



Skate NZ

NEW ZEALAND FEDERATION
OF ROLLER SPORTS INC.

Artistic Technical Commission

RULES FOR ARTISTIC SKATING

DANCE AND SOLO DANCE BOOK

NON-WORLD SKATE DANCES

2026

Updated 05/09/2025.

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AMERICAN MARCH - Couples & Solo

By Pizzula & Gray

Music: March 4/4
Hold: Kilian

Tempo: 100 BPM
Pattern: Set

Step 1 LFO (1 beat), **Step 2 Run RFI** (1 beat) and **Step 3 LFO** (2 beats) are a sequence of runs. The first stroke aims to the long side barrier and the last stroke curves in the direction of the long axis.

The next sequence of steps travel in the direction of the long axis and finish parallel to it: **Step 4 RFO** (1 beat), **Step 5 Ch LFI** (1 beat), **Step 6 RFO** (1 beat) and **Step 7 Run LFI** (1 beat).

Step 8 RFO Sw (2+2 beats) is a stroke on the outside edge with a swing of the free leg in front on the 3rd beat. This step aims to the short side barrier and curves in the direction of the long side barrier.

Step 9 LFO (1 beat), **Step 10 Run RFI** (1 beat) and **Step 11 LFO** (2 beats) are a sequence of runs.

Step 12 DpCh RFI (2 beats) is a dropped chasse on the inside edge.

The next sequence of steps travel in the direction of the short side barrier and finish parallel to it: **Step 13 LFO** (1 beat), **Step 14 Run RFI** (1 beat), **Step 15 LFO** (1 beat) and **Step 16 Ch RFI** (1 beat). The chasse finishes on the long axis.

Step 17 LFO (1 beat), **Step 18 Run RFI** (1 beat) and **Step 19 LFO** (2 beats) are a sequence of runs.

Step 20 DpCh RFI (2 beats) is a dropped chasse on the inside edge that concludes the sequence of the dance.

REFERENCE STEPS:

- **Step 8** must start on the short axis.
- **Step 17** must start on the long axis.

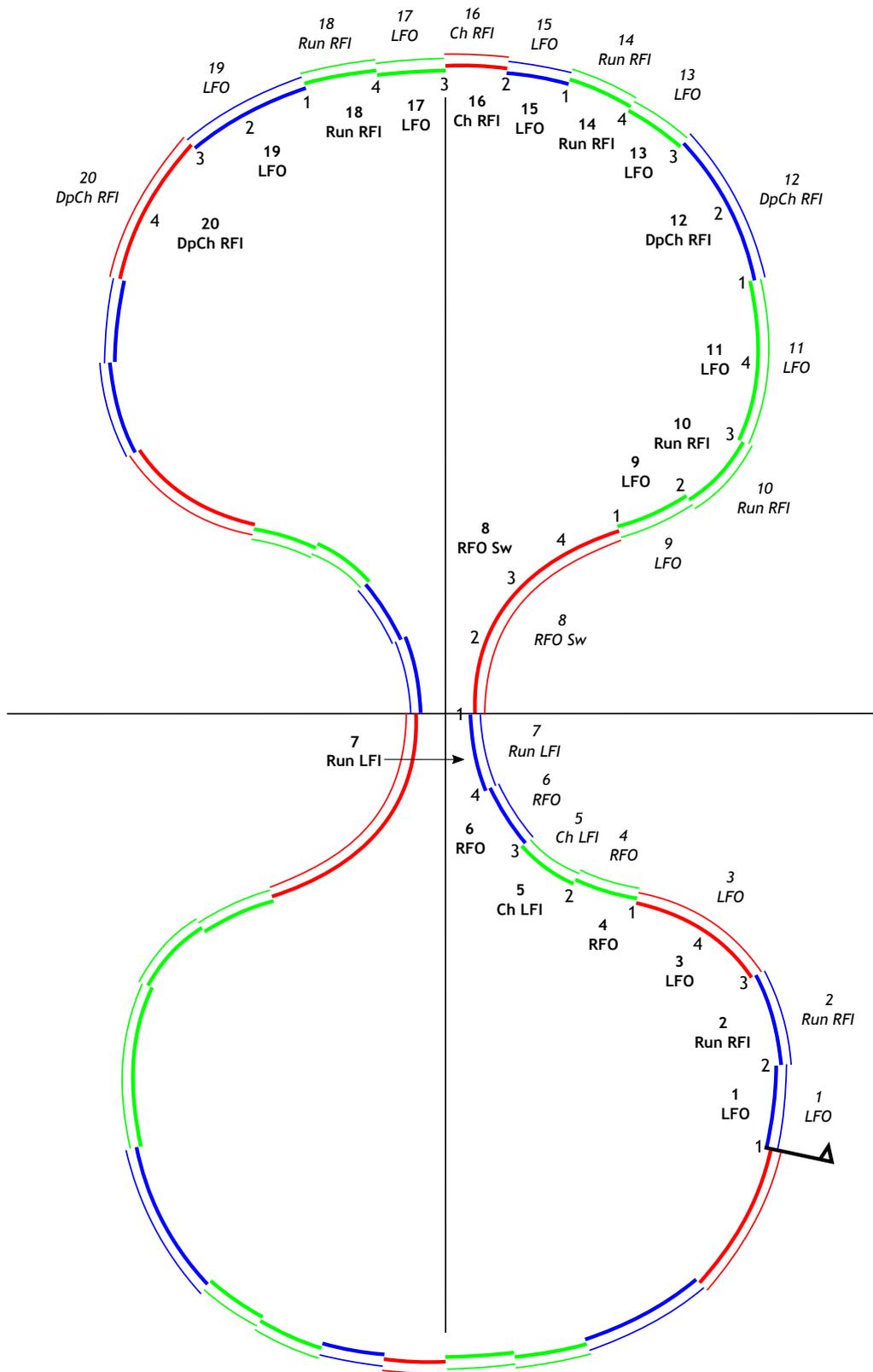
Key Points - American March Couples & Solo

1. **Step 3 LFO** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke on a clear outside edge without any deviation.
 - For couples: Correct Kilian position of the couple without any separations.
2. **Step 8 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 without any separations.
3. **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 any separations.
4. **Step 20 DpCh RFI** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the dropped chasse on a clear inside edge without any deviation.
 - For couples: Correct Kilian position of the couple without any separations.

American March - List of Steps

HOLD	STEP	MAN'S STEPS	BEATS	WOMAN'S STEPS
Kilian	2	LFO	1	LFO
	1	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	RFO	1	RFO
	5	Ch LFI	1	Ch LFI
	6	RFO	1	RFO
	7	Run LFI	1	Run LFI
	8	RFO Sw	2 + 2	RFO Sw
	9	LFO	1	LFO
	10	Run RFI	1	Run RFI
	11	LFO	2	LFO
	12	DpCh RFI	2	DpCh RFI
	13	LFO	1	LFO
	14	Run RFI	1	Run RFI
	15	LFO	1	LFO
	16	Ch RFI	1	Ch RFI
	17	LFO	1	LFO
	18	Run RFI	1	Run RFI
	19	LFO	2	LFO
	20	DpCh RFI	2	DpCh RFI

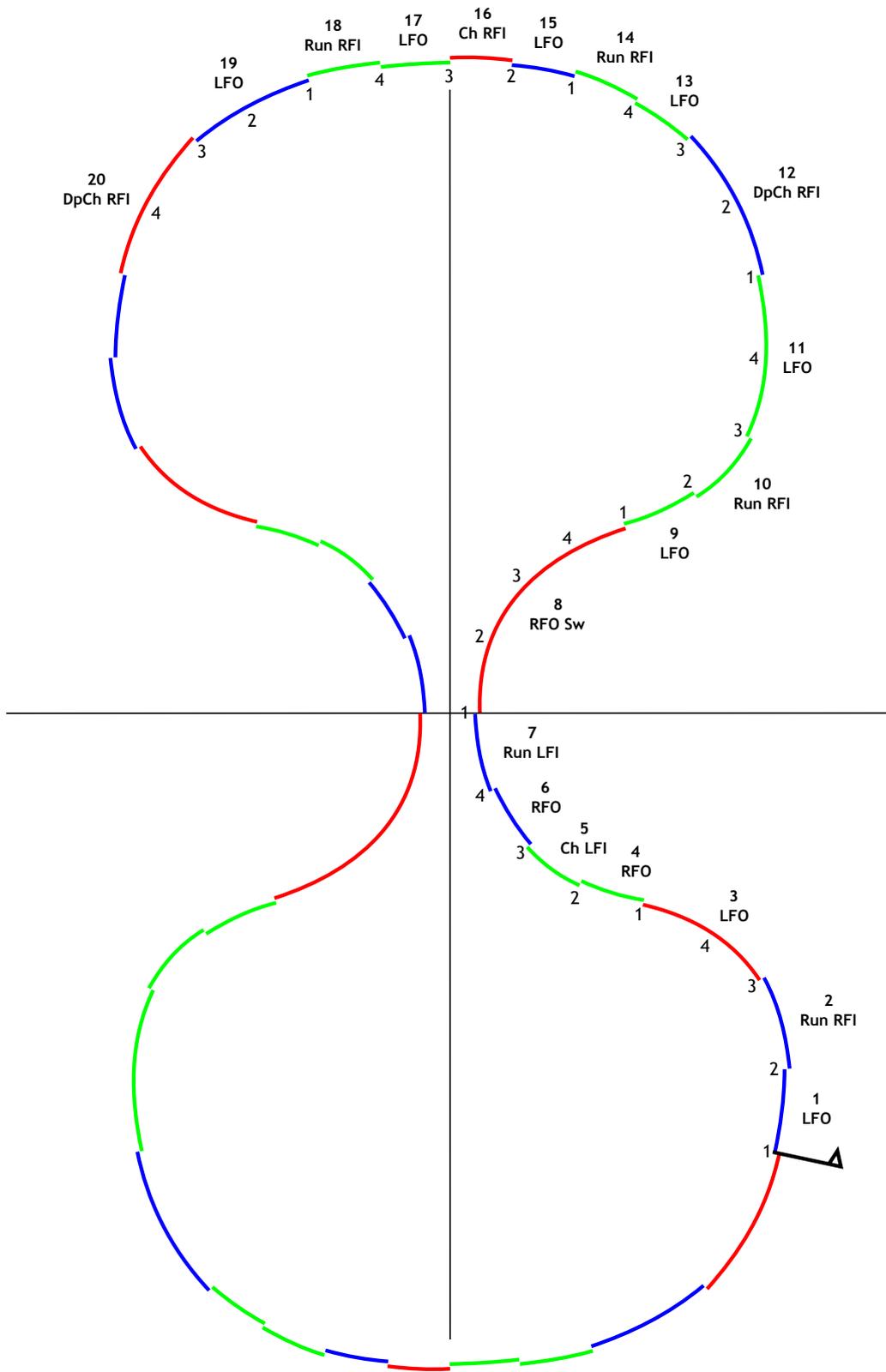
AMERICAN MARCH



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

— Woman
 — Man

AMERICAN MARCH



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

CHA CHA - Couples

Music: Cha Cha 4/4

Holds: Waltz, Kilian, Tandem, Promenade & Foxtrot

Tempo: 100 BPM

Pattern: Set

This dance begins in Waltz position.

Step 1a RFO (1 beat) and **Step 1b Ch RFI** (1 beat) for the man is a stroke and a chasse in the direction of the long axis. **Step 1 LBO** (2 beats) for the woman is a stroke on the outside edge.

Step 2 RFO Sw (2+2 beats) for the man is a stroke on the outside edge and **Mk RFO Sw** (2+2 beats) for the woman is a mohawk turn with feet close together. On the 3rd beat, the free leg swings forward. Kilian position is assumed after the execution of the woman's mohawk turn.

Step 3 DpCh LFI (2 beats) is a dropped chasse on the inside edge, skated towards the long side barrier.

Step 4 RFI (1 beat) and **Step 5 LFI** (1 beat) are inside edges that are executed on a baseline that runs diagonal and in the direction of the long side barrier. During these steps, the foot of the free leg should be kept close to the skating foot. Tandem position is assumed where the man's hands are placed on the woman's hips. At the same time, the woman's hands are gently placed over the man's hands.

Step 6 RFI (2 beats) for the man and **Step 6a RFI** (1 beat) for the woman are angular strokes and **Step 6b OpMk LBI** (1 beat) for the woman is an open mohawk turn with feet close together which brings the couple into Waltz position.

Steps 7, 8 and 9 are a sequence of runs:

- **LFO** (1 beat), **Run RFI** (1 beat) and **LFO** (2 beats) for the man,
- **RBO** (1 beat), **Run LBI** (1 beat) and **RBO** (2 beats) for the woman.

Step 10 OpS RFI (1 beat) for the man is an open stroke and **Mk LFO** (1 beat) for the woman is a mohawk turn, skated in Promenade position.

Step 11 OpMk LBI (1 beat) for the man is an open mohawk turn with feet close together and **Run RFI** (1 beat) for the woman is a run, skated in Waltz position. These steps end parallel to the short side barrier.

Step 12 RBO (2 beats) for the man and **LFO** (2 beats) for the woman are strokes on outside edges which start on the long axis.

Step 13 Mk LFO (1 beat) for the man is a mohawk turn and **OpS RFI** (1 beat) for the woman is an open stroke, skated in Foxtrot position.

Step 14 Run RFI (1 beat) for the man is a run and **OpMk LBI** (1 beat) for the woman is an open mohawk turn with feet close together, skated in Waltz position.

Steps 15 and 16 comprise a stroke and a run:

- **LFO** (1 beat) and **Run RFI** (1 beat) for the man,
- **RBO** (1 beat) and **Run LBI** (1 beat) for the woman.

Step 17 LFO Sw (2+2 beats) for the man and **RBO Sw** (2+2 beats) for the woman are strokes with a swing of the free leg on the 3rd beat, finishing in the direction of the long axis.

REFERENCE STEPS:

- **Step 2** must begin before the short axis and finish after it (2 beats before and 2 beats after).
- **Step 12** must begin on the long axis.

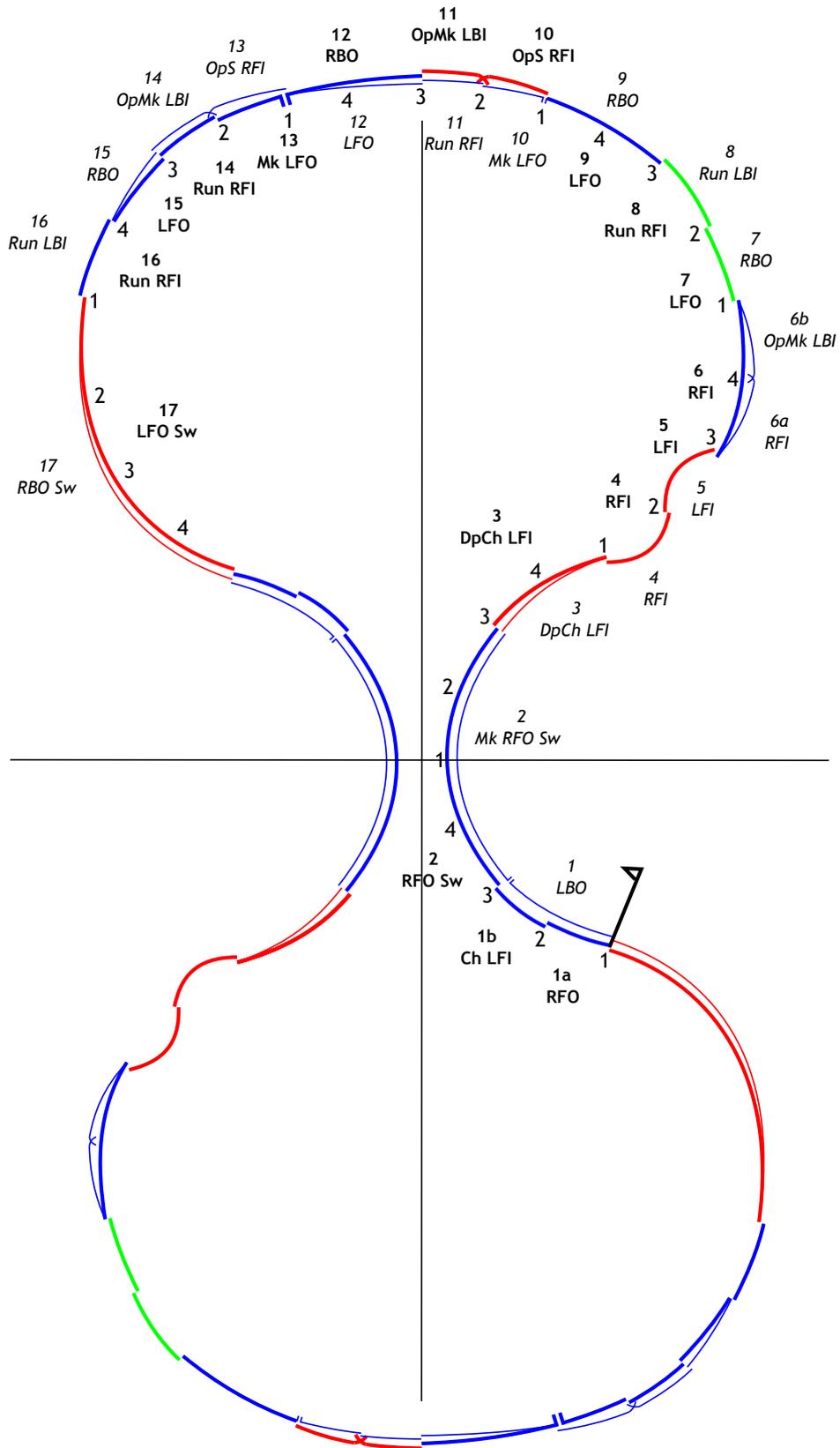
Key Points - Cha Cha Couples

1. **Step 3 DpCh LFI (2 beats) for both:**
 - Correct timing of the step.
 - Correct technical execution of the dropped chasse that must begin with feet close together.
 - No deviation from the inside edge.
2. **Step 4 RFI (1 beat) and Step 5 LFI (1 beat) for both:**
 - Correct timing of these steps.
 - Correct technical execution of the inside edges with feet close together.
 - Correct Tandem position of the couple without any separations.
3. **Step 11 OpMk RBI (1 beat) for the man:**
 - Correct timing of the step.
 - Correct technical execution of the open mohawk turn with feet close together.
4. **Step 17 LFO Sw (2+2 beats) for the man and RBO 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.
 - Correct Waltz position of the couple with correct tracking throughout the swing.

