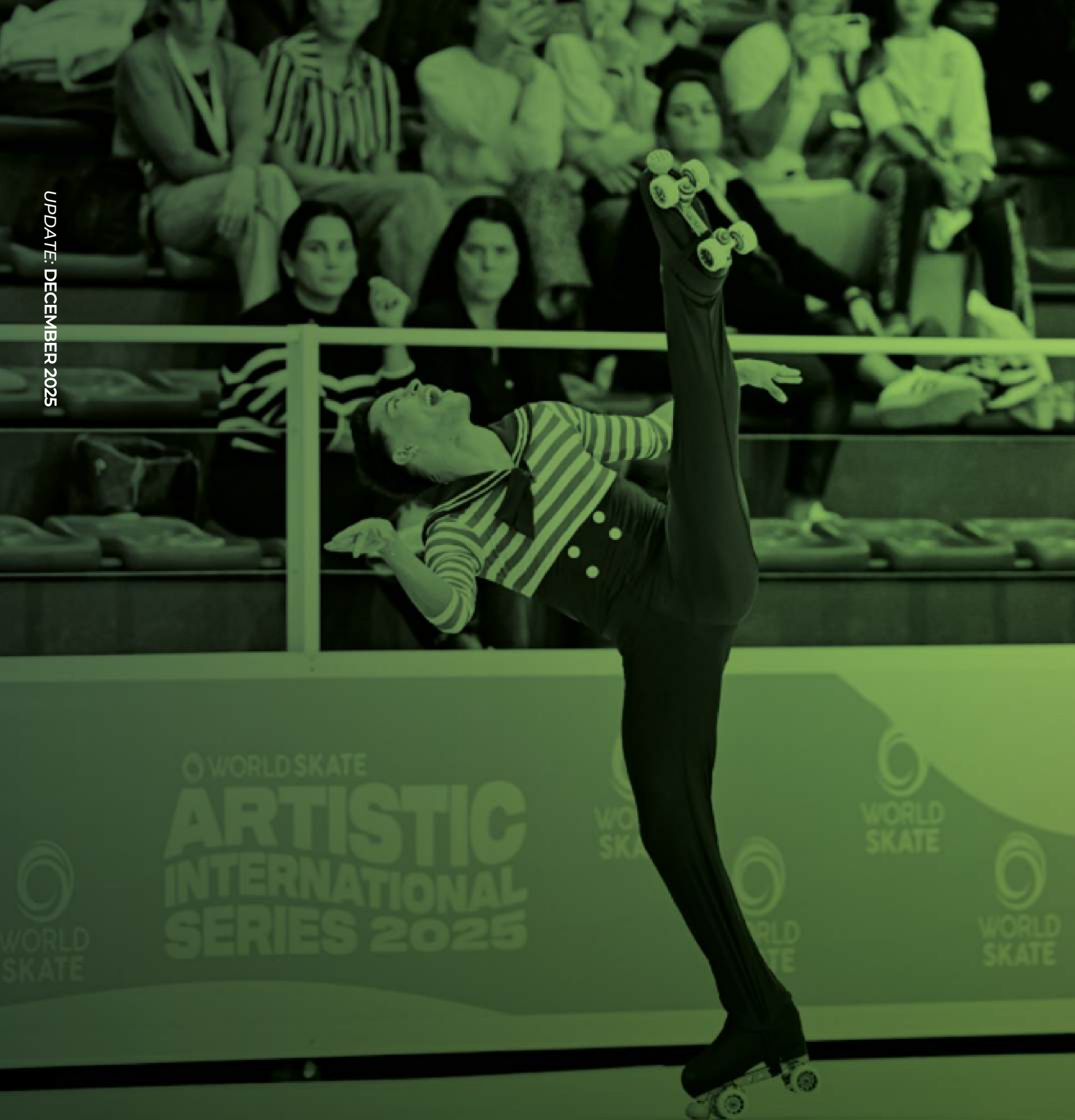


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 WORLD SKATE

RULES FOR ARTISTIC SKATING COMPETITIONS DANCE BOOK

BY WORLD SKATE ARTISTIC TECHNICAL COMMISSION

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1. DANCES 2026

1.1 Couples Dances

DANCE	TEMPO	MUSIC	SEQ
MINI BASIC			
And Foxtrot	104	Foxtrot	4
MINI INTERMEDIATE / CADET BASIC / TOTS			
City Blues	88	Blues	4
CADET INTERMEDIATE/SENIOR BASIC			
Roller Samba	104	Samba	4
ESPOIR BASIC			
Glide Waltz	120	Waltz	4
YOUTH INTERMEDIATE			
Tudor Waltz	138	Waltz	1
YOUTH BASIC			
Skaters March	100	March	4
ESPOIR INTERMEDIATE/JUNIOR BASIC			
Olympic Foxtrot	104	Foxtrot	4
JUNIOR INTERMEDIATE			
Easy Paso	104	Paso	1
SENIOR INTERMEDIATE			
Italian Foxtrot	96	Foxtrot	1
MINI			
Skaters March	100	March	4
Olympic Foxtrot	104	Foxtrot	4
ESPOIR			
Swing Foxtrot	104	Foxtrot	4
Roller Samba	104	Samba	4

CADET			
Easy Paso	104	Paso	1
YOUTH			
Bachata	112	Bachata	1
JUNIOR			
Quickstep	112	Quickstep	1
SENIOR			
Westminster Waltz	138	Waltz	1

1.2 Solo Dances

DANCE	TEMPO	MUSIC	SEQ.
ESPOIR BASIC			
Glide Waltz	120	Waltz	4
YOUTH BASIC			
Skaters March	100	March	4
MINI INTERMEDIATE/CADET BASIC/TOTS			
City Blues	88	Blues	4
CADET INTERMEDIATE/SENIOR BASIC			
Roller Samba	104	Samba	4
YOUTH INTERMEDIATE			
Terenzi Waltz	168	Waltz	1
ESPOIR INTERMEDIATE/JUNIOR BASIC			
Olympic Foxtrot	104	Foxtrot	4
JUNIOR INTERMEDIATE			
Sweet Tango	104	Tango	1
SENIOR INTERMEDIATE			
Italian Foxtrot	92	Foxtrot	1
MINI			
Skaters March	100	March	4
Olympic Foxtrot	104	Foxtrot	4
ESPOIR			
Swing Foxtrot	104	Foxtrot	4
Roller Samba	104	Samba	4
CADET			
Terenzi Waltz	168	Waltz	1
YOUTH			
Sweet Tango	104	Tango	1
JUNIOR			

Italian Foxtrot	92	Foxtrot	1
SENIOR			
Quickstep	112	Quickstep	1

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 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

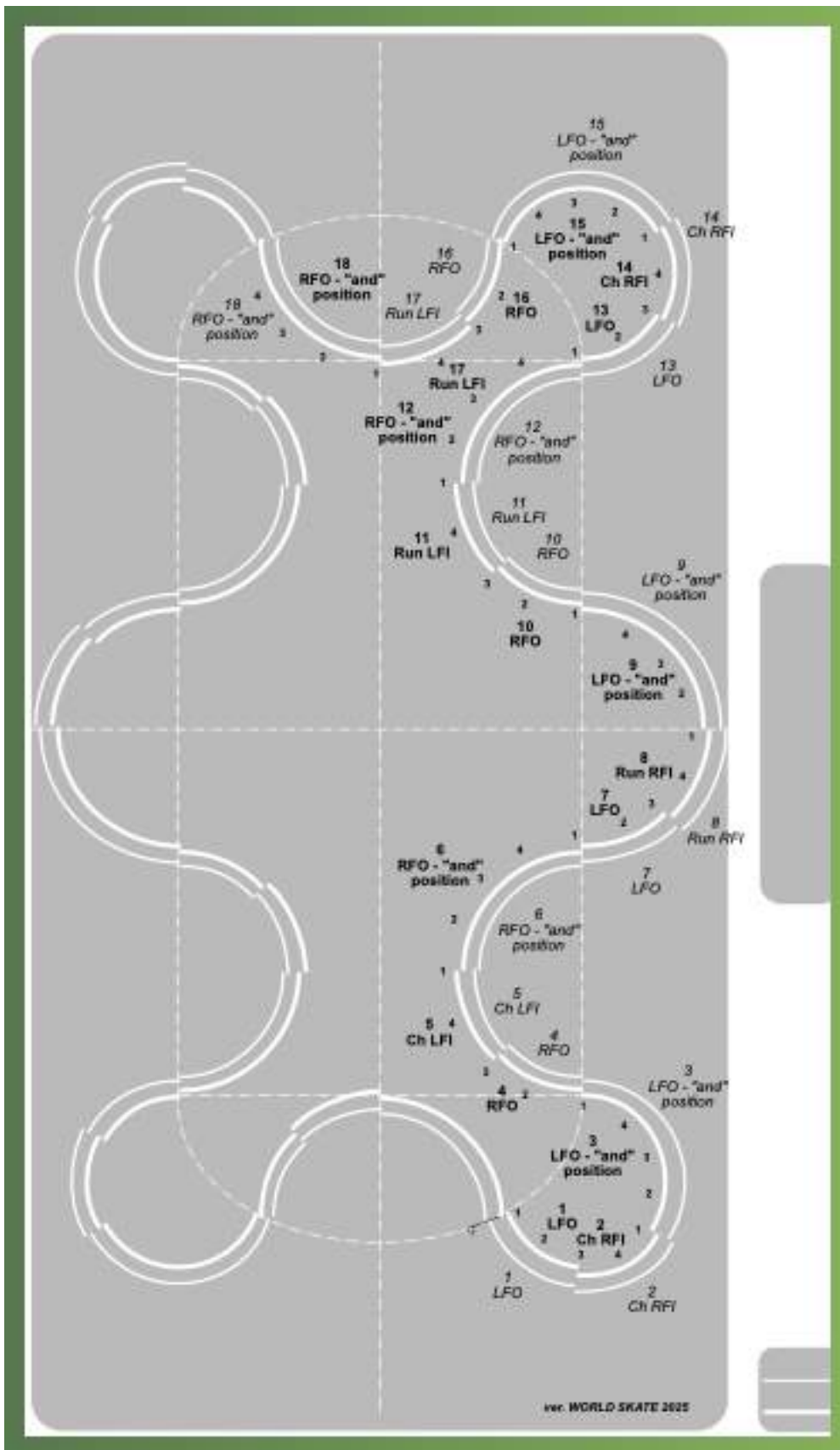
- Correct timing of the step;
- Correct technical execution of the stroke - 2 beats with the free leg held back and 2 beats on a clear “and position”.
- Correct and close crossed kilian position with correct inclination and no deviation from the outside edge

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	9	LFO – “And” position	2+2
kilian	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



BACHATA - COUPLES

Music: Bachata 4/4
Pattern: Set

Tempo: 112 bpm

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, 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(to RFI) ($1\frac{1}{2} + 2$ 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 LBO (2 beats) for the woman and step 10 RFO (2 beats) is a stroke for both, that starts with feet parallel and moves away from the long side barrier.

Step 11 XR RBO 3T (1 + 1 beats) and Step 12 INA Bauer (2 beats) for the woman:
Step 11 is a cross roll (1 beats) plus a 3T (1 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 + 1 beats) and Step 12 INA Bauer (2 beats) and for the man: Step 11 is a cross roll (1 beats) plus a 3Turn (1 beat) from LFO to LBI, to skate Step 12 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

In preparation for step 13, the right foot must assume a backward position after the Ina Bauer. The method of execution of the turn of the right foot is optional. (The right foot may be lifted from the floor after the Ina Bauer and placed backward or the right foot may execute a 3 turn while still remaining on two feet).

Step 13 XS LBI (1 ½ beats) for both is a cross stroke beginning with two feet on the floor and lifting up the free right leg at the end of step 13 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 (Tandem) to skate toward the long side barrier followed Step 15 CICW 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 or open stroke (is optional) for the man and step 17a LFI (1 beat) is a stroke or open stroke (is optional) for the woman followed by step 17b OpMK (1 beat) to RBI.

The couple starts step 16 in Kilian position and concludes on step 17b 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 (17a) the left arms are raised over the woman's head, so the couple assumes Waltz position at the end of the step (17b).

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 ($\frac{1}{2}$ beat), step 23 Ch RFI ($\frac{1}{2}$ 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 as long as 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 before the short axis and finish after it

Step 31 - must start before the long axis and finish after it

Step 33 - must start by the long axis and finish after it.

