasse followed by a rocker turn to LBO. The rocker turn occurs on the second beat of the step. Upon executing the rocker turn, the free leg finishes in back. This step aims toward the long axis.

Step 6 (two-beat XS-RBI) is a cross stroke performed with the right skating foot crossing in front of the previous skating foot (the left foot), and momentum is imparted from the left foot, which becomes the free foot. This step begins aiming toward the long axis and finishes parallel to it.

Step 7 is a two-beat LBO beginning parallel to the long axis and finishing away from it.

Step 8 is a six-beat mohawk RFO-rocker-swing performed as follows:

- Beat 1: mohawk RFO for one beat;
- Beat 2: rocker turn to RBO with the free leg brought close to the skating leg for one beat;
- Beat 3: free leg is raised in front for two beats;
- Beat 5: the free leg is swung in back for two beats.
- The aim of step 8 begins toward the long side barrier, becoming parallel to it on the fourth beat of the step, and finishing away from it.

Steps 9 (two-beat choctaw LFI), **10** (two-beat RFO), and **11** (one-beat LFI run) form a lobe that begins toward the long axis and becomes parallel to it on steps 9 and 10 and finishes away from it on step 11.

Step 12 (one-beat RFI) is aimed toward the long side barrier.

Step 13 is an open mohawk (heel to heel) LBI-3t for $3\frac{1}{2}$ beats, and step 14 is a quick open mohawk RBO, placed to the inside of the skating foot, for $\frac{1}{2}$ beat. These steps (13 and 14) form a four-beat sequence and are performed as follows:

- Beat 1 (count 3 of the music): step 13, open mohawk LBI for two beats; this mohawk MUST be performed heel-to-heel;

- Beat 3 (count 1 of the music): three turn to LFO for 1 ½ beats;
- Beat 4: after count 2 of the music, the skater performs a quick open mohawk RBO (step 14) for ½ beat.
- The arc of **steps 13** and **14** is approximately parallel to the long barrier, beginning toward it and finishing away from it.

Steps 15 (mohawk LFO for 1 ½ beats), **16** (short RFI-CH for ½ beat), **17** (LFO for two beats), and **18** (XF-RFI for two beats) form an arc that begins toward the short side barrier on step 15, becomes parallel to it on steps 16 and 17, and finishes away from it on step 18.

Step 19 is a four-beat LFI swing twizzle skated toward the center of the rink. This step aims initially away from the long axis and finishes aiming toward it. The step begins with the free leg held in back for two beats, and then the free leg is swung in front on the third beat of the step and maintained in front on the fourth beat of the step; at the end of the swing, the skater, returning the free leg close to the skating leg, performs an inside twizzle on the “and” count. The inside twizzle is a continuous revolution one-foot turn comprising, in one movement, a quick inside three turn from LFI to LBO, followed by a half three turn returning to LFI before taking the next step. This movement must be completed in time to perform the next step (**step 20**, RFO for 1½ beat) on the next count on music (count 1), which follows fluidly from the inside twizzle (step 19).

Step 21 is a short LFI-Ch for ½ beat performed after count 2 of the music (the “and” count). Steps 20 and 19 are aimed toward the long axis. Step 21 should begin at the long axis.

Step 22 is a four-beat RFO swing twizzle. This step should begin after the long axis and aim away from it, then finish aiming toward it. The step begins with the free leg held in back for two beats, and then the free leg is swung in front on the third beat of the step and maintained in front on the fourth beat of the step. At the end of the swing, the skater performs a twizzle on the “and” count, before the following step which is accentuated on count one (1). The twizzle is a continuous revolution one-foot turn comprising, in one movement, a quick counter turn from RFO to RBO, followed by a half three turn to RFI before taking the next step. This movement must be completed in time to perform **step 23**, LFO for two beats, on the next count of music (count 3), which follows fluidly from the twizzle (step 22).

Step 24 is a four-beat XB-RFI/O/I.

This step initially aims toward the short side barrier and finishes almost parallel to it. The step is performed as follows:

- First beat: XB-RFI with the free leg extended in front;
- Second beat: change of edge from RFI to RFO, with the free leg brought close to the skating leg;
- Third beat: change of edge from RFO to RFI with free leg raise in front for one-beat.
- Fourth beat: return to “and-position” maintaining the inside edge.

Step 25 (two-beat LFO) is aimed parallel to the short side barrier. **Steps 26** (one-beat RFI run), **27** (one-beat LFO), and **28** (two-beat RFI dropped chasse) descend away from the short side barrier, with step 28 aiming parallel to the long side barrier.

Step 29 is a six-beat LFO-3t-3t-counter performed as follows:

- First beat: LFO for one beat;

- Second beat: three turn to LBI for one beat;
- Third beat: three turn to LFO (outside edge for two beats); the free leg must finish in front upon executing this three turn;
- Fifth beat: counter turn to LBO (for two beats); the free leg must finish backward upon executing this counter turn.

Step 29 begins parallel to the long side barrier; during the three turns and the counter turn it aims toward the long axis; after the counter the step becomes parallel to the long axis and finally finishes away from it.

Step 30 is a XB-RBO-rocker for 3 ½ beats. For the first two beats of the step the skater performs a XR-RBO aiming initially toward the long side barrier and then away from it; the skater performs a rocker turn on the third beat of the step, skating a RFO toward the long axis for 1 ½ beats. Upon executing this rocker turn, the free leg should finish in a trailing position.

Step 31 is a short LFI-Ch for ½ beat performed after count 4 of the music (the “and” count). Step 31 aims parallel to the long axis.

Step 32 (two-beat RFO) is performed on count 1 of the music, initially aims parallel to the long axis and finishes away from it, aiming toward the long side barrier.

Steps 33 (one-beat XR-LFO) and **34** (one-beat RFI run) are aimed toward the long side barrier.

Step 35 (for 5 ½ beats) begins parallel to the long side barrier, then away from it, and finishes toward the middle of the short side barrier. Is performed as follows:

- Beat 1 (count 1 of the music): step 35, LFO with the free leg extended in back and immediately returning close to the skating leg;
- Beat 2 (count 2 of the music): the free leg is lifted in back a second time for one beat;
- Beat 3 (count 3 of the music): the free leg is swung forward for one beat;
- Beat 4 (count 4 of the music): the free leg is brought close to the skating leg for one beat maintaining the outside edge;
- Beat 5 (count 1 of the music): change of edge from LFO to LFI, the free leg is again swung in front, for 1 ½ beats; after the swing in front on LFI and after count 2 of the music, the skater prepares to execute a quick inverted choctaw RBO (step 36) for ½ beat.

Step 36, executed after beat 5½ for ½ beat, is an inverted choctaw: a rotation which involves a change of direction and a change of edge, from a LFI to a RBO performed by bringing the toes of both skates together, and simultaneously separating the heels in order to facilitate the change of direction.

Step 37 is a two-beat XF-LBI performed on count 3 of the music. This step is split by the long axis.

Step 38, for four beats, consists of a ballroom* RFI-3t-3t performed as follows:

- Beat 1: ballroom to RFI for one beat; in preparation for the ballroom, the toe of the right free foot (which becomes the skating foot) is brought to the toe of the left skating foot;
- Beat 2: three turn from RFI to RBO for one beat;
- Beat 3: three turn from RBO to RFI for two beats; the free leg is raised in front upon executing this final three turn.

(***Ballroom**: a rotation which involves a change of direction but not a change of edge, from LBI to RFI performed by bringing the toes of both skates together, and simultaneously separating the heels to facilitate the change of direction.)

During the evaluation of this dance particular attention should be paid to the following elements:

- Accuracy of timing, step technique, and the prescribed pattern.
- **Step 5:** correct execution of the LFO-DCh-rocker, without stroking with the free leg or changing the edge to inside before and/or after the rocker.
- **Step 8:** correct execution of the mohawk RFO-rocker-swing, without changing the edge to inside before and/or after the rocker and raising the free leg forward on the third beat of the step and swinging in back on the fifth beat of the step.
- **Step 13:** correct execution of the mohawk LBI-3t, executing the mohawk heel-to-heel and keeping the correct edge before and after the three turn.
- **Steps 19 and 20:** correct execution of the LFI-swing-twizzle, raising the free leg forward on the third beat and maintaining the LFI until after the fourth beat, where with a clockwise rotation, an inside twizzle (LFI three turn followed by a half three turn) is performed after beat 4 of the step and before beat 1 of the following step (on the “and” count).
- **Step 22 and 23:** correct execution of the RFO-swing-twizzle, raising the free leg forward on the third beat and maintaining the RFO until after the fourth beat, where with a counterclockwise rotation, a twizzle (RFO counter followed by a half three turn) is performed after beat 4 of the step and before beat 1 of the following step (on the “and” count).
- **Step 24:** a defined RFI after the cross behind and pronounced changes of edge to RFO and again to RFI.
- **Step 29:** LFO-3t-3t-counter, correct execution of the double three turn, finishing the second three turn with the free leg forward for two beats, and with a defined LFO with proper body alignment, without changing the edge to inside before and/or after the counter.
- **Step 30:** correct execution of the XB-RBO-rocker, without changing the edge to inside before and/or after the rocker.
- **Step 35:** (LFO-swing-l) execution of the double lift of the free leg on the second beat of the step, swing in front on the third beat, and bringing the free leg close to the skating leg on the fourth beat in order to swing in front again on the fifth beat, pronouncing the change of edge from outside to inside.
- **Step 36:** correct execution of the inverted choctaw, bringing the toes together in preparation, without jumping or performing a three turn instead of directly stepping to the RBO, followed by a XF-LBI (step 37)
- **Step 38:** correct execution of the ballroom, bringing the toes together in preparation, without jumping or performing a three turn, in order to correctly execute the double three turns that follow, which finish with the free leg raised in front after the last three turn.

Key Points – Tango Delancha Solo

Section 1

1. **Step 5 DpCh LFO Rk:** correct technical execution of the dropped chasse and rocker, on an outside edge, without changing the edge to inside before or after the turn.
2. **Step 8 Mk RFO Rk Sw:** correct technical execution of the mohawk and rocker, without changing the edge to inside before or after the rocker, raising the free leg forward on beat 3 and swing back on beat 5 of the step.
3. **Step 13 HhMk LBI 3t:** correct technical execution of the Mohawk (heel to heel) and the three turn, keeping the correct edges before and after the turns.
4. **Step 19 LFI Sw Tw:** correct technical execution of the swing twizzle, raising the free leg forward on beat 3 and keeping the LFI edge until the execution of the twizzle, where a quick, continuous, clockwise rotation is performed. This rotation is executed after beat 4 of the step and before beat 1 of the following step (on the “and” count).

