



SKATE AUSTRALIA

Artistic Technical Commission
RULES FOR ARTISTIC SKATING
DANCE AND SOLO DANCE BOOK
NON-WORLD SKATE DANCES
2027

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COMPULSORY DANCES

Compulsory Dance	Page Number
AMERICAN MARCH – Couples & Solo	6
Key Points – American March Couples & Solo	6
List of Steps – American March Couples & Solo	7
Pattern – American March Couples	8
Pattern – American March Solo	9
ASSOCIATION WALTZ – Couples	10
Key Points – Association Waltz Couples	11
List of Steps – Association Waltz Couples	12
Pattern – Association Waltz Couples	13
ASSOCIATION WALTZ – Solo	14
Key Points – Association Waltz Solo	15
List of Steps – Association Waltz Solo	16
Pattern – Association Waltz Solo	17
AUSTRALIAN FOXTROT – Couples	18
Key Points – Australian Foxtrot Couples	18
List of Steps – Australian Foxtrot Couples	19
Pattern – Australian Foxtrot Couples	20
AUSTRALIAN FOXTROT – Solo	21
Key Points – Australian Foxtrot Solo	21
List of Steps – Australian Foxtrot Solo	22
Pattern – Australian Foxtrot Solo	23
BABY BLUES – Couples & Solo	24
Key Points – Baby Blues Couples & Solo	24
List of Steps – Baby Blues Couples & Solo	25
Pattern – Baby Blues Couples	26
Pattern – Baby Blues Solo	27
BOUNCE BOOGIE – Couples & Solo	28
Key Points – Bounce Boogie Couples & Solo	28
List of Steps – Bounce Boogie Couples & Solo	29
Pattern – Bounce Boogie Couples	30
Pattern – Bounce Boogie Solo	31
CASINO MARCH – Couples & Solo	32
Key Points – Casino March Couples & Solo	33
List of Steps – Casino March Couples & Solo	33
Pattern – Casino March Couples	34
Pattern – Casino March Solo	35
CHA CHA – Couples	36
Key Points – Cha Cha Couples	37
List of Steps – Cha Cha Couples	37
Pattern – Cha Cha Couples	38
CHA CHA – Solo	39
Key Points – Cha Cha Solo	39
List of Steps – Cha Cha Solo	40
Pattern – Cha Cha Solo	41
CHASE WALTZ – Couples	42
Key Points – Chase Waltz Couples	44
List of Steps – Chase Waltz Couples	45
Pattern – Chase Waltz Couples	46
CHASE WALTZ – Solo Man's Steps	47
Key Points – Chase Waltz Solo Man's Steps	48
List of Steps – Chase Waltz Solo Man's Steps	49
Pattern – Chase Waltz Solo Man's Steps	50
COLLEGIATE – Couples	51
Key Points – Collegiate Couples	52

List of Steps – Collegiate Couples	52
Pattern – Collegiate Couples	53
COLLEGIATE – Solo	54
Key Points – Collegiate Solo	54
List of Steps – Collegiate Solo	55
Pattern – Collegiate Solo	56
CORONATION WALTZ – Couples	57
Key Points – Coronation Waltz Couples	58
List of Steps – Coronation Waltz Couples	58
Pattern – Coronation Waltz Couples	59
CORONATION WALTZ – Solo	60
Key Points – Coronation Waltz Solo	60
List of Steps – Coronation Waltz Solo	61
Pattern – Coronation Waltz Solo	62
DELICADO – Couples	63
Key Points – Delicado Couples	65
List of Steps – Delicado Couples	66
Pattern – Delicado Couples	67
DELICADO – Solo Man’s Steps	68
Key Points – Delicado Solo Man’s Steps	69
List of Steps – Delicado Solo Man’s Steps	70
Pattern – Delicado Solo Man’s Steps	71
DOUBLE CROSS WALTZ – Couples & Solo	72
Key Points – Double Cross Waltz Couples	72
List of Steps – Double Cross Waltz Couples	73
Pattern – Double Cross Waltz Couples	74
Pattern – Double Cross Waltz Solo	75
DUTCH WALTZ – Couples & Solo	76
Key Points – Dutch Waltz Couples & Solo	76
List of Steps – Dutch Waltz Couples & Solo	77
Pattern – Dutch Waltz Couples	78
Pattern – Dutch Waltz Solo	79
FASCINATION FOXTROT – Couples	80
Key Points – Fascination Foxtrot Couples	80
List of Steps – Fascination Foxtrot Couples	81
Pattern – Fascination Foxtrot Couples	82
FASCINATION FOXTROT – Solo	83
Key Points – Fascination Foxtrot Solo	83
List of Steps – Fascination Foxtrot Solo	84
Pattern – Fascination Foxtrot Solo	85
FOURTEEN STEP – Solo Man’s Steps	86
Key Points – Solo Man’s Steps	86
List of Steps – Solo Man’s Steps	87
Pattern – Solo Man’s Steps	88
FOURTEEN STEP – Solo Woman’s Steps	89
Key Points – Solo Woman’s Steps	89
List of Steps – Solo Woman’s Steps	90
Pattern – Solo Woman’s Steps	91
HICKORY HOEDOWN – Couples	92
Key Points – Hickory Hoedown Couples	93
List of Steps – Hickory Hoedown Couples	94
Pattern – Hickory Hoedown Couples	95
HICKORY HOEDOWN – Solo	96
Key Points – Hickory Hoedown Solo	97
List of Steps – Hickory Hoedown Solo	98
Pattern – Hickory Hoedown Solo	99

IMPERIAL WALTZ – Couples	100
Key Points – Imperial Waltz Couples	101
List of Steps – Imperial Waltz Couples	101
Pattern – Imperial Waltz Couples	102
IMPERIAL WALTZ – Solo	103
Key Points – Imperial Waltz Solo	103
List of Steps – Imperial Waltz Solo	104
Pattern – Imperial Waltz Solo	105
MANCHESTER FOXTROT – Couples	106
Key Points – Manchester Foxtrot Couples	107
List of Steps – Manchester Foxtrot Couples	107
Pattern – Manchester Foxtrot Couples	108
MANCHESTER FOXTROT – Solo	109
Key Points – Manchester Foxtrot Solo	109
List of Steps – Manchester Foxtrot Solo	110
Pattern – Manchester Foxtrot Solo	111
MARCH SEQUENCE – Couples & Solo	112
Key Points – March Sequence Couples & Solo	112
List of Steps – March Sequence Couples & Solo	112
Pattern – March Sequence Couples	113
Pattern – March Sequence Solo	114
MARYLEE FOXTROT – Solo	115
Key Points – Marylee Foxtrot Solo	116
List of Steps – Marylee Foxtrot Solo	117
Pattern – Marylee Foxtrot Solo	118
MASTERS TANGO – Couples & Solo	119
Key Points – Masters Tango Couples & Solo	119
List of Steps – Masters Tango Couples & Solo	120
Pattern – Masters Tango Couples	121
Pattern – Masters Tango Solo	122
METROPOLITAN TANGO – Couples & Solo	123
Key Points – Metropolitan Tango Couples	124
List of Steps – Metropolitan Tango Couples	124
Pattern – Metropolitan Tango Couples	125
Pattern – Metropolitan Tango Solo	126
MONTEREY TANGO – Couples & Solo	127
Key Points – Monterey Tango Couples & Solo	127
List of Steps – Monterey Tango Couples & Solo	128
Pattern – Monterey Tango Couples	129
Pattern – Monterey Tango Solo	130
PRINCETON POLKA – Solo	131
Key Points – Princeton Polka Solo	131
List of Steps – Princeton Polka Solo	132
Pattern – Princeton Polka Solo	133
PROGRESSIVE TANGO – Couples & Solo	134
Key Points – Progressive Tango Couples & Solo	135
List of Steps – Progressive Tango Couples & Solo	135
Pattern – Progressive Tango Couples	136
Pattern – Progressive Tango Solo	137
RHYTHM BLUES – Couples & Solo	138
Key Points – Rhythm Blues Couples & Solo	139
List of Steps – Rhythm Blues Couples & Solo	139
Pattern – Rhythm Blues Couples	140
Pattern – Rhythm Blues Solo	141
ROLLER RHUMBA – Couples & Solo	142
Key Points – Roller Rhumba Couples & Solo	142
List of Steps – Roller Rhumba Couples & Solo	143
Pattern – Roller Rhumba Couples	144

Pattern – Roller Rhumba Solo	145
RUBY RUMBA – Couples & Solo	146
Key Points – Ruby Rumba Couples & Solo	147
List of Steps – Ruby Rumba Couples & Solo	148
Pattern – Ruby Rumba Couples	149
Pattern – Ruby Rumba Solo	150
SOCIETY BLUES – Couples & Solo	151
Key Points – Society Blues Couples & Solo	151
List of Steps – Society Blues Couples & Solo	152
Pattern – Society Blues Couples	153
Pattern – Society Blues Solo	154
SOUTHLAND SWING – Couples & Solo	155
Key Points – Southland Swing Couples & Solo	156
List of Steps – Southland Swing Couples & Solo	156
Pattern – Southland Swing Couples	157
Pattern – Southland Swing Solo	158
SPRING BLUES – Couples	159
Key Points – Spring Blues Couples	159
List of Steps – Spring Blues Couples	160
Pattern – Spring Blues Couples	161
SPRING BLUES – Solo	162
Key Points – Spring Blues Solo	162
List of Steps – Spring Blues Solo	163
Pattern – Spring Blues Solo	164
SWEET TANGO – Solo	165
Key Points – Sweet Tango Solo	166
List of Steps – Sweet Tango Solo	167
Pattern – Sweet Tango Solo	168
TERENZI WALTZ – Solo	169
Key Points – Terenzi Waltz Solo	170
List of Steps – Terenzi Waltz Solo	171
Pattern – Terenzi Waltz Solo	173
WALTZ SEQUENCE – Couples & Solo	174
Key Points – Waltz Sequence Couples & Solo	174
List of Steps – Waltz Sequence Couples & Solo	175
Pattern – Waltz Sequence Couples	176
Pattern – Waltz Sequence Solo	177
NON-WORLD SKATE COMPULSORY DANCES	178

AMERICAN MARCH – Couples & Solo

By Pizzula & Gray

Music: March 4/4

Tempo: 100 BPM

Hold: Kilian

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.

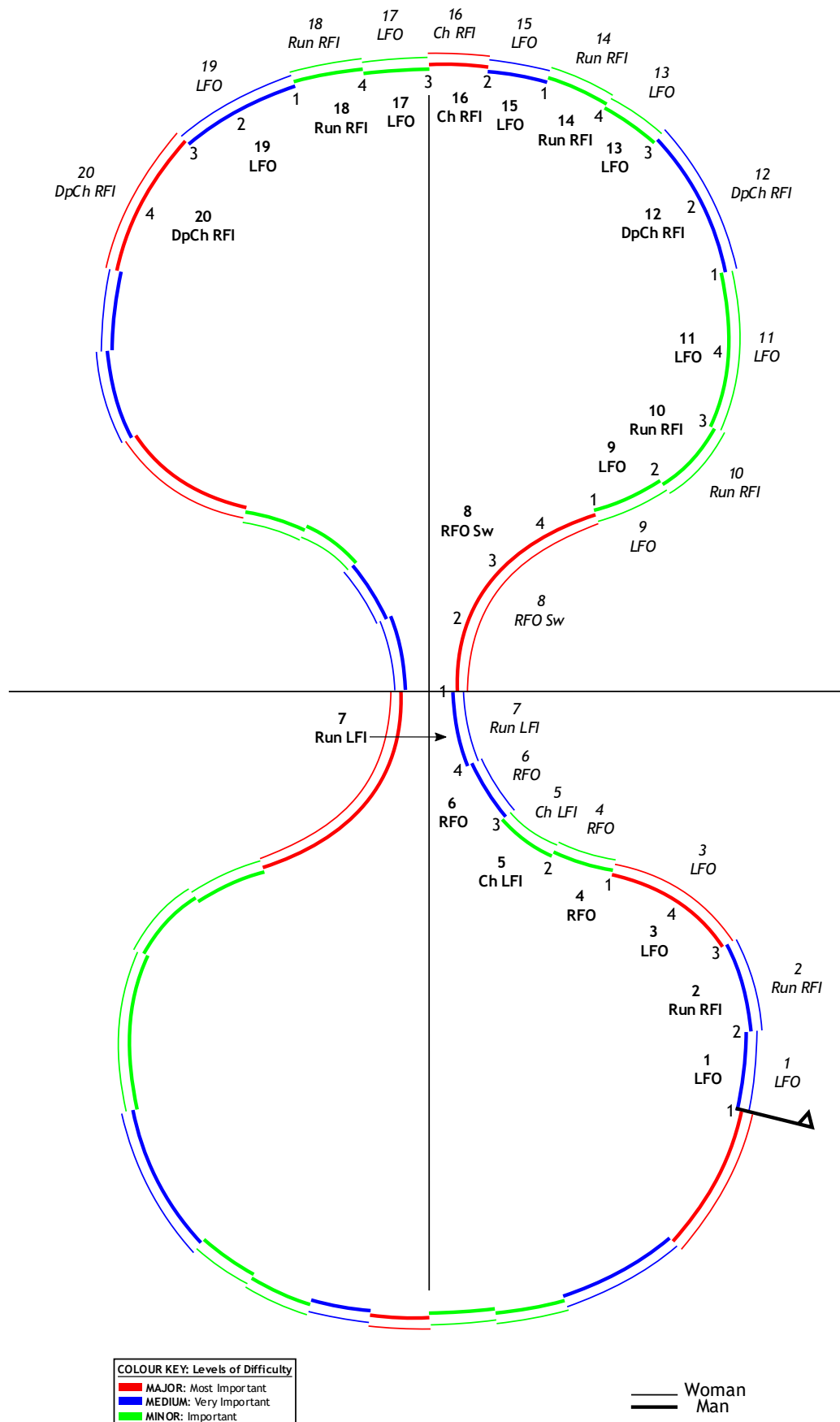
Key Points – American March Couples & Solo

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.

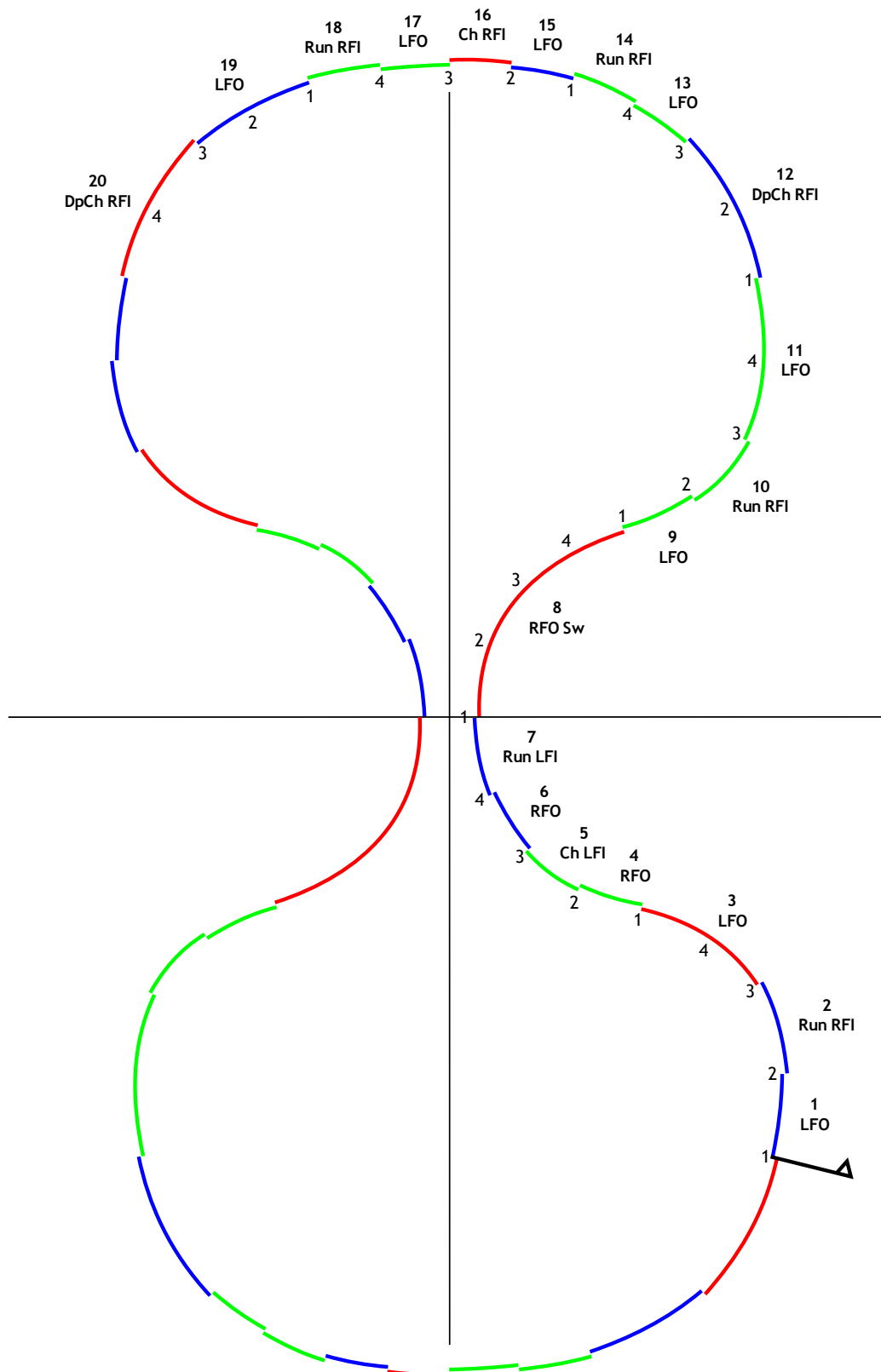
American March – List of Steps

HOLD	STEP	MAN'S STEPS	BEATS	WOMAN'S STEPS
Kilian	1	LFO	1	LFO
	2	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



AMERICAN MARCH



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

ASSOCIATION WALTZ - COUPLES

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

Music: Waltz 3/4

Hold: Waltz Promenade Foxtrot

Tempo: 132 Beats

Pattern: set

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Step 1 is repeated twice.

Key Points – Association Waltz Couples

SECTION 1:

1. Step 2 Ch RFI (1 beat) for the man and Ch LBI (1 beat) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
2. Step 4 RFO 3T (2+1 beats) for the man:
 - Correct timing of the step.
 - Correct technical execution of the 3 turn, executed on the 3rd beat of the step, with the correct edge before and after the turn.
3. Step 10 HhMk LBI (1 beat) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the heel to heel mohawk, with feet close together, on the correct inside edge before and after the turn.
 - Pay attention to the dance hold prescribed for the couple.
4. Step 12 LFO 3T (2+1 beats) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the 3 turn, executed on the 3rd beat of the step, with the correct edge before and after the turn.
 - Pay attention to the special hold described for the couple.

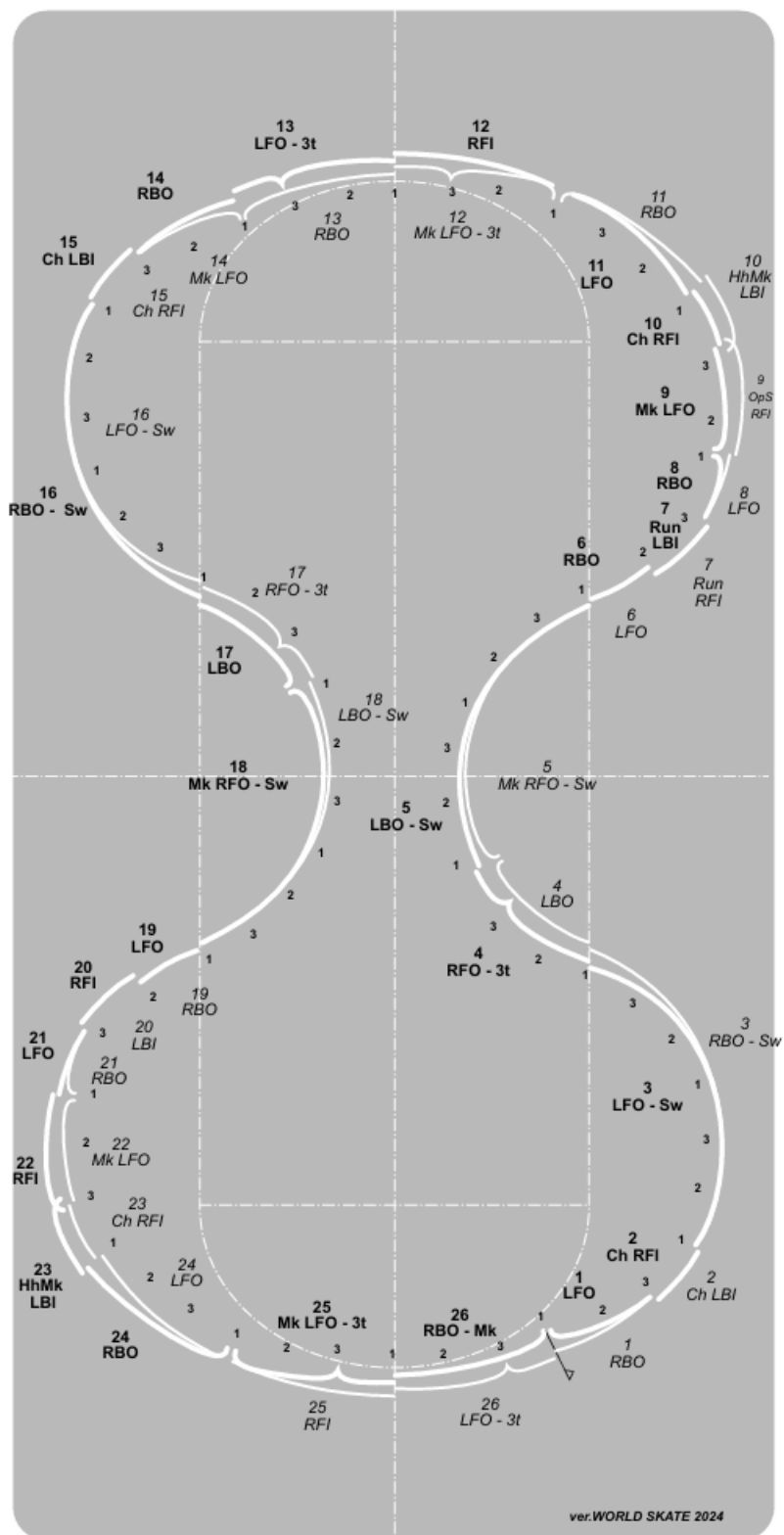
SECTION 2:

1. Step 15 Ch LBI (1 beat) for the man and Ch RFI (1 beat) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
2. Step 17 RFO 3T (2+1 beats) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the 3 turn, executed on the 3rd beat of the step, with the correct edge before and after the turn.
3. Step 23 HhMk LBI (1 beat) for the man:
 - Correct timing of the step.
 - Correct technical execution of the heel to heel mohawk, with feet close together, on the correct inside edge before and after the turn.
 - Pay attention to the dance hold prescribed for the couple.
4. Step 25 LFO 3T (2+1 beats) for the man:
 - Correct timing of the step.
 - Correct technical execution of the 3 turn, executed on the 3rd beat of the step, with the correct edge before and after the turn.
 - Pay attention to the special hold described for the couple.

List of steps - Association Waltz Couples

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

Pattern - Association Waltz Couples



ASSOCIATION WALTZ - SOLO

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

Music: Waltz 3/4

Tempo: 132 bpm

Pattern: set

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Key Points – Association Waltz Solo

SECTION 1:

1. Step 3 RBO Sw (3+3 beats):
 - Correct technical execution of the stroke and the swing on the 4th beat.
 - No deviation from the outside edge.
2. Step 4 LBO (3 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke on the required outside edge without any deviation.
3. Step 10 HhMk LBI (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the heel to heel mohawk, with feet close together, on the correct inside edge before and after the turn.
4. Step 12 LFO 3T (2+1 beats):
 - Correct timing of the step.
 - Correct technical execution of the 3 turn, executed on the 3rd beat of the step, with the correct edge before and after the turn.

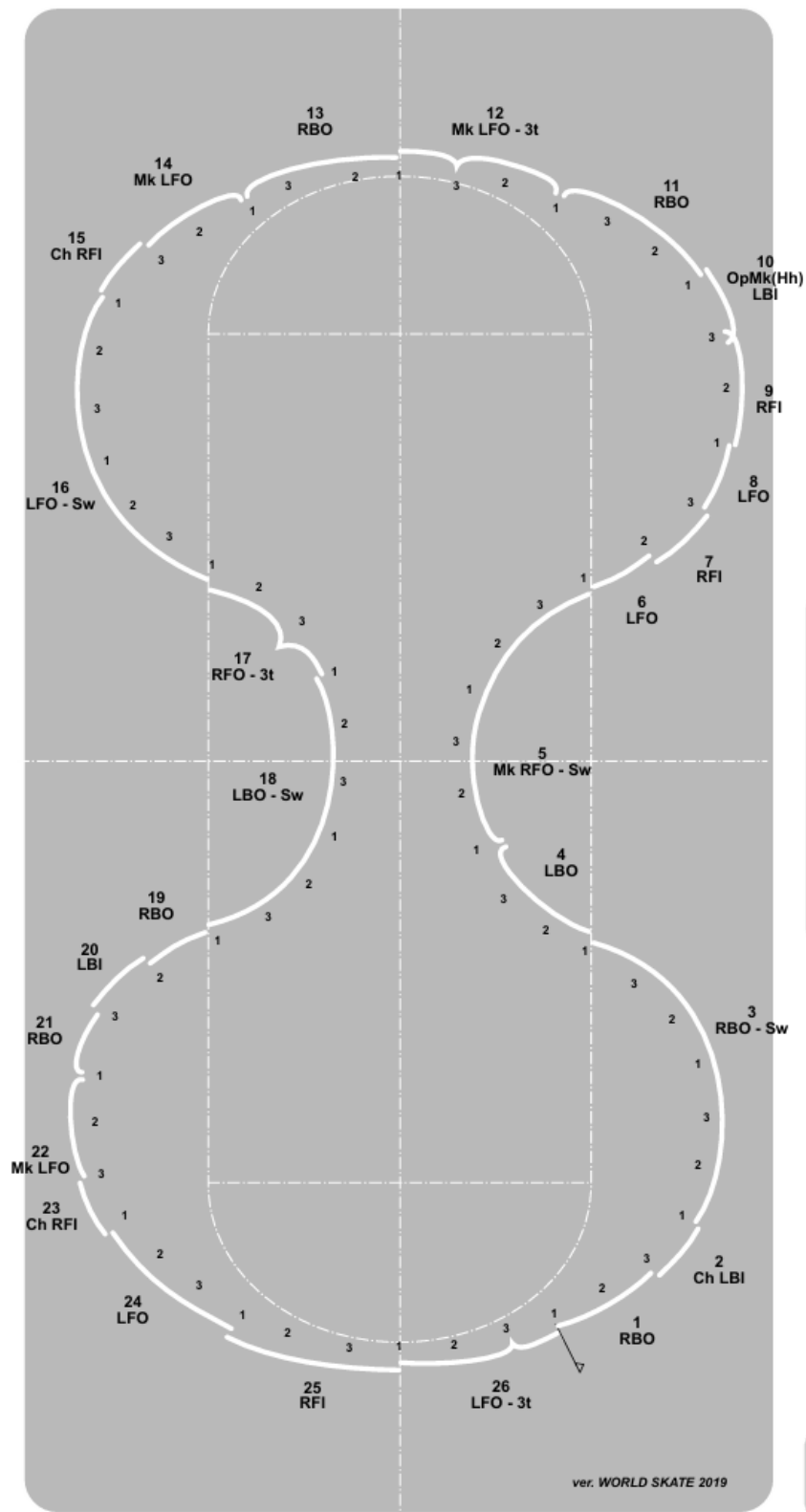
SECTION 2:

1. Step 16 LFO Sw (3+3 beats):
 - Correct technical execution of the stroke and the swing on the 4th beat.
 - No deviation from the outside edge.
2. Step 17 RFO 3T (2+1 beats):
 - Correct timing of the step.
 - Correct technical execution of the 3 turn, executed on the 3rd beat of the step, with the correct edge before and after the turn.
3. Step 23 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.
4. Step 25 OpS RFI (3 beats):
 - Correct timing of the step.
 - Correct technical execution of the open stroke which must begin with feet close and parallel.
 - No deviation from the inside edge.

List of steps - Association Waltz Solo

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

Pattern - Association Waltz Solo



AUSTRALIAN FOXTROT – Couples

By Andrew Beattie

Music: Foxtrot 4/4
Holds: Foxtrot & Tango

Tempo: 96 BPM
Pattern: Set

This dance begins in Foxtrot position where the couple skate the same steps. Step 1 LFO (1 beat) is a stroke and Step 2 Ch RFI (1 beat) is a chasse on the inside edge, skated in the direction of the long side barrier.

Step 3 LFO (2 beats) is a stroke and Step 4 XB RFI (2 beats) is a cross behind on the inside edge, executed with feet close together with simultaneous extension of the free leg in front of the body. The cross behind curves in the direction of the long axis, and ends on a sub-baseline that runs parallel to the long side barrier.

Step 5 LFI (2 beats) is an angular inside stroke.

Step 6 RFO Sw (2+2 beats) travels along the long axis and curves in the direction of the long side barrier. On the 3rd beat, the free leg swings forward in a leading position. This step intersects the short axis.

Step 7a LFO (2 beats) for the man is a stroke and Step 7b DpCh RFI (2 beats) is a dropped chasse on the inside edge that curves parallel to the long side barrier. Step 7 LFO 3T (2+2 beats) for the woman is an outside stroke with a 3 turn to LBI on the 3rd beat, accompanied with simultaneous extension of the free leg in back. After the completion of the 3 turn, the couple continue in Tango position.

Step 8 LFO (1 beat) for the man and RBO (1 beat) for the woman are strokes that begin the descent of the lobe away from the long side barrier.

Step 9 Ch RFI (1 beat) for the man and Ch LBI (1 beat) for the woman are chasses on inside edges.

Step 10a LFO (2 beats) and Step 10b RFO (2 beats) for the man are strokes on clear outside edges that approach the long axis. Step 10 DpCh RBO/l Sw (2+2 beats) for the woman begins with a dropped chasse on the outside edge, followed by a COE to inside with a simultaneous swing of the free leg in front.

Step 11 XS LFI (2 beats) for the man is a crossed stroke and DpCh LBO (2 beats) for the woman is a dropped chasse. These steps travel in the direction of the short side barrier.

Step 12 RFI Sw (2+2 beats) for the man is an angular stroke and Cw RFI Sw (2+2 beats) for the woman is a choctaw on the inside edge, executed with feet close together. On the 3rd beat, the free leg swings forward in a leading position. This step curves along the short side barrier and finishes in the direction of the long side barrier. After the completion of the choctaw, the couple continue in Foxtrot position.

REFERENCE STEPS:

- Step 6 must intersect the short axis.
- Step 11 must begin on the long axis.

Key Points – Australian Foxtrot Couples

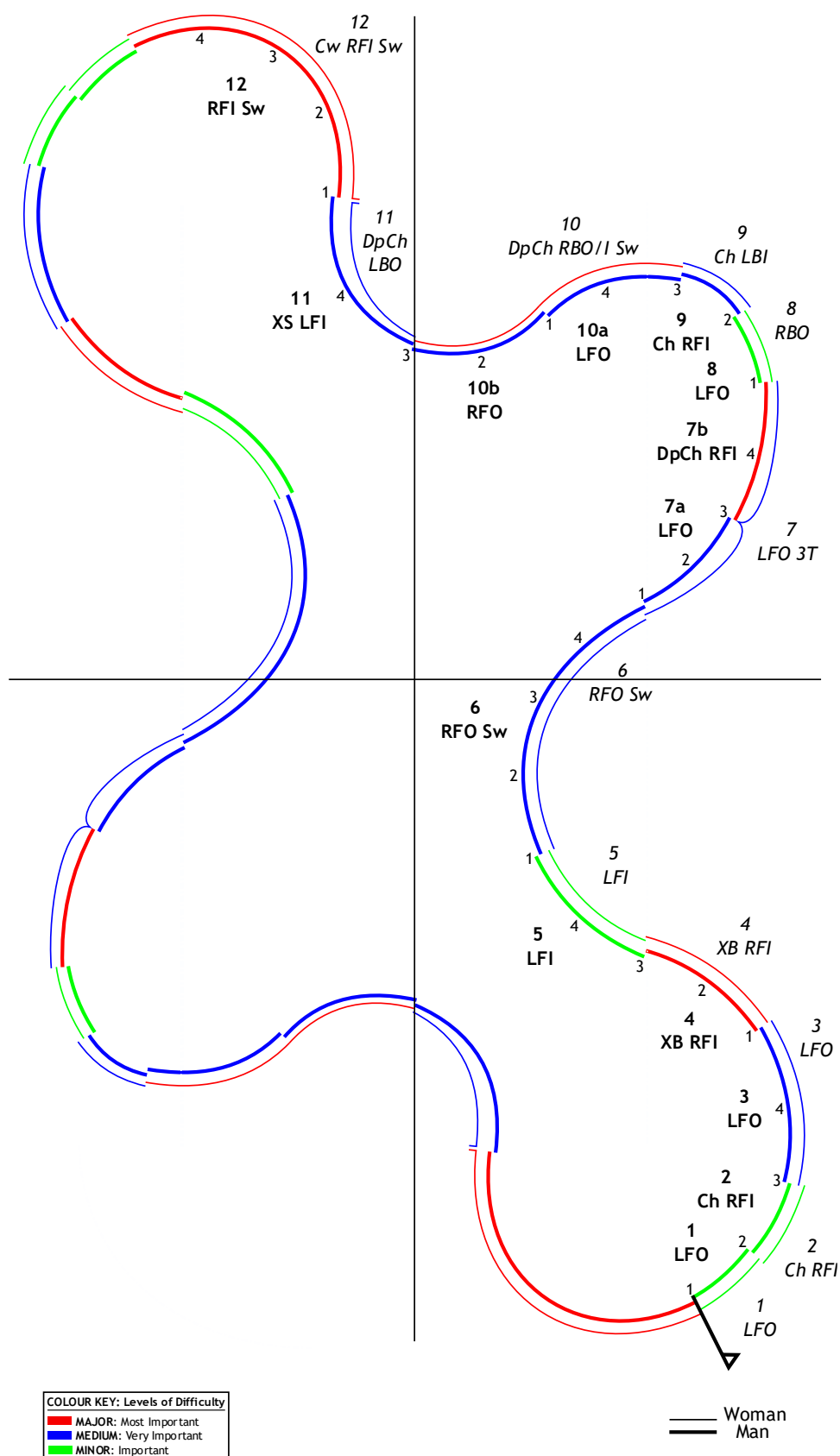
1. Step 4 XB RFI (2 beats) for both:
 - Correct timing of the step.
 - Correct technical execution of the cross behind with feet close together, without deviating from the inside edge in advance.
2. Step 7b DpCh RFI (2 beats) for the man:
 - Correct timing of the step.
 - Correct technical execution of the dropped chasse that must begin with feet close together, without deviating from the inside edge in advance.
3. Step 10 DpCh RBO/l Sw (2+2 beats) for the woman:
 - Correct technical execution and timing of dropped chasse.

- Correct technical execution and timing of the swing in front on the 3rd beat.
 - Pay attention to the COE which must be done on the 3rd beat, demonstrating a correct change of lean in correspondence to the inside edge.
4. Step 12 RFI Sw (2+2 beats) for the man and Cw RFI Sw (2+2 beats) for the woman:
- For both, Correct technical execution and timing of the swing on the 3rd beat, without deviating from the inside edge in advance.
 - For the woman, Correct technical execution of the choctaw with feet close together.

Australian Foxtrot Couples – List of Steps

HOLD	STEP	MAN'S STEPS	MUSICAL BEATS			WOMAN'S STEPS
Foxtrot	1	LFO		1		LFO
	2	Ch RFI		1		Ch RFI
	3	LFO		2		LFO
	4	XB RFI		2		XB RFI
	5	LFI		2		LFI
	6	RFO Sw		2 + 2		RFO Sw
Foxtrot to Tango	7a	LFO	2		2 + 2	LFO 3T
Tango	7b	DpCh RFI	2			
	8	LFO		1		RBO
	9	Ch RFI		1		Ch LBI
	10a	LFO	2		2 + 2	DpCh RBO/I Sw
	10b	RFO	2			
	11	XS LFI		2		DpCh LBO
Foxtrot	12	RFI Sw		2 + 2		Cw RFI Sw

AUSTRALIAN FOXTROT



AUSTRALIAN FOXTROT – Solo

By Andrew Beattie

Music: Foxtrot 4/4

Tempo: 96 BPM

Pattern: Set

Step 1 LFO (1 beat) is a stroke and Step 2 Ch RFI (1 beat) is a chasse on the inside edge, skated in the direction of the long side barrier.

Step 3 LFO (2 beats) is a stroke and Step 4 XB RFI (2 beats) is a cross behind on the inside edge, executed with feet close together with simultaneous extension of the free leg in front of the body. The cross behind curves in the direction of the long axis, and ends on a sub-baseline that runs parallel to the long side barrier.

Step 5 LFI (2 beats) is an angular inside stroke.

Step 6 RFO Sw (2+2 beats) travels along the long axis and curves in the direction of the long side barrier. On the 3rd beat, the free leg swings forward in a leading position. This step intersects the short axis.

Step 7 LFO 3T (2+2 beats) is an outside stroke with a 3 turn to LBI on the 3rd beat, accompanied with simultaneous extension of the free leg in back.

Step 8 RBO (1 beat) is a stroke that begins the descent of the lobe away from the long side barrier.

Step 9 Ch LBI (1 beat) is a chasse on the inside edge.

Step 10 DpCh RBO/I Sw (2+2 beats) begins with a dropped chasse on the outside edge, followed by a COE to inside with a simultaneous swing of the free leg in front.

Step 11 LBO (2 beats) is an outside stroke in the direction of the short side barrier.

Step 12 Cw RFI Sw (2+2 beats) is a choctaw on the inside edge, executed with feet close together. On the 3rd beat, the free leg swings forward in a leading position. This step curves along the short side barrier and finishes in the direction of the long side barrier.

REFERENCE STEPS:

- Step 6 must intersect the short axis.
- Step 11 must begin on the long axis.

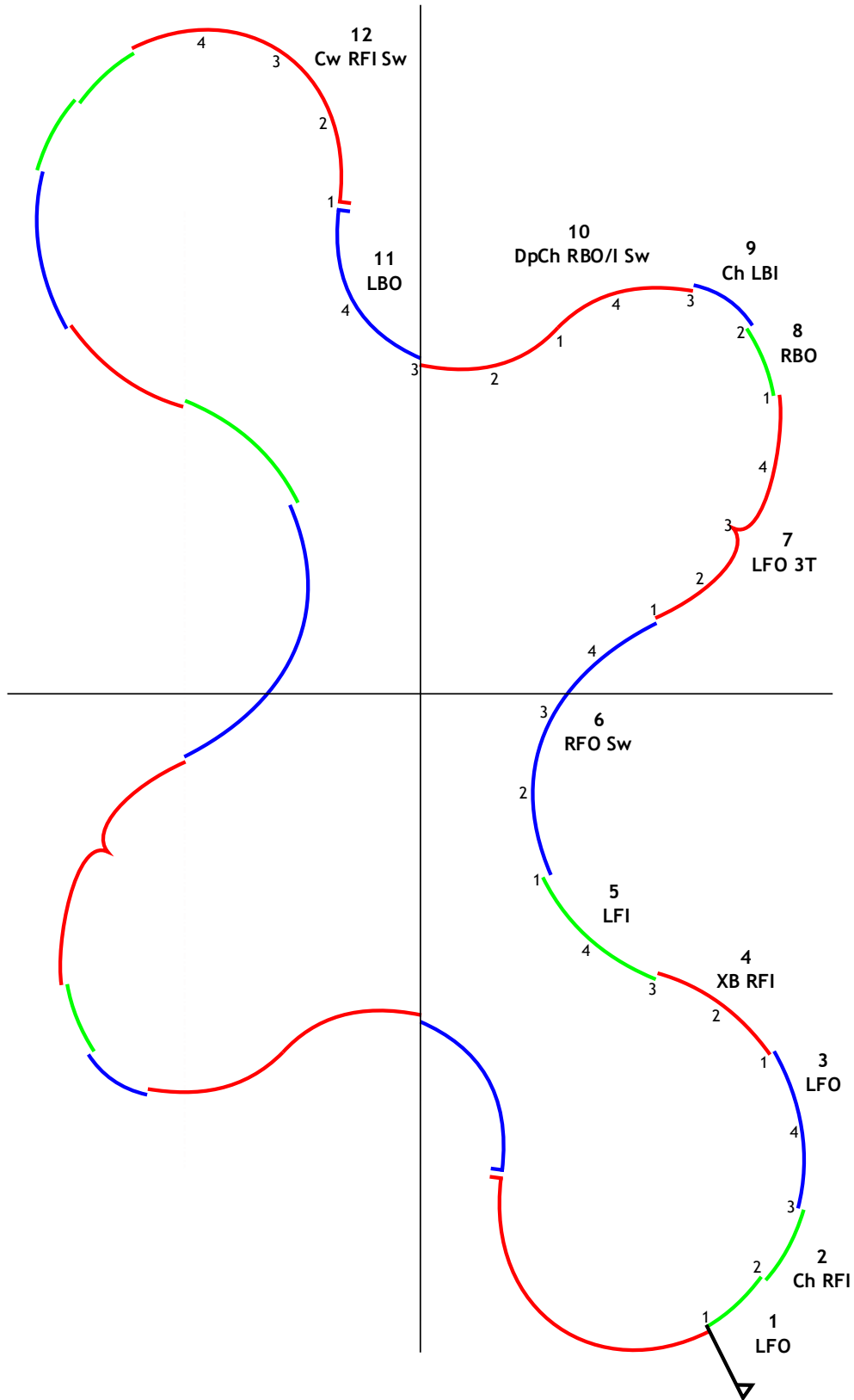
Key Points – Australian Foxtrot Solo

1. Step 4 XB RFI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross behind with feet close together, without deviating from the inside edge in advance.
2. Step 7 LFO 3T (2+2 beats):
 - 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.
3. Step 10 DpCh RBO/I Sw (2+2 beats):
 - Correct technical execution and timing of dropped chasse.
 - Correct technical execution and timing of the swing in front on the 3rd beat.
 - Pay attention to the COE which must be done on the 3rd beat, demonstrating a correct change of lean in correspondence to the inside edge.
4. Step 12 Cw RFI Sw (2+2 beats):
 - Correct technical execution of the choctaw with feet close together.
 - Correct technical execution and timing of the swing on the 3rd beat, without deviating from the inside edge in advance.

Australian Foxtrot Solo – List of Steps

STEP NUMBER	STEPS	MUSICAL BEATS
1	LFO	1
2	Ch RFI	1
3	LFO	2
4	XB RFI	2
5	LFI	2
6	RFO Sw	2 + 2
7	LFO 3T	2 + 2
8	RBO	1
9	Ch LBI	1
10	DpCh RBO/l Sw	2 + 2
11	LBO	2
12	Cw RFI Sw	2 + 2

AUSTRALIAN FOXTROT



COLOUR KEY: Levels of Difficulty

	MAJOR: Most Important
	MEDIUM: Very Important
	MINOR: Important

BABY BLUES – Couples & Solo

Music: Blues 4/4
Hold: Kilian

Tempo: 88 BPM
Pattern: Set

Step 1 RFO (2 beats) is a stroke on the outside edge in the direction of the long axis and Step 2 Run LFI (2 beats) is a run that begins parallel to the long axis and finishes away from it.

Step 3 RFI (2 beats) is an angular stroke on the inside edge that travels in the direction of the long side barrier, followed by Step 4 LFO (2 beats) which intersects the short axis before the 2nd beat.

Step 5 Run RFI (2 beats) is a run that curves in the direction of the long axis and Step 6 LFI (2 beats) is an angular stroke on the inside edge that travels in the direction of the long axis.

Step 7 RFO Sw Parallel/I Sw (1+1+1+1 beats) begins with a stroke on the outside edge. The free leg swings forward on the 2nd beat. On the 3rd beat, the free leg becomes parallel to the skating foot, with a simultaneous change of edge to inside. On the final beat, the free leg swings behind the body. This step begins parallel to the long axis and finishes in the direction of the long side barrier.

Step 8 LFO (2 beats) is a stroke on the outside edge and Step 9 Run LFI (2 beats) is a run curving away from the short side barrier.

Step 10 LFI (2 beats) is an angular stroke on the inside edge, followed by Step 11 RFO (2 beats) which starts on the long axis.

Step 12 XR LFO (2 beats) is a cross roll on the outside edge that is skated in the direction of the short side barrier, followed by Step 13 Run LFI (2 beats).

Step 14 LFO Sw (2+2 beats) is a stroke with a swing of the free leg on the 3rd beat. This step begins near the long side barrier and finishes in the direction of the long axis.

REFERENCE STEPS:

- Step 4 must start before the short axis and must finish after it.
- Step 11 must begin on the long axis.