Section 1

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

- correct timing of the step;
- correct technical execution of CICw 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 XS RBI -RK (to RFI) (2 beats) for the man (XS not included):

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

3. Step 15 CICw LFI (1 ½ beats) for both:

- correct timing of the step;
- correct technical execution of CICw 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

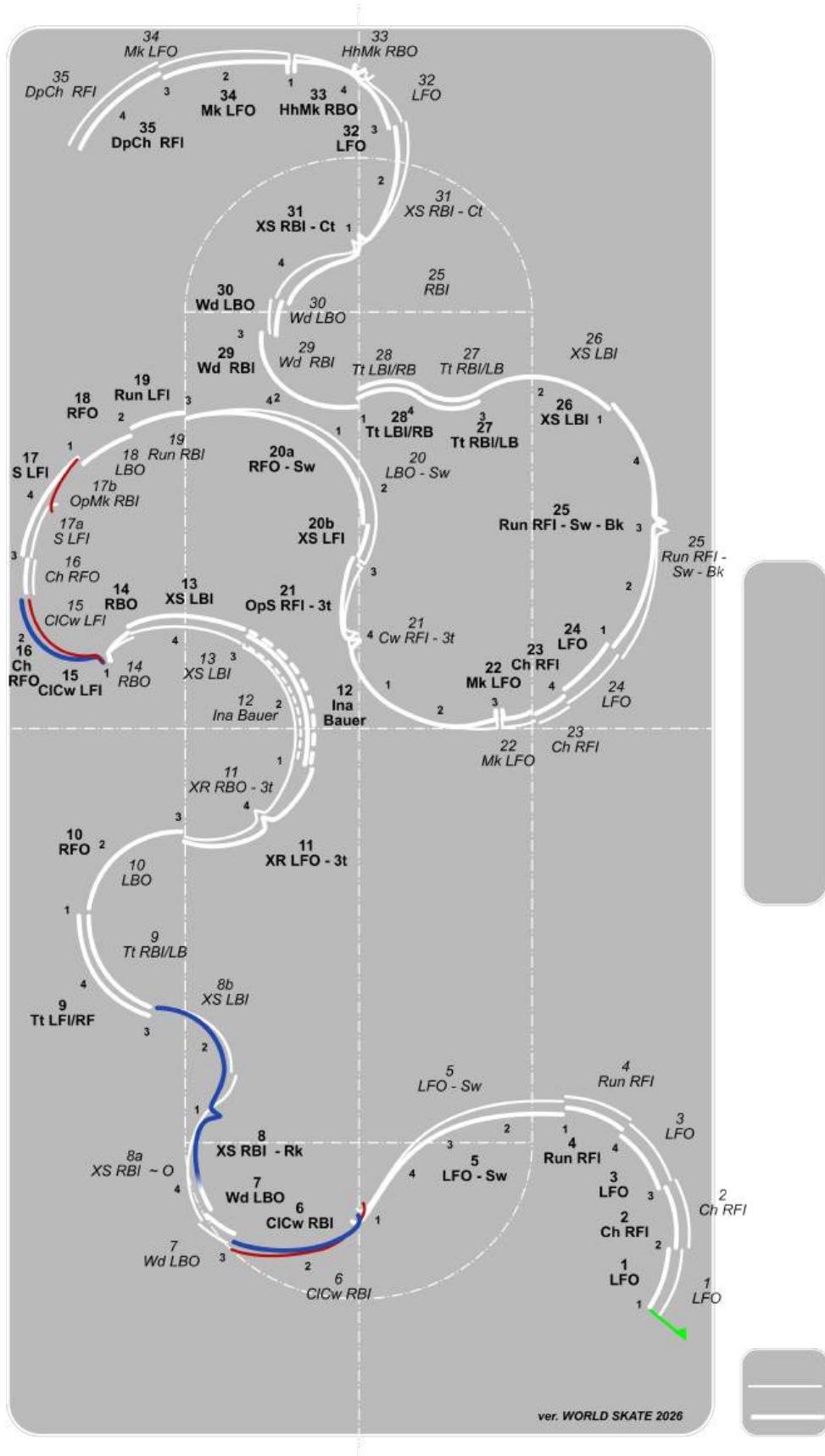
- correct timing of the step;
- proper technical execution of the heel to heel Mohawk with the right foot placed close to the heel of the left foot, with feet close together; strong edges, respecting the prescribed edges required before and after the turn;
- For the couple: these steps must be performed 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		LBO
Partial Reverse Tango	11	XR LFO 3T		1 + 1		XR RBO 3T INB
(see note)	12	INB		2		
Kilian	13	Xs LBI		1 ½		Xs LBI
(to Tandem)	14	RBO		½		RBO
Kilian	15	CICW LFI		1 ½		CICW LFI
	16	Ch RFO		½		Ch RFO
	17a	LFI or OpS (optional)	2		1	LFI or OpS(optional)
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



CITY BLUES COUPLES & SOLO

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.

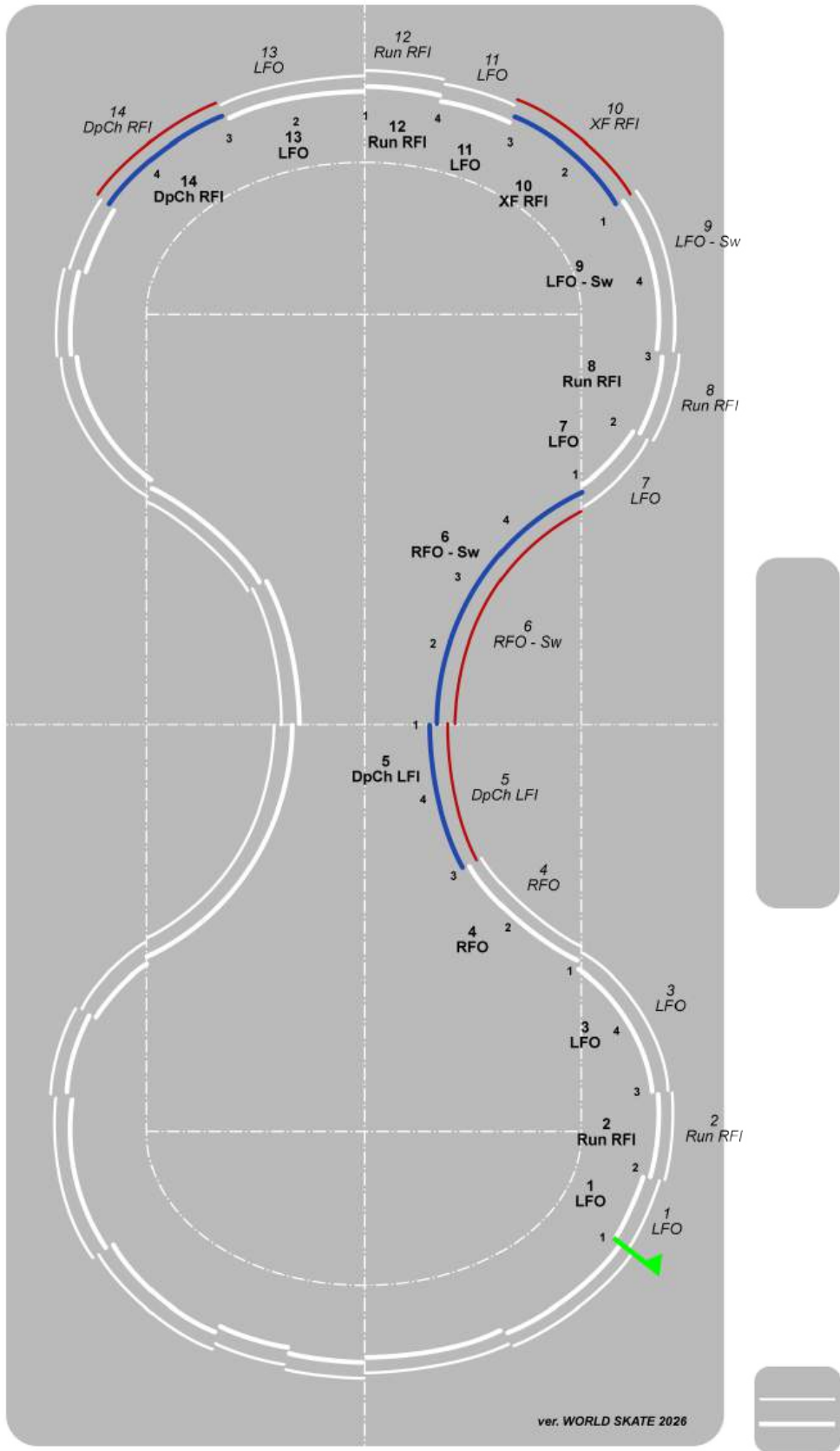
4. Step 14 DpCh RFI (2 beats):

- 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.

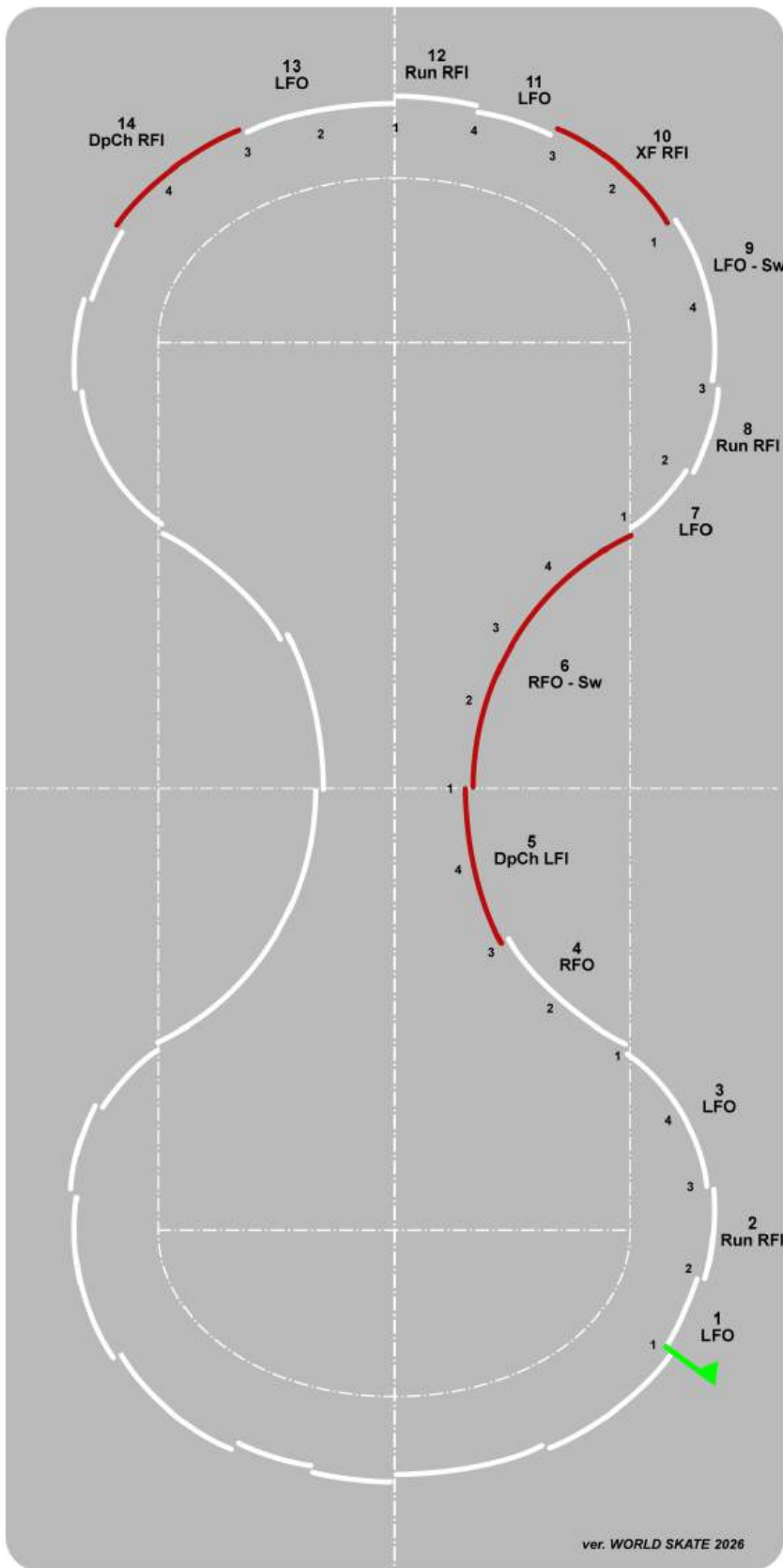
List of steps – City Blues Couples and Solo

HOLD	STEP S	MAN	BEAT S	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



EASY PASO - COUPLES

By Fabio Sampo

Music: Paso Doble 2/4 or 4/4

Position: Kilian, Foxtrot, Promenade

Tempo: 104 Bpm

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 ($\frac{1}{2}$ 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 ($\frac{1}{2}$ 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 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 ($\frac{1}{2}$ 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 11*wb RFI 3T (2 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 11 *m3 CIMk RBO (2 beat) for the man:

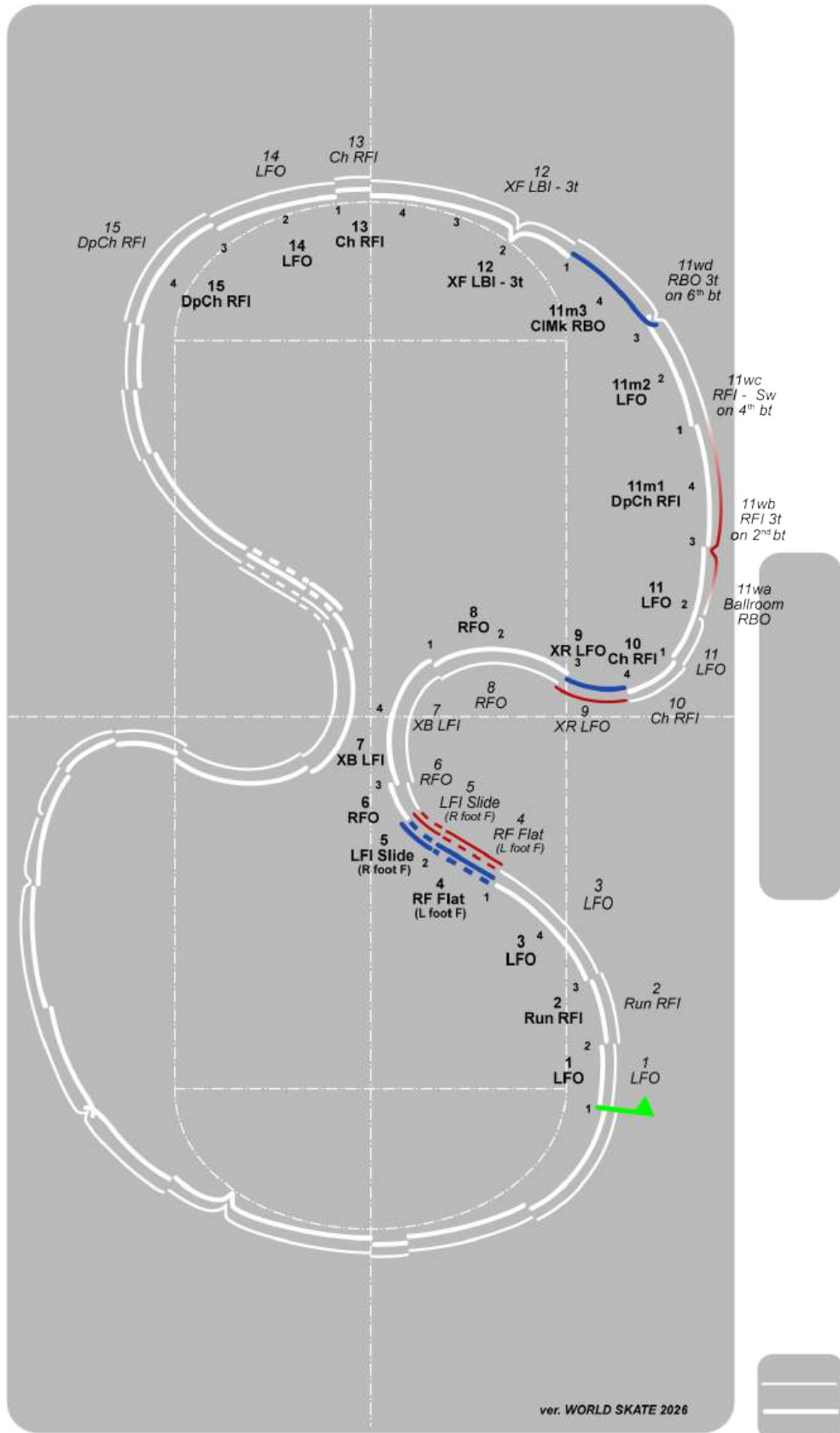
- correct timing of the step;
- correct technical execution of the closed mohawk, respecting the prescribed edges required before and after the turn.
- For the couple :
 - during this step the skaters must stay together;
 - avoid deviations of edges while the couple assumes Promenade position.

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
FOX TROT (See the notes)	10	Ch RFI		1			Ch RFI
	11	LFO	2		1	11	LFO
					1	11	1 beat - Ballroom RBO (with close feet)
				2		11	2 beat and 3 beat: 3 TURN RFI (on the 2 nd beat); at the end of the 3Turn, the free leg is stretched forward)
						11	4 beat-5 beat: swing back of free leg on 4 th beat
11	DCh RFI				11		
11	LFO		2		11		
PROMENADE	11	CI Mk RBO				11	3 TURN RBO (3T is on the 6th beat and at the end of the 3T,

HOLD	STEP	MAN'S STEPS	BEATS			step	WOMAN'S STEPS
			M	B	W	Only Woman	
(See the notes)						wd	the free leg is forward also for the 7 th beat)
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



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):

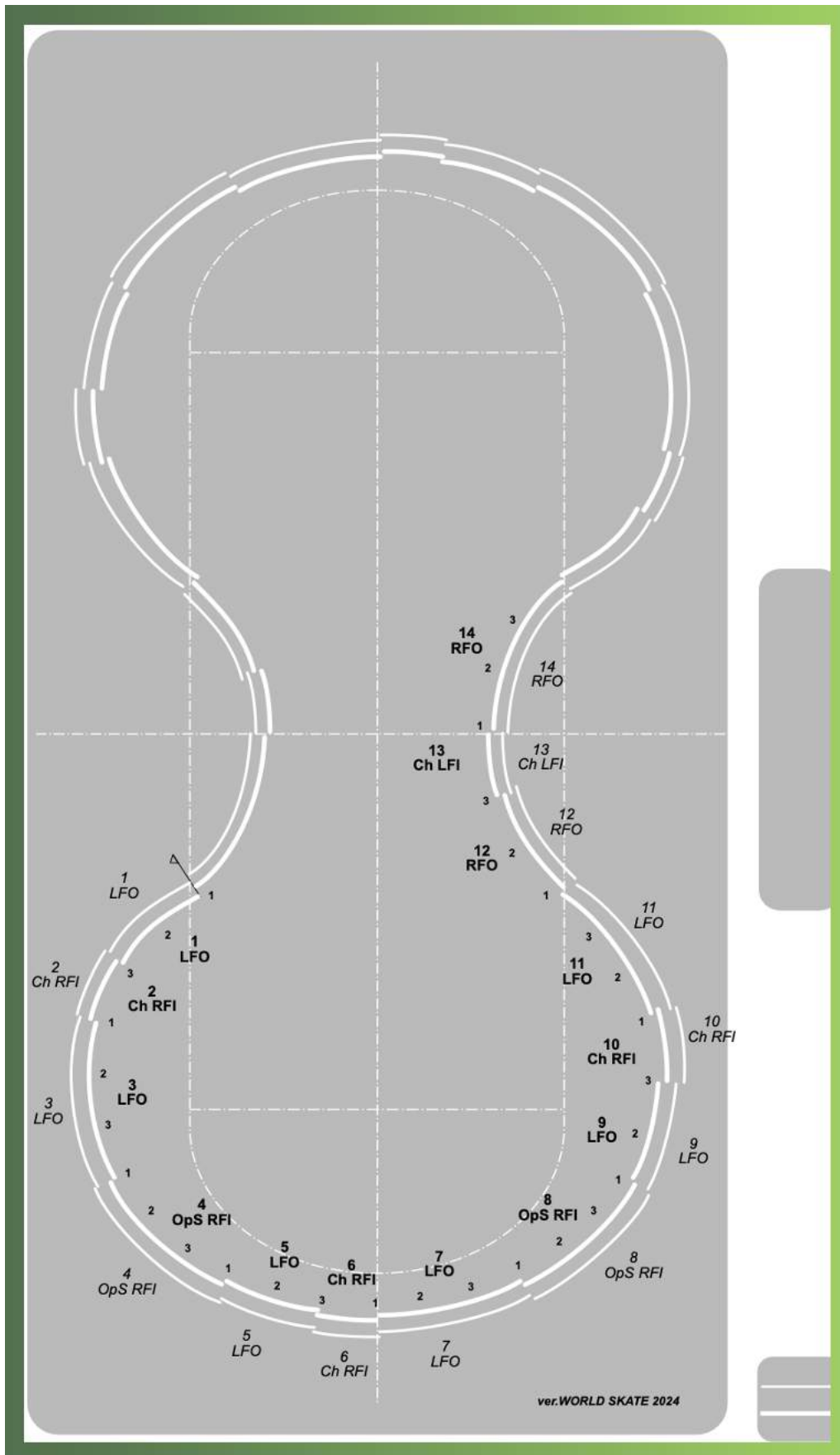
- Correct timing of the step;

- 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.

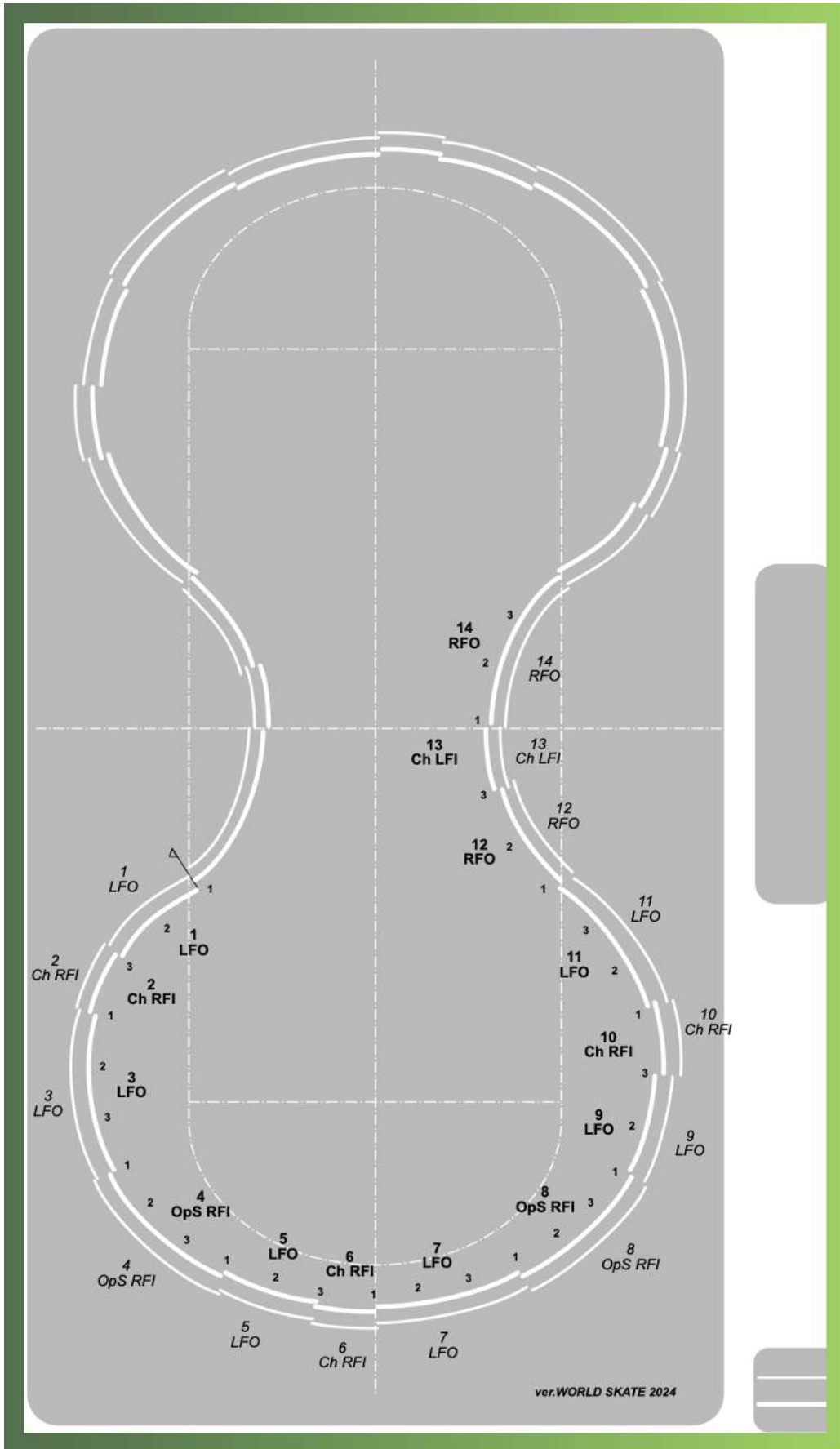
List of steps – Glide Waltz

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



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 ($1\frac{1}{2}+\frac{1}{2}$ 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 1: 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 2: 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 3: 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 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.

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		Cw LFI
	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

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.

SECTION 1

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.

