



SKATE AUSTRALIA

Artistic Technical Commission

RULES FOR ARTISTIC SKATING

DANCE AND SOLO DANCE BOOK

NON-WORLD SKATE DANCES

2025

Updated 9/10/2024.

COMPULSORY DANCES

Compulsory Dance	Page Number
AUSTRALIAN FOXTROT – Couples	4
Key Points - Australian Foxtrot Couples	4
List of Steps - Australian Foxtrot Couples	5
Pattern - Australian Foxtrot Couples	6
AUSTRALIAN FOXTROT – Solo	7
Key Points - Australian Foxtrot Solo	7
List of Steps - Australian Foxtrot Solo	8
Pattern - Australian Foxtrot Solo	9
CASINO MARCH (Short Pattern) – Couples & Solo	10
Key Points - Casino March Couples & Solo	11
List of Steps - Casino March Couples & Solo	11
Pattern - Casino March Couples	12
Pattern - Casino March Solo	13
CHA CHA – Couples	14
Key Points - Cha Cha Couples	15
List of Steps - Cha Cha Couples	15
Pattern - Cha Cha Couples	16
CHA CHA – Solo	17
Key Points - Cha Cha Solo	17
List of Steps - Cha Cha Solo	18
Pattern - Cha Cha Solo	19
CHASE WALTZ – Couples	20
Key Points - Chase Waltz Couples	22
List of Steps - Chase Waltz Couples	23
Pattern - Chase Waltz Couples	24
CHASE WALTZ – Solo Man's Steps	25
Key Points - Chase Waltz Solo Man's Steps	26
List of Steps - Chase Waltz Solo Man's Steps	27
Pattern - Chase Waltz Solo Man's Steps	28
COLLEGIATE – Couples	29
Key Points - Collegiate Couples	30
List of Steps - Collegiate Couples	30
Pattern - Collegiate Couples	31
CORONATION WALTZ – Couples	32
Key Points - Coronation Waltz Couples	33
List of Steps - Coronation Waltz Couples	33
Pattern - Coronation Waltz Couples	34
CORONATION WALTZ – Solo	35
Key Points - Coronation Waltz Solo	35
List of Steps - Coronation Waltz Solo	36
Pattern - Coronation Waltz Solo	37
DOUBLE CROSS WALTZ – Couples & Solo	38
Key Points - Double Cross Waltz Couples & Solo	39
List of Steps - Double Cross Waltz Couples & Solo	39
Pattern - Double Cross Waltz Couples	40
Pattern - Double Cross Waltz Solo	41
DUTCH WALTZ (2024) – Couples & Solo	42
Key Points - Dutch Waltz (2024) Couples & Solo	42
List of Steps - Dutch Waltz (2024) Couples & Solo	43
Pattern - Dutch