



PACIFIC CUP MASTERS REQUIREMENTS

World Skate Oceania is proud to present the Pacific Cup International club competition. Please see the bulletins for more information regarding the categories and events on offer.

Age Categories:

Tots to Senior

World Skate age rules apply to these categories.

Masters

Free Skating - Athletes turning at least 21 years of age in the year of competition.

Figures and Dance - those turning at least 30 years of age in the year of competition.

For couples, this age applies to both partners.

Masters skaters who are under the age of 50 years, and who have competed in any discipline at a Junior or Senior World Championship, must nominate in the Advanced Masters category if available in the discipline. Otherwise they may compete in the Masters category. Dispensation to compete in Masters category when an advanced masters category is available may be given, on application to the Oceania Artistic Technical Committee, for reasons which compromise an athlete's ability to perform at advanced masters level.

Advanced Masters

Athletes who are turning at least 30 years of age in the year of competition. For couples, this age applies to both partners.

FIGURES

Figure requirements for World Skate categories Tots to Senior are as per the World Skate Figure Manual. There will be 2 categories of Masters Figures.



MASTERS FIGURES		Athletes who are turning at least 30 years of age in the year of competition. 3 circuits per Figure	
Group 1		Group 2	
1a	RFO - LFO Eight	1c/d	FOI - FOI Half Change Eight
2c/d	FIO - FIO Half Change Eight	2a	RFI - LFI Eight
5a/b	FOI - FIO Change Eight	5a/b	FOI - FIO Change Eight

ADVANCED MASTERS FIGURES		Athletes who are turning at least 30 years of age in the year of competition. 3 circuits per Figure	
Group 1		Group 2	
3a/b	BO - BO Eight	5a/b	FOI - FIO Change Eight
5a/b	FOI - FIO Change Eight	9a/b	FI - BO Three
9a/b	FI - BO Three	114a/b	FO - FO Loop Circle

MASTERS SOLO DANCE

- These are stand-alone events. Compulsories are not combined with Style Dance or Free Dance.
- Skaters may choose to compete in either Masters Solo Style Dance or Masters Solo Free Dance, but not both.
- There is no Advanced Masters Solo Style Dance or Advanced Masters Solo Free Dance. Skaters who compete in Advanced Masters compulsory dance are eligible to compete in either Masters Solo Style Dance or Masters Solo Free Dance.
- There is no Advanced Masters Couples Style Dance or Advanced Masters Couples Free Dance. Skaters who compete in Advanced Masters compulsory dance are eligible to compete in either Masters Couples Style Dance or Masters Couples Free Dance.
- Compulsory dances are as per the World Skate Dance and Solo Dance Book unless otherwise included in this document.

MASTERS SOLO COMPULSORY DANCE

Athletes who are turning at least 30 years of age in the year of competition.
This is a stand-alone event. It is not combined with Style Dance or Free Dance.
Mapped to Espoir

DANCES:	Double Cross Waltz*	Tempo: 138 Waltz	4 sequences
	Rhythm Blues*	Tempo: 92 Blues	4 sequences

ADVANCED MASTERS SOLO COMPULSORY DANCE

Athletes who are turning at least 30 years of age in the year of competition.

This is a stand-alone event. It is not combined with Style Dance or Free Dance.

Mapped to Espoir

DANCES:	Werner Tango	Tempo: 100 Tango	4 sequences
	Hickory Hoedown*	Tempo: 100 Hoedown	4 sequences

*See attached dance pattern

MASTERS SOLO STYLE DANCE

Athletes who are turning at least 30 years of age in the year of competition.

This is a stand-alone event. It is not combined with Compulsories or Style Dance.

2 minutes 15 seconds (+/- 10 sec) - Mapped to Youth Intermediate Style Dance

Theme: Rock Medley (1950's & 1960's)

Jive, Boogie Woogie, Rock&Roll, Blues, Jazz, Soul

REQUIREMENTS

Pattern Dance	Footwork Sequence
Rhythm Blues 92 Blues 2 Sequences	Max Level 1 Max 30 seconds

- Footwork is choice of 4 of 7 listed steps - outside three turn, inside three turn, cross in front, open mohawk, travel, forward to backward closed mohawk and forward to backward choctaw.
- 4 of the 7 listed turns must be confirmed and each type can only be counted twice.
- Features are not required for Level 1.
- Any number of features can be presented.

MASTERS SOLO FREE DANCE

Athletes who are turning at least 30 years of age in the year of competition.
This is a stand-alone event. It is not combined with Compulsories or Style Dance.

2 minutes 30 seconds (+/- 10 seconds) - Mapped to Espoir Basic Free Dance

REQUIREMENTS

Dance Step Sequence	Artistic Sequence	Travelling	Choreo Stop
Max Level 2 Max 30 seconds	Max Level 2 Max 30 seconds	Max Level 2 Max 15 seconds	Yes Max 15 seconds

MASTERS COUPLES DANCE:

MASTERS COUPLES COMPULSORY DANCE

Athletes who are turning at least 30 years of age in the year of competition.
This is a stand-alone event. It is not combined with Style Dance or Free Dance.
Mapped to Espoir

DANCES:	Double Cross Waltz*	Tempo: 138 Waltz	4 sequences
	Rhythm Blues*	Tempo: 92 Blues	4 sequences

ADVANCED MASTERS COUPLES COMPULSORY DANCE

Athletes who are turning at least 30 years of age in the year of competition.
This is a stand-alone event. It is not combined with Style Dance or Free Dance.
Mapped to Espoir

DANCES:	Werner Tango	Tempo: 100 Tango	4 sequences
	Hickory Hoedown*	Tempo: 104 Hoedown	4 sequences

*See attached dance pattern

MASTERS COUPLES STYLE DANCE

Athletes who are turning at least 30 years of age in the year of competition.

