

ROCKER FOXTROT (modified) - Solo

Music: Foxtrot 4/4

Tempo: 104 bpm

Pattern: Set

The dance, which begins at the intersection of the long axis with the short side barrier, forms three lobes toward the long side barrier and two toward the center of the rink. The pattern of the dance covers half of the skating surface; therefore, one time around the floor is composed of two sequences of the dance.

Steps 1 through 5 form a lobe that initially opens toward the long side barrier and successively becomes parallel to it, and finishes aiming toward the center of the rink. This lobe consists of: **Step 1 LFO** (1 beat), **step 2 XCh RFI** (1 beat) a crossed chasse with feet close and parallel, **step 3 LFO** (1 beat) followed by **step 4 RFI** (1 beat) progressive run.

Step 5 DpCh LFO Rk (4 beats) is a dropped chasse followed by an outside forward rocker of four beats total, aimed initially toward the center of the rink, then parallel to the long axis and finally toward the long side barrier. The rocker must be performed on the second beat of the step. The movement of the skater's free leg on the third and fourth beats is optional.

Step 6 RBO (2 beats) the skater performs outside backward edge, aimed toward the long side barrier on a strong outside edge.

Step 7 Mk LFO 3t 3t ($1 + \frac{1}{2} + \frac{1}{2} + 2$, total 4 beats) is an outside forward mohawk and two three turns of $\frac{1}{2}$ beat each, that begins parallel to the long side barrier and then moves away from it, finishing toward the long axis, remaining on an outside edge; the movement of the free leg is optional.

Step 8 XR RFO (2 beats) aimed toward the long axis where the skater should perform an evident change of lean of the body baseline from the previous step.

Step 9 Run LFI (2 beats) progressive run for two beats that begins toward the long axis and becomes parallel to it.

Step 10 RFO (2 beats) a stroke that is aimed toward the long side barrier, completes the lobe begun by step 8.

Step 11 LFO (2 beats) is an outside forward stroke followed by **Step 12 CIMk RBO** (2 beats). The skater aims toward the long side barrier in preparation for the turn and ends moving away from it.

Step 13 XF LBI (2 beats) maintains the curve on an inside edge for two beats. The movement of the free leg is optional during this step.

Step 14 Mk RFI (2 beats) concludes the dance, bringing the skater to the short side of the rink, ending at the long axis.

Key Points - Rocker Foxtrot Solo



1. **Step 5 DpCh LFO Rk** (4 beats): correct technical execution of dropped chasse with feet together close and parallel starting the step; correct technical execution of the rocker on the second beat of the step keeping the outside edges before/after the turn with well defined deep curves.
2. **Step 7 LFO 3t 3t** ($1 + \frac{1}{2} + \frac{1}{2} + 2$, total 4 beats): correct technical execution of the three turns with feet close together and the timing of the turns on half beats, extending the free leg on the third count of the step.
3. **Step 12 CIMk RBO** (2 beats): correct technical execution of the closed mohawk with feet close together, executed on a clear outside edge.
4. **Step 13 XF LBI** (2 beats): correct technical execution of cross in front, maintaining the inside edge throughout, not changing or flattening the edge.

List of steps - Rocker Foxtrot Solo

STEP No.	STEP	NUMBER OF BEATS OF MUSIC	
1	LFO		1
2	XCh RFI		1
3	LFO		1
4	Run RFI		1
5	DpCh LFO Rk	2+2	4
6	RBO		2
7	Mk LFO 3t 3t	$1 + \frac{1}{2} + \frac{1}{2} + 2$	4
8	XR RFO		2
9	Run LFI		2
10	RFO		2
11	LFO	2	2
12	CIMk RBO		2
13	XF LBI		2
14	Mk RFI		2



Pattern - Rocker Foxtrot Solo