Cha Cha Couples - List of Steps

HOLD	STEP	MAN'S STEPS	MUSICAL BEATS			WOMAN'S STEPS
Waltz	1a	RFO	1		2	LBO
	1b	Ch LFI	1			
Kilian	2	RFO Sw		2 + 2		Mk RFO Sw
	3	DpCh LFI		2		DpCh LFI
Tandem	4	RFI		1		RFI
	5	LFI		1		LFI
	6a	RFI	2		1	RFI
6b				1	OpMk LBI	
Waltz	7	LFO		1		RBO
	8	Run RFI		1		Run LBI
	9	LFO		2		RBO
	Promenade	10	OpS RFI		1	
Waltz	11	OpMk LBI		1		Run RFI
	12	RBO		2		LFO
Foxtrot	13	Mk LFO		1		OpS RFI
Waltz	14	Run RFI		1		OpMk LBI
	15	LFO		1		RBO
	16	Run RFI		1		Run LBI
	17	LFO Sw		2 + 2		RBO Sw

CHA CHA



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

— Woman
 — Man

CHA CHA - Solo

Music: Cha Cha 4/4
Pattern: Set

Tempo: 100 BPM

Step 1 LBO (2 beats) is a stroke on the outside edge in the direction of the long axis.

Step 2 Mk RFO Sw (2+2 beats) is a mohawk turn with feet close together, followed by a swing of the free leg on the 3rd beat.

Step 3 DpCh LFI (2 beats) is a dropped chaise on the inside edge, skated towards the long side barrier.

Step 4 RFI (1 beat) and **Step 5 LFI** (1 beat) are inside edges that are executed on a baseline that runs diagonal and in the direction of the long side barrier. During these steps, the foot of the free leg should be kept close to the skating foot.

Step 6 RFI (1 beat) is an angular stroke on the inside edge and **Step 7 OpMk LBI** (1 beat) is an open mohawk turn with feet close together, skated on the inside edge.

Steps 8, 9 and 10 are a sequence of runs: **RBO** (1 beat), **Run LBI** (1 beat) and **RBO** (2 beats).

Step 11 Mk LFO (1 beat) is a mohawk turn and **Step 12 Run RFI** (1 beat) is a run which end parallel to the short side barrier.

Step 13 LFO (2 beats) is a stroke on the outside edge that begins on the long axis and travels in the direction of the long side barrier.

Step 14 OpS RFI (1 beat) is an open stroke on the inside edge and **Step 15 OpMk LBI** (1 beat) is an open mohawk turn with feet close together.

Steps 16 and 17 comprise a stroke and a run: **RBO** (1 beat) and **Run LBI** (1 beat).

Step 18 RBO Sw (2+2 beats) is a stroke with a swing of the free leg behind the body on the 3rd beat, finishing in the direction of the long axis.

REFERENCE STEPS:

- **Step 2** must begin before the short axis and finish after it (2 beats before and 2 beats after).
- **Step 13** must begin on the long axis.

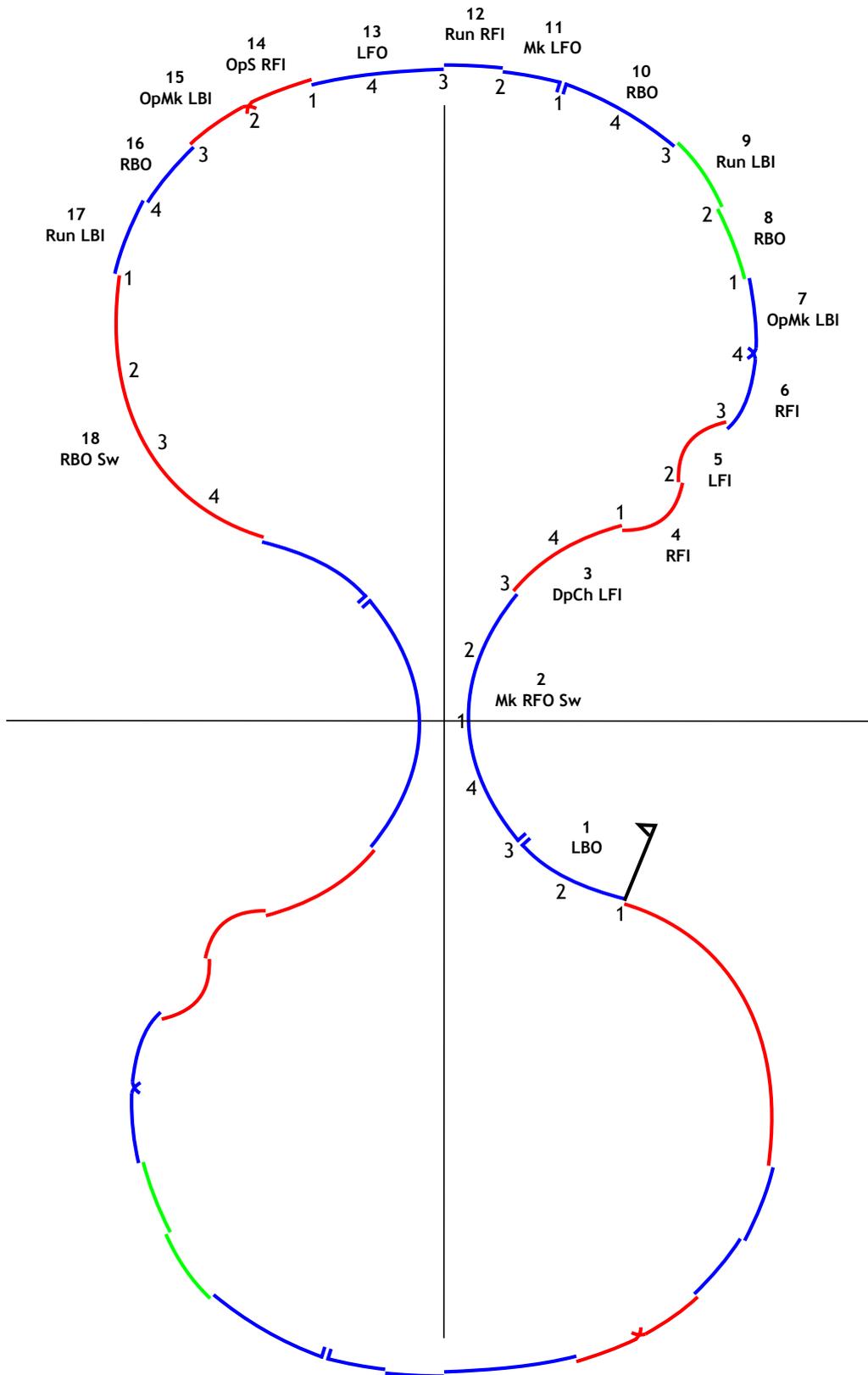
Key Points - Cha Cha Solo

1. **Step 3 DpCh LFI** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the dropped chaise that must begin with feet close together.
 - No deviation from the inside edge.
2. **Step 4 RFI** (1 beat) and **Step 5 LFI** (1 beat):
 - Correct timing of these steps.
 - Correct technical execution of the inside edges with feet close together.
3. **Step 15 OpMk RFI** (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the open mohawk turn with feet close together.
4. **Step 18 RBO Sw** (2+2 beats):
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.

Cha Cha Solo - List of Steps

STEP NUMBER	STEPS	MUSICAL BEATS
1	LBO	2
2	Mk RFO Sw	2 + 2
3	DpCh LFI	2
4	RFI	1
5	LFI	1
6	RFI	1
7	OpMk LBI	1
8	RBO	1
9	Run LBI	1
10	RBO	2
11	Mk LFO	1
12	Run RFI	1
13	LFO	2
14	OpS RFI	1
15	OpMk LBI	1
16	RBO	2
17	Run LBI	1
18	RBO Sw	2 + 2

CHA CHA



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

CORONATION WALTZ - Couples

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

Tempo: 120 BPM
Pattern: Set

This dance begins in Waltz position.

Step 1 RFO 3T (2+1 beats) for the man is a stroke on the outside edge, followed by a 3 turn to RBI on the 3rd beat. **LBO** (3 beats) for the woman is a stroke that is tracked by the man's outside edge, skated in the direction of the long axis. The man's 3 turn must be aimed towards the instep of the woman's skate. The man revolves around the woman in a clockwise direction, allowing the next step to continue in Waltz position.

Step 2 LBO (2 beats) for the man is a stroke and **Mk RFO** (2 beats) for the woman is a mohawk turn on the outside edge that continues to travel in the direction of the long axis.

Step 3 Ch RBI (1 beat) for the man and **Ch LFI** (1 beat) for the woman are chasses that end on the short axis and simultaneously finish parallel to the long axis.

Step 4 LBO Sw (3+3 beats) for the man and **RFO Sw** (3+3 beats) for the woman for a total of six (6) beats create an arc that begins parallel to the long axis and ends perpendicular to it. The outside stroke aims in the direction of the short side barrier for the first three (3) beats, and curves to the long side barrier for the last three (3) beats at the time of the swing on the 4th beat.

Step 5 RBO (2 beats) for the man and **LFO** (2 beats) for the woman are strokes on outside edges. **Step 6 XF LBI** (1 beat) for the man is a cross in front on the inside edge, demonstrated with feet close and parallel, meanwhile the woman executes **OpMk RBO** (1 beat). The mohawk turn must be executed with feet close together, respecting the positioning of the free foot as the heel of the right foot draws close to the instep of the left foot.

Step 7 Mk RFI (3 beats) for the man is a mohawk turn on the inside edge and **OpS LBI** (3 beats) for the woman is an open stroke that brings the couple into Waltz position. These steps have a slight aim towards the short side barrier.

Care should be taken on steps 5, 6 and 7 to maintain good rotation and partner relationships. Step 4 should be performed in Waltz hold with the woman tracking the man's tracing. During steps 5 and 6, as the partners rotate around each other, the woman may move to the inside of, and alongside the man, but Waltz hold should be maintained (with parallel hips and shoulders). At the conclusion of step 7, the man should be tracking the woman's tracing. During this series of steps, the couple rotate around each other; the man crossing the woman's tracing. This allows the couple to finish in Waltz position.

Step 8 LFO (2 beats) for the man and **RBO** (2 beats) for the woman are strokes on outside edges, followed by a chasse for both skaters: **Step 9 Ch RFI** (1 beat) for the man and **Ch LBI** (1 beat) for the woman.

Step 10 LFO (3 beats) for the man and **RBO** (3 beats) for the woman are additional strokes that end parallel to the short side barrier.

Step 11 OpS RFI (3 beats) for the man is an open stroke on the inside edge and **Mk LFO 3T** (2+1 beats) for the woman is a mohawk turn followed by a 3 turn to LBI on the 3rd beat. These steps begin on the long axis and travel in the direction of the long side barrier. During the 3 turn, the man lifts his left arm to allow for the woman to perform the 3 turn smoothly under the man's arm, held by the woman's right hand. Waltz position is assumed immediately after the 3 turn.

Step 12 LFO (2 beats) for the man and **RBO** (2 beats) for the woman are strokes on outside edges, followed by a chasse for both skaters: **Step 13 Ch RFI** (1 beat) for the man and **Ch LBI** (1 beat) for the woman.

Step 14 LFO Sw (3+3 beats) for the man and **RBO Sw** (3+3 beats) for the woman for a total of six (6) beats create an arc that travels in the direction of the long axis. The free leg swings past the line of the body on the 4th beat.

REFERENCE STEPS:

- **Step 4** begins on the short axis.
- **Step 11** begins on the long axis.

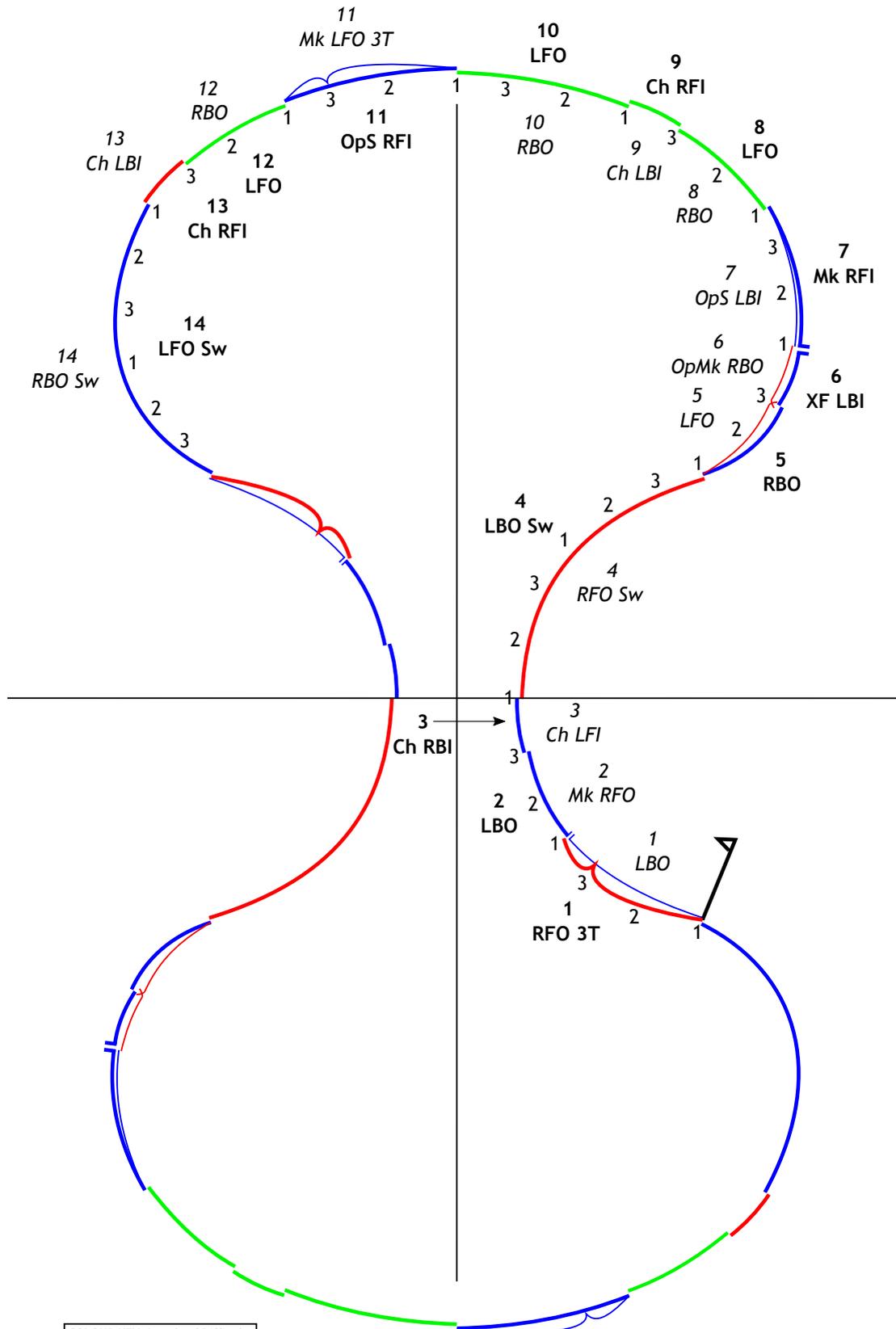
Key Points - Coronation Waltz Couples

1. **Step 1 RFO 3T (2+1 beats) for the man:**
 - Proper timing and technical execution of the 3 turn on the 3rd beat.
 - Correct technical execution of the 3 turn without deviation from the prescribed edges.
 - Pay attention to the position of the couple which should be close and maintained without separations between the skaters.
2. **Step 4 LBO Sw (3+3 beats) for the man and RFO Sw (3+3 beats) for the woman:**
 - Correct technical execution and timing of the swing, skated on the outside edge for all six (6) beats (without changing the edge at the end of the step).
 - Proper timing of the free leg movement, swinging past the line of the body on the 4th beat.
 - Pay attention to the position of the couple which should be close and in tracking without any separations between the skaters.
3. **Step 6 OpMk RBO (1 beat) for the woman:**
 - Correct technical execution of the open mohawk performed with feet close together, demonstrating the correct outside edge at the time of the step.
4. **Step 13 Ch RFI (1 beat) for the man and Ch LBI (1 beat) for the woman:**
 - Correct technical execution of the chasse on the correct inside edge.
 - Correct timing and a clear lift of the free skate from the floor.
 - Pay attention to the synchronisation of the skaters and the position of the couple which should be close and in tracking without any separations.

Coronation Waltz Couples - List of Steps

HOLD	STEP	MAN'S STEPS	MUSICAL BEATS			WOMAN'S STEPS
Waltz	1	RFO 3T	2 + 1		3	LBO
	2	LBO		2		Mk RFO
	3	Ch RBI		1		Ch LFI
	4	LBO Sw		3 + 3		RFO Sw
Waltz (see notes)	5	RBO		2		LFO
	6	XF LBI		1		OpMk RBO
Waltz	7	Mk RFI		3		OpS LBI
	8	LFO		2		RBO
	9	Ch RFI		1		Ch LBI
	10	LFO		3		RBO
See notes	11	OpS RFI	3		2 + 1	Mk LFO 3T
Waltz	12	LFO		2		RBO
	13	Ch RFI		1		Ch LBI
	14	LFO Sw		3 + 3		RBO Sw

CORONATION WALTZ



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

— Woman
 — Man

CORONATION WALTZ - Solo

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

Tempo: 120 BPM

Step 1 LBO (3 beats) is a stroke on the outside edge that is skated in the direction of the long axis.

Step 2 Mk RFO (2 beats) is a mohawk turn on the outside edge that continues to travel in the direction of the long axis. The mohawk turn must be executed with feet close together.

Step 3 Ch LFI (1 beat) is a chasse on the inside edge. This step ends on the short axis and simultaneously finishes parallel to the long axis.

Step 4 RFO Sw (3+3 beats) for a total of six (6) beats creates an arc that begins parallel to the long axis and ends perpendicular to it. The outside stroke aims in the direction of the short side barrier for the first three (3) beats, and curves to the long side barrier for the last three (3) beats at the time of the swing on the 4th beat.

Step 5 LFO (2 beats) is a stroke, followed by **Step 6 OpMk RBO** (1 beat). The open mohawk turn must be executed with feet close together, respecting the positioning of the free foot as the heel of the right foot draws close to the instep of the left foot.

Step 7 OpS LBI (3 beats) is an open stroke with a slight aim towards the short side barrier.

Step 8 RBO (2 beats) is a stroke on outside edge, followed by **Step 9 Ch LBI** (1 beat).

Step 10 RBO (3 beats) is an additional stroke that ends parallel to the short side barrier.

Step 11 Mk LFO 3T (2+1 beats) is a mohawk turn followed by a 3 turn to LBI on the 3rd beat. This step begins on the short axis and travels in the direction of the long side barrier.

Step 12 RBO (2 beats) is a stroke on an outside edge, followed by **Step 13 Ch LBI** (1 beat).

Step 14 RBO Sw (3+3 beats) for a total of six (6) beats creates an arc that travels in the direction of the long axis. The free leg swings past the line of the body on the 4th beat.

REFERENCE STEPS:

- Step 4 begins on the short axis.
- Step 11 begins on the long axis.