This is a stand-alone event. It is not combined with Compulsories or Style Dance.

2 minutes 30 seconds (+/- 10 sec) - Mapped to Youth Intermediate Style Dance

Theme: Rock Medley (1950's & 1960's)

Jive, Boogie Woogie, Rock&Roll, Blues, Jazz, Soul

REQUIREMENTS

Pattern Dance	Hold Footwork Sequence
Rhythm Blues 92 Blues 2 Sequences	Max Level 1 Max 40 seconds

- Footwork is choice of 4 of 7 listed steps - outside three turn, inside three turn, cross in front, open mohawk, travel, forward to backward closed mohawk and forward to backward choctaw.
- 4 of the 7 listed turns must be confirmed and each type can only be counted twice.
- Features are not required for Level 1.
- Any number of features can be presented.

MASTERS COUPLES FREE DANCE

Athletes who are turning at least 30 years of age in the year of competition.

This is a stand-alone event. It is not combined with Compulsories or Style Dance.

2 minutes 30 seconds (+/- 10 seconds) - Mapped to Espoir Basic Free Dance

REQUIREMENTS

Hold Footwork Sequence	No Hold Footwork Sequence	Traveling	Choreo Stop
Max Level 2 Max 40 seconds	Max Level 1 Max 30 seconds	Max Level 2 Max 15 seconds	Yes Max 15 seconds

FREE SKATING

Mapped to Long program Minis.

MASTERS FREE SKATING

Athletes aged 21 years and over in the year of competition

Long Program Only

2 minutes 45 +/- 10 seconds

Jump elements

- A maximum of 12 jumps of 1 rotation including Waltz Jump, Axel, Double Toe Loop and Double Salchow are allowed.
- Maximum 2 jump combinations are allowed.
- The number of jumps within the combination cannot be more than 5.
- It is mandatory to perform an Axel type jump that can be presented also in combination.
- Axel and doubles cannot be presented more than twice. If presented twice, 1 must be in combination.
- The same 1 rotation jump cannot be presented more than 3 times.
- In the program, there **MUST** be at least 1 Toe Loop element (single or double).

Spin elements

- Two spin elements must be performed. One of them **MUST** be a combination spin (maximum 4 positions).
- Broken ankle, heel, and inverted are **NOT** allowed.
- The 2 spins must be different.

Footwork Sequence

- One footwork sequence maximum Level 1, maximum 30 seconds.

The 7 steps and turns that will be counted toward the level are:

- Inside Three Turn,
- Outside Three Turn,
- Cross In Front
- Open Mohawk
- Traveling
- Forward to backward Closed Mohawk
- Choctaw (forward to backward)



- There is no limit to the number of features attempted, however no features are required to be confirmed to achieve Level 1.
- To achieve a Level 1, 4 turns or steps, chosen by the skater from the 7 listed above, must be confirmed and each type can only be counted twice.



DOUBLE CROSS WALTZ - Couples & Solo
By David Tassinari

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

Tempo: 138 BPM
Pattern: Set

Steps 1, 2 and 3 form a sequence of steps that begin near the long side barrier and finish in the direction of the long axis: **LFO** (2 beats), **Ch RFI** (1 beat) and **LFO** (3 beats). During the chasse the left foot must be kept parallel to the right foot, executed with a clear lift from the floor.

Step 4 XR RFO (3 beats) is a cross roll on the outside edge towards the long axis. During the cross roll, the right foot must immediately assume the outside edge. A change of lean from the previous step should be clear.

Step 5 XF LFI (3 beats) is a cross in front with feet close together and parallel, immediately assuming the inside edge. This step finishes parallel to the long side barrier and on the short axis. The free leg must extend behind the body after the cross roll and the cross in front.

Steps 6, 7 and 8 form a sequence of steps that begin near the long axis and finish in the direction of the long side barrier: **RFO** (2 beats), **Ch LFI** (1 beat) and **RFO** (3 beats). During the chasse the right foot must be kept parallel to the left foot, executed with a clear lift from the floor.

Step 9 XR LFO (3 beats) is a cross roll on the outside edge towards the long side barrier. During the cross roll, the left foot must immediately assume the outside edge. A change of lean from the previous step should be clear.

Step 10 XF RFI (3 beats) is a cross in front with feet close together and parallel, immediately assuming the inside edge. This step finishes parallel to the long side barrier. The free leg must extend behind the body after the cross roll and the cross in front.

Steps 11, 12 and 13 repeat the timing and execution of steps 1, 2 and 3, skated in the direction of the short side barrier.

Step 14 XB RFI (3 beats) is a cross behind with feet close together and parallel, skated on the inside edge. The free leg must be kept in a leading position after the cross behind. This step curves parallel to the short side barrier and finishes on the long axis.

Steps 15, 16 and 17 repeat the timing and execution of steps 11, 12 and 13, skated in the direction of the long side barrier, with **step 15 LFO** stroke beginning on the long axis.

Step 18 XF RFI (3 beats) is a cross in front with feet close together and parallel, skated on the inside edge. The free leg must be extended behind the body after the cross in front. This step curves in the direction of the long side barrier and finishes almost parallel to it.