SECTION 2

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 on 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 roll 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 2026 – 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 (2+2 beats): 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 (1 beat) and 7 Op Mk LBI (1 beat): correct technical execution of the open Mohawk on correct edges and correct placement of the foot.
3. Step 10 RBOI (1+1 beats): 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 (1 beat) and 18 RBO (1 beat) : 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

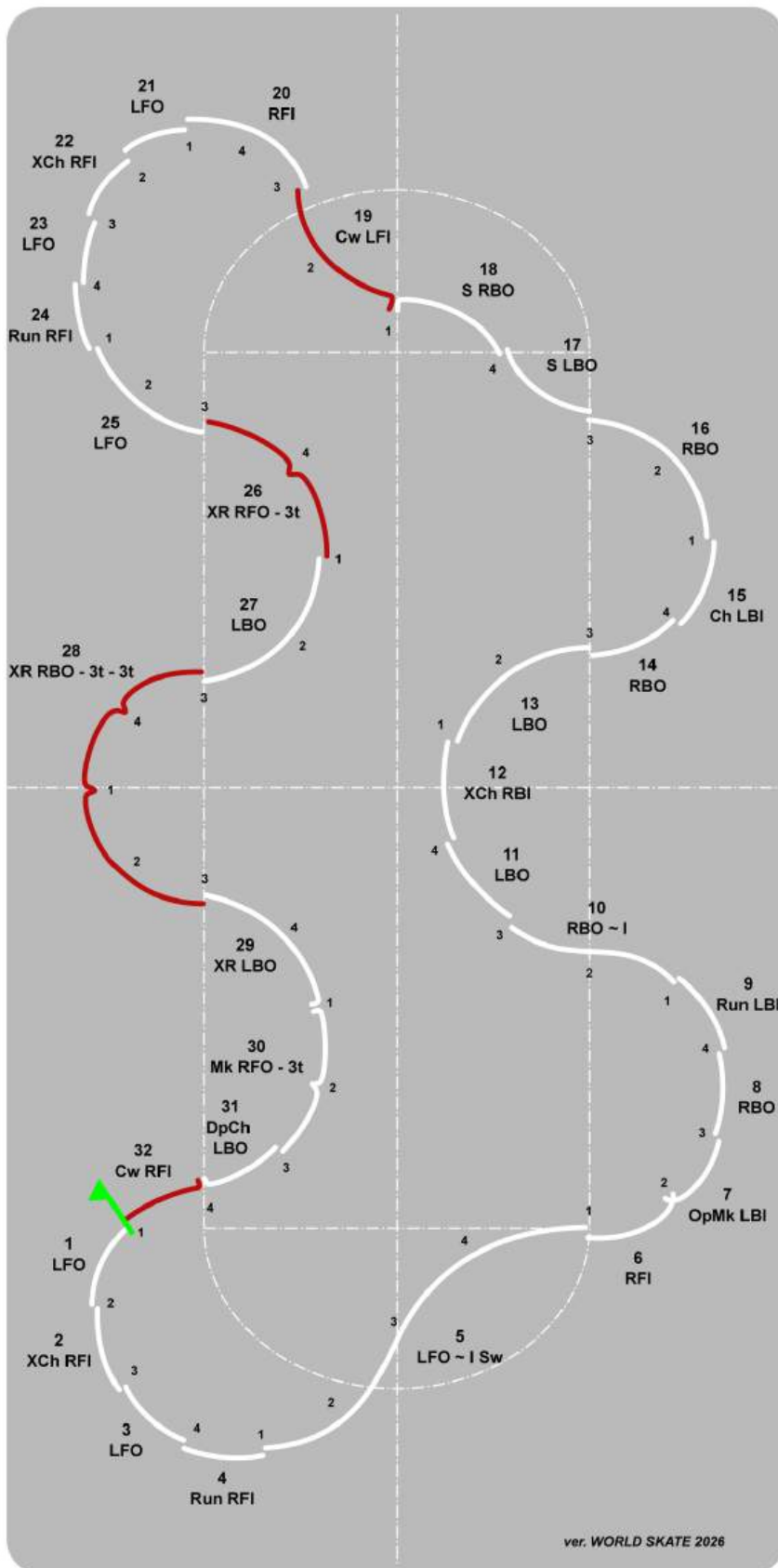
1. Step 19 Cw LFI (2 beats): should be skated on clear edges with feet close together and with proper lean.
 2. Step 26 XR RFO 3t: correct technical execution of the Xroll, with correct lean, and the three turn on correct edges.
 3. Step 28 XR RBO 3T 3T (1+1+2 beats): correct technical execution of the 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.
 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.
-

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



OLYMPIC FOXTROT – COUPLES AND SOLO

By Joan Preston

Music: Foxtrot 4/4

Tempo: 104 bpm

Position: Killian

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 Couples & Solo

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 Ops, with feet close and in an angular “and” position;
- 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:

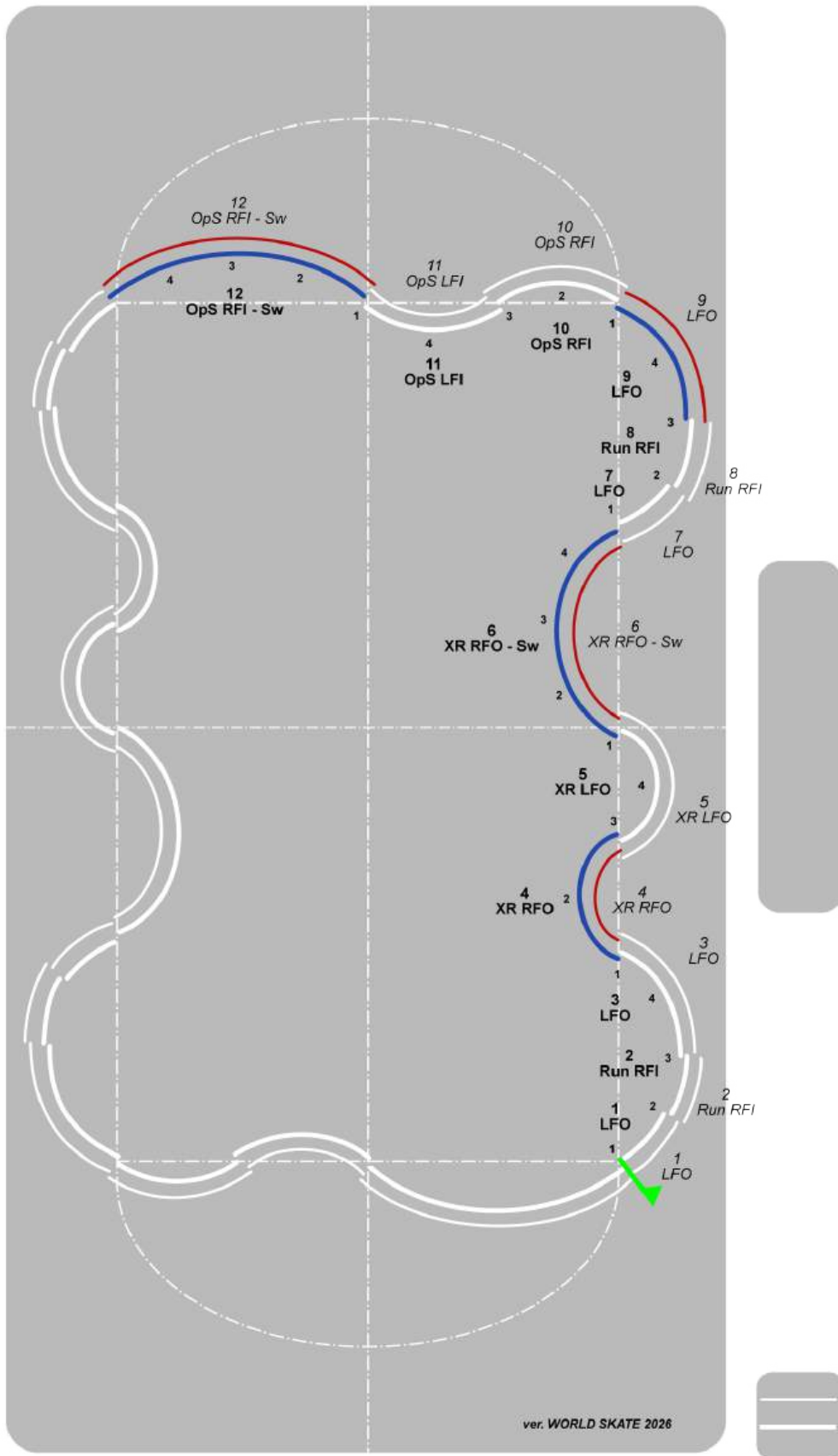
- Attention to the position of the couple which should be close without any separations.
- Attention to the synchronization of the free legs on the swing.

- 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.

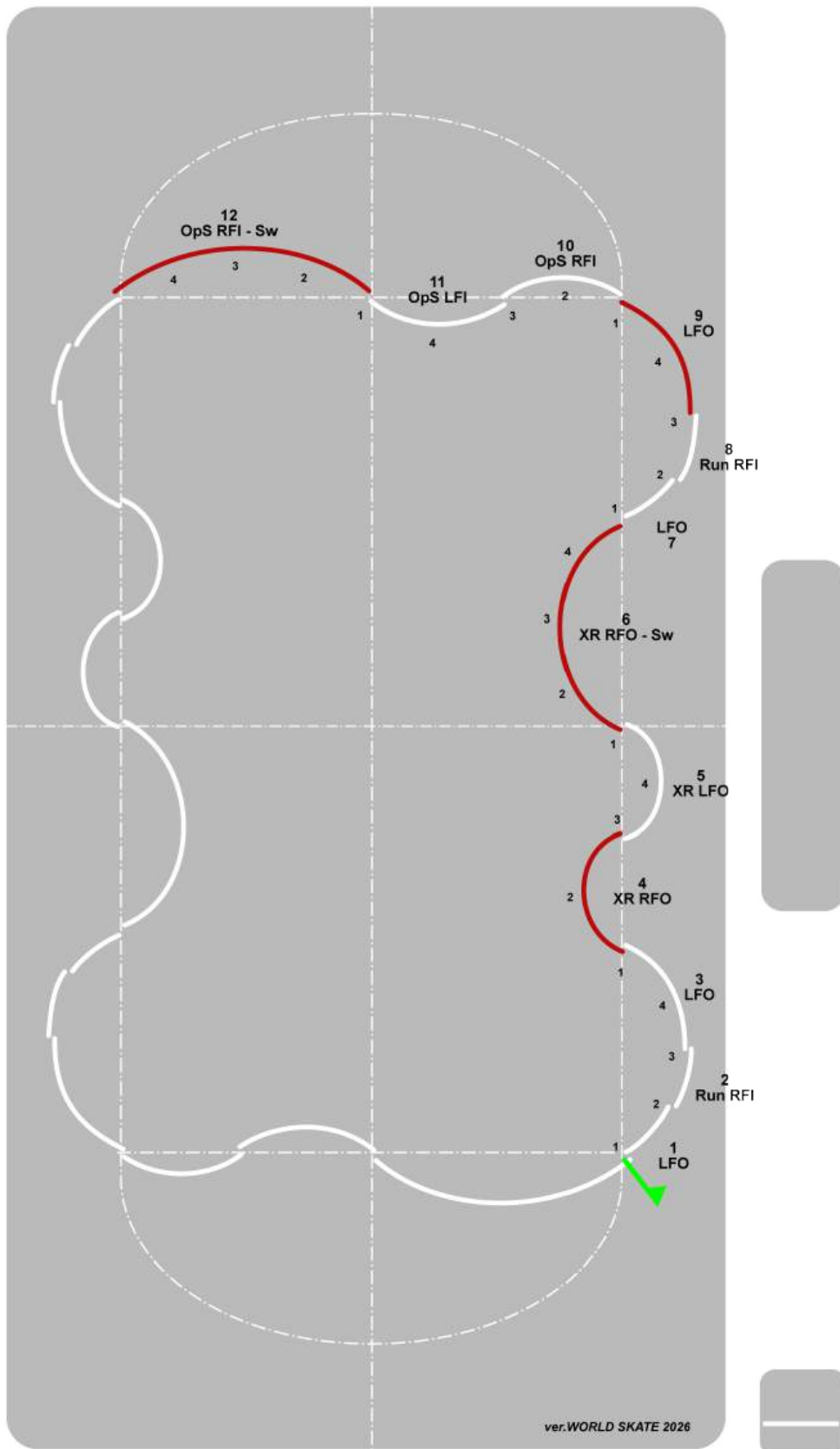
List of steps – Olympic Foxtrot Couples & Solo

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



QUICKSTEP - COUPLES

By R.J. Wilkie and Daphne Wallas

Music: Quickstep
Position: Kilian Position

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 CICw RBI/O (1+1+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 free leg held in front until the 4th beat so the Kilian position is maintained. At the end of the 4th beat the free leg becomes close to the skating foot in a fluid movement, in preparation for the next step. The use of the free leg in front 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 step:

Step 1 – must start by the long axis;

Step 9 - must start by the short axis.