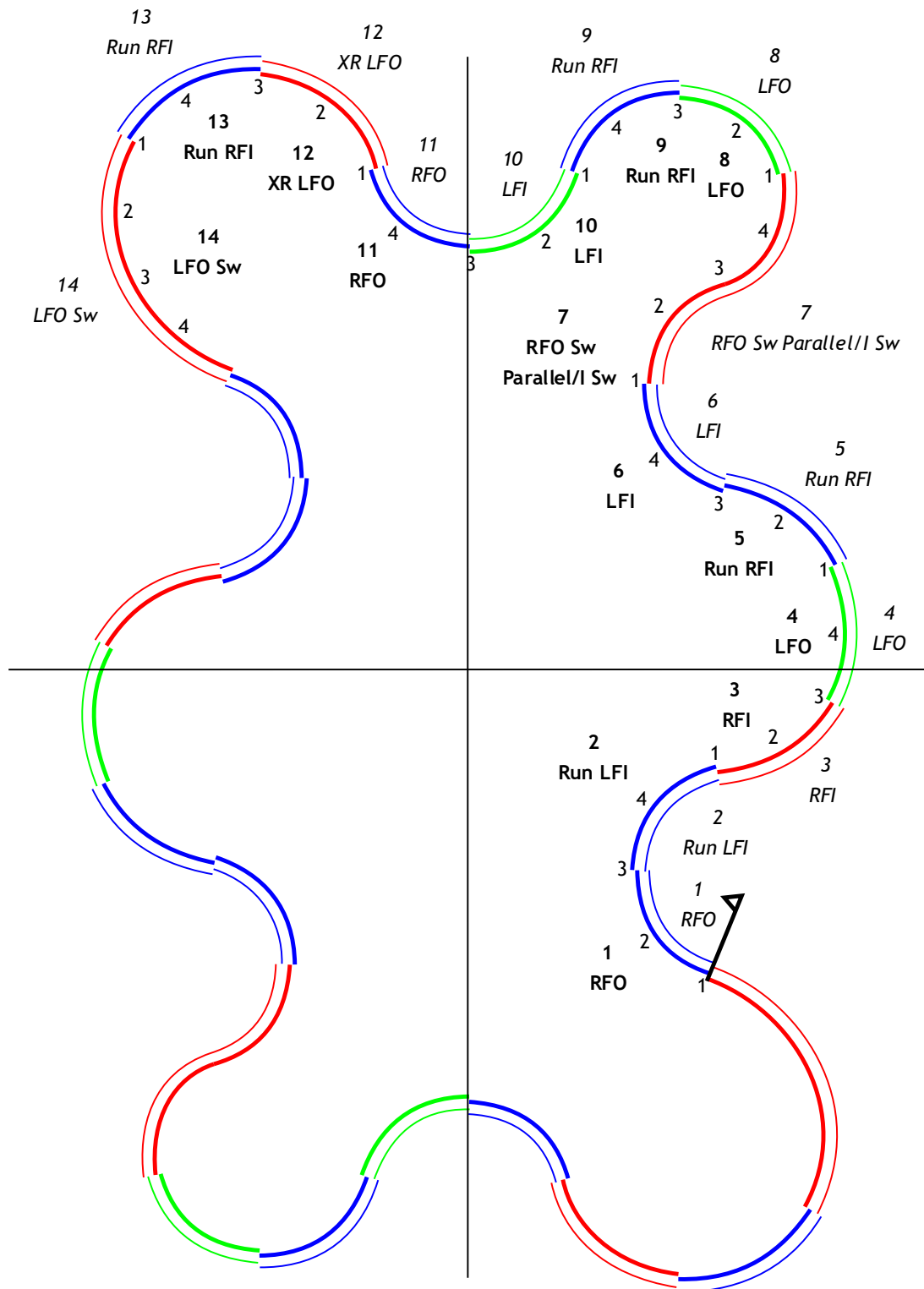
Key Points – Baby Blues Couples & Solo

1. Step 3 RFI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the angular stroke on a clear inside edge.
 - For couples: Correct Kilian position of the couple without any separations.
2. Step 7 RFO Sw Parallel/I Sw (1+1+1+1 beats):
 - Correct technical execution and timing of the swing in front on the 2nd beat.
 - Pay attention to the placement of the feet which should be closed together in a parallel position on the 3rd beat. The COE must be done with a clear change of lean on the 3rd beat.
 - Correct technical execution and timing of the swing in back on the 4th beat, without any deviation from the inside edge.
 - For couples: Correct Kilian position of the couple without any separations.
3. Step 12 XR LFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross roll on a clear outside edge with a progressive movement of the left foot.
 - For couples: Correct Kilian position of the couple without any separations.
4. Step 14 LFO 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.

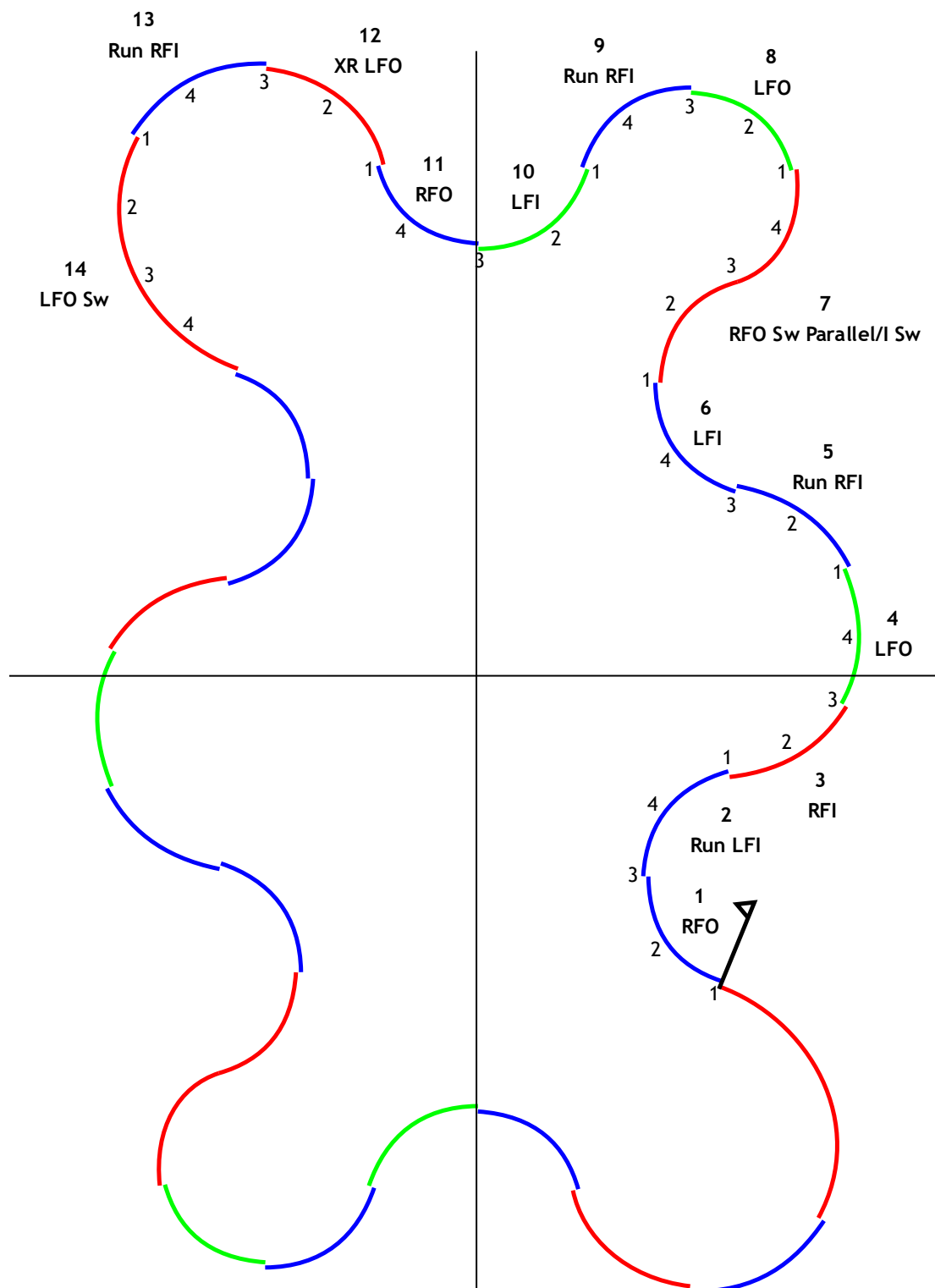
Baby Blues – List of Steps

HOLD	STEP	MAN'S STEPS	MUSICAL BEATS	WOMAN'S STEPS
Kilian	1	RFO	2	RFO
	2	Run LFI	2	Run LFI
	3	RFI	2	RFI
	4	LFO	2	LFO
	5	Run RFI	2	Run RFI
	6	LFI	2	LFI
	7	RFO Sw Parallel/I Sw	1 + 1 + 1 + 1	RFO Sw Parallel/I Sw
	8	LFO	2	LFO
	9	Run RFI	2	Run RFI
	10	LFI	2	LFI
	11	RFO	2	RFO
	12	XR LFO	2	XR LFO
	13	Run RFI	2	Run RFI
	14	LFO Sw	2 + 2	LFO Sw

BABY BLUES



BABY BLUES



BOUNCE BOOGIE – Couples & Solo

Music: Boogie 4/4

Hold: Kilian

Tempo: 100 BPM

Pattern: Set

Step 1 LFO (2 beats) is a stroke on the outside edge which is skated in the direction of the long side barrier, followed by Step 2 Run RFI (1 beat) and Step 3 LFO (1 beat).

Step 4 OpS RFI/O Sw (2+2 beats) begins with a parallel open stroke, followed by a change of edge to outside as the free leg swings forward on the 3rd beat. This step travels in the direction of the long axis. The COE occurs on a sub-baseline that runs parallel to the long side barrier.

Step 5 XF LFI (2 beats) is a cross in front on the inside edge with feet close together.

Step 6 RFO (2 beats) is a stroke that intersects the short axis on the 2nd beat, followed by Step 7 Run LFI (1 beat) and Step 8 RFO (1 beat).

Step 9 OpS LFI/O Sw (2+2 beats) begins with a parallel open stroke, followed by a change of edge to outside as the free leg swings forward on the 3rd beat. This step travels in the direction of the long side barrier. The COE occurs on a sub-baseline that runs parallel to the long side barrier.

Step 10 XF RFI (2 beats) is a cross in front on the inside edge with feet close together.

Step 11 LFO (1 beat) is a stroke and Step 12 Ch RFI (1 beat) is a chasse on the inside edge.

Step 13 LFO (1 beat), Step 14 Run RFI (1 beat) and Step 15 LFO (2 beats) are a sequence of runs which aim towards the apex of curvature along the short side barrier.

Step 16 XB RFI (2 beats) is a cross behind on the inside edge which intersects the long axis on the 2nd beat and Step 17 XB LFO (2 beats) is an additional cross behind on the outside edge, executed with feet close together. The last step, Step 18 XB RFI (2 beats) travels in the direction of the long side barrier. Each cross behind must finish with simultaneous extension of the free leg in front of the body. There should be a definite rise and fall movement on each of these steps causing a “bounce” effect.

REFERENCE STEPS:

- Step 6 must start before the short axis and must finish after it (1 beat before, 1 beat after).
- Step 16 must start before the long axis and must finish after it (1 beat before, 1 beat after).

Key Points – Bounce Boogie Couples & Solo

1. Step 6 RFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke on the required outside edge without any deviation.
 - For couples: Correct Kilian position of the couple without any separations.
2. Step 9 OpS LFI/O Sw (2+2 beats):
 - Correct technical execution of the parallel open stroke with feet close together.
 - Correct timing of the swing forward on the 3rd beat with a simultaneous COE to outside.
 - No deviation from the outside edge after the COE.
 - For couples: Correct Kilian position of the couple without any separations.
3. Step 12 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.

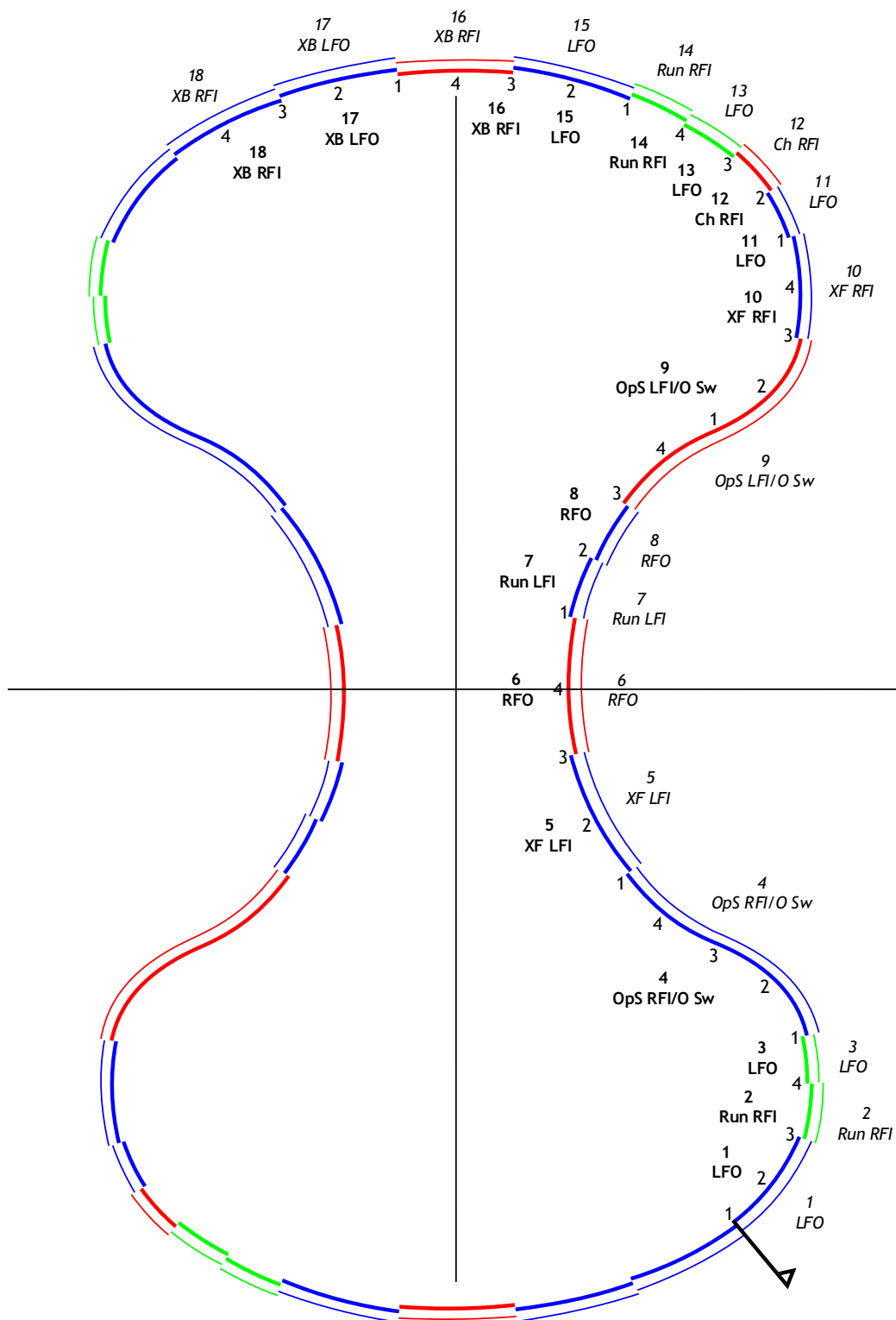
4. Step 16 XB RFI (2 beats):

- Correct timing of the step.
- Correct technical execution of the cross behind with feet close together.
- No deviation from the outside edge in advance.
- For couples: Correct Kilian position of the couple without any separations.

Bounce Boogie – List of Steps

HOLD	STEP	MAN'S STEPS	MUSICAL BEATS	WOMAN'S STEPS
Kilian	1	LFO	2	LFO
	2	Run RFI	1	Run RFI
	3	LFO	1	LFO
	4	OpS RFI/O Sw	2 + 2	OpS RFI/O Sw
	5	XF LFI	2	XF LFI
	6	RFO	2	RFO
	7	Run LFI	1	Run LFI
	8	RFO	1	RFO
	9	OpS LFI/O Sw	2 + 2	OpS LFI/O Sw
	10	XF RFI	2	XF RFI
	11	LFO	1	LFO
	12	Ch RFI	1	Ch RFI
	13	LFO	1	LFO
	14	Run RFI	1	Run RFI
	15	LFO	2	LFO
	16	XB RFI	2	XB RFI
	17	XB LFO	2	XB LFO
	18	XB RFI	2	XB RFI

BOUNCE BOOGIE

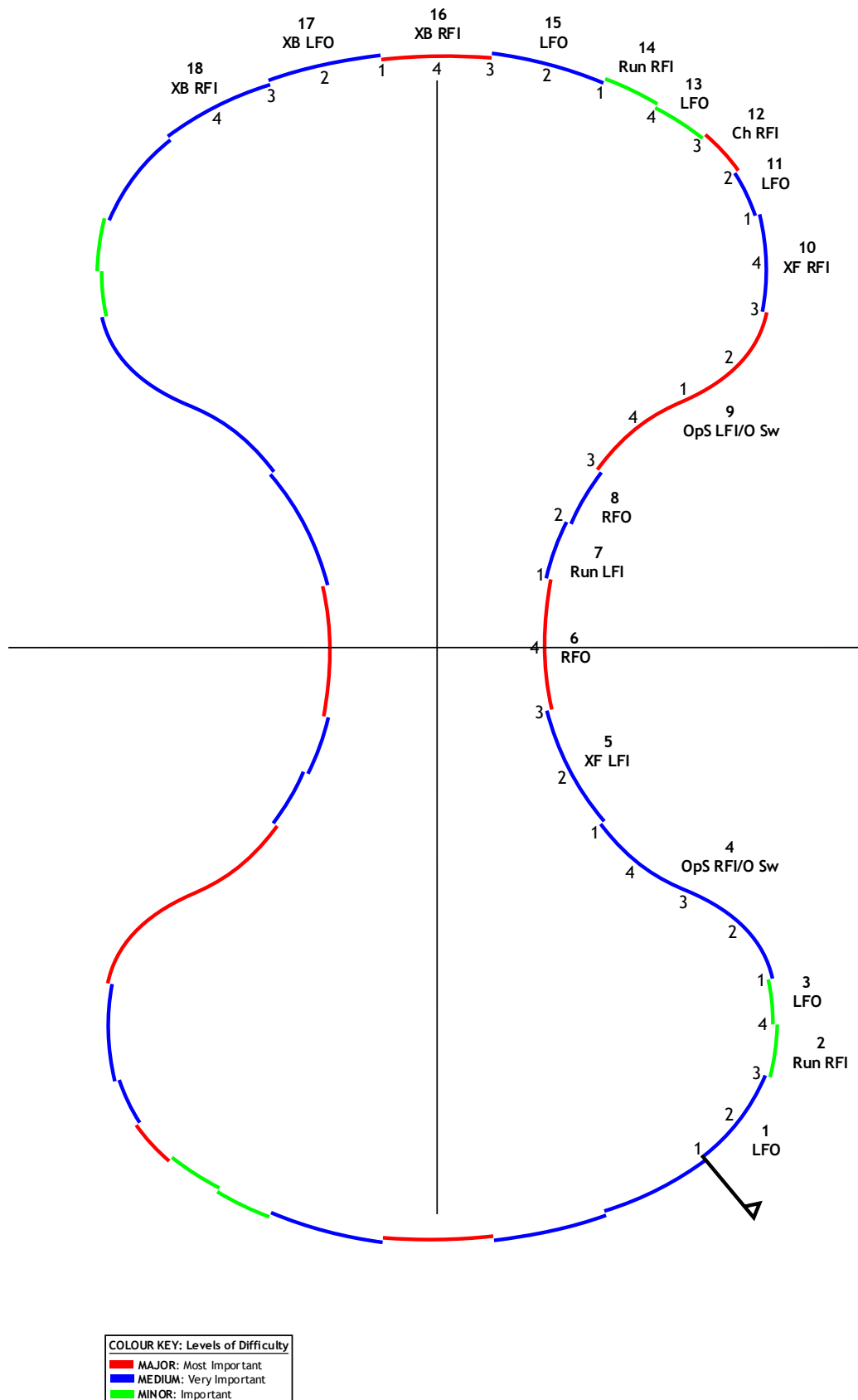


COLOUR KEY: Levels of Difficulty

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

— Woman
— Man

BOUNCE BOOGIE



CASINO MARCH (Short Pattern) – Couples & Solo

By Cox, Irwin, Jennings & Nazzaro

Music: March 4/4

Tempo: 100 BPM

Hold: Kilian

Pattern: Set

Step 1 LFO (1 beat) is a stroke to the long side barrier. Step 2 Run RFI (1 beat) is a run that is parallel to the barrier, and Step 3 LFO (2 beats) is a stroke on the outside edge that travels in the direction of the long axis. The last stroke ends on a baseline that runs parallel to the long axis.

Step 4 XR RFO (2 beats) is a cross roll on the outside edge with an angular placement of the free foot as it takes the floor. Step 5 XB LFI (2 beats) is a cross behind with feet close and parallel, finishing with the free leg in front of the body line. These steps continue in the direction of the long axis and finish parallel to it at the end of the cross behind.

Step 6 RFO Sw/I Sw (2+2+2 beats: 6 beats total) begins with a stroke on the outside edge with an aim to the short side barrier. On the 3rd beat, the free leg swings forward into a leading position. On the 5th beat, the free leg swings behind the body with a simultaneous change of edge to inside. At the time of the forward swing, the outside edge should be maintained and must travel towards the long side barrier. The change of edge to inside begins on the baseline (see Step 3), and ends near the long side barrier.

Step 7 LFO (1 beat) is a stroke on the outside edge.

Step 8 XB RFI (1 beat) is a cross behind with feet close and parallel, finishing with the free leg in front of the body. During this step, the man must move the woman slightly in front in order to properly execute Step 9 OpMk LBI (2 beats) that commences the start of the end lobe. The open mohawk must be executed with feet close together and Kilian position must be maintained throughout the execution of the step.

Step 10 RBO (4 beats) travels along the short side barrier. At the end of the step, the man must deepen his edge in preparation for the next step. The movement of the free leg is optional. Care should be taken to maintain Kilian position throughout as a change of position to Tandem is not allowed.

Step 11 Cw LFI (2 beats) is a choctaw with feet close together that intersects the long axis, followed by Step 12 RFI (2 beats) which is an angular stroke on the inside edge. The movement of the free leg is optional.

Step 13 LFO (1 beat) and Step 14 XCh RFI (1 beat) is a stroke and a crossed chasse with feet close and parallel. The stroke is skated parallel to the short side barrier and the crossed chasse aims in the direction of the long side barrier.

REFERENCE STEPS:

- Step 6 begins on the short axis.
- Step 11 begins before the long axis and finishes after it (1 beat before, 1 beat after).

Key Points – Casino March Couples & Solo

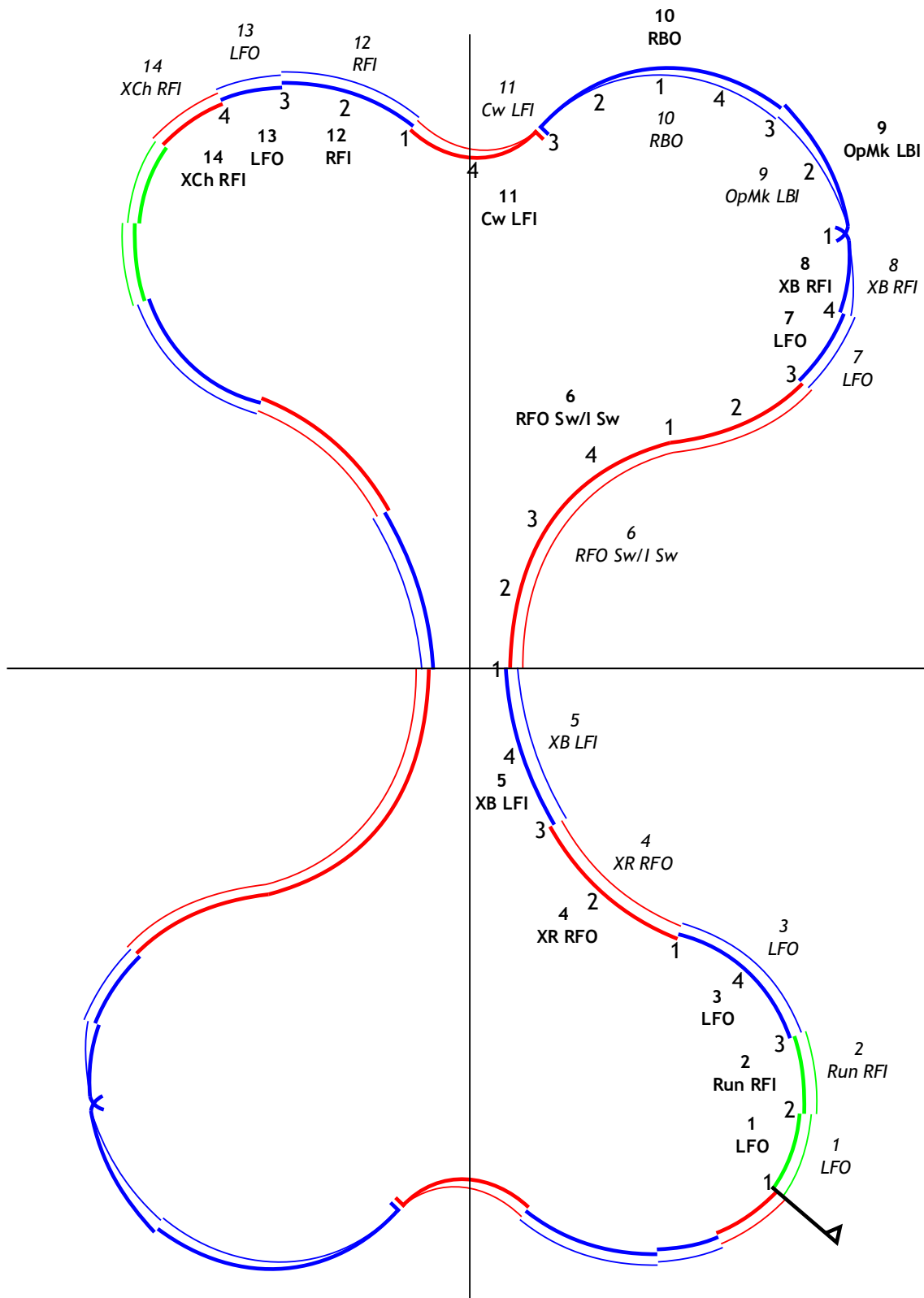
1. Step 4 XR RFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross roll (respecting the prescribed edges required before and after the step), on a clear and correct outside edge with adequate inclination of the body.
 - For couples: Correct Kilian position of the couple without separation between the skaters.
2. Step 6 RFO Sw/I Sw (2+2+2 beats):
 - Correct technical execution and timing of the swing forward on the 3rd beat.
 - Care should be taken to sustain the outside edge until the 5th beat, followed by a simultaneous swing behind the body and change of edge to inside.
 - For couples: Correct Kilian position of the couple without separation between the skaters.
3. Step 11 Cw LFI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the choctaw which must be done with feet close together.
 - No deviation from the inside edge.
 - For couples: Correct Kilian position of the couple without separation between the skaters.
4. Step 14 XCh RFI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the crossed chasse which must be done with feet close together.
 - No deviation from the inside edge.
 - For couples: Correct Kilian position of the couple without separation between the skaters.

Casino March – List of Steps

HOLD	STEP	MAN'S STEPS	BEATS	WOMAN'S STEPS
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	XR RFO	2	XR RFO
	5	XB LFI	2	XB LFI
	6	RFO Sw/I Sw	2 + 2 + 2	RFO Sw/I Sw
	7	LFO	1	LFO
	8	XB RFI	1	XB RFI
	9	OpMk LBI	2	OpMk LBI
	10	RBO*	4	RBO*
	11	Cw LFI*	2	Cw LFI*
	12	RFI*	2	RFI*
	13	LFO	1	LFO
	14	XCh RFI	1	XCh RFI
*The movement of the free leg is optional.				

CASINO MARCH

Short Pattern



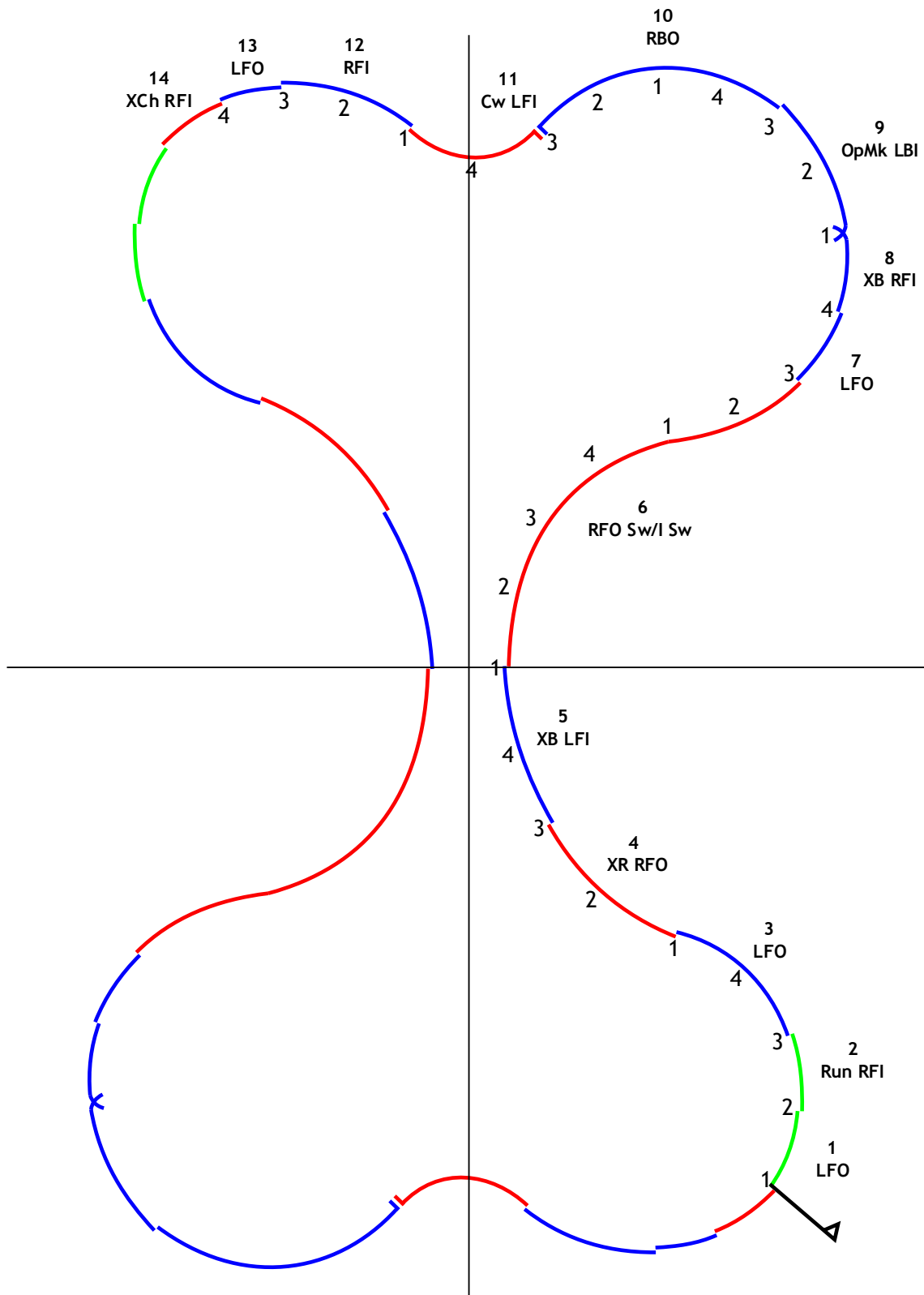
COLOUR KEY: Levels of Difficulty

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

— Woman
= Man

CASINO MARCH

Short Pattern



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.

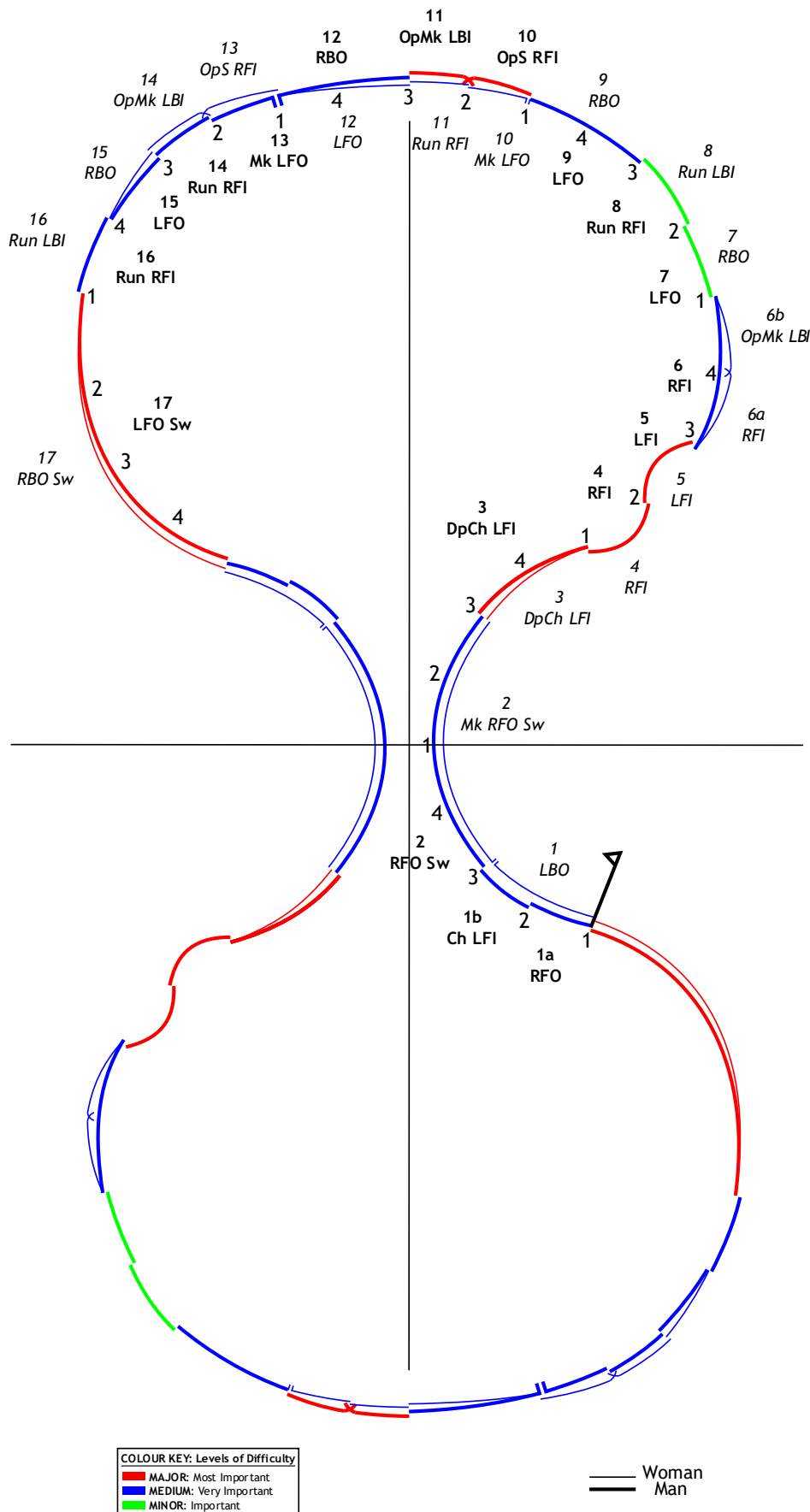
Key Points – Cha Cha Couples

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
Waltz	6b				1	OpMk LBI
	7	LFO		1		RBO
	8	Run RFI		1		Run LBI
	9	LFO		2		RBO
Promenade	10	OpS RFI		1		Mk LFO
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



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 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.

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 ends 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.

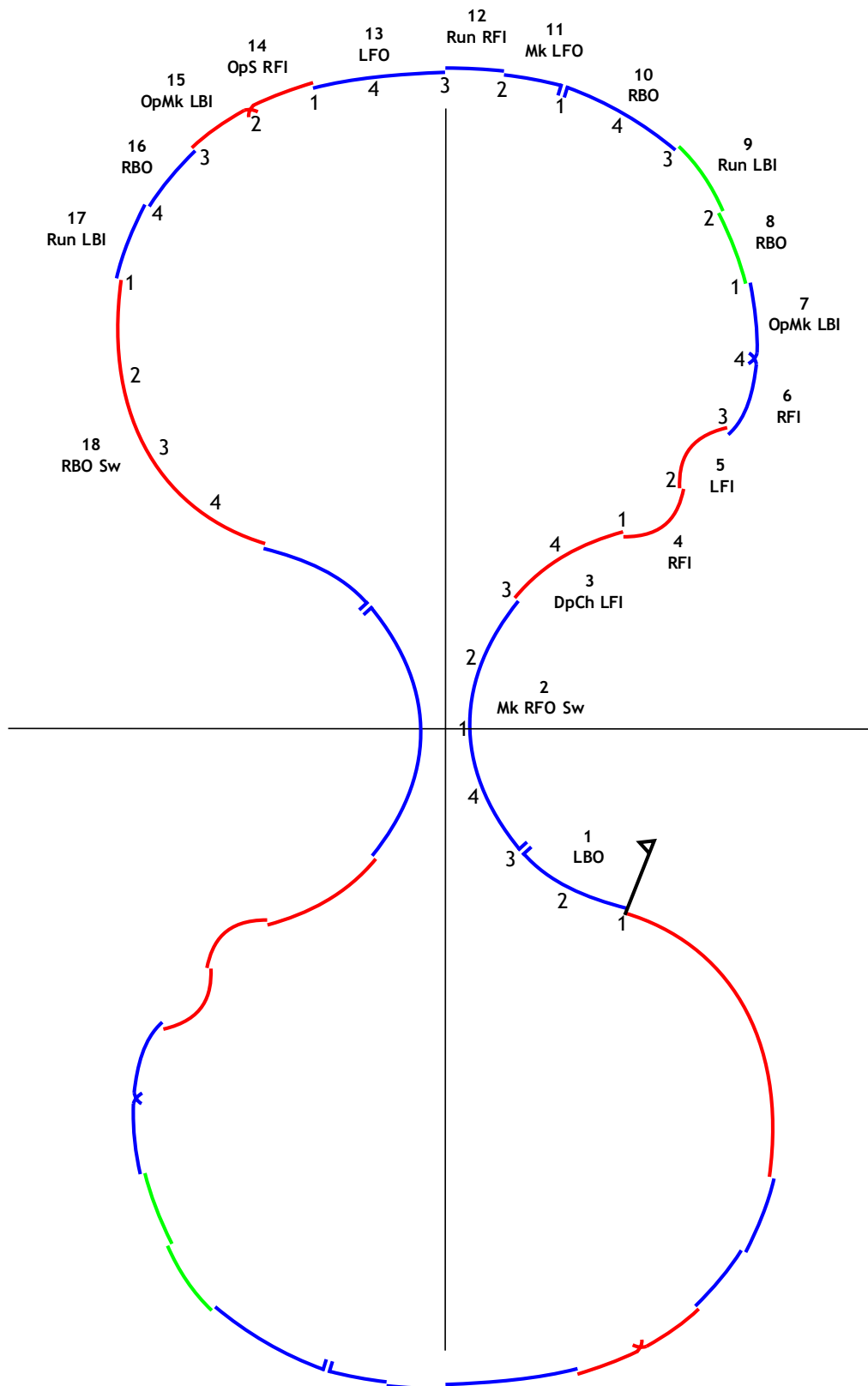
Key Points – Cha Cha Solo

1. Step 3 DpCh LFI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the dropped 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):
 - Correct timing of these steps.
 - Correct technical execution of the inside edges with feet close together.
3. Step 15 OpMk RBI (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	1
17	Run LBI	1
18	RBO Sw	2 + 2

CHA CHA



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

CHASE WALTZ – Couples

By Fred Bergin, Melvin Umbach & Betty Jane Yarrington in memory of Kenny Chase

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

Tempo: 120 BPM

Hold: Waltz (with Promenade & Foxtrot)

Pattern: Set

This dance should be skated with clear edges and adherence to baseline skating skill throughout. The entire skating surface should be utilised, along with rhythmical movements in accordance with the music and correct timing.

SECTION 1

This dance begins in Waltz position with Step 1 RFO (2 beats) for the man and LBO (2 beats) for the woman in the direction of the long axis.

Step 2 Ch LFI (1 beat) for the man and Ch RBI (1 beat) for the woman are raised chasses that finish parallel to the long axis.

Step 3 RFO (3 beats) for the man and LBO (3 beats) for the woman are strokes on outside edges that begin on the short axis and travel in the direction of the long side barrier. The stroke must follow the general curve of the centre lobe to finish on a baseline that runs parallel to the long side barrier.

Step 4 LFO (2 beats) for the man and RBO (2 beats) for the woman are strokes on outside edges, skated in the direction of the long side barrier.

Step 5 Ch RFI (1 beat) for the man and Ch LBI (1 beat) for the woman are raised chasses, followed by Step 6 LFO (3 beats) for the man and RBO (3 beats) for the woman.

In Promenade position: Step 7 OpS RFI (2 beats) for the man is a parallel open stroke on the inside edge. The woman executes Mk LFO (2 beats), a mohawk turn with feet close together and on the outside edge.

In Waltz position: Step 8 OpMk LBI (1 beat) for the man is an open mohawk with feet close together, and Ch RFI (1 beat) for the woman is a chasse.

Step 9 RBO (3 beats) for the man and LFO (3 beats) for the woman are strokes on outside edges that finish parallel to the short side barrier.

In Foxtrot position: Step 10 Mk LFO (2 beats) for the man is a mohawk turn with feet close together and on the outside edge. The woman executes OpS RFI (2 beats), a parallel open stroke on the inside edge. These steps begin on the long axis and travel in the direction of the long side barrier.

In Waltz position, Step 11 Ch RFI (1 beat) for the man is a chasse and OpMk LBI (1 beat) for the woman is an open mohawk with feet close together.

Step 12 LFO (3 beats) for the man and RBO (3 beats) for the woman are strokes on outside edges.

In Promenade position, Step 13 OpS RFI (2 beats) for the man is a parallel open stroke on the inside edge. The woman executes Mk LFO (2 beats), a mohawk turn with feet close together and on the outside edge.

In Waltz position: Step 14 OpMk LBI (1 beat) for the man is an open mohawk with feet close together, and Ch RFI (1 beat) for the woman is a chasse.

Step 15 RBO (3 beats) for the man and LFO (3 beats) for the woman are strokes on outside edges, skated in the direction of the long axis. The stroke must follow the general curve of the corner lobe to finish on a baseline that runs parallel to the long side barrier.

SECTION 2

This dance continues in Waltz position with Step 16 LBO (2 beats) for the man and RFO (2 beats) for the woman in the direction of the long axis.

Step 17 Ch RBI (1 beat) for the man and Ch LFI (1 beat) for the woman are raised chasses that finish parallel to the long axis.

Step 18 LBO (3 beats) for the man and RFO (3 beats) for the woman are strokes on outside edges that begin on the short axis and travel in the direction of the long side barrier. The stroke must follow the general curve of the centre lobe to finish on a baseline that runs parallel to the long side barrier.

Step 19 RBO (2 beats) for the man and LFO (2 beats) for the woman are strokes on outside edges, skated in the direction of the long side barrier.

Step 20 Ch LBI (1 beat) for the man and Ch RFI (1 beat) for the woman are raised chasses, followed by Step 21 RBO (3 beats) for the man and LFO (3 beats) for the woman.

In Foxtrot position: Step 22 Mk LFO (2 beats) for the man is a mohawk turn with feet close together and on the outside edge. The woman executes OpS RFI (2 beats), a parallel open stroke on the inside edge.

In Waltz position: Step 23 Ch RFI (1 beat) for the man is a chasse, and OpMk LBI (1 beat) for the woman is an open mohawk with feet close together.

Step 24 LFO (3 beats) for the man and RBO (3 beats) for the woman are strokes on outside edges that finish parallel to the short side barrier.

In Promenade position: Step 25 OpS RFI (2 beats) for the man is a parallel open stroke on the inside edge. The woman executes Mk LFO (2 beats), a mohawk turn with feet close together and on the outside edge. These steps begin on the long axis and travel in the direction of the long side barrier.

In Waltz position, Step 26 OpMk LBI (1 beat) for the man is an open mohawk with feet close together and Ch RFI (1 beat) for the woman is a chasse.

Step 27 RBO (3 beats) for the man and LFO (3 beats) for the woman are strokes on outside edges.

In Foxtrot position: Step 28 Mk LFO (2 beats) for the man is a mohawk turn with feet close together and on the outside edge. The woman executes OpS RFI (2 beats), a parallel open stroke on the inside edge.

In Waltz position: Step 29 Ch RFI (1 beat) for the man is a chasse, and OpMk LBI (1 beat) for the woman is an open mohawk with feet close together.

Step 30 LFO (3 beats) for the man and RBO (3 beats) for the woman are strokes on outside edges, skated in the direction of the long axis. The stroke must follow the general curve of the corner lobe to finish on a baseline that runs parallel to the long side barrier.

REFERENCE STEPS:

- Step 3 begins on the short axis.
- Step 10 begins on the long axis.
- Step 18 begins on the short axis.
- Step 25 begins on the long axis.

Note on Dance Hold

The Chase Waltz is performed in Waltz (Closed) hold throughout the entirety of the dance. During Mohawk turns the partners will remain in Waltz hold whilst rotating around a common axis (concentric rotation). It should be noted that to achieve this, the partners will transition through Promenade position (not Promenade hold) during steps 7, 13, and 25 and Foxtrot position (not Foxtrot hold) during steps 10, 22, and 28. This is due to both partners skating forwards during these steps. Therefore, whilst they remain in Waltz hold, they are unable to track each other during these steps, but return to tracking immediately following these steps. During these steps, the partners hips will remain square to each other's (to rotate concentrically in Waltz hold), rather than square to the tracing (which would require a change of hold – Promenade/Foxtrot).

Key Points – Chase Waltz Couples

SECTION 1:

1. Step 2 Ch LFI (1 beat) for the man and Ch RBI (1 beat) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
 - Correct Waltz position of the couple without any separations between the skaters.
2. Step 5 Ch RFI (1 beat) for the man and Ch LBI (1 beat) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
 - Correct Waltz position of the couple without any separations between the skaters.
3. Step 8 OpMk LBI (1 beat) for the man:
 - Correct timing of the step.
 - Correct technical execution of the open mohawk with feet close together, finishing on the correct inside edge.
 - Correct Waltz position of the couple without any separations between the skaters.
4. Step 13 Mk LFO (2 beats) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the mohawk with feet close together, finishing on the correct outside edge.
 - Correct Promenade position of the couple without any separations between the skaters.