REFERENCE STEPS:

- **Step 6 begins on the short axis.**
- **Step 15 begins on the long axis.**



Key Points - Double Cross Waltz Couples & Solo

1. **Step 4 XR RFO (3 beats):**
 - Correct timing of the step.
 - Correct technical execution of the cross roll on a clear outside edge with an appropriate change of lean from the previous step.
 - For couples: Correct Kilian position of the couple without separation between the skaters.
2. **Step 9 XR LFO (3 beats):**
 - Correct timing of the step.
 - Correct technical execution of the cross roll on a clear outside edge with an appropriate change of lean from the previous step.
 - For couples: Correct Kilian position of the couple without separation between the skaters.
3. **Step 14 XB RFI (3 beats):**
 - Correct timing of the step.
 - Correct technical execution of the cross behind with feet close together and parallel.
 - No deviation from the inside edge.
 - For couples: Correct Kilian position of the couple without separation between the skaters.
4. **Step 16 Ch RFI (1 beat):**
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
 - For couples: Correct Kilian position of the couple without separation between the skaters.

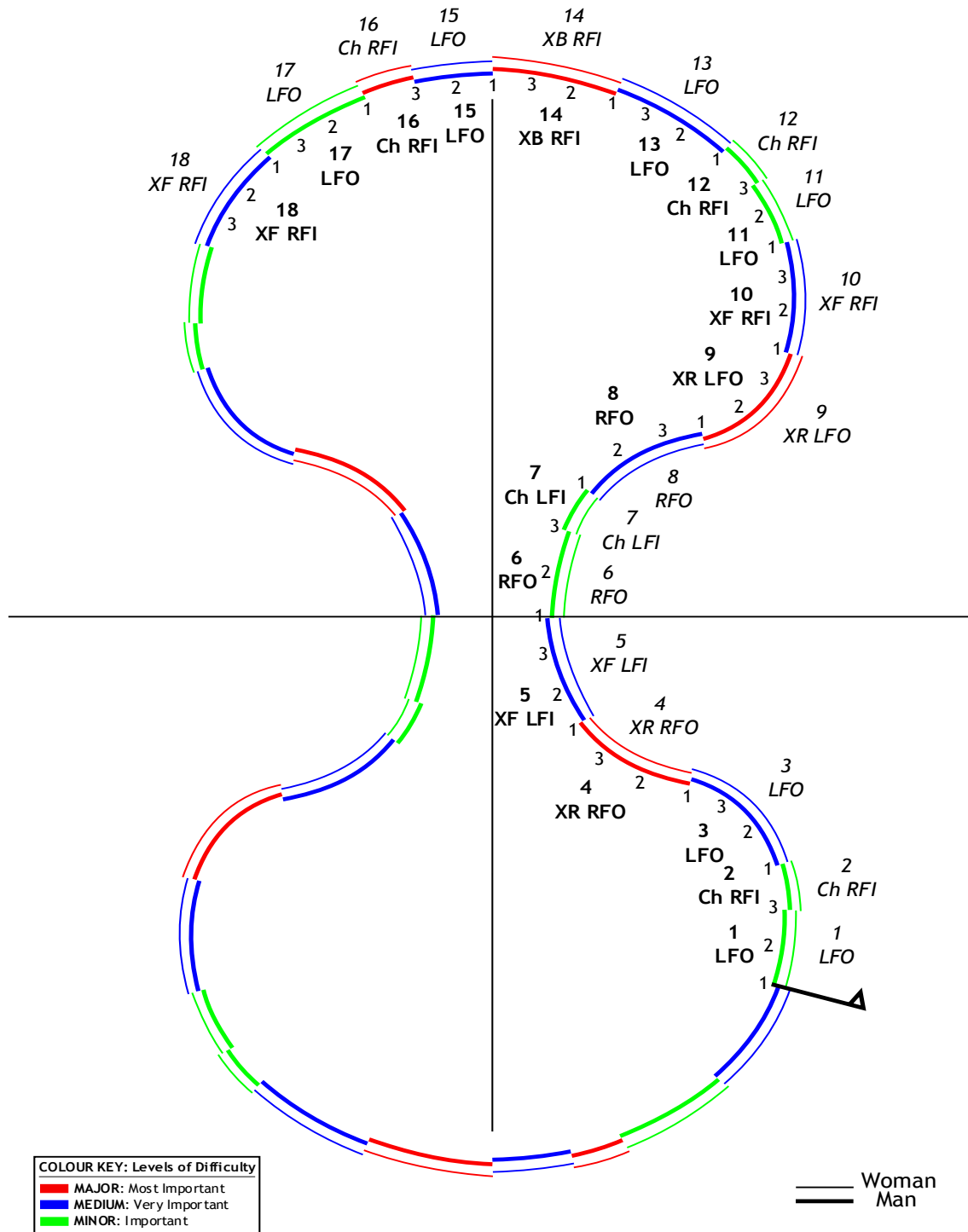
Double Cross Waltz - List of Steps

Hold	Step No.	Man's Step	Musical Beats	Woman's Steps
Kilian	1	LFO	2	LFO
	2	Ch RFI	1	Ch RFI
	3	LFO	3	LFO
	4	XR RFO	3	XR RFO
	5	XF LFI	3	XF LFI
	6	RFO	2	RFO
	7	Ch LFI	1	Ch LFI
	8	RFO	3	RFO
	9	XR LFO	3	XR LFO
	10	XF RFI	3	XF RFI
	11	LFO	2	LFO
	12	Ch RFI	1	Ch RFI
	13	LFO	3	LFO
	14	XB RFI	3	XB RFI
	15	LFO	2	LFO
	16	Ch RFI	1	Ch RFI
	17	LFO	3	LFO
	18	XF RFI	3	XF RFI



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DOUBLE CROSS WALTZ



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RHYTHM BLUES - Couples & Solo
By Robert Graigin

Music: Blues 4/4
Hold: Kilian

Tempo: 92 BPM
Pattern: Set

Step 1 LFO (1 beat), **Step 2 Run RFI** (1 beat) and **Step 3 LFO** (2 beats) form a sequence of runs that aim to the long side barrier and curve in the direction of the long axis. The last stroke ends on the baseline.