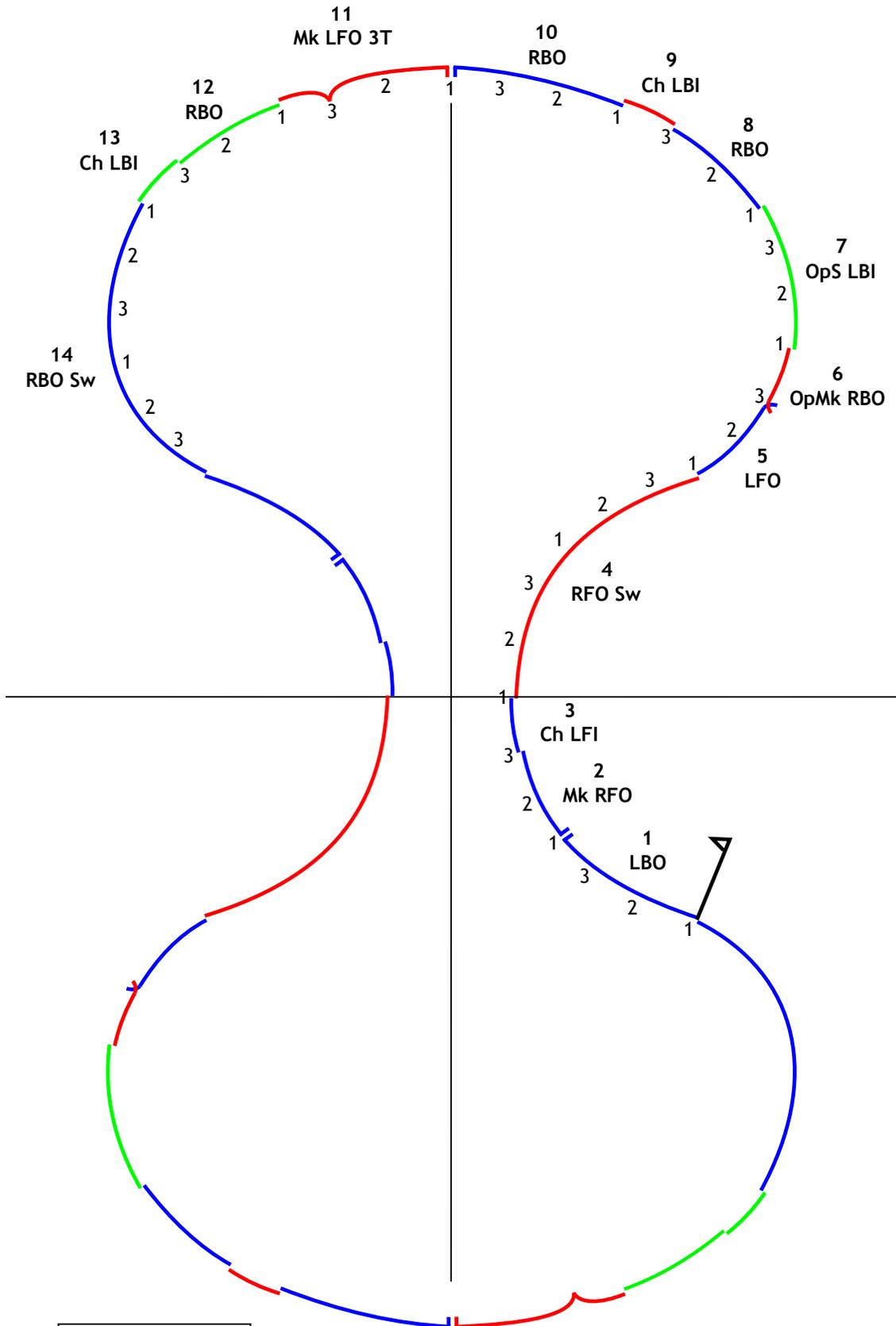
Key Points - Coronation Waltz Solo

1. **Step 4 RFO Sw** (3+3 beats):
 - Correct technical execution and timing of the swing, skated on an outside edge for all six (6) beats (without changing the edge at the end of the step).
 - Proper timing of the free leg, swinging through on the 4th beat.
2. **Step 6 OpMk RBO** (1 beat):
 - Correct technical execution of the open mohawk, performed with feet close together, showing the correct outside edge at the time of the step.
3. **Step 9 Ch LBI** (1 beat):
 - Correct technical execution of the chasse on a clear inside edge.
 - Correct timing and a clear lift of the free skate from the floor.
4. **Step 11 Mk LFO 3T** (2+1 beats):
 - Correct technical execution of the mohawk and required timing, with feet close together and with the correct lean.
 - Correct technical execution of the 3 turn on the 3rd beat, with the turn highlighting an evident cusp.
 - No deviation from the outside edge before and inside edge after the turn.

Coronation Waltz Solo - List of Steps

STEP NUMBER	STEPS	MUSICAL BEATS
1	LBO	3
2	Mk RFO	2
3	Ch LFI	1
4	RFO Sw	3 + 3
5	LFO	2
6	OpMk RBO	1
7	OpS LBI	3
8	RBO	2
9	Ch LBI	1
10	RBO	3
11	Mk LFO 3T	2 + 1
12	RBO	2
13	Ch LBI	1
14	RBO Sw	3 + 3

CORONATION WALTZ



COLOUR KEY: Levels of Difficulty

MAJOR: Most Important
MEDIUM: Very Important
MINOR: Important

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.

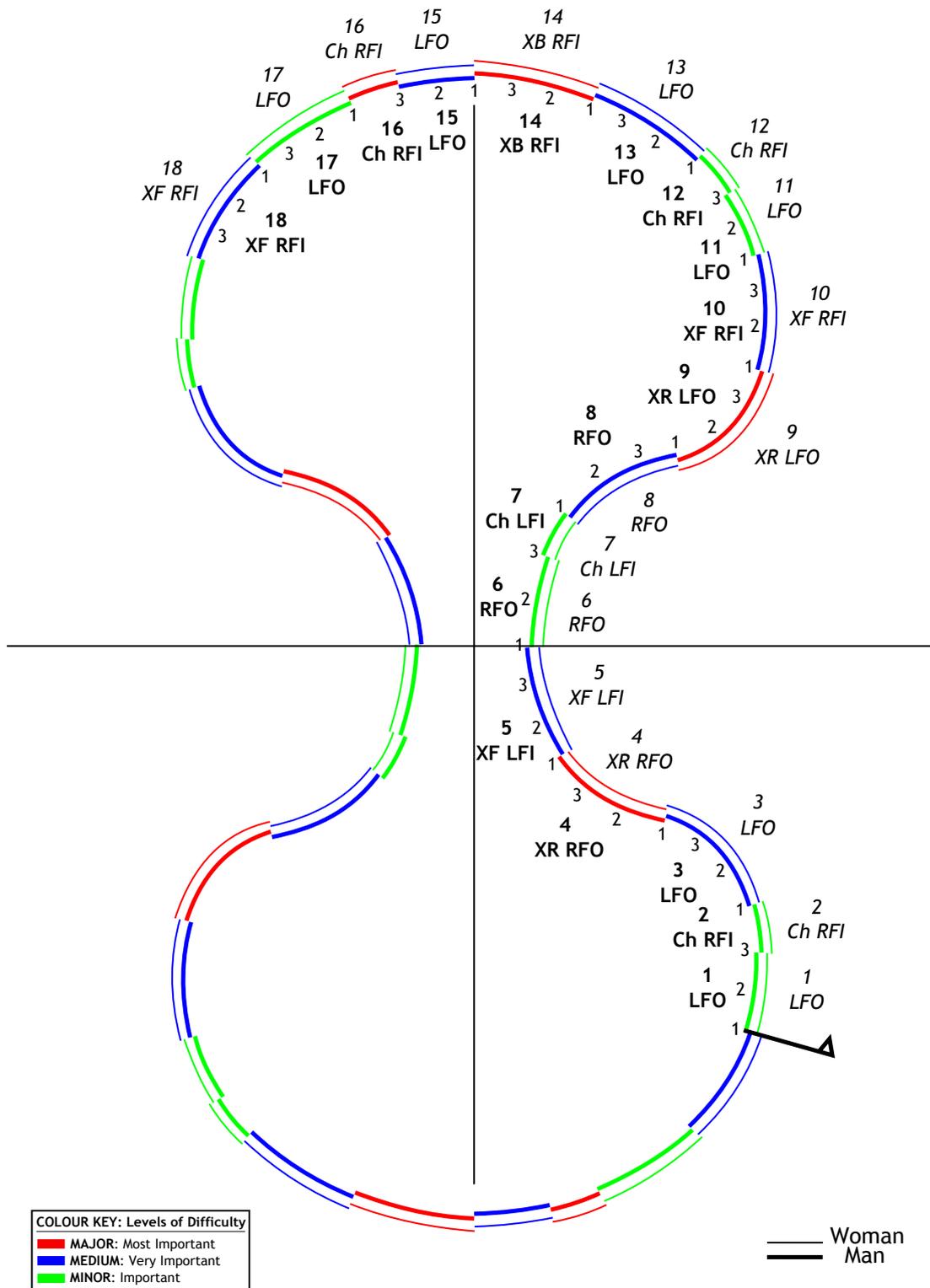
Key Points - Double Cross Waltz Couples & Solo

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.

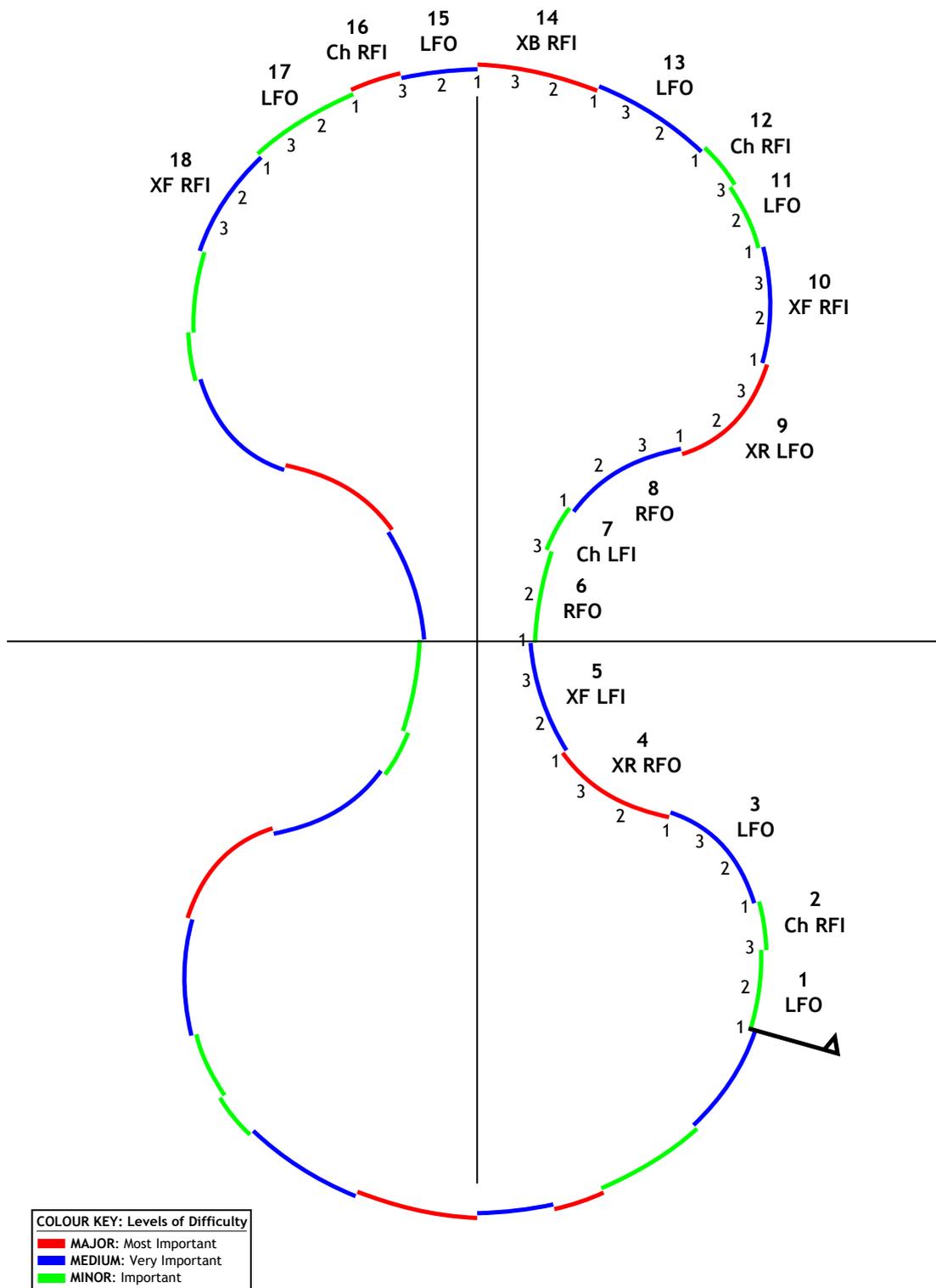
Double Cross Waltz - List of Steps

HOLD	STEP	MAN'S STEPS	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

DOUBLE CROSS WALTZ



DOUBLE CROSS WALTZ



DUTCH WALTZ (2024) - Couples & Solo

Originated by George Muller; Variation by Fabio Holland

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

Tempo: 120 BPM
Pattern: Set

In this dance, steps 3-9 are situated around a baseline that runs parallel to the long side barrier. Likewise, steps 13-15 are situated on a baseline that runs parallel to the short side barrier. The Dutch Waltz must be skated with strong edges, demonstrating fluidity and control throughout.

Step 1 LFO (2 beats) is a stroke towards the long side barrier, followed by **Step 2 Run RFI** (1 beat) which finishes parallel to it.

Step 3 LFO (3 beats) is a stroke that curves towards the long axis.

Step 4 RFO Sw (3+3 beats) is a stroke in the direction of the long axis, followed by a swing on the 4th beat that finishes towards the long side barrier.

Step 5 LFO Sw (3+3 beats) is a stroke in the direction of the long side barrier, followed by a swing on the 4th beat that finishes towards the long axis. This step intersects the short axis on the 4th beat.

Step 6 RFO (2 beats) is a stroke towards the long axis, followed by **Step 7 Run LFI** (1 beat) which finishes parallel to it.

Step 8 RFO (3 beats) is a stroke that curves towards the long side barrier.

Step 9 LFO (3 beats) is a stroke and **Step 10 DpCh RFI** (3 beats) is a dropped chasse on the inside edge.

Step 11 LFO (2 beats) is a stroke towards the short side barrier, followed by **Step 12 Run RFI** (1 beat) which finishes parallel to it.

Step 13 LFO (3 beats) is a stroke that curves away from the short side barrier.

Step 14 RFO Sw (3+3 beats) is a stroke in the direction of the short axis, followed by a swing on the 4th beat that finishes towards the short side barrier. This step intersects the long axis on the 4th beat.

Step 15 LFO (3 beats) is a stroke and **Step 16 XB RFI** (3 beats) is a cross behind with feet close together. The cross behind begins parallel to the short side barrier with the free leg extended in front of the body.

REFERENCE STEPS:

- **Step 5** must start before the short axis, intersect the axis on the 4th beat, and finish after it.
- **Step 14** must start before the long axis, intersect the axis on the 4th beat, and finish after it.

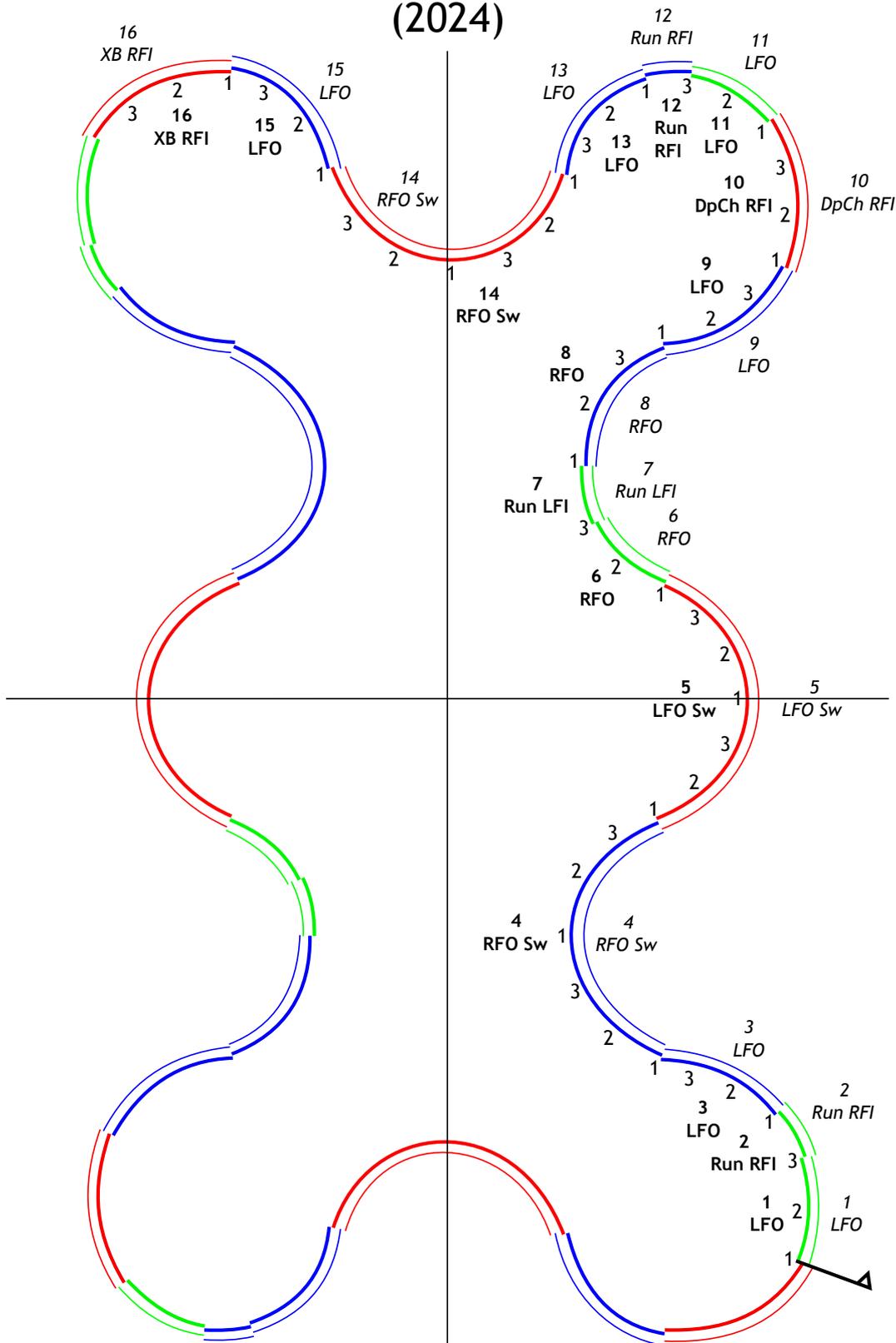
Key Points - Dutch Waltz (2024) Couples & Solo

1. **Step 5 LFO Sw** (3+3 beats):
 - Correct technical execution and timing of the swing on the 4th beat.
 - No deviation from the outside edge.
 - For couples: Correct Kilian position of the couple without separation between the skaters.
2. **Step 10 DpCh RFI** (3 beats):
 - Correct technical execution of the dropped chasse that must begin 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.
3. **Step 14 RFO Sw** (3+3 beats):
 - Correct technical execution and timing of the swing on the 4th beat.
 - No deviation from the outside edge.
 - For couples: Correct Kilian position of the couple without separation between the skaters.
4. **Step 16 XB RFI** (3 beats):
 - Correct technical execution of the cross behind with feet close and parallel, finishing with the free leg in front of the body.
 - No deviation from the inside edge.
 - For couples: Correct Kilian position of the couple without separation between the skaters.