Key Points – Quickstep Couples

1. Steps 6 CICw 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 turn;
- After the CICw 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:

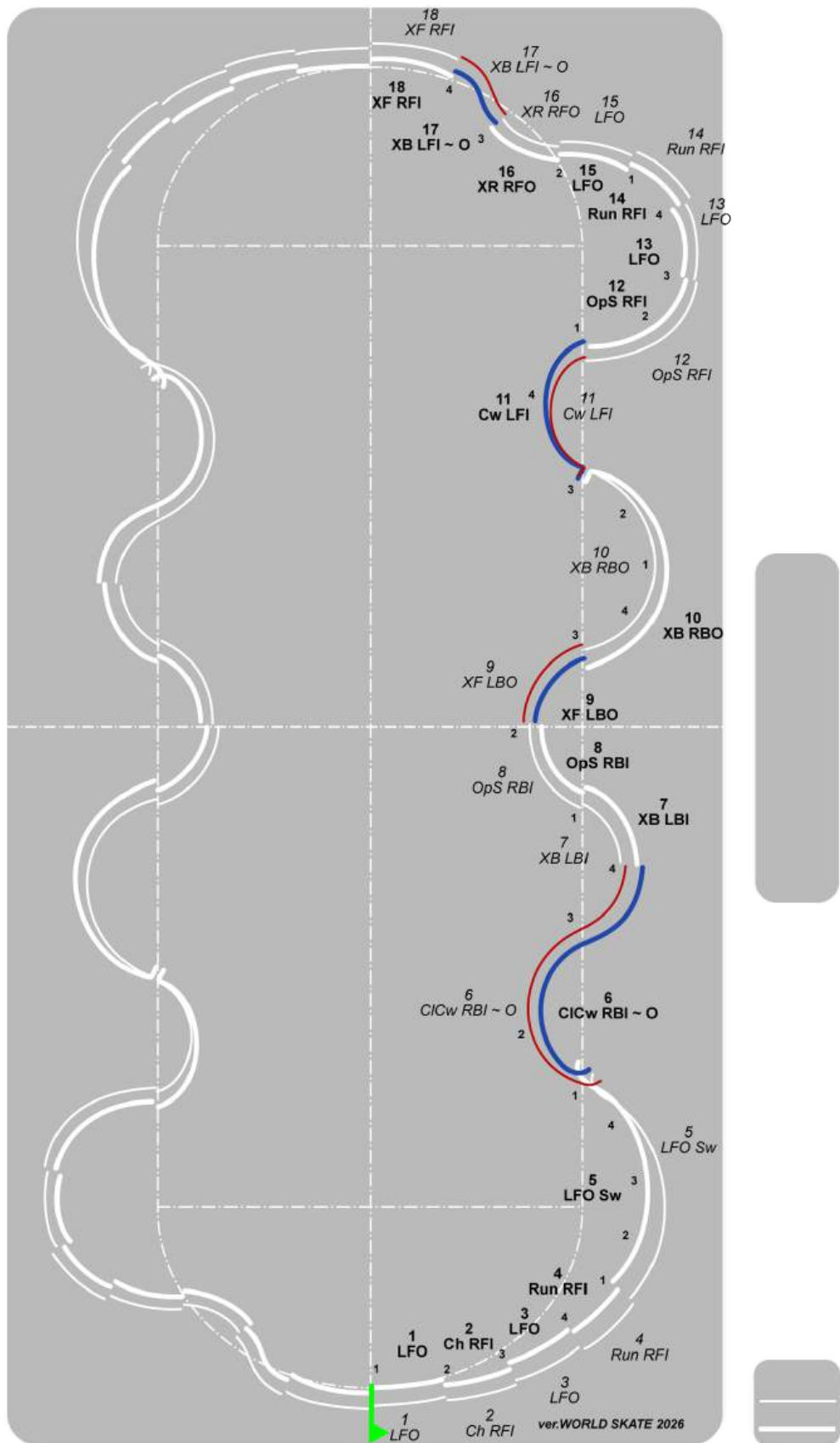
- Correct timing of the step;
- Correct technical execution of cross behind, with feet close and parallel before executing the LFI on a clear inside edge.
- Correct timing of the execution of the change of edge, that must be done on the second $\frac{1}{2}$ beat of the step to an outside edge.
- For 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 (in front) 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 Sw (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, on the 3rd beat, with a strong pressure on the outside edge.

Step 6 CICw 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 (CICw); 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. It must be done 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) is an 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 on 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 toward 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. It 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 which finishes parallel to it.

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 CICw 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 CICw.
- After the CICw 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.

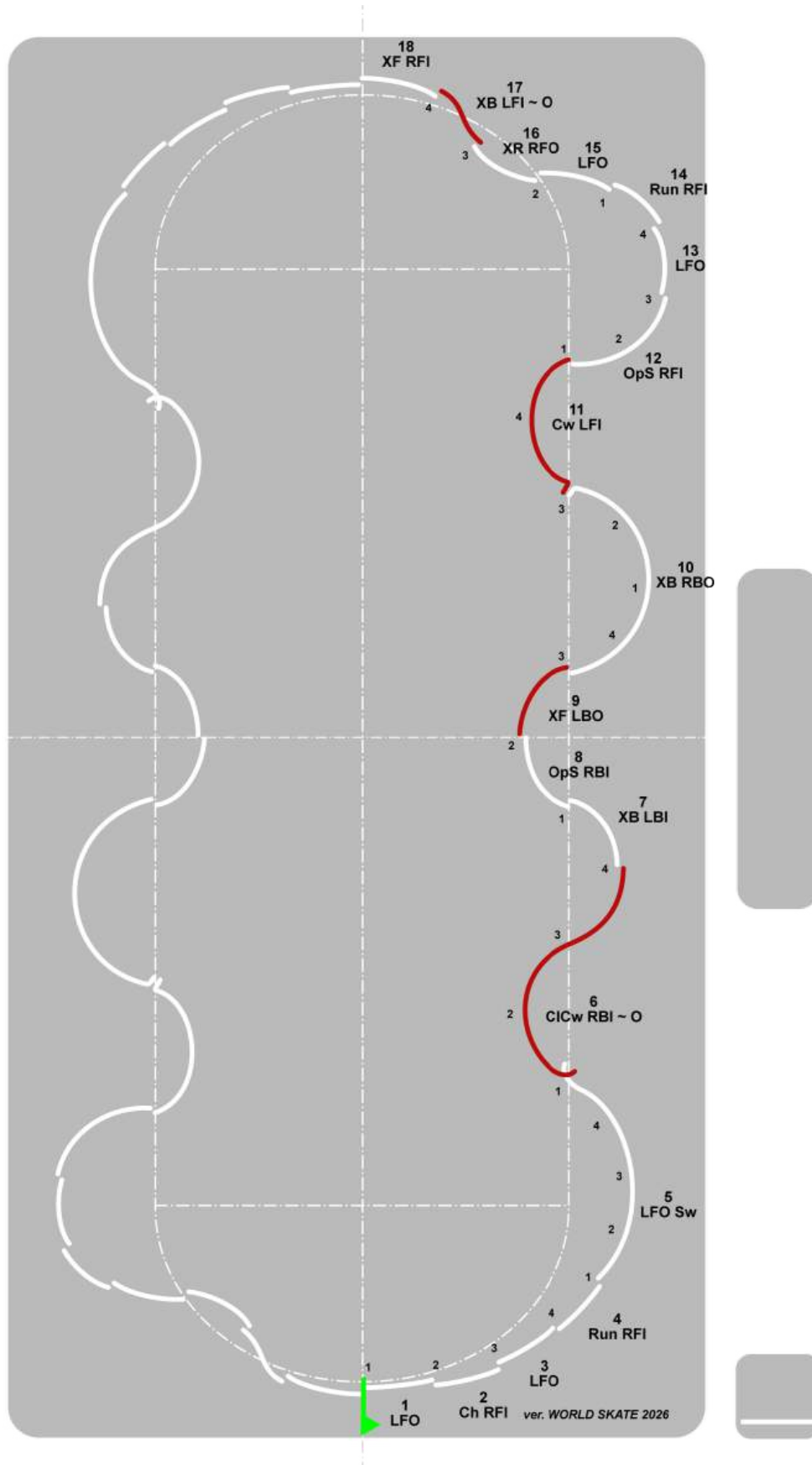
- Correct timing of the execution of the change of edge, that must be done on the second $\frac{1}{2}$ beat of the step to an outside edge.

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



ROLLER SAMBA – SOLO

By: Hugo Chapouto (revised by: Lorenza Residori & Anna Remondini)

Music: Samba 2/4
bpm
Pattern: Set

Tempo: 104

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 stretching of the free leg in back, 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 chassé 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 an 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 (2 beats), is a right forward inside cross behind skating towards the long side barrier.

Steps 11 LFO (1 beat) and 12 OpMk RBO (1 beat) are respectively a stroke and an open mohawk with feet close together.

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.

1. Step 7 CIMk LFO (1 ½ beats):

- Correct timing of the step;
- Correct execution of the Closed Mohawk with feet close together, finishing with the free leg in front of the body at the end of the turn;
- Respecting the prescribed edges required before and after the CIMk.

2. Step 13 Mk LFO Sw~I Sw, (2+2 +2 beats)(Mk not included):

- 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.

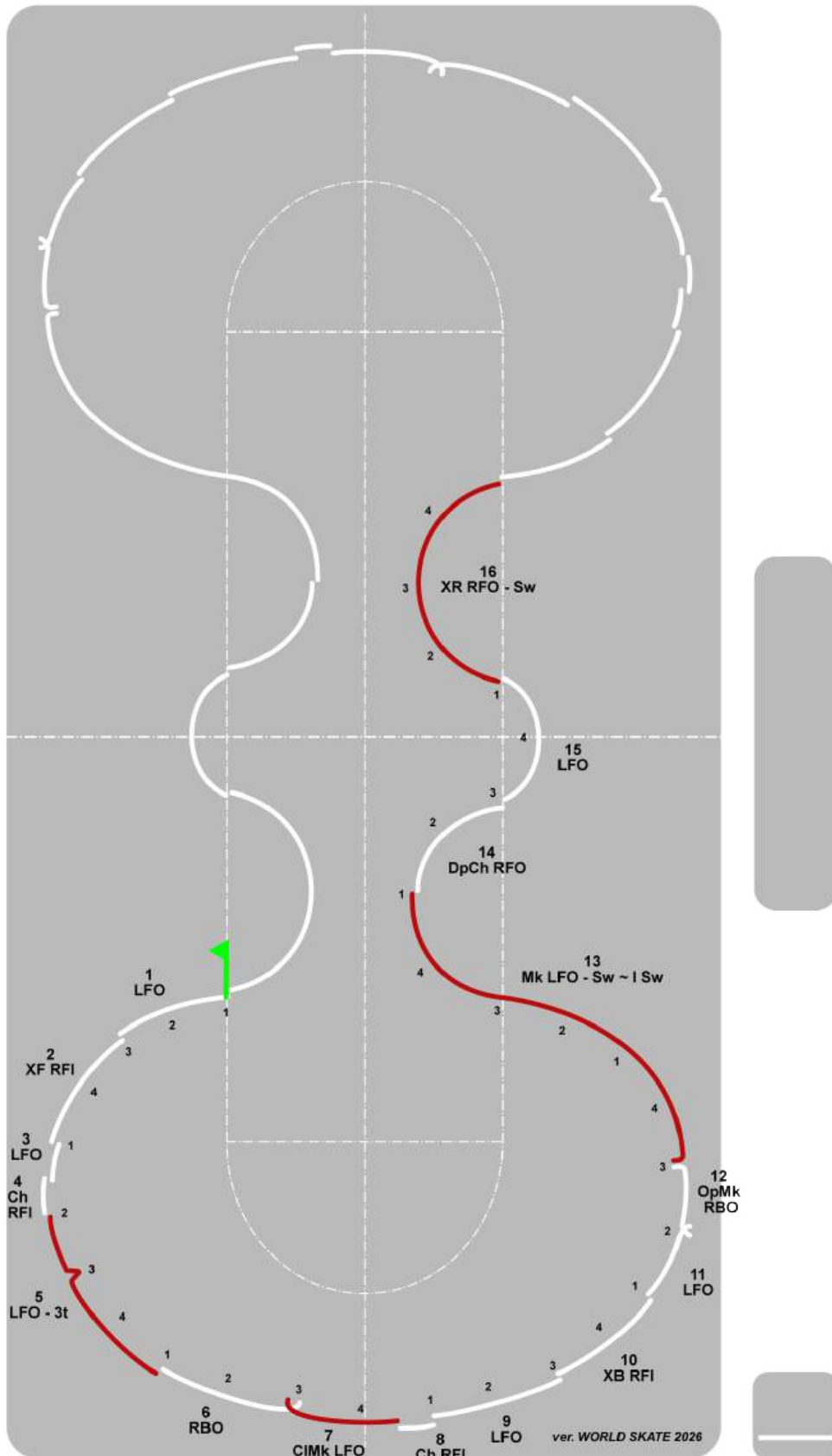
3. Steps 16 XR RFO Sw (2+2 beats):

- 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 short 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 (6 total beats, 2 + 2 + 2) :

- 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;
- correct execution of the swing on an outside edge with the free leg swung forward on the 3rd beat without 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.

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 step19, 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.
- correct execution of the swing on an outside edge with the free leg swung forward on the 3rd beat without deviations from the outside edge.