Section 2

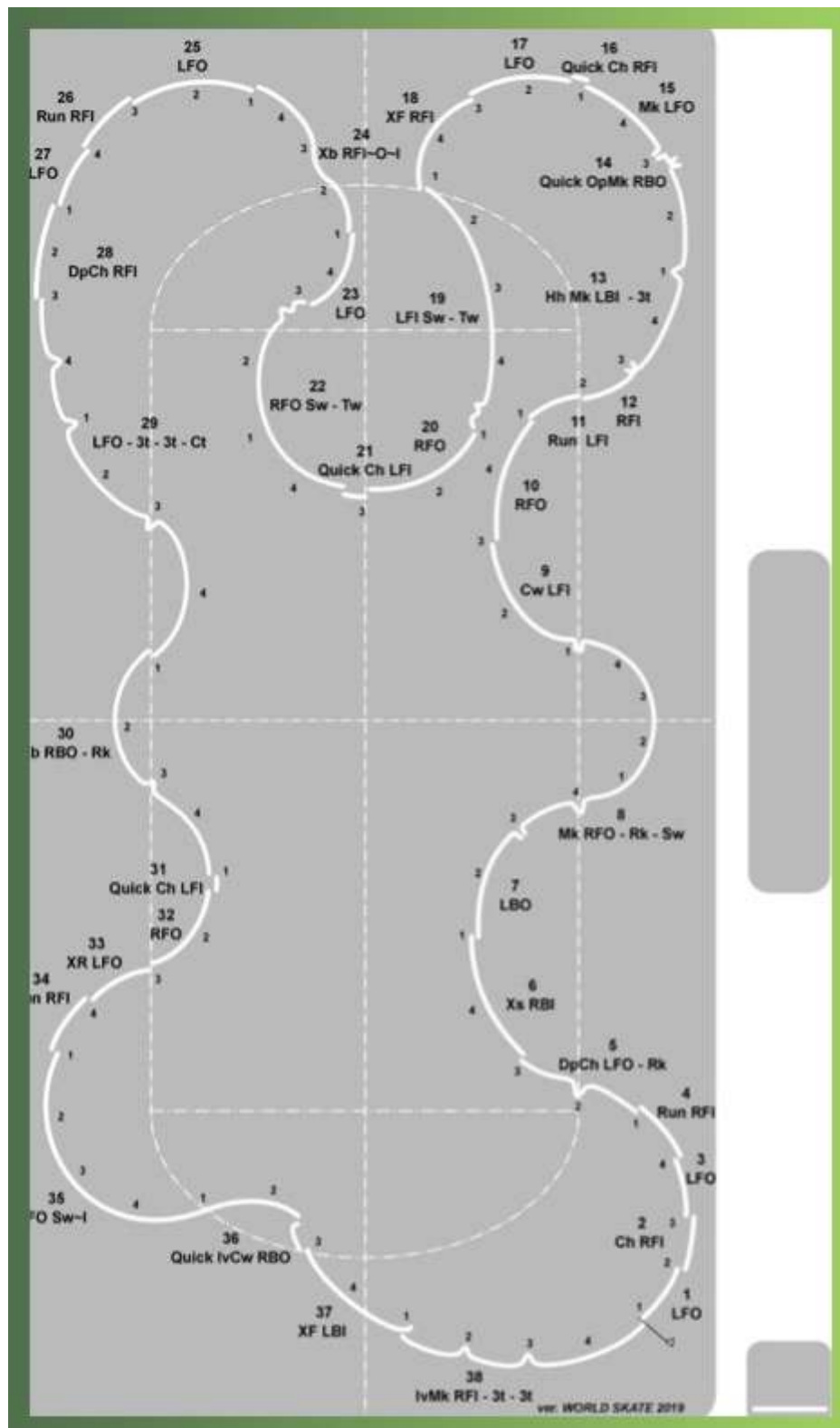
1. **Step 22 RFO Sw Tw:** correct technical execution of the swing twizzle, raising the free leg forward on beat 3 and keeping the RFO edge until the execution of the twizzle, which a quick, continuous, counterclockwise rotation is performed. The rotation is executed after beat 4 of the step and before beat 1 of the following step (on the “and” count).
2. **Step 29 LFO 3t 3t Ct:** correct technical execution of the double three turn finishing the movement with the free leg forward, held for two beats, with a defined LFO edge and matching body alignment, without changing the edge to inside before or after the counter.
3. **Step 30 XB RBO Rk:** correct technical execution of the cross behind and the rocker, without changing the edge to inside before or after the rocker.
4. **Steps 36 IvCw RBO and 38 IvMk RFI 3t 3t:** correct technical execution of the inverted choctaw and the ballroom, bringing the toes close together, without jumping or performing a three turn, and the correct technical execution of the double three turns, finishing with the free leg raised in front after the last turn.

List of steps – Tango Delancha Solo

NO.	STEPS	BEATS
1st SECTION		
1	LFO	1
2	Ch RFI	1
3	LFO	1
4	Run RFI	1
5	DpCh LFO-Rk	1+1
6	XS RBI	2
7	LBO	2
8	Mk RFO-Rk-Sw	1+1+2+2
9	Cw LFI	2
10	RFO	2
11	Run LFI	1
12	RFI	1
13	HhMk LBI-3	2+1 1/2
14	Quick Mk RBO	1/2
15	Mk LFO	1 1/2
16	Quick Ch RFI	1/2
17	LFO	2
18	XF RFI	2
19	LFI SwTW	2+1 1/2+&
2nd SECTION		
20	RFO	1 1/2
21	Quick Ch LFI	1/2
22	RFO SwTw	2+1 1/2+&
23	LFO	2
24	XB RFI/O/I	1+1+2
25	LFO	2
26	Run RFI	1
27	LFO	1

28	DpCh RFI	2
29	LFO-3t-3t-Ct	1+1+2+2
30	XB RBO-Rk	2+1 1/2
31	Quick Ch LFI	1/2
32	RFO	2
33	XR LFO	1
34	Run RFI	1
35	LFO Sw/I	1+1+1+1+1 1/2
36	Quick IvCw RBO	1/2
37	XF LBI	2
38	IvMk RFI-3t-3t	1+1+2

Pattern – Tango Delancha Solo



TERENZI WALTZ – SOLO

By Jackie Terenzi

Music: Waltz

Tempo: 168 bpm

Pattern: set

The dance begins toward the long side barrier with **step 1 LFO 3t** (2+4 beats). The three turn is performed on the third beat of the step, and the inside edge is maintained with a soft knee action. The movement of the free leg is optional.

Steps 2–3–4: **step 2 RBO** (2 beats) aimed toward the long side barrier and becoming parallel to it, followed by **step 3 Ch LBI** (1 beat), parallel to the long side barrier; **step 4 RBO swing** (6 beats) with a backward swing of the free leg on the fourth beat of the step. This step moves away from the barrier to become perpendicular to the long axis.

Step 5 LBO (3 beats) is aimed toward the long axis, followed by **step 6 Mk RFO** (2 beats) and **step 7 run LFI** (1 beat).

Step 8 RFO swing (6 beats), is a swing where the free leg swings forward on the fourth beat of the step. This step moves away from the long axis and finishes toward the long side barrier.

Step 9 LFO (3 beats) is aimed toward the long side barrier.

Step 10 RFI (2 beats) is aimed toward the long side barrier and finishes with **Step 11 Op Mk LBI** (1 beat) parallel to the long side barrier.

Step 12 RBO (3 beats) moves away from the barrier in preparation for **step 13 Mk LFO** (2 beats) and followed by **step 14 Ch RFI** (1 beat), parallel to the short side barrier.

Step 15 LFO (3 beats) moves away from the short side barrier.

Step 16 XR-RFO (3 beats), which curves with an evident change of lean, becoming perpendicular to the long axis.

Step 17 XB-LFI/O (2+1 beats), of which two beats are on an inside edge and the third beat is on an outside edge; the change of edge is on the third beat of the step, coordinating with the backward movement of the free leg in preparation for **step 18 XB-RFI** (3 beats) parallel to the short side barrier.

Step 19 LFO 3t (2+1 beats) is a stroke followed by a three turn executed on the third beat of the step, aiming toward the long side barrier. **Step 20 RBO** (3 beats) is aimed toward the long side barrier and finishing parallel to it, followed by **step 21 Mk LFO** (2 beats) and **step 22 Ch RFI** (1 beat).

Step 23 LFO Sw (6 beats), is a swing where the free leg is swung forward on the fourth beat of the step. This step moves away from the long barrier and finishes toward the long axis.

Step 24 RFO (3 beats), still aims toward the long axis. **Step 25 LFI** (2 beats) is skated parallel to the long axis and followed by **Step 26 OpMk RBI** (1 beat).

Step 27 LBO swing (3+3 beats) is a swing where the free leg swings backwards on the fourth beat of the step. This step moves away from the long axis and finishes toward the long barrier.

Steps 28 RBO (2 beats), 29 Run LBI (1 beat) 30 RBO (2 beats), 31 Ch LBI (1 beat) and 32 RBO (3 beats) are a sequence of steps that form a lobe initially toward the long side barrier and finishes toward the short axis.

Steps 33 LBO (2 beats), 34 Ch RBI (1beat) and 35 LBO (3 beats) are a sequence of steps that form a lobe initially toward the long axis and finishes toward the short side barrier.

Step 36 RBO (3 beats) concludes the dance aiming toward the short side barrier in preparation for the first step of the dance, step 1 LFO-3t.

Reference Steps:

Step 8 – must start by the short axis;

Step 17 – must start by the long axis;

Step 23 – must start before the short axis and finish after it;

Step 35 – must start before the long axis and finish after it.

Key Points – Terenzi Waltz Solo For 2026 (Pattern: Steps 1 To 19)

1. Step 1 LFO 3T (2+4 beats)

- Correct timing of the step;
- Correct technical execution of the three turn, executed on the 3rd beat of the step, with a correct and evident edge, before and after the turn.

2. Step 4 RBO Sw (3+3 beats)

- Correct timing of the step;
- Correct technical execution of the swing. The free leg must be swung forward on the 3rd beat;
- No deviations from the outside edge during the step.

3. Step 11 OpMK LBI LBI (1 beat):

- Correct timing of the step;
- Correct technical execution of the Open Mohawk with feet close together, respecting the prescribed edges required before and after the turn.

4. Step 17 XB LBI/O (2+1 beats):

- Correct timing of the step;
- Correct technical execution of cross behind, with feet close and parallel before executing the LBI on a clear inside edge for two beats;
- Correct timing of the execution of the change of edge, that must be done on the 3rd beat, to an outside edge for one beat.

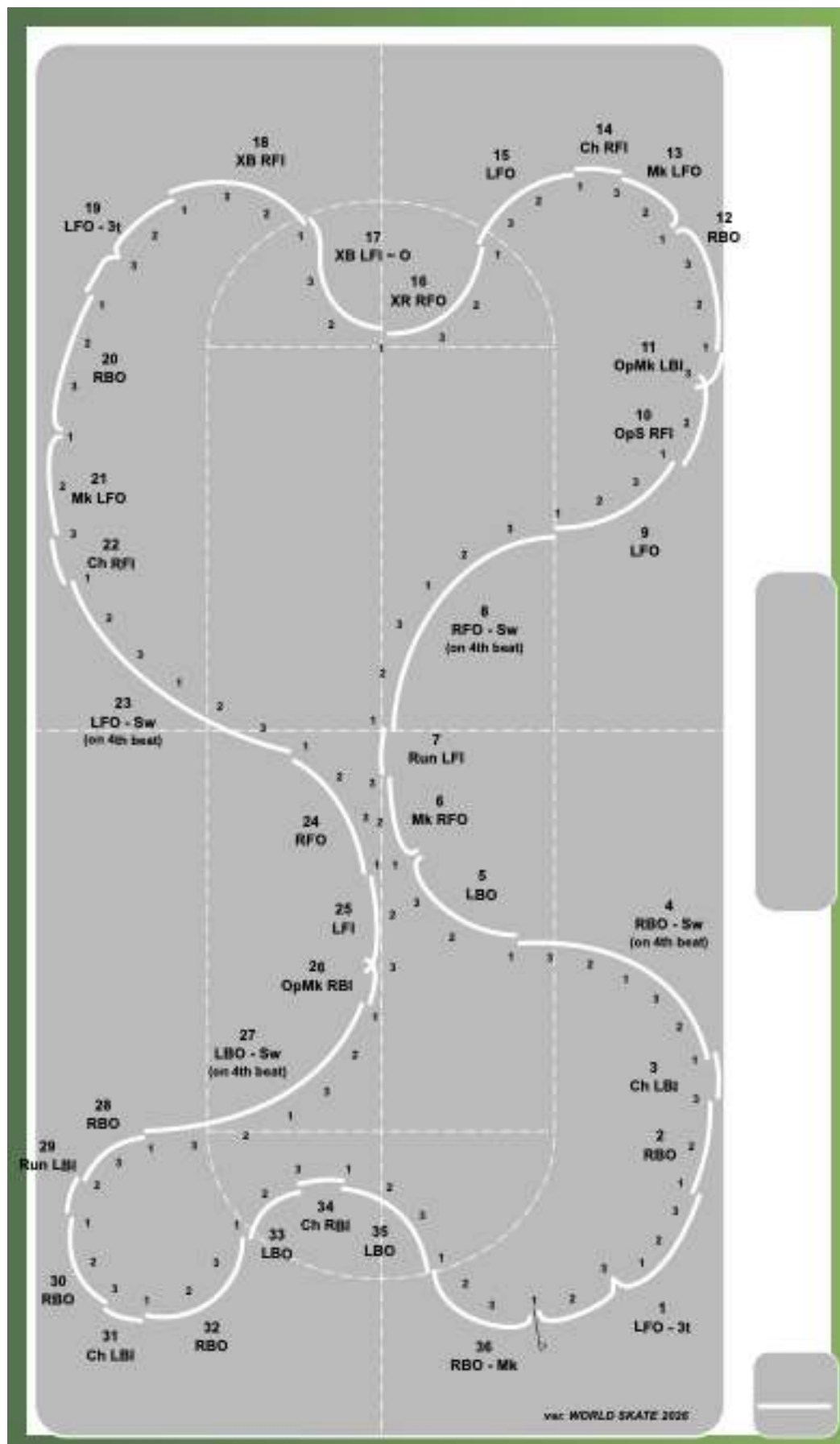
List of steps – Terenzi Waltz Solo

NO	STEPS	BEATS
1	LFO 3t	2+4
2	RFO	2
3	Ch LBI	1
4	RBO Sw	3+3
5	LBO	3
6	Mk RFO	2
7	Run LFI	1
8	RFO Sw	3+3
9	LFO	3
10	Ops RFI	2
11	OpMk LBI	1
12	RBO	3
13	Mk LFO	2
14	Ch RFI	1
15	LFO	3
16	XR RFO	3
17	XB LBI/O	2+1
18	XB RFI	3
19	LFO 3t	2+1
20	RBO	3
21	Mk LFO	2
22	Ch RFI	1
23	LFO SW	3+3
24	RFO	3
25	LFI	2
26	OpMk RBI	1
27	LBO Sw	3+3

28	RBO	2
29	Run LBI	1
30	RBO	2
31	Ch LBI	1
32	RBO	3
33	LBO	2
34	Ch RBI	1
35	LBO	3
36*	RBO	3

*mohawk to Step: 1 LFO 3t

Pattern – Terenzi Waltz Solo



TUDOR WALTZ - SOLO

Music: Waltz 3/4

Tempo: 138 bpm

Competitive requirements: 4 sequences

Pattern: Set

Steps 1 to 6 are a sequence of strokes and chasses skated forward constructing 2 lobes along the length of the rink.