Dutch Waltz (2024) - List of Steps

HOLD	STEP	MAN'S STEPS	BEATS	WOMAN'S STEPS
Kilian	1	LFO	2	LFO
	2	Run RFI	1	Run RFI
	3	LFO	3	LFO
	4	RFO Sw	3 + 3	RFO Sw
	5	LFO Sw	3 + 3	LFO Sw
	6	RFO	2	RFO
	7	Run LFI	1	Run LFI
	8	RFO	3	RFO
	9	LFO	3	LFO
	10	DpCh RFI	3	DpCh RFI
	11	LFO	2	LFO
	12	Run RFI	1	Run RFI
	13	LFO	3	LFO
	14	RFO Sw	3 + 3	RFO Sw
	15	LFO	3	LFO
	16	XB RFI	3	XB RFI

DUTCH WALTZ (2024)

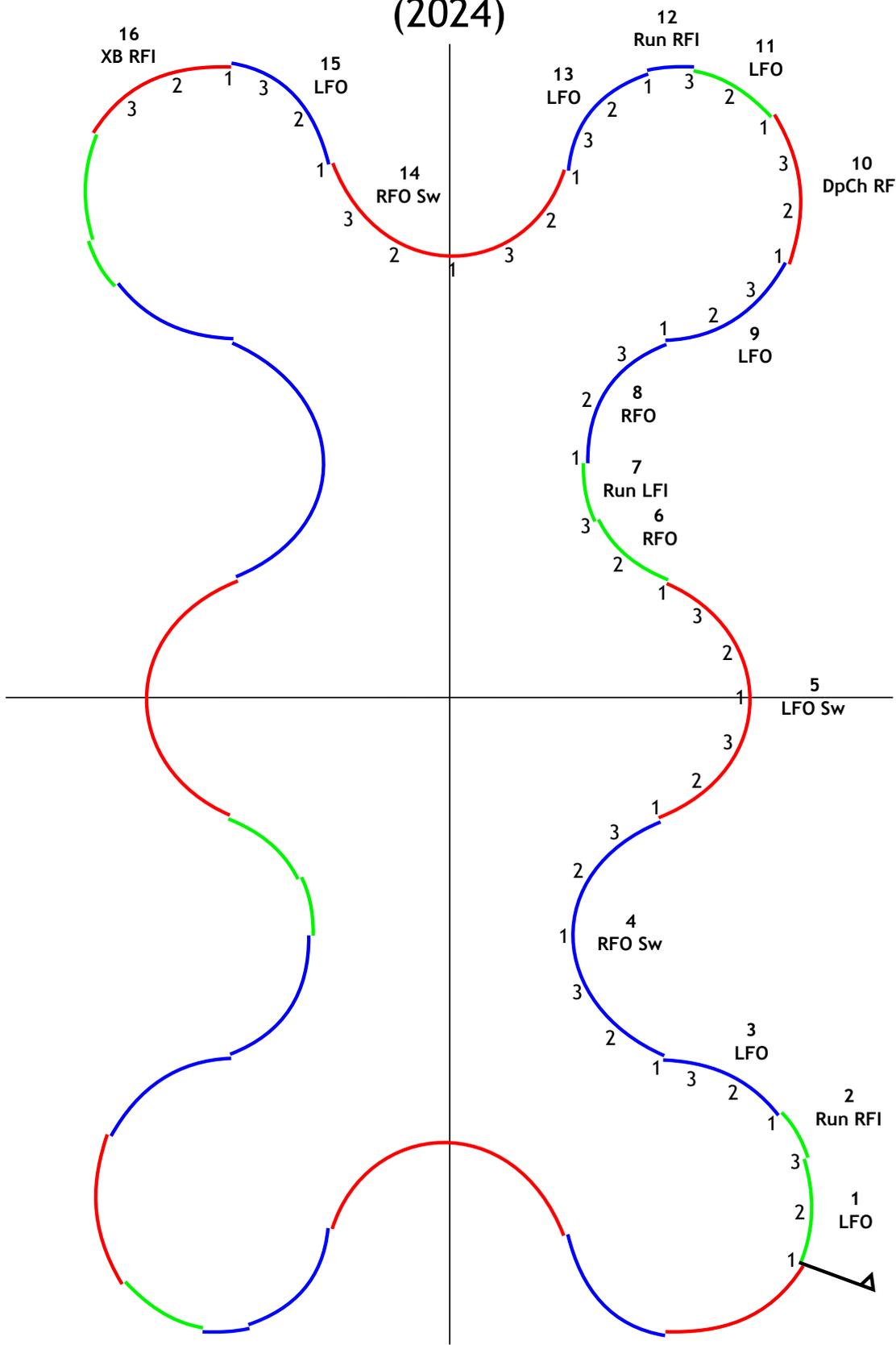


COLOUR KEY: Levels of Difficulty
 MAJOR: Most Important
 MEDIUM: Very Important
 MINOR: Important

— Woman
 — Man

DUTCH WALTZ

(2024)



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

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

Tempo: 104 BPM

Holds: Foxtrot or Kilian & Waltz

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.

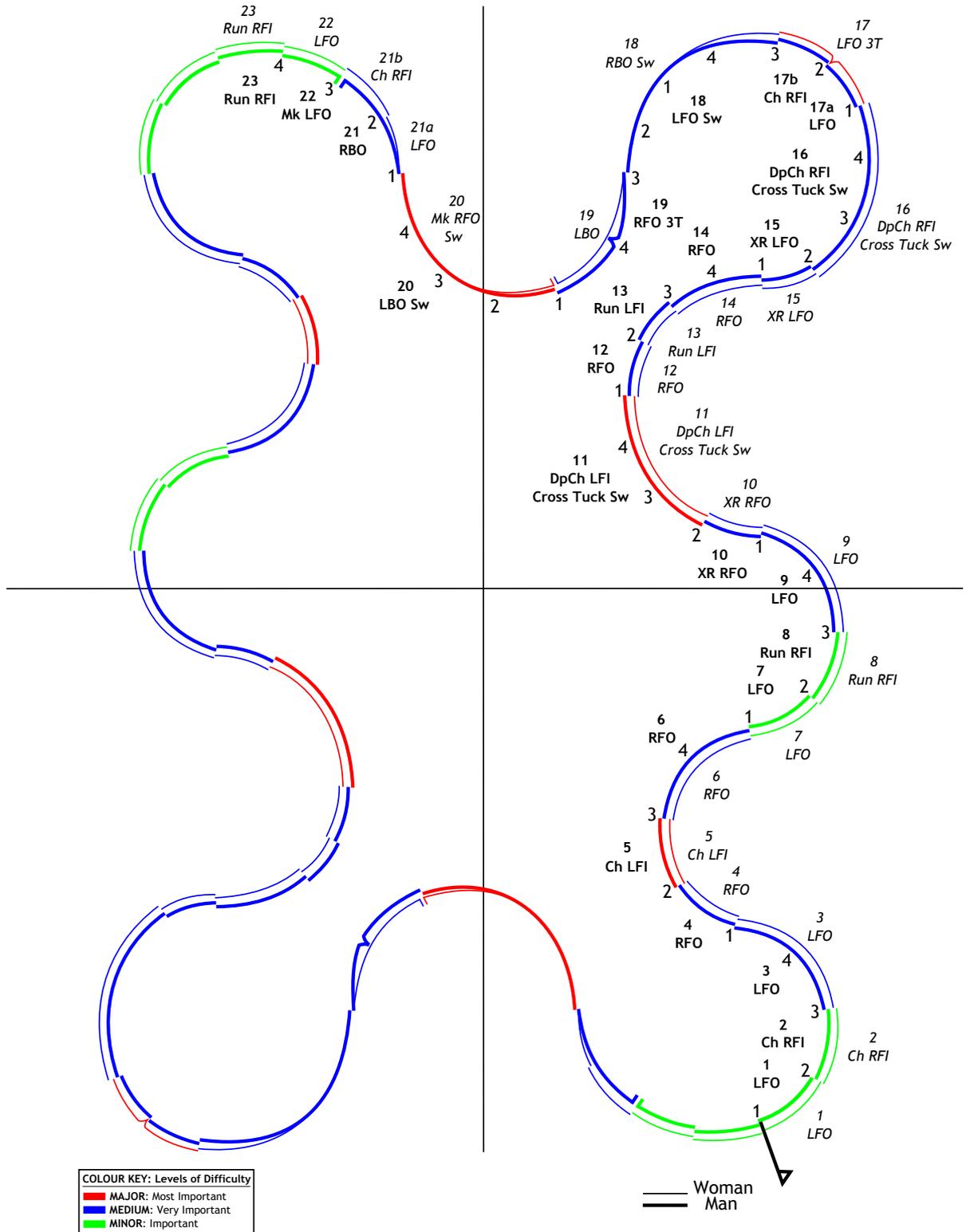
Key Points - Hickory Hoedown Couples

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	MAN'S STEPS	MUSICAL BEATS			WOMAN'S STEPS
Kilian/Foxtrot	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
Kilian/Foxtrot to Waltz	17a	LFO	1		1 + 1	LFO 3T
	17b	Ch RFI	1			
Waltz	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
	21b				1	Ch RFI
	Kilian/Foxtrot	22	Mk LFO		1	
23		Run RFI		1		Run RFI

HICKORY HOEDOWN



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

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.

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.

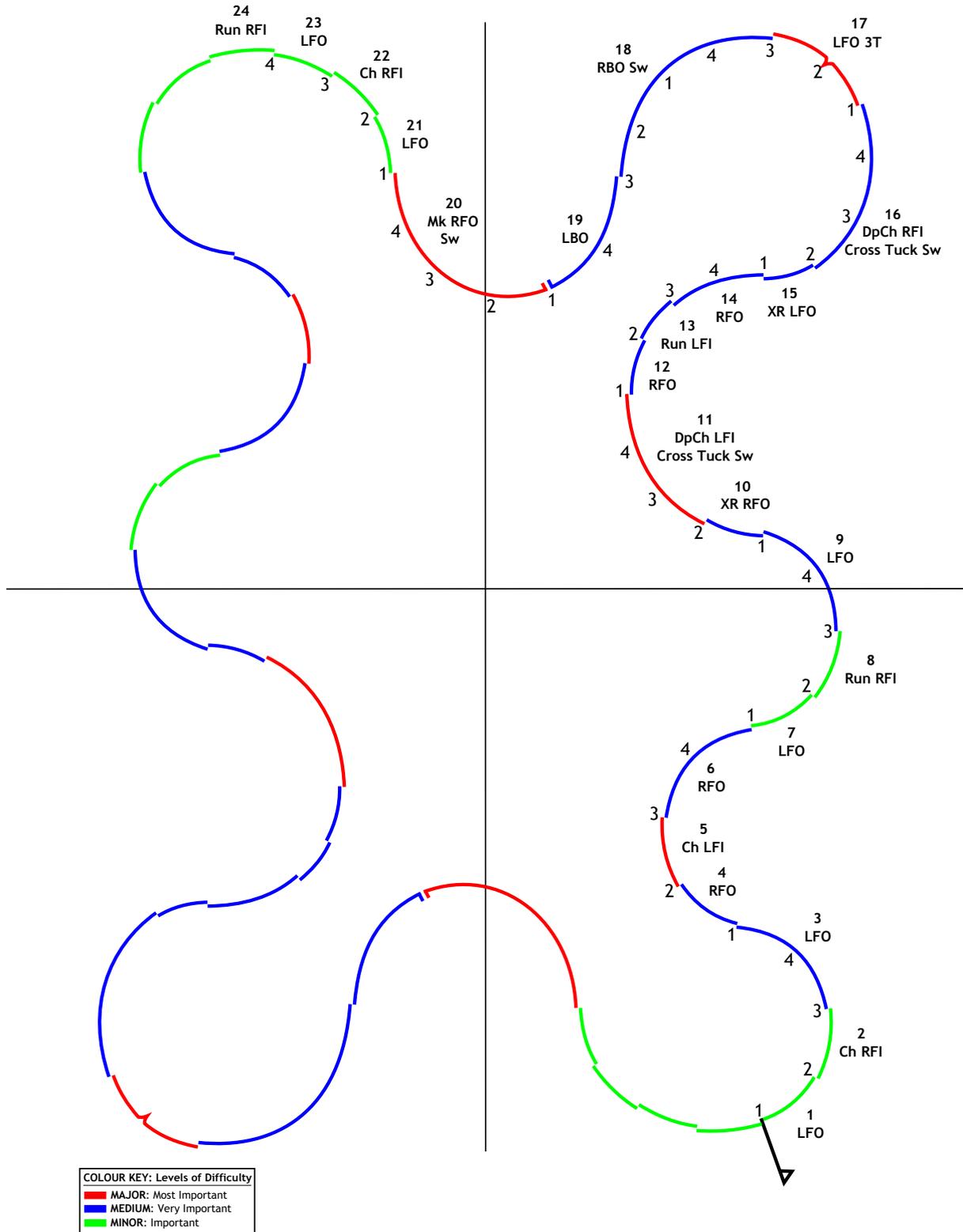
Key Points - Hickory Hoedown Solo

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	STEPS	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

HICKORY HOEDOWN



IMPERIAL WALTZ - Couples

A variation of L.W. Going's dance of the same name

Music: Waltz $\frac{3}{4}$
Holds: Waltz & Foxtrot

Tempo: 120 BPM
Pattern: Set

Step 1 RFO 3T (2+1 beats) for the man is a stroke towards the long axis with a 3 turn on the 3rd beat and **LBO** (3 beats) for the woman is a stroke on the outside edge, skated in Waltz position. These steps are skated in the direction of the long axis.

Step 2 LBO Sw (3+3 beats) for the man is a stroke and **Mk RFO Sw** (3+3 beats) for the woman is a mohawk turn on the outside edge. On the 4th beat, the man swings the free leg behind the body and the woman swings the free leg in front of the body. This step passes through the short axis and curves in the direction of the long side barrier.

Steps 3-4-5 (1 beat each) comprise a sequence of runs in the direction of the long side barrier.

Step 6 Mk LFO (2 beats) for the man is a mohawk turn with feet close together and **OpS RFI** (2 beats) for the woman is an open stroke on the inside edge. These steps are skated in Foxtrot position. During the mohawk turn for the man, the couple remain in a Waltz hold whilst rotating around a common axis (concentric rotation). To achieve this, Foxtrot position is briefly assumed. At this time, the couple are unable to track each other however both partners' hips remain square to each other.

Step 7 Ch RFI (1 beat) for the man is a chasse on the inside edge and **HhMk LBI** (1 beat) for the woman is a heel to heel mohawk turn on the inside edge, executed with feet close together. Waltz position is assumed as the woman completes the mohawk turn.

Step 8 LFO (3 beats) for the man and **RBO** (3 beats) for the woman are strokes on outside edges, skated in the direction of the short side barrier.

Step 9 OpS RFI (3 beats) for the man is an open stroke on the inside edge that curves along the apex of the short side barrier. **Mk LFO 3T** (2+1 beats) for the woman is a mohawk turn with feet close together, followed by a 3 turn on the 3rd beat. During the 3 turn, the man lifts his left arm to allow for the woman to perform the 3 turn smoothly under the man's arm, held by the woman's right hand. Waltz position is assumed immediately after the 3 turn.

Step 10 LFO (2 beats) for the man and **RBO** (2 beats) for the woman are strokes on outside edges.

Step 11 Ch RFI (1 beat) for the man and **Ch LBI** (1 beat) for the woman are chasses on inside edges.

Step 12 LFO Sw (3+3 beats) for the man and **RBO Sw** (3+3 beats) for the woman are outside strokes that curve in the direction of the long axis. On the 4th beat, the man swings the free leg in front of the body and the woman swings the free leg behind the body.

REFERENCE STEPS:

- **Step 2** must begin before the short axis and must finish after it.
- **Step 9** must begin before the long axis and must finish after it.