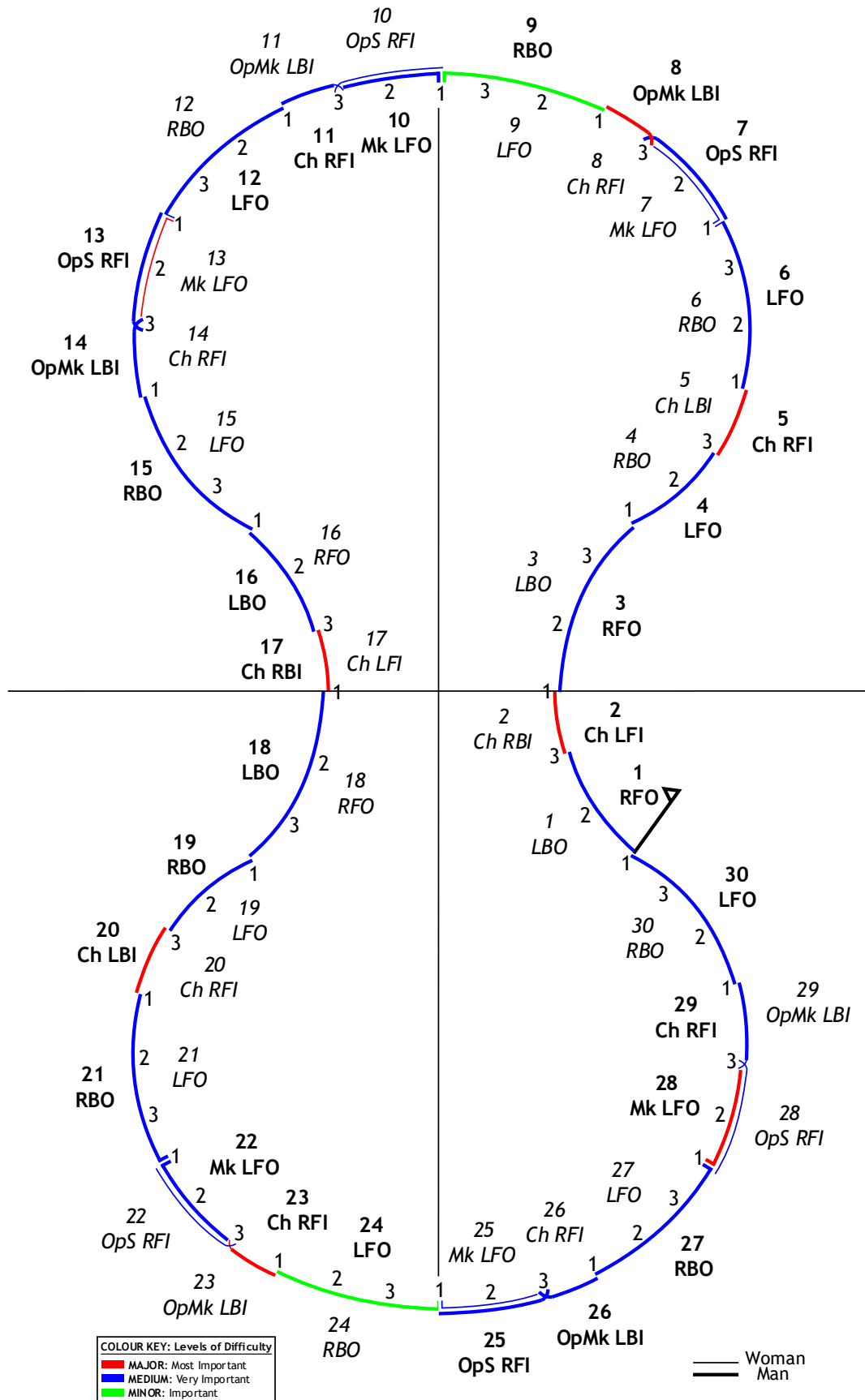
SECTION 2:

1. Step 17 Ch RBI (1 beat) for the man and Ch LFI (1 beat) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
 - Correct Waltz position of the couple without any separations between the skaters.
2. Step 20 Ch LBI (1 beat) for the man and Ch RFI (1 beat) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
 - Correct Waltz position of the couple without any separations between the skaters.
3. Step 23 OpMk LBI (1 beat) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the open mohawk with feet close together, finishing on the correct inside edge.
 - Correct Waltz position of the couple without any separations between the skaters.
4. Step 28 Mk LFO (2 beats) for the man:
 - Correct timing of the step.
 - Correct technical execution of the mohawk with feet close together, finishing on the correct outside edge.
 - Correct Foxtrot position of the couple without any separations between the skaters.

Chase Waltz Couples – List of Steps

HOLD	STEP NUMBER	MAN'S STEPS	MUSICAL BEATS	WOMAN'S STEPS
SECTION 1				
Waltz	1	RFO	2	LBO
	2	Ch LFI	1	Ch RBI
	3	RFO	3	LBO
	4	LFO	2	RBO
	5	Ch RFI	1	Ch LBI
	6	LFO	3	RBO
Promenade	7	OpS RFI	2	Mk LFO
Waltz	8	OpMk LBI	1	Ch RFI
	9	RBO	3	LFO
Foxtrot	10	Mk LFO	2	OpS RFI
Waltz	11	Ch RFI	1	OpMk LBI
	12	LFO	3	RBO
Promenade	13	OpS RFI	2	Mk LFO
Waltz	14	OpMk LBI	1	Ch RFI
	15	RBO	3	LFO
SECTION 2				
Waltz	16	LBO	2	RFO
	17	Ch RBI	1	Ch LFI
	18	LBO	3	RFO
	19	RBO	2	LFO
	20	Ch LBI	1	Ch RFI
	21	RBO	3	LFO
Foxtrot	22	Mk LFO	2	OpS RFI
Waltz	23	Ch RFI	1	OpMk LBI
	24	LFO	3	RBO
Promenade	25	OpS RFI	2	Mk LFO
Waltz	26	OpMk LBI	1	Ch RFI
	27	RBO	3	LFO
Foxtrot	28	Mk LFO	2	OpS RFI
Waltz	29	Ch RFI	1	OpMk LBI
	30	LFO	3	RBO

CHASE WALTZ



CHASE WALTZ – Solo Man's Steps

By Fred Bergin, Melvin Umbach & Betty Jane Yarrington in memory of Kenny Chase

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

Tempo: 120 BPM

Pattern: Set

This dance should be skated with clear edges with adherence to baseline skating skill throughout. The entire skating surface should be utilised, along with rhythmical movements in accordance with the music and correct timing.

SECTION 1

Step 1 RFO (2 beats) is a stroke in the direction of the long axis.

Step 2 Ch LFI (1 beat) is a chasse that finishes parallel to the long axis.

Step 3 RFO (3 beats) is a stroke on the outside edge that begins on the short axis and travels in the direction of the long side barrier, followed by Step 4 LFO (2 beats). The stroke (step 3) must follow the general curve of the centre lobe to finish on a baseline that runs parallel to the long side barrier.

Step 5 Ch RFI (1 beat) is a chasse and Step 6 LFO (3 beats) is a stroke on the outside edge.

Step 7 OpS RFI (2 beats) is a parallel open stroke on the inside edge and Step 8 OpMk LBI (1 beat) is an open mohawk with feet close together.

Step 9 RBO (3 beats) is a stroke on the outside edge that finishes parallel to the short side barrier.

Step 10 Mk LFO (2 beats) is a mohawk turn with feet close together that begins on the long axis and travels in the direction of the long side barrier.

Step 11 Ch RFI (1 beat) is a chasse, followed by Step 12 LFO (3 beats).

Step 13 OpS RFI (2 beats) is a parallel open stroke on the inside edge.

Step 14 OpMk LBI (1 beat) is an open mohawk with feet close together.

Step 15 RBO (3 beats) is a stroke on the outside edge, skated in the direction of the long axis. The stroke must follow the general curve of the corner lobe to finish on a baseline that runs parallel to the long side barrier.

SECTION 2

Step 16 LBO (2 beats) is a stroke in the direction of the long axis.

Step 17 Ch RBI (1 beat) is a chasse that finishes parallel to the long axis.

Step 18 LBO (3 beats) is a stroke on the outside edge that begins on the short axis and travels in the direction of the long side barrier, followed by Step 19 RBO (2 beats). The stroke (step 18) must follow the general curve of the centre lobe to finish on a baseline that runs parallel to the long side barrier.

Step 20 Ch LBI (1 beat) is a chasse and Step 21 RBO (3 beats) is a stroke on the outside edge.

Step 22 Mk LFO (2 beats) is a mohawk turn with feet close together and on the outside edge and Step 23 Ch RFI (1 beat) is a chasse.

Step 24 LFO (3 beats) is a stroke on the outside edge that finishes parallel to the short side barrier.

Step 25 OpS RFI (2 beats) is a parallel open stroke on the inside edge that begins on the long axis and travels in the direction of the long side barrier.

Step 26 OpMk LBI (1 beat) is an open mohawk with feet close together, followed by Step 27 RBO (3 beats).

Step 28 Mk LFO (2 beats) is a mohawk turn with feet close together and on the outside edge.

Step 29 Ch RFI (1 beat) is a chasse.

Step 30 LFO (3 beats) is a stroke on the outside edge, skated in the direction of the long axis. The stroke must follow the general curve of the corner lobe to finish on a baseline that runs parallel to the long side barrier.

REFERENCE STEPS:

- Step 3 begins on the short axis.
- Step 10 begins on the long axis.
- Step 18 begins on the short axis.
- Step 25 begins on the long axis.

Key Points – Chase Waltz Solo Man's Steps

SECTION 1:

1. Step 2 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 5 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.
3. Step 10 Mk LFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the mohawk with feet close together, finishing on the required outside edge.
4. Step 15 RBO (3 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke that must begin with feet close and parallel.
 - No deviation from the outside edge.

SECTION 2:

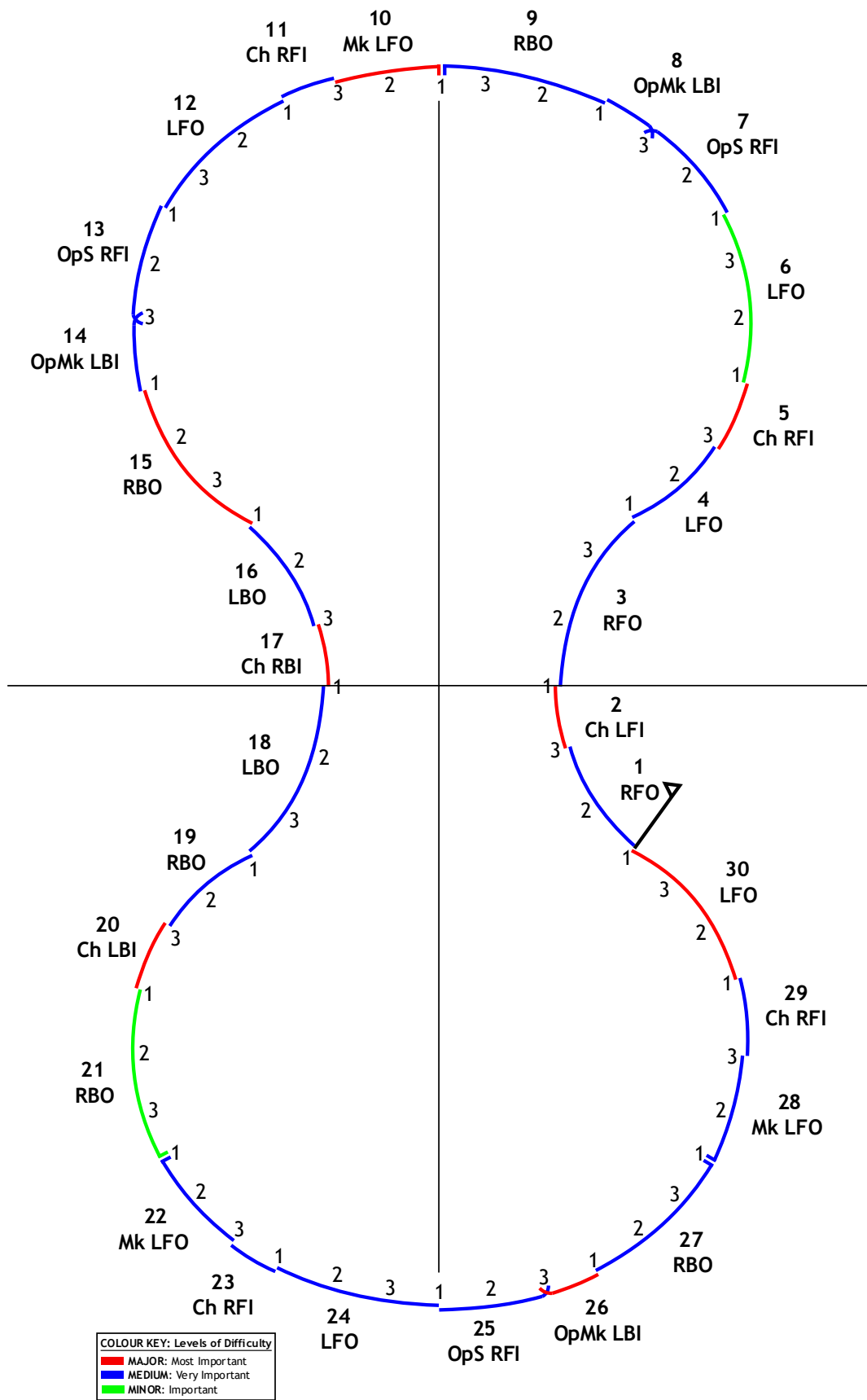
1. Step 17 Ch RBI (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
2. Step 20 Ch LBI (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
3. Step 26 OpMk LBI (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the open mohawk with feet close together, finishing on the required inside edge.
4. Step 30 LFO (3 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke that must begin with feet close and parallel.
 - No deviation from the outside edge.

Chase Waltz (Solo Man) – List of Steps

STEP NUMBER	STEPS	MUSICAL BEATS
SECTION 1		
1	RFO	2
2	Ch LFI	1
3	RFO	3
4	LFO	2
5	Ch RFI	1
6	LFO	3
7	OpS RFI	2
8	OpMk LBI	1
9	RBO	3
10	Mk LFO	2
11	Ch RFI	1
12	LFO	3
13	OpS RFI	2
14	OpMk LBI	1
15	RBO	3
SECTION 2		
16	LBO	2
17	Ch RBI	1
18	LBO	3
19	RBO	2
20	Ch LBI	1
21	RBO	3
22	Mk LFO	2
23	Ch RFI	1
24	LFO	3
25	OpS RFI	2
26	OpMk LBI	1
27	RBO	3
28	Mk LFO	2
29	Ch RFI	1
30	LFO	3

CHASE WALTZ

Solo Man's Steps



COLLEGIATE – Couples

By Inez Van Horn & Assisted by Perry Rawson

Music: Foxtrot 4/4

Holds: Foxtrot, Waltz, Promenade & Kilian (optional)

Tempo: 92 BPM

Pattern: Set

For steps 7-12, the couple have the option to assume Foxtrot position or Kilian position. Once a hold has been selected, it must remain consistent for the entire duration of the straightaway sequence, as well as each pattern sequence.

Every step of the pattern sequence is held for two (2) beats.

Step 1 LFO for the man is a stroke on the outside edge and OpS RFI for the woman is an open stroke on the inside edge that begins from a parallel take off. These steps are skated in Foxtrot position and follow the general curve of the lobe in the direction of the short side barrier.

Step 2 DpCh RFI for the man is a dropped chasse on the inside edge and OpMk LBI for the woman is an open mohawk, executed with feet close together. At the time of the mohawk turn for the woman, the position of the free foot may range from the instep to the heel of the skating foot. These steps are skated in Waltz position.

Step 3 LFO for the man and RBO for the woman are strokes on outside edges that pass along the short side barrier and intersect the longitudinal axis on the 2nd beat.

Step 4 OpS RFI for the man is an open stroke on the inside edge that begins from a parallel take off, and then Mk LFO for the woman is a mohawk turn with feet close together. These steps are skated in Promenade position and follow the general curve of the lobe in the direction of the long side barrier.

Step 5 OpMk LBI for the man is an open mohawk, executed with feet close together and DpCh RFI for the woman is a dropped chasse on the inside edge. At the time of the mohawk turn for the man, the position of the free foot may range from the instep to the heel of the skating foot. These steps are skated in Waltz position.

Step 6 RBO for the man and LFO for the woman are strokes on bold outside edges that travel away from the long side barrier into the direction of the long axis.

Steps 7-12 are a sequence of steps that are skated evenly left and right to a baseline that runs parallel to the long side barrier. The man begins with Cw LFI, a choctaw turn that begins the sequence of angular inside strokes along the skating surface. The woman executes a sequence of cross rolls on clear outside edges. During these steps, the couple must remain close together and form correct lines of inclination during each step. Step 9 for both skaters intersects the transversal axis on the 2nd beat, and then Step 12 moves away from the baseline to finish near the long side barrier. For the man, each inside edge must begin from an angular take off, either from the instep or behind the heel of the skating foot. The angular strokes must be consistent on each foot.

REFERENCE STEPS:

- Step 3 must begin before the long axis and must finish after it (1 beat before and 1 beat after).
- Step 9 must begin before the short axis and must finish after it (1 beat before and 1 beat after).

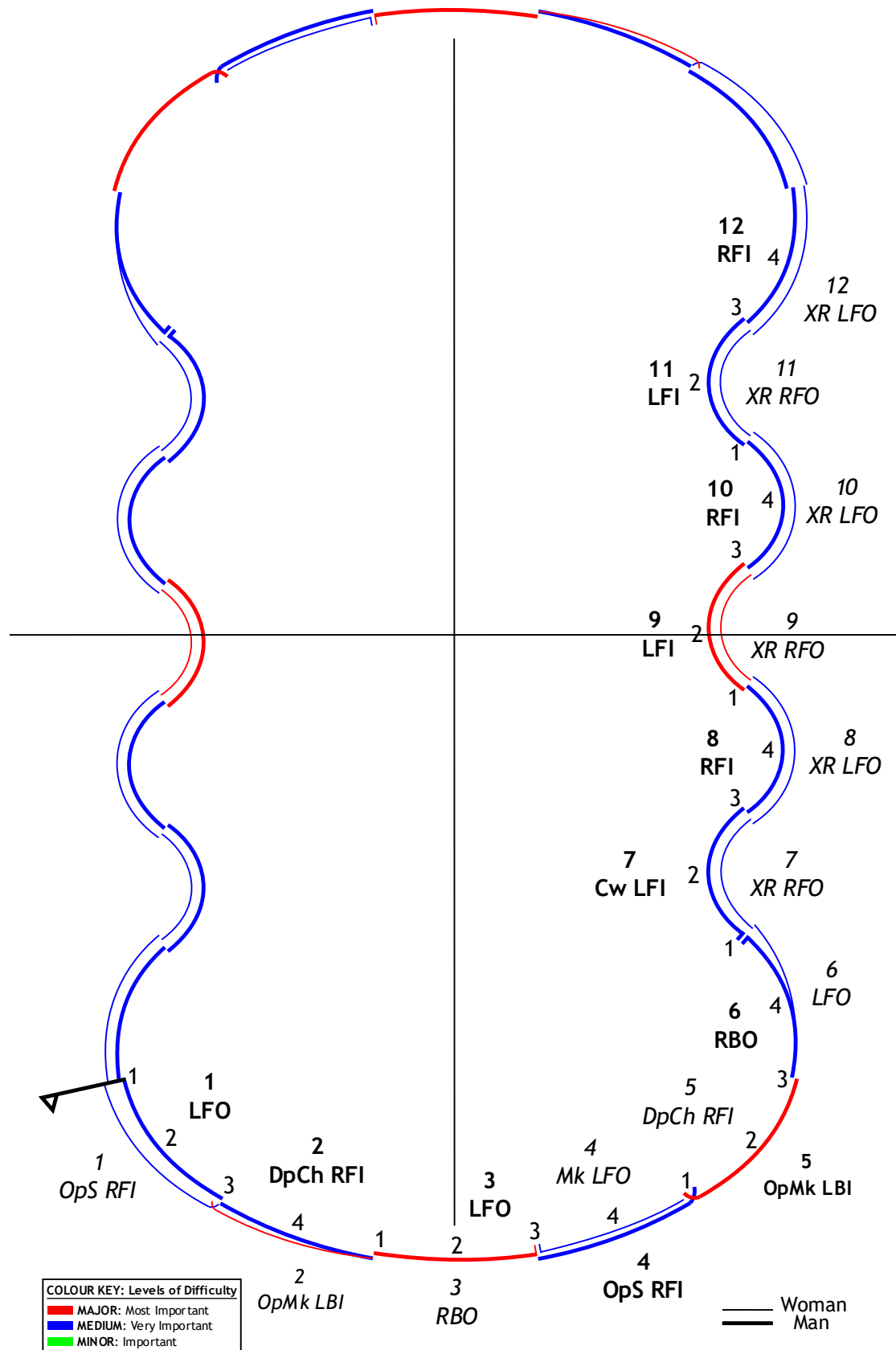
Key Points – Collegiate Couples

1. Step 2 OpMk LBI (2 beats) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the open mohawk turn which must be done with feet close together, without deviating from the inside edge in advance.
2. Step 3 LFO (2 beats) for the man and RBO (2 beats) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the stroke on a clear outside edge that must intersect the longitudinal axis on the 2nd beat.
3. Step 5 OpMk LBI (2 beats) for the man:
 - Correct timing of the step.
 - Correct technical execution of the open mohawk turn which must be done with feet close together, without deviating from the inside edge in advance.
4. Step 9 LFI (2 beats) for the man and XR RFO (2 beats) for the woman:
 - For both, Correct timing of the step.
 - For the man, Correct technical execution of the angular stroke which must be done on the required inside edge with appropriate inclination.
 - For the woman, Correct technical execution of the cross roll which must be done on the required outside edge with appropriate inclination.

Collegiate Couples – List of Steps

HOLD	STEP NUMBER	MAN'S STEPS	MUSICAL BEATS	WOMAN'S STEPS
Foxtrot	1	LFO	2	OpS RFI
Waltz	2	DpCh RFI	2	OpMk LBI
	3	LFO	2	RBO
Promenade	4	OpS RFI	2	Mk LFO
Waltz	5	OpMk LBI	2	DpCh RFI
	6	RBO	2	LFO
Foxtrot or Kilian	7	Cw LFI	2	XR RFO
	8	RFI	2	XR LFO
	9	LFI	2	XR RFO
	10	RFI	2	XR LFO
	11	LFI	2	XR RFO
	12	RFI	2	XR LFO

COLLEGIATE



COLLEGIATE – Solo

By Inez Van Horn & Assisted by Perry Rawson

Music: Foxtrot 4/4

Tempo: 92 BPM

Pattern: Set

Every step of the pattern sequence is held for two (2) beats.

Step 1 OpS RFI is an open stroke on the inside edge that begins from a parallel take off, following the general curve of the lobe in the direction of the short side barrier.

Step 2 OpMk LBI is an open mohawk turn executed with feet close together.

Step 3 RBO is a stroke on the outside edge that passes along the short side barrier and intersects the longitudinal axis on the 2nd beat.

Step 4 Mk LFO is a mohawk turn with feet close together, following the general curve of the lobe in the direction of the long side barrier.

Step 5 DpCh RFI is a dropped chasse on the inside edge.

Step 6 LFO is a stroke on a bold outside edge that travels away from the long side barrier into the direction of the long axis.

Steps 7-12 are a sequence of steps that are skated evenly left and right to a baseline that runs parallel to the long side barrier. The cross rolls must be done on clear outside edges with an angular placement of the employed skating foot, and a progressive movement at the time of each step. Step 9 intersects the transversal axis on the 2nd beat, and then Step 12 moves away from the baseline to finish near the long side barrier.

REFERENCE STEPS:

- Step 3 must begin before the long axis and must finish after it (1 beat before and 1 beat after).
- Step 9 must begin before the short axis and must finish after it (1 beat before and 1 beat after).

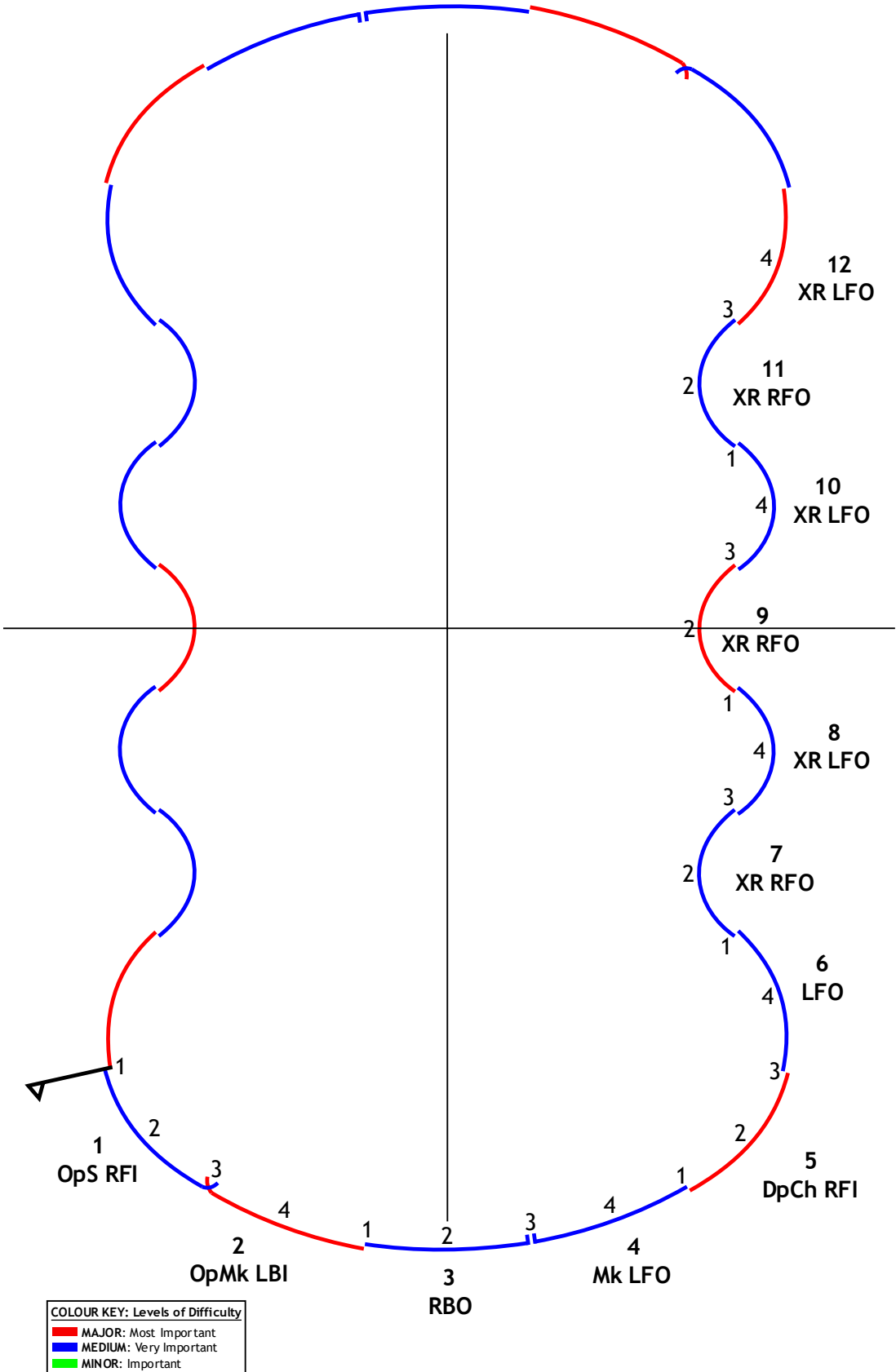
Key Points – Collegiate Solo

1. Step 2 OpMk LBI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the open mohawk turn which must be done with feet close together, without deviating from the inside edge in advance.
2. Step 5 DpCh RFI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the dropped chasse which must start with feet close and parallel.
 - No deviation from the inside edge in advance.
3. Step 9 XR RFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross roll which must be done on the required outside edge with appropriate inclination.
4. Step 12 XR LFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross roll which must be done on the required outside edge with appropriate inclination.

Collegiate Solo - List of Steps

STEP NUMBER	STEPS	MUSICAL BEATS
1	OpS RFI	2
2	OpMk LBI	2
3	RBO	2
4	Mk LFO	2
5	DpCh RFI	2
6	LFO	2
7	XR RFO	2
8	XR LFO	2
9	XR RFO	2
10	XR LFO	2
11	XR RFO	2
12	XR LFO	2

COLLEGIATE



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.

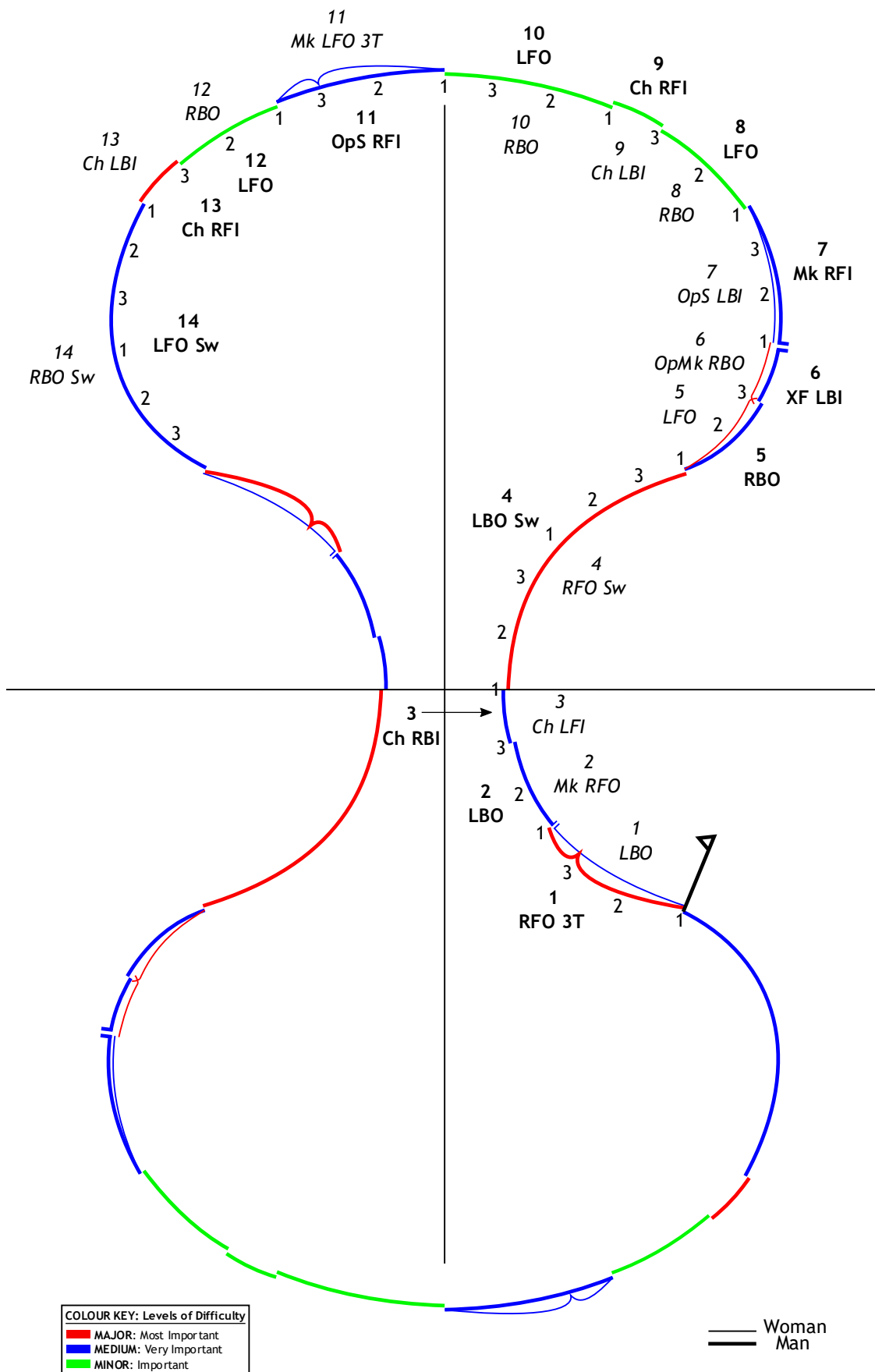
Key Points – Coronation Waltz Couples

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



CORONATION WALTZ – Solo

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

Tempo: 120 BPM

Pattern: Set

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.

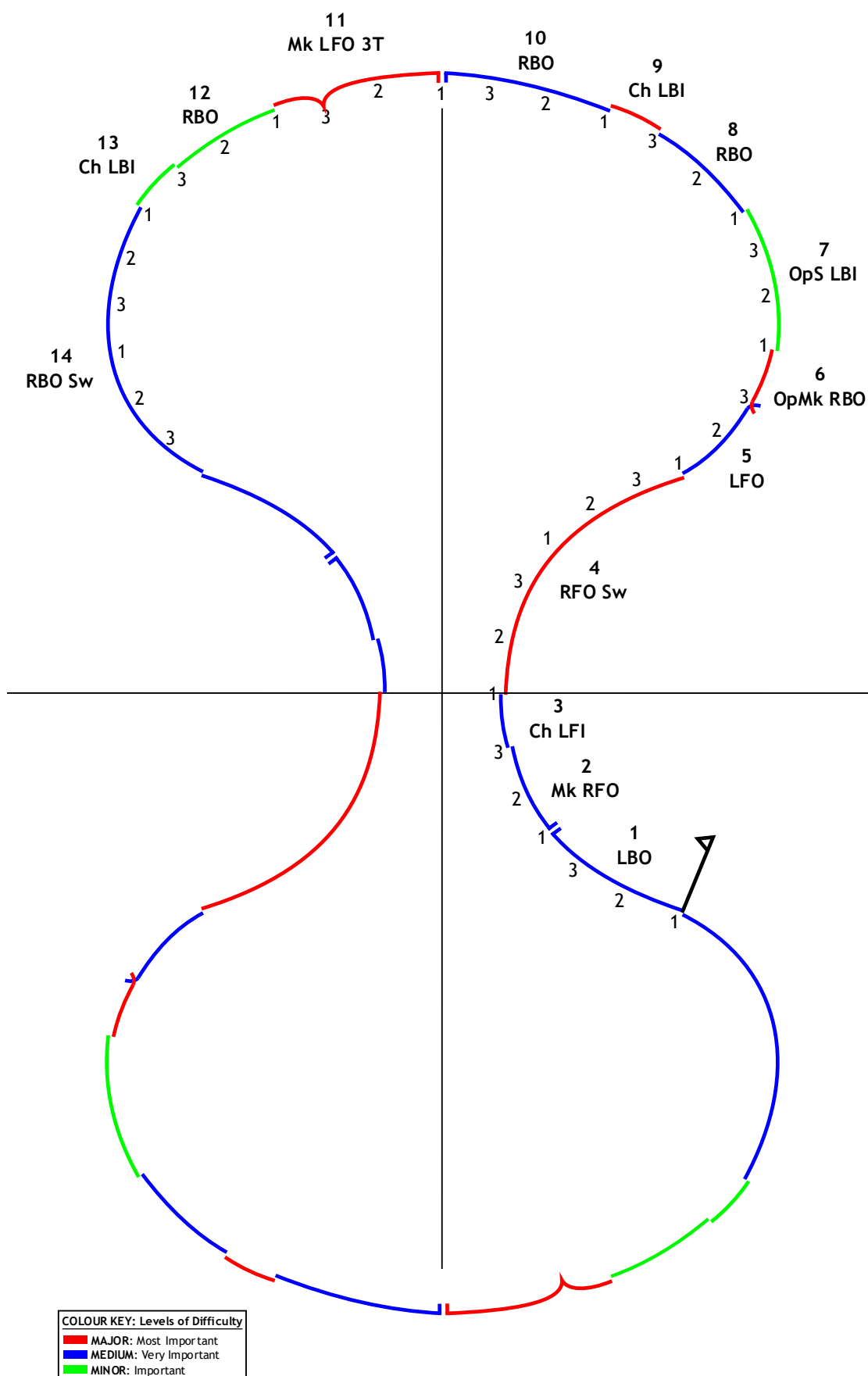
Key Points – Coronation Waltz Solo

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



DELICADO - Couples

By Irwin & McLaughlen

Music: Schottische 4/4
Holds: Waltz, Foxtrot & Promenade

Tempo: 100 BPM
Pattern: Set

SECTION 1

This dance begins in Waltz position.

Step 1 RFO (2 beats) for the man and LBO (2 beats) for the woman are strokes on outside edges and in the direction of the long axis.

Step 2 OpS LFI (1 beat) and Step 3 OpMk RBI (1 beat) for the man is an open stroke and an open mohawk turn with feet close together. Mk RFO (1 beat) and Run LFI (1 beat) for the woman is a mohawk turn with feet close together and a progressive run that finishes parallel to the long axis. Step 2 assumes Foxtrot position and Step 3 assumes Waltz position.

Step 4 LBO Sw (2+2 beats) for the man and RFO Sw (2+2 beats) for the woman begins on the short axis and finishes toward the long side barrier. The swing of the free leg - behind for the man and forward for the woman - occurs on the 3rd beat.

Steps 5-6-7 are a sequence of runs: RBO (1 beat), Run LBI (1 beat) and RBO (2 beats) for the man / LFO (1 beat), Run RFI (1 beat) and LFO (2 beats) for the woman. These steps are skated near the long side barrier.

Step 8 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. Step 8 assumes Foxtrot position.

Step 9 OpS RFI (2 beats) for the man is an open stroke on the inside edge and OpMk LBI (2 beats) for the woman is an open mohawk turn with feet close together. Step 9 assumes Waltz position.

Step 10 LFO (2 beats) for the man and RBO (2 beats) for the woman are strokes on the outside edges that end on the long axis; parallel to the short side barrier.

Step 11 OpS RFI (2 beats) for the man is an open stroke on the inside edge and Mk LFO (2 beats) for the woman is a mohawk turn with feet close together. Step 11 begins on the short axis and assumes Promenade position.

Step 12 OpMk LBI (2 beats) for the man is an open mohawk turn with feet close together and OpS RFI (2 beats) for the woman is an open stroke on the inside edge. Step 12 assumes Waltz position.

Step 13 and 14 is a stroke and a run in the direction of the long side barrier: RBO (1 beat) and Run LBI (1 beat) for the man / LFO (1 beat) and Run RFI (1 beat) for the woman.

Step 15 RBO Sw (2+2 beats) for the man and LFO Sw (2+2 beats) for the woman is a stroke with a swing of the free leg behind the body (man) and in front of the body (woman). Step 15 initially aims to the long side barrier and finishes with an aim to the long axis.

SECTION 2

Step 16 LBO (2 beats) for the man and RFO (2 beats) for the woman are strokes on outside edges and in the direction of the long axis.

Step 17 Mk RFO (1 beat) and Step 18 Run LFI (1 beat) for the man is a mohawk turn with feet close together and a progressive run. OpS LFI (1 beat) and OpMk RBI (1 beat) for the woman is an open stroke and an open mohawk turn with feet close together, finishing parallel to the long axis. Step 17 assumes Promenade position and Step 18 assumes Waltz position.

Step 19 RFO Sw (2+2 beats) for the man and LBO Sw (2+2 beats) for the woman begins on the short axis and finishes toward the long side barrier. The swing of the free leg - forward for the man and behind for the woman - occurs on the 3rd beat.

Steps 20-21-22 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. These steps are skated near the long side barrier.

Step 23 OpS RFI (2 beats) for the man is an open stroke on the inside edge and Mk LFO (2 beats) for the woman is a mohawk turn with feet close together. Step 23 assumes Promenade position.

Step 24 OpMk LBI (2 beats) for the man is an open mohawk turn with feet close together and OpS RFI (2 beats) for the woman is an open stroke on the inside edge. Step 24 assumes Waltz position.

Step 25 RBO (2 beats) for the man and LFO (2 beats) for the woman are strokes on the outside edges that end on the long axis; parallel to the short side barrier.

Step 26 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. Step 26 begins on the short axis and assumes Foxtrot position.

Step 27 OpS RFI (2 beats) for the man is an open stroke on the inside edge and OpMk LBI (2 beats) for the woman is an open mohawk turn with feet close together. Step 27 assumes Waltz position.

Step 28 and 29 is a stroke and a run in the direction of the long side barrier: LFO (1 beats) and Run RFI (1 beat) for the man / RBO (1 beat) and Run LBI (1 beat) for the woman.

Step 30 LFO Sw (2+2 beats) for the man and RBO Sw (2+2 beats) for the woman is a stroke with a swing of the free leg in front of the body (man) and behind the body (woman). Step 30 initially aims to the long side barrier and finishes with an aim to the long axis.

Note on Dance Hold

During steps 7-12 and steps 22-27, the skaters will be unable to track each other as the couple move through Foxtrot and Promenade holds before completing the mohawk turn sequences, which will resume Waltz position. Throughout the concentric rotation, parallel hips and shoulders must be maintained.

REFERENCE STEPS

- Step 4 must start on the short axis.
- Step 11 must start on the long axis.
- Step 19 must start on the short axis.
- Step 26 must start on the long axis.

Key Points – Delicado Couples

SECTION 1:

1. Step 4 LBO Sw for the man and RFO Sw for the woman (2+2 beats):
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.
2. Step 8 Mk LFO (2 beats) for the man:
 - Correct technical execution of the mohawk turn with feet close together.
 - Correct outside edge at the end of the turn with an appropriate lean.
 - Correct timing of the step.
3. Step 12 OpMk LBI (2 beats) for the man:
 - Correct technical execution of the open mohawk turn with feet close together.
 - No deviation from the inside edge.
 - Correct timing of the step.
4. Step 15 RBO Sw for the man and LFO Sw for the woman (2+2 beats):
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.

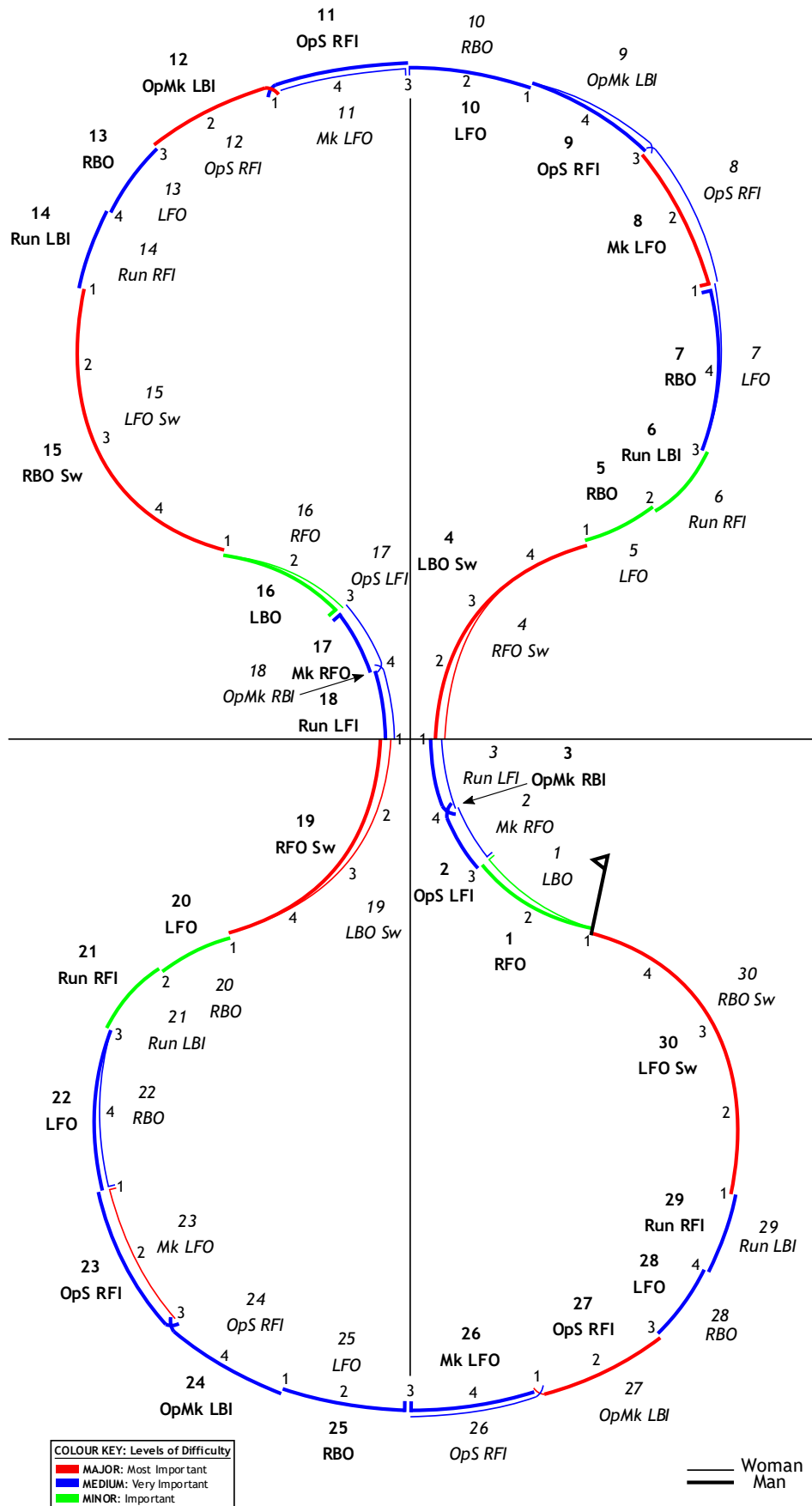
SECTION 2:

1. Step 19 RFO Sw for the man and LBO Sw for the woman (2+2 beats):
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.
2. Step 23 Mk LFO (2 beats) for the woman:
 - Correct technical execution of the mohawk turn with feet close together.
 - Correct outside edge at the end of the turn with an appropriate lean.
 - Correct timing of the step.
3. Step 27 OpMk LBI (2 beats) for the woman:
 - Correct technical execution of the open mohawk turn with feet close together.
 - No deviation from the inside edge.
 - Correct timing of the step.
4. Step 30 LFO Sw for the man and RBO Sw for the woman (2+2 beats):
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.