For couples:

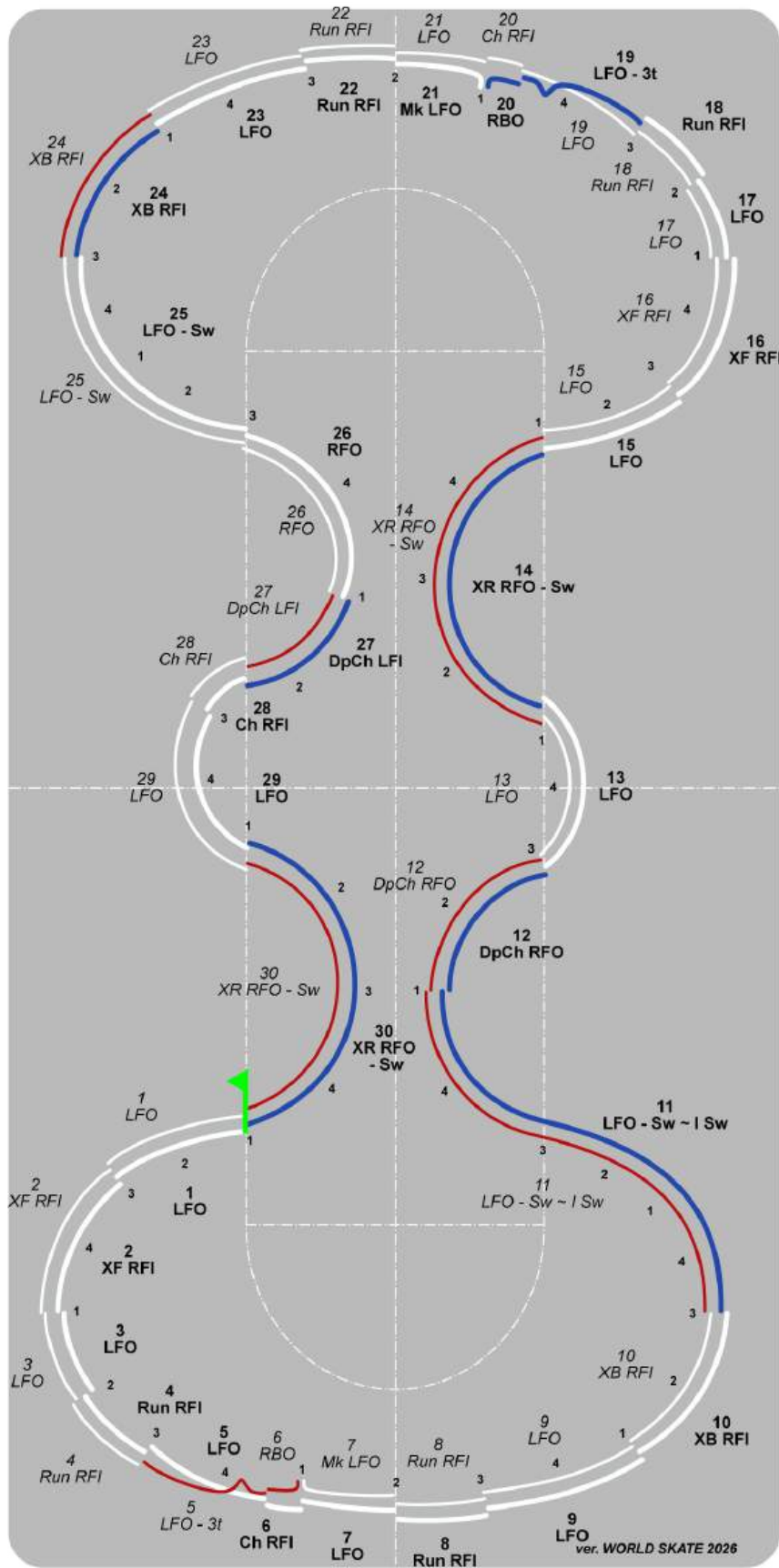
- attention to the position of the couple which should be close without any separations;
- attention to the unison of the free legs on the swing.

List of steps – 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



SKATERS MARCH – SOLO

By Irwin & Nazzaro

Music: March 4/4

Tempo: 100 bpm

Pattern: set

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

Step 1 LFO (1 beat) begins toward the long side barrier.

Step 2 Run RFI (1 beat) becomes 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) 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 (2+2 beats) 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, repeat the sequence of steps 7, 8, 9 with the same timing but with the direction toward and then parallel to the short side barrier with steps 11 and 12, finishing at the long axis. Step 13 starts at the long axis and the dance finishes with step 14 XF RFI.

REFERENCE STEPS:

Step 6 – must start by the short axis;

Step 13 – must start by the long axis.

Key Points – Skaters March – Solo

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 for 2 beats, with adequate inclination of the body before and after the XR;

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

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

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.

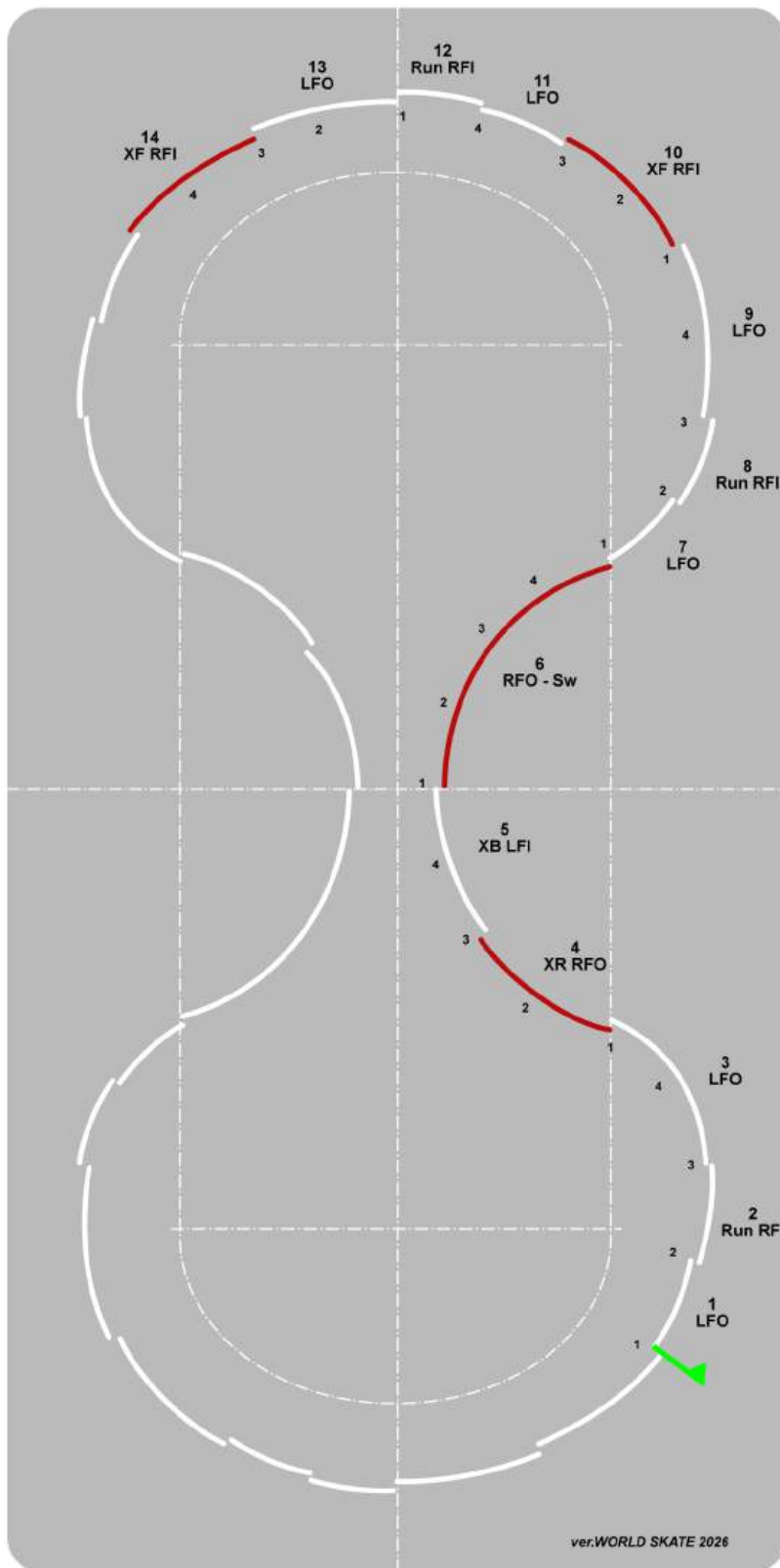
4. Step 14 XF RFI (2 beats):

- 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.

List of steps – Skaters March Solo

No.	Steps	Musical Beats
1	LFO	1
2	Run RFI	1
3	LFO	2
4	XR RFO	2
5	XB LFI	2
6	RFO Sw	2+2
7	LFO	1
8	Run RFI	1
9	LFO	2
10	XF RFI	2
11	LFO	1
12	Run RFI	1
13	LFO	2
14	XF RFI	2

Pattern – Skaters March Solo



SKATERS MARCH –COUPLES

By Irwin & Nazzaro

Music: March 4/4

Tempo: 100 bpm

Position: Killian

Pattern: set

The dance is performed in Killian 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 –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.

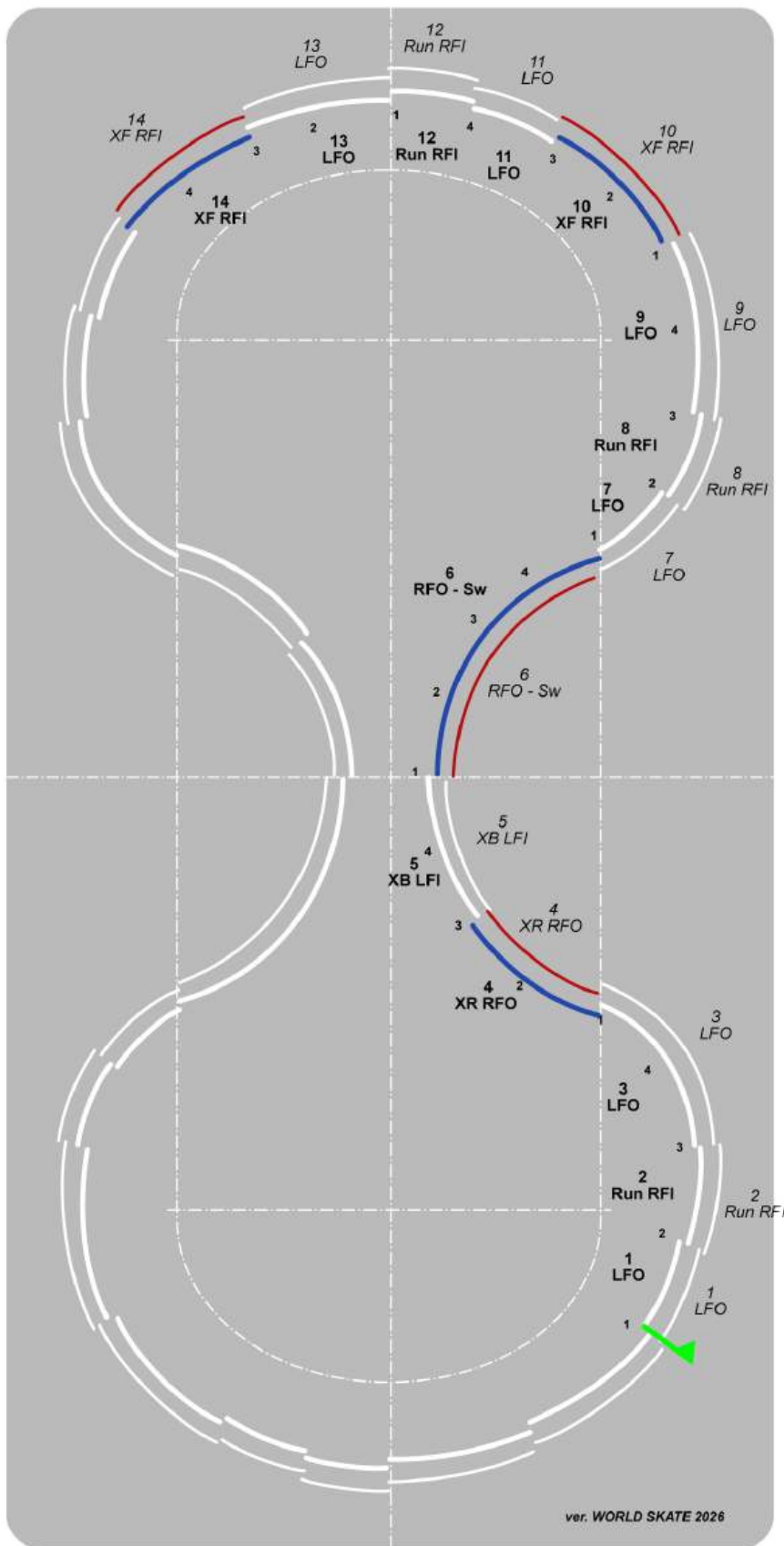
For Couples

- Correct Kilian position of the couple without separation during the step with correct lean and edges.

List of steps – Skaters March Couples

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 Couples



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
Pattern: set

Tempo: 104 bpm

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. These steps initially begins near the long side barrier and 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) must be skated as a stroke on the outside edge, followed by a rocker to LBO on the 2nd beat. This step aims to the long axis and finishes 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 CICw 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, maintaining 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), (XR and 3T-3T not included):
 - Correct timing of the steps
 - Correct technical execution of the Sw forward on the 2nd beat
 - 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 CICw 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 MK 19 LFO BK (2+2 beats) (MK not included):
 - 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.

Section 2:

1. Step 21 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 24 RFI (2 beats):
 - Correct timing of the step;
 - Correct technical execution of the stroke without deviating from the inside edge during the entire step;

3. Step 26 XR RFO 3T (3 +1½)

- 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, execute on the 4 beat of the step, with the correct edge before and after the turn.