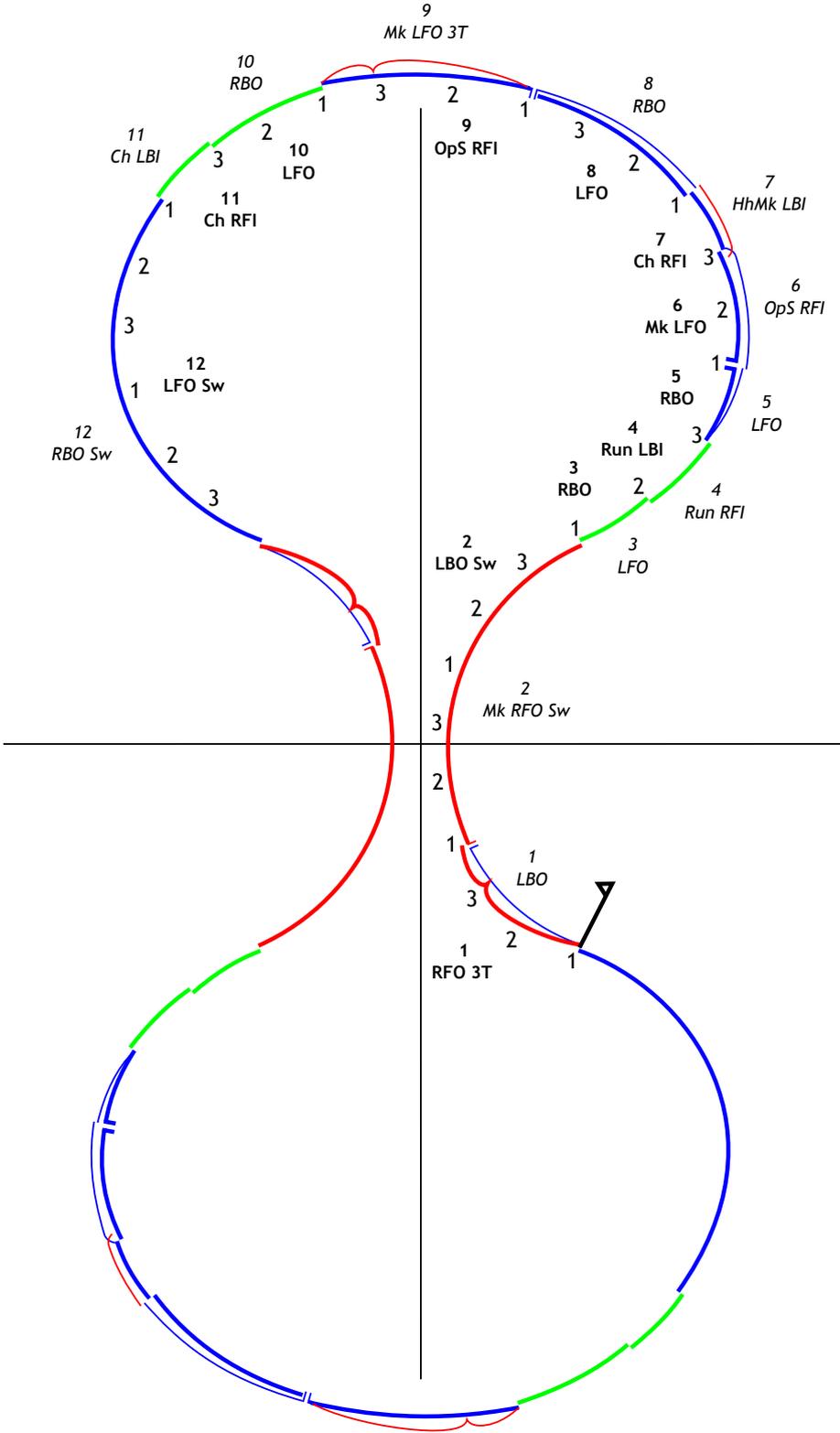
Key Points - Imperial Waltz Couples

1. **Step 1 RFO 3T (2+1 beats) for the man:**
 - Correct technical execution and timing of the 3 turn on the 3rd beat.
 - Correct outside edge for the entry and inside edge for the exit of the turn.
2. **Step 2 LBO Sw (3+3 beats) for the man and Mk RFO Sw (3+3 beats) for the woman:**
 - Correct technical execution and timing of the swing on the 4th beat.
 - No deviation from the outside edge.
 - For the woman, Correct technical execution of the mohawk turn with feet close together.
3. **Step 7 HhMk LBI (1 beat) for the woman:**
 - Correct timing of the step.
 - Correct technical execution of the heel to heel mohawk turn with feet close together on the required inside edge.
4. **Step 9 Mk LFO 3T (2+1 beats) for the woman:**
 - Correct technical execution of the mohawk turn with feet close together.
 - Correct technical execution and timing of the 3 turn on the 3rd beat.
 - Correct outside edge for the entry and inside edge for the exit of the turn.

Imperial Waltz Couples - List of Steps

HOLD	STEP	MAN'S STEPS	MUSICAL BEATS			WOMAN'S STEPS
Waltz	1	RFO 3T	2 + 1		3	LBO
	2	LBO Sw		3 + 3		Mk RFO Sw
	3	RBO		1		LFO
	4	Run LBI		1		Run RFI
	5	RBO		1		LFO
Foxtrot	6	Mk LFO		2		OpS RFI
Waltz	7	Ch RFI		1		HhMk LBI
	8	LFO		3		RBO
See notes	9	OpS RFI	3		2 + 1	Mk LFO 3T
Waltz	10	LFO		2		RBO
	11	Ch RFI		1		Ch LBI
	12	LFO Sw		3 + 3		RBO Sw

IMPERIAL WALTZ



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

— Woman
 == Man

IMPERIAL WALTZ - Solo

A variation of L.W. Going's dance of the same name

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

Tempo: 120 BPM

Pattern: Set

Step 1 LBO (3 beats) is a stroke on the outside edge that travels in the direction of the long axis.

Step 2 Mk RFO Sw (3+3 beats) is a mohawk turn on the outside edge. On the 4th beat, the free leg swings in front of the body. This step passes through the short axis and curves in the direction of the long side barrier.

Steps 3-4-5 (1 beat each) comprise a sequence of runs in the direction of the long side barrier.

Step 6 OpS RFI (2 beats) is an open stroke on the inside edge and **Step 7 HhMk LBI** (1 beat) is a heel to heel mohawk turn on the inside edge, executed with feet close together.

Step 8 RBO (3 beats) is a stroke.

Step 9 Mk LFO 3T (2+1 beats) is a mohawk turn with feet close together, followed by a 3 turn on the 3rd beat.

Step 10 RBO (2 beats) is a stroke on the outside edge and **Step 11 Ch LBI** (1 beat) is a chasse on the inside edge.

Step 12 RBO Sw (3+3 beats) is an outside stroke that curves in the direction of the long axis. On the 4th beat, the free leg swings behind the body.

REFERENCE STEPS:

- **Step 2** must begin before the short axis and must finish after it.
- **Step 9** must begin before the long axis and must finish after it.

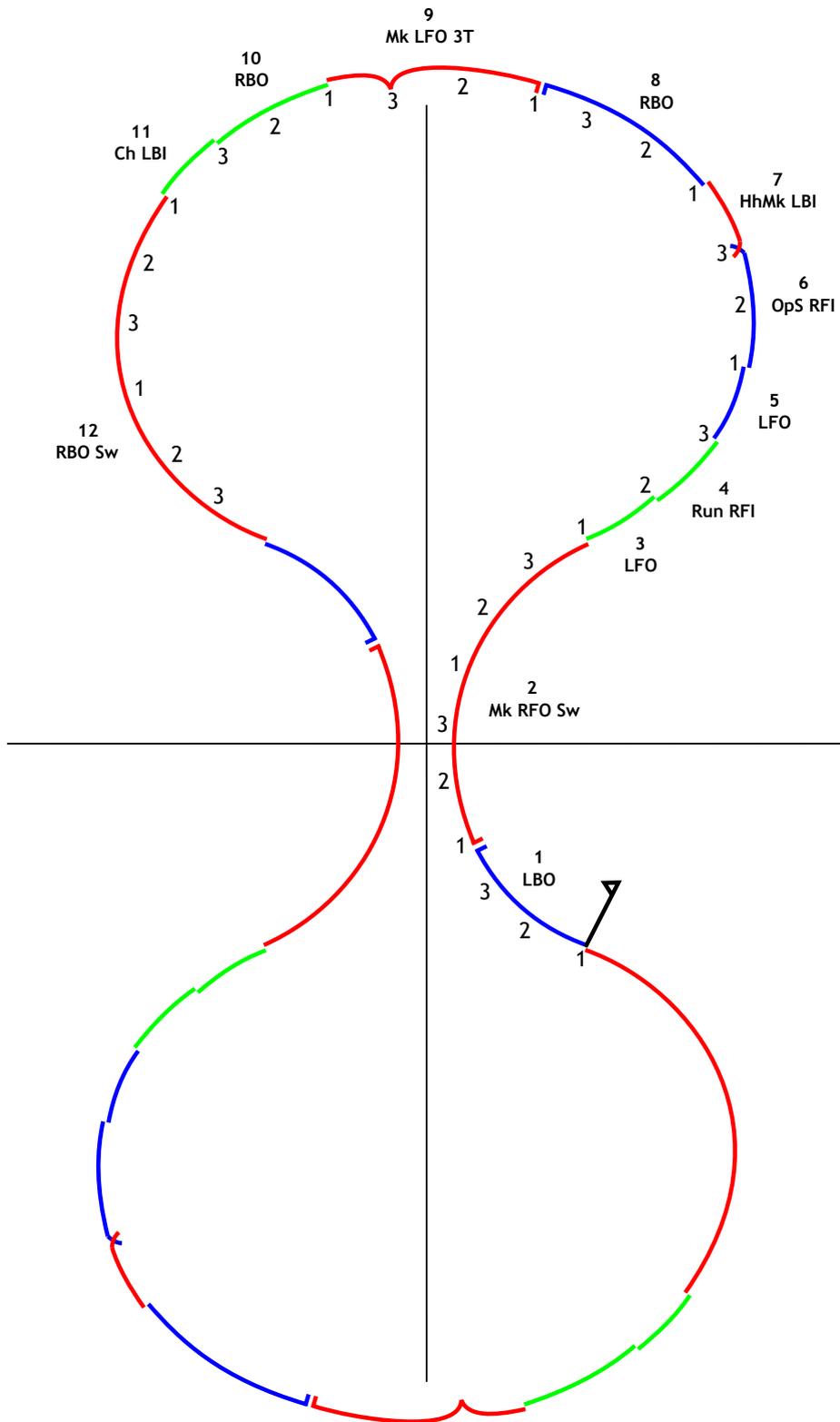
Key Points - Imperial Waltz Solo

1. **Step 2 Mk RFO Sw** (3+3 beats):
 - Correct technical execution and timing of the swing on the 4th beat.
 - No deviation from the outside edge.
 - Correct technical execution of the mohawk turn with feet close together.
2. **Step 7 HhMk LBI** (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the heel to heel mohawk turn with feet close together on the required inside edge.
3. **Step 9 Mk LFO 3T** (2+1 beats):
 - Correct technical execution of the mohawk turn with feet close together.
 - Correct technical execution and timing of the 3 turn on the 3rd beat.
 - Correct outside edge for the entry and inside edge for the exit of the turn.
4. **Step 12 RBO Sw** (3+3 beats):
 - Correct technical execution and timing of the swing on the 4th beat.
 - No deviation from the outside edge.

Imperial Waltz Solo - List of Steps

STEP NUMBER	STEPS	MUSICAL BEATS
1	LBO	3
2	Mk RFO Sw	3 + 3
3	LFO	1
4	Run RFI	1
5	LFO	1
6	OpS RFI	2
7	HhMk LBI	1
8	RBO	3
9	Mk LFO 3T	2 + 1
10	RBO	2
11	Ch LBI	1
12	RBO Sw	3 + 3

IMPERIAL WALTZ



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

PRINCETON POLKA - Solo Woman's Steps

By Irwin, Kenny & McLaughlen

Music: Polka 2/4

Tempo: 100 BPM

Pattern: Set

Step 1 RFO (1 beat) begins on the baseline and **Step 2 Run LFI** (1 beat) aims to the center of the rink.

Step 3 RFO (2 beats) is a stroke and **Step 4 HhMk LBO** (2 beats) constitutes a heel-to-heel mohawk turn which intersects the short axis on the 2nd beat.

Step 5 Mk RFO (1 beat), **Step 6 Run LFI** (1 beat) and **Step 7 RFO** (2 beats) is a run sequence in the direction of the long side barrier which also returns to the aforementioned baseline.

Step 8 LFO (1 beat) continues in the direction of the long side barrier and **Step 9 OpMk RBO** (1 beat) is an open mohawk turn on the outside edge. The heel of the right foot should be placed to the instep of the left foot during the execution of the mohawk turn.

Step 10 OpS LBI (2 beats) is an open stroke on the inside edge.

Step 11 RBO (1 beat), **Step 12 Run LBI** (1 beat) and **Step 13 RBO** (2 beats) are a sequence of runs that aim towards the long axis and the short side barrier.

Step 14 Mk LFO (2 beats) is a mohawk turn and **Step 15 HhMk RBO** (2 beats) constitutes a heel-to-heel mohawk turn which intersects the long axis on the 2nd beat.

Step 16 OpS LBI (1 beat) is an open stroke and **Step 17 XF RBO** (1 beat) is a cross in front with feet close together, followed by **Step 18 OpS LBI** (2 beats). These steps aim away from the short side barrier and descend towards the long side barrier.

Step 19 RBO (1 beat), **Step 20 Run LBI** (1 beat) and **Step 21 RBO** (2 beats) are a sequence of runs that continue the curve towards the long side barrier and subsequently become parallel to it.

Step 22 Mk LFO (2 beats) is a mohawk turn on the outside edge which aims in the direction of the long axis.

REFERENCE STEPS:

- **Step 4** must start before the short axis and must finish after it (1 beat before, 1 beat after).
- **Step 15** must start before the long axis and must finish after it (1 beat before, 1 beat after).

Key Points - Princeton Polka Solo Woman's Steps

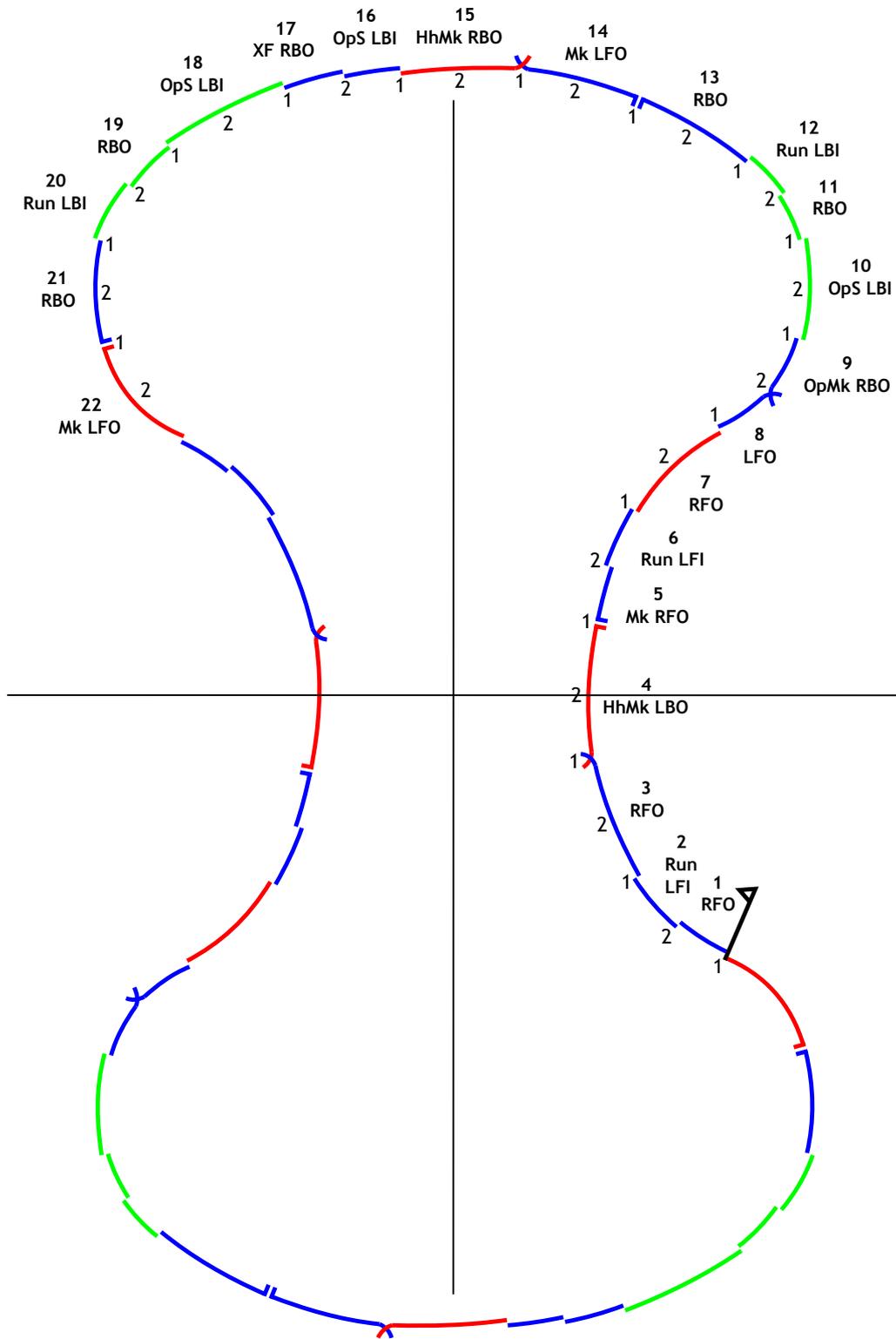
1. **Step 4 HhMk LBO** (2 beats):
 - Correct technical execution of the heel-to-heel mohawk turn, with heels close together, on the prescribed outside edge.
2. **Step 7 RFO** (2 beats):
 - Correct technical execution and timing of the stroke which must be skated on the prescribed outside edge.
3. **Step 15 HhMk RBO** (2 beats):
 - Correct technical execution of the heel-to-heel mohawk turn, with heels close together, on the prescribed outside edge.
4. **Step 22 Mk RFO** (2 beats):
 - Correct technical execution and timing of the mohawk turn with feet close together, skated on the prescribed outside edge.

Princeton Polka Solo - List of Steps

STEP NUMBER	STEPS	MUSICAL BEATS
1	RFO	1
2	Run LFI	1
3	RFO	2
4	HhMk LBO	2
5	Mk RFO	1
6	Run LFI	1
7	RFO	2
8	LFO	1
9	OpMk RBO	1
10	OpS LBI	2
11	RBO	1
12	Run LBI	1
13	RBO	2
14	Mk LFO	2
15	HhMk RBO	2
16	OpS LBI	1
17	XF LBO	1
18	OpS LBI	2
19	RBO	1
20	Run LBI	1
21	RBO	2
22	Mk LFO	2

PRINCETON POLKA

Solo Woman's Steps



COLOUR KEY: Levels of Difficulty

- MAJOR: Most Important
- MEDIUM: Very Important
- MINOR: Important

PROGRESSIVE TANGO - Couples & Solo

By John Roger & Robert Irwin

Music: Tango 4/4

Hold: Kilian

Tempo: 100 BPM

Pattern: Set

Step 1 LFO (1 beat) starts parallel to the long side barrier, and **Step 2 Run RFI** (1 beat) is a run.

Step 3 LFO Sw Tap/I Sw Tap (1+1+1+1+2 beats)...

- This step begins with a stroke on the outside edge,
- Followed by a swing forward on the 2nd beat,
- On the 3rd beat, the outside toe wheel of the right foot taps the floor,
- Followed by a change of edge to inside on the 4th beat with a simultaneous swing in back,
- Allowing the inside toe wheel of the right foot to tap the floor on the 5th beat,
- Finishing with simultaneous extension of the free leg in back on the 6th beat.

Step 4 RFO (1 beat) ends parallel to the long side barrier, and **Step 5 Run LFI** (1 beat) is a run that starts on the short axis.

Step 6 RFO Sw Tap/I Sw Tap (1+1+1+1+2 beats)...

- This step begins with a stroke on the outside edge,
- Followed by a swing forward on the 2nd beat,
- On the 3rd beat, the outside toe wheel of the left foot taps the floor,
- Followed by a change of edge to inside on the 4th beat with a simultaneous swing in back,
- Allowing the inside toe wheel of the left foot to tap the floor on the 5th beat,
- Finishing with simultaneous extension of the free leg in back on the 6th beat.

Step 7 LFO (1 beat), **Step 8 Run RFI** (1 beat) and **Step 9 LFO** (2 beats) are a sequence of runs.

Step 10 XF RFI (2 beats) is an inside forward cross in front with feet close together.

Step 11 LFO (1 beat), **Step 12 Run RFI** (1 beat) and **Step 13 LFO** (2 beats) are a sequence of runs that travel in the direction of the long side barrier. The stroke ends parallel to the short side barrier, and the run begins on the long axis.