Delicado Couples – List of Steps

HOLD	STEP	MAN'S STEPS	MUSICAL BEATS	WOMAN'S STEPS
SECTION 1				
Waltz	1	RFO	2	LBO
Foxtrot	2	OpS LFI	1	Mk RFO
Waltz	3	OpMk RBI	1	Run LFI
	4	LBO Sw	2 + 2	RFO Sw
	5	RBO	1	LFO
	6	Run LBI	1	Run RFI
	7	RBO	2	LFO
Foxtrot	8	Mk LFO	2	OpS RFI
Waltz	9	OpS RFI	2	OpMk LBI
	10	LFO	2	RBO
Promenade	11	OpS RFI	2	Mk LFO
Waltz	12	OpMk LBI	2	Run RFI
	13	RBO	1	LFO
	14	Run LBI	1	Run RFI
	15	RBO Sw	2 + 2	LFO Sw
SECTION 2				
Waltz	16	LBO	2	RFO
Promenade	17	Mk RFO	1	OpS LFI
Waltz	18	Run LFI	1	OpMk RBI
	19	RFO Sw	2 + 2	LBO Sw
	20	LFO	1	RBO
	21	Run RFI	1	Run LBI
	22	LFO	2	RBO
Promenade	23	OpS RFI	2	Mk LFO
Waltz	24	OpMk LBI	2	OpS RFI
	25	RBO	2	LFO
Foxtrot	26	Mk LFO	2	OpS RFI
Waltz	27	OpS RFI	2	OpMk LBI
	28	LFO	1	RBO
	29	Run RFI	1	Run LBI
	30	LFO Sw	2 + 2	RBO Sw

DELICADO



DELICADO – Solo Man's Steps

By Irwin & McLaughlen

Music: Schottische 4/4

Tempo: 100 BPM

Pattern: Set

SECTION 1

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

Step 2 OpS LFI (1 beat) and Step 3 OpMk RBI (1 beat) is an open stroke and an open mohawk turn with feet close together that finishes parallel to the long axis.

Step 4 LBO Sw (2+2 beats) begins on the short axis and finishes toward the long side barrier. The swing of the free leg behind the body occurs on the 3rd beat.

Steps 5-6-7 are a sequence of runs: RBO (1 beat), Run LBI (1 beat) and RBO (2 beats). These steps are skated near the long side barrier.

Step 8 Mk LFO (2 beats) is a mohawk turn with feet close together and Step 9 OpS RFI (2 beats) is an open stroke on the inside edge.

Step 10 LFO (2 beats) is a stroke on the outside edge that ends on the long axis; parallel to the short side barrier.

Step 11 OpS RFI (2 beats) is an open stroke on the inside edge that begins on the short axis.

Step 12 OpMk LBI (2 beats) is an open mohawk turn with feet close together.

Step 13 and Step 14 comprise a stroke and a run in the direction of the long side barrier: RBO (1 beat) and Run LBI (1 beat).

Step 15 RBO Sw (2+2 beats) is a stroke with a swing of the free leg behind the body on the 3rd beat. Step 15 initially aims to the long side barrier and finishes with an aim to the long axis.

SECTION 2

Step 16 LBO (2 beats) is a stroke on the outside edge in the direction of the long axis.

Step 17 Mk RFO (1 beat) and Step 18 Run LFI (1 beat) is a mohawk turn with feet close together and a progressive run that finishes parallel to the long axis.

Step 19 RFO Sw (2+2 beats) begins on the short axis and finishes toward the long side barrier. The swing of the free leg in front of the body occurs on the 3rd beat.

Steps 20-21-22 are a sequence of runs: LFO (1 beat), Run RFI (1 beat) and LFO (2 beats). These steps are skated near the long side barrier.

Step 23 OpS RFI (2 beats) is an open stroke on the inside edge.

Step 24 OpMk LBI (2 beats) is an open mohawk turn with feet close together.

Step 25 RBO (2 beats) is a stroke on the outside edge that ends on the long axis; parallel to the short side barrier.

Step 26 Mk LFO (2 beats) is a mohawk turn with feet close together and Step 27 OpS RFI (2 beats) is an open stroke on the inside edge.

Step 28 and Step 29 comprise a stroke and a run in the direction of the long side barrier: LFO (1 beats) and Run RFI (1 beat).

Step 30 LFO Sw (2+2 beats) is a stroke with a swing of the free leg in front of the body on the 3rd beat. Step 30 initially aims to the long side barrier and finishes with an aim to the long axis.

REFERENCE STEPS

- Step 4 must start on the short axis.
- Step 11 must start on the long axis.
- Step 19 must start on the short axis.
- Step 26 must start on the long axis.

Key Points – Delicado Solo Man's Steps

SECTION 1:

1. Step 4 LBO Sw (2+2 beats):
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.
2. Step 8 Mk LFO (2 beats):
 - Correct technical execution of the mohawk turn with feet close together.
 - Correct outside edge at the end of the turn with an appropriate lean.
 - Correct timing of the step.
3. Step 12 OpMk LBI (2 beats):
 - Correct technical execution of the open mohawk turn with feet close together.
 - No deviation from the inside edge.
 - Correct timing of the step.
4. Step 15 RBO Sw (2+2 beats):
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.

SECTION 2:

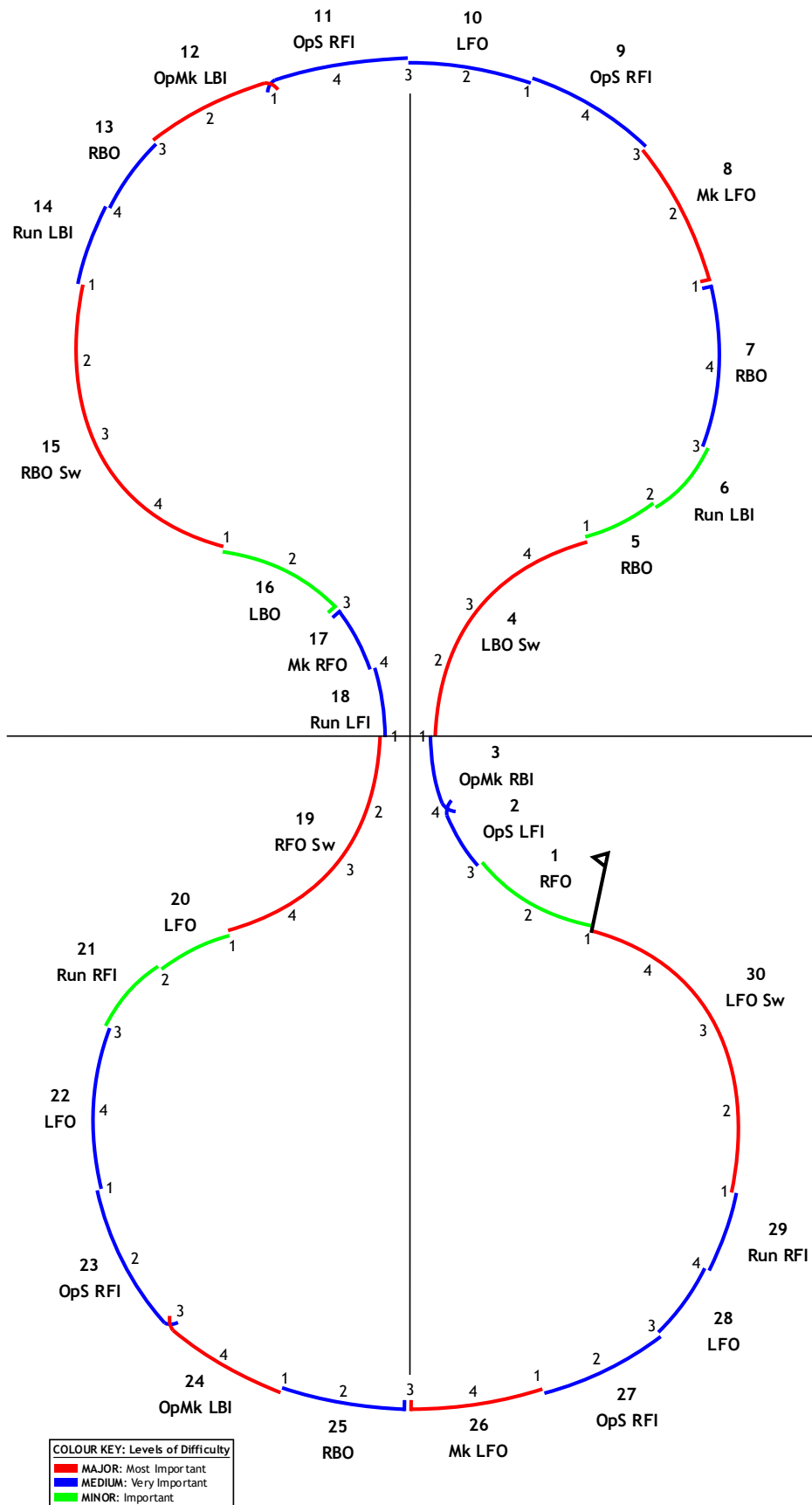
1. Step 19 RFO Sw (2+2 beats):
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.
2. Step 24 OpMk LBI (2 beats):
 - Correct technical execution of the open mohawk turn with feet close together.
 - No deviation from the inside edge.
 - Correct timing of the step.
3. Step 26 Mk LFO (2 beats):
 - Correct technical execution of the mohawk turn with feet close together.
 - Correct outside edge at the end of the turn with an appropriate lean.
 - Correct timing of the step.
4. Step 30 LFO Sw (2+2 beats):
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.

Delicado Solo Man's Steps – List of Steps

STEP NUMBER	STEPS	MUSICAL BEATS
SECTION 1		
1	RFO	2
2	OpS LFI	1
3	OpMk RBI	1
4	LBO Sw	2 + 2
5	RBO	1
6	Run LBI	1
7	RBO	2
8	Mk LFO	2
9	OpS RFI	2
10	LFO	2
11	OpS RFI	2
12	OpMk LBI	2
13	RBO	1
14	Run LBI	1
15	RBO Sw	2 + 2
SECTION 2		
16	LBO	2
17	Mk RFO	1
18	Run LFI	1
19	RFO Sw	2 + 2
20	LFO	1
21	Run RFI	1
22	LFO	2
23	OpS RFI	2
24	OpMk LBI	2
25	RBO	2
26	Mk LFO	2
27	OpS RFI	2
28	LFO	1
29	Run RFI	1
30	LFO Sw	2 + 2

DELICADO

Solo Man's Steps



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

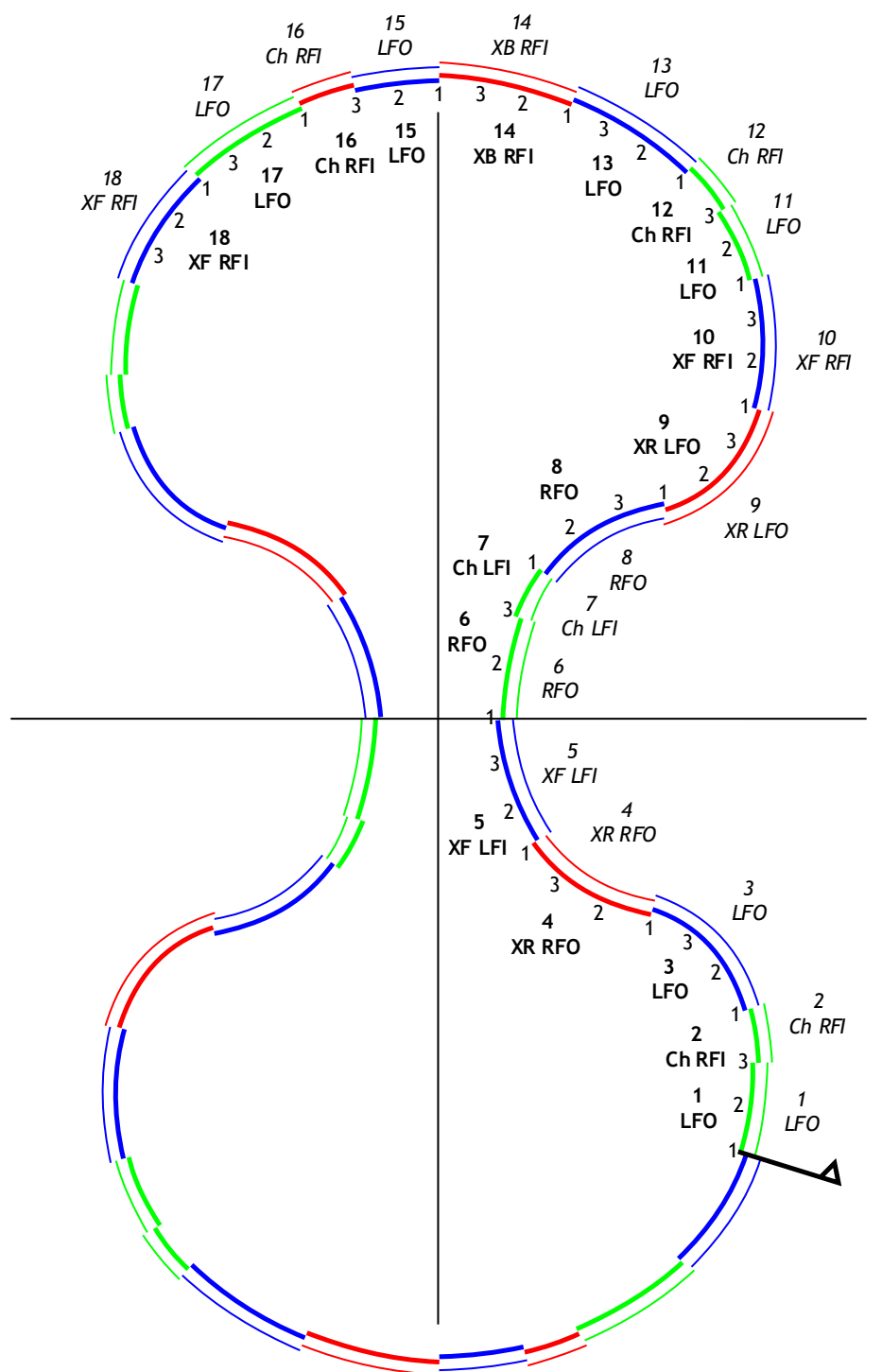
1. Step 4 XR RFO (3 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross roll on a clear outside edge with an appropriate change of lean from the previous step.
 - For couples: Correct Kilian position of the couple without separation between the skaters.
2. Step 9 XR LFO (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

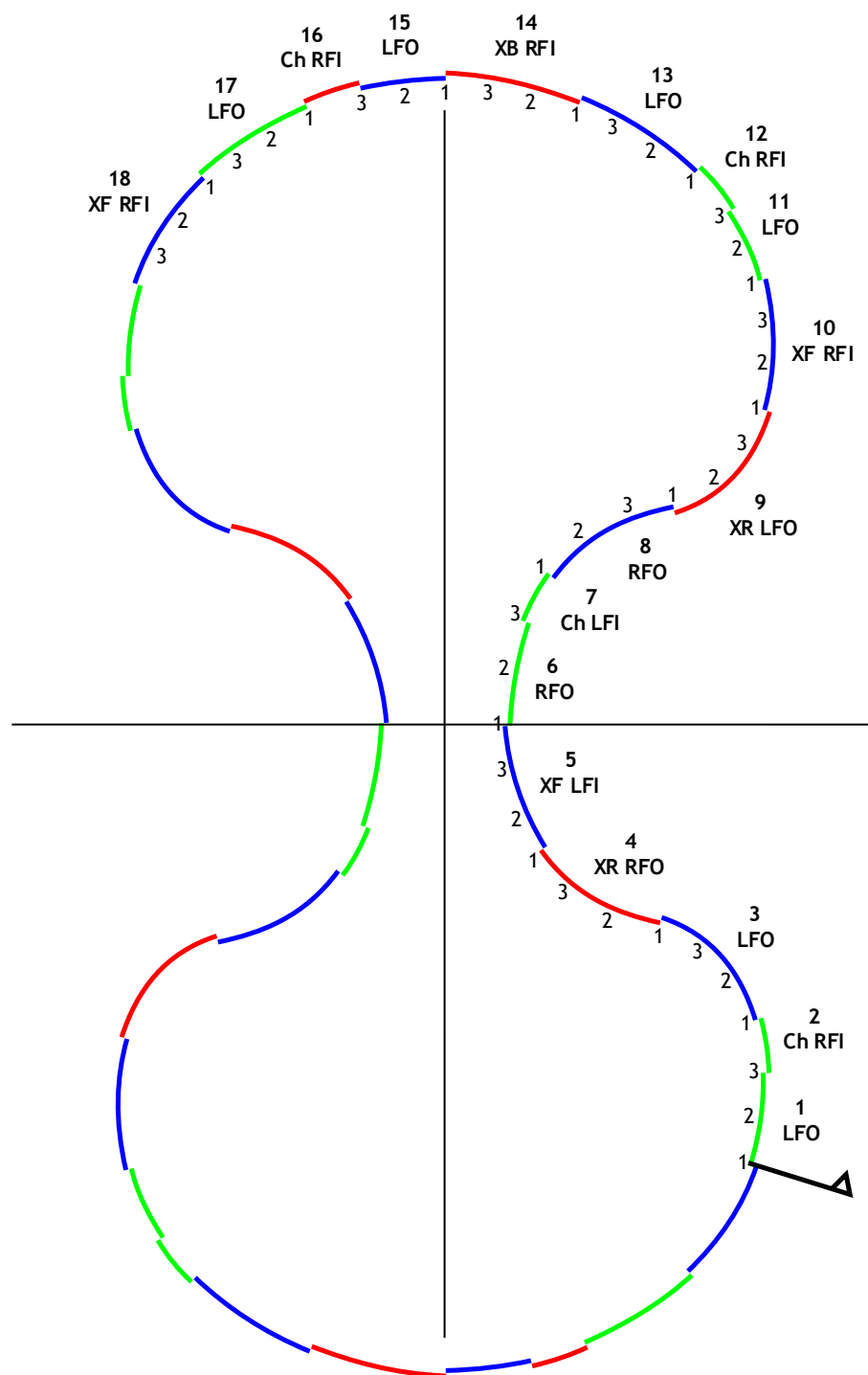


COLOUR KEY: Levels of Difficulty

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

— Woman
— Man

DOUBLE CROSS WALTZ



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

DUTCH WALTZ – Couples & Solo

Originated by George Muller; Variation by Fabio Holland

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

Tempo: 120 BPM

Hold: Kilian

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 toward 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 toward 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 toward 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 toward the long axis. This step intersects the short axis on the 4th beat.

Step 6 RFO (2 beats) is a stroke toward 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 toward 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 toward 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 toward 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 Couples & Solo

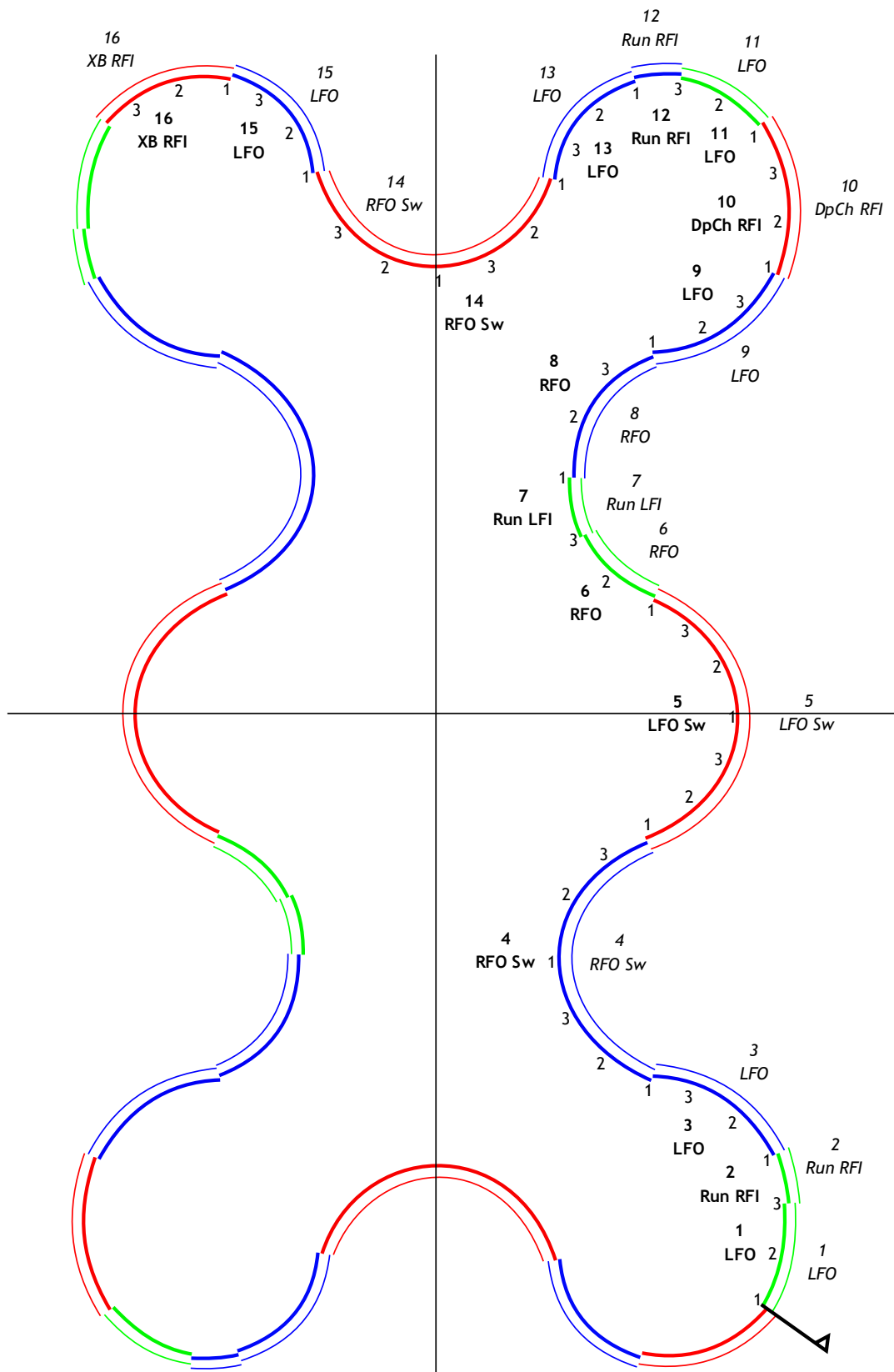
1. Step 5 LFO Sw (3+3 beats):
 - Correct technical execution and timing of the swing on the 4th beat.
 - No deviation from the outside edge.
 - For couples: Correct Kilian position of the couple without separation between the skaters.
2. Step 10 DpCh RFI (3 beats):
 - Correct technical execution of the 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 – 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

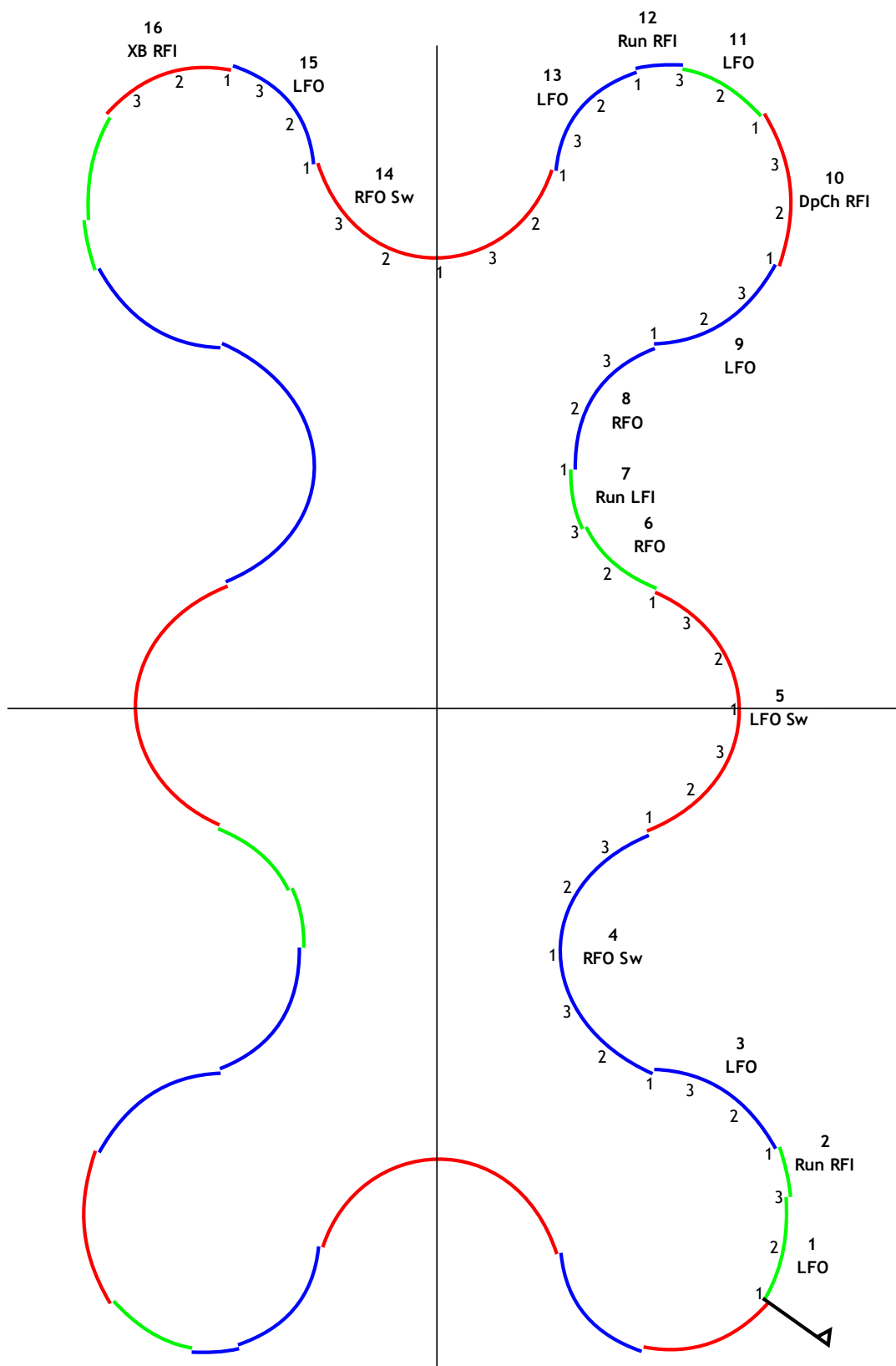
DUTCH WALTZ



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

Woman
 Man

DUTCH WALTZ



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

FASCINATION FOXTROT – Couples

By George Muller

Music: Foxtrot 4/4

Holds: Foxtrot, Waltz, Reverse Kilian & Kilian

Tempo: 92 BPM

Pattern: Set

This dance begins in Foxtrot position where both skaters start with the same steps.

Step 1 LFO (1 beat) is a stroke and Step 2 Ch RFI (1 beat) is a chasse, followed by Step 3 LFO (1 beat) and Step 4 Run RFI (1 beat) which ends parallel to the long side barrier.

Step 5 LFO (2 beats) is a stroke that travels in the direction of the long axis.

Step 6a RFO 3T (1+1 beats) for the man is a stroke with a 3 turn to RBI on the 2nd beat. Step 6b LBO (2 beats) is a stroke that starts parallel to the long axis and curves in the direction of the long side barrier. Step 6 RFO (4 beats) for the woman is a stroke on the outside edge where the movement of the free leg is optional. The couple continue in Waltz position as the man completes the 3 turn.

Step 7 RBO (2 beats) for the man is a stroke. Step 7a LFO (1 beat) for the woman is a stroke, followed by an open mohawk turn on the outside edge: Step 7b OpMk RBO (1 beat). The heel of the right foot must be placed to the instep of the left foot during the mohawk turn.

Step 8 OpS LBI Sw (2+2 beats) is an open stroke where the couple assume Kilian position. The free leg swings behind the body on the 3rd beat and curves in the direction of the long axis. This step intersects the short axis on the 2nd beat.

Step 9 Cw RFO Sw (2+2 beats) is a choctaw turn on the outside edge, followed by a swing of the free leg in front on the 3rd beat. The choctaw aims to the long axis and the swing curves in the direction of the long side barrier. The couple continue in Reverse Kilian position.

Step 10 LFO 3T (1+1 beats) is an outside stroke with a 3 turn to LBI on the 2nd beat. The couple finish in Kilian position by the end of the 3 turn.

Step 11 RBO (1 beat) is a stroke which starts parallel to the long side barrier, and Step 12 XCh LBI (1 beat) is a cross chasse on the inside edge, executed with feet close and parallel.

Step 13 RBO (4 beats) is a stroke that gently curves to and then away from the short side barrier. The movement of the free leg is optional.

Step 14 Cw LFI (2 beats) is a forward inside choctaw which intersects the long axis on the 2nd beat.

Step 15 RFI (2 beats) is an angular stroke on the inside edge which concludes the dance.

REFERENCE STEPS:

- Step 8 must start before the short axis (1 beat before, 3 beats after).
- Step 14 must start before the long axis (1 beat before, 1 beat after).

Key Points – Fascination Foxtrot Couples

1. Step 6a RFO 3T (1+1 beats) for the man:
 - 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.
 - Correct position of the couple without any separations; fluidity and control through the COP.
2. Step 7b OpMk RBO (1 beat) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the open mohawk turn with feet close together, skated on the required outside edge.
 - Correct position of the couple without any separations; fluidity and control through the COP.

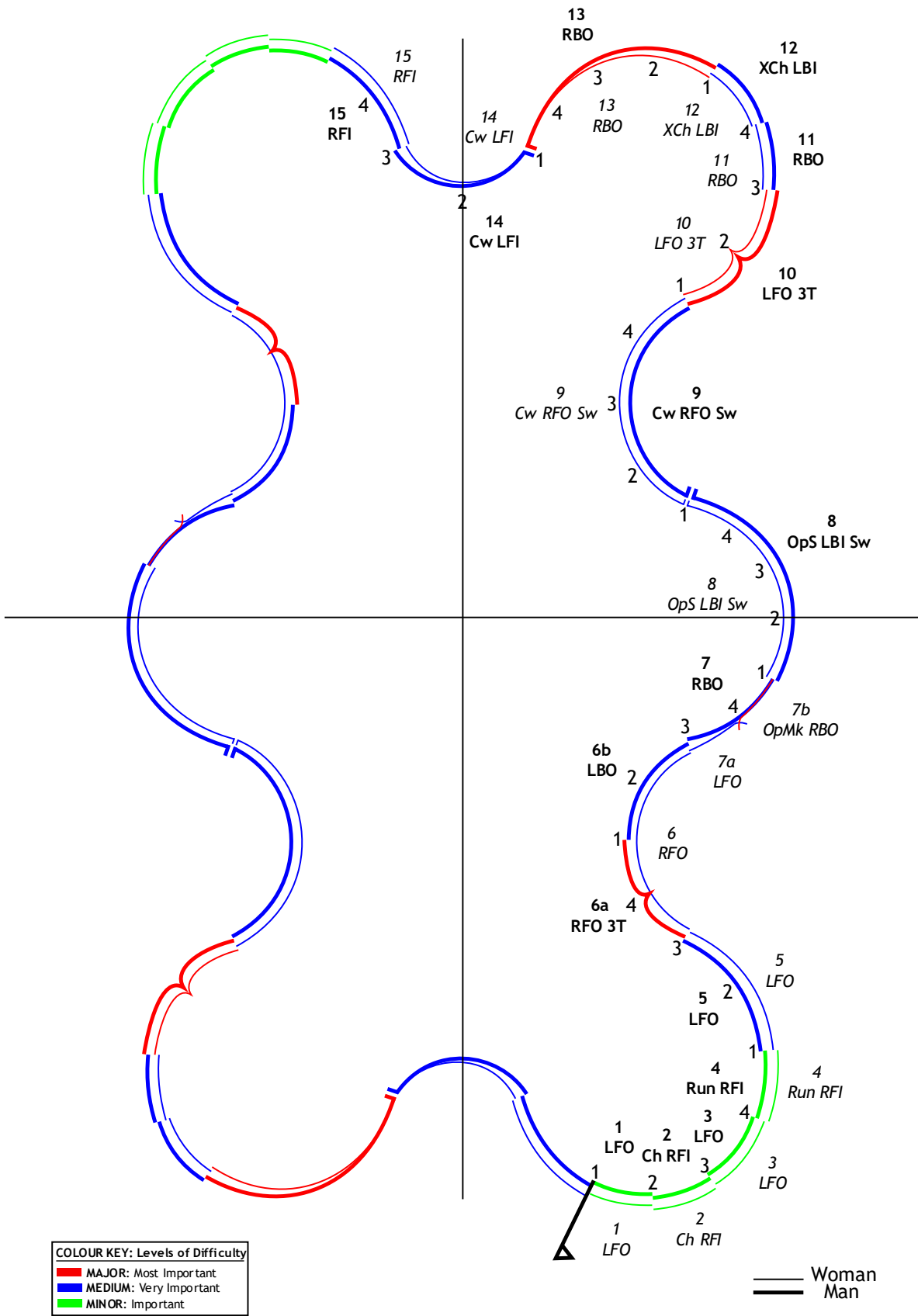
3. Step 10 LFO 3T (1+1 beats) for both:
 - Correct technical execution and timing of the 3 turn on the 2nd beat.
 - Correct outside edge for the entry and inside edge for the exit of the turn.
 - Correct position of the couple without any separations; fluidity and control through the COP.
4. Step 13 RBO (4 beats) for both:
 - Correct timing of the step.
 - Correct technical execution of the stroke, skated on the required outside edge.
 - Correct Kilian position of the couple without any separations.

*COP – change of position

Fascination Foxtrot Couples – List of Steps

HOLD	STEP	MAN'S STEPS	MUSICAL BEATS			WOMAN'S STEPS
Foxtrot	1	LFO		1		LFO
	2	Ch RFI		1		Ch RFI
	3	LFO		1		LFO
	4	Run RFI		1		Run RFI
	5	LFO		2		LFO
Foxtrot to Waltz	6a	RFO 3T	1 + 1		4	RFO*
Waltz	6b	LBO	2			
	7a	RBO	2		1	LFO
	7b				1	OpMk RBO
Kilian	8	OpS LBI Sw		2 + 2		OpS LBI Sw
Reverse Kilian	9	Cw RFO Sw		2 + 2		Cw RFO Sw
Reverse Kilian to Kilian	10	LFO 3T		1 + 1		LFO 3T
Kilian	11	RBO		1		RBO
	12	XCh LBI		1		XCh LBI
	13	RBO*		4		RBO*
	14	Cw LFI		2		Cw LFI
	15	RFI		2		RFI
*The movement of the free leg is optional.						

FASCINATION FOXTROT



FASCINATION FOXTROT – Solo

By George Muller

Music: Foxtrot 4/4

Tempo: 92 BPM

Pattern: Set

Step 1 LFO (1 beat) is a stroke and Step 2 Ch RFI (1 beat) is a chasse, followed by Step 3 LFO (1 beat) and Step 4 Run RFI (1 beat) which ends parallel to the long side barrier.

Step 5 LFO (2 beats) is a stroke that travels in the direction of the long axis.

Step 6 RFO (4 beats) is a stroke on the outside edge where the movement of the free leg is optional.

Step 7 LFO (1 beat) is a stroke, followed by an open mohawk turn on the outside edge: Step 8 OpMk RBO (1 beat). The heel of the right foot must be placed to the instep of the left foot during the mohawk turn.

Step 9 OpS LBI Sw (2+2 beats) is an open stroke on the inside edge. The free leg swings behind the body on the 3rd beat and curves in the direction of the long axis. This step intersects the short axis on the 2nd beat.

Step 10 Cw RFO Sw (2+2 beats) is a choctaw turn on the outside edge, followed by a swing of the free leg in front on the 3rd beat. The choctaw aims to the long axis and the swing curves in the direction of the long side barrier.

Step 11 LFO 3T (1+1 beats) is an outside stroke with a 3 turn to LBI on the 2nd beat.

Step 12 RBO (1 beat) is a stroke which starts parallel to the long side barrier, and Step 13 XCh LBI (1 beat) is a cross chasse on the inside edge, executed with feet close and parallel.

Step 14 RBO (4 beats) a stroke that gently curves to and then away from the short side barrier. The movement of the free leg is optional.

Step 15 Cw LFI (2 beats) is a forward inside choctaw which intersects the long axis on the 2nd beat.

Step 16 RFI (2 beats) is an angular stroke on the inside edge which concludes the dance.

REFERENCE STEPS:

- Step 8 must start before the short axis (1 beat before, 3 beats after).
- Step 15 must start before the long axis (1 beat before, 1 beat after).

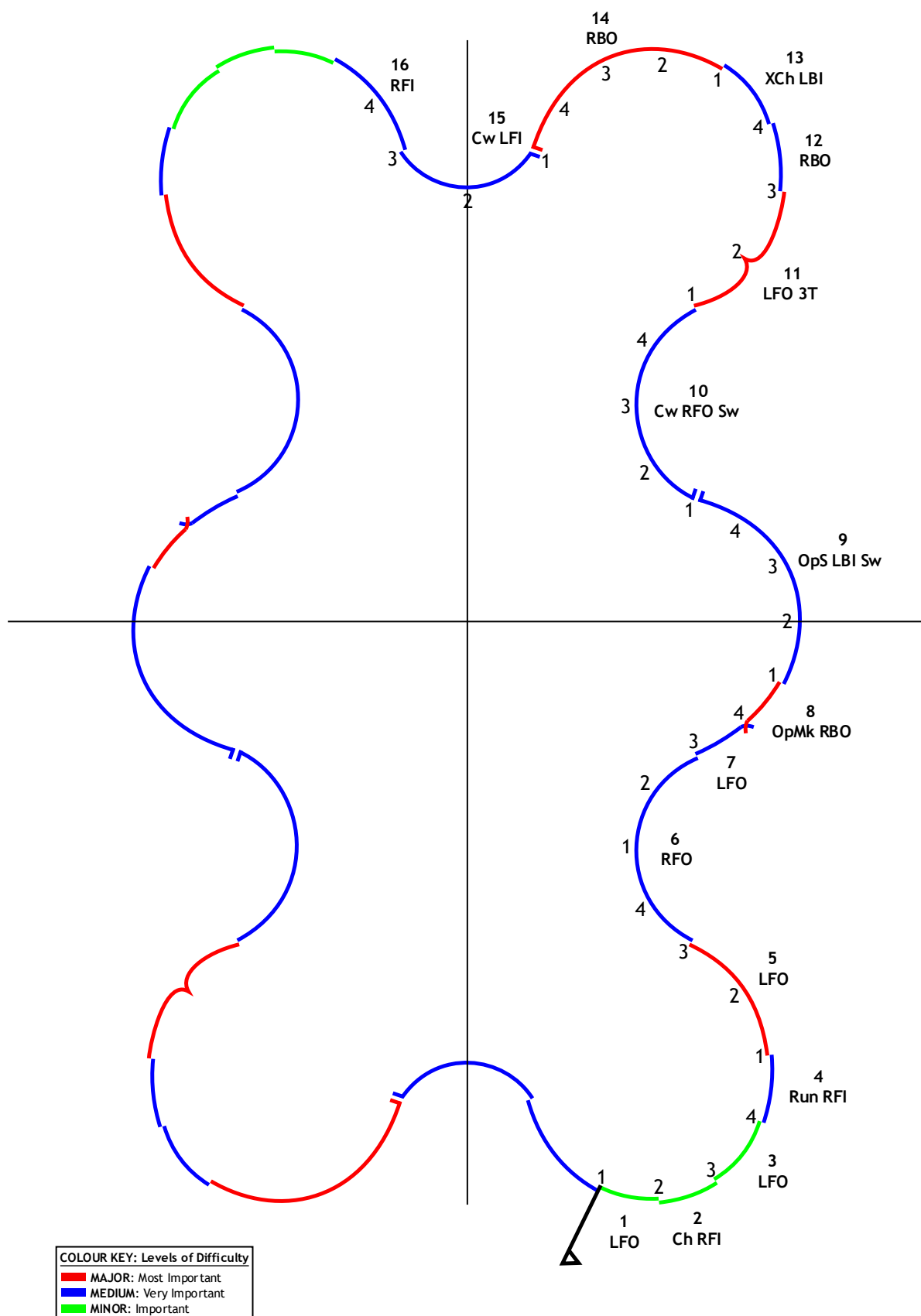
Key Points – Fascination Foxtrot Solo

1. Step 5 LFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke, skated on the required outside edge.
2. Step 8 OpMk RBO (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the open mohawk turn with feet close together, skated on the required outside edge.
3. Step 11 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 14 RBO (4 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke, skated on the required outside edge.

Fascination Foxtrot Solo – List of Steps

STEP NUMBER	STEPS	MUSICAL BEATS
1	LFO	1
2	Ch RFI	1
3	LFO	1
4	Run RFI	1
5	LFO	2
6	RFO*	4
7	LFO	1
8	OpMk RBO	1
9	OpS LBI Sw	2 + 2
10	Cw RFO Sw	2 + 2
11	LFO 3T	1 + 1
12	RBO	1
13	XCh LBI	1
14	RBO*	4
15	Cw LFI	2
16	RFI	2
*The movement of the free leg is optional.		

FASCINATION FOXTROT



FOURTEEN STEP – Solo Man's Steps

By Franz Scholler

Music: March 4/4

Tempo: 108 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. These steps must be skated with good edges and deep curves, first aiming to the long side barrier and finishing toward the long axis.

Step 4 RFO Sw (2+2 beats) is a stroke aimed toward the long axis, which becomes parallel to it and finishes toward the long side barrier. The outside swing step must be skated on a strong outside edge for a total of four (4) beats, with the free leg swinging in front on the 3rd beat and in line with the tracing of the skating leg.

Step 5 LFO (1 beat) is a stroke that must be aimed initially toward the long side barrier. This step begins a perfect circular arc that travels around the short side of the rink.

Step 6 Run RFI (1 beat) is a run and Step 7 LFO (2 beats) is a stroke on the outside edge.

Step 8 OpS RFI (1 beat) is an open stroke that is aimed up toward the peak of the arc.

Step 9 OpMk LBI (1 beat) is an open mohawk turn, executed with feet close together that must be done on the inside edge.

Step 10 RBO (1 beat), Step 11 Run LBI (1 beat) and Step 12 RBO (1 beat) are a sequence of runs, followed by Step 13 XF LBI (1 beat). Step 10 and Step 11 aim towards the apex of the lobe while Step 12 starts from the long axis; the descending phase of the aforementioned arc begins.

Step 14 Mk RFI (2 beats) is a mohawk turn that concludes the pattern sequence.

REFERENCE STEPS:

- Step 4 must start before the short axis and finish after it.
- Step 12 must start on the long axis.

Key Points – Fourteen Step: Solo Man's Steps

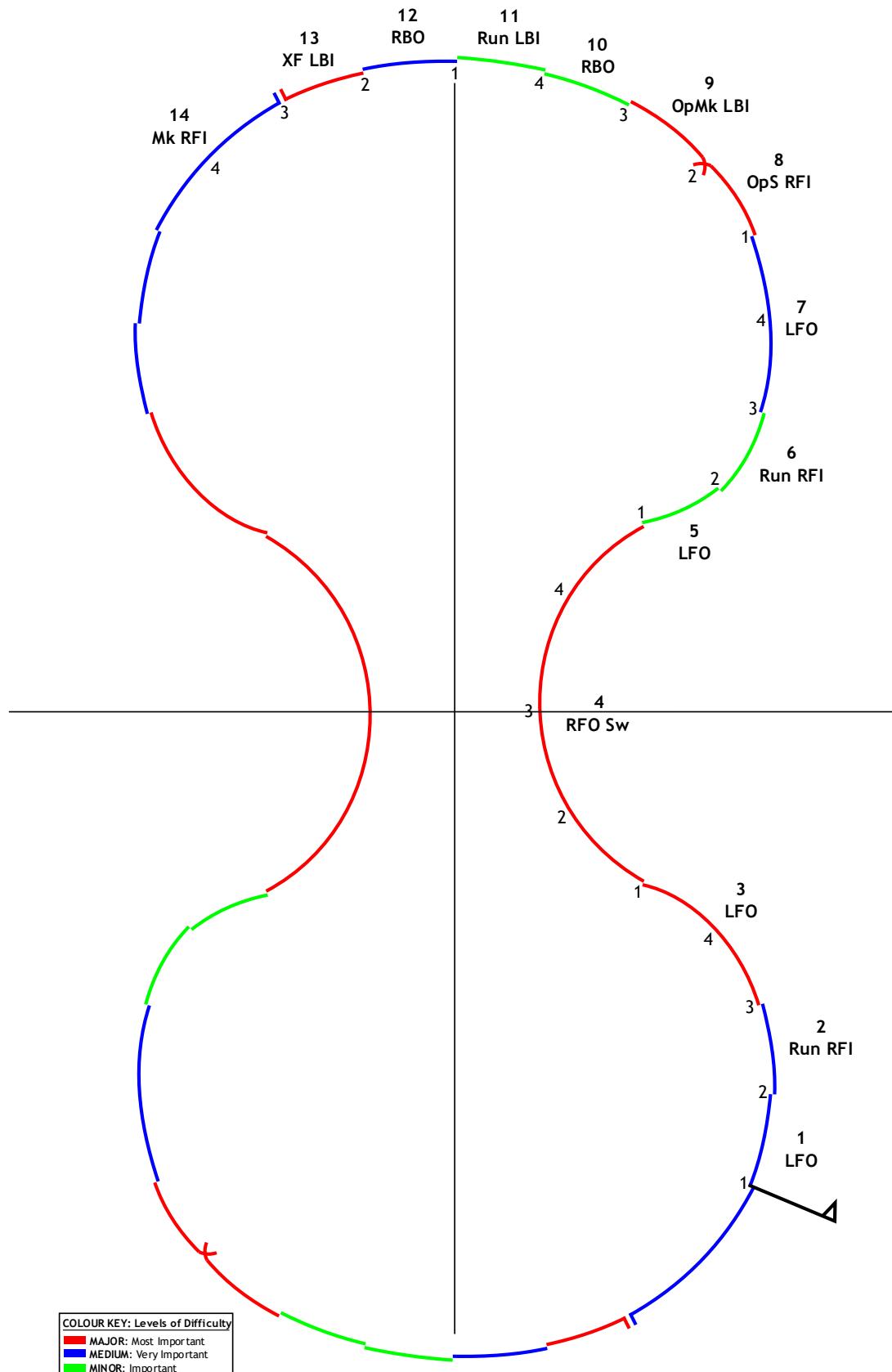
1. Step 3 LFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke that must begin with feet close together, without deviating from the outside edge in advance.
2. Step 4 RFO Sw (2+2 beats):
 - Correct timing of the step.
 - Correct technical execution of the swing with the free leg being swung past the line of the body on the 3rd beat, without deviation from the outside edge in advance.
3. Step 8 OpS RFI (1 beat) and Step 9 OpMk LBI (1 beat):
 - Correct timing of these step.
 - Correct technical execution of the open stroke on a clear inside edge.
 - Correct lean of the body toward the center of the rink.
 - Correct technical execution of the open mohawk, placing the right skate to the inside of the left skate, respecting the prescribed edges required before and after the turn.
4. Step 13 XF LBI (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the cross front, with feet close and parallel before executing the LBI on a clear inside edge.