4. Step 29 Cw LFO (1 beat):

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

REFERENCE STEPS:

Step 4 – must start before the long axis and finish after it. (first 3T after axis)

Step 12 – must start by the short axis

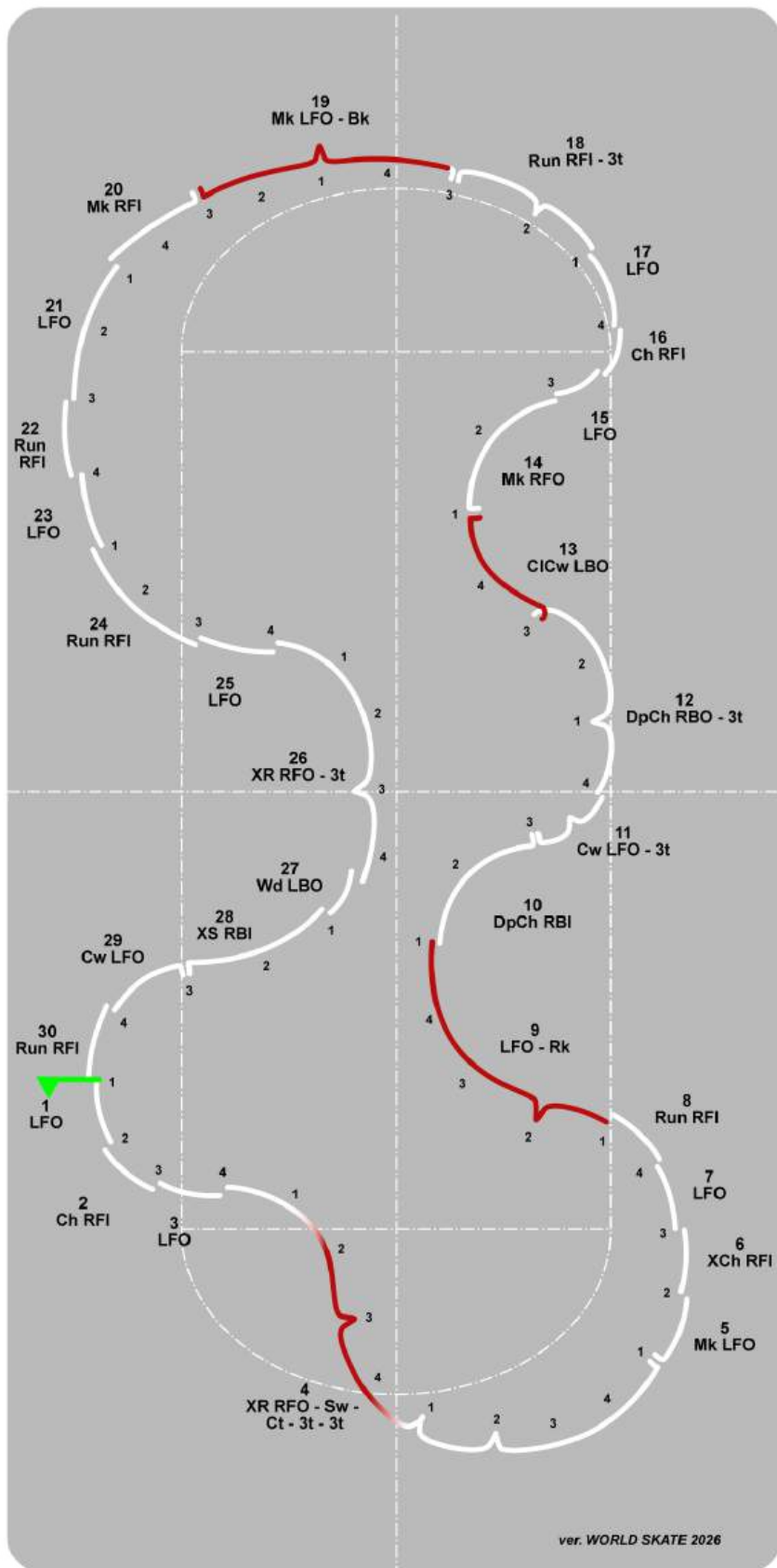
Step 19 – must start before the long axis and finish after it. (BK after axis)

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 + $\frac{1}{2}$
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



SWING FOXTROT - COUPLES

By Hans Jurgen Schamberger

Music: Foxtrot 4/4

Tempo: 104 bpm

Position: Foxtrot

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;
- Maintain closeness between the partners in the Foxtrot 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.
- 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
- Maintain closeness between the partners in the Foxtrot position.
- Simultaneous placement of the feet and synchronization in the change of inclination.

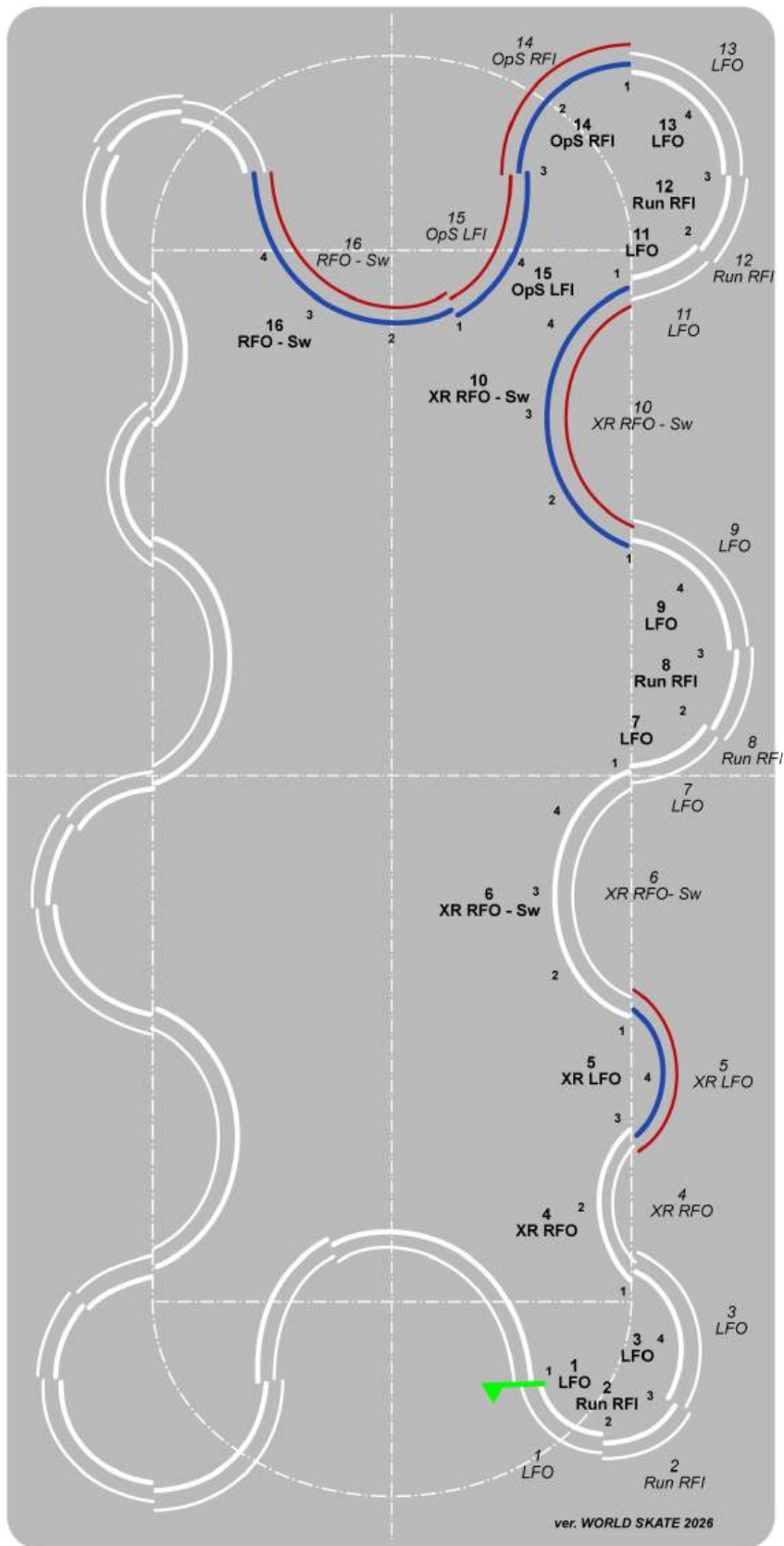
4. Step 16 RFO Sw (2 + 2 beats):

- 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;
- 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	Nº	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).

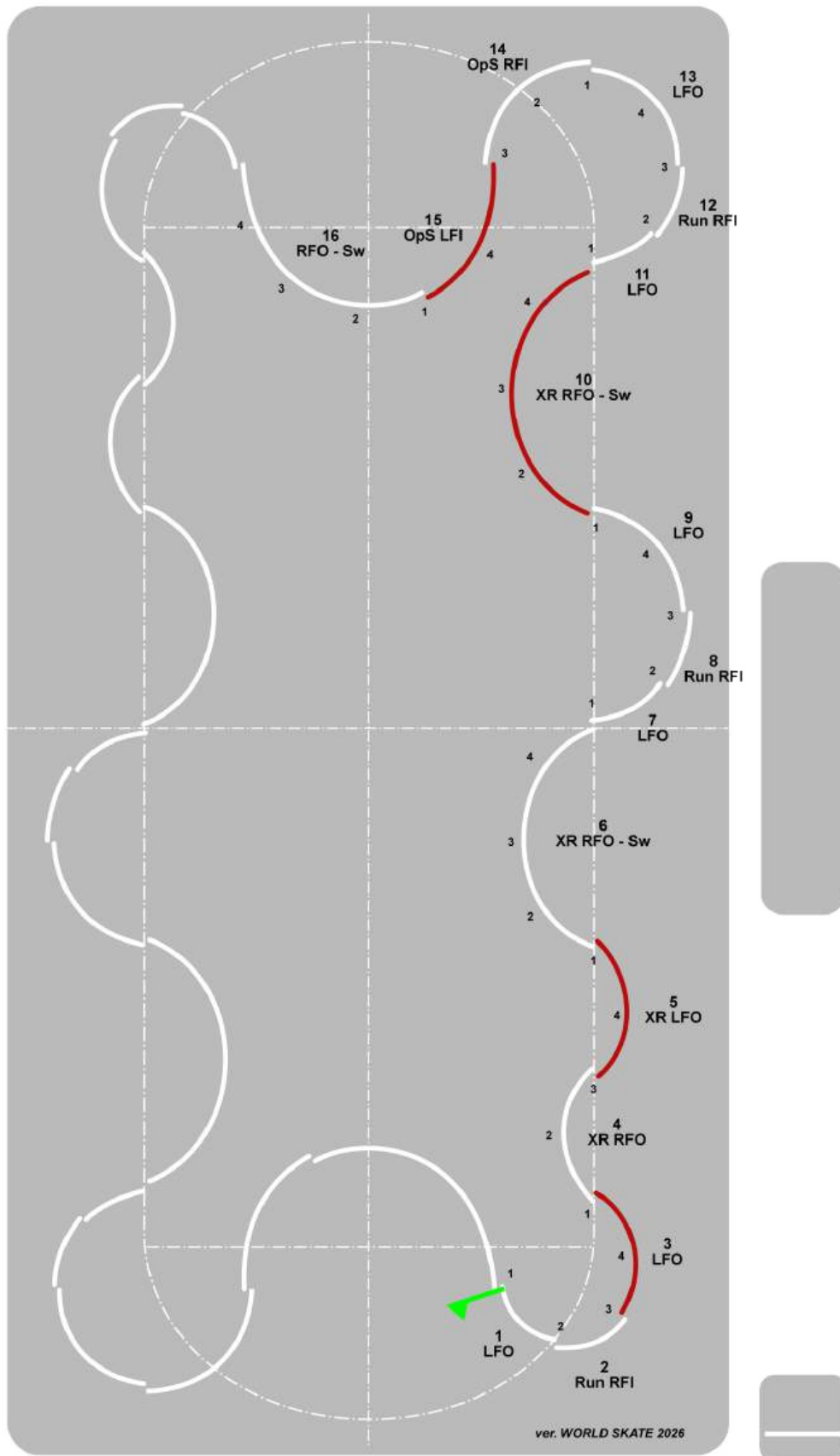
- Correct timing of the step;
- Correct technical execution of the open stroke without deviating from the inside edge during the entire step;

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



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.

Step 2 RBO (2 beats) is a stroke aimed toward the long side barrier and becoming parallel to it;

Step 3 Ch LBI (1 beat), is a chasse that is parallel to the long side barrier;

Step 4 RBO swing (3+3 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 (3+3 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 Ops RFI (2 beats) is an open stroke aimed toward the long side barrier and finishes with Step 11 OpMk LBI (1 beat) an open mohawk, with feet close together, finishing 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), is a cross-roll which curves with an evident change of lean, becoming perpendicular to the long axis.

Step 17 XB-LFI/O (2+1 beats) starts with a cross behind, 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 finishes parallel to it, followed by step 21 Mk LFO (2 beats) and step 22 Ch RFI (1 beat).

Step 23 LFO Sw (3+3 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 Ops 25 LFI (2 beats) is skated parallel to the long axis and followed by Step 26 OpMk RBI (1 beat), an open mohawk with feet close together.

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, finishing 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 – TERENCE WALTZ SOLO for 2026 (pattern: steps 1 to 19)

Section 1

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 behind the body on the 4th beat;
 - No deviations from the outside edge during the step.