Steps 1 LFO (2 beats), 2 Ch RFI (1 beat) and 3 LFO (3 beats) makes the 1st lobe of the dance that must finish toward the left long side barrier

Steps 4 RFO (2 beats), 5 Ch LFI (1 beat) and 6 RFO (3 beats) makes the 2nd lobe that must finish toward the right long side barrier.

Step 7 LFO (3 beats), must be aimed toward the right long side barrier, in preparation for the next step.

Step 8 CIMk RBO Sw (3+3 beats), is a closed mohawk RBO, followed by a swing of 6 beats. On the 4th beat the free leg swings back, in line with the tracing of the skating foot. The aim is still initially toward the right long side barrier and finishing parallel to it.

Step 9 Mk LFO 3t (3+3 beats), is a LFO for 3 beats followed by a 3t on the 4th beat, maintaining the inside edge till the end of the 6th beat, finishing towards the long axis.

Step Cw 10 RFO 3t (3+3 beats), is a RFO for 3 beats followed by a 3t on the 4th beat, maintaining the inside edge till the end of the 6th beat, finishing towards the right long side barrier

Step 11 Cw LFO (2 beats) is a Choctaw LFO of 2 beats aimed to the right long side barrier.

Step 12 Ch RFI (1 beat) finishes almost parallel to the long barrier and it is followed by step 13 LFO (3 beats), a stroke that must be done with a clear and deep outside edge towards the long axis.

Step 14 XR RFO Sw/l (3+3+3 beats) must be aimed to the long axis. It is an outside Cross-Roll Swing of 6 beats, with the free leg in back for 3 beats and a swing in front on the fourth beat, followed by change of edge to inside edge on the 7th beat with an optional movement of free leg, which is held until the 9th beat.

Key Points – Tudor Waltz Solo

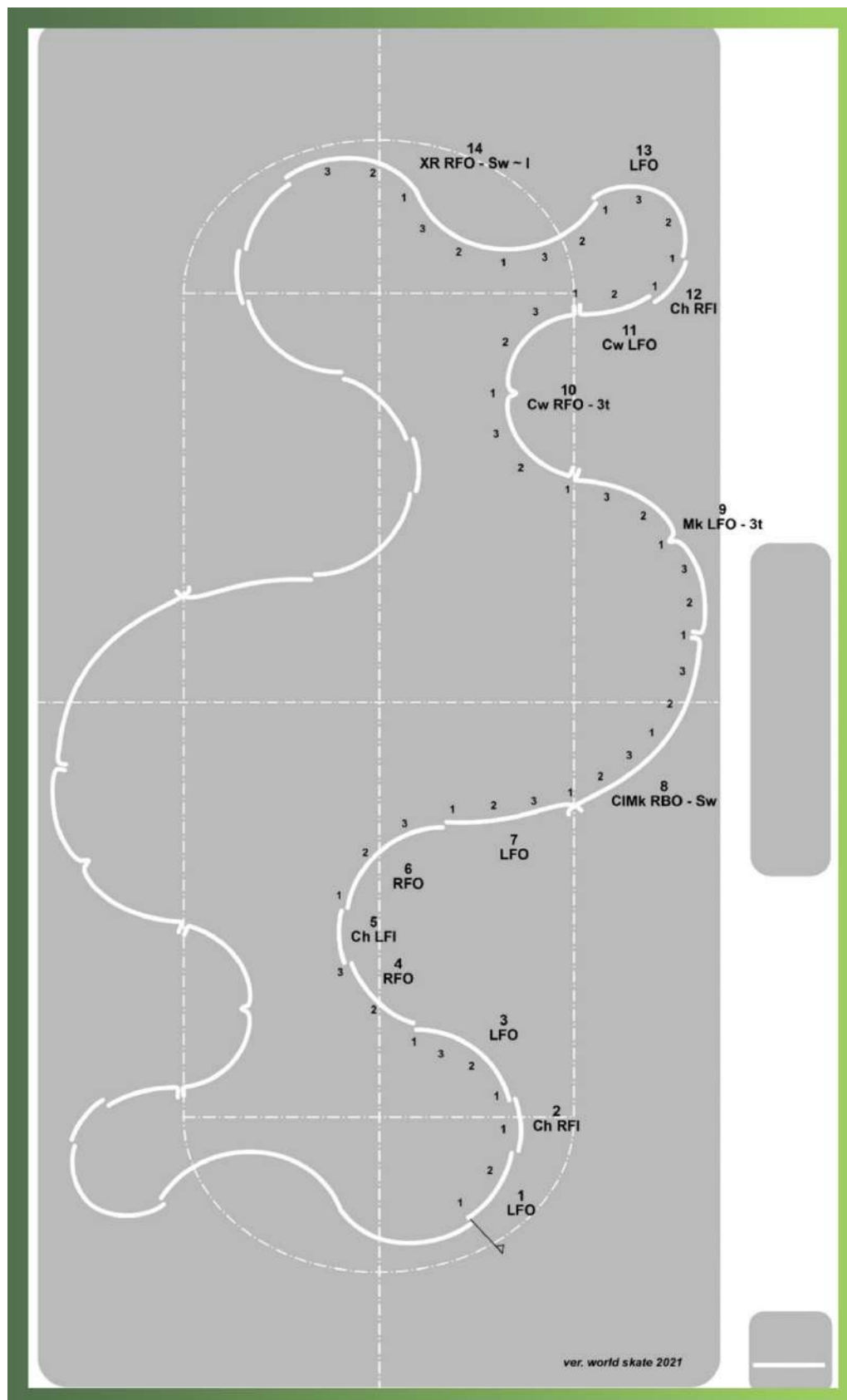
1. **Step 2 Ch LFI (1 beat):** correct technical execution of the Chasse – correct timing, edge, and clear lift from the floor of the free skate.
2. **Step 8 CIMk RBO Sw (3+3 beats):** correct technical execution of the closed Mohawk on a clear outside edge, with feet close together. Correct execution of the 6 beats Swing.
3. **Step 10 Cw RFO 3T (3+3 beats):** Correct technical execution and clear edges (cusp) at the entrance and exit of the 3 turn that must be done on the 4th beat.

4. **Step 14 XR RFO Sw /I** (3+3 beats outside edge + 3 beats inside edge): correct technical execution of the Cross-roll Swing of 6 beats with a change of edge on the 7th beat that must be maintained for 3 beats.

List of steps – Tudor Waltz Solo

NO.	STEPS	BEATS
1	LFO	2
2	Ch RFI	1
3	LFO	3
4	RFO	2
5	Ch LFI	1
6	RFO	3
7	LFO	3
8	CIMk RBO Sw	3+3
9	Mk LFO 3t	3+3
10	Cw RFO 3t	3+3
11	Cw LFO	2
12	Ch RFI	1
13	LFO	3
14	XR RFO Sw/I	3+3+3

Pattern – Tudor Waltz Solo



TUDOR WALTZ - Couples

By Ronald E. Gibbs

Music: Waltz 3/4

Tempo: 138 bpm

Pattern: Set

Positions: Kilian, Tandem, Tango, Waltz

Competitive requirements: 4 sequences

Steps 1 to 6 are a sequence of strokes and chasses skated forward in Killian position that must be maintained until step 8.

Steps 1 LFO (2 beats) stroke, 2 Ch RFI (1 beat) chasse and 3 LFO (3 beats) stroke, begin in the direction of the right long side barrier and finish aiming toward the left long side barrier.

Steps 4 RFO (2 beats) stroke, 5 Ch LFI (1 beat) chasse and 6 RFO (3 beats) stroke, begin toward the left long side barrier and finish toward the right long side barrier.

On step 7 LFO (3 beats) stroke, still aiming toward the right long side barrier, the partners perform a twisting of the torso to the right, with the shoulders in line with the tracing of the skating foot, in preparation for the next step, step 8.

Step 8 CIMk RBO Sw (3+3 beats), is a Closed Mohawk RBO for both partners, executing a Swing (front/back with the free leg swinging back on 4th beat) with the free legs in line with the tracing of the skating feet. The aim is initially toward the long side barrier and finishing parallel to it. On this step the couple assumes a Tandem position.

Steps 9a LFO (2 beats) stroke for the man, and a LFO 3t (2+1 beats) for the woman. The 3t must be executed on the 3rd beat by the woman. When the woman performs the 3t, the man executes step 9b Ch RFI (1 beat). On step 9a the couple is in Kilian position. On step 9b the couple assumes Tango position.

Step 10 is a LFO (3 beats) stroke for the man and a RBO (3 beats) stroke for the woman - the couple leaves the right long side barrier and curves toward the long axis in Tango position that must be maintained until the first three beats of step 11a of the woman and the first three beats of step 11 of the man.

Step 11 XR RFO Sw/I (3+3+3 beats= 9 beats total) for the man - Is a Cross Roll on an outside edge for three beats followed by a swing forward of free leg on the 4th beat maintaining an outside edge until at the 6th beat. On the 4th beat, the couple assumes Waltz position.

On the 7th beat of the step, the man changes the edge to inside edge simultaneously with a swing forward movement of free leg, which is held until the 9th beat. On the 7th beat, the couple changes from Waltz position to Kilian position.

Step 11a XR LBO Sw (3+3 beats) for the woman - is a Cross Roll on an outside edge for three beats followed by a swing behind the free leg on the 4th beat, maintaining an outside edge until the 6th beat. On the 4th beat the couple assumes Waltz position.

Step 11b – the woman performs a CICw RFI (3 beats) on the 1st beat of the step with the free leg finishing in front. The CICw must be synchronized with the

change of edge made by the man. On the ClCw, the couple must change from Waltz to Kilian position.

Steps 12 LFI and 13 RFI are a sequence of open strokes of 3 beats each.