Fourteen Step (Solo Man) – List of Steps

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

FOURTEEN STEP

Solo Man's Steps



FOURTEEN STEP – Solo Woman's Steps

By Franz Scholler

Music: March 4/4

Tempo: 108 BPM

Pattern: Set

Step 1 RBO (1 beat), Step 2 Run LBI (1 beat) and Step 3 RBO (2 beats) are a sequence of runs. These steps must be skated with good edges and deep curves, first aiming to the long side barrier and finishing toward the long axis.

Step 4 LBO Sw (2+2 beats) is a stroke aimed toward the long axis, which becomes parallel to it and finishes toward the long side barrier. The outside swing step must be skated on a strong outside edge for a total of four (4) beats, with the free leg swinging behind on the 3rd beat and in line with the tracing of the skating leg.

Step 5 RBO (1 beat) is a stroke that must be aimed initially toward the long side barrier. This step begins a perfect circular arc that travels around the short side of the rink.

Step 6 Run LBI (1 beat) is a run and Step 7 RBO (2 beats) is a stroke on the outside edge.

Step 8 Mk LFO (1 beat) is a mohawk turn that is aimed up toward the peak of the arc.

Step 9 XCh RFI (1 beat) is a crossed chasse, executed with feet close together that must be done on the inside edge.

Step 10 LFO (1 beat), Step 11 Run RFI (1 beat) and Step 12 LFO (1 beat) are a sequence of runs, followed by Step 13 OpMk RBO (1 beat). Step 10 and Step 11 aim towards the apex of the lobe while Step 12 starts from the long axis; the descending phase of the aforementioned arc begins.

Step 14 Run LBI (2 beats) is a run that concludes the pattern sequence.

REFERENCE STEPS:

- Step 4 must start before the short axis and finish after it.
- Step 12 must start on the long axis.

Key Points – Fourteen Step: Solo Woman's Steps

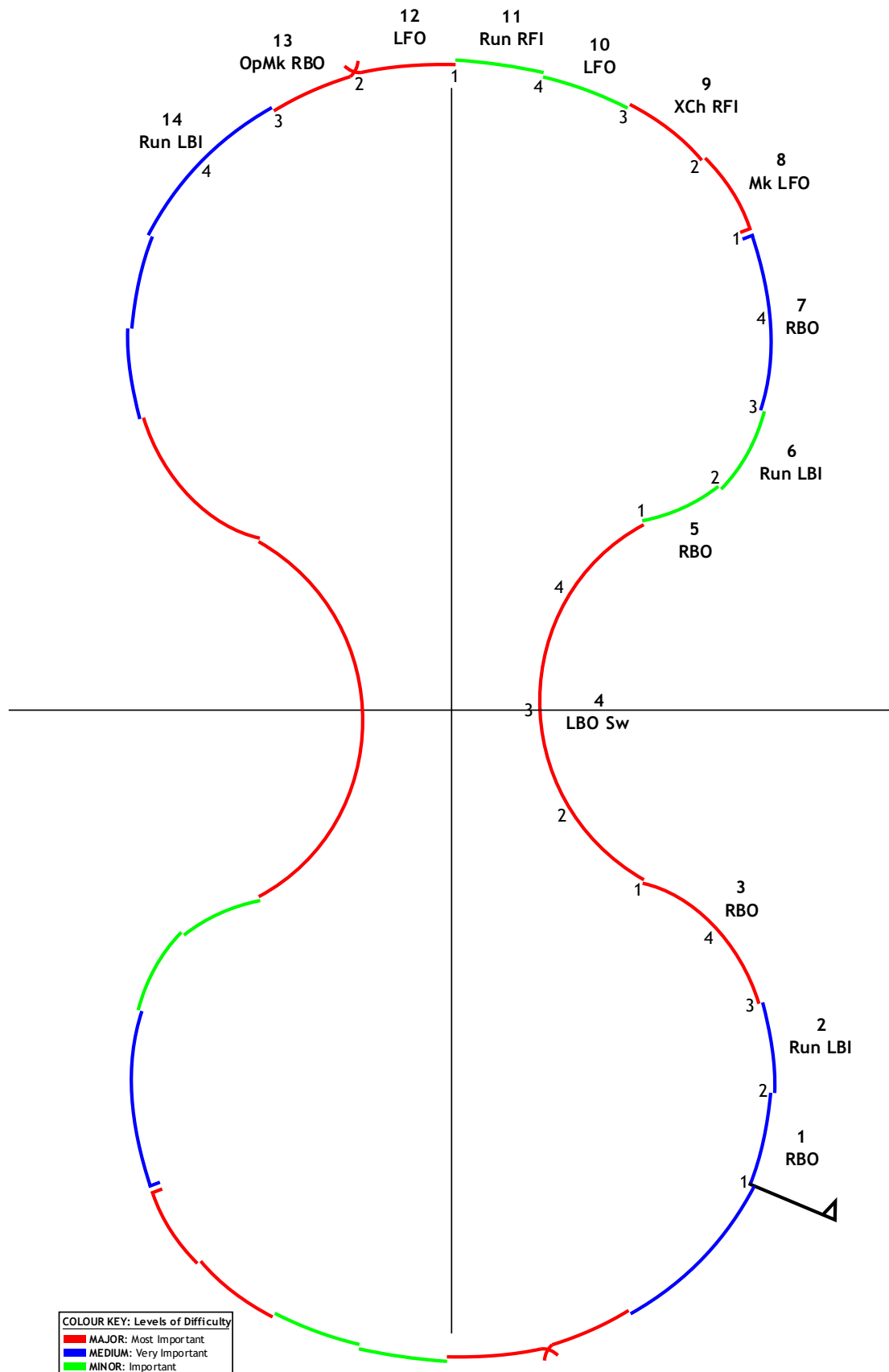
1. Step 3 RBO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke that must begin with feet close together, without deviating from the outside edge in advance.
2. Step 4 LBO Sw (2+2 beats):
 - Correct timing of the step.
 - Correct technical execution of the swing with the free leg being swung past the line of the body on the 3rd beat, without deviation from the outside edge in advance.
3. Step 8 Mk LFO (1 beat) and Step 9 XCh RFI (1 beat):
 - Correct timing of these step.
 - Correct technical execution of the mohawk, placing the right foot on the floor near the previous skating foot, respecting the outside edges required before and after the mohawk turn.
 - Correct technical execution of the crossed chasse done with a clear cross back, with feet parallel and close together, before changing support, assuming a clear chasse position on the correct edge for one (1) beat.
4. Step 12 LFO (1 beat) and Step 13 OpMk RBO (1 beat):
 - Correct timing of the steps.
 - Correct technical execution of the LFO stroke without deviating from the outside edge during the entire step.
 - Correct technical execution of the open mohawk, placing the right skate to the inside of the left skate close together, respecting the prescribed edges required before and after the turn.

Fourteen Step (Solo Woman) – List of Steps

STEP NUMBER	STEPS	MUSICAL BEATS
1	RBO	1
2	Run LBI	1
3	RBO	2
4	LBO Sw	2 + 2
5	RBO	1
6	Run LBI	1
7	RBO	2
8	Mk LFO	1
9	XCh RFI	1
10	LFO	1
11	Run RFI	1
12	LFO	1
13	OpMk RBO	1
14	Run LBI	2

FOURTEEN STEP

Solo Woman's Steps



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 toward the long side barrier and finish toward 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 finish 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 must start before the short axis and must finish after it.
- Step 20 must start before the long axis and must finish after it.

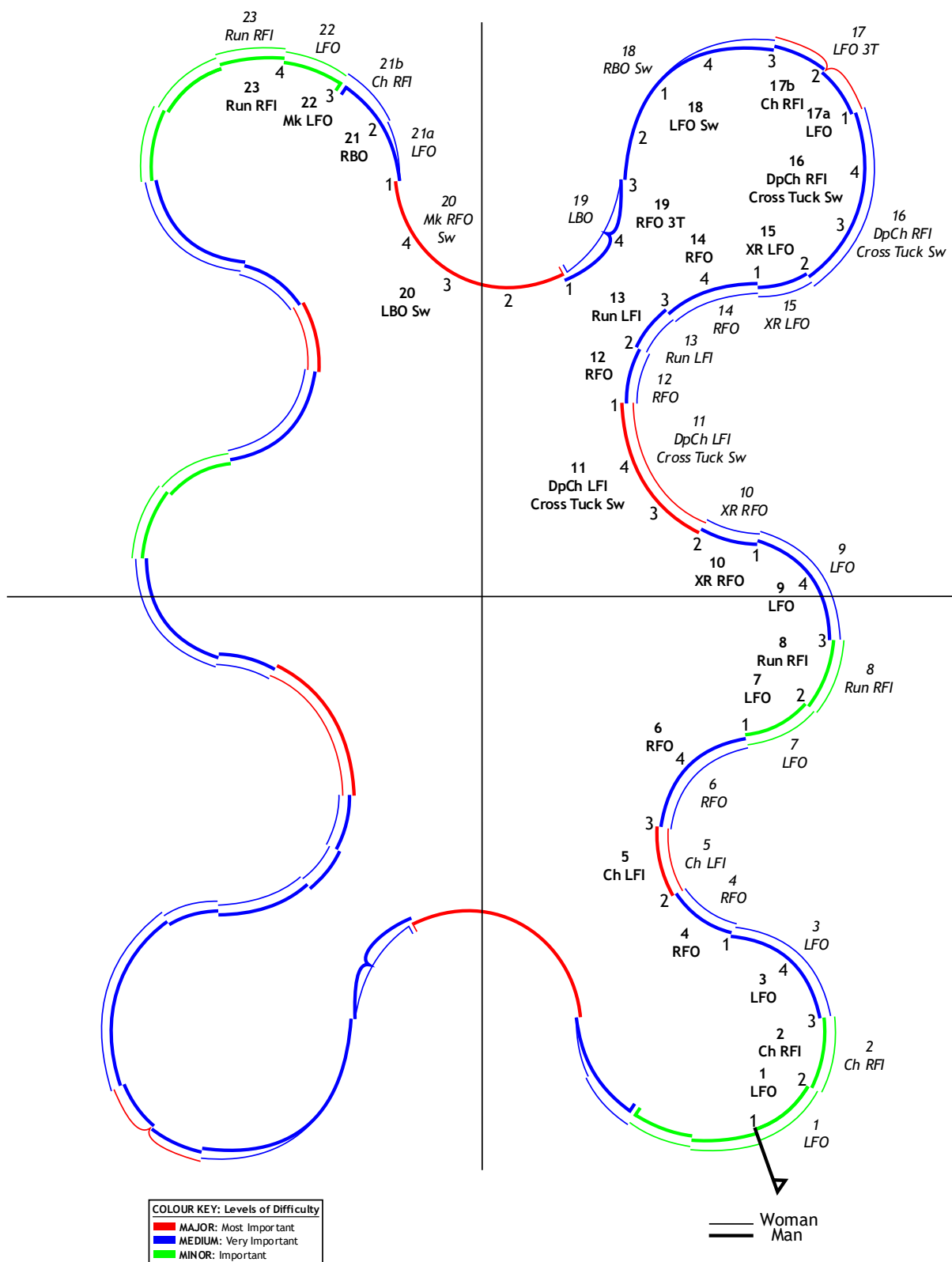
Key Points – Hickory Hoedown Couples

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
Waltz	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
	21b				1	Ch RFI
Kilian/Foxtrot	22	Mk LFO		1		LFO
	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
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 toward the long side barrier and finish toward 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 finish 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 must start before the short axis and must finish after it.
- Step 20 must start before the long axis and must finish after it.

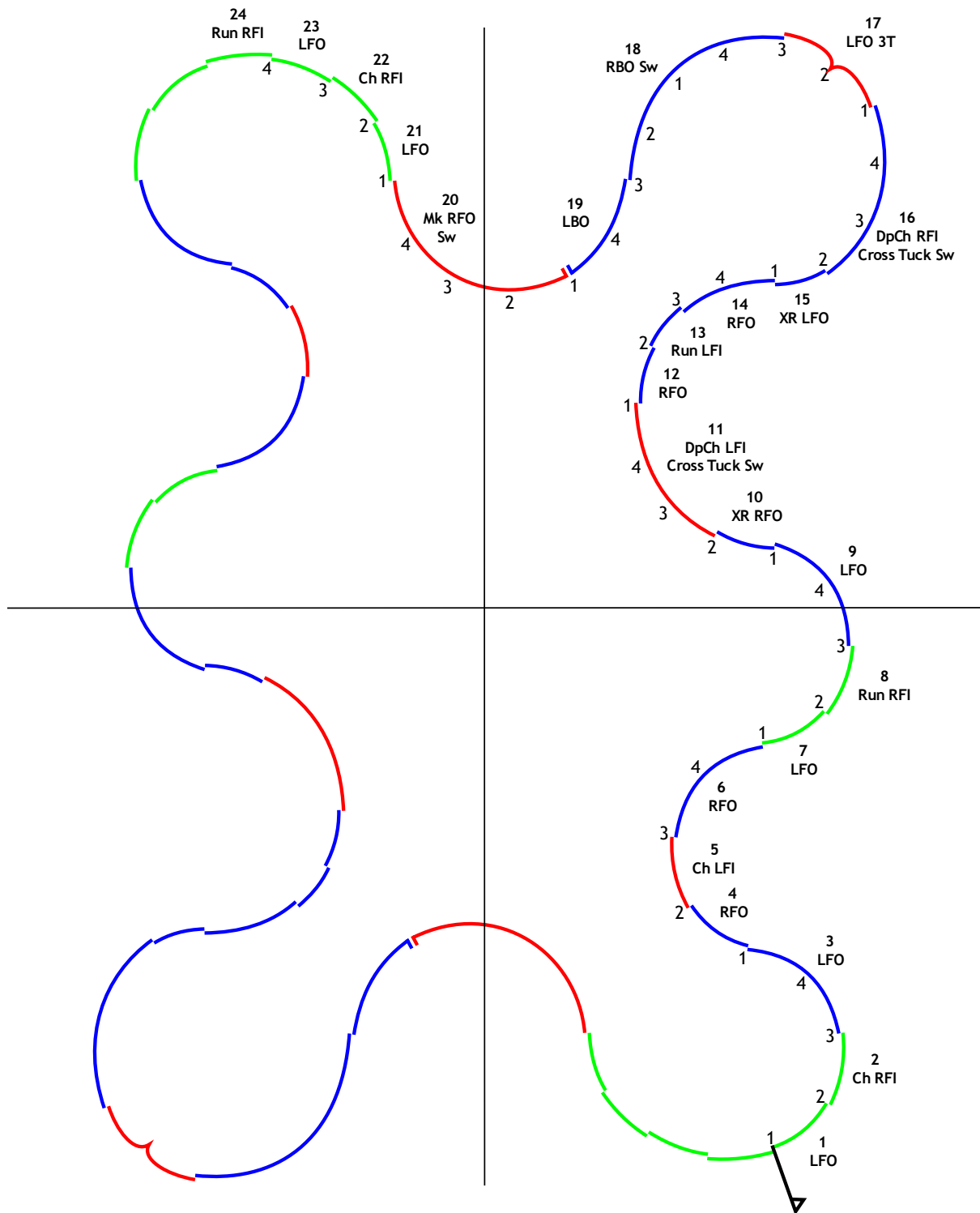
Key Points – Hickory Hoedown Solo

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	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



COLOUR KEY: Levels of Difficulty

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

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.

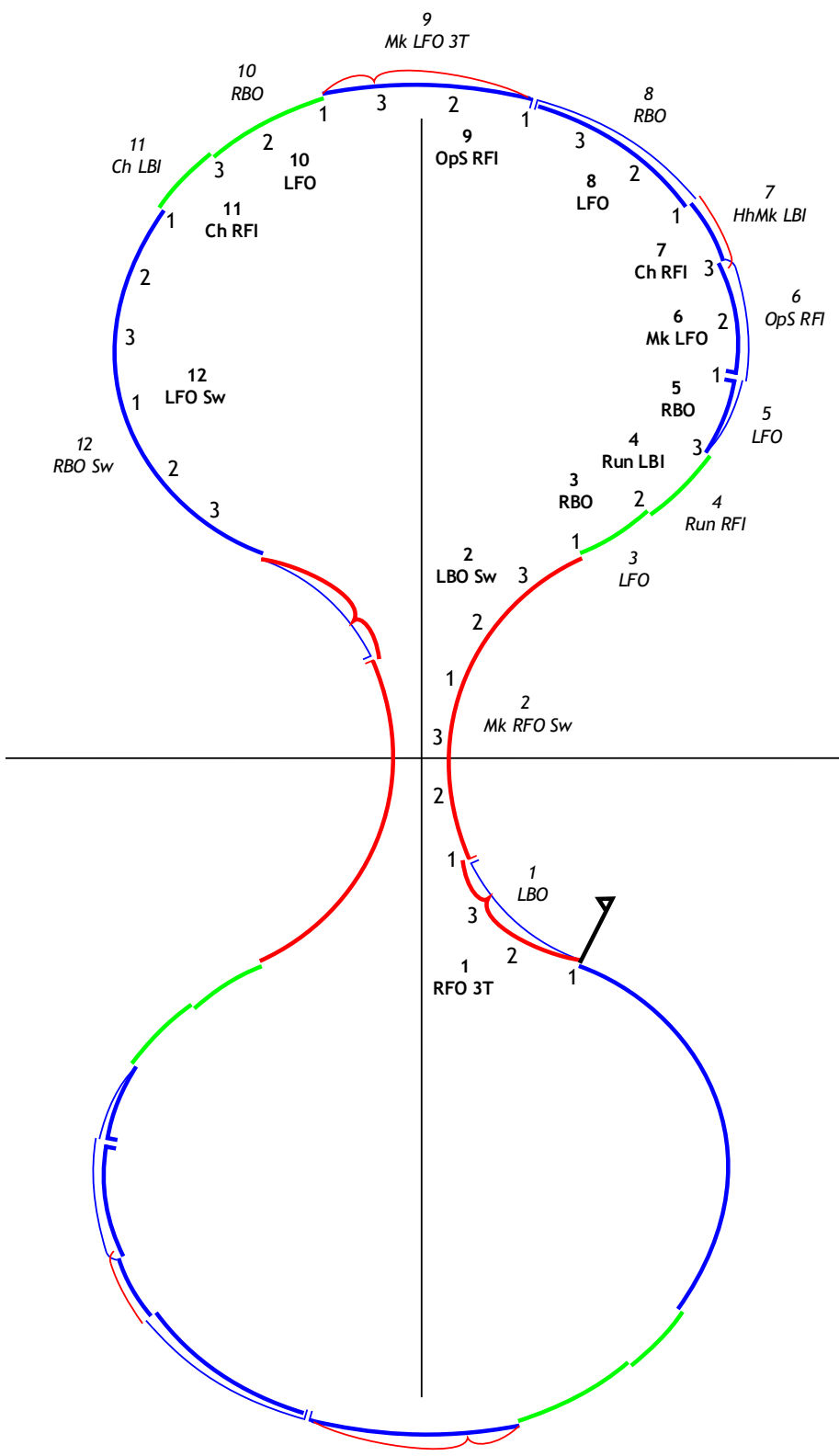
Key Points – Imperial Waltz Couples

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.

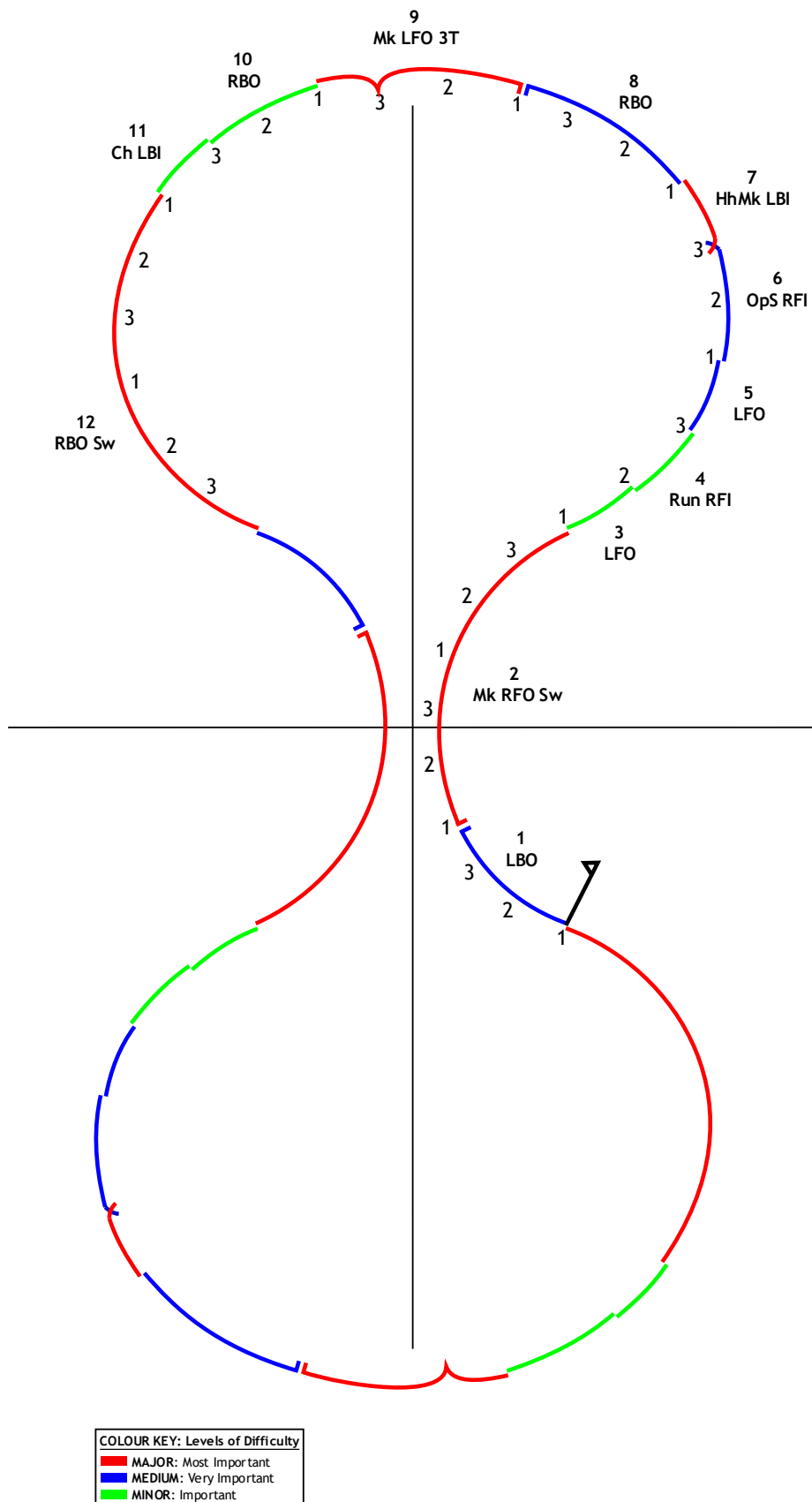
Key Points – Imperial Waltz Solo

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



MANCHESTER FOXTROT – Couples

Music: Foxtrot 4/4

Holds: Waltz, Foxtrot, Partial Tango & Promenade

Tempo: 92 BPM

Pattern: Set

This dance begins in Waltz position.

Steps 1, 2 and 3 are a sequence of runs that respectively aim toward the long side barrier, become parallel to it and finish in the direction of the long axis: RBO (1 beat), Run LBI (1 beat) and RBO (2 beats) for the man / LFO (1 beat), Run RFI (1 beat) and LFO (2 beats) for the woman.

Step 4 LBO Sw (2+2 beats) for the man and RFO Sw (2+2 beats) for the woman are outside strokes that aim in the direction of the long axis and subsequently curve to finish in the direction of the long side barrier. On the 3rd beat, the free leg swings past the line of the body.

Step 5 RBO (2 beats) for the man is an outside stroke which curves to become parallel to the long side barrier. Step 5a LFO (1 beat) for the woman is a stroke and Step 5b Ch RFI (1 beat) is a chasse on the inside edge.

Step 6 Mk LFO (2 beats) for the man is a mohawk turn on the outside edge, executed with feet close together. The woman executes a LFO stroke (2 beats), which allows the couple to continue in Foxtrot position. These steps curve in the direction of the long axis.

Step 7 XR RFO (2 beats) and Step 8 XR LFO (2 beats) are cross rolls distributed equally left and right on a baseline that runs parallel to the long side barrier. The cross rolls must demonstrate clear outside edges with an angular placement of the respective free foot that takes the floor.

Step 9 XR RFO Sw/I (2+2+2 beats) for the man and Step 9a XR RFO Sw (2+2 beats) for the woman are additional cross rolls, accompanied with a swing in front on the 3rd beat. On the 5th beat, the man executes a change of edge to inside with a swing in back. Simultaneously, the woman skates Step 9b CICw LBI (2 beats), a closed choctaw that finishes on the inside edge with the free leg stretched in front of the body. At the time of the closed choctaw, the couple continue in Partial Tango position and gradually shift into Waltz position before the end of the step.

Steps 10, 11 and 12 are a sequence of runs in Waltz position: 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 13 OpS RFI (2 beats) for the man is an open stroke and Mk LFO (2 beats) for the woman is a mohawk turn on the outside edge. These steps curve to finish parallel to the short side barrier, and the couple continue in Promenade position; that is, from the concentric rotation of the couple where skaters are briefly unable to track each other. Parallel hips and shoulders must be maintained.

Step 14 HhMk LBI (2 beats) for the man is a heel to heel mohawk with feet close together, finishing on the inside edge with the free leg stretched behind the body. The woman executes a Run RFI (2 beats), which allows the couple to continue in Waltz position. These steps travel in the direction of the long side barrier and begin on the long axis.

Step 15 RBO (1 beat) for the man and LFO (1 beat) for the woman are outside strokes.

Step 16 Ch LBI (1 beat) for the man and Ch RFI (1 beat) for the woman are chasses on inside edges that conclude the pattern sequence.

REFERENCE STEPS:

- Step 7 must begin slightly before the short axis and must finish after it.
- Step 14 must begin before on the long axis.

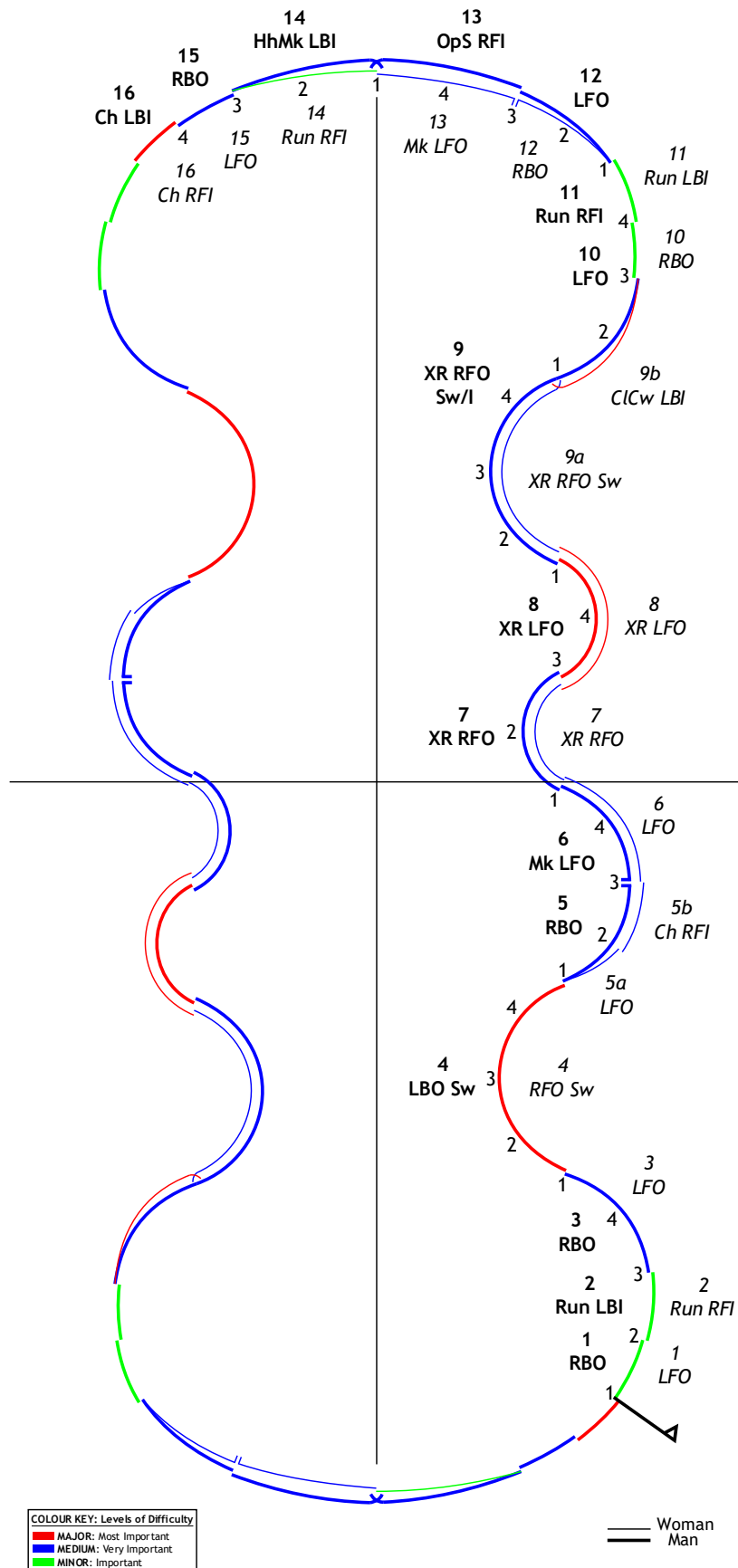
Key Points – Manchester Foxtrot Couples

1. Step 4 LBO Sw (2+2 beats) for the man and 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.
 - Correct Waltz position of the couple without any separations.
2. Step 8 XR LFO (2 beats) for both:
 - Correct timing of the step.
 - Correct technical execution of the cross roll which must be done on the required outside edge.
 - Correct Foxtrot position of the couple without any separations.
3. Step 9b CICw LBI (2 beats) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the closed choctaw which must be done with feet close together, finishing with the free leg in front of the body.
 - No deviation from the inside edge.
 - Correct position of the couple without any separations; the transition from Foxtrot to Partial Tango to Waltz must be fluid and controlled.
4. Step 16 Ch LBI (1 beat) for the man and Ch RFI (1 beat) for the woman:
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
 - Correct Waltz position of the couple without any separations.

Manchester Foxtrot Couples – List of Steps

HOLD	STEP	MAN'S STEPS	MUSICAL BEATS			WOMAN'S STEPS
Waltz	1	RBO		1		LFO
	2	Run LBI		1		Run RFI
	3	RBO		2		LFO
	4	LBO Sw		2 + 2		RFO Sw
	5a	RBO	2		1	LFO
	5b				1	Ch RFI
Foxtrot	6	Mk LFO		2		LFO
	7	XR RFO		2		XR RFO
	8	XR LFO		2		XR LFO
	9a	XR RFO Sw/I Sw	2 + 2 + 2		2 + 2	XR RFO Sw
Partial Tango to Waltz	9b				2	CICw LBI
Waltz	10	LFO		1		RBO
	11	Run RFI		1		Run LBI
	12	LFO		2		RBO
Promenade	13	OpS RFI		2		Mk LFO
Waltz	14	HhMk LBI		2		Run RFI
	15	RBO		1		LFO
	16	Ch LBI		1		Ch RFI

MANCHESTER FOXTROT



MANCHESTER FOXTROT – Solo

Music: Foxtrot 4/4

Tempo: 92 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 that aim toward the long side barrier, become parallel to it and finish in the direction of the long axis.

Step 4 RFO Sw (2+2 beats) is an outside stroke that aims in the direction of the long axis and subsequently curves to finish in the direction of the long side barrier. On the 3rd beat, the free leg swings in front of the body.

Step 5 LFO (1 beat) is a stroke and Step 6 Ch RFI (1 beat) is a chasse on the inside edge that ends parallel to the long side barrier, followed by Step 7 LFO (2 beats) in the direction of the long axis.

Step 8 XR RFO (2 beats) and Step 9 XR LFO (2 beats) are cross rolls distributed equally left and right on a baseline that runs parallel to the long side barrier. The cross rolls must demonstrate clear outside edges with an angular placement of the respective free foot that takes the floor.

Step 10 XR RFO Sw (2+2 beats) is an additional cross roll, accompanied with a swing of the free leg in front on the 3rd beat. The cross roll aims in the direction of the long axis and curves in the direction of the long side barrier.

Step 11 CICw LBI (2 beats) is a closed choctaw that finishes on the inside edge with the free leg stretched in front of the body.

Step 12 RBO (1 beat), Step 13 Run LBI (1 beat) and Step 14 RBO (2 beats) are a sequence of runs.

Step 15 Mk LFO (2 beats) is a mohawk turn on the outside edge that curves parallel to the short side barrier.

Step 16 Run RFI (2 beats) is a run that starts on the long axis and travels in the direction of the long side barrier.

Step 17 LFO (1 beat) is stroke and Step 18 Ch RFI (1 beat) is a chasse on the inside edge.

REFERENCE STEPS:

- Step 8 must begin slightly before the short axis and must finish after it.
- Step 16 must begin before on the long axis.

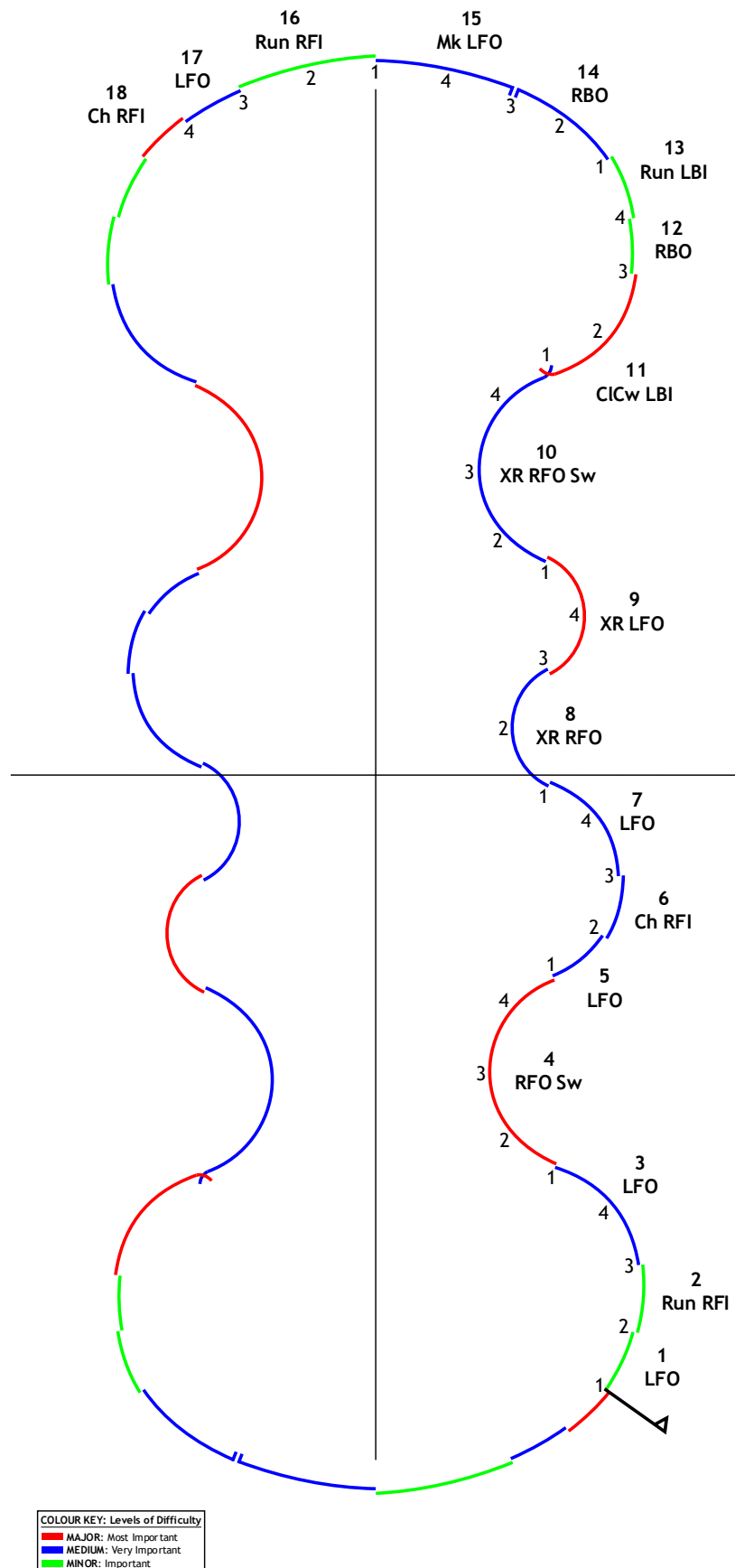
Key Points – Manchester Foxtrot Solo

1. 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.
2. Step 9 XR LFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross roll which must be done on the required outside edge.
3. Step 11 CICw LBI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the closed choctaw which must be done with feet close together, finishing with the free leg in front of the body.
 - No deviation from the inside edge.
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.

Manchester Foxtrot Solo – List of Steps

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

MANCHESTER FOXTROT



MARCH SEQUENCE – Couples & Solo

Music: March 4/4 or 6/8
Hold: Kilian

Tempo: 100 BPM
Pattern: Set

Step 1 LFO (2 beats) and Step 2 RFO (2 beats) are outside strokes on bold edges that run parallel to the long side barrier.

Step 3 LFO (2 beats) and Step 4 RFO (2 beats) continue the sequence, with step 3 intersecting the short axis on the 2nd beat (reference step).

The strokes must be executed with an appropriate inclination to the lobe, with simultaneous stretching of the free leg behind the body. Steps 1-4 are distributed evenly right and left to a sub-baseline which runs parallel to the long side barrier. The transitional roll between each step must be done on the required outside edge.

Steps 5-10 are a sequence of strokes and runs that travel along the short side barrier, with step 10 beginning on the long axis (reference step).

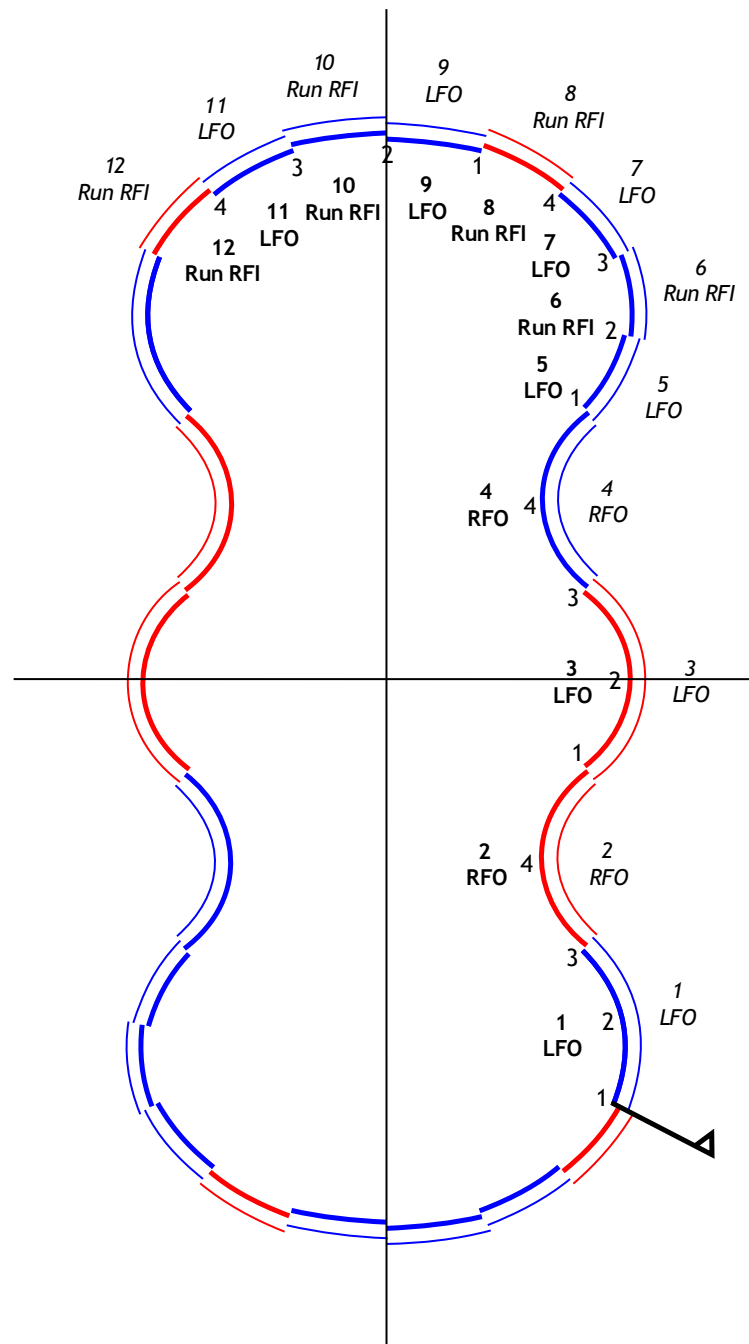
Key Points – March Sequence Couples & Solo

1. Step 2 RFO (2 beats):
 - Correct technical execution and timing of the stroke on a clear outside edge.
 - For couples: Correct Kilian position of the couple without any separations.
2. Step 3 LFO (2 beats):
 - Correct technical execution and timing of the stroke on a clear outside edge.
 - For couples: Correct Kilian position of the couple without any separations.
3. Step 6 Run RFI (1 beat):
 - Correct technical execution and timing of the run, without crossing the tracing of the skate.
 - For couples: Correct Kilian position of the couple without any separations.
4. Step 8 Run RFI (1 beat):
 - Correct technical execution and timing of the run, without crossing the tracing of the skate.
 - For couples: Correct Kilian position of the couple without any separations.

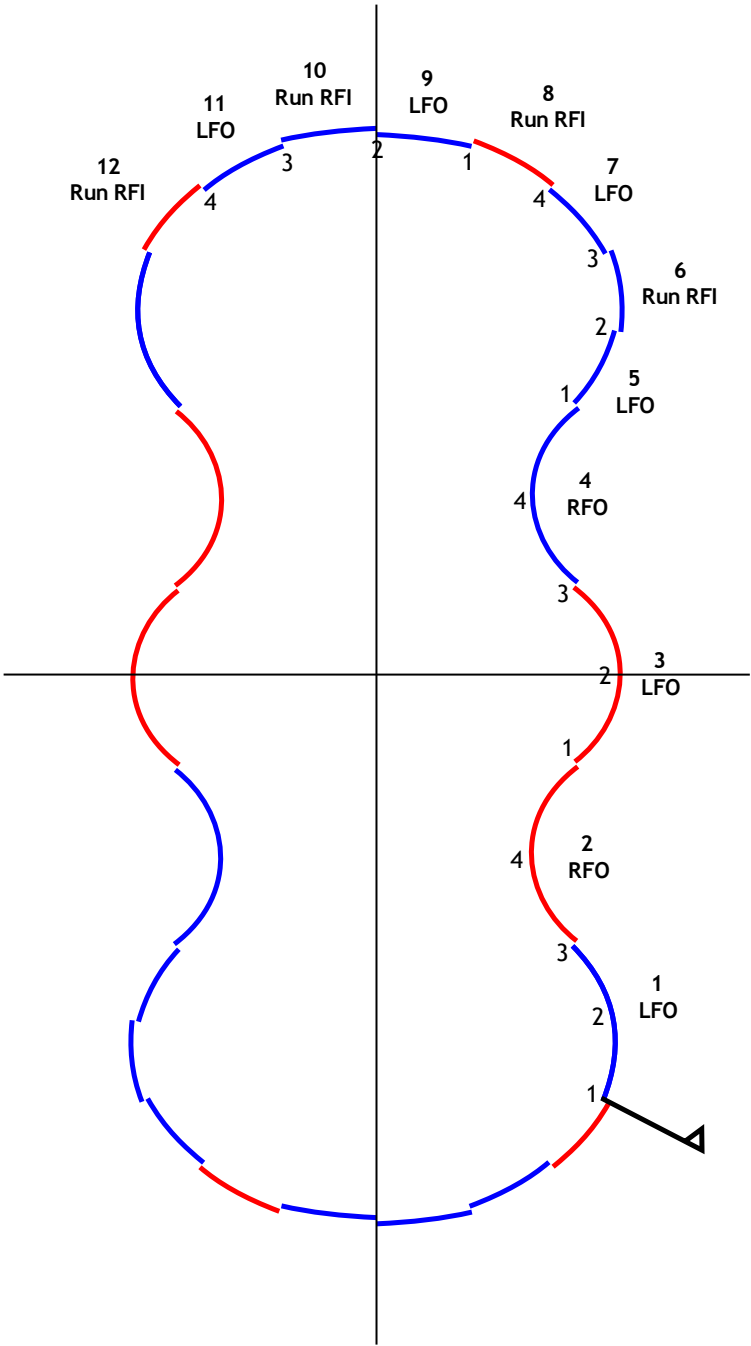
March Sequence – List of Steps

HOLD	STEP	MAN'S STEPS	MUSICAL BEATS	WOMAN'S STEPS
Kilian	1	LFO	2	LFO
	2	RFO	2	RFO
	3	LFO	2	LFO
	4	RFO	2	RFO
	5	LFO	1	LFO
	6	Run RFI	1	Run RFI
	7	LFO	1	LFO
	8	Run RFI	1	Run RFI
	9	LFO	1	LFO
	10	Run RFI	1	Run RFI
	11	LFO	1	LFO
	12	Run RFI	1	Run RFI

MARCH SEQUENCE



MARCH SEQUENCE



COLOUR KEY: Levels of Difficulty

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

MARYLEE FOXTROT – Solo

Music: Foxtrot 4/4
Pattern: Set

Tempo: 92 BPM

This dance is a combination of the Collegiate with combined steps between the man and the woman.