3. Step 11 OpMK 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 LFI/O (2+1 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 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.

Section 2

1. Step 23 LFO Sw (3+3 beats)
 - Correct timing of the step;
 - Correct technical execution of the swing. The free leg must be swung on the 4th beat.
 - No deviations from the outside edge during the step.

2. Step 26 OpMk RBI (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.

3. Step 32 RBO (3beat):

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

4. Step 35 LBO (3 beats):

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

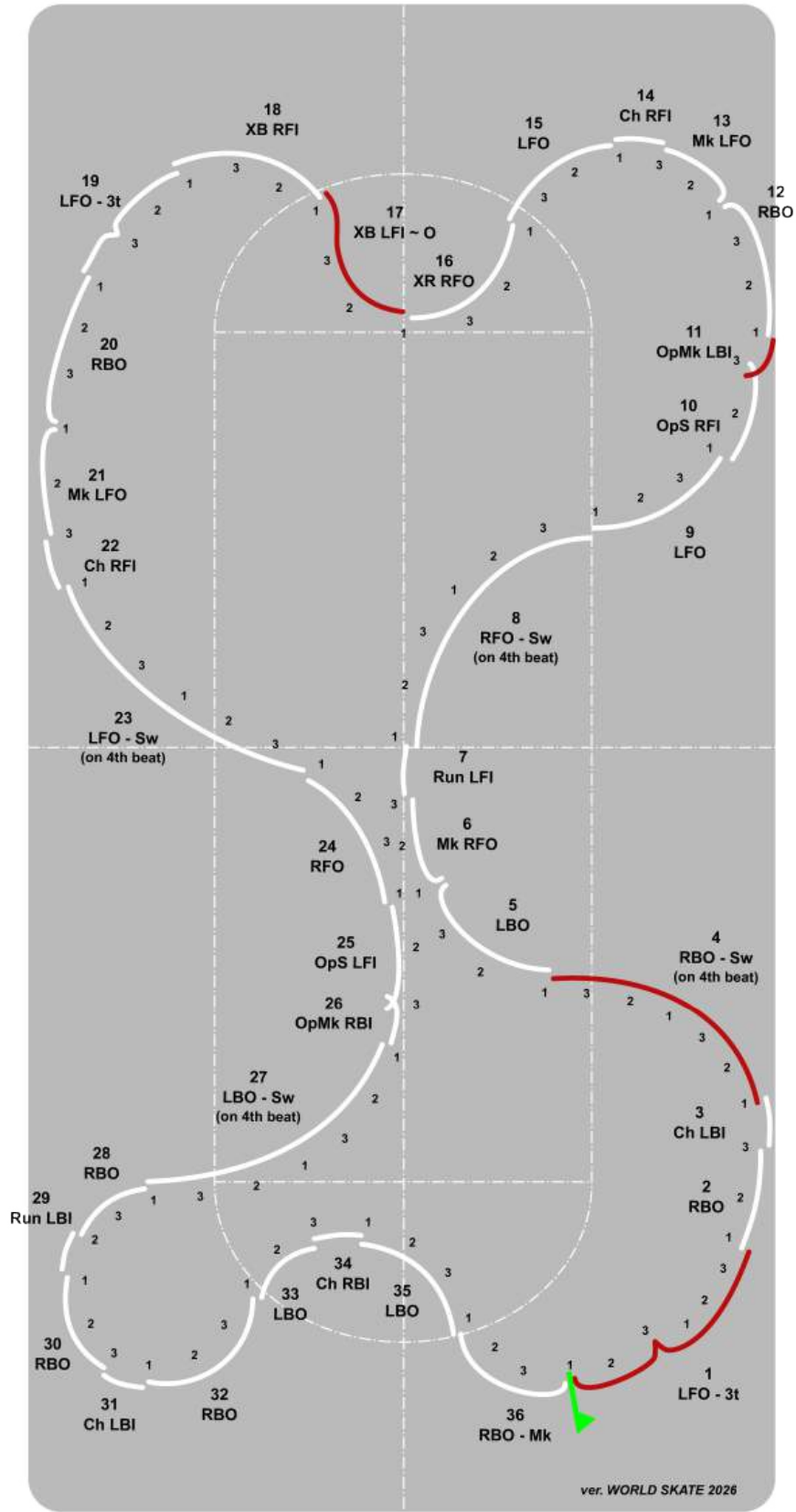
List of steps – Terenzi Waltz Solo

NO	STEPS	BEATS
1	LFO 3t	2+4
2	RBO	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 LFI/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	Ops 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 - 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 CICw, 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.

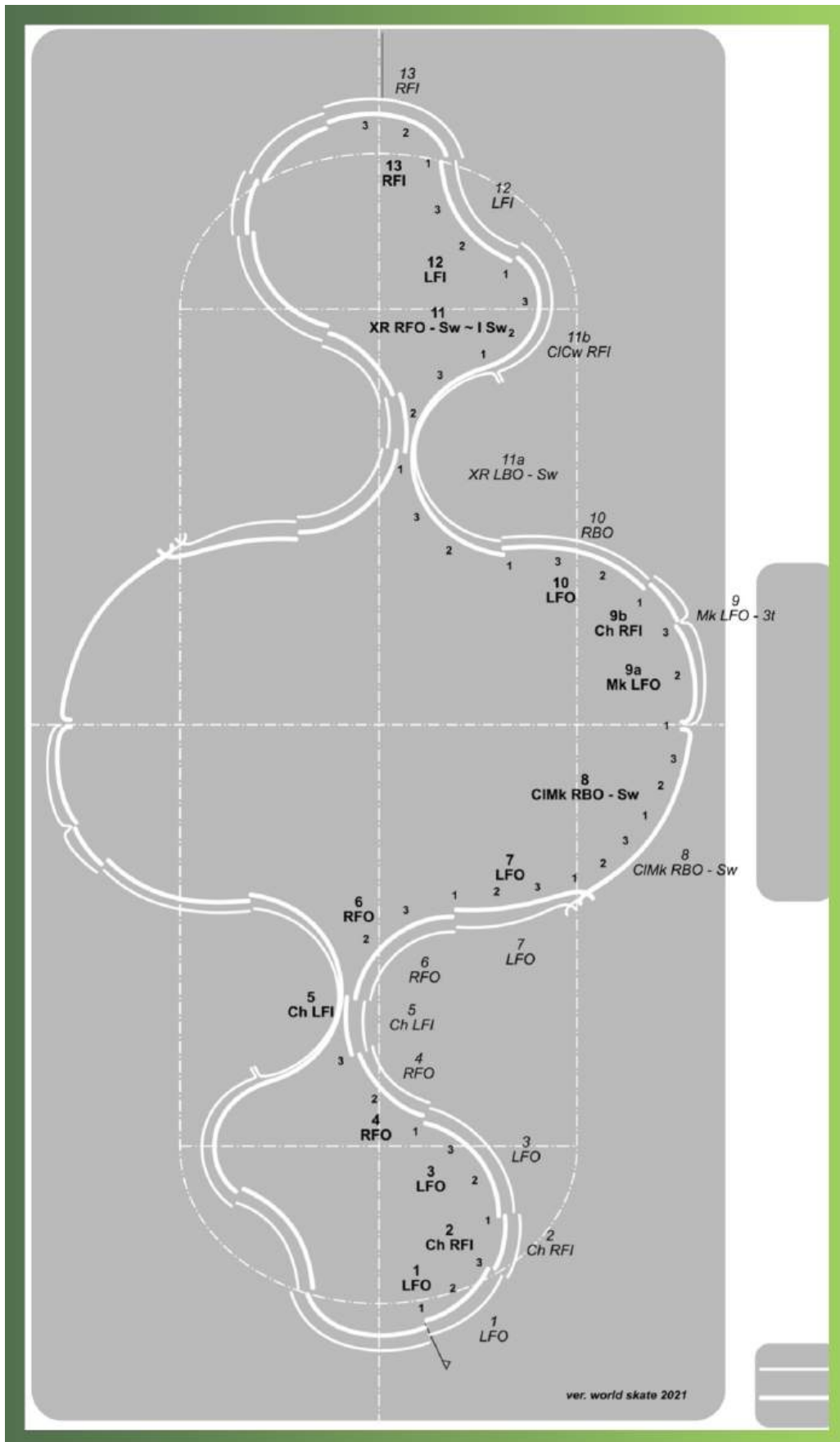
Key Points – Tudor Waltz Couples

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 3rd 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 CICw RFI (3 beats) for the woman: correct technical execution of the CICw, 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
			beats		beats	STEPS
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/I 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



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, Promenade, Partial Tango, Tandem

Pattern: set

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 the 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) is a choctaw for both which 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 from Foxtrot position to Promenade. 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 the 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 OpMk RBI: 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 10a 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 7th 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 Cw RFI 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 Mohawk 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 Mohawk 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).

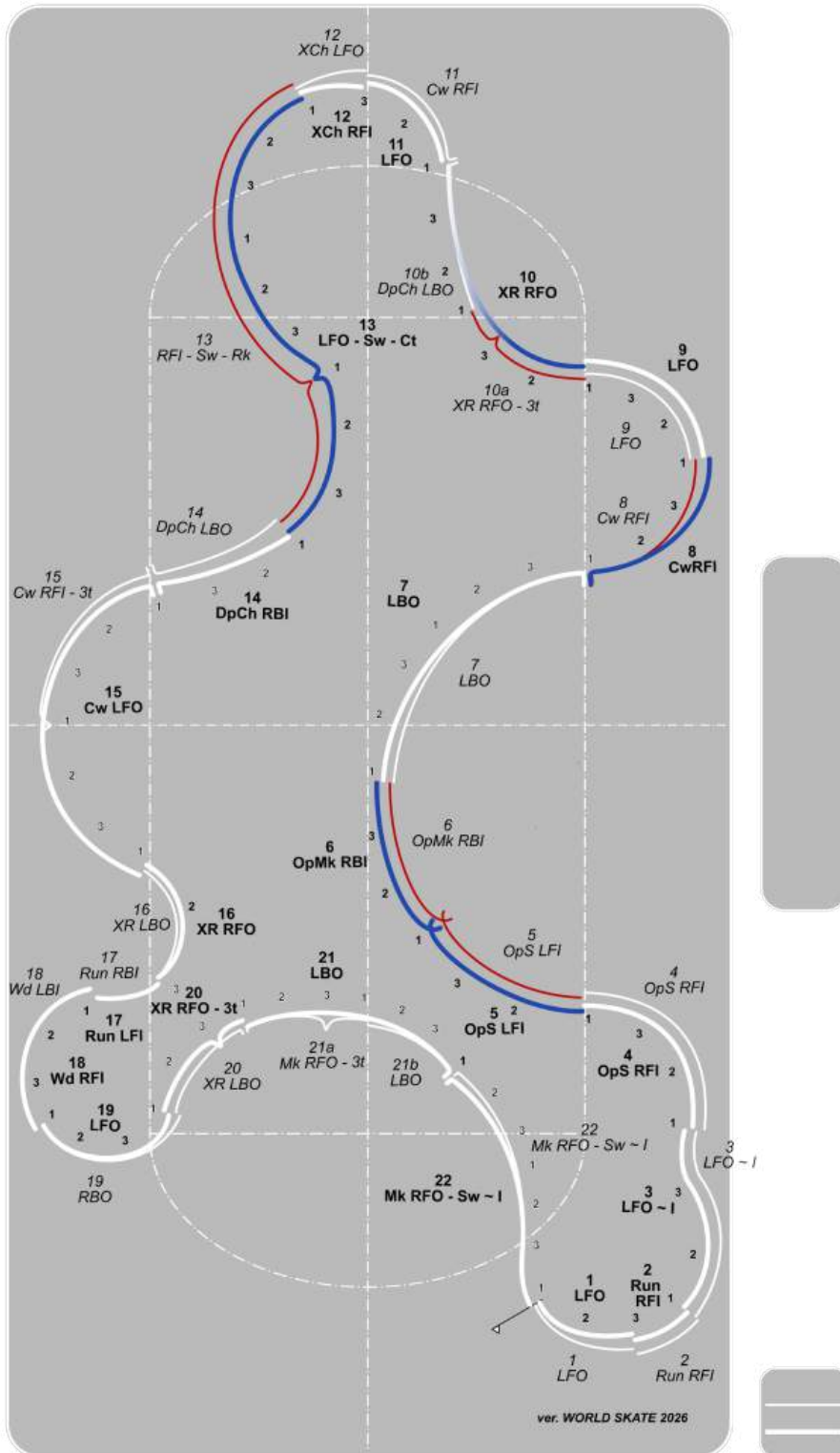
- For the couple: the step must be performed avoiding separation of the partners during the change position from kilian reverse to kilian and correct line of the body.

List of steps – Westminster Waltz Couples

STEP	HOLD	MAN'S STEP	M	BOTH	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		CW RFI
12		XCh RFI		1		XCh LFO
13	Foxtrot to Promenade	LFO Sw CT		3+3+3		RFI Sw RK
14	Promenade	DpCh RBI		3		DpCh LBO
15	Foxtrot to Waltz	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		Mk RFO-Sw-I
*	Free leg is optional					

Pattern – Westminster Waltz Couples





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