Key Points – Tudor Waltz Couples

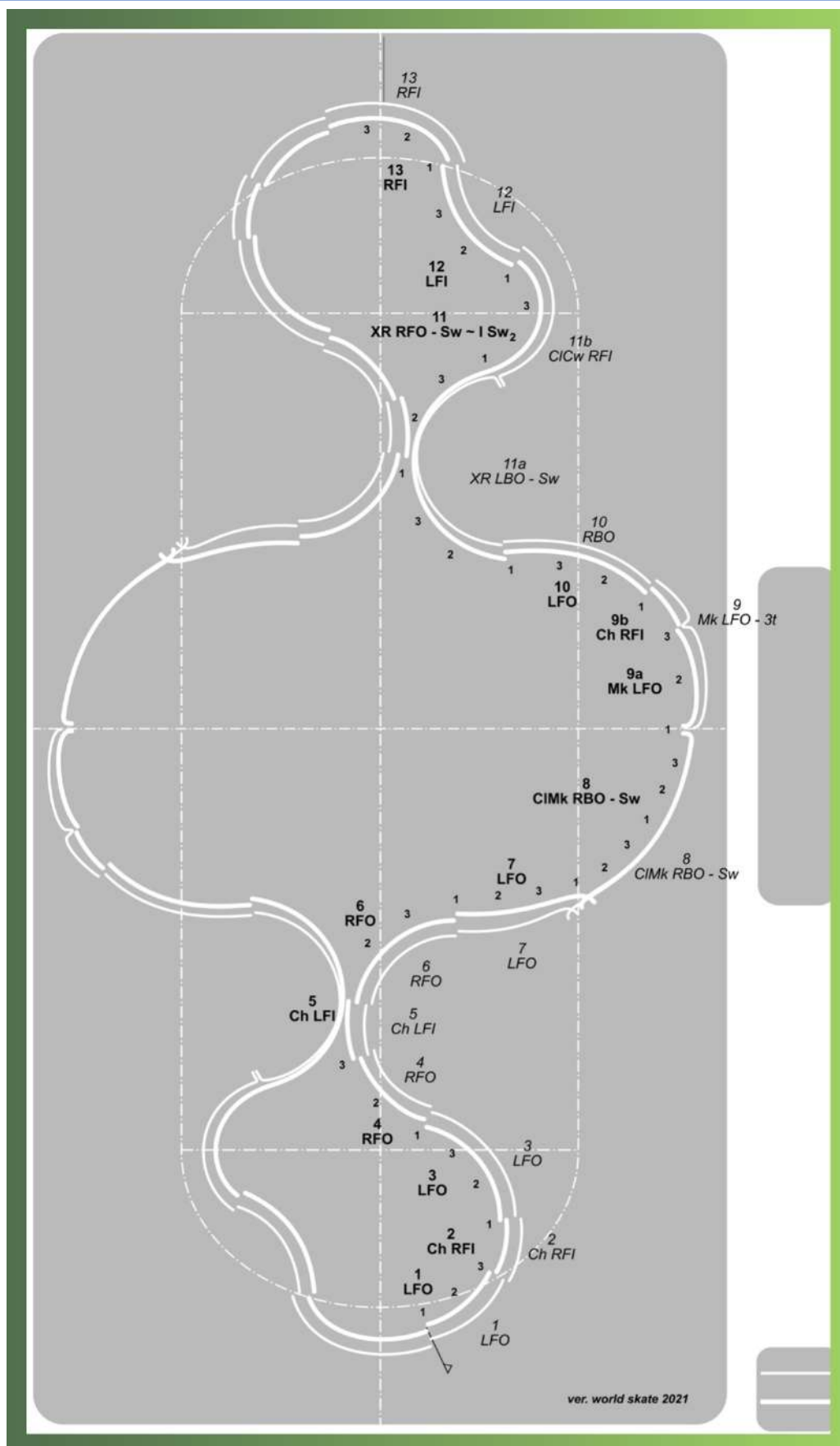
1. **Step 8 CIMk RBO Sw** (3+3 beats) for both: correct technical execution of the Closed Mohawk in a clear outside edge before and after the turn with feet close together. Correct execution of the Swing on outside edge without deviation from it. The skaters must be close together with a correct lean, with parallel body lines, synchronization of the free leg movements in a correct Tandem position.
2. **Step 9a LFO 3T** (2+1 beats) for the woman - Correct technical execution and clear edges and cusp at the entrance and exit of the 3 Turn that must be done on the 3th beat. **Step 9b Ch RFI** (1 beat) for the man - correct technical execution of the Chasse. Correct timing, edge, and clear lift from the floor of the free skate. The couple must perform a correct change of position from Kilian to Tango on step 9b. This change of position must be smooth and synchronized.
3. **Step 11 XR** for both (**XR RFO man** and **XR LBO woman**): correct technical execution of the Cross-Roll, forward for the man and backward for the woman, with correct line of the bodies, on outside edges with unison of skaters' axis in Tango position.
4. **Step 11b ClCw RFI** (3 beats) for the woman: correct technical execution of the ClCw, with attention to the edge before(outside) and after (inside) and at the maintenance of the inside edge for 3 beats. The couple must perform a correct and close change of position from Waltz to Kilian position. This change of position must be smooth, synchronized and with unison of both skaters' axis.

List of steps – Tudor Waltz Couples

HOLD	STEP	MAN'S STEPS	M	BOTH	W	WOMAN'S STEPS
			beats		beats	
Kilian	1	LFO		2		LFO
	2	Ch RFI		1		Ch RFI
	3	LFO		3		LFO
	4	RFO		2		RFO
	5	Ch LFI		1		Ch LFI
	6	RFO		3		RFO
	7	LFO		3		LFO
Tandem	8	CIMk RBO Sw		3+3		CIMk RBO Sw
Kilian to Tango	9a	Mk LFO	2		2+1	Mk LFO 3t
Tango	9b	Ch RFI	1			
	10	LFO		3		RBO
Tango to Waltz	11a	XR RFO Sw/l Sw	3+3+3		3+3	XR LBO Sw

Kilian	11b				3	CICw RFI
	12	LFI		3		LFI
	13	RFI		3		RFI

Pattern – Tudor Waltz Couples



VIENNESE WALTZ - COUPLES

By Erik Van der Weyden and Eva Keats

Music: Waltz 3/4

Tempo: 138 bpm

Position: Waltz, Partial Tango, Tango, Partial Reverse Tango, Foxtrot

Pattern: Set

The Viennese Waltz is danced at a good pace and with strongly curved edges. This is a lilting and graceful dance. The movements of the free legs, if not mentioned, are of free interpretation (optional).

The dance begins on Waltz position or in Partial tango maintained until step 4.

Step 1 LFO man/**RBO** woman (1 beat) stroke, **step 2 run RFI** man/**LB I** woman (1 beat), **step 3 LFO** man/**RBO** woman stroke (3 beats) are a sequence of steps aimed toward the long side barrier and finishing to the long axis. The partners' position may be directly in Waltz or slightly to one side in Partial Tango for the purpose of expression if the variations do not interfere with the correct edges and good skating.

Partner positions on steps 1, 2, 3 and 16, 17, 18 may be directly opposite each other, or slightly to one side for purpose of expression if the variations do not interfere with the correct edges and good skating.

Step 4 is a **XF RFO** (1 beat) for the man and a **XB LBO** (1 beat) for the woman, where both partners change to Tango position.

Steps 5 is a **XB LFI~O** (2+1 beats) for the man and a **XF RBI~O** (2+1 beats) for the woman. This step, originated from a cross behind for the man and a cross in front for the woman, places partners in Tango position. The change of edge is performed with the free foot passing close to the skating foot and must be executed on the third beat. The hold flows from Partial Tango to Waltz during the change edge.

Step 6 XB RFI (3 beats) for the man and **XF LBI** (3 beats) for the woman, partners assume Partial Reverse Tango position.

Step 7 LFO-3t (2+1 beats) for the man is a stroke followed a 3 turn and **RBO** (3 beats) stroke for the woman. The position flows from Partial Reverse Tango to Waltz, at the end of 3turn of the man.

Step 8 RBO~I (2+1 beats) for the man is a stroke and **Mk LFO~I** (2+1 beats) for the woman. The woman should be careful to follow her partner's tracing, remaining in Waltz position. On the last beat of step 8, there should be a slight change of edge. There is a change of lean at the end of step 8 and the man skates ahead on step 9, while the woman follows and parallels his tracing. This step is parallel to the long axis.

Step 9 Mk LFI (3 beats) for the man and **RFO** (3 beats) stroke for the woman, the partners are momentarily in Foxtrot position with the shoulders parallel to the tracing. This step initially aims to the short axis and finishes toward the long side barrier.

Step 10 ClCw RBO (2 beats) a closed choctaw for the man while the woman skates a **LFO** (2 beats) stroke, partners cross tracing and assume Partial Tango position. The direction of this step is perpendicular to the long side barrier.

Steps 11 is a **XF LBI** (1beat) for the man and **OpMk RBO** (1 beat) an open mohawk for the woman. After the mohawk, the woman's **step 12 LBI** (3 beats) is placed at the side and slightly back of the right foot while the man skates a **RFI** (3 beats). The partners assume Waltz position.

Step 13 LFO (3 beats) for the man and **RBO** (3 beats) for the woman, are strokes. The aim is initially parallel to the long axis, goes away from the long side barrier, finishing almost toward the center of the rink.

Step 14 XR RFO 3t (2+1 beats) for the man and **XR LBO** (3 beats) for the woman is a cross roll for the skaters. The partners change from Waltz position to Tango position having right hips together. The man performs a three turn on the third beat of the step. This step starts toward the long axis and finishes parallel to it.

Step 15 LBO (3 beats) stroke for the man and **Mk RFO** (3 beats) for the woman, beginning parallel to the long axis and finishing almost toward the long side barrier.

Step 16 RBO man/**LFO** woman (1 beat), **step 17 LBI** man/**RFI** woman (1 beat), **step 18 RBO** man/**LFO** woman (3 beats) are a sequence of steps aimed toward the long side barrier and finishing away, heading to the long axis. The partners' position may be directly in Waltz or slightly to one side in Partial Tango for the purpose of expression if the variations do not interfere with the correct edges and good skating.

Step 19 is a **XB LBO** (1 beat) for the man and a **XF RFO** (1 beat) for the woman, where both partners change to Tango position.

Steps 20 is a **XF RBI~O** (2+1 beats) for the man and a **XB LFI~O** (2+1 beats) for the woman. This step, originated from a cross in front for the man and a cross behind for the woman, places partners in Tango position. The change of edge is performed with the free foot passing close to the skating foot and must be executed on the third beat.

Step 21 XF LBI (3 beats) for the man and **XB RFI** (3 beats) for the woman, partners assume Partial Reverse Tango position. This step is parallel to the short side barrier.

Step 22 RBO (3 beats) for the man and **LFO** (3 beats) are strokes in Waltz position. This step is almost parallel to the long axis.

Step 23 XR LBO (3 beats) for the man and **XR RFO 3t** (2+1 beats) for the woman, is a cross roll for both partners. The couple changes from Waltz relationship to a Partial Tango position having right hips together. The woman performs a three turn on the third beat of the step. This step aims to the long axis.

Step 24 Mk RFO Sw (3+3 beats) for the man and a **LBO Sw** (3+3) stroke for the woman, executed in Waltz position, partners swinging on the fourth count of the step. The aim is initially, parallel to the long axis, finishing toward the long side barrier.

NB: The timing of steps 1, 2, 3, 4 and 16, 17, 18, 19 are unusual and, since it adds a distinctive touch to the dance, must be closely adhered to. Steps 1, 2, 16 and 17 are one-beat steps, followed by the three beat steps 3 and 18. Care should be taken to follow this timing, which is a departure from the typical 1, 2, 3; 1, 2, 3 waltz rhythm patterns of the rest of the dance.

Key Points – Viennese Waltz Couples

Section 1

1. **Step 4 XF RFO** of the man and **XB LBO** of the woman (1 beat each): correct technical execution of the cross in front for the man and cross behind for the woman with feet close; the skating foot, when placed on the floor must assume immediately an outside edge with a change of lean with respect the step before.
2. Steps 5 **XB LFI~O** of the man (2+1 beats) and a **XF RBI~O** of the woman (2+1 beats): correct technical execution of the cross behind for the man and cross in front for the woman with feet close and parallel; clear change of edge to outside on the third beat with the free foot passing very close to the skating foot.
3. **Step 7 LFO 3t** of the man (2+1 beats): correct technical execution of the three turns with feet close, correct edges before and after the turn (not hopped), and the correct timing on the third beat.
4. Step 10 **CICw RBO** of the man (2 beats) and 11 **OpMk RBO** of the woman (1 beat): correct technical execution of the closed choctaw for the man, with feet close together (not wide) and the immediate RBO edge with free leg in front at the end of the turn; correct technical execution of the open mohawk for the woman, positioning of the free foot inside the supporting foot (instep) and the immediate RBO edge.