SECTION 1

This dance begins with Step 1 Cw LFI (1 beat) in the direction of the long axis. The choctaw must be executed with feet close together, followed by Step 2 RFO (1 beat) that begins parallel to the long axis and moves away from it.

Steps 3-6 (2 beats each) are a sequence of cross rolls on strong outside edges. These steps are positioned on a baseline that runs parallel to the long side barrier. Each cross roll moves equally left and right of the baseline, with Step 4 intersecting the transversal axis on the 2nd beat. Step 7 XR LFO (2 beats) is the last cross roll of the sequence that moves away from the baseline to finish parallel to the long side barrier.

Step 8 OpS RFI (2 beats) is a parallel open stroke on the inside edge.

Step 9 OpMk LBI (2 beats) is an open mohawk turn that must be executed with feet close together and with simultaneous extension of the free leg behind the body. This step begins to travel along the short side barrier.

Step 10 RBO (2 beats) is a stroke in the vicinity of the short side barrier that crosses the longitudinal axis on the 2nd beat.

Step 11 Mk LFO (2 beats) is a mohawk turn on the outside edge that moves away from the short side barrier.

Step 12 OpS RFI (2 beats) is a parallel open stroke on the inside edge.

SECTION 2

This dance continues with Step 13 LFO (1 beat) and Step 14 Run RFI (1 beat) in the direction of the long axis. Step 14 is a run that ends on the baseline in preparation for the next steps.

Steps 15-19 (2 beats each) are a sequence of angular strokes on strong inside edges. These steps are positioned on a baseline that runs parallel to the long side barrier. Each stroke moves equally left and right of the baseline, with Step 17 intersecting the transversal axis on the 2nd beat. Step 20 RFI (2 beats) is the last inside stroke of the sequence that moves away from the baseline to finish parallel to the long side barrier. Each inside edge must begin from an angular take off, either from the instep or behind the heel of the skating foot. The angular strokes must be consistent on each foot.

Step 21 LFO (2 beats) is a stroke on the outside edge and Step 22 OpS RFI (2 beats) is a parallel stroke on the inside edge.

Step 23 LFO (2 beats) is a stroke in the vicinity of the short side barrier that crosses the longitudinal axis on the 2nd beat.

Step 24 OpS RFI (2 beat) is a parallel open stroke on the inside edge that moves away from the short side barrier.

Step 25 OpMk LBI (2 beats) is an open mohawk turn that must be executed with feet close together and with simultaneous extension of the free leg behind the body. This step travels in the direction of the long side barrier.

Step 26 RBO (2 beats) is a stroke on a bold outside edge where the skater must execute a choctaw to LFI at the end of the pattern sequence.

REFERENCE STEPS:

- Step 4 must begin before the short axis and must finish after it (1 beat before and 1 beat after).
- Step 10 must begin before the long axis and must finish after it (1 beat before and 1 beat after).
- Step 17 must begin before the short axis and must finish after it (1 beat before and 1 beat after).
- Step 23 must begin before the long axis and must finish after it (1 beat before and 1 beat after).

Key Points – Marylee Foxtrot Solo

SECTION 1:

1. Step 5 XR LFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross roll on the correct outside edge at the time of the step.
2. Step 6 XR RFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross roll on the correct outside edge at the time of the step.
3. Step 9 OpMk LBI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the open mohawk, executed with feet close together and finishing on the correct inside edge without any deviation.
4. Step 10 RBO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke that must cross the longitudinal axis on the 2nd beat, without any deviation from the outside edge.

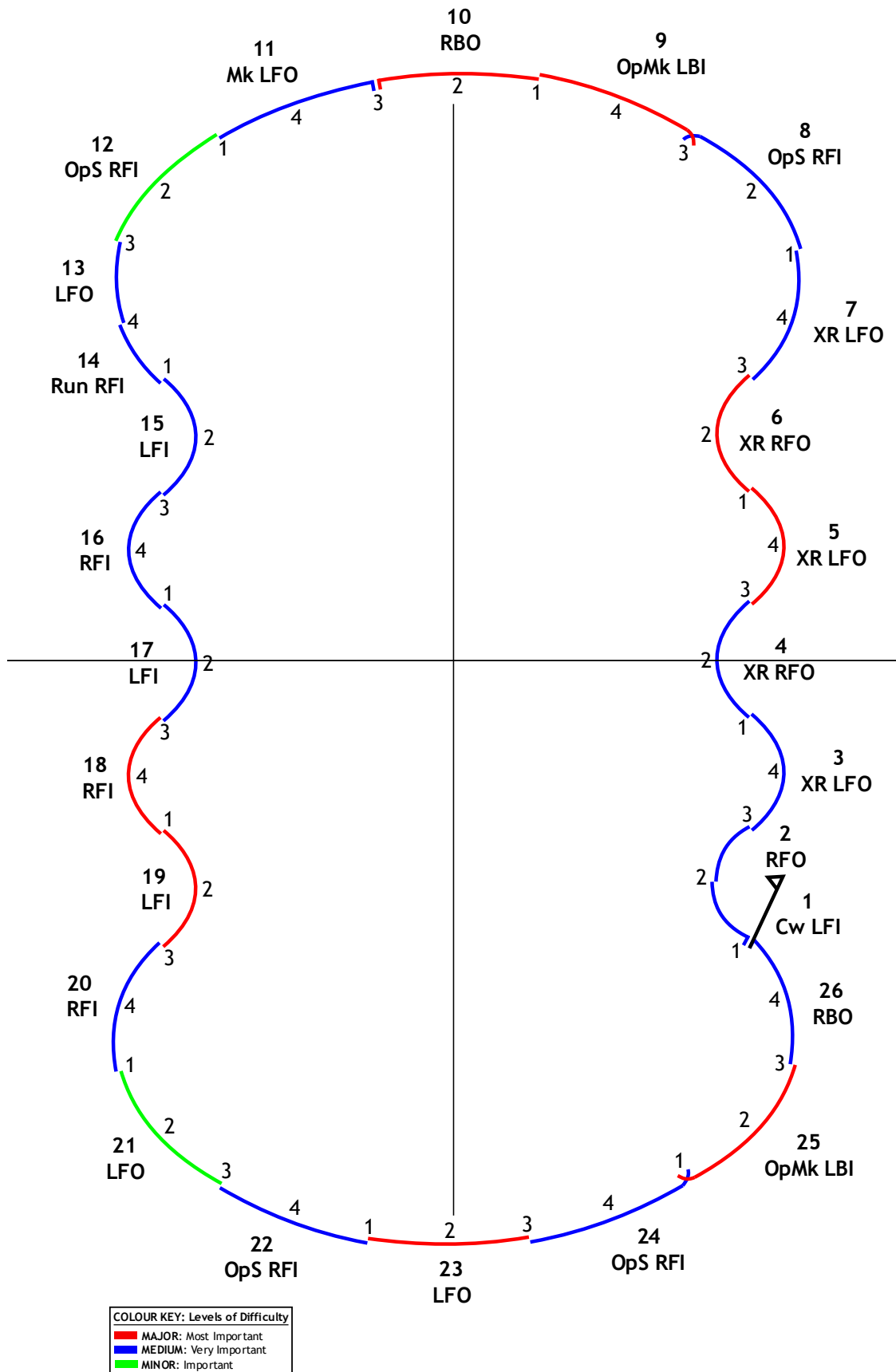
SECTION 2:

1. Step 18 RFI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the angular inside stroke on the correct inside edge at the time of the step.
2. Step 19 LFI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the angular inside stroke on the correct inside edge at the time of the step.
3. Step 23 LFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke that must cross the longitudinal axis on the 2nd beat, without any deviation from the outside edge.
4. Step 25 OpMk LBI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the open mohawk, executed with feet close together and finishing on the correct inside edge without any deviation.

Marylee Foxtrot Solo - List of Steps

STEP NUMBER	STEPS	MUSICAL BEATS
SECTION 1		
1	Cw LFI	1
2	RFO	1
3	XR LFO	2
4	XR RFO	2
5	XR LFO	2
6	XR RFO	2
7	XR LFO	2
8	OpS RFI	2
9	OpMk LBI	2
10	RBO	2
11	Mk LFO	2
12	OpS RFI	2
SECTION 2		
13	LFO	1
14	Run RFI	1
15	LFI	2
16	RFI	2
17	LFI	2
18	RFI	2
19	LFI	2
20	RFI	2
21	LFO	2
22	OpS RFI	2
23	LFO	2
24	OpS RFI	2
25	OpMk LBI	2
26	RBO	2

MARYLEE FOXTROT



MASTERS TANGO – Couples & Solo

By Gawaine Davis

Music: Tango 4/4

Tempo: 100 BPM

Hold: Kilian

Pattern: Set

The dance begins with Step 1 LFO (1 beat) which aims to the long side barrier, followed by Step 2 Run RFI (1 beat) and Step 3 LFO (2 beats) which follows the general curve of the corner lobe.

Step 4 XF RFI (2 beats) is a cross in front with an extension of the left leg in back with the toe of the free leg slightly open. This step is aimed in the direction of the short side barrier and follows the general curve of the corner lobe.

Step 5 LFO (1 beat) is a stroke, followed by Step 6 Run RFI (1 beat) and Step 7 LFO (2 beats). The last stroke crosses the long axis on the 2nd beat.

Step 8 XB RFI (2 beats) is a cross behind with an extension of the left leg in front. This step is executed near the short side barrier and follows the general curve of the corner lobe.

Step 9 LFO (1 beat) is a stroke and Step 10 Run RFI (1 beat) is a run.

Step 11 LFO Sw (2+2 beats) is an outside edge of four (4) beats and the free leg must swing forward on the 3rd beat. It begins to the long side barrier, runs parallel to it, and then finishes in the direction of the long axis.

Step 12 RFO (1 beat) is a stroke and Step 13 Ch LFI (1 beat) is a chasse.

Step 14 RFO Sw (2+2 beats) is an outside edge of four (4) beats and the free leg must swing forward on the 3rd beat. This step aims to the long axis for one (1) beat and crosses the short axis on the 2nd beat of the step. The swing finishes in the direction of the long side barrier.

REFERENCE STEPS:

- Step 7 begins before the long axis and finishes after it (1 beat before and 1 beat after).
- Step 14 begins before the short axis and finishes after it, intersecting the axis on the 2nd beat.

Key Points – Masters Tango Couples & Solo

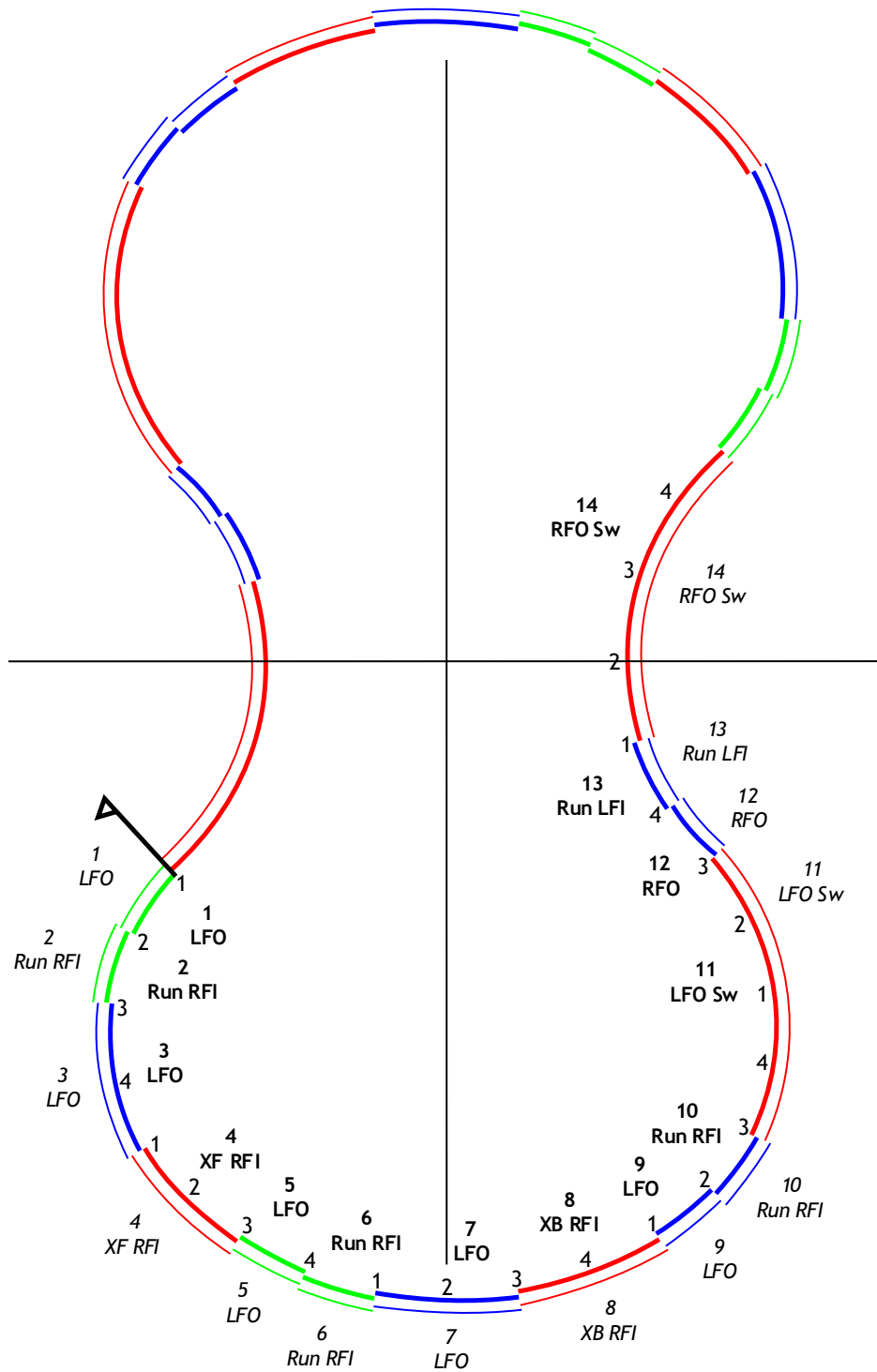
1. Step 4 XF RFI (2 beats):
 - Correct technical execution of the cross in front with simultaneous extension of the left leg in back with the toe of the free leg slightly open.
 - Pay attention to the correct lean, edge, and timing.
 - No deviation from the inside edge.
 - For couples: Kilian position is to be correctly maintained throughout without any separations.
2. Step 8 XB RFI (2 beats):
 - Correct technical execution of the cross behind with the extension of the left leg in front.
 - Pay attention to the correct lean, edge, and timing.
 - No deviation from the inside edge.
 - For couples: Kilian position is to be correctly maintained throughout without any separations.
3. Step 11 LFO Sw (2+2 beats):
 - Correct technical execution of the stroke from the parallel 'and' position with feet close together.
 - Correct technical execution of the swing on the 3rd beat of the step, without deviating from the outside edge.

- Pay attention to the timing with correct lean and edge.
 - For couples: Kilian position is to be correctly maintained throughout without any separations.
4. Step 14 RFO Sw (2+2 beats):
- Correct technical execution of the stroke from the parallel 'and' position with feet close together.
 - Correct technical execution of the swing on the 3rd beat of the step, without deviating from the outside edge.
 - Pay attention to the timing with correct lean and edge.
 - For couples: Kilian position is to be correctly maintained throughout without any separations.

Masters Tango – List of Steps

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

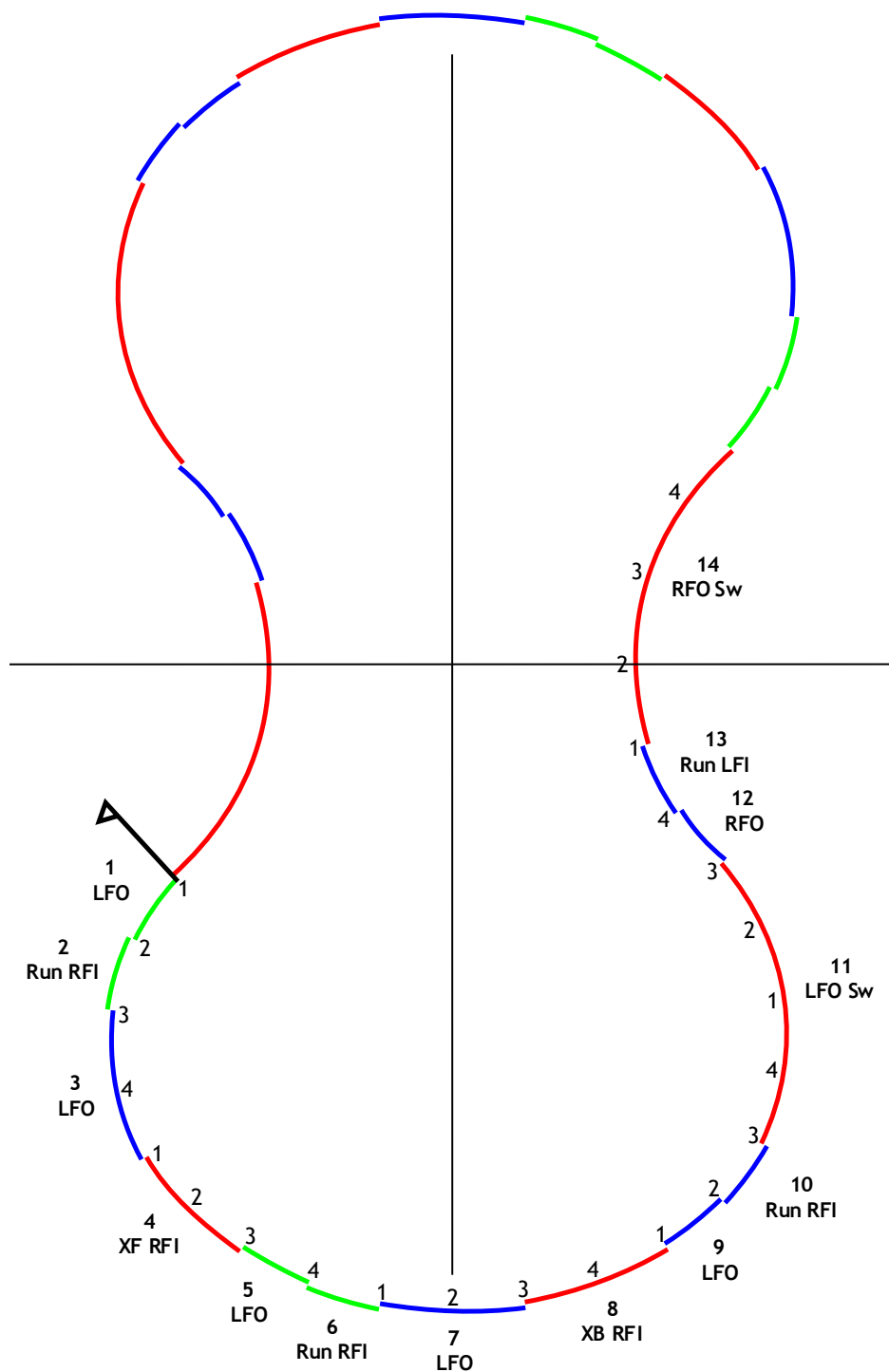
MASTERS TANGO



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

Woman
 Man

MASTERS TANGO



METROPOLITAN TANGO (28 Beat Pattern) – Couples & Solo

By Irwin & Ringeisen

Music: Tango 4/4

Holds: Reverse Kilian & Kilian

Tempo: 100 BPM

Pattern: Set (28 Beat Pattern)

Step 1 LFO 3T (1+1 beats) is a stroke in the direction of the long side barrier, followed by a 3 turn to LBI on the 2nd beat that finishes parallel to the barrier. The free leg must be kept close to the skating foot during the execution of the turn. The couple begin in Reverse Kilian position and transition to Kilian position after the execution of the turn.

Step 2 RBO (1 beat) is a stroke and Step 3 XF LBI (1 beat) is a cross in front executed with feet close and parallel.

Step 4 Mk RFI (2 beats) is a mohawk turn that finishes on the inside edge and continues the arc and general curve of the dance near the short side barrier. The couple transition to Reverse Kilian position during the mohawk turn.

Step 5 LFO (2 beats) is a stroke on the outside edge that travels in the direction of the long axis.

Step 6 OpS RFI (1 beat) is an open stroke on the inside edge that ends on the long axis.

Step 7 OpMk LBI (1 beat) is an open mohawk turn executed with feet close together that must finish on the inside edge. This step begins on the long axis. At the time of the step, the couple transition into Kilian position and continue to travel in the direction of the long side barrier.

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

Step 11 Run LBI Sw (2+2 beats: 4 beats total) is a progressive run that begins near the long side barrier. On the 3rd beat, the free leg swings behind the body in a trailing position with the toe of the free leg slightly open. This step must maintain a strong inside edge as the skaters travel in the direction of the long axis. Care should be taken to maintain the correct inclination throughout the step to ensure that there is no deviation from the inside edge.

Step 12 Cw RFO (2 beats) is a choctaw turn on the outside edge that assumes Reverse Kilian position.

Step 13 Run LFI (1 beat), Step 14 RFO (1 beat) and Step 15 Run LFI (2 beats) are a sequence of runs. The run continues in the direction of the long axis and the stroke finishes nearly parallel to it. Step 15 intersects the long axis on the 2nd beat and aims in the direction of the short side barrier on the opposite side of the floor.

Step 16 RFO Sw (2+2 beats: 4 beats total) is a stroke on the outside edge that aims towards the short side barrier and finishes in the direction of the long side barrier. On the 3rd beat, the free leg swings forward into a leading position.

REFERENCE STEPS:

- Step 7 begins on the long axis.
- Step 15 begins before the short axis and finishes after it, intersecting the axis on the 2nd beat.

Key Points – Metropolitan Tango Couples & Solo

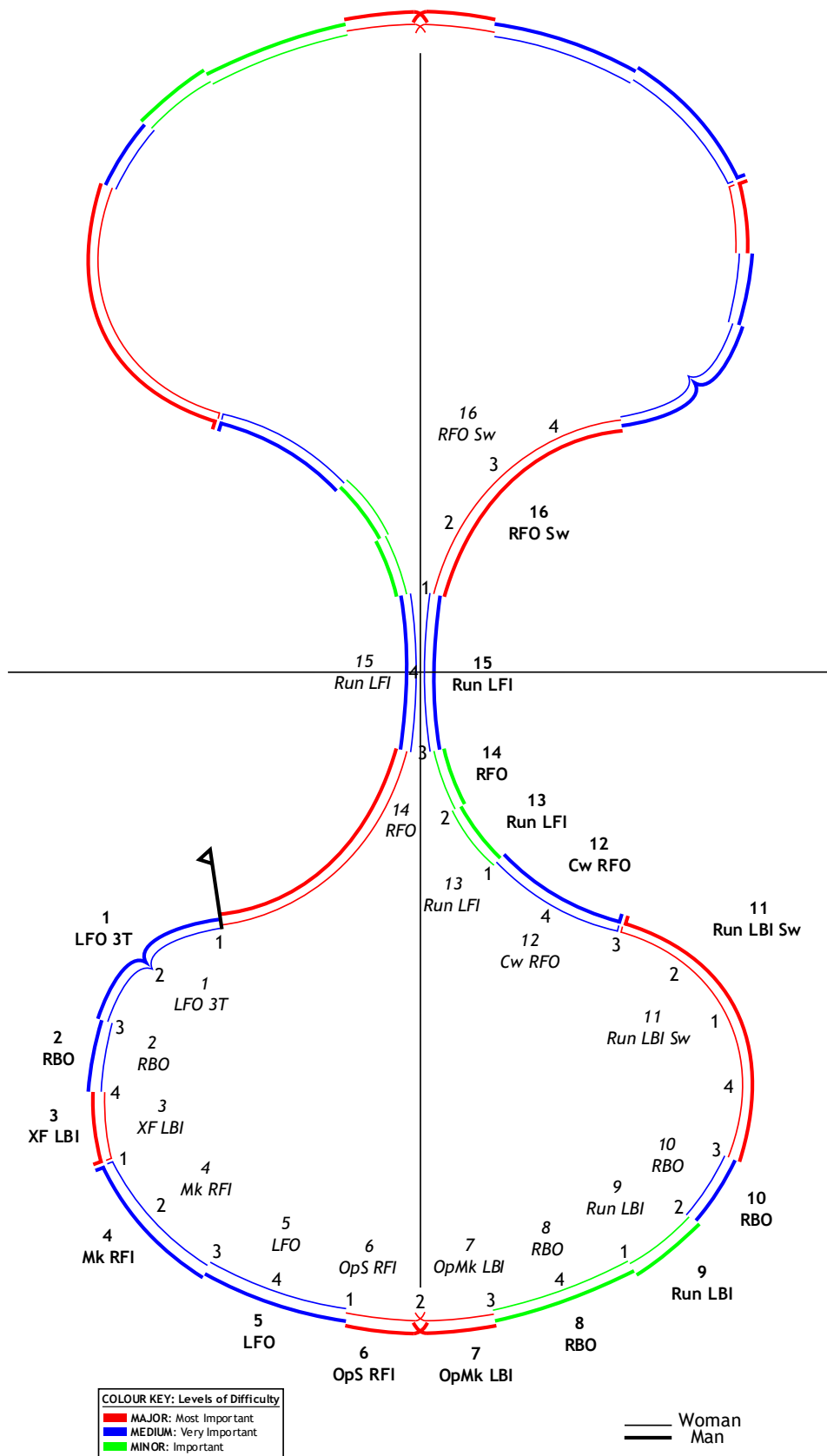
1. Step 3 XF LBI (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the cross in front with feet close together, skated on the required inside edge.
 - For couples: Correct Kilian position of the couple without any separations.
2. Step 6 OpS RFI (1 beat) and Step 7 OpMk LBI (1 beat):
 - Correct timing of the steps.
 - Correct technical execution of the open mohawk turn with feet close together.
 - Pay attention to the placement of the steps which must be done on the required inside edges.
 - For couples: Correct position of the couple without any separations, demonstrating control and fluidity through the change of position.
3. Step 11 Run LBI Sw (2+2 beats):
 - Correct timing of the run; progressive movement of the free foot which must not cross the tracing of the skating foot.
 - Correct technical execution and timing of the swing of the free leg on the 3rd beat.
 - No deviation from the inside edge.
 - For couples: Correct Kilian position of the couple without any separations.
4. Step 16 RFO Sw (2+2 beats):
 - Correct timing of the stroke.
 - Correct technical execution and timing of the swing of the free leg on the 3rd beat.
 - No deviation from the outside edge.
 - For couples: Correct Reverse Kilian position of the couple without any separations.

Metropolitan Tango – List of Steps

HOLD	STEPS	MAN'S STEPS	BEATS	WOMAN'S STEPS
Reverse Kilian to Kilian	1	LFO 3T	1 + 1	LFO 3T
Kilian	2	RBO	1	RBO
	3	XF LBI	1	XF LBI
Reverse Kilian	4	Mk RFI	2	Mk RFI
	5	LFO	2	LFO
	6	OpS RFI	1	OpS RFI
Kilian	7	OpMk LBI	1	OpMk LBI
	8	RBO	2	RBO
	9	Run LBI	1	Run LBI
	10	RBO	1	RBO
	11	Run LBI Sw	2 + 2	Run LBI Sw
Reverse Kilian	12	Cw RFO	2	Cw RFO
	13	Run LFI	1	Run LFI
	14	RFO	1	RFO
	15	Run LFI	2	Run LFI
	16	RFO Sw	2 + 2	RFO Sw

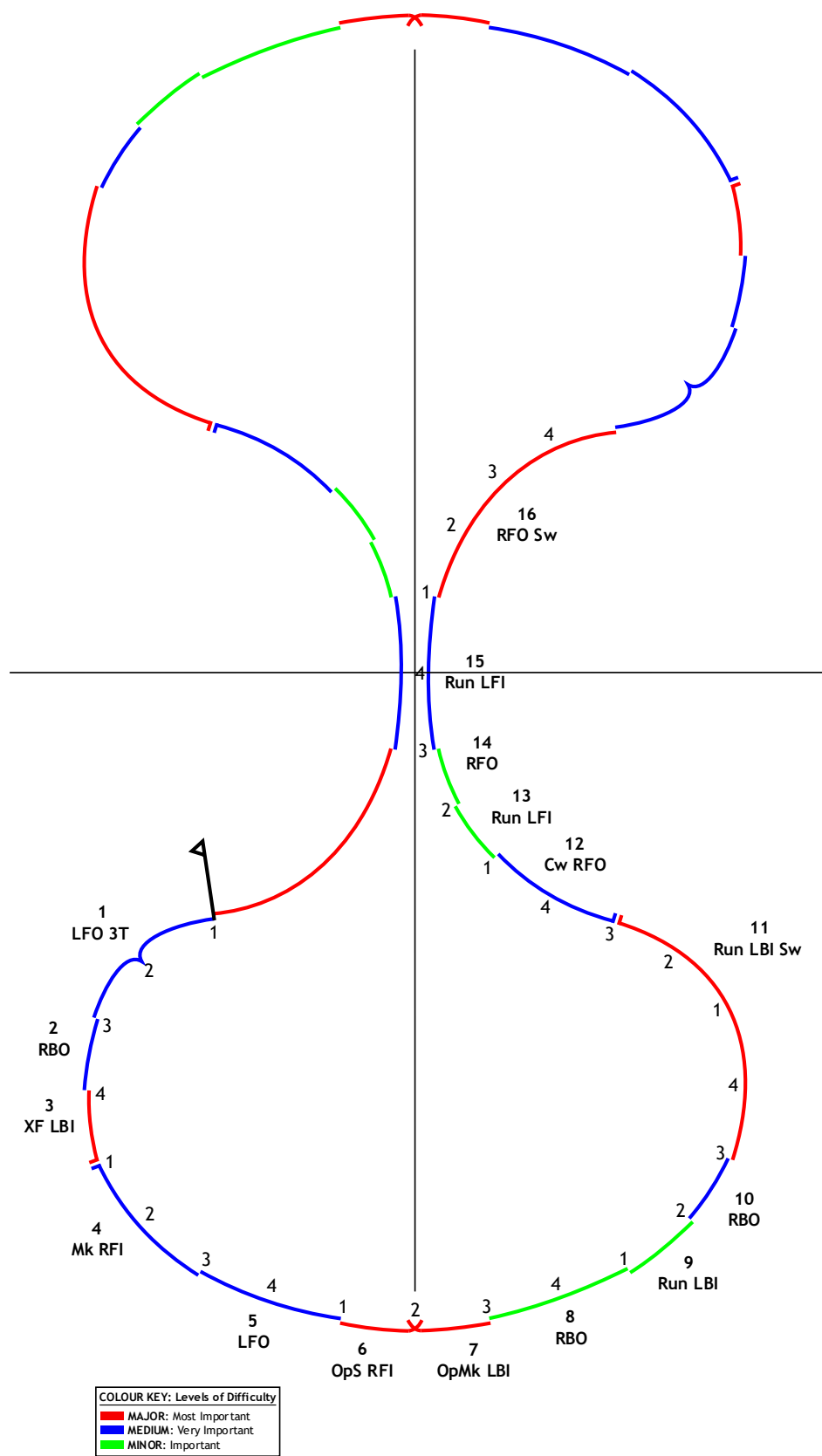
METROPOLITAN TANGO

28 Beat Pattern



METROPOLITAN TANGO

28 Beat Pattern



MONTEREY TANGO – Couples & Solo

By Hentchel & Irwin

Music: Tango 4/4
Hold: Kilian

Tempo: 100 BPM
Pattern: Set

Step 1 LFO Sw (2+2 beats) is a stroke on the outside edge that begins in the vicinity of the long side barrier. On the 3rd beat, the free leg swings forward into a leading position and the step finishes in the direction of the long axis.

Step 2 XF RFO (2 beats) is a cross in front executed with feet close together in an angular position, followed by Step 3 Run LFI (1 beat) and Step 4 RFO (1 beat) which begins on the short axis.

Step 5 OpS LFI/O Sw (2+2 beats) is a parallel open stroke on the inside edge. A change of edge to outside occurs on the 3rd beat as the free leg simultaneously swings forward into a leading position. This step finishes in the direction of the long side barrier.

Step 6 XF RFI (2 beats) is a cross in front on the inside edge, executed with feet close together. This step finishes with the free leg behind the body and with the toe of the free leg slightly open.

Step 7 LFO (2 beats), Step 8 Run RFI (1 beat), Step 9 LFO (1 beat) and Step 10 Run RFI (2 beats) are a sequence of runs that are skated in the direction of the short side barrier.

Step 11 LFO (1 beat), Step 12 Run RFI (1 beat) and Step 13 LFO (2 beats) are an additional sequence of runs.

Step 14 XB RFI (2 beats) is a cross behind executed with feet close together and with the free leg finishing in front of the body.

Step 15 LFO (1 beat) is the penultimate stroke and Step 16 Run RFI (1 beat) is the final step of the dance.

It is mandatory to complete the first step of the dance with the entirety of the allocated four (4) beats.

REFERENCE STEPS:

- Step 4 begins on the short axis.
- Step 13 begins on the long axis.

Key Points – Monterey Tango Couples & Solo

1. Step 1 LFO Sw (2+2 beats):
 - Correct technical execution of the stroke on a clear outside edge.
 - Correct timing of the swing forward on the 3rd beat.
 - For couples: Correct Kilian position of the couple without any separations between the skaters.
2. Step 5 OpS LFI/O Sw (2+2 beats):
 - Correct technical execution of the open stroke on an inside edge for two (2) beats.
 - Correct technical execution of the swing with a simultaneous COE to outside on the 3rd beat.
 - For couples: Correct Kilian position of the couple without any separations between the skaters.
3. Step 6 XF RFI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross in front executed with feet close together.
 - Pay attention to the extension of the free leg in back with the toe of the free leg slightly open.
 - No deviation from the inside edge.
 - For couples: Correct Kilian position of the couple without any separations between the skaters.

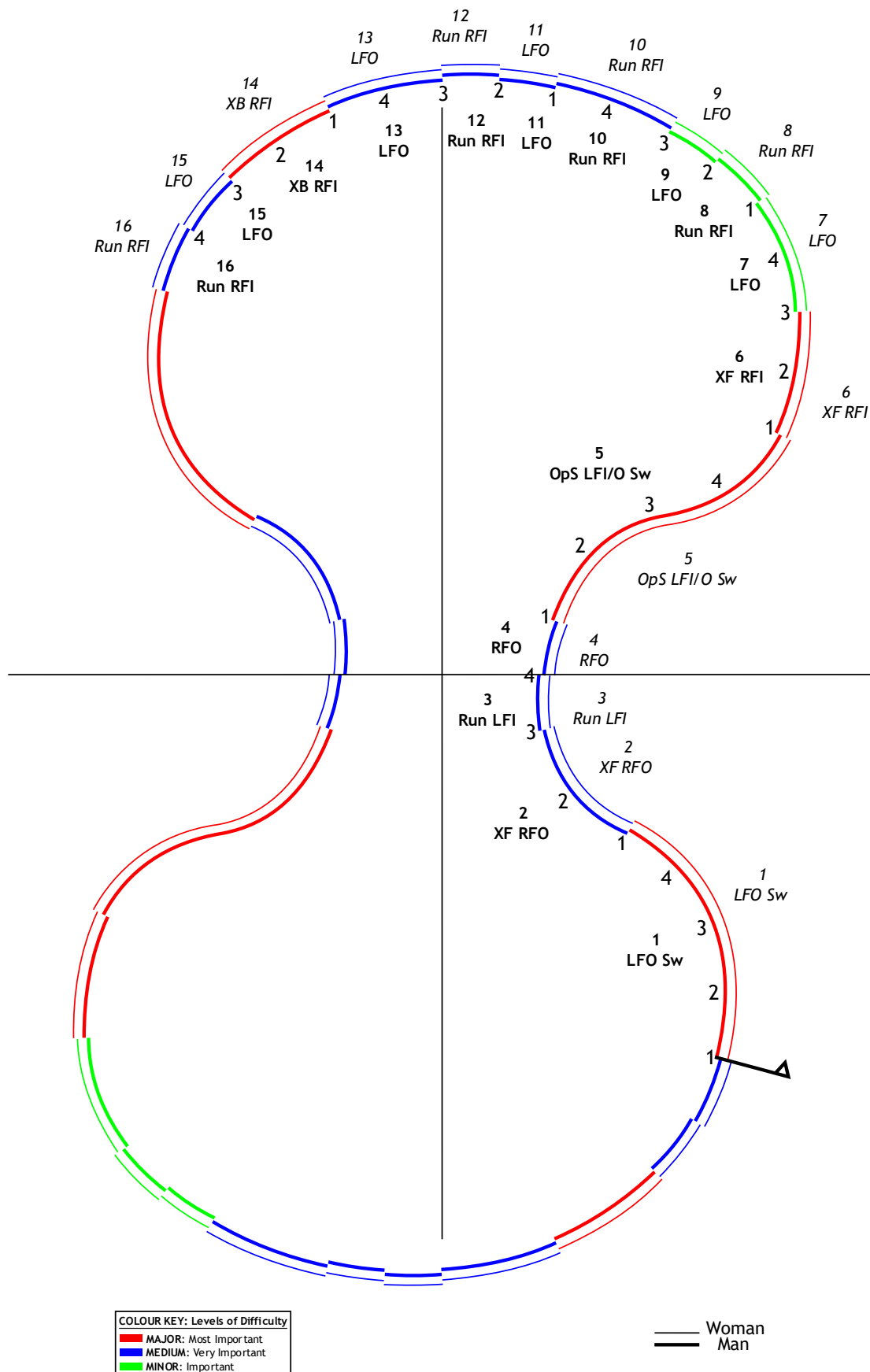
4. Step 14 XB RFI (2 beats):

- Correct timing of the step.
- Correct technical execution of the cross behind, executed with feet close together.
- No deviation from the inside edge.
- For couples: Correct Kilian position of the couple without any separations between the skaters.

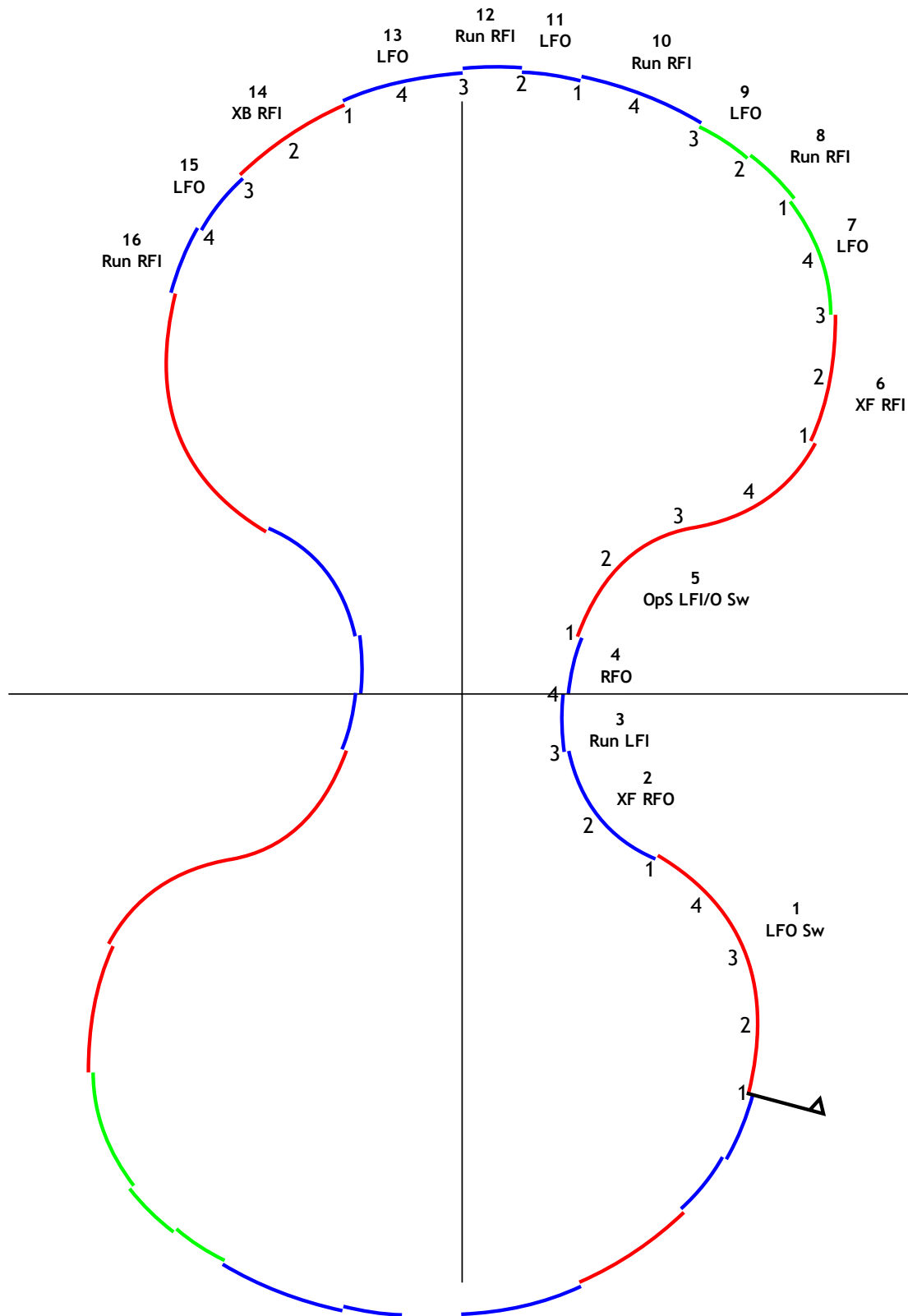
Monterey Tango – List of Steps

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

MONTEREY TANGO



MONTEREY TANGO



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).

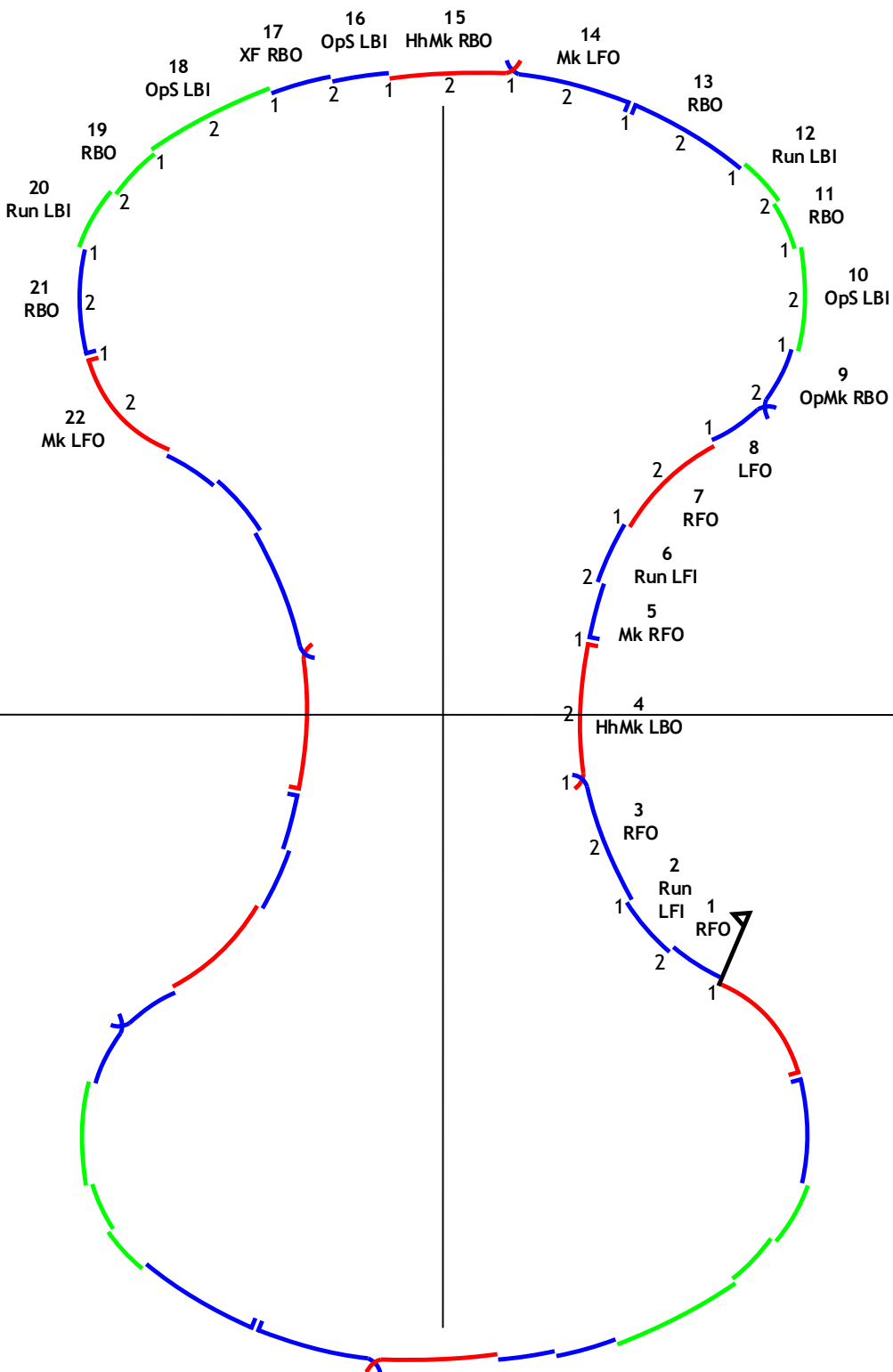
Key Points – Princeton Polka Solo Woman's Steps

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

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

Tempo: 100 BPM

Hold: Kilian

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.

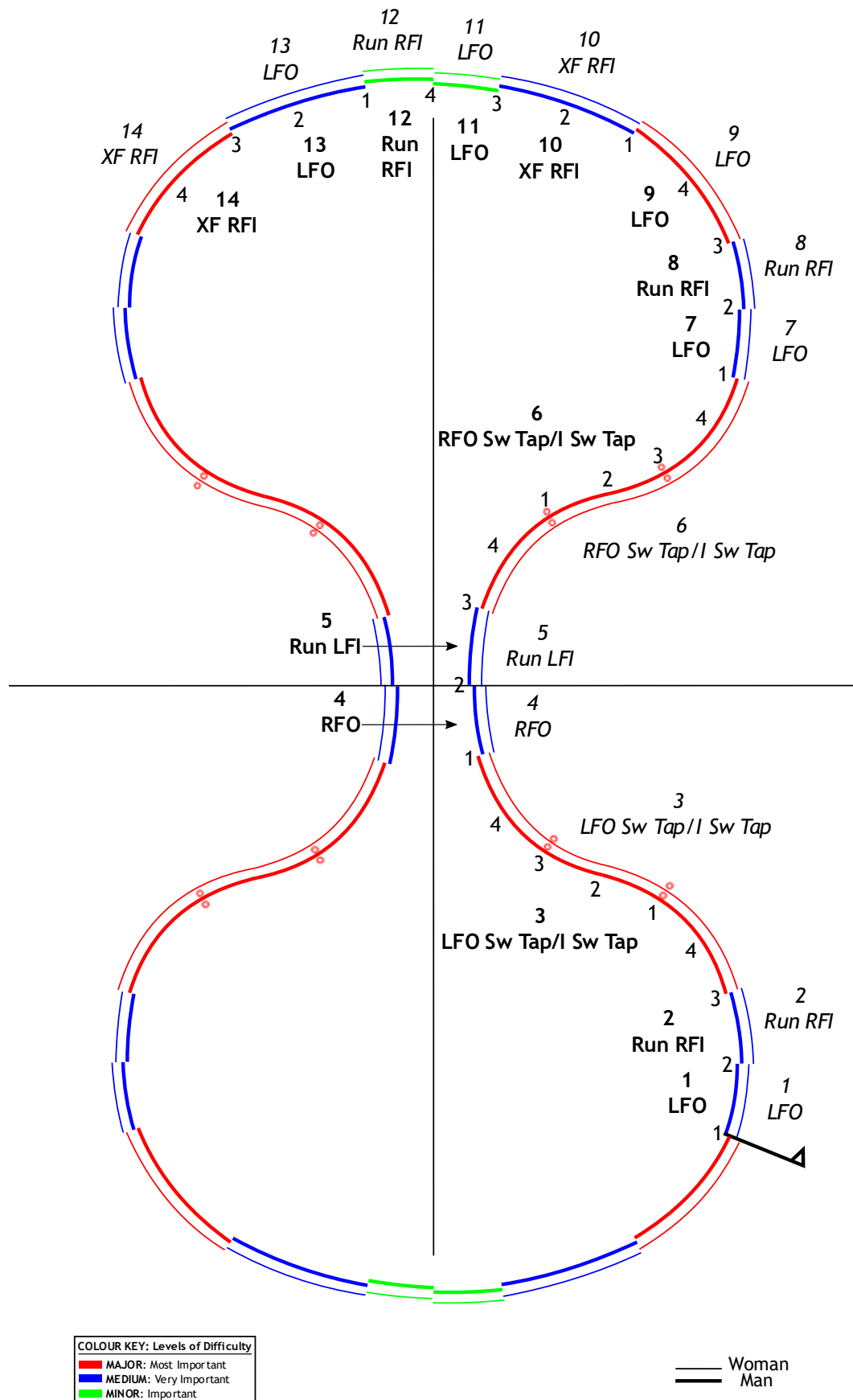
Key Points – Progressive Tango Couples & Solo

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.

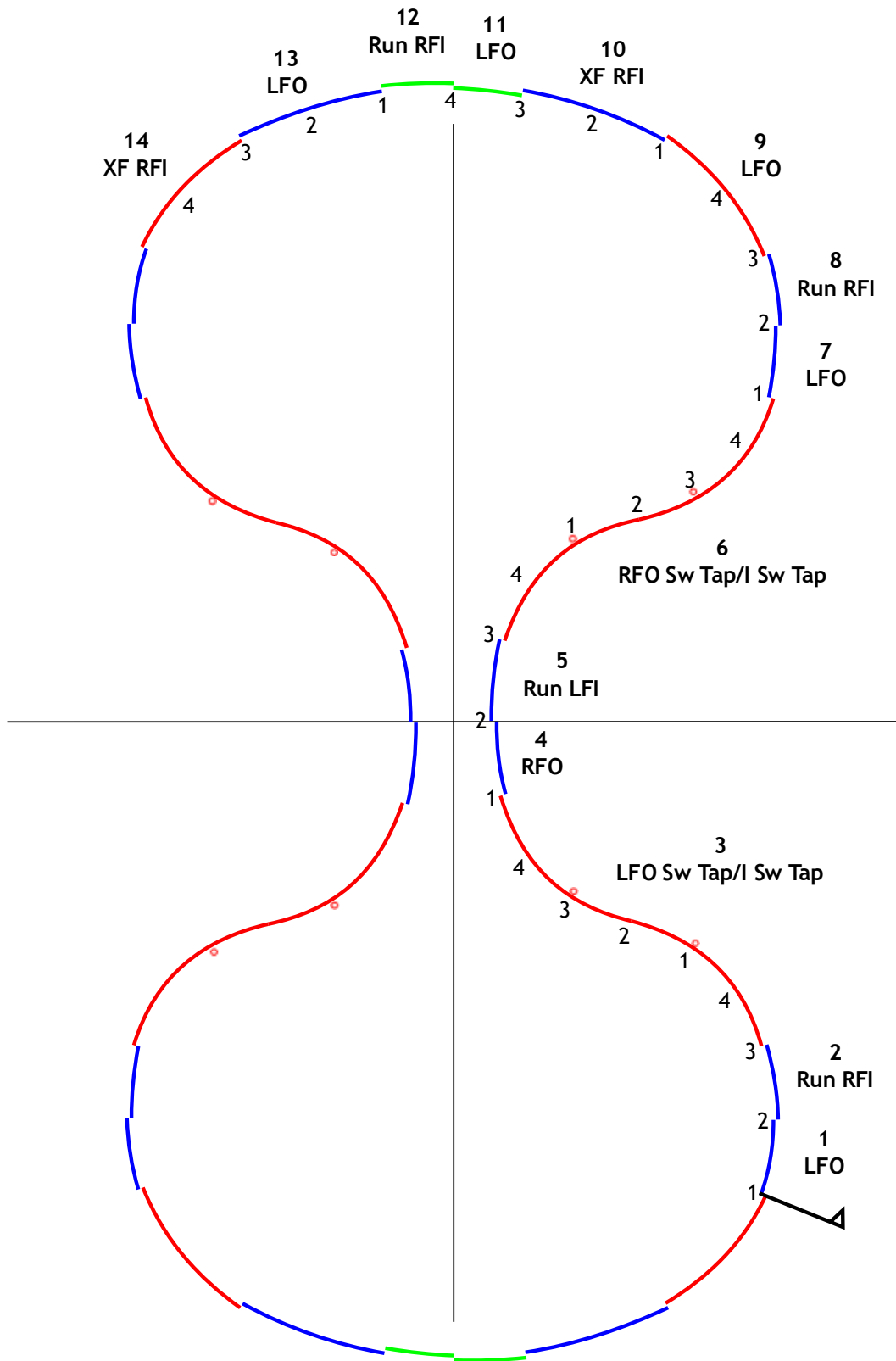
Progressive Tango – List of Steps

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 Graiglin

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.

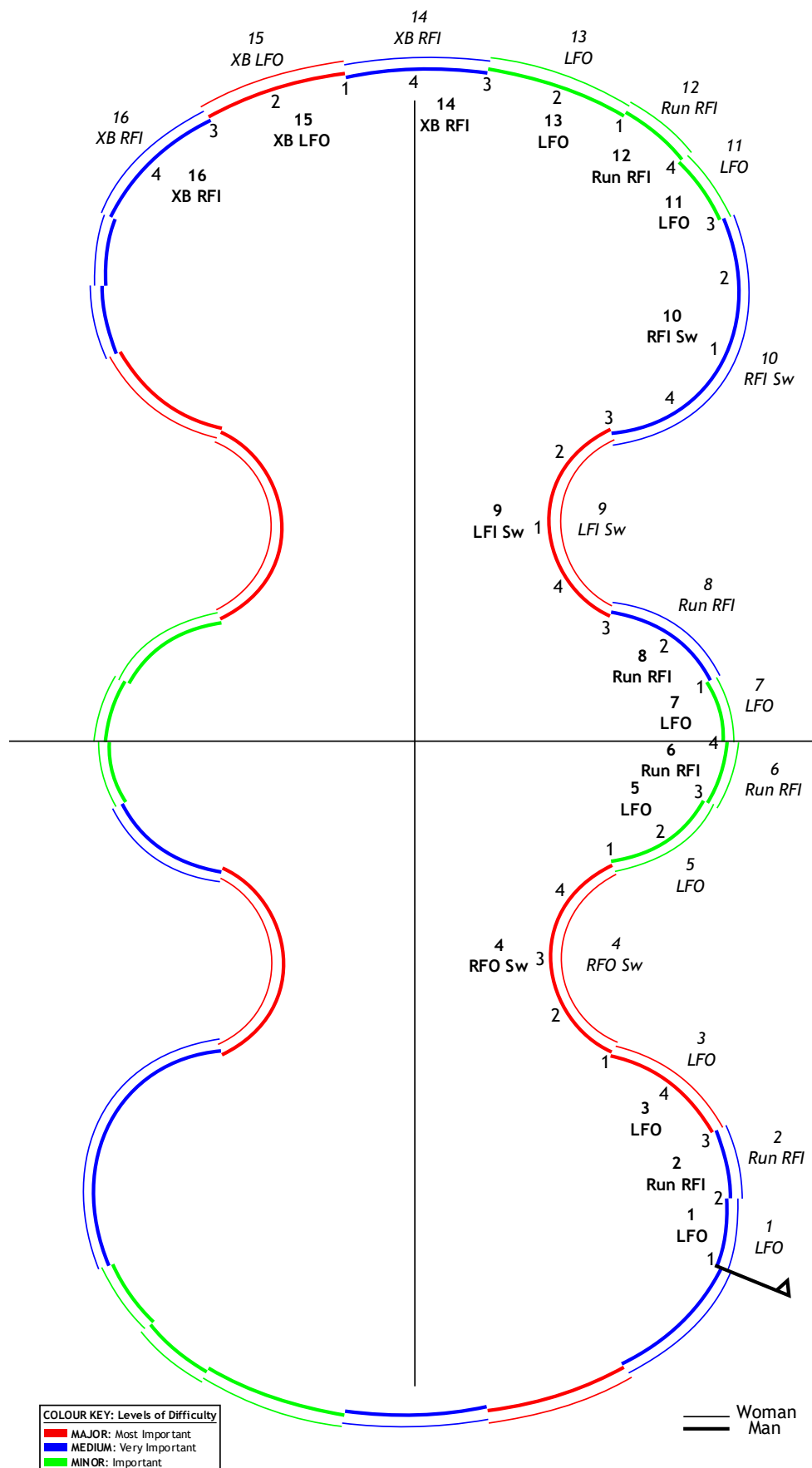
Key Points – Rhythm Blues Couples & Solo

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.

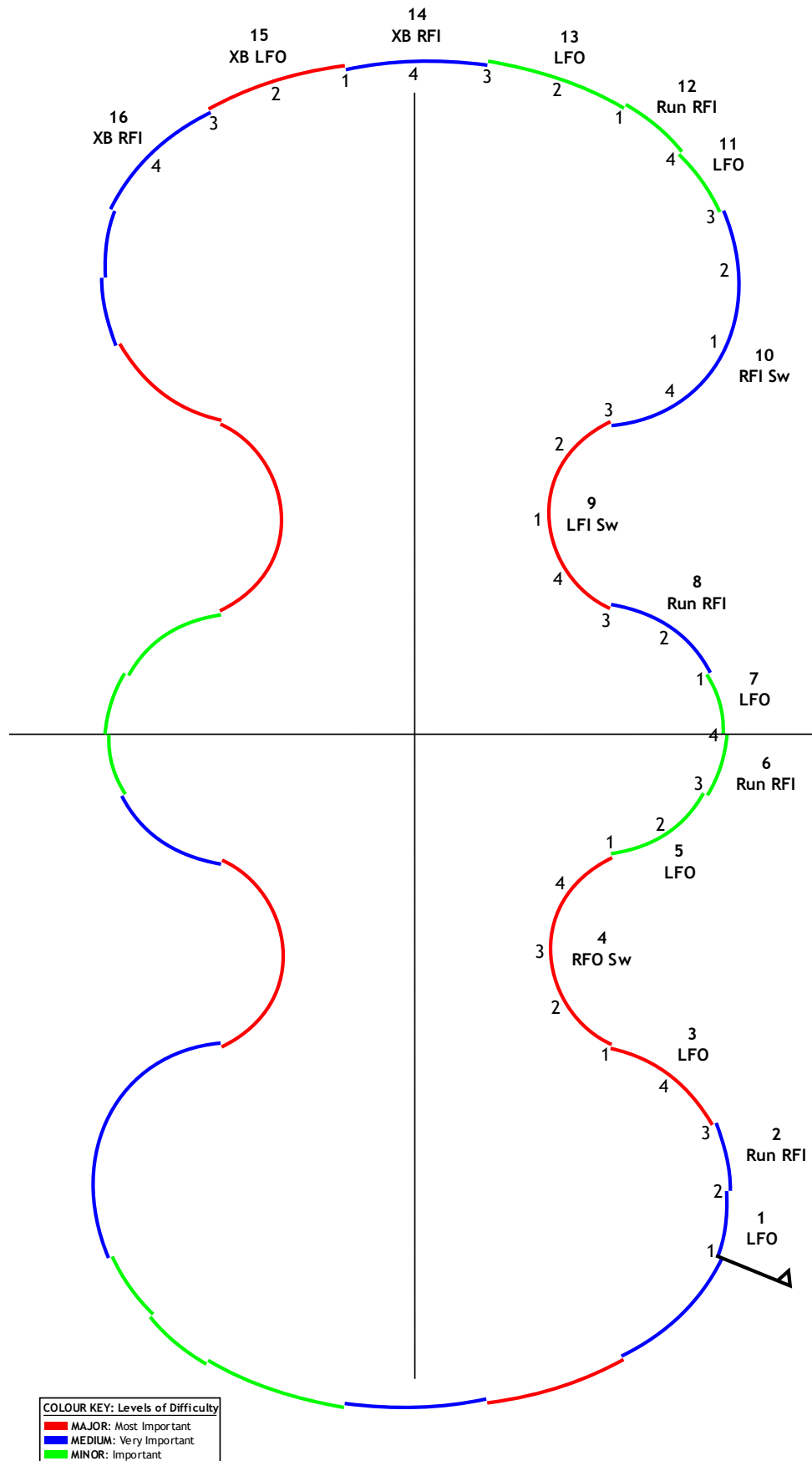
Rhythm Blues – List of Steps

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



ROLLER RHUMBA – Couples & Solo

Originated as 'Roller Rhumba – Bronze' by David Tassinari

Music: Rhumba 4/4
Hold: Kilian or Foxtrot

Tempo: 96 BPM
Pattern: Set

This dance can be skated in Kilian position or Foxtrot position. Once a hold has been selected, it must remain consistent throughout each pattern sequence.

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 it.

Step 3 LFO (2 beats) is a stroke that is skated in the direction of the long axis.

Step 4 XR RFO (2 beats) and Step 5 XR LFO (2 beats) are cross rolls that are distributed evenly left and right to a baseline that runs parallel to the long side barrier.

Step 6 XR RFO (2 beats) is a cross roll with a larger lobe towards the long axis, followed by Step 7 XF LFI (1 beat) that finishes on the same baseline and in the direction of the long side barrier.

Step 8 Wd RFI (1 beat) is a wide step, followed by Step 9 LFO (2 beats) in the direction of the long axis.

Step 10 XR RFO Sw (2+2 beats: 4 beats total) is a cross roll in the direction of the long axis, followed by a swing forward on the 3rd beat, allowing the lobe to finish in the direction of the long side barrier.

Step 11 LFO (1 beat) is a stroke towards the long side barrier and Step 12 Ch RFI (1 beat) ends parallel to it.

Step 13 LFO (1 beat) aims towards the short side barrier, followed by Step 14 Run RFI (1 beat) that ends parallel to it.

Step 15 LFO (2 beats) is a stroke and Step 16 XR RFO (2 beats) is a cross roll that aims away from the short side barrier for one (1) beat and finishes towards it on the 2nd beat, simultaneously intersecting the long axis.

Step 17 XR LFO (1 beat) is a cross roll and Step 18 Ch RFI (1 beat) is a chasse that ends parallel to the short side barrier.

Key Points – Roller Rhumba Couples & Solo

1. Step 5 XR LFO (2 beats):
 - Correct technical execution of the cross roll on a clear outside edge with appropriate change of lean.
 - Correct timing of the step.
 - No deviation from the outside edge.
 - For couples: Correct (Kilian/Foxtrot) position of the couple without any separations.
2. Step 10 XR RFO Sw (2+2 beats):
 - Correct technical execution of the cross roll on a clear outside edge with appropriate change of lean.
 - Correct timing of the step and the swing on the 3rd beat.
 - No deviation from the outside edge.
 - For couples: Correct (Kilian/Foxtrot) position of the couple without any separations.
3. Step 15 LFO (2 beats):
 - Correct technical execution of the stroke on a clear outside edge with an appropriate inclination.
 - Correct timing of the step.
 - No deviation from the outside edge.
 - For couples: Correct (Kilian/Foxtrot) position of the couple without any separations.

4. Step 18 Ch RFI (1 beat):

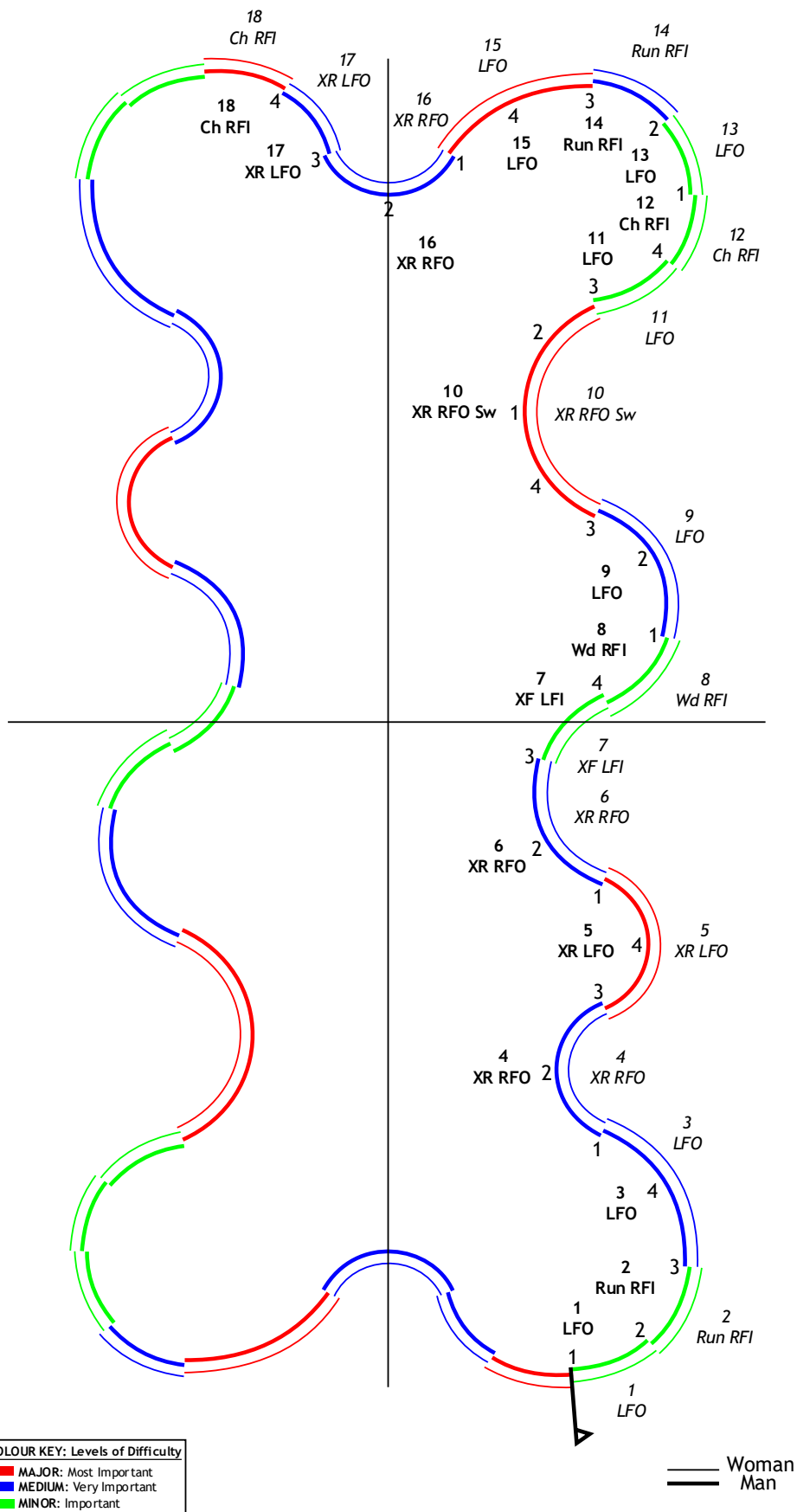
- Correct technical execution of the chasse with a clear lift from the floor and on the inside edge.
- Correct timing of the step.
- For couples: Correct (Kilian/Foxtrot) position of the couple without any separations.

Note: The position of the couple is optional, however the skaters must remain close to each other without any separations.

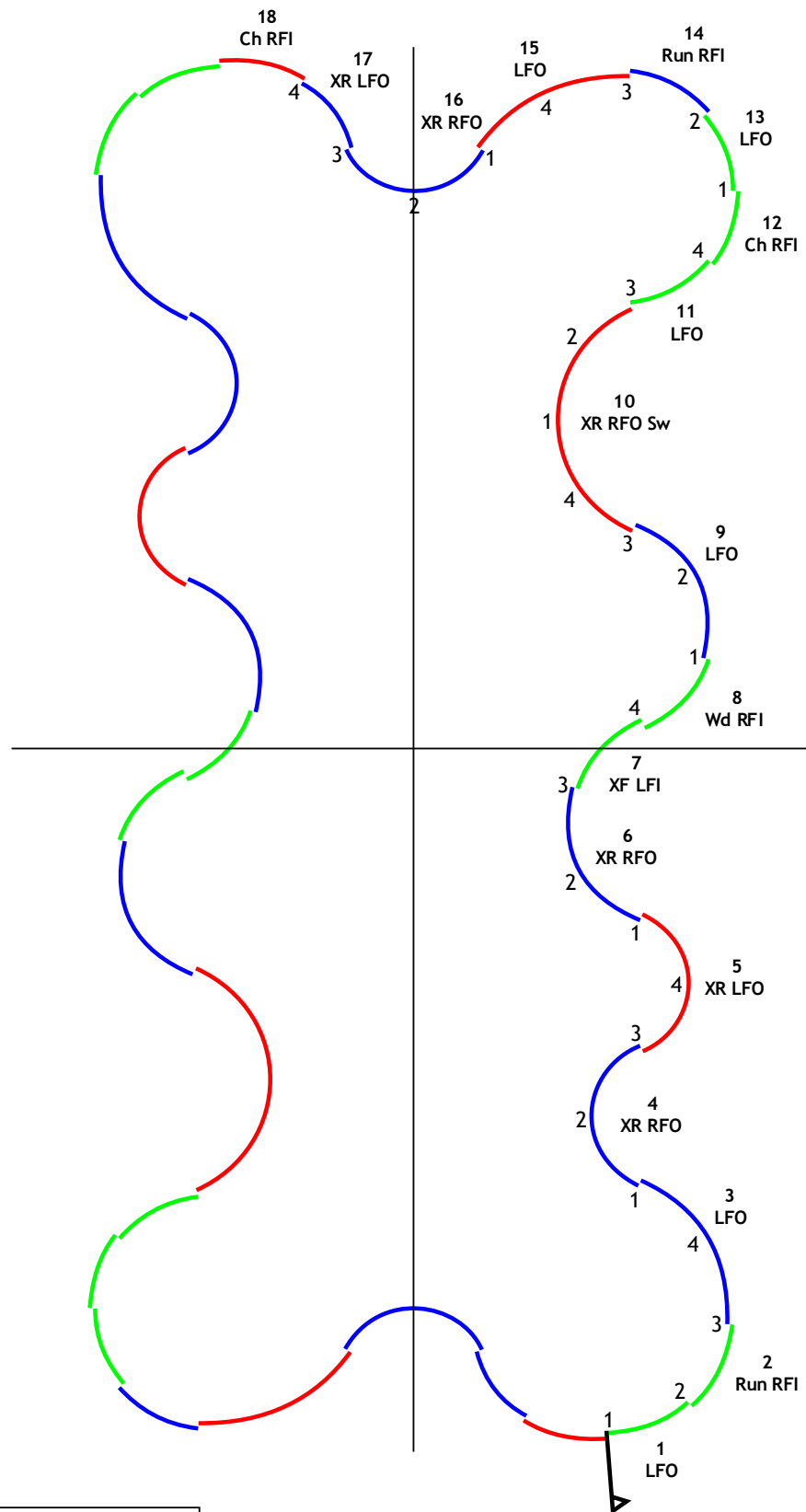
Roller Rhumba – List of Steps

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

ROLLER RHUMBA



ROLLER RHUMBA



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

RUBY RUMBA – Couples & Solo

By Lianne Tow

Music: Rumba 4/4
Holds: Kilian & Tandem

Tempo: 104 BPM
Pattern: Set

For couples, this dance begins in Kilian position.

Step 1 LFO (1 beat) is a stroke performed in the direction of the long side barrier. Step 2 Run RFI (1 beat) is a run and Step 3 LFO (1½ beats) is a stroke that approaches the long side barrier, followed by Step 4 Ch RFI (½ beat) which is parallel to the side barrier.

Step 5 LFO (2 beats) is a stroke that aims initially parallel to the long side barrier and finishes towards the long axis.

Step 6 XF RFI (2 beats) is a cross in front on the inside edge.

Step 7 LFI (1½ beats) is an angular stroke that aims to the long axis, followed by Step 8 Ch RFO (½ beat).

Step 9 LFI Sw Parallel /O Sw (2+1+1+2 beats) is achieved by:

- Starting the step as either* a run or an open stroke,
- Swinging the free leg in front on the 3rd beat,
- Bringing the free leg close to the skating foot in the parallel 'and' position on the 4th beat,
- Swinging the free leg behind the body on the 5th beat with a simultaneous COE to outside.

*The selected style of Step 9 (OpS or Run) must be consistent for each pattern sequence.

Step 10 XF RFI (2 beats) is a cross in front on the inside edge that intersects the short axis on the 2nd beat.

Step 11 LFO (2 beats) is a stroke that aims in the direction of the long axis, completing the barrier lobe.

Step 12 RFO (1 beat) is a stroke that also aims to the long axis and Step 13 Ch LFI (1 beat) is a chasse.

Step 14 RFO Sw Parallel /I Sw (2+1+1+2 beats) is achieved by:

- Swinging the free leg in front on the 3rd beat,
- Bringing the free leg close to the skating foot in the parallel 'and' position on the 4th beat,
- Swinging the free leg behind the body on the 5th beat with a simultaneous COE to inside.

Step 15 LFO (1 beat) is a stroke and Step 16 Ch RFI (1 beat) is a chasse.

Step 17 LFO (2 beats) is a stroke that aims in the direction of the long axis and Step 18 XF RFI (2 beats) is a cross in front that curves away from the short side barrier. The couple change position to Tandem at the end of the cross in front.

Step 19 LFI (1 beat) and Step 20 RFI (1 beat) are inside edges, followed by Step 21 LFI (2 beats). The next steps should create a serpentine pattern on a corner baseline that is parallel to the short side barrier. The last inside edge aims in the direction of the short side barrier and the couple continue in Kilian position.

Step 22 LFI/RFO (1 beat) and Step 23 LFO/RFI (1 beat) are skated with both feet placed on the floor in a parallel and close position. A COE occurs after the first slalom to connect the second slalom.

REFERENCE STEPS:

- Step 10 must start before the short axis and must finish after it (1 beat before, 1 beat after).
- Step 20 must start before the long axis and must finish after it (½ beat before, ½ beat after)

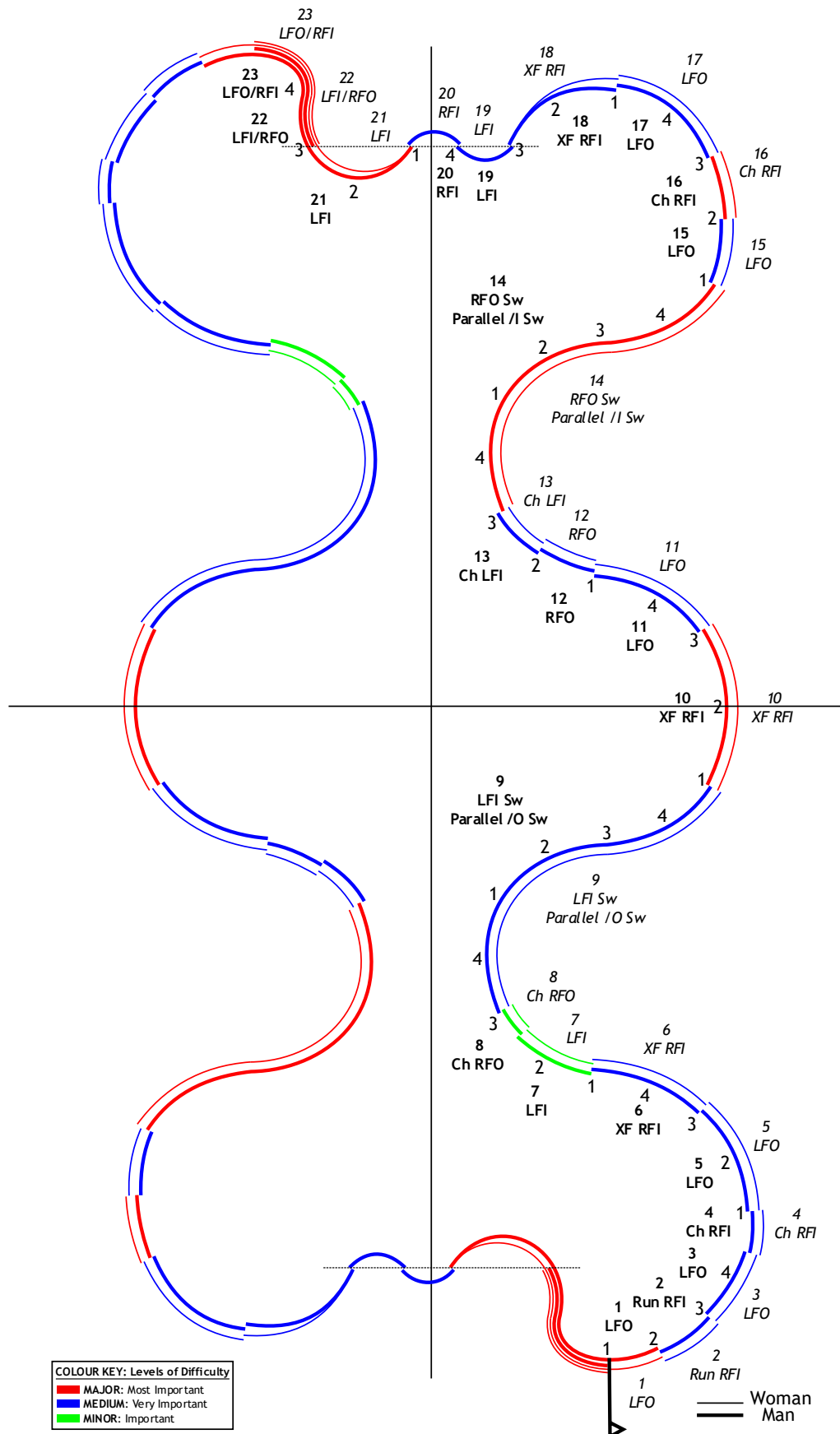
Key Points – Ruby Rumba Couples & Solo

1. Step 10 XF RFI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross in front, executed with feet close together and on the required inside edge.
 - For couples: Correct Kilian position of the couple without any separations.
2. Step 14 RFO Sw Parallel / I Sw (2+1+1+2 beats):
 - Correct technical execution and timing of the swing forward on the 3rd beat.
 - Pay attention to the parallel position of the feet on the 4th beat.
 - Correct timing of the COE to inside with a simultaneous swing in back.
 - 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 required inside edge with a clear lift of the free skate from the floor.
 - For couples: Correct Kilian position of the couple without any separations.
4. Step 22 LFI/RFO (1 beat) and Step 23 LFO/RFI (1 beat):
 - Correct timing of these steps.
 - Correct technical execution of the steps with both feet on the floor, which must be demonstrated on the required edges.
 - Pay attention to the technique of the steps, which must be done with feet close and parallel.
 - For couples: Correct Kilian position of the couple without any separations.

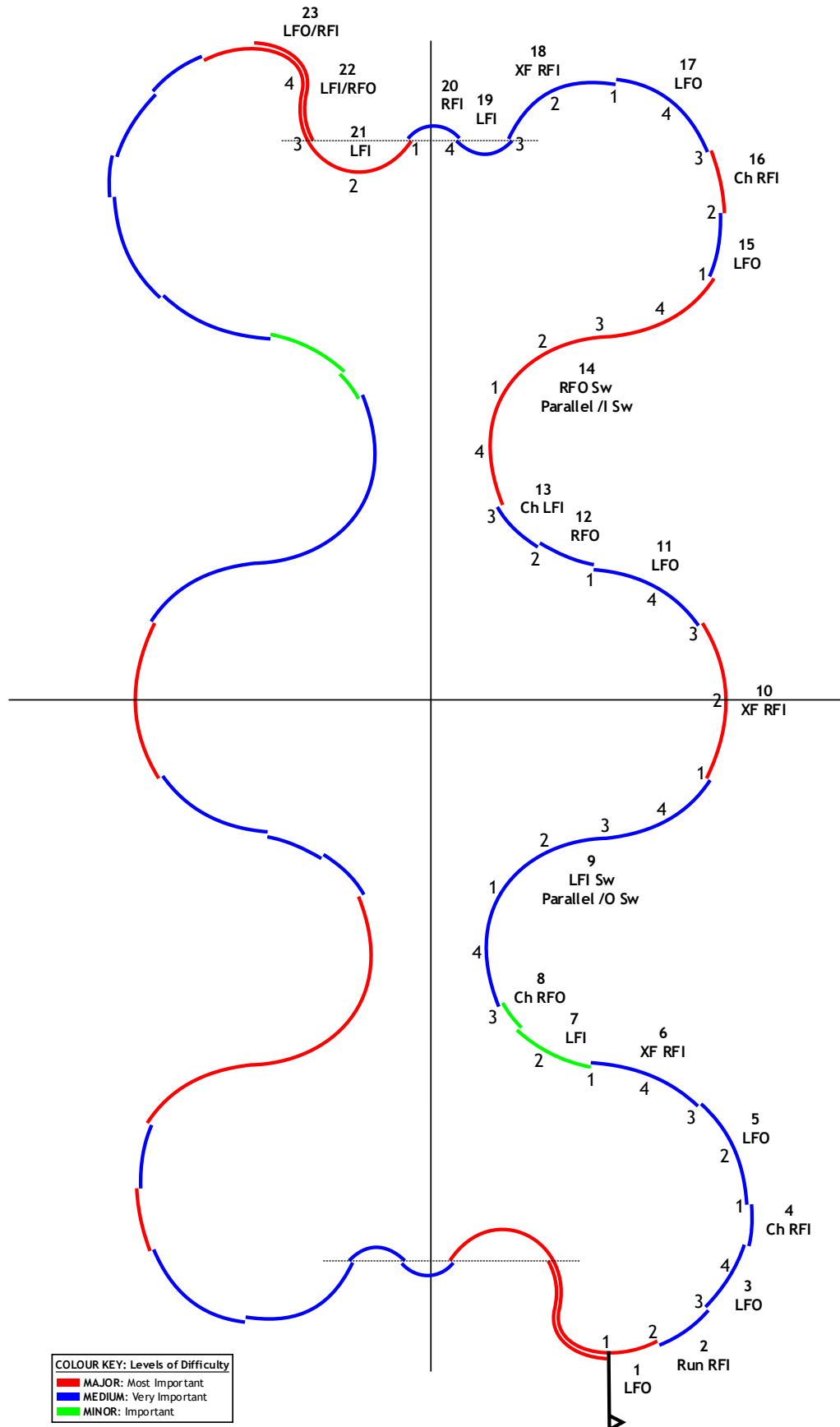
Ruby Rumba – List of Steps

HOLD	STEPS	MAN'S STEPS	BEATS	WOMAN'S STEPS
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	1½	LFO
	4	Ch RFI	½	Ch RFI
	5	LFO	2	LFO
	6	XF RFI	2	XF RFI
	7	LFI	1½	LFI
	8	Ch RFO	½	Ch RFO
	9	LFI** Sw Parallel/O Sw	2 + 1 + 1 + 2	LFI** Sw Parallel/O Sw
	10	XF RFI	2	XF RFI
	11	LFO	2	LFO
	12	RFO	1	RFO
	13	Ch LFI	1	Ch LFI
	14	RFO Sw Parallel/I Sw	2 + 1 + 1 + 2	RFO Sw Parallel/I Sw
	15	LFO	1	LFO
	16	Ch RFI	1	Ch RFI
	17	LFO	2	LFO
Kilian to Tandem	18	XF RFI	2	XF RFI
Tandem	19	LFI	1	LFI
	20	RFI	1	RFI
Tandem to Kilian	21	LFI	2	LFI
Kilian	22	LFI/RFO	1	LFI/RFO
	23	LFO/RFI	1	LFO/RFI
**This step can be an open stroke or a run.				

RUBY RUMBA



RUBY RUMBA



SOCIETY BLUES – Couples & Solo

By Bob Irwin & John P. Rodger

Music: Blues 4/4 or Foxtrot 4/4

Tempo: 88 BPM

Hold: Kilian

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 is skated in the direction of the long side barrier, allowing the run to finish parallel to it. The last stroke finishes with a slight aim towards the short side barrier.

Step 4 XB RFI (2 beats) is a cross behind with feet close together, finishing with the free leg stretched in front of the body.

Step 5 LFO (1 beat), Step 6 Run RFI (1 beat) and Step 7 LFO (2 beats) are a sequence of runs. The run finishes parallel to the short side barrier and the stroke begins on the long axis, travelling in the direction of the long side barrier.

Step 8 XB RFI (2 beats) is a cross behind with feet close together, finishing with the free leg stretched in front of the body.

Step 9 LFO (1 beat) and Step 10 Run RFI (1 beat) is a stroke and run that finishes parallel to the long side barrier.

Step 11 LFO (2 beats) is a stroke on a strong outside edge that curves in the direction of the long axis.

Step 12 RFO Sw (2+2 beats) is a stroke in the direction of the long axis, followed by a swing on the 3rd beat. The first two (2) beats of the step are executed before the short axis, and the last two (2) beats create the descent of the lobe to finish in the direction of the long side barrier.

REFERENCE STEPS:

- Step 7 begins on the long axis.
- Step 12 intersects the short axis on the 3rd beat.

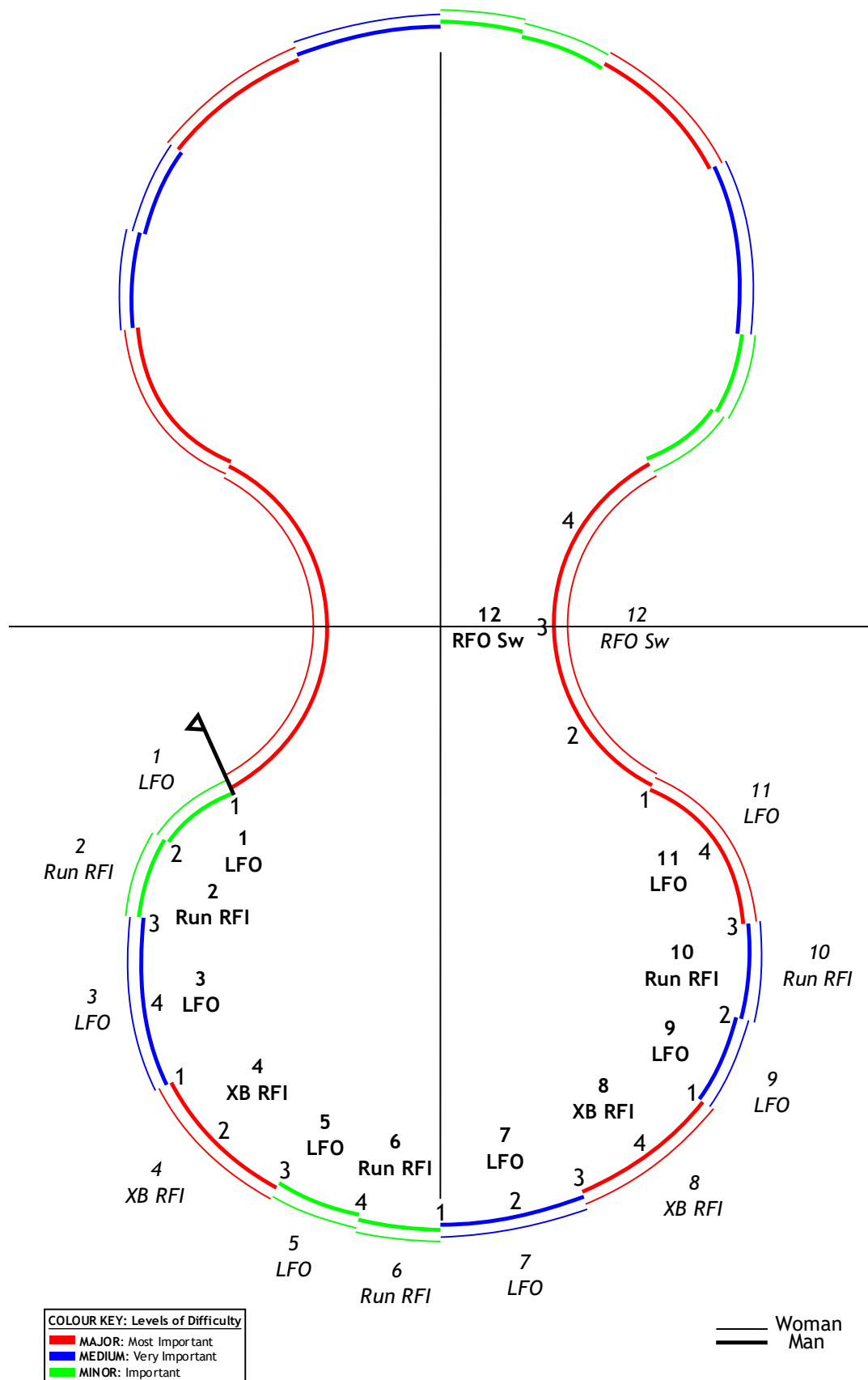
Key Points – Society Blues Couples & Solo

1. Step 4 XB RFI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross behind with feet close together.
 - No deviation from the inside edge.
 - For couples: Correct Kilian position of the couple without any separations.
2. Step 8 XB RFI (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross behind with feet close together.
 - No deviation from the inside edge.
 - For couples: Correct Kilian position of the couple without any separations.
3. Step 11 LFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke with feet close and parallel.
 - No deviation from the outside edge in advance.
 - For couples: Correct Kilian position of the couple without any separations.
4. Step 12 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.

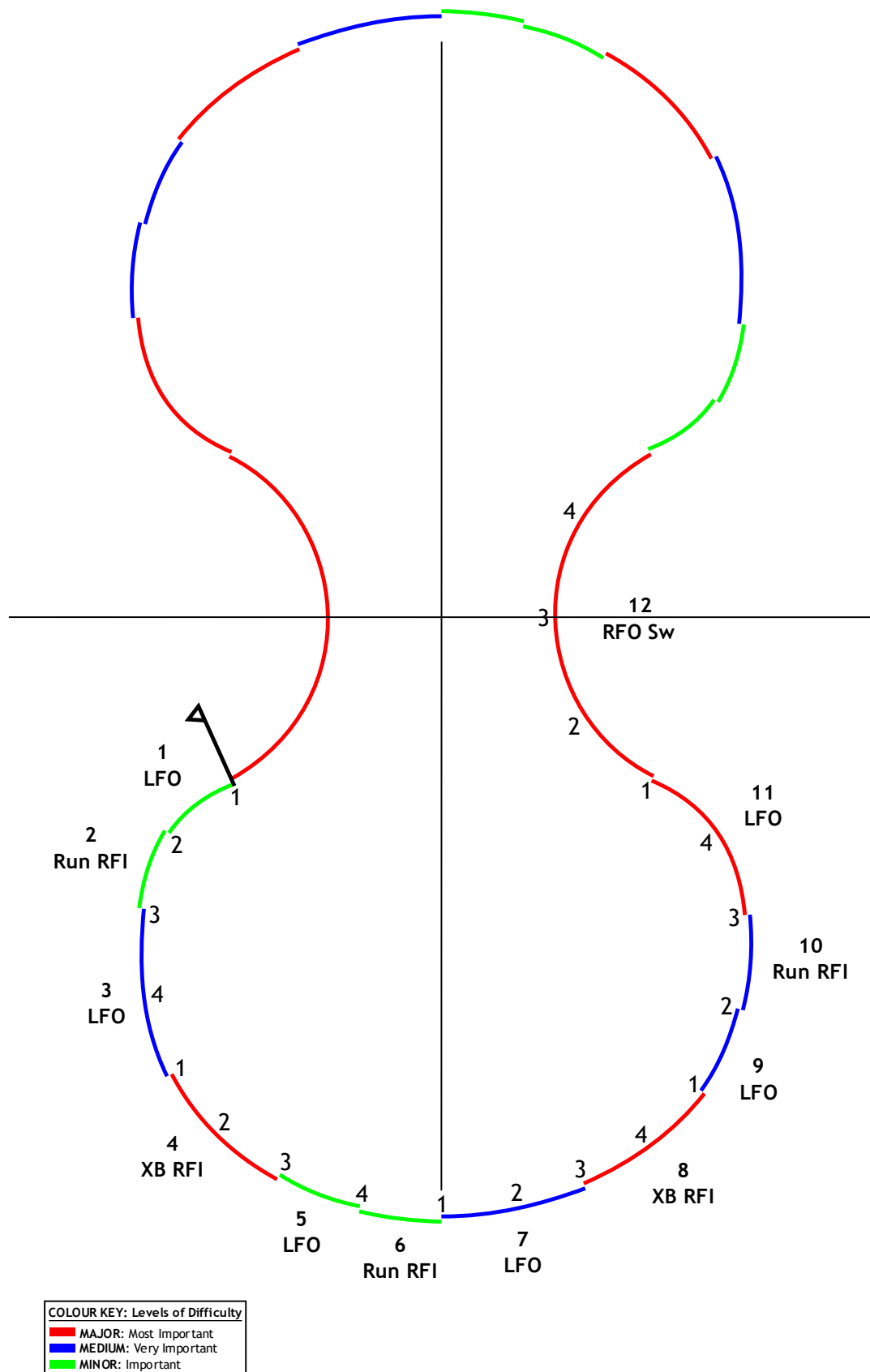
Society Blues – List of Steps

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	XB RFI	2	XB RFI
	5	LFO	1	LFO
	6	Run RFI	1	Run RFI
	7	LFO	2	LFO
	8	XB RFI	2	XB RFI
	9	LFO	1	LFO
	10	Run RFI	1	Run RFI
	11	LFO	2	LFO
	12	RFO Sw	2 + 2	RFO Sw

SOCIETY BLUES



SOCIETY 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

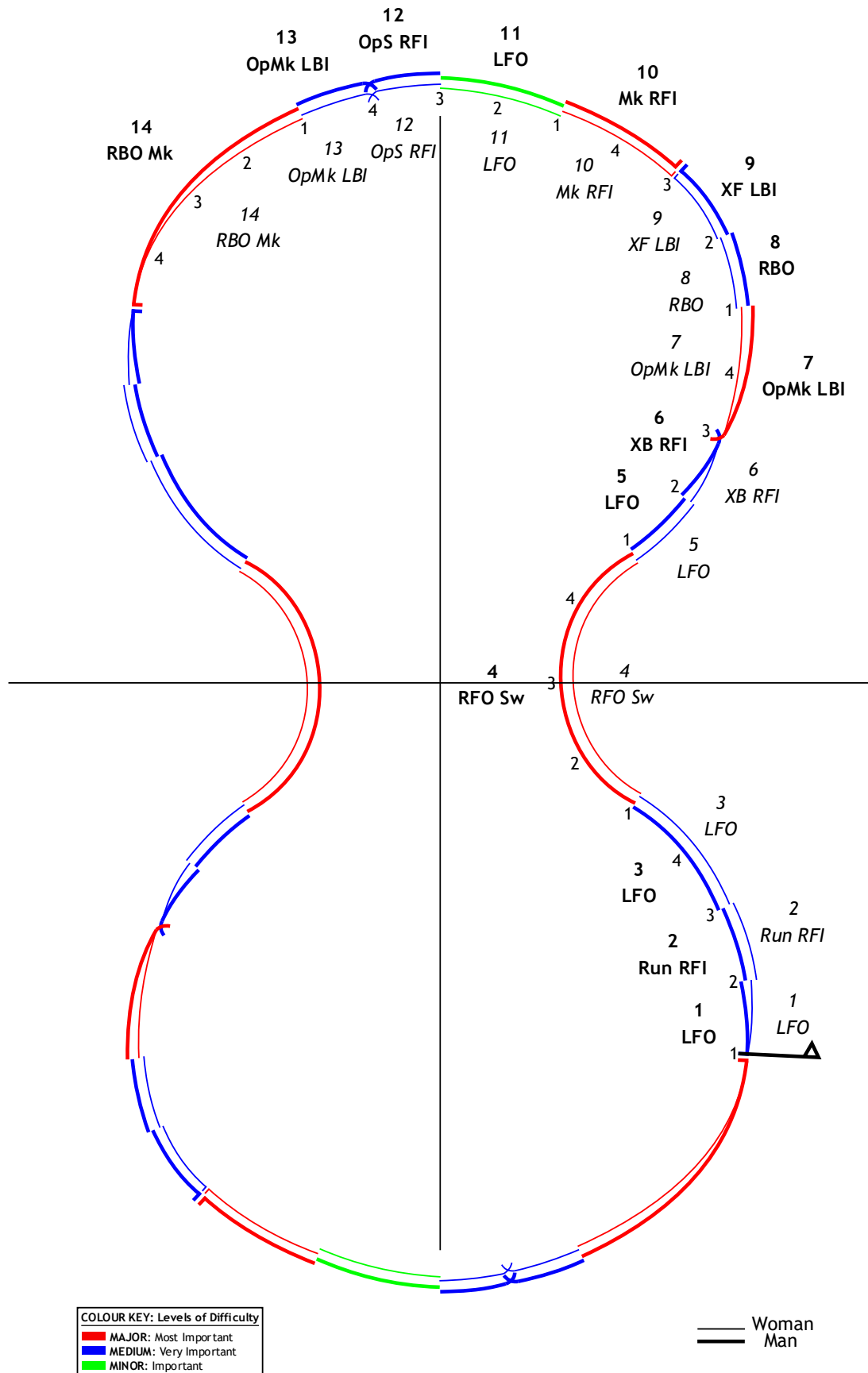
1. Step 4 RFO Sw (2+2 beats):
 - Correct technical execution and timing of the swing on the 3rd beat, without deviating from the outside edge in advance.
 - For couples: Correct Kilian position and unity of the couple, without any separations.
2. Step 7 OpMk LBI (2 beats):
 - Correct technical execution 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.

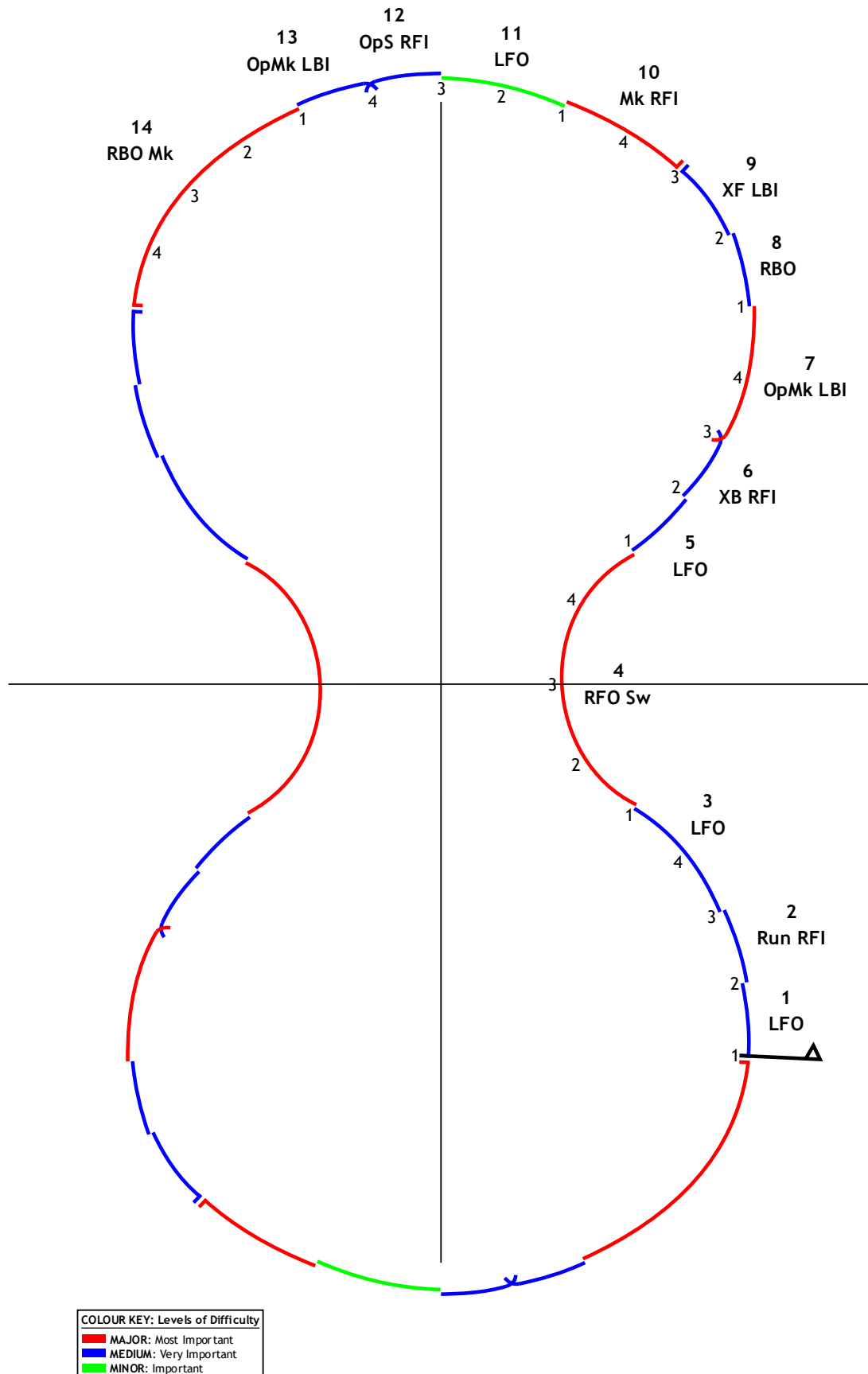
Southland Swing – List of Steps

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



SOUTHLAND SWING



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

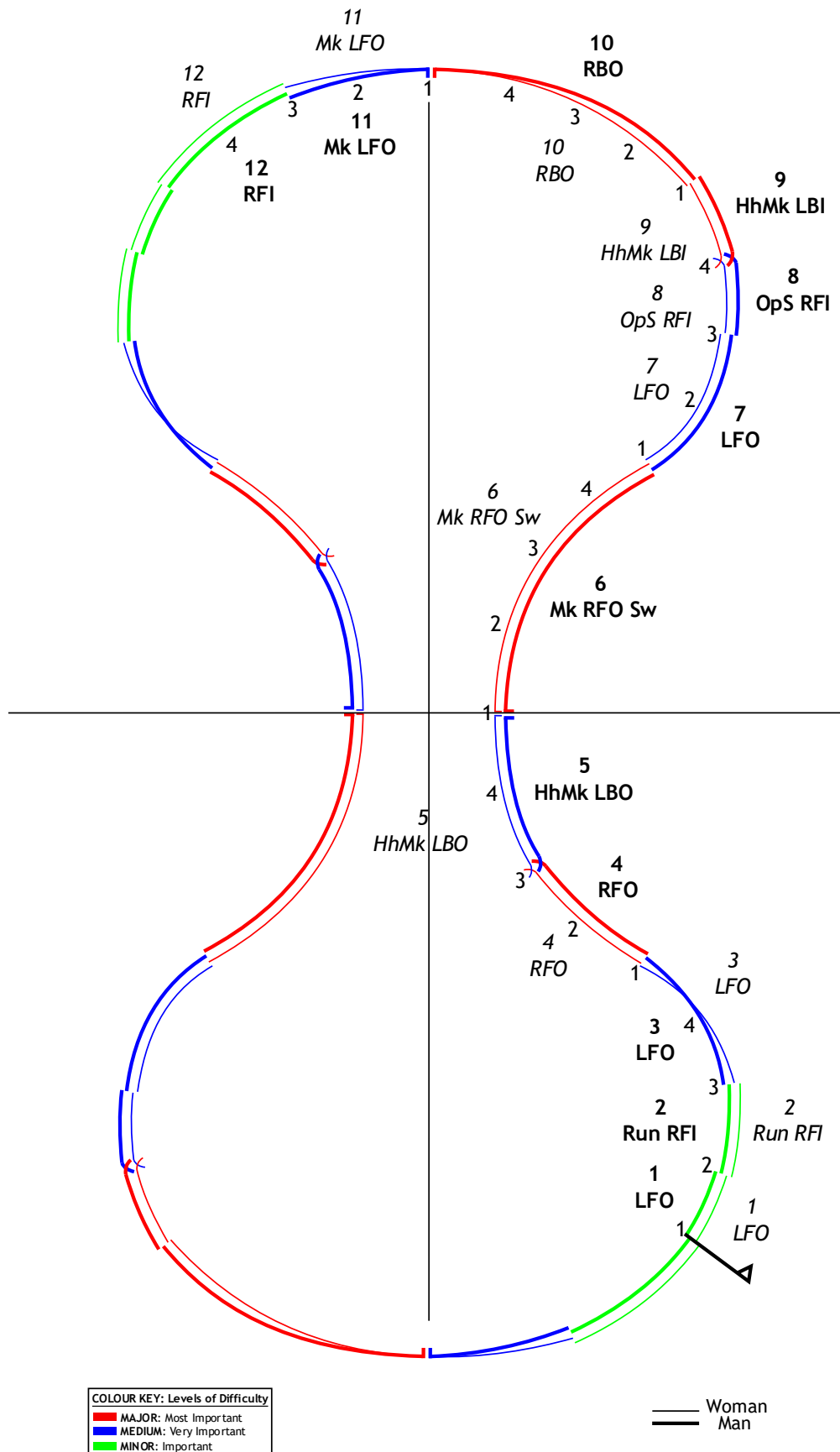
1. Step 4 RFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke on the required outside edge without any deviation.
 - Correct Reverse Kilian position of the couple without any separations.
2. Step 6 Mk RFO Sw (2+2 beats):
 - Correct technical execution of the mohawk 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



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.

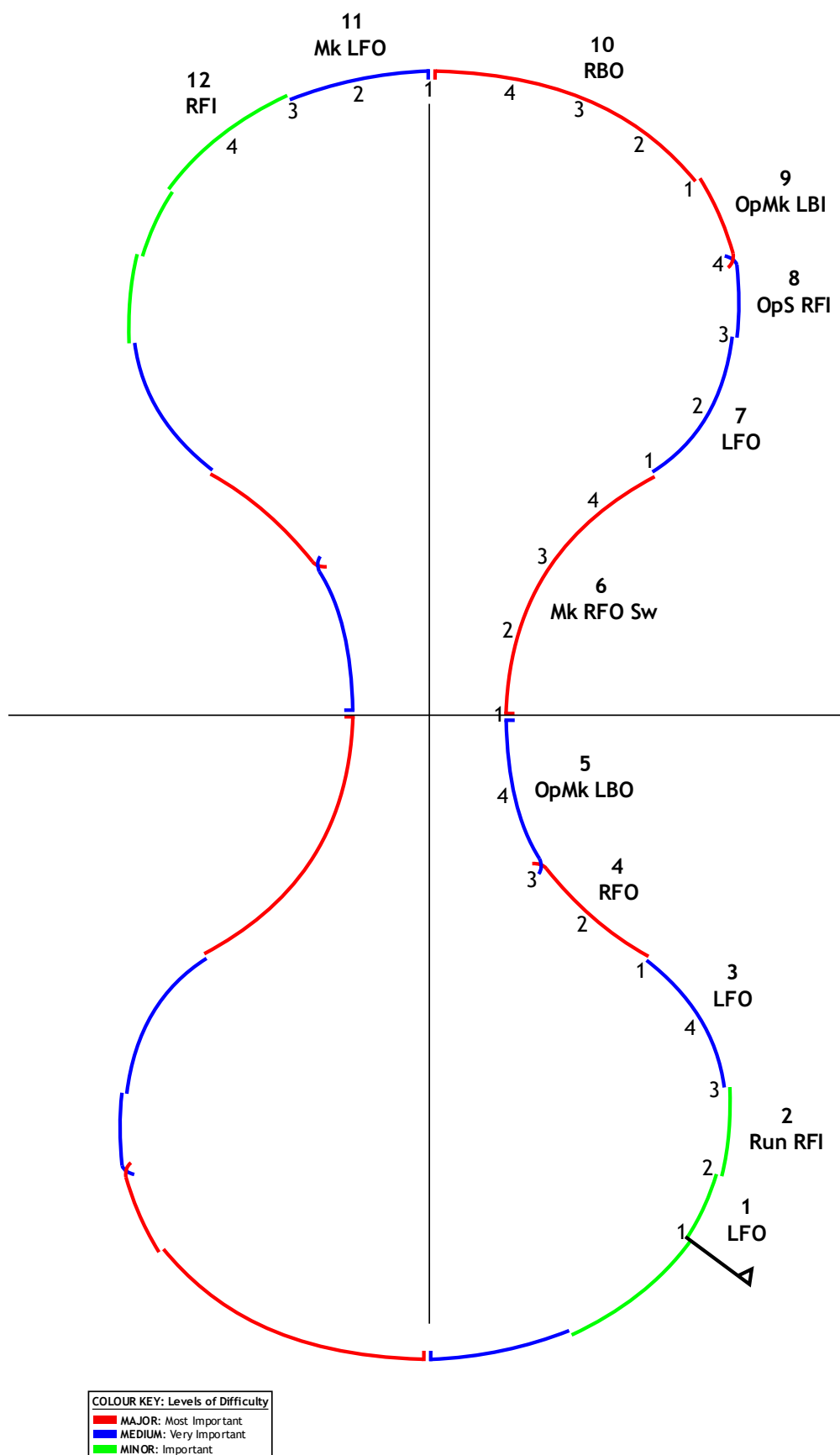
Key Points – Spring Blues Solo

1. Step 4 RFO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke on the required outside edge without any deviation.
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



SWEET TANGO – Solo

Originated as Tango Beattie by Andrew Beattie & revised by Mario Lago

Music: Tango 4/4

Tempo: 104 BPM

Pattern: Set

SECTION 1

Step 1 LFO (1 beat) is a stroke which starts parallel to the long side barrier and Step 2 Ch RFI (1 beat) is a chasse which descends away from the barrier, followed by Step 3 LFO (1 beat) towards the long axis.

Step 4 XR RFO Sw CT 3T 3T (1+2+2+1+3 beats: 9 beats total) is composed of:

- XR RFO (1 beat): a cross roll with an angular placement of the employed skating foot.
- RFO Sw (2 beats): a swing of the free leg forward on the 2nd beat, maintaining the outside edge.
- RFO CT (2 beats): a counter turn to RBO on the 4th beat, skated on the required outside edge.
- RBO 3T (1 beat): a 3 turn to RFI on the 6th beat and on the required inside edge.
- RFI 3T (3 beats): a 3 turn to RBO on the 7th beat and on the required outside edge.

Step 5 Mk LFO (1 beat) is a mohawk turn with feet close together and Step 6 XCh RFI (1 beat) is a crossed chasse on the inside edge.

Step 7 LFO (1 beat) is a stroke and Step 8 Run RFI (1 beat) is a run towards the long axis.

Step 9 LFO RK (1+3 beats) is a stroke on the outside edge with a rocker turn to LBO on the 2nd beat, initially aiming towards the long axis and then finishing parallel to it.

Step 10 DpCh RBI (2 beats) is a dropped chasse on the inside edge, skated in the direction of the long side barrier.

Step 11 Cw LFO 3T ($\frac{1}{2} + \frac{1}{2}$ beats) is a quick choctaw followed by a quick 3 turn on the 'and' count.

Beginning on the short axis, Step 12 DpCh RBO 3T (1+2 beats) is a dropped chasse on the outside edge, followed by a 3 turn to RFI on the 2nd beat. The exit of the turn curves in the direction of the long axis.

Step 13 ClCw LBO (2 beats) is a closed choctaw with feet close together. This step becomes parallel to the long axis.

Step 14 Mk RFO (2 beats) is a mohawk turn with feet close together on the outside edge, skated in the direction of the long side barrier.

Step 15 LFO (1 beat) is a stroke and Step 16 Ch RFI (1 beat) is a chasse on the inside edge.

SECTION 2

Step 17 LFO (1 beat) is a stroke and Step 18 XCh RFI (1 beat) is a crossed chasse on the inside edge, followed by Step 19 LFO (2 beats) in the direction of the long axis.

Beginning on the long axis, Step 20 ClMk RBO (2 beats) is a closed mohawk turn on the outside edge which must be done with feet close together.

Step 21 Mk LFO (2 beats) is a mohawk turn on the outside edge, followed by Step 22 Run RFI (1 beat) and Step 23 LFO (1 beat). These steps are situated on an arc that travels almost parallel to the long side barrier.

Step 24 DpCh RFI BK (2+3 beats: 5 beats total) is a dropped chasse on the inside edge with a bracket turn to RBO on the 3rd beat, curving away from the long side barrier.

Step 25 XB LBO (1 beat) is a cross behind.

Step 26 Mk RFO 3T (2+1½ beats) is a mohawk turn with a 3 turn to RBI on the 3rd beat. The 3 turn must be done on the short axis.

Step 27 Wd LBO (½ beat) is a wide step and Step 28 XS RBI RK (2+2 beats) is a cross stroke with a rocker turn to RFI on the 3rd beat which curves to become parallel to the long side barrier. It is possible to execute the wide step and the cross stroke with both feet on the floor.

Where not mentioned, the movement of the free leg is optional.

REFERENCE STEPS:

- Step 4 must start before the long axis and must finish after it, intersecting the axis after the 4th beat.
- Step 12 must start on the short axis.
- Step 20 must start on the long axis.
- Step 26 must start before the short axis and must finish after it (3 turn on the axis).

Key Points – Sweet Tango Solo

SECTION 1:

1. Step 4 RFO Sw CT (beats 2 to 5 only):
 - Correct timing of the swing on the 2nd beat.
 - Correct technical execution and timing of the counter on the 4th beat.
 - Correct outside edge for the entry and exit of the turn.
2. Step 4 RBO 3T 3T (1+3 beats):
 - Correct timing of the steps.
 - Correct technical execution of the RBO 3T on the 6th beat, with a clear outside edge for the entry and inside edge for the exit of the turn.
 - Correct technical execution of the RFI 3T on the 7th beat, with a clear inside edge for the entry and outside edge for the exit of the turn.
3. Step 9 LFO RK (1+3 beats):
 - Correct technical execution and timing of the rocker on the 2nd beat.
 - Correct outside edge for the entry and exit of the turn.
4. Step 13 ClCW LBO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the closed choctaw with feet close together.
 - No deviation from the outside edge.

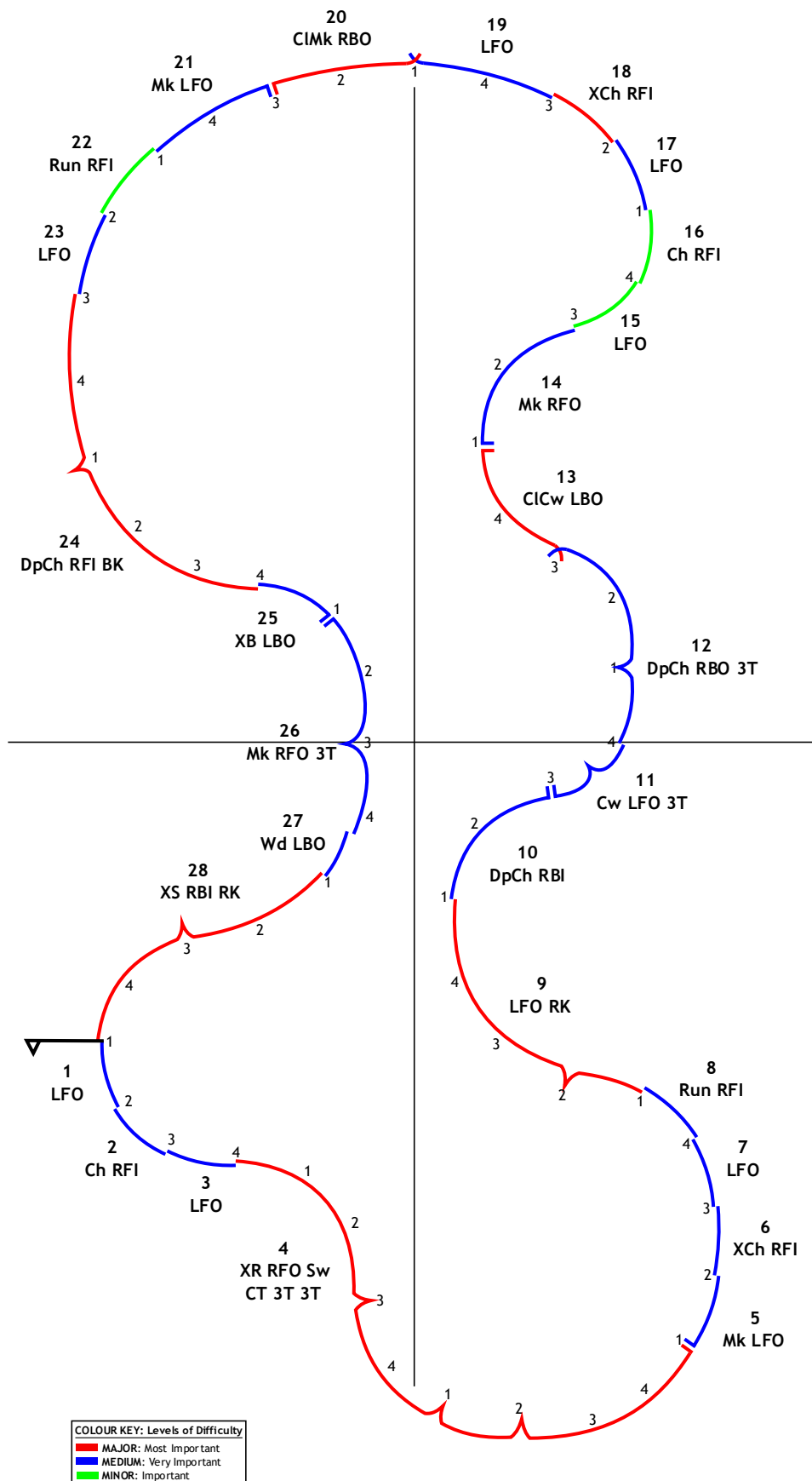
SECTION 2:

1. Step 18 XCh RFI (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the crossed chasse with feet close together.
 - No deviation from the inside edge.
2. Step 20 ClMk RBO (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the closed mohawk turn with feet close together.
 - No deviation from the outside edge.
3. Step 24 DpCh RFI BK (2+3 beats):
 - Correct technical execution of the dropped chasse which must start with feet close together.
 - Correct technical execution and timing of the bracket on the 3rd beat.
 - Correct inside edge for the entry and outside edge for the exit of the turn.
4. Step 28 RBI RK (2+2 beats):
 - Correct technical execution and timing of the rocker on the 3rd beat.
 - Correct inside edge for the entry and exit of the turn.

Sweet Tango Solo – List of Steps

STEP NUMBER	STEPS	MUSICAL BEATS
SECTION 1		
1	LFO	1
2	Ch RFI	1
3	LFO	1
4	XR RFO Sw CT 3T 3T	1 + 2 + 2 + 1 + 3
5	Mk LFO	1
6	XCh RFI	1
7	LFO	1
8	Run RFI	1
9	LFO RK	1 + 3
10	DpCh RBI	2
11	Cw LFO 3T	$\frac{1}{2} + \frac{1}{2}$
12	DpCh RBO 3T	1 + 2
13	CICw LBO	2
14	Mk RFO	2
15	LFO	1
16	Ch RFI	1
SECTION 2		
17	LFO	1
18	XCh RFI	1
19	LFO	2
20	CIMk RBO	2
21	Mk LFO	2
22	Run RFI	1
23	LFO	1
24	DpCh RFI BK	2 + 3
25	XB LBO	1
26	Mk RFO 3T	2 + $1\frac{1}{2}$
27	Wd LBO	$\frac{1}{2}$
28	XS RBI RK	2 + 2
The movement of the free leg, where not mentioned, is optional.		

SWEET TANGO



TERENZI WALTZ – Solo

By Jackie Terenzi

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

Tempo: 168 BPM

Pattern: Set

SECTION 1

The dance begins toward the long side barrier with Step 1 LFO 3T (2+4 beats). The three turn is performed on the 3rd beat of the step, and the inside edge is maintained with a soft knee action. The movement of the free leg is optional.

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

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

Step 4 RBO Sw (3+3 beats) is a stroke with a backward swing of the free leg on the 4th beat of the step. This step moves away from the barrier to become perpendicular to the long axis.

Step 5 LBO (3 beats) is aimed toward the long axis, followed by Step 6 Mk RFO (2 beats) and Step 7 Run LFI (1 beat).

Beginning on the short axis, Step 8 RFO Sw (3+3 beats) is a stroke with a swing of the free leg forward on the 4th beat of the step. This step moves away from the long axis and finishes toward the long side barrier.

Step 9 LFO (3 beats) is aimed toward the long side barrier.

Step 10 OpS RFI (2 beats) is an open stroke aimed toward the long side barrier.

Step 11 OpMk LBI (1 beat) is an open mohawk turn with feet close together, finishing parallel to the long side barrier.

Step 12 RBO (3 beats) moves away from the barrier in preparation for Step 13 Mk LFO (2 beats) and followed by Step 14 Ch RFI (1 beat), parallel to the short side barrier.

Step 15 LFO (3 beats) moves away from the short side barrier.

Step 16 XR RFO (3 beats) is a cross roll which curves with an evident change of lean, becoming perpendicular to the long axis.

Beginning on the long axis, Step 17 XB LFI/O (2+1 beats) starts with a cross behind of which two beats are on an inside edge and the 3rd beat is on an outside edge; the change of edge is on the 3rd beat of the step, coordinating with the backward movement of the free leg in preparation for Step 18 XB RFI (3 beats); parallel to the short side barrier.

SECTION 2

Step 19 LFO 3T (2+1 beats) is a stroke followed by a three turn executed on the 3rd beat of the step, aiming toward the long side barrier.

Step 20 RBO (3 beats) is aimed toward the long side barrier which finishes parallel to it, followed by Step 21 Mk LFO (2 beats) and Step 22 Ch RFI (1 beat).

Step 23 LFO Sw (3+3 beats) is a stroke where the free leg is swung forward on the 4th beat of the step. This step moves away from the long barrier and finishes toward the long axis.

Step 24 RFO (3 beats) still aims toward the long axis. Step 25 OpS LFI (2 beats) is skated parallel to the long axis and followed by Step 26 OpMk RBI (1 beat), an open mohawk turn with feet close together.

Step 27 LBO Sw (3+3 beats) is a stroke where the free leg swings backwards on the 4th beat of the step. This step moves away from the long axis and finishes toward the long side barrier.

Step 28 RBO (2 beats), Step 29 Run LBI (1 beat), Step 30 RBO (2 beats), Step 31 Ch LBI (1 beat) and Step 32 RBO (3 beats) are a sequence of steps that form a lobe initially toward the long side barrier, finishing toward the short axis.

Step 33 LBO (2 beats), Step 34 Ch RBI (1 beat) and Step 35 LBO (3 beats) are a sequence of steps form a lobe initially toward the long axis that finishes toward the short side barrier. Step 35 intersects the long axis on the 2nd beat.

Step 36 RBO Mk (3 beats) concludes the dance aiming toward the short side barrier in preparation for the first step of the dance, Step 1 LFO 3T. These steps are connected with a backward to forward mohawk turn on the outside edge.

REFERENCE STEPS:

- Step 8 must start on the short axis.
- Step 17 must start on the long axis.
- Step 23 must start before the short axis and must finish after it.
- Step 35 must start before the long axis and must finish after it.

Key Points – Terenzi Waltz Solo

SECTION 1:

1. Step 1 LFO 3T (2+4 beats):
 - Correct timing of the step;
 - Correct technical execution of the three turn, executed on the 3rd beat of the step, with a correct and evident edge, before and after the turn.
2. Step 4 RBO Sw (3+3 beats):
 - Correct timing of the step;
 - Correct technical execution of the swing. The free leg must be swung behind the body on the 4th beat.
 - No deviations from the outside edge during the step.
3. Step 11 OpMk LBI (1 beat):
 - Correct timing of the step;
 - Correct technical execution of the open mohawk turn with feet close together, respecting the prescribed edges required before and after the turn.
4. Step 17 XB LFI/O (2+1 beats):
 - Correct timing of the steps;
 - Correct technical execution of the cross behind, with feet close and parallel before executing the LFI on a clear inside edge for two beats;
 - Correct timing of the execution of the change of edge, that must be done on the 3rd beat, to an outside edge for one beat.

SECTION 2:

1. Step 23 LFO Sw (3+3 beats):
 - Correct timing of the step;
 - Correct technical execution of the swing. The free leg must swing in front of the body on the 4th beat.
 - No deviations from the outside edge during the entire step.
2. Step 26 OpMk RBI (1 beat):
 - Correct timing of the step;
 - Correct technical execution of the open mohawk turn with feet close together, respecting the prescribed edges required before and after the turn.
3. Step 32 RBO (3 beats):
 - Correct timing of the step;
 - Correct technical execution of the stroke, without any deviations from the outside edge during the entire step.

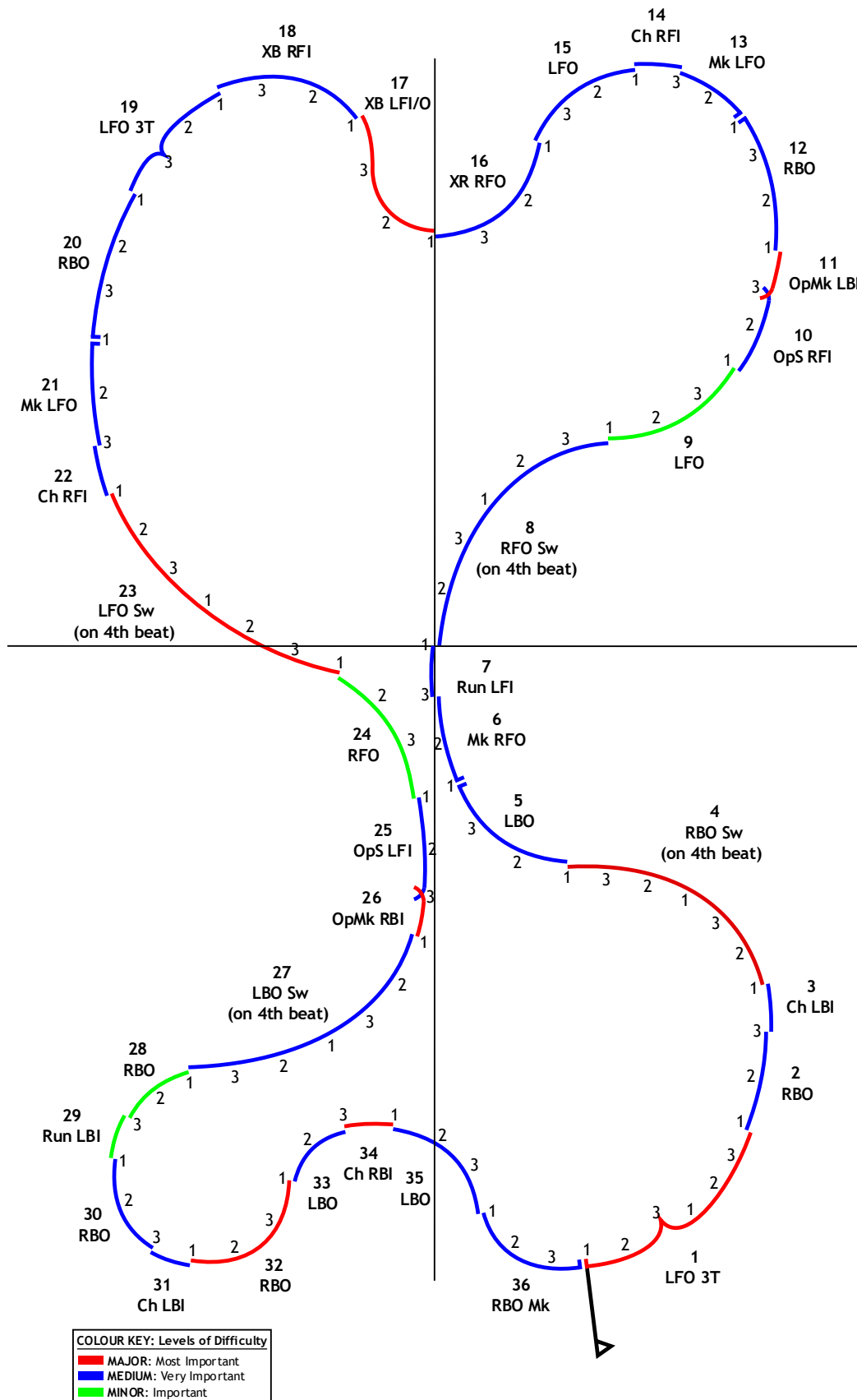
4. Step 34 Ch RBI (1 beat):
- Correct timing of the step;
 - Correct technical execution of the chasse on the inside edge with a clear lift of the free skate from the floor.

Terenzi Waltz Solo – List of Steps

STEP NUMBER	STEPS	MUSICAL BEATS
SECTION 1		
1	LFO 3T	2 + 4
2	RBO	2
3	Ch LBI	1
4	RBO Sw	3 + 3
5	LBO	3
6	Mk RFO	2
7	Run LFI	1
8	RFO Sw	3 + 3
9	LFO	3
10	OpS RFI	2
11	OpMk LBI	1
12	RBO	3
13	Mk LFO	2
14	Ch RFI	1
15	LFO	3
16	XR RFO	3
17	XB LFI/O	2 + 1
18	XB RFI	3
19	LFO 3T	2 + 1
SECTION 2		
20	RBO	3
21	Mk LFO	2
22	Ch RFI	1
23	LFO Sw	3 + 3
24	RFO	3
25	OpS LFI	2
26	OpMk RBI	1
27	LBO Sw	3 + 3

28	RBO	2
29	Run LBI	1
30	RBO	2
31	Ch LBI	1
32	RBO	3
33	LBO	2
34	Ch RBI	1
35	LBO	3
36	RBO Mk	3

TERENZI WALTZ



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.

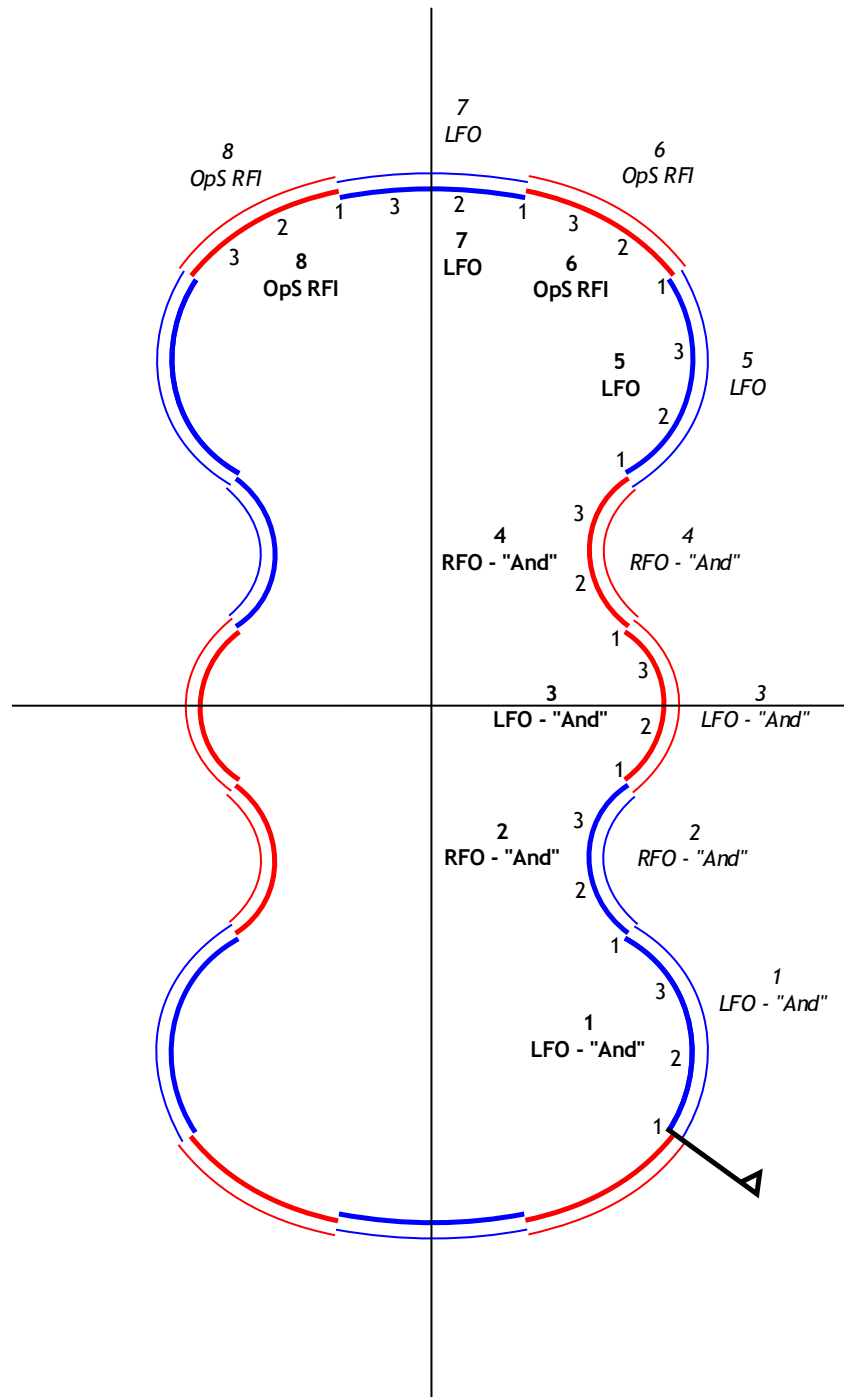
Key Points – Waltz Sequence Couples & Solo

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

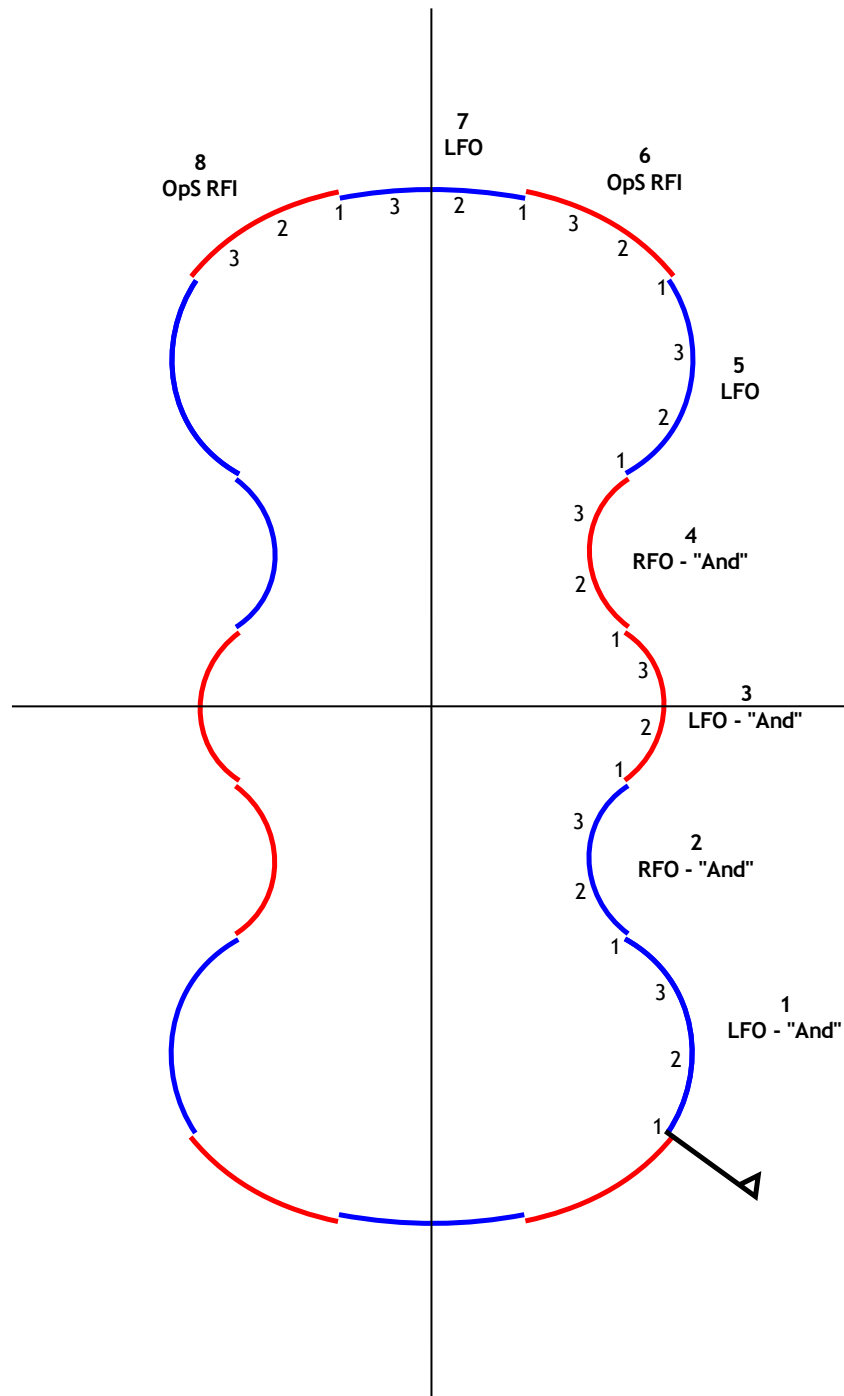


COLOUR KEY: Levels of Difficulty

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
Nelson Twelve Step	92	March 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
Waltz Sequence	120	Waltz 3/4
Windmill Waltz	138	Waltz 3/4