Step 14 XF RFI (2 beats) is an inside forward cross in front with feet close together.

REFERENCE STEPS:

- **Step 5** must start on the short axis.
- **Step 12** must start on the long axis.

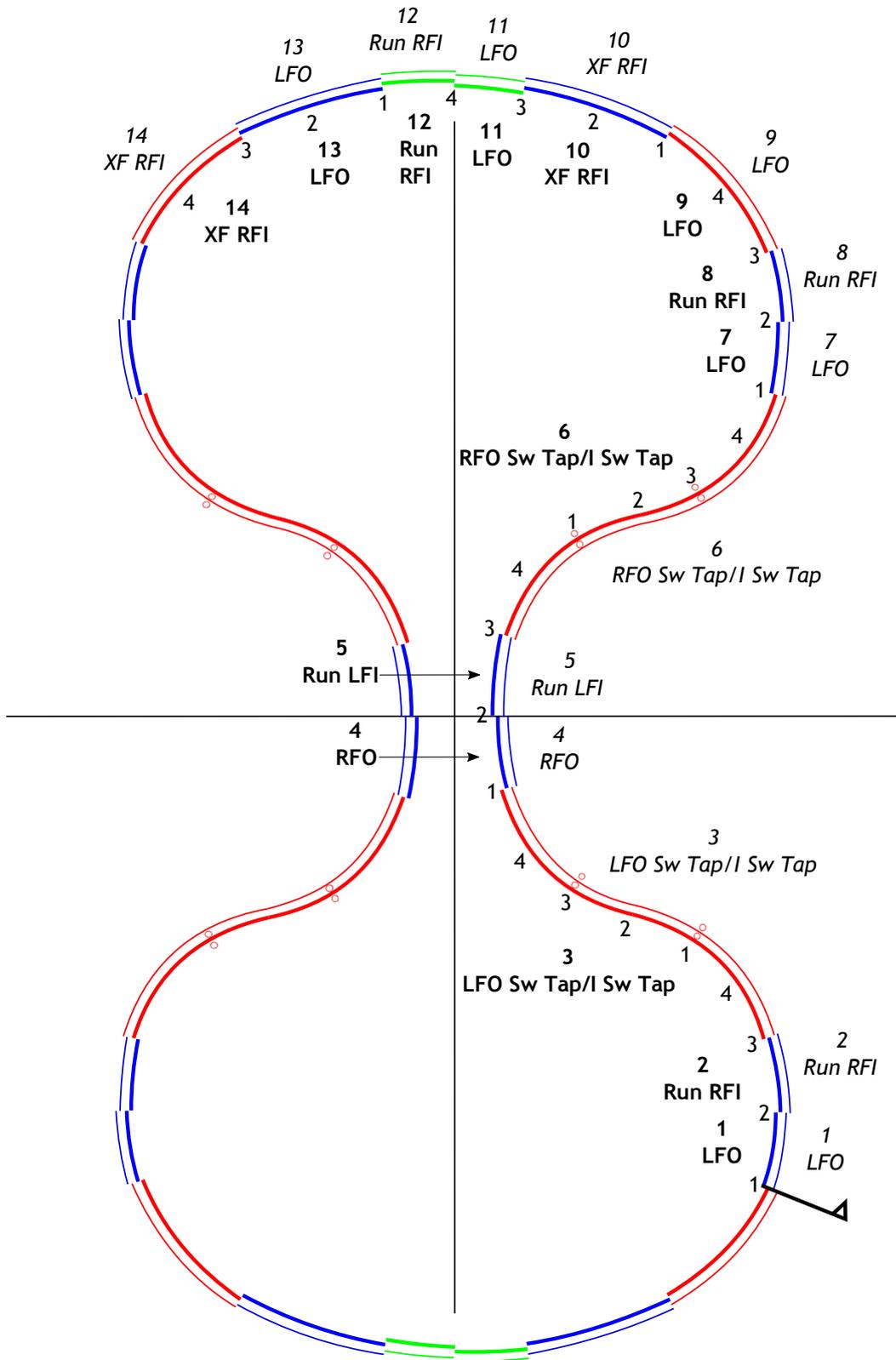
Key Points - Progressive Tango Couples & Solo

1. **Step 3 LFO Sw Sw** (beats 1-2-3-4 only):
 - Correct technical execution and timing of the step.
 - Pay attention to the timing of the swing in front which must be done on the 2nd beat.
 - Pay attention to the timing of the swing in back on the 4th beat.
 - For couples: Correct Kilian position of the couple without any separations.
2. **Step 6 RFO/I** (beginning on the 3rd beat of the step):
 - Correct technical execution and timing of the step.
 - Pay attention to the COE to inside on the 4th beat which must be clear.
 - No deviation from the inside edge after the COE.
 - For couples: Correct Kilian position of the couple without any separations.
3. **Step 9 LFO** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke on the required outside edge.
 - For couples: Correct Kilian position of the couple without any separations.
4. **Step 14 XF RFI** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross in front with feet close together.
 - No deviation from the inside edge.
 - For couples: Correct Kilian position of the couple without any separations.

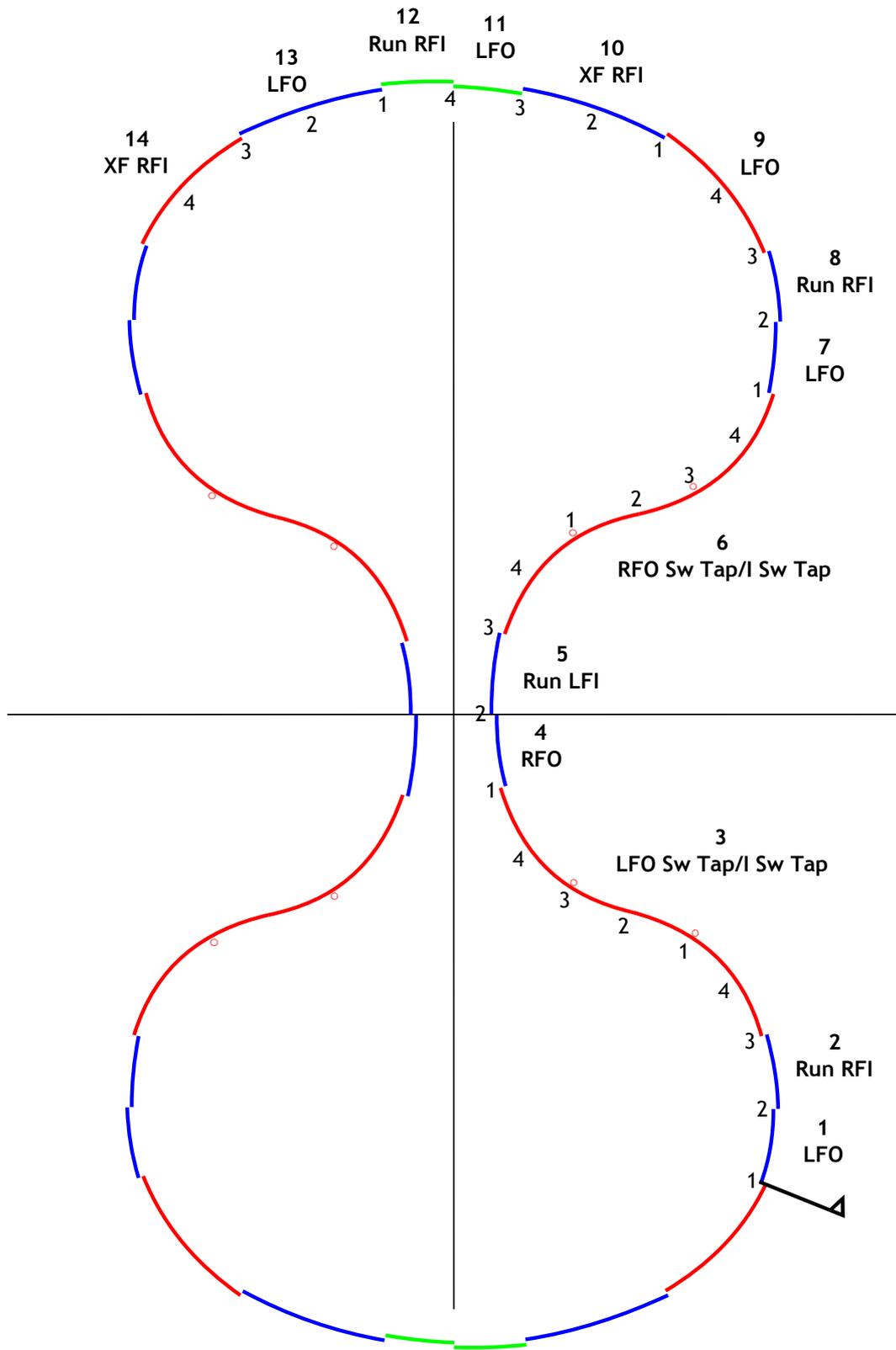
Progressive Tango - List of Steps

HOLD	STEPS	MAN'S STEPS	BEATS	WOMAN'S STEPS
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO Sw Tap/I Sw Tap	1 + 1 + 1 + 1 + 2	LFO Sw Tap/I Sw Tap
	4	RFO	1	RFO
	5	Run LFI	1	Run LFI
	6	RFO Sw Tap/I Sw Tap	1 + 1 + 1 + 1 + 2	RFO Sw Tap/I Sw Tap
	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

PROGRESSIVE TANGO



PROGRESSIVE TANGO



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

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.

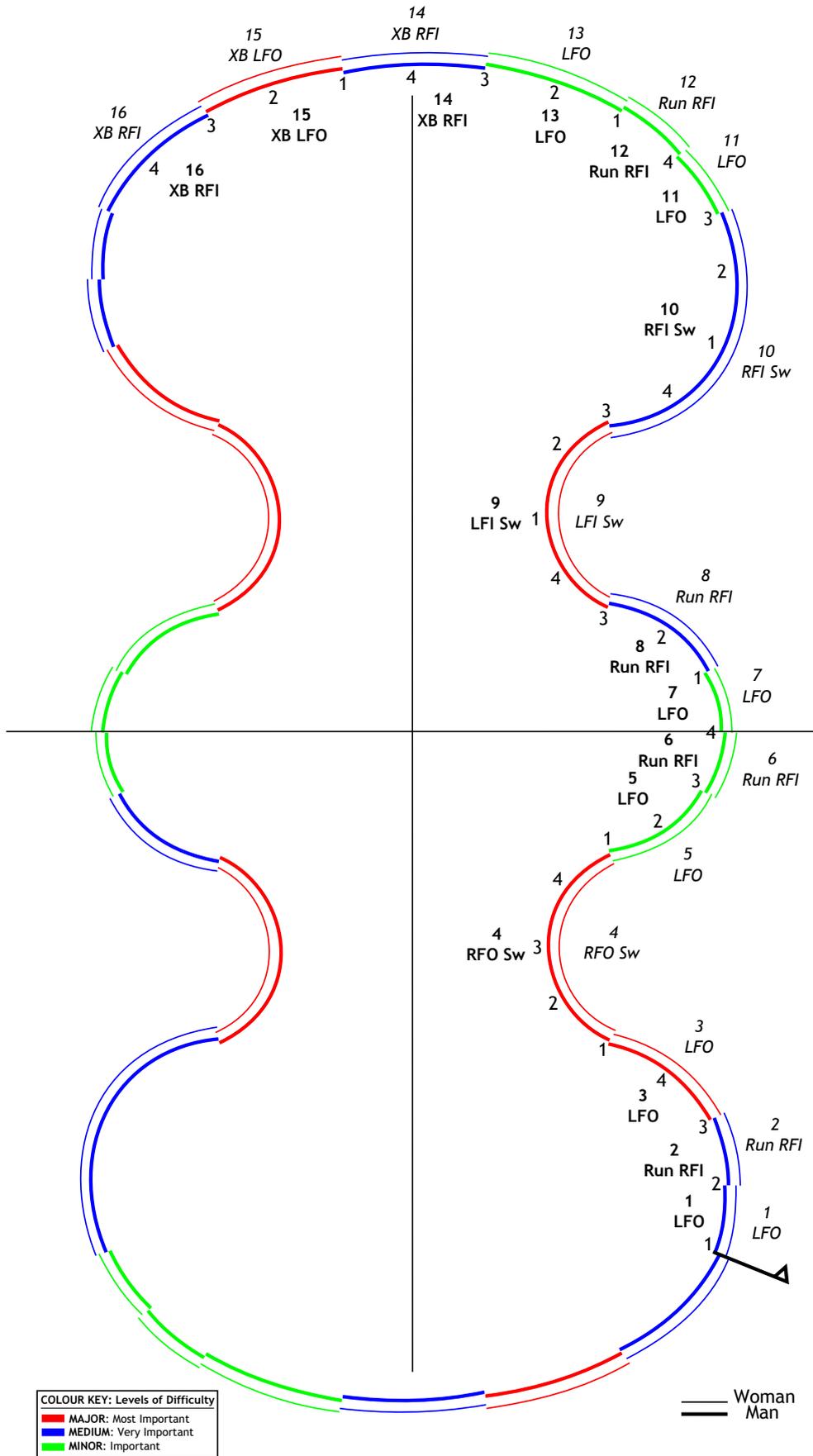
Key Points - Rhythm Blues Couples & Solo

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.

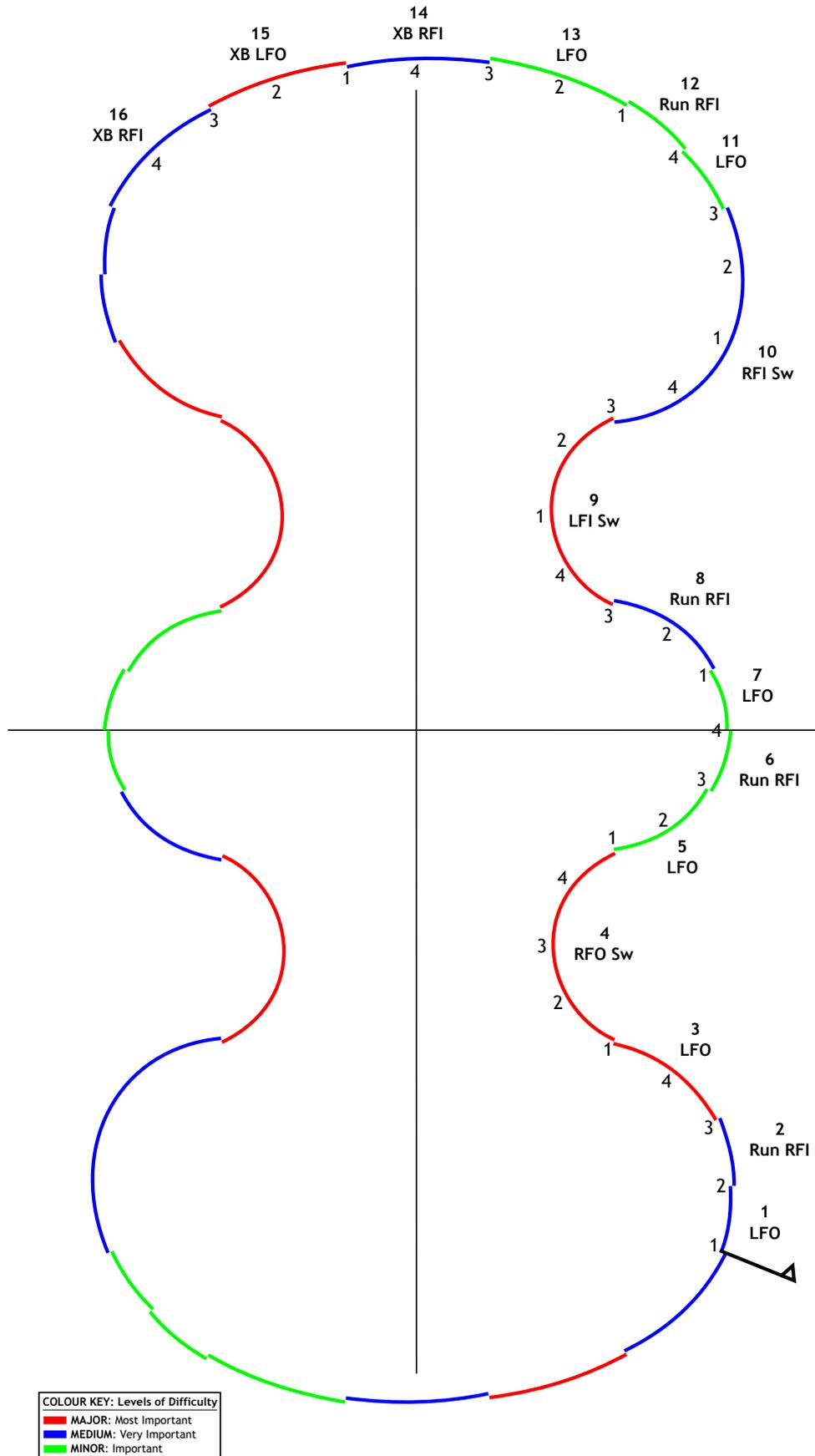
Rhythm Blues - List of Steps

HOLD	STEPS	MAN'S STEPS	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

RHYTHM BLUES



RHYTHM BLUES



SOUTHLAND SWING - Couples & Solo

By Jack Boyer & Irene Boyer

Music: Blues 4/4 or Foxtrot 4/4

Holds: Kilian & Reverse Kilian

Tempo: 92 BPM

Pattern: Set

This dance begins in Kilian position.

Step 1 LFO (1 beat) is a stroke that is skated near the long side barrier. **Step 2 Run RFI** (1 beat) is a run that finishes parallel to it and **Step 3 LFO** (2 beats) is a stroke on a strong outside edge that curves away from the long side barrier and aims in the direction of the long axis.

Step 4 RFO Sw (2+2 beats) begins with a stroke on the outside edge that aims to the long axis. The free leg then swings forward on the 3rd beat where the lobe finishes towards the long side barrier. This lobe must be skated on a strong outside with adherence to the baseline.

Step 5 LFO (1 beat) is a stroke to the long side barrier and **Step 6 XB RFI** (1 beat) is a cross behind where the free leg extends forward in a leading position. During the cross behind, the man moves the woman slightly ahead in preparation for the next step.

Step 7 OpMk LBI (2 beats) is an open mohawk with feet close together. The couple revolve counter clockwise simultaneously to finish in Kilian position after the mohawk turn.

Step 8 RBO (1 beat) is a stroke and **Step 9 XF LBI** (1 beat) is a cross in front with feet close together.

Step 10 Mk RFI (2 beats) is a mohawk with feet close together and on a clear inside edge. This step continues to aim in the direction of the short side barrier. Reverse Kilian position is assumed after the execution of the mohawk.

Step 11 LFO (2 beats) is a stroke on the outside edge that finishes on the long axis.

Step 12 OpS RFI (1 beat) is a parallel open stroke on the inside edge.