Section 2

1. **Step 14 XR RFO-3t** of the man (2+1 beats) and **XR LBO** of the woman (3 beats): correct technical execution of the cross roll executing a progressive movement of the free leg that crosses the skating leg and is placed on the floor ahead of the skating foot assuming immediately an outside edge with a change of lean (roll), for both skaters; correct technical execution of the three turn with correct edges before and after the turn (not hopped), and the correct timing on the third beat by the man.
2. Step 19 **XB LBO** of the man (1 beat) and **XF RFO** of the woman (1 beat): correct technical execution of the cross behind for the man and cross in front for the woman with feet close. The skating foot, when placed on the floor, must assume immediately an outside edge with a change of lean.
3. **Steps 20 XF RBI~O** of the man (2+1 beats) and **XB LFI~O** of the woman (2+1 beats): correct technical execution of the cross in front for the man and cross behind for the woman with feet close and parallel; clear change of edge to outside on the third beat with the free foot passing close to the skating foot.
4. Step 23 **XR LBO** of the man (3 beats) and **XR RFO 3t** of the woman (2+1 beats): correct technical execution of the cross roll executing a progressive movement of the free leg that crosses the skating leg and is placed on the floor ahead of the skating foot assuming immediately an outside edge with a change of lean (roll), for both skaters; correct technical execution of the three turn with feet close, correct edges before and after the turn (not hopped), and the correct timing on the third beat by the woman.

List of steps – Viennese Waltz

STEP	HOLD	MAN'S STEPS	M	BOTH	W	WOMAN'S STEPS
1	Waltz or Partial Tango	LFO	1		1	RBO
2		RFI Run	1		1	LBI Run
3		LFO	3		3	RBO
4	Tango	XF-RFO	1		1	XB-LBO
5	Partial Tango to Waltz	XB-LFIO	3		3	XF-RBIO
6	Partial Reverse Tango	XB-RFI	3		3	XF-LBI
7	Waltz	LFO-3t	3		3	RBO
8		RBOI	3		3	Mk LFOI
9	Foxtrot	Mk LFI	3		3	RFO
10	Partial Tango	CICw RBO	2		2	LFO
11		XF LBI	1		1	Mk RBO
12	Waltz	Mk RFI	3		3	LBI
13		LFO	3		3	RBO
14	Tango	XR-RFO-3	3		3	XB-LBO
15		LBO	3		3	Mk RFO
16	Waltz or Partial Tango	RBO	1		1	LFO
17		LBI Run	1		1	RFI Run
18		RBO	3		3	LFO
19	Tango	XB-LBO	1		1	XF-RFO
20		XF-RBIO	3		3	XB-LFIO

21	Partial Reverse Tango	XF-LBI	3		3	XB-RFI
22	Waltz	RBO	3		3	LFO
23	Waltz to Partial Tango	XB-LBO	3		3	XR-RFO-3t
24	Waltz	Mk RFO	6		6	LBO



WERNER TANGO - COUPLES

Music: Tango 4/4

Tempo: 100 bpm

Positions: Reverse Kilian, Tandem, Kilian

Pattern: Set

Competitive Requirements: 4 sequences

The couple starts the dance in Reverse Kilian position. This dance should be skated with strong edges and character. The couple will have to perform Reverse Kilian, Tandem and Kilian positions.

Free legs and choreographed upper body movements should be added, if they respect the correct edges, timing and prescribed free leg positions.

Step 1 LFO (1 beat) must be aimed toward the long side barrier near the left corner away from the judge stand.

Step 2 CH RFI (1 beat) is parallel to the long side barrier;

Step 3 LFO (2 beats) is a stroke aimed toward the short side barrier;

Step 4 XF RFI (2 beats) is a cross in front that ends aiming toward the center of the floor.

Step 5 LFI Sw/O Sw (2+1+(1+2) beats) is a double swing of 6 beats with a change of edge (3 beats in inside edge + 3 beats on outside edge), for both skaters.

It starts towards the center of the floor, changing the edge aiming toward the short side barrier and finishing parallel to it. On this step, the free legs stay back for 2 beats and are swung forward on the 3rd beat. The change of edge to outside occurs on 4th beat still holding the free legs in front. On the 5th beat the free leg is swung back and stays back till the end of the 6th preparing for the next step.

On this step the couple starts to change position from reverse kilian to kilian to tandem position at the beginning of the 3rd beat and must assume the tandem position till the end of the 4th beat. At the beginning of the 5th beat the couple changes to kilian position.

Step 6 XB RFI (2 beats) is a cross behind aiming toward the long side barrier;

Step 7 LFO (1 beat) is a stroke followed by step 8 Run RFI (1 beat), both of one beat. The lobe finishes with step 9 LFO (2 beats) aimed toward the center of the floor.

Step 10 RFO (2 beats) is a deep outside stroke of two beats to allow step 11 DpCh LFI/O (1+(1) beats), an inside dropped chasse with a change of edge. The inside edge must be held for 1st beat, and the change of edge to outside occurs on the 2nd beat of the step, aiming toward the long side barrier.

Step 12 XF RFI (2 beats) that finishes parallel to the long side barrier.

Step 13 LFO (1 beat) is a stroke starting after the short axis, followed by

Step 14 CH RFI (1 beat) aimed toward the center of the floor, finishing the lobe.

Step 15 LFI Sw (2+2 beats) is a LFI Swing back/front starting toward the center of the floor and finishing aiming toward the long side barrier. The free legs swing in front on the 3rd beat. At the end of the 4th beat the free legs assume and-position to prepare the next step.

During this step the couple prepares to change from kilian to reverse kilian position on the 2nd beat, finishing the swing in a clear reverse kilian position.

This change of position must be smooth and with a nice flow of both skaters' axis.

Step 16 RFI 3t (1+1 beats) is performed by the skaters in a non-hold position. The couple performs a right forward inside open stroke for 1 beat and a 3t on the 2nd beat, finishing on a RBO edge.

After the 3t the couple performs a mohawk to execute step 1 of the dance in a clear reverse kilian position.

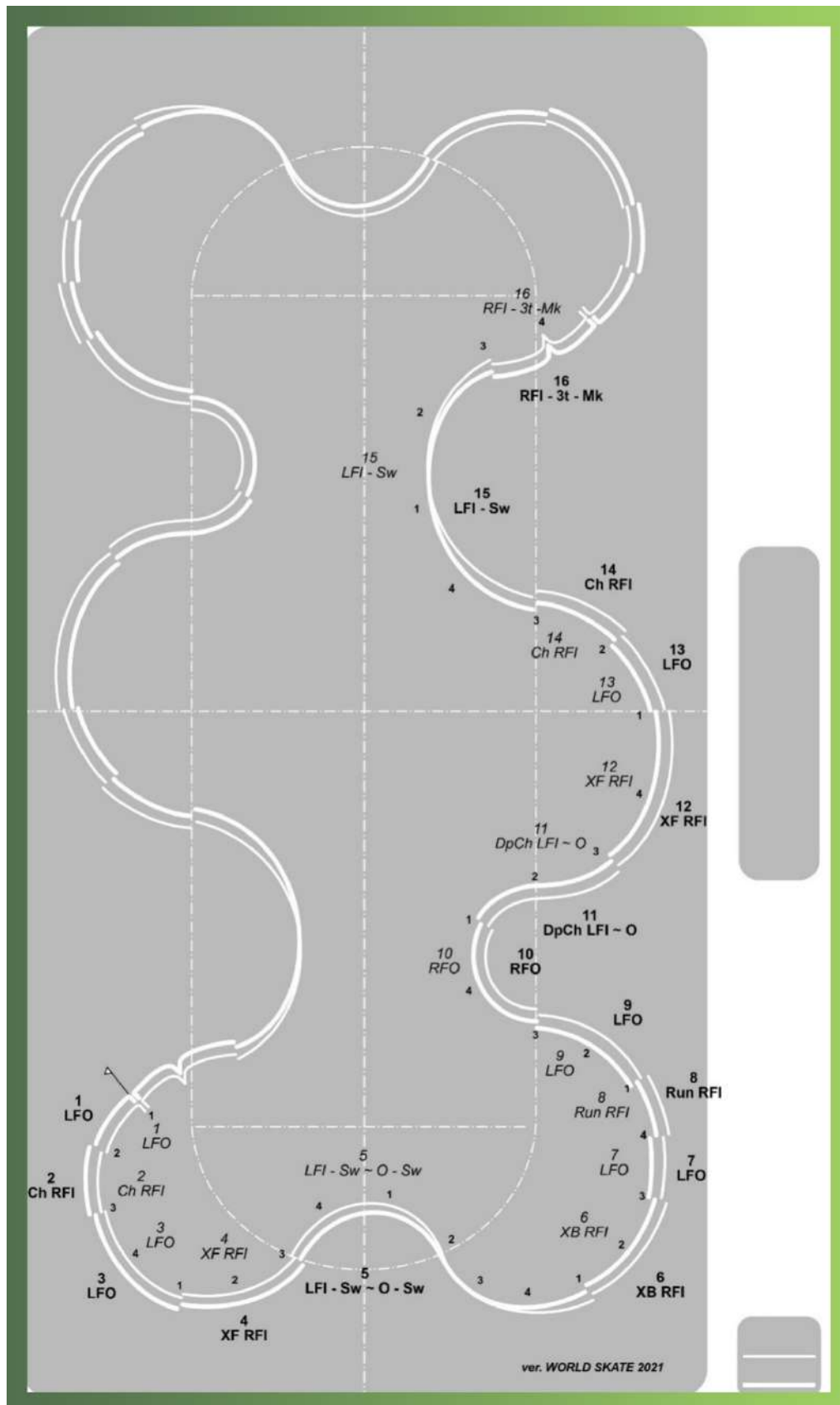
Key Points – Werner Tango Couples

5. **Step 2 Ch LFI** (1 beat): correct technical execution of the Chasse. Correct timing and clear lift from the floor of the free skates from both skaters.
The couple must be in a correct reverse kilian position without separation during the steps, with a correct lean and synchronization.
6. **Step 5 LFI Sw/O Sw** (2+1+(1+2) beats): correct execution of the COE (change of edge) Double Swing, respecting the prescribed free legs position and the timing. Correct change of the prescribed positions.
Starting in reverse Kilian position, at the beginning of the 3rd beat the couple must assume a tandem position that must be maintained till the end of the 4th beat. At the beginning of the 5th beat the couple changes to kilian position. This change of position must be smooth, synchronized and with a nice flow of both skaters' axis.
7. **Step 11 DpCh LFI/O** (1+(1) beats): correct execution of the DpCh with a clear change of edge on the correct timing. The couple must be in a correct kilian position without separation during the steps, with a correct lean and synchronization during the COE (change of edge).
8. **Step 15 LFI Sw** (2+2 beats): correct timing execution of the swing for both skaters. Correct change of position from kilian to reverse kilian.
The couple on the 2nd beat prepares the change from kilian position to reverse kilian position that must be clearly assumed on the 3rd beat till the end of the swing.
This change of position must be smooth, synchronized and with a nice flow of both skaters' axis.

List of steps – Werner Tango Couples

HOLD	STEP	MAN'S STEP	BOTH	WOMAN'S STEPS
Reverse Kilian	1	LFO	1	LFO
	2	Ch RFI	1	Ch RFI
	3	LFO	2	LFO
	4	XF RFI	2	XF RFI
Reverse Kilian to Tandem to Kilian	5	LFI Sw I/O Sw	2+1+1+2	LFI Sw I/O Sw
	6	XB RFI	2	XB RFI
	7	LFO	1	LFO
	8	Run RFI	1	Run RFI
	9	LFO	2	LFO
	10	RFO	2	RFO
	11	DpCh LFI/O	1+1	DpCh LFI/O
	12	XF RFI	2	XF RFI
	13	LFO	1	LFO
	14	Ch RFI	1	Ch RFI
Kilian to Reverse Kilian	15	LFI Sw	2+2	LFI Sw
	16	RFI 3t	1+1	RFI 3t
		Mk to...		Mk to...

Pattern – Werner Tango Couples



WERNER TANGO - SOLO

By Gladys & George Werner. Adapted by World Skate Dance Sub-Committee (2016)

Music: Tango 4/4

Tempo: 100 Bpm

Competitive requirements: 4 sequences

Pattern: set

This dance should be skated with strong edges and character. Free leg and choreographed upper body movements should be added, if they respect the correct edges, timing and prescribed free leg positions.

Step 1 LFO (1 beat) must be aimed toward the right long side barrier near the left corner away from the judge stand.

Step 2 Ch RFI (1 beat) is parallel to the long side barrier.

Step 3 LFO (2 beats) is a stroke aimed toward the short side barrier.

Step 4 XF RFI (2 beats) is a cross in front that ends aiming toward the center of the floor.

Step 5 LFI Sw/O Sw (2+1+(1+2) beats) is a double swing of 6 beats with a change of edge (3 beats in inside edge + 3 beats on outside edge), starting toward the center of the floor, changing the edge aiming toward the short side barrier and finishing parallel to it. On this step, the free leg stays back for 2 beats and is swung forward on the 3rd beat. The change of edge to outside occurs on 4th beat still holding the free leg in front. On the 5th beat the free leg is swung back and stays back till the end of the 6th preparing for the next step.

Step 6 XB RFI (2 beats) is a cross behind aiming toward the long side barrier.

Step 7 LFO (1 beat) is a stroke followed by step 8 Run RFI (1 beat), both of 1 beat. The lobe finishes with step 9 LFO (2 beats) aimed toward the center of the floor.

Step 10 RFO (2 beats) is a deep outside stroke of two beats to allow Step 11 DpCh LFI/O (1+(1) beats), is an inside dropped chasse with a change of edge. The inside edge must be held for 1st beat, and the change of edge to outside occurs on the 2nd beat of the step, aiming toward the long side barrier.

Step 12 XF RFI (2 beats) that finishes parallel to the long side barrier.

Step 13 LFO (1 beat) is a stroke starting after the short axis, followed by Step 14 Ch RFI (1 beat) aimed toward the center of the floor, finishing the lobe.

Step 15 LFI Sw (2+2 beats) is a 4 beats LFI Swing back/front starting toward the center of the floor and finishing aiming toward the long side barrier. The free leg swings in front on the 3rd beat. At the end of the 4th beat the free leg assumes and-position to prepare the next step.

Step 16 RFI 3t (1+1 beats) is a right forward inside open stroke for 1 beat and a 3t on the 2nd beat, finishing on a RBO edge.

After the 3t the skater performs a mohawk to execute step 1 of the dance.

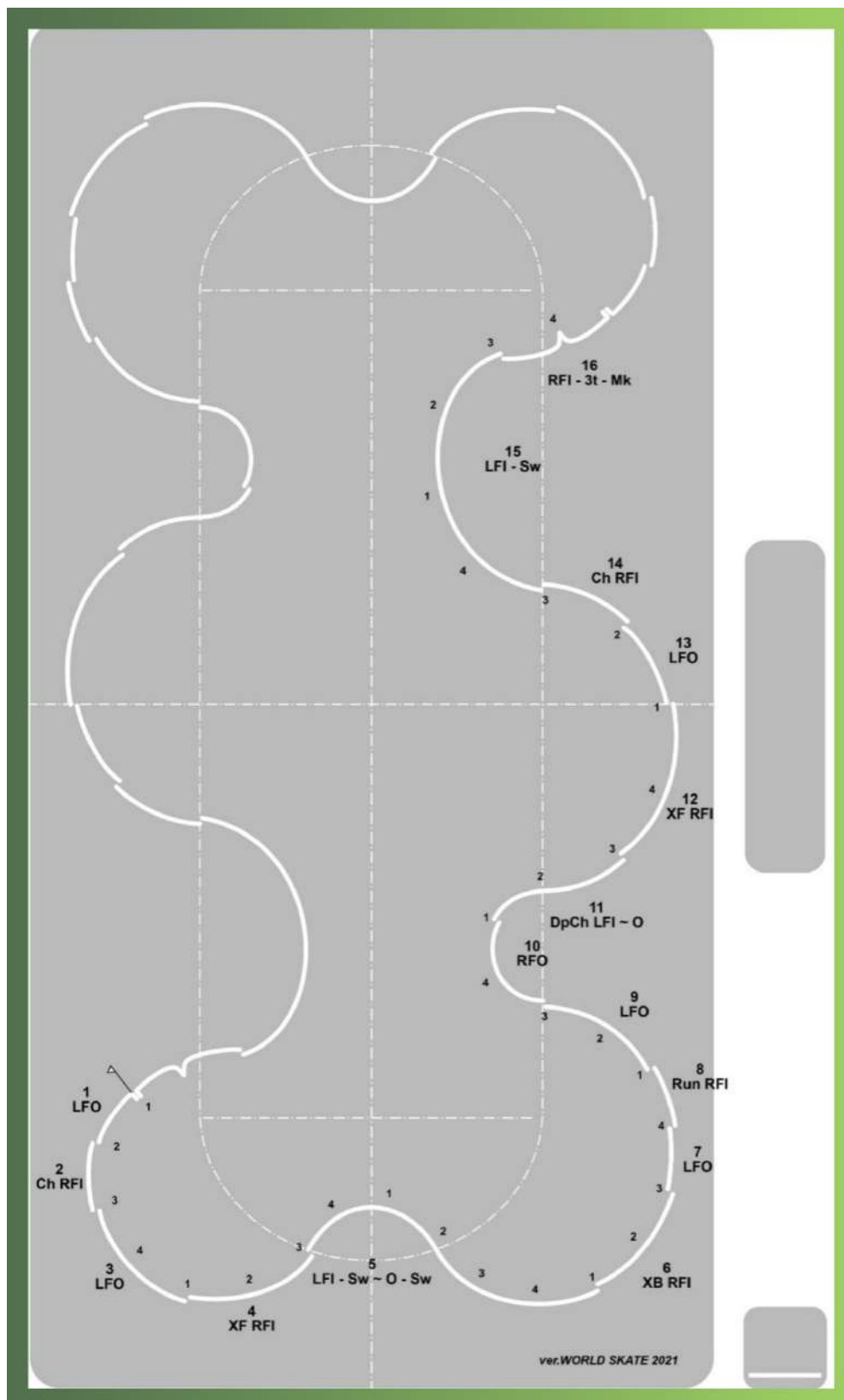
Key Points – Werner Tango Solo

1. **Step 2 Ch LFI** (1 beat): correct technical execution of the Chasse. Correct timing and clear lift from the floor of the free skate.
2. **Step 5 LFI Sw/O Sw** (2+1+(1+2) beats): correct execution of Double Swing Change of edge, respecting the prescribed free leg position and the timing. The free leg stays back for 2 beats and is swung forward on the 3rd beat. The change of edge to outside occurs on 4th beat still holding the free leg in front. On the 5th beat the free leg is swung back and stays back till the end of the 6th beat, preparing for the next step.
3. **Step 11 DpCh LFI/O** (1+1 beats): correct timing and technical execution of the DpCh, with a clear change of edge on the 2nd beat.
4. **Step 16 RFI 3t** (1+1 beats): Correct technical execution and clear cusp edges at the entrance and exit of the 3 Turn that must be done on the 2nd beat.

List of steps – Werner Tango Solo

NO.	STEPS	BEATS
1	LFO	1
2	Ch RFI	1
3	LFO	2
4	XF RFI	2
5	LFI Sw I/O Sw	2+1+1+2
6	XB RFI	2
7	LFO	1
8	Run RFI	1
9	LFO	2
10	RFO	2
11	DpCh LFI/O	1+1
12	XF RFI	2
13	LFO	1
14	Ch RFI	1
15	LFI Sw	2+2
16	RFI 3T	1+1
	Mk to...	

Pattern – Werner Tango Solo



WESTMINSTER WALTZ - COUPLES

By Erik Van der Weyden and Eva Keats

Music: Waltz $\frac{3}{4}$

Tempo: 138 bpm

Position: Kilian, Reverse Kilian, Waltz, Foxtrot, Partial Tango, Tandem

Pattern: set

Competitive Requirements – 2 Sequences

The Westminster Waltz is a dance skated with stately carriage and elegance of line. Throughout the dance many changes of position occur and should appear effortless to enhance the refined character of the waltz.

Steps 1 LFO (2 beats) stroke, **2 RFI** (1 beat) run and **3 LFO/I** (2+1 beats) stroke, for both skaters, form a sequence of steps. There is a change of edge on the third beat of step 3.

Step 4 OpS RFI (3 beats) an open stroke directed from the curve formed by steps 1, 2 and 3; the direction aims parallel to the long side barrier and finishes toward the long axis.

Step 5 OpS LFI (3 beats) is an open stroke on an inside edge that aims toward the long axis to curve in direction of the center of the floor.

Step 6 OpMk RBI (3 beats) for both, at the start the man is on the woman's left side in Kilian position, but during the turn both rotate individually and afterwards the couple assume the Reverse Kilian position with a rotation of the torso towards the long side barrier.

Step 7 LBO (6 beats) is a stroke where the movement of free legs is optional. The couple begins in Reverse Kilian position and moves, at the end of the step, into Tandem position.

Step 8 Cw RFI (3 beats) for both should be aimed toward the barrier to arrive parallel to it and with **step 9 LFO** (3 beats) finishing the lobe toward the long axis.

Step 10 XR RFO (6 beats) for the man and **Step 10a XR RFO 3T** (2+1 beats) for the woman is a cross roll followed by a 3 Turn (on the 3rd beat) and **Step 10b DpCh LBO** (3 beats) for the woman is a dropped chasse. The step starts in Reverse Kilian position, the woman momentarily releases her hold on the man while she turns her 3 Turn in front of him after which the partners join in Waltz position. The movement of free legs is optional.

Step 11 LFO for the man is a stroke and **CW RFI** for the woman, a choctaw (2 beats each) is in Foxtrot position. **Step 12 XCh RFI** for the man and **XCh LFO** (1 beat for each) for the woman which are crossed chasses skated on a curve.

Step 13 LFO Sw Ct for the man and **Step 13 RFI Sw Rk** for the woman (3+3+3 beats each) are strokes followed by a forward swing (on the 4th beat) held for 6 beats before the turns; the counter for the man and rocker for the woman are on 7th beat, and held for three beats afterwards. At the moment of turning, partners must be in hip to hip Foxtrot position. The direction of this step is

initially towards the long side barrier, subsequently it aims toward the long axis to become parallel to it and finally conclude toward the long side barrier.

Step 14 DpCh RBI for the man and **DpCh LBO** for the woman (3 beats each) must be taken at the side of the preceding skating foot.

Step 15 Cw LFO for the man (6 beats) and **Cw RFI 3T** (3+3 beats) for the woman that turns an inside 3 Turn on 4th beat of this six-beat edge. The step begins in Foxtrot position, towards the long side barrier, and changes to Waltz position at the end of the 3 Turn of the woman which is parallel to the long side barrier while during the last 3 beats it finishes in the direction of the long axis.

Step 16 XR RFO for the man and **Step 16 XR LBO** for the woman (2 beats each) is in Partial tango position and **Step 17 LFI run** for the man and **RBI run** for the woman (1 beat each) is a run in Waltz position; these steps form a sequence that curves from the long axis toward long side barrier.

Step 18 Wd RFI for the man and **Wd LBI** for the woman (3 beats each) is Wide step for both skaters in Waltz position beginning toward the long side barrier and curving away from it.

Step 19 LFO for the man and **RBO** for the woman (3 beats each) is a stroke for both, starting parallel to the short side barrier to aim towards the long axis.

Step 20 XR RFO 3T (2+ 1 beats) for the man and **XR LBO** (3 beats) for the woman is in Partial Tango position (during XR for both) and Waltz position after the 3 Turn of the man.

Step 21 LBO (6 beats) the man skates a stroke, not too deep.

Step 21a Mk RFO 3T (2+1 beats) for the woman is a mohawk RFO followed by a 3T, releasing her left hand, turns a three on the 3rd beat heading for the man's left shoulder; she removes her right hand from his left and immediately gives him her left hand. The couple, during the step, is in Waltz position and assumes the Tandem position after the 3 Turn of the woman. **Step 21b LBO** the woman skates a stroke (3 beats) in Reverse Kilian position. The movements of free leg for both skaters during steps 21-21a/21b are optional.

Step 22 Mk RFO SW /I (3+2+1 beats) for both skaters is a Mohawk that begins in Reverse Kilian position with the woman on the man's left, she skates across in front of him to his right side into Kilian position. Care must be taken in swinging the free legs (on 4th beat) on this edge so as not to interfere with the woman's crossing in front of the man. On the last beat the couple will skate an inside change of edge.

REFERENCE STEPS

Step 7 - Must start before the short axis and finish after it ;

Step 12 – Must start by the long axis;

Step 15 - Must start before the short axis and finish after it.

(3T should be done by the axis)

Step 21 – Must start before the long axis and finish after it.

(3T should be done before the axis)

Key Points – Westminster Waltz Couples

Section 1:

1. Steps 5 Ops LFI (3 beats) and Step 6 OpMk RBI (3 beats) for both:

- Correct timing of the steps;
- Step 5 Ops LFI: correct execution of open stroke on strong inside edge without deviation before the OpMK;
- Step 6: proper execution of the Open Mohawk with the right foot placed close to the instep of the left foot, with feet close together; strong edges, respecting the prescribed edges required before and after the turn.
- **For the couple:** these steps must be performed avoiding separation of the partners.

2. Step 8 CwRFI (3 beats) for both:

- Correct timing of the step;
- Correct technical execution of the Choctaw with feet close together, respecting the prescribed edges required before and after the turn.
- **For the couple:** these steps must be performed avoiding separation of the partners and correct line of the body.

3. Step 10 XR RFO 3T (2+1 beats) for the woman and Step 10 XR RFO (first 3 beats) for the man

- Correct timing of the steps;
- Correct technical execution of the cross roll, performed with a clear and correct outside edge for both;
- Correct technical execution of the three turn for the woman, executed on the 3rd beat of the step with the correct edge before and after the turn.
- **For the couple:** pay attention to the unison of the couple and the changes in inclination during the cross rolls.

4. Step 13 RFI Sw RK for the woman and Step 13 LFO Sw Ct for the man (3+3+3 beats):

- Correct timing of the steps;
- Correct technical execution of the swing on the 4th beat of the step with the unison of the free legs, keeping the edge of the supporting foot;
- Correct technical execution of the Rocker / Counter turns, executed on beat 7 of the step skated on a strong edge throughout the turn; attention: the aim of the cusp of the turn should be towards the long axis.
- No deviation from the edges before or after the turn.
- **For the couple:** this step must be performed avoiding separation of the partners.

Section 2:

1. Step 15 CwLFO (6 beats) for the man and CwRFI 3T (3+3 beats) for the woman:

- Correct timing of the step;
- Correct technical execution of the Choctaw with feet close together, respecting the prescribed edges required before and after the turn.
- Correct technical execution of the three turn, executed on the 4th beat of the
- step, with the correct edge before and after the turn.
- **For the couple:** these steps must be performed avoiding separation of the partners and correct line of the body

2. Step 20 XR RFO-3T (2+ 1 beats) for the man and XR LBO (3 beats) for the woman:

- Correct timing of the step;
- Correct technical execution of the cross roll, immediately transferring to an outside edge with a correct line of the body;
- Correct technical execution of the three turn for the man, executed on the 3rd beat of the step, with the correct edge before and after the turn.
- **For the couple :** pay attention to the unison of the couple and the changes in inclination during the cross rolls.

3. Step 21a Mk RFO-3T (2+1 beats) for the woman

- Correct timing of the step;
- Correct technical execution of the Mk with feet close together, respecting the prescribed edges required before and after the turn.
- Correct technical execution of the three turn, executed on the 3rd beat of the
- step, with the correct edge before and after the turn.
- **For the couple:** these steps must be performed avoiding separation of the partners and correct line of the body.

4. Step 22 Mk RFO SW /I (3+2+1 beats) for both skaters

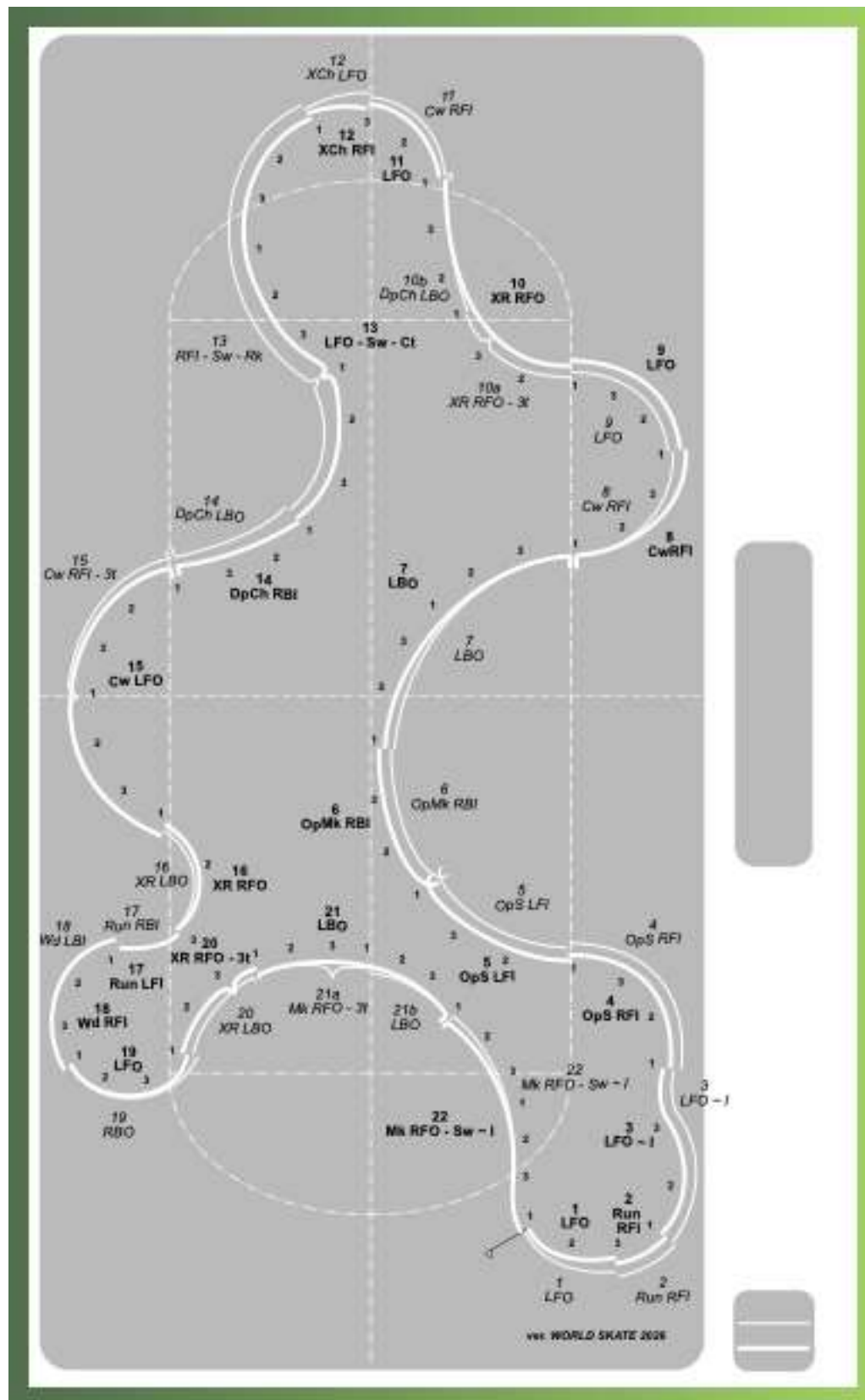
- Correct timing of the step;
- Correct technical execution of the Mk with feet close together, respecting the prescribed edges required before and after the turn.
- Correct technical execution of the swing, executed on the 4th beat of the step with a correct outside edge (until 5th beat) and after the swing an inside change of edge (on the 6 beat).
- **For the couple:** the step must be performed avoiding separation of the partners during the change position from kilian reverse to kilian and correct line of the body.

List of steps – Westminster Waltz Couples

STEP	HOLD	MAN'S STEP	M	BOT H	W	WOMAN'S STEPS
1	Kilian	LFO		2		LFO
2		RFI-Run		1		RFI Run
3		LFO/I		2+1		LFO/I
4		OpS RFI		3		OpS RFI
5		OpS LFI		3		OpS LFI
6	Reverse Kilian	OpMK RBI		3		OpMK RBI
7	Reverse Kilian to Tandem	LBO*		6		LBO*
8	Kilian reverse	CW RFI		3		CW RFI
9		LFO		3		LFO
10a	from Kilian reverse to Waltz	XR RFO*	6		2+1	XR RFO 3T
10b	Waltz				3	DpCh LBO
11	Foxtrot	LFO		2		CWRFI
12		XCh RFI		1		XCh LFO
13		LFO Sw CT		3+3+ 3		RFI Sw RK
14		DpCh RBI		3		DpCh LBO
15		Cw LFO	6		3+3	Cw RFI 3T
16	Partial tango	XR RFO		2		XR LBO
17	Waltz	LFI run		1		RBI run
18		Wd RFI		3		Wd LBI
19		LFO		3		RBO
20	Partial tango to Waltz	XR RFO 3T	2+1		3	XR LBO
21a	Waltz to Tandem	LBO*	6		2+1	RFO 3T
21b	Tandem				3	LBO

22	Reverse kilian to Kilian	MK RFO-Sw-I		3+2+1		MkRFO-Sw-I
*	Free leg is optional					

Pattern – Westminster Waltz Couples



WESTMINSTER WALTZ - SOLO

By Erik Van der Weyden and Eva Keats

Music: Waltz $\frac{3}{4}$

Tempo: 138 bpm

Pattern: set

Competitive Requirements – 2 Sequences

Changes:

- Step 11: LBO/ Step 15 LBO/ Step 23 LBO: can be skated as a dropped chasse or as a stroke, the execution of these steps are optional – before it was not specified.
- Step 14 (9 beats): RFI-swing-Rocker: starts as a progressive run – before it was not specified.

Clarification: step 3, LFO (2 beats outside edge) + change of edge to LFI (1 beat inside edge) – before it was a change of edge performed at the end of the third.

The Dance:

The Westminster Waltz is a dance skated with stately carriage and elegance of line.

Steps 1, 2, and 3 form a lobe in which step 2 is a progressive (run). There is a change of edge on the third beat of step 3 from outside to inside. Step 3 is a change-edge step, with the first 2 beats on an outside edge and the third beat on an inside edge.

Step 4 is a three beat RFI directed from the curve formed by steps 1, 2, and 3. It begins parallel to the long side barrier and finishes aiming toward the long axis. Step 5 is a three-beat LFI aimed initially toward the long axis and finishes toward the center of the floor, and step 6 is an open mohawk RBI, which, during the three beats of the step, becomes parallel to the long axis.

The movement of the free leg on step 7 (LBO) is optional.

Step 8 (choctaw RFI) must aim toward the long side barrier and finish parallel to it. Step 9 (LFO) begins parallel to the long side barrier and finishes toward the long axis, completing the lobe.

Steps 10 and 11* form a lobe which gently curves toward the short side barrier and finishes parallel to the long axis. Step 10 is a three-beat XR-RFO with a three turn on the third beat. It is optional to perform step 11 (LBO for three beats) as a stroke or as a dropped chasse and is skated prior to crossing the long axis. **In team dance, Steps 10 and 11 are 10a and 10b for the woman.*

Step 12 is a two-beat choctaw RFI which begins toward the short side barrier and finishes toward the long side barrier. This step is performed before crossing the long axis. Step 13 is a one-beat crossed chasse XB-LFO which passes the long axis.

Step 14 is a nine-beat run RFI swing rocker to a RBI. The swing is performed on the fourth beat of the step, and the rocker is performed on the seventh beat of the step. The position of the free leg after the execution of the rocker turn is optional. Step 14 aims initially toward the long side barrier, then parallel to it on the swing, and toward the long axis just before the rocker. After the rocker, the step curves away from the long axis and finishes toward the long side barrier.

Step 15 (LBO for three beats) is skated parallel to the short axis. It is optional to perform this step as a stroke or as a dropped chasse.

Step 16 is a six-beat Cw RFI-3; the first three beats of the step are performed on a RFI, and the last three beats are performed on a RBO; the three turn is performed on the fourth beat of the step. The step begins toward the long side barrier and finishes away from it.

Step 17 (XR-LBO for two beats) begins a lobe that opens toward the long axis and returns toward the long side barrier with step 18 (RBI for one beat).

Step 19, a LBI for three beats, is a wide step, i.e. with the left foot taking the floor about 18 inches (approximately 0.5 meters) from the right foot. This step aims initially toward the long side barrier and curves toward the middle of the short side barrier. Step 20 finishes toward the long axis at the center of the rink.

Steps 21 (XR-LBO), **22** (mohawk RFO-3), **23** (LBO), and **24** (RFO-swing) form a long lobe that opens toward the center of the rink, then beginning with step 23 curves toward the short side barrier. It is optional to perform step 23 (LBO) either as a stroke or as a dropped chasse.

Step 24 is a six-beat mohawk RFO-swing. The step is performed as follows:

- On the first beat: mohawk RFO;
- On the fourth beat: forward swing of the free leg;

During the evaluation of this dance particular attention should be paid to the following elements:

- Accuracy of timing, step technique, and the prescribed pattern.
- Accuracy of timing of steps 1, 2 and 3.
- Timing of step 3: three beats total; two beats on an outside edge, one beat on an inside edge.
- Depth of edge on step 4 allowing the correct aim for the angular takeoff of step 5 towards the long axis.
- Proper execution of the open mohawk, step 6 (RBI), placed next to the instep of step 5 (LFI).
- Step 8 aimed towards the long side barrier.
- Step 10 and 11 descending directly towards the short side barrier and finishing parallel to the long axis.
- Correct timing of steps 12 (2 beats) RFI and 13 (one beat) Xch LFO.
- Edge quality and correct aim toward the long axis for step 14 run RFI Swing Rocker. Turn must be executed on deep inside edge before and after the turn, with no apparent flattening or change of edge.
- Step 15 aimed directly to the long side barrier.
- Step 16 (choctaw RFI-3) aimed toward the long side barrier, with the three-turn aiming parallel to it on beat 4 of the step. The step finishes away from the long side barrier.
- Step 19 is a wide step and should be placed approximately 18 inches from the previous step.
- Correct aim for step 21 towards the center of the rink.
- Proper curvature and execution of steps 21, 22, and 23 with no obvious flattening of the arc.

Key Points – Westminster Waltz Solo

Section 1:

1. **Steps 1, 2 And 3:** accuracy of timing of all three steps (step 1 is two beats, step 2 is one beat and step 3 is 3 beats). Step 3 is an outside edge for two beats with a change of edge to inside on beat 3 of the step.
2. **Step 4:** RFI for three beats; must be stepped as a clear inside edge that is maintained throughout and aimed toward the center of the rink.
3. **Steps 5 (LFI) and 6 (Mk-RBI):** proper execution of the Open Mohawk, aimed toward the long axis and done on strong edges, with Step 6 placed close to the instep of the left foot.
4. **Steps 7 (LBO) and 8 (Cw-RFI):** proper execution of the choctaw, keeping the correct edges before/after the turn, with no deviation from the LBO before executing the choctaw
5. **Step 10 (XR-RFO-3):** proper execution of the cross-roll and 3 turn, keeping the correct edge before/after the turn.

Section 2:

1. **Steps 12 (Cw-RFI) and 13 (Xch-LFO):** proper execution of the choctaw, keeping the correct edge before/after the turn, followed by a crossed-chasse done with feet parallel and close together, immediately returning to the “and” position, executed on the correct edge. Proper timing of **step 12 Cw-RFI** (two beats) and **step 13 Xch LFO** (1 beat).
2. **Step 14 (run RFI-Sw RK):** proper execution of the Swing Rocker turn, skated on a strong edge throughout the turn, with no deviation from the inside edge before or after the turn. The aim of the cusp of the turn should be towards the long axis.
3. **Step 15 (LBO) and 16 (Cw-RFI-3):** proper execution of the choctaw and 3 turn, keeping correct edges before/after the turns. Pay attention to the proper timing of the three turn, which should be executed on beat 4 of the step.
4. **Step 19:** should be stepped wide (approximately 18 inches or 0.5 meters from the previous step).
5. **Steps 21 (XR-LBO), 22 (Mk-RFO-3), 23 (LBO), 24 (Mk-RFO-Sw):** proper execution of the Mohawks and 3 Turn. This lobe should be skated on a curve, with continuing, flowing waltz movement and no obvious flattening or sub curvature of the arc. Step 24 must be skated on an outside edge for 6 beats.

SECTION 1 for Steps 1-14:

1. **Steps 5 (LFI) (3 beats) and 6 (Mk-RBI)(3 beats):**
 - Proper execution of the Open Mohawk, aimed toward the long axis and done on strong edges, with Step 6 placed close to the instep of the left foot.
2. **Step 10 (XR-RFO-3):**
 - Correct technical execution of the cross-roll and 3 turn;
 - Keeping the correct edge before/after the turn.
3. **Step 13 (Xch-LFO) (1 beat):**
 - Correct technical execution of the crossed chasse done with feet parallel and close together, immediately returning to the “and” position, executed on the correct edge.

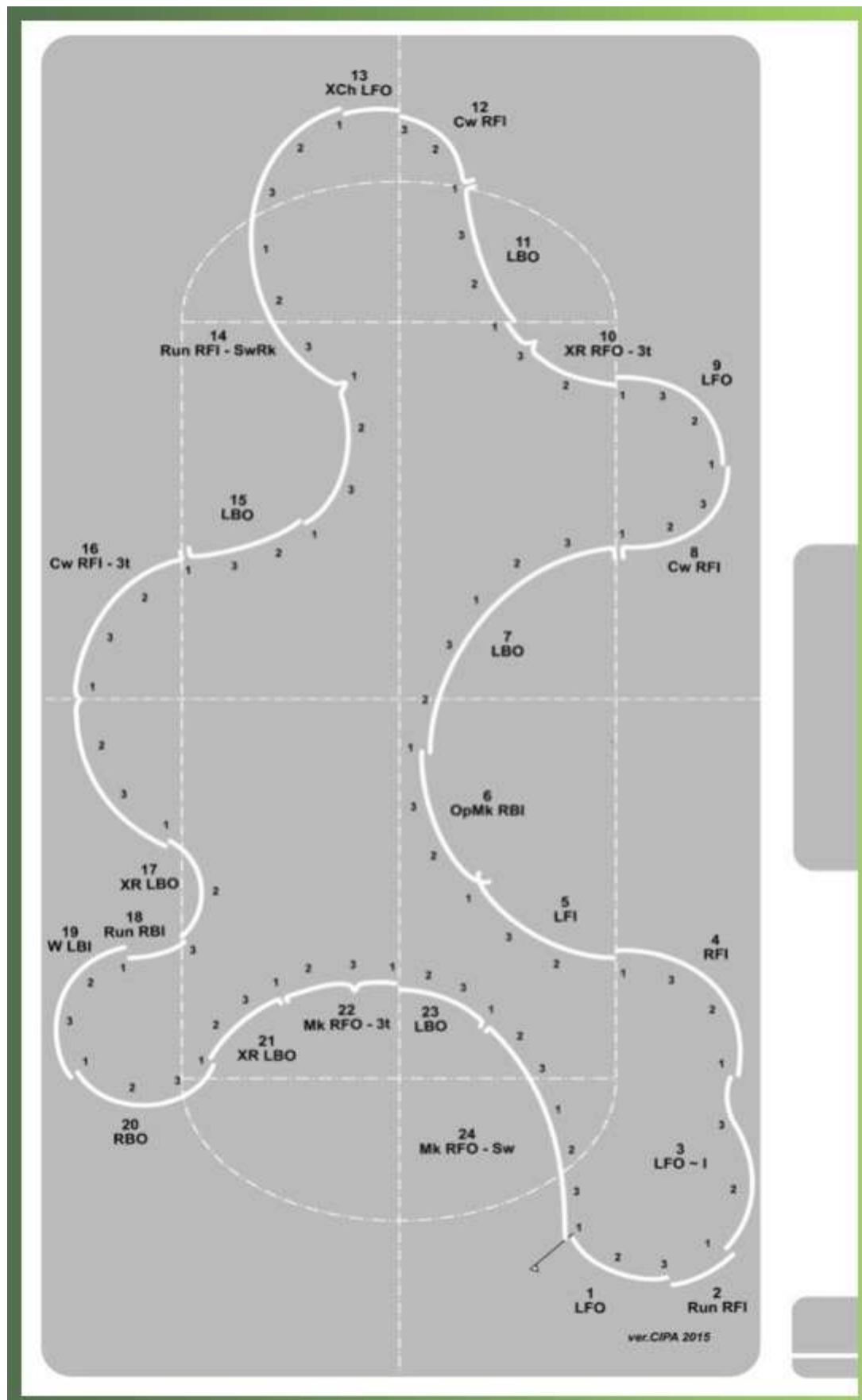
4. Step 14 (run RFI SwRK) (3+3+3 beats)

- Correct technical execution of the Rocker turn, executed on beat 7 of the step skated on a strong edge throughout the turn;
- Attention: the aim of the cusp of the turn should be towards the long axis.
- No deviation from the inside edge before or after the turn.

List of steps – Westminster Waltz Solo

NO.	SKATER'S STEP	BEATS
1st SECTION		
1	LFO	2
2	Run RFI	1
3	LFO/I	2+1
4	RFI	3
5	LFI	3
6	OpMk RBI	3
7	LBO *	6
8	Cw RFI	3
9	LFO	3
10	XR RFO-3t	2+1
11	** LBO	3
2nd SECTION		
12	Cw RFI	2
13	XCh LFO	1
14	Run RFI-SwRk	3+3+3
15	** LBO	3
16	Cw RFI-3t	3+3
17	XR LBO	2
18	Run RBI	1
19	W LBI	3
20	RBO	3
21	XR LBO	3
22	Mk RFO-3t	2+1
23	** LBO	3
24	Mk RFO-Sw	3+3
* free leg free movement ** could be a Stroke or a Dropped Chasse		

Pattern – Westminster Waltz Solo



4 DANCE POSITIONS

HAND IN HAND POSITION: partners face in the same direction and are side by side with arms comfortably extended, the man's right hand in his partner's left. The woman is on the right unless otherwise noted.



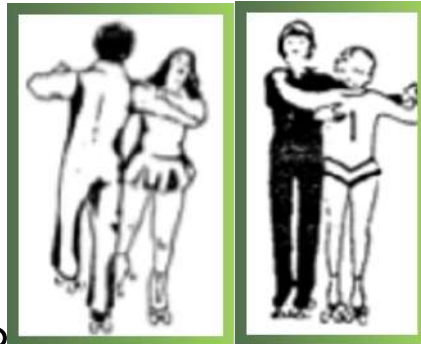
CLOSED OR WALTZ POSITION: partners face each other directly, one skating forward while the other skates backwards. The man's right hand is placed firmly against his partner's back at her shoulder blade with elbow raised and bent sufficiently to hold her close. The woman's left hand is placed against the man's right shoulder with her arm resting comfortably on his, elbow on elbow. The man's left arm and woman's right are extended at average shoulder height. The shoulders are parallel.



OPEN OR FOXTROT POSITION: hand and arm positions are like those of closed position, but the partners turn slightly so that both may skate in the same direction.



OUTSIDE OR TANGO POSITION: partners face, one skating forward while the other skater backwards. Unlike the closed position, partners skate hip to hip, the man being either to the right or left of the woman.



TANGO

TANGO REVERSE

KILIAN POSITION: partners face in the same direction, woman at the right of the man, man's right shoulder behind the woman's left. Woman's left arm is extended in front across the man's body to his left hand, while his right arm is behind her back, both right hands clasped and resting at her waist over hip bone.



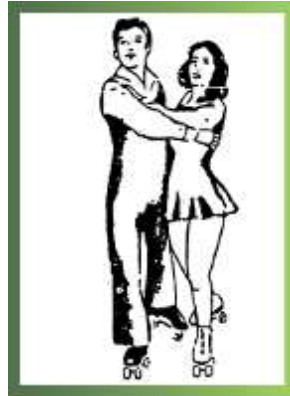
KILIAN

KILIAN REVERSE

TANDEM POSITION: partners directly behind each other, skating identical edges. Hold can be either both hands for both skaters, on woman's waist, or one hand on woman's waist (both skaters), with the other one outstretched.



PROMENADE: the partners face the same direction of travel with the woman to the left of the man. The man's right hand is on the woman's left shoulder blade while the woman's left hand holds the man's right shoulder; the two arms overlap, and the elbows are placed one on top of the other. The man's left arm and the woman's right arm are stretched behind with respect to the chest with the hands held at shoulder height. Promenade position is given by the forward aim of the chest with respect to the flexed arm of the skaters.





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