Step 4 RFO Sw (2+2 beats) is a stroke on the outside edge that continues in the direction of the long axis. On the 3rd beat, the free leg swings forward into a leading position. As the free leg swings forward, this step curves in the direction of the long side barrier.

Step 5 LFO (2 beats) is a stroke in the direction of the long side barrier.

Step 6 Run RFI (1 beat) is a run and **Step 7 LFO** (1 beat) is a stroke that begins on the short axis.

Step 8 Run RFI (2 beats) is a run that curves in the direction of the long axis and finishes on the baseline.

Step 9 LFI Sw (2+2 beats) is an angular stroke on the inside edge that aims in the direction of the long axis. On the 3rd beat, the free leg swings forward into a leading position. As the free leg swings forward, this step curves in the direction of the long side barrier.

Step 10 RFI Sw (2+2 beats) is an angular stroke on the inside edge that aims in the direction of the long side barrier. On the 3rd beat, the free leg swings forward into a leading position. As the free leg swings forward, this step finishes with an aim towards the short side barrier.

During the execution of the angular inside strokes, it is possible to begin each step from behind the heel of the skating foot, or to strike from the instep. Each stroke must be consistent on each foot.

Step 11 LFO (1 beat), **Step 12 Run RFI** (1 beat) and **Step 13 LFO** (2 beats) form a sequence of runs along the short side barrier.

The next sequence of steps are cross behinds, executed with feet close together. Each cross behind must finish with simultaneous extension of the free leg in front of the body.

Step 14 XB RFI (2 beats) intersects the long axis on the 2nd beat and gently curves along the short side barrier. During **Step 15 XB LFO** (2 beats), care should be taken to ensure that the cross behind is executed on the correct outside edge. The last step of the dance, **Step 16 XB RFI** (2 beats) finishes in the direction of the long side barrier.

REFERENCE STEPS:

Step 7 starts on the short axis.

Step 14 intersects the long axis on the 2nd beat.



Key Points - Rhythm Blues Couples & Solo

1. **Step 3 LFO (2 beats):**
 - Correct technical execution and timing of the step.
 - No deviation from the outside edge.
 - For couples: Correct Kilian position of the couple which should be close without any separations.
2. **Step 4 RFO Sw (2+2 beats):**
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.
 - For couples: Correct Kilian position of the couple which should be close without any separations.
3. **Step 9 LFI Sw (2+2 beats):**
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the inside edge.
 - For couples: Correct Kilian position of the couple which should be close without any separations.
4. **Step 15 XB LFO (2 beats):**
 - Correct timing of the step.
 - Correct technical execution of the cross behind which must be done with feet close together.
 - No deviation from the outside edge.
 - For couples: Correct Kilian position of the couple which should be close without any separations.

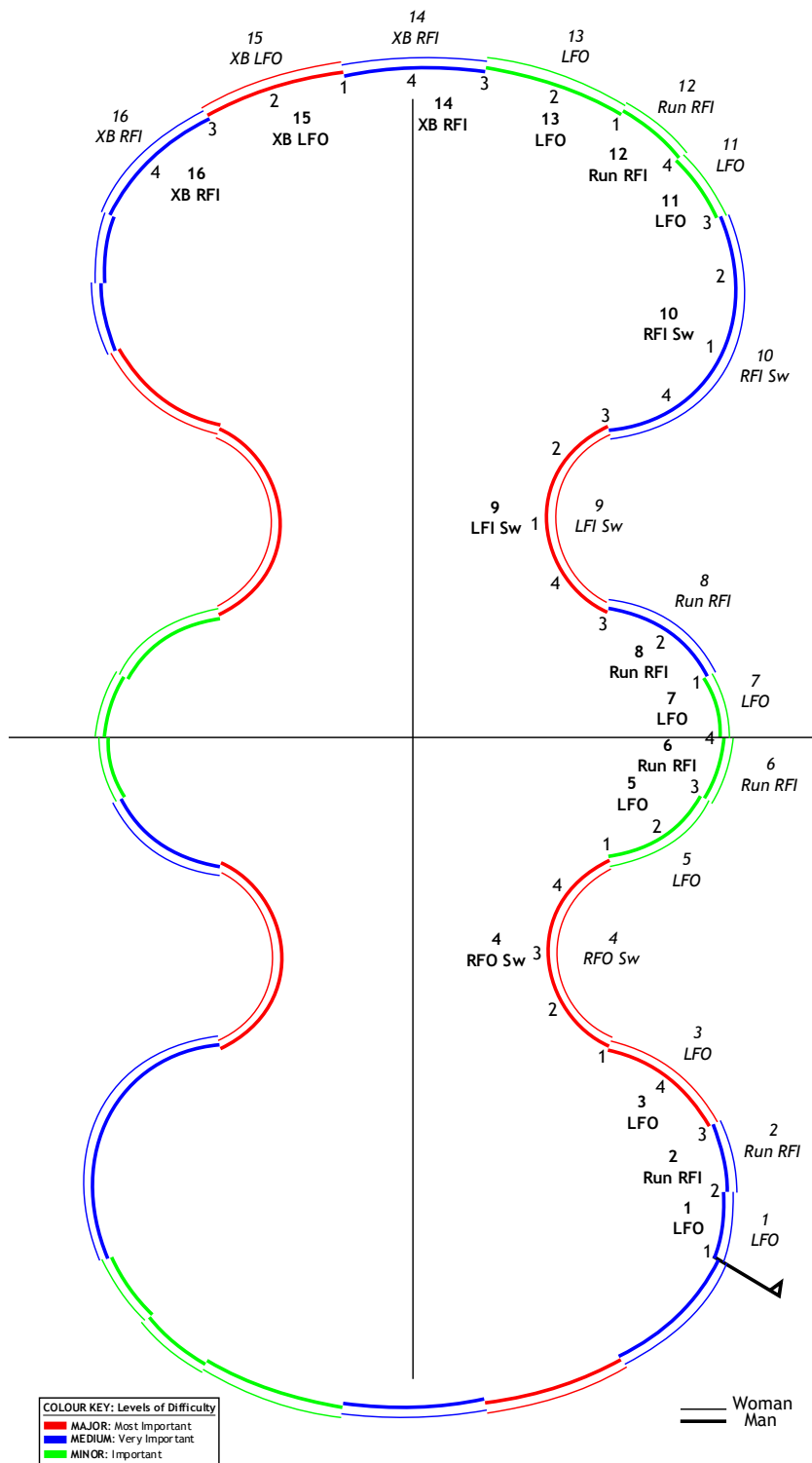
Rhythm Blues - List of Steps

Hold	Step 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	RFO Sw	2 + 2	RFO Sw
	5	LFO	2	LFO
	6	Run RFI	1	Run RFI
	7	LFO	1	LFO
	8	Run RFI	2	Run RFI
	9	LFI Sw	2 + 2	LFI Sw
	10	RFI Sw	2 + 2	RFI Sw
	11	LFO	1	LFO
	12	Run RFI	1	Run RFI
	13	LFO	2	LFO
	14	XB RFI	2	XB RFI
	15	XB LFO	2	XB LFO
	16	XB RFI	2	XB RFI



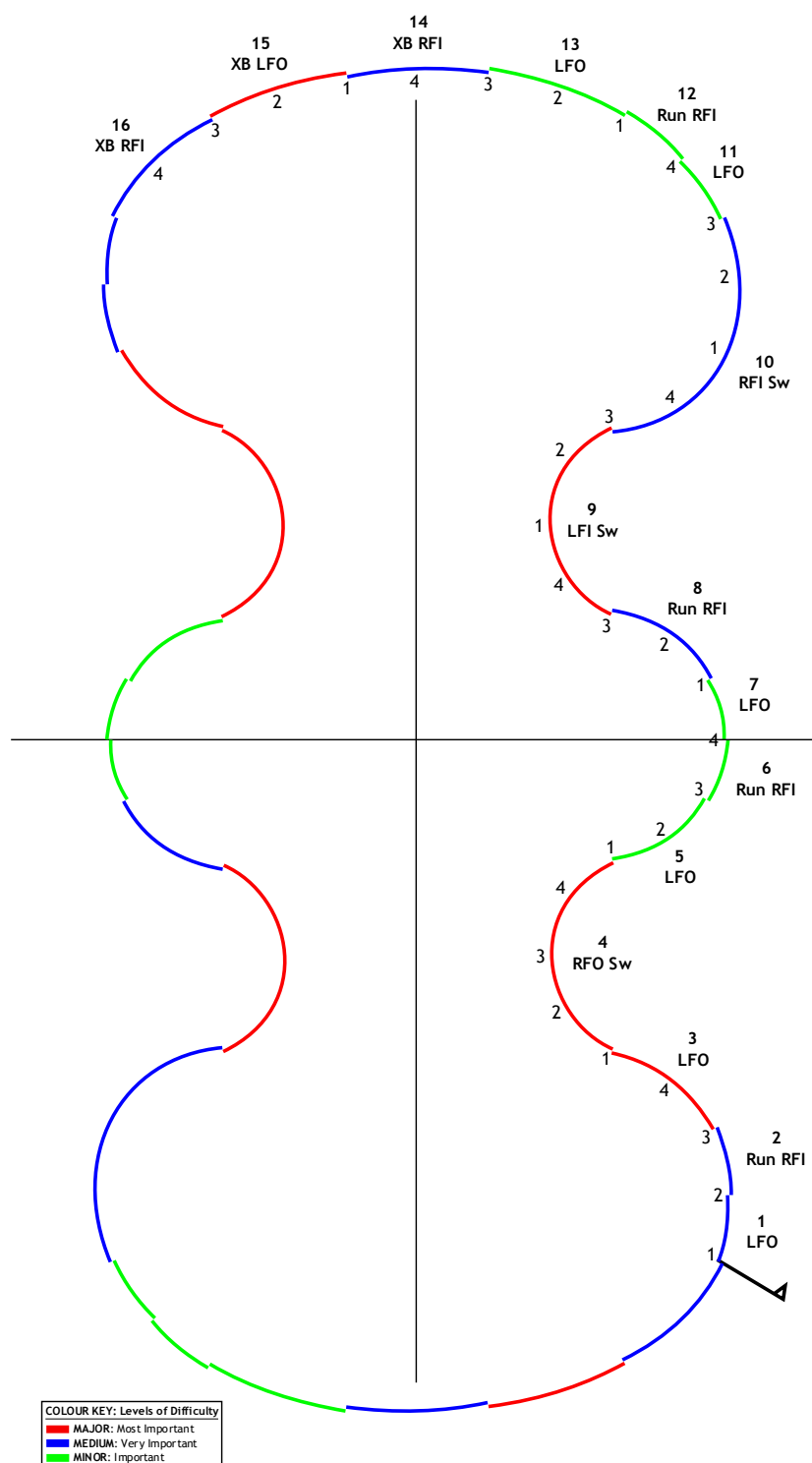
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RHYTHM BLUES



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HICKORY HOEDOWN - Couples

By Wendy Weinstock Mlinar, Holly Genola Cole & H. Theodore Graves
Adapted for roller dance by Andrew Beattie (Courtesy of US Figure Skating)

Music: Country Western: Hoedown 4/4
Holds: Foxtrot or Kilian & Waltz

Tempo: 104 BPM
Pattern: Set

The music for the Hickory Hoedown should be derived from formal square dancing and convey the feeling of country western style dance.

Steps 1-17a, along with **Steps 22** and **23**, may be skated in either Foxtrot or Kilian position. Once a hold has been selected, it must remain consistent throughout each pattern sequence.

Step 1 LFO (1 beat) is a stroke in the direction of the long side barrier, followed by **Step 2 Ch RFI** (1 beat) and **Step 3 LFO** (2 beats) that finishes in the direction of the long axis.

Step 4 RFO (1 beat) is a stroke in the direction of the long axis, followed by **Step 5 Ch LFI** (1 beat) and **Step 6 RFO** (2 beats) that finishes in the direction of the long side barrier.

Step 7 LFO (1 beat), **Step 8 Run RFI** (1 beat) and **Step 9 LFO** (2 beats) are a sequence of runs that initially aim towards the long side barrier and finish towards the long axis.

Step 10 XR RFO (1 beat) is a cross roll on a clear outside edge, skated in the direction of the long axis.

Step 11 DpCh LFI Cross Tuck Sw (1+1+1 beats) is a dropped chasse that curves parallel to the long axis. During this step, the free leg extends in front of the body for one (1) beat, then bends and crosses at the knee for one (1) beat. The foot of the free leg should travel back past the skating knee, then the free leg extends forward again for the last beat in a gentle swing-like motion. It is possible to execute the crossed free leg position with the right ankle kept close to the skating foot.

Step 12 RFO (1 beat), **Step 13 Run LFI** (1 beat) and **Step 14 RFO** (2 beats) are a sequence of runs that initially begin parallel to the long axis and finishes perpendicular to it.

Step 15 XR LFO (1 beat) is a cross roll on a clear outside edge, skated in the direction of the long side barrier.

Steps 1-15 are distributed along a baseline that runs parallel to the long side barrier.

Step 16 DpCh RFI Cross Tuck Sw (1+1+1 beats) is a dropped chasse that curves parallel to the long side barrier. During this step, the free leg extends in front of the body for one (1) beat, then bends and crosses at the knee for one (1) beat. The foot of the free leg should travel back past the skating knee, then the free leg extends forward again for the last beat in a gentle swing-like motion. It is possible to execute the crossed free leg position with the left ankle kept close to the skating foot.

Step 17a LFO (1 beat) and **Step 17b Ch RFI** (1 beat) for the man is a stroke and a chasse in the direction of the short side barrier. **Step 17 LFO 3T** (1+1 beats) for the woman is a stroke with a 3 turn on the 2nd beat. During the man's chasse and the woman's 3 turn, the couple assume Waltz position.

Step 18 LFO Sw for the man and **RBO Sw** for the woman (2+2 beats) both begin parallel to the short side barrier and finish perpendicular to it. The free leg swings past the line of the body on the 3rd beat.

Step 19 RFO 3T (1+1 beat) for the man is a stroke with a 3 turn on the 2nd beat and **LBO** (2 beats) for the woman is a stroke on the outside edge that moves away from the short side barrier.

Step 20 LBO Sw for the man and **Mk RFO Sw** (2+2 beats) for the woman both curve perpendicular to the short side barrier. The free leg swings past the line of the body on the 3rd beat. The mohawk turn for the woman must be executed with feet close together.





Step 21 RBO (2 beats) for the man is a two (2) beat step in the direction of the short side barrier. It is permissible to execute this step as a stroke or a dropped chasse. **Step 21a LFO** (1 beat) and **Step 21b Ch RFI** (1 beat) for the woman is a stroke on the outside edge, followed by a chasse.

Step 22 Mk LFO (1 beat) for the man is a mohawk turn executed with feet close together and **LFO** (1 beat) for the woman is a stroke that brings the couple back into Foxtrot or Kilian position; that is, the position that the couple started the pattern sequence.

Step 23 Run RFI (1 beat) is a run that concludes the dance.

REFERENCE STEPS:

Step 9 intersects the short axis slightly before the 2nd beat.

Step 20 intersects the long axis on the 2nd beat.

Key Points - Hickory Hoedown Couples



1. **Step 5 Ch LFI (1 beat) for both:**
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
2. **Step 11 DpCh LFI Cross Tuck Sw (1+1+1 beats) for both:**
 - Correct technical execution of the dropped chasse that must begin with feet close together.
 - Correct technical execution and timing of the free leg movements (see description).
 - No deviation from the inside edge.
3. **Step 17 LFO 3T (1+1 beats) for the woman:**
 - Correct technical execution and timing of the 3 turn on the 2nd beat.
 - Correct outside edge for the entry and inside edge for the exit of the turn.
4. **Step 20 LBO Sw (2+2 beats) for the man and Mk RFO Sw (2+2 beats) for the woman:**
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.
 - For the woman: Correct technical execution of the mohawk turn with feet close together.

Hickory Hoedown Couples - List of Steps

Hold	Step No.	Man's Steps	Musical Beats			Woman's Steps
Foxtrot/Kilian	1	LFO		1		LFO
	2	Ch RFI		1		Ch RFI
	3	LFO		2		LFO
	4	RFO		1		RFO
	5	Ch LFI		1		Ch LFI
	6	RFO		2		RFO
	7	LFO		1		LFO
	8	Run RFI		1		Run RFI
	9	LFO		2		LFO
	10	XR RFO		1		XR RFO
	11	DpCh LFI Cross Tuck Sw		1+1+1		DpCh LFI Cross Tuck Sw
	12	RFO		1		RFO
	13	Run LFI		1		Run LFI
	14	RFO		2		RFO
	15	XR LFO		1		XR LFO
	16	DpCh RFI Cross Tuck Sw		1+1+1		DpCh RFI Cross Tuck Sw
Waltz	17a	LFO	1		1+1	LFO 3T
	17b	Ch RFI	1			
	18	LFO Sw		2+2		RBO Sw
	19	RFO 3T	1+1		2	LBO
	20	LBO Sw		2+2		Mk RFO Sw
	21a	RBO	2		1	LFO
Foxtrot/Kilian	21b				1	Ch RFI
	22	Mk LFO		1		LFO
	23	Run RFI		1		Run RFI



COLOUR KEY: Levels of Difficulty

	MAJOR: Most Important
	MEDIUM: Very Important
	MINOR: Important

 Woman
 Man





HICKORY HOEDOWN - Solo
By Wendy Weinstock Mlinar, Holly Genola Cole & H. Theodore Graves
Adapted for roller dance by Andrew Beattie (Courtesy of US Figure Skating)

Music: Country Western: Hoedown 4/4
Pattern: Set

Tempo: 104 BPM

The music for the Hickory Hoedown should be derived from formal square dancing and convey the feeling of country western style dance.

Step 1 LFO (1 beat) is a stroke in the direction of the long side barrier, followed by **Step 2 Ch RFI** (1 beat) and **Step 3 LFO** (2 beats) that finishes in the direction of the long axis.

Step 4 RFO (1 beat) is a stroke in the direction of the long axis, followed by **Step 5 Ch LFI** (1 beat) and **Step 6 RFO** (2 beats) that finishes in the direction of the long side barrier.

Step 7 LFO (1 beat), **Step 8 Run RFI** (1 beat) and **Step 9 LFO** (2 beats) are a sequence of runs that initially aim towards the long side barrier and finish towards the long axis.

Step 10 XR RFO (1 beat) is a cross roll on a clear outside edge, skated in the direction of the long axis.

Step 11 DpCh LFI Cross Tuck Sw (1+1+1 beats) is a dropped chasse that curves parallel to the long axis. During this step, the free leg extends in front of the body for one (1) beat, then bends and crosses at the knee for one (1) beat. The foot of the free leg should travel back past the skating knee, then the free leg extends forward again for the last beat in a gentle swing-like motion. It is possible to execute the crossed free leg position with the right ankle kept close to the skating foot.

Step 12 RFO (1 beat), **Step 13 Run LFI** (1 beat) and **Step 14 RFO** (2 beats) are a sequence of runs that initially begin parallel to the long axis and finishes perpendicular to it.

Step 15 XR LFO (1 beat) is a cross roll on a clear outside edge, skated in the direction of the long side barrier.

Steps 1-15 are distributed along a baseline that runs parallel to the long side barrier.

Step 16 DpCh RFI Cross Tuck Sw (1+1+1 beats) is a dropped chasse that curves parallel to the long side barrier. During this step, the free leg extends in front of the body for one (1) beat, then bends and crosses at the knee for one (1) beat. The foot of the free leg should travel back past the skating knee, then the free leg extends forward again for the last beat in a gentle swing-like motion. It is possible to execute the crossed free leg position with the left ankle kept close to the skating foot.

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

Step 18 RBO Sw (2+2 beats) begins parallel to the short side barrier and finishes perpendicular to it. The free leg swings past the line of the body on the 3rd beat.

Step 19 LBO (2 beats) is a stroke on the outside edge that moves away from the short side barrier.

Step 20 Mk RFO Sw (2+2 beats) is a mohawk turn on the outside edge, followed by a swing forward on the 3rd beat that finishes in the direction of the short side barrier. The mohawk turn must be executed with feet close together.

Step 21 LFO (1 beat), **Step 22 Ch RFI** (1 beat) and **Step 23 LFO** (1 beat) continue in the direction of the short side barrier.

Step 24 Run RFI (1 beat) is a run that concludes the dance.



REFERENCE STEPS:

Step 9 intersects the short axis slightly before the 2nd beat.

Step 20 intersects the long axis on the 2nd beat.

Key Points - Hickory Hoedown Solo

1. **Step 5 Ch LFI (1 beat):**
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
2. **Step 11 DpCh LFI Cross Tuck Sw (1+1+1 beats):**
 - Correct technical execution of the dropped chasse that must begin with feet close together.
 - Correct technical execution and timing of the free leg movements (see description).
 - No deviation from the inside edge.
3. **Step 17 LFO 3T (1+1 beats):**
 - Correct technical execution and timing of the 3 turn on the 2nd beat.
 - Correct outside edge for the entry and inside edge for the exit of the turn.
4. **Step 20 Mk RFO Sw (2+2 beats):**
 - Correct technical execution of the mohawk turn that must be done with feet close together.
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.

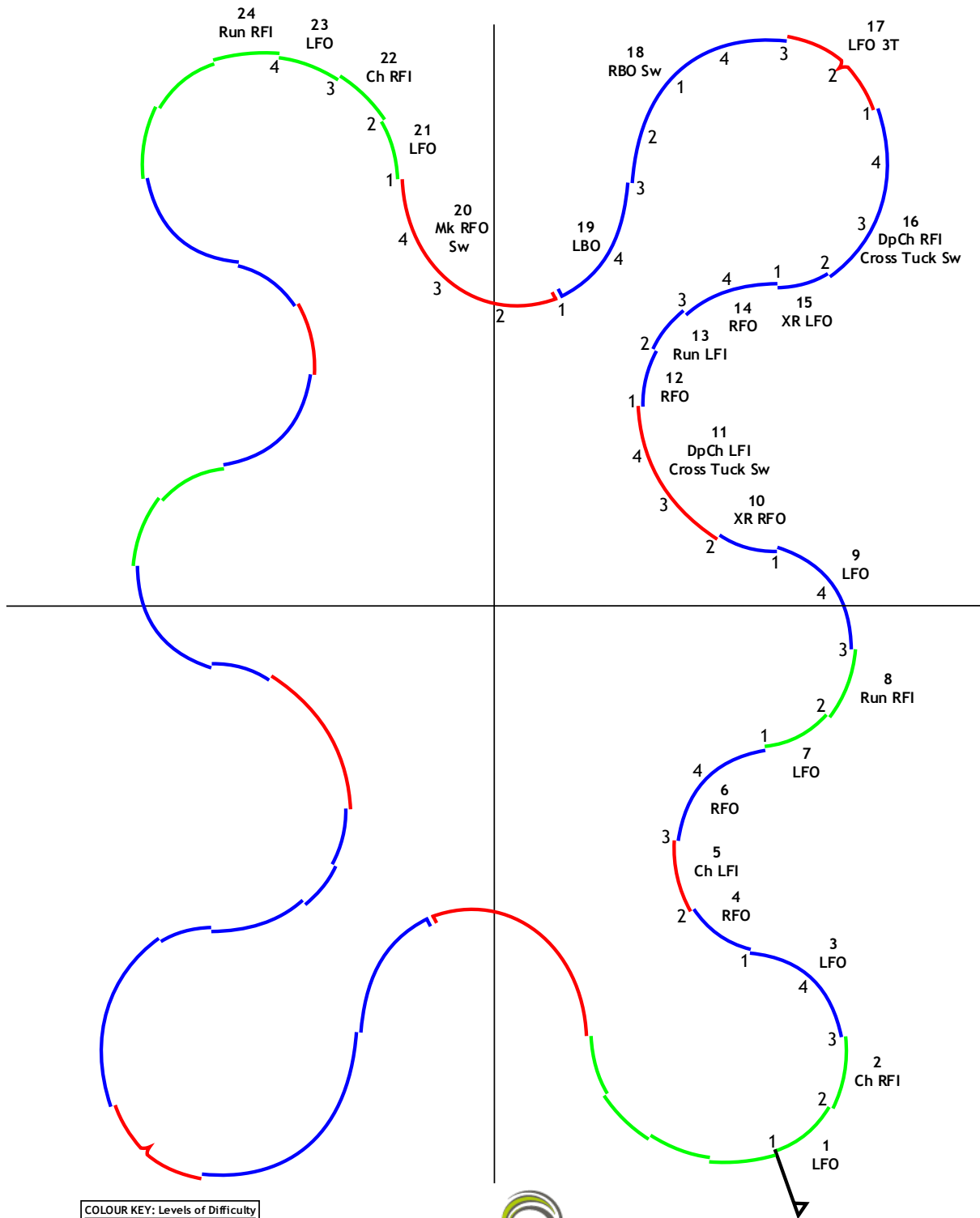
Hickory Hoedown Solo - List of Steps

Step Number	Step	Musical Beats
1	LFO	1
2	Ch RFI	1
3	LFO	2
4	RFO	1
5	Ch LFI	1
6	RFO	2
7	LFO	1
8	Run RFI	1
9	LFO	2
10	XR RFO	1
11	DpCh LFI Cross Tuck Sw	1 + 1 + 1
12	RFO	1
13	Run LFI	1
14	RFO	2
15	XR LFO	1
16	DpCh RFI Cross Tuck Sw	1 + 1 + 1
17	LFO 3T	1 + 1
18	RBO Sw	2 + 2
19	LBO	2
20	Mk RFO Sw	2 + 2
21	LFO	1
22	Ch RFI	1
23	LFO	1
24	Run RFI	1



WORLD
SKATE
OCEANIA

HICKORY HOEDOWN



COLOUR KEY: Levels of Difficulty
MAJOR: Most Important
MEDIUM: Very Important
MINOR: Important



WORLD
SKATE
OCEANIA