Step 13 OpMk LBI (1 beat) is an open mohawk that is executed with feet close together. Kilian position is assumed after the execution of the mohawk turn. During the mohawk turn, the position of the free foot may range from the instep to the heel of the skating foot.

Step 14 RBO Mk (4 beats) is a stroke on the outside edge that gently curves along the long side barrier. Care should be taken to avoid deepening the edge to the inside of the lobe. At the end of the step, a mohawk to LFO (Step 1) is executed with feet close together. Kilian position is to be maintained. It is permissible for the man to be moved slightly behind the woman before and during the execution of the mohawk, however this must not be mistaken for Tandem position. A natural movement of the free leg is required to facilitate the nature of the lobe and the medley of the dance.

REFERENCE STEPS:

- Step 4 intersects the short axis on the 3rd beat.
- Step 12 begins on the long axis.

Key Points - Southland Swing Couples & Solo

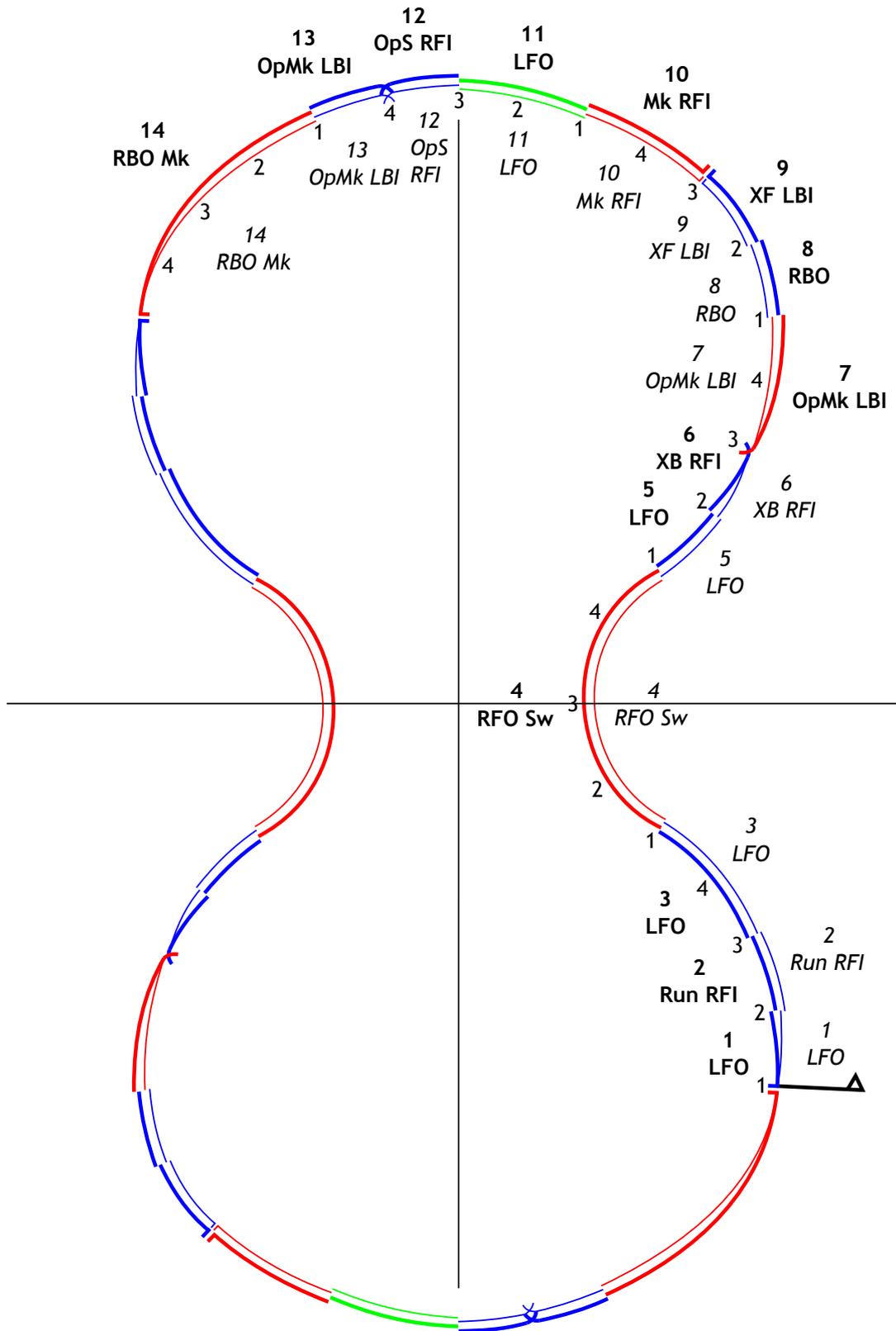
1. **Step 4 RFO Sw (2+2 beats):**
 - Correct technical execution and timing of the swing on the 3rd beat, without deviating from the outside edge in advance.
 - For couples: Correct Kilian position and unity of the couple, without any separations.
2. **Step 7 OpMk LBI (2 beats):**
 - Correct technical execution and timing of the open mohawk turn, executed with feet close together on the required inside edge.
 - For couples: Correct Kilian position and unity of the couple, without any separations.
3. **Step 10 Mk RFI (2 beats):**
 - Correct technical execution and timing of the mohawk turn, executed with feet close together on the required inside edge.
 - For couples: Correct Reverse Kilian position and unity of the couple, without any separations.
4. **Step 14 RBO Mk (4 beats):**
 - Correct technical execution and timing of the stroke, without deviating from the outside edge in advance.
 - For couples: Correct Kilian* position and unity of the couple, without any separations.

*See description.

Southland Swing - List of Steps

HOLD	STEP NUMBER	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	1	LFO
Kilian (see notes)	6	XB RFI	1	XB RFI
Kilian	7	OpMk LBI	2	OpMk LBI
	8	RBO	1	RBO
	9	XF LBI	1	XF LBI
Reverse Kilian	10	Mk RFI	2	Mk RFI
	11	LFO	2	LFO
	12	OpS RFI	1	OpS RFI
Kilian (see notes)	13	OpMk LBI	1	OpMk LBI
	14	RBO Mk	4	RBO Mk

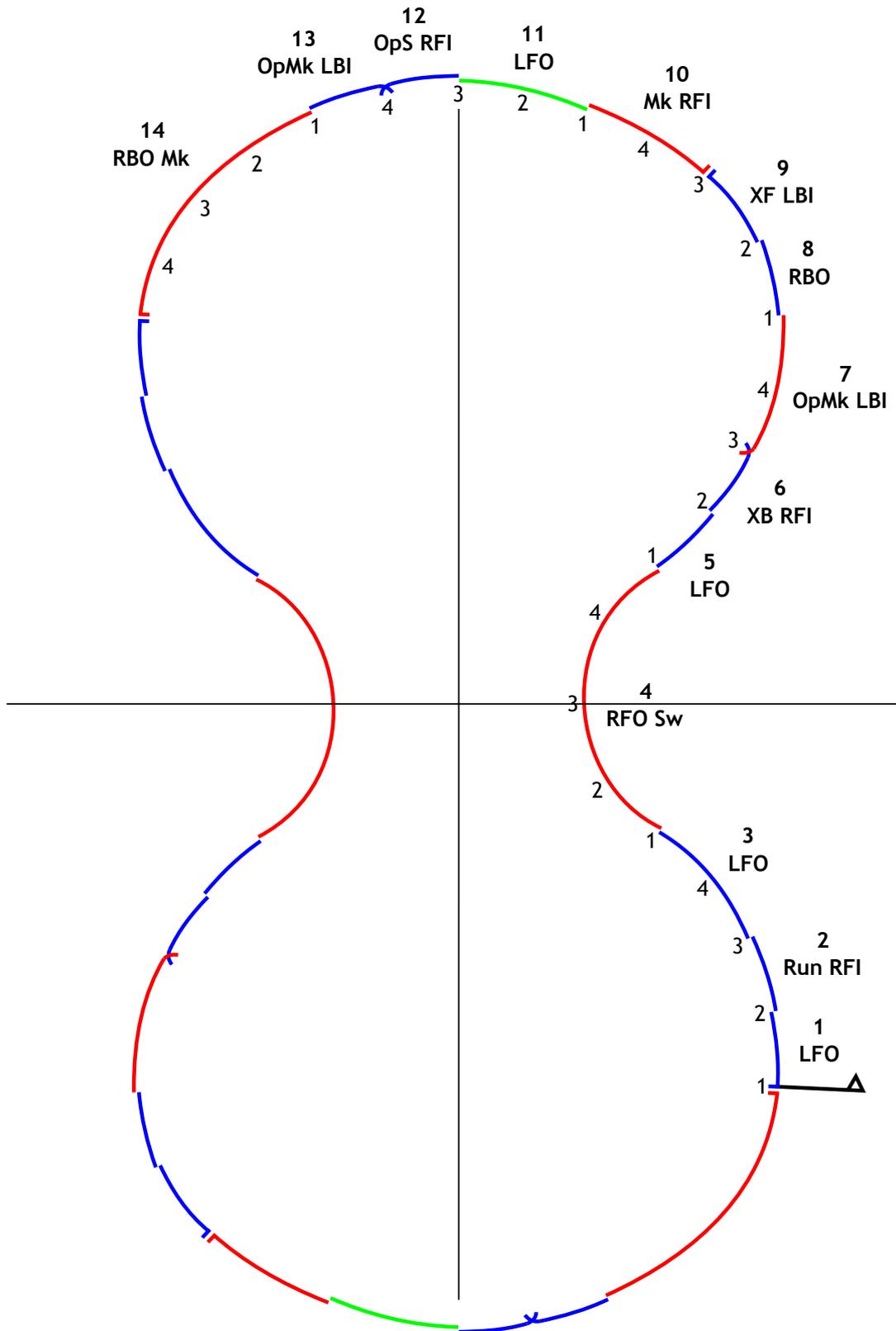
SOUTHLAND SWING



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

— Woman
 — Man

SOUTHLAND SWING



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

SPRING BLUES - Couples

By James Francis

Music: Blues 4/4

Holds: Kilian & Reverse Kilian

Tempo: 92 BPM

Pattern: Set

This dance begins in Kilian position with a sequence of runs. **Step 1 LFO** (1 beat) is a stroke towards the long side barrier and **Step 2 Run RFI** (1 beat) is a run that finishes parallel to the same barrier. During **Step 3 LFO** (2 beats), the man moves behind the woman to assume Reverse Kilian position. This step begins parallel to the long side barrier and finishes in the direction of the long axis.

Step 4 RFO (2 beats) is a stroke on the outside edge and **Step 5 HhMk LBO** (2 beats) is a heel to heel mohawk turn executed with feet close together. The heel of the left foot must be brought close to the heel of the right foot, finishing with the free leg extended behind the body. This step curves parallel to the long axis and Kilian position is assumed after the mohawk turn.

Step 6 Mk RFO Sw (2+2 beats) begins with a mohawk turn on the short axis that bring the couple into Reverse Kilian position. The free leg swings in front of the body on the 3rd beat and finishes in the direction of the long side barrier.

Step 7 LFO (2 beats) is a stroke that ends parallel to the long side barrier.

Step 8 OpS RFI (1 beat) is a parallel open stroke on the inside edge and **Step 9 HhMk LBI** (1 beat) is a heel to heel mohawk turn executed with feet close together. The heel of the left foot must be brought close to the heel of the right foot. Kilian position is assumed after the mohawk turn.

Step 10 RBO (4 beats) is a stroke that curves parallel to the short side barrier and ends on the long axis. The movement of the free leg is optional. During this step, Kilian position is maintained however the man must move slightly behind the woman's path of direction in preparation for the next step (not to be mistaken for Tandem position).

Step 11 Mk LFO (2 beats) is a mohawk turn that finishes on the outside edge, skated in the direction of the long side barrier.

It is possible to execute **Step 12 RFI** (2 beats) as an open stroke or a run.

REFERENCE STEPS:

- **Step 6** must start on the short axis.
- **Step 11** must start on the long axis.

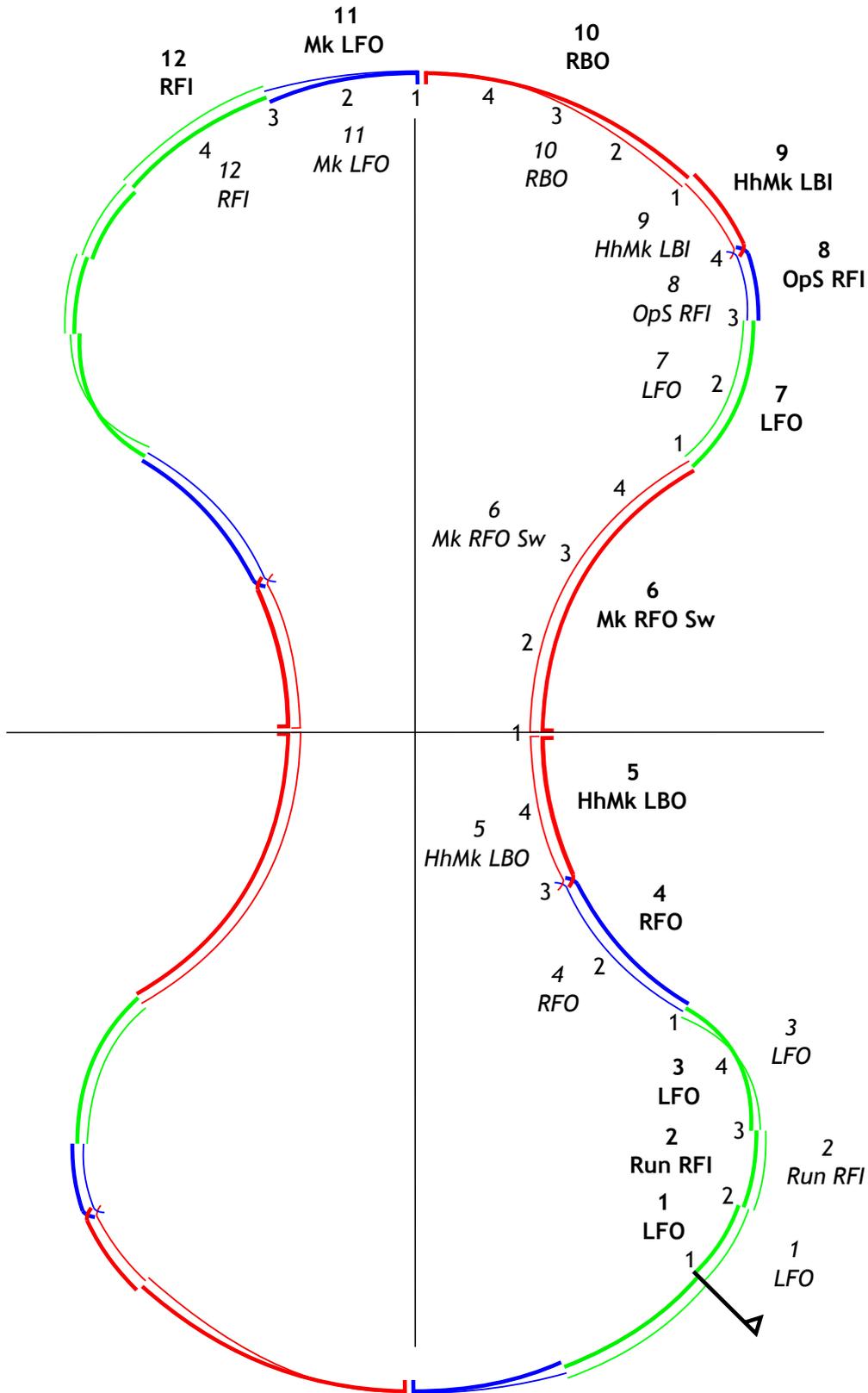
Key Points - Spring Blues Couples

1. **Step 5 HhMk LBO** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the heel to heel mohawk turn with feet close together.
 - No deviation from the outside edge.
 - Correct Kilian position of the couple without any separations.
2. **Step 6 Mk RFO Sw** (2+2 beats):
 - Correct technical execution of the mohawk turn, executed with feet close together whilst demonstrating the correct outside edge without any deviation.
 - Correct timing of the swing on the 3rd beat.
 - Correct Reverse Kilian position of the couple without any separations.
3. **Step 9 HhMk LBI** (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the heel to heel mohawk turn executed with feet close together.
 - Correct Kilian position of the couple without any separations.
4. **Step 10 RBO** (4 beats):
 - Correct timing of the stroke that must begin with feet close together.
 - No deviation from the outside edge.
 - Correct Kilian position of the couple without any separations; care should be taken to maintain Kilian position whilst the man moves behind the woman (not to be mistaken for Tandem position).

Spring Blues Couples - List of Steps

HOLD	STEPS	MAN'S STEPS	BEATS	WOMAN'S STEPS
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
Kilian to Reverse Kilian	3	LFO	2	LFO
Reverse Kilian	4	RFO	2	RFO
Kilian	5	HhMk LBO	2	HhMk LBO
Reverse Kilian	6	Mk RFO Sw	2 + 2	Mk RFO Sw
	7	LFO	2	LFO
	8	OpS RFI	1	OpS RFI
Kilian	9	HhMk LBI	1	HhMk LBI
	10	RBO*	4	RBO*
	11	Mk LFO	2	Mk LFO
	12	RFI**	2	RFI**
*The movement of the free leg is optional.				
**This step can be an open stroke or a run.				

SPRING BLUES



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

— Woman
 - - - Man

SPRING BLUES - Solo

By James Francis

Music: Blues 4/4

Tempo: 92 BPM

Pattern: Set

Step 1 LFO (1 beat) is a stroke towards the long side barrier and **Step 2 Run RFI** (1 beat) is a run that finishes parallel to the same barrier.

Step 3 LFO (2 beats) is a stroke that begins parallel to the long side barrier and finishes in the direction of the long axis.

Step 4 RFO (2 beats) is a stroke on the outside edge and **Step 5 OpMk LBO** (2 beats) is an open mohawk turn executed with feet close together. The heel of the left foot must be brought close to the instep of the right foot, finishing with the free leg extended behind the line of the body. This step curves parallel to the long axis.

Step 6 Mk RFO Sw (2+2 beats) begins with a mohawk turn on the short axis. The free leg swings in front of the body on the 3rd beat and finishes in the direction of the long side barrier.

Step 7 LFO (2 beats) is a stroke that ends parallel to the long side barrier.

Step 8 OpS RFI (1 beat) is a parallel open stroke on the inside edge and **Step 9 OpMk LBI** (1 beat) is an open mohawk executed with feet close together. The heel of the left foot must be brought close to the instep of the right foot.

Step 10 RBO (4 beats) is a stroke that curves parallel to the short side barrier and ends on the long axis. The movement of the free leg is optional.

Step 11 Mk LFO (2 beats) is a mohawk turn that finishes on the outside edge, skated in the direction of the long side barrier.

It is possible to execute **Step 12 RFI** (2 beats) as an open stroke or a run.

REFERENCE STEPS:

- **Step 6** must start on the short axis.
- **Step 11** must start on the long axis.

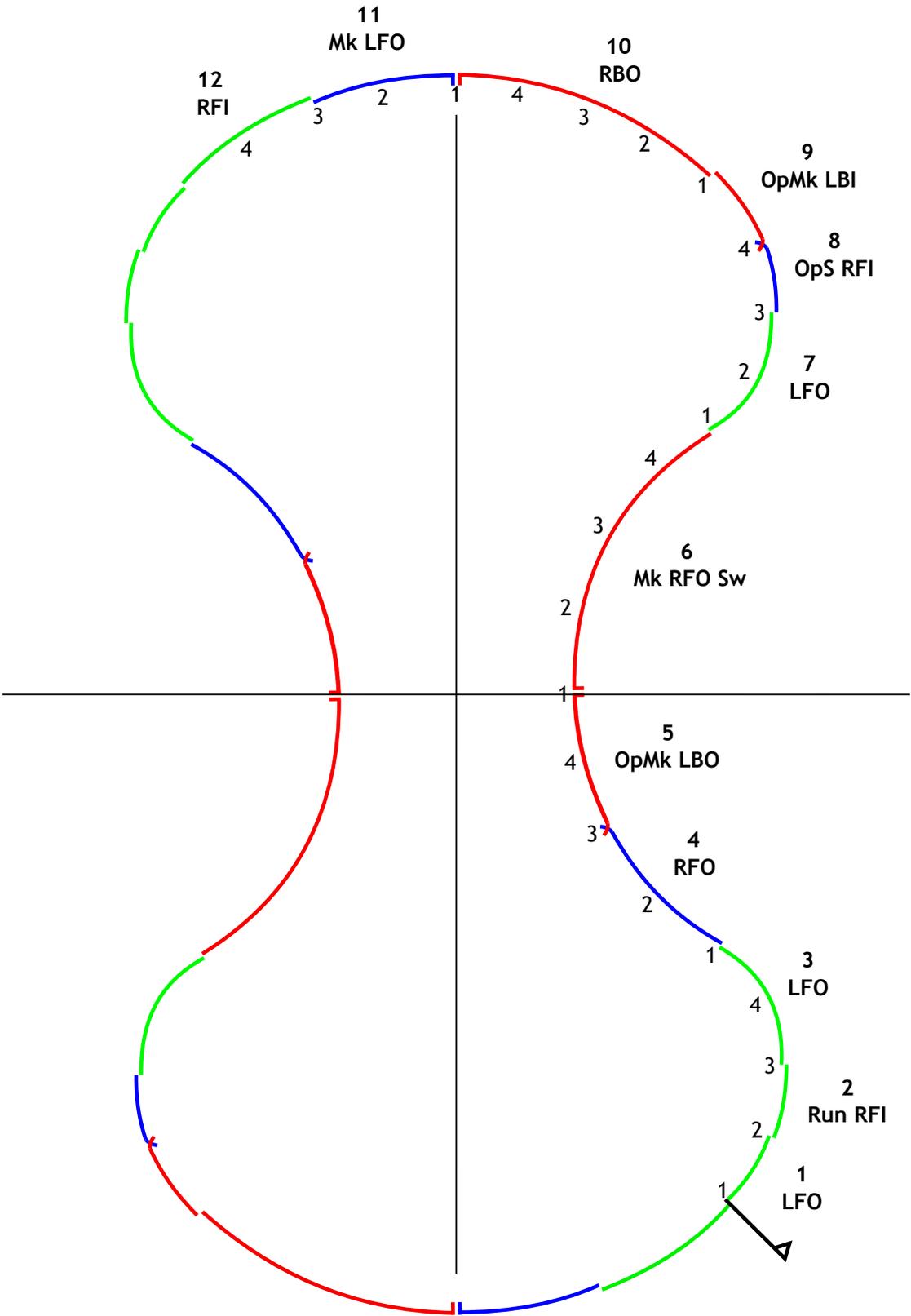
Key Points - Spring Blues Solo

1. **Step 5 OpMk LBO** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the open mohawk turn with feet close together.
 - No deviation from the outside edge.
2. **Step 6 Mk RFO Sw** (2+2 beats):
 - Correct technical execution of the mohawk turn, executed with feet close together whilst demonstrating the correct outside edge without any deviation.
 - Correct timing of the swing on the 3rd beat.
3. **Step 9 OpMk LBI** (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the open mohawk turn executed with feet close together.
4. **Step 10 RBO** (4 beats):
 - Correct timing of the stroke that must begin with feet close together.
 - No deviation from the outside edge.

Spring Blues Solo - List of Steps

STEP NUMBER	STEPS	MUSICAL BEATS
1	LFO	1
2	Run RFI	1
3	LFO	2
4	RFO	2
5	OpMk LBO	2
6	Mk RFO Sw	2 + 2
7	LFO	2
8	OpS RFI	1
9	OpMk LBI	1
10	RBO*	4
11	Mk LFO	2
12	RFI**	2
*The movement of the free leg is optional.		
**This step can be an open stroke or a run.		

SPRING BLUES



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

WALTZ SEQUENCE - Couples & Solo

By Bill Stratford & Rachael Parkinson-Turner

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

Tempo: 120 BPM
Pattern: Set

This dance begins with a sequence of strokes on clear outside edges that are distributed along a baseline that runs parallel to the long side barrier.

Steps 1-4 (2+1 beats each) require transitional rolls in between each step and must not deviate from the outside edge. On the 3rd beat of each step, the free leg draws close to the skating foot in preparation for the next strokes. An increase of the outside edge is necessary to facilitate the correct nature of the transitional roll. More specifically, the free leg returns to the 'and' position (not ahead of the tracing of the employed foot), in time to take the transfer of weight to the opposite foot to start the new curve.

Step 5 LFO (3 beats) is an outside stroke that begins in the direction of the long side barrier and gently curves to finish facing the short side barrier. At the end of the step, the outside edge must increase in preparation for **Step 6 OpS RFI** (3 beats), an open stroke on the inside edge. This step must begin with feet close together and must have the toe of the free foot slightly open with simultaneous extension of the left leg in back.

Step 7 LFO (3 beats) is an outside stroke that intersects the long axis. At the end of the step, the outside edge must increase in preparation for **Step 8 OpS RFI** (3 beats), an open stroke on the inside edge. This step must begin with feet close together and must have the toe of the free foot slightly open with simultaneous extension of the left leg in back.

REFERENCE STEPS:

- **Step 3** must start before the short axis and must finish after it.
- **Step 7** must start before the long axis and must finish after it.

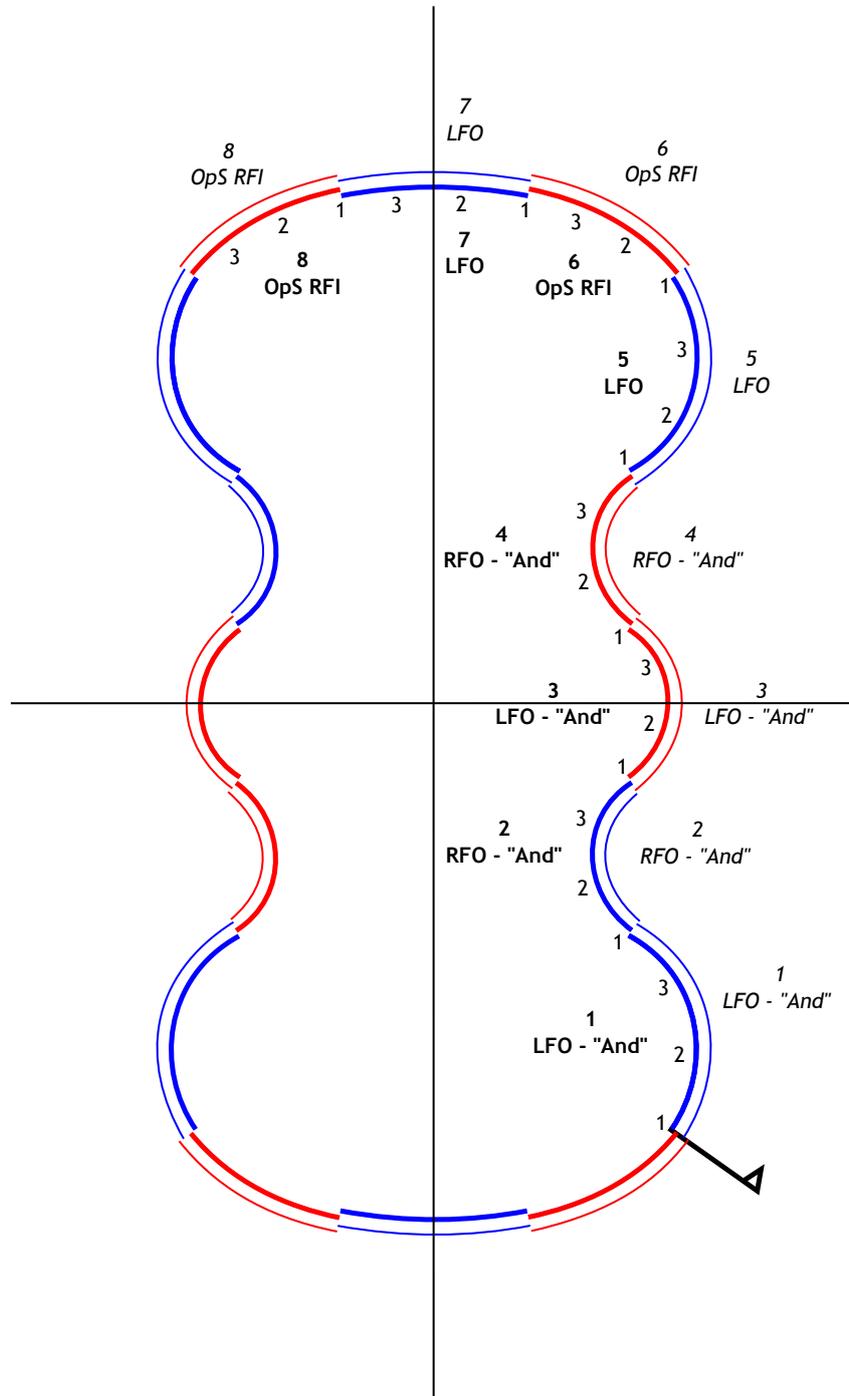
Key Points - Waltz Sequence Couples & Solo

1. **Step 3 LFO - "And" Position** (2+1 beats):
 - Correct technical execution of the stroke on the required outside edge.
 - Pay attention to the correctness of the "and" position, closing the feet close together in a parallel stance on the 3rd beat.
2. **Step 4 RFO - "And" Position** (2+1 beats):
 - Correct technical execution of the stroke on the required outside edge.
 - Pay attention to the correctness of the "and" position, closing the feet close together in a parallel stance on the 3rd beat.
3. **Step 6 OpS RFI** (3 beats):
 - Correct timing of the step.
 - Correct technical execution of the open stroke on the required inside edge, with simultaneous extension of the free leg in back with the toe slightly open.
4. **Step 8 OpS RFI** (3 beats):
 - Correct timing of the step.
 - Correct technical execution of the open stroke on the required inside edge, with simultaneous extension of the free leg in back with the toe slightly open.

Waltz Sequence - List of Steps

HOLD	STEP NUMBER	MAN'S STEPS	MUSICAL BEATS	WOMAN'S STEPS
Kilian	1	LFO - "And" Position	2 + 1	LFO - "And" Position
	2	RFO - "And" Position	2 + 1	RFO - "And" Position
	3	LFO - "And" Position	2 + 1	LFO - "And" Position
	4	RFO - "And" Position	2 + 1	RFO - "And" Position
	5	LFO	3	LFO
	6	OpS RFI	3	OpS RFI
	7	LFO	3	LFO
	8	OpS RFI	3	OpS RFI

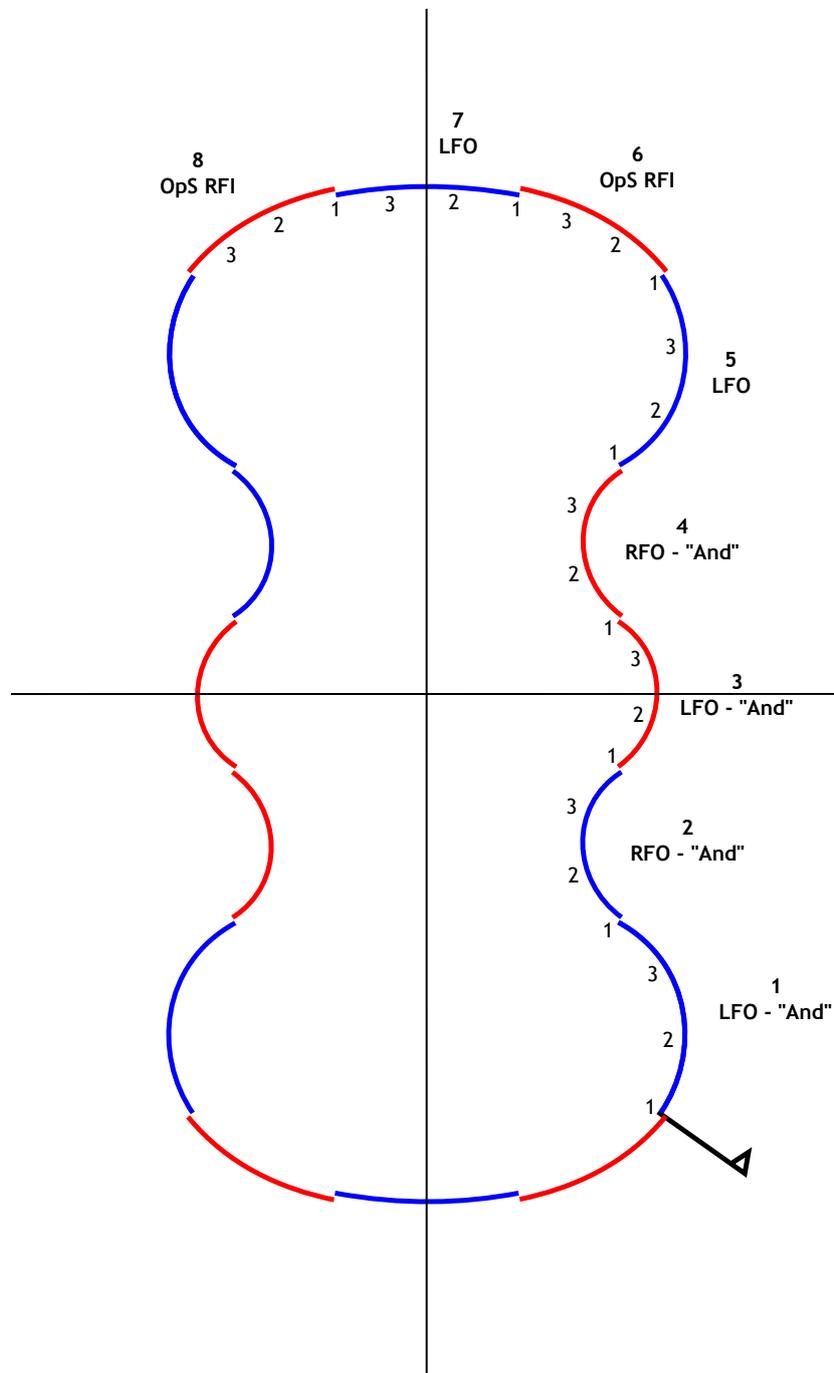
WALTZ SEQUENCE



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

— Woman
 — Man

WALTZ SEQUENCE



COLOUR KEY: Levels of Difficulty

- MAJOR: Most Important
- MEDIUM: Very Important
- MINOR: Important

Non-World Skate Compulsory Dances

DANCES	TEMPO	MUSIC
Academy Blues	92	Blues 4/4
Adams Polka	100	Polka 2/4
American March	100	March 4/4
American Waltz	168	Waltz 3/4
Australian Foxtrot	96	Foxtrot 4/4
Australian Swing	112	Quickstep 2/4
Balanciaga	100	Schottische 4/4
Beverly Blues	88	Blues 4/4
Border Blues	92	Blues 4/4
Bounce Boogie	100	Boogie 4/4
California Swing	138	Waltz 3/4
Carolyn Waltz	108	Waltz 3/4
Carroll Swing	100	Boogie 4/4
Casino March	100	March 4/4
Casino Tango	100	Tango 4/4
Cha Cha	100	Cha Cha 4/4
Chase Waltz	120	Waltz 3/4
College Swing	100	Schottische 4/4
Collegiate	92	Foxtrot 4/4
Colonial Foxtrot	100	Foxtrot 4/4
Coronation Waltz	120	Waltz 3/4
Country Polka	92	Polka 2/4
Delicado	100	Schottische 4/4
Double Cross Waltz	138	Waltz 3/4
Dutch Waltz	120	Waltz 3/4
European Waltz	120	Waltz 3/4
Fascination Foxtrot	92	Foxtrot 4/4
Fiesta Tango	100	Tango 4/4
Fourteen Step	108	March 4/4
Hickory Hoedown	104	Country Western 4/4
Highland Schottische	100	Schottische 4/4
Iceland Tango	100	Tango 4/4
Imperial Waltz	120	Waltz 3/4
International Waltz	168	Waltz 3/4
Jo-Ann Tango	100	Tango 4/4
Karen Lee Tango	100	Tango 4/4

Kieler March	108	March 4/4
Kleiner Waltz	138	Waltz 3/4
Koala Blues	92	Blues 4/4
Lyn Maree Waltz	108	Waltz 3/4
Manchester Foxtrot	92	Foxtrot 4/4
March Sequence	100	March 6/8
Marine Waltz	108	Waltz 3/4
Marylee Foxtrot	92	Foxtrot 4/4
Masters Polka	100	Polka 2/4
Masters Tango	100	Tango 4/4
Melody Waltz	108	Waltz 3/4
Metropolitan Tango	100	Tango 4/4
Mirror Waltz	108	Waltz 3/4
Monterey Tango	100	Tango 4/4
Pacifica Foxtrot	100	Foxtrot 4/4
Plain Skating to Music	120	Waltz 3/4
Progressive Tango	100	Tango 4/4
Rhythm Blues	92	Blues 4/4
Roller Rhumba	96	Rhumba 4/4
Rotation Foxtrot	92	Foxtrot 4/4
Ruby Rumba	104	Rumba 4/4
Silhouette Foxtrot	100	Foxtrot 4/4
Society Blues	88	Blues 4/4 or Foxtrot 4/4
Southland Swing	92	Blues 4/4 or Foxtrot 4/4
Spring Blues	92	Blues 4/4
Swing Dance	96	Foxtrot 4/4
Swing Waltz	138	Waltz 3/4
Tara Tango	100	Tango 4/4
Ten Fox	100	Foxtrot 4/4
Twelve Step	92	March 4/4
Waltz Sequence	120	Waltz 3/4
Windmill Waltz	138	Waltz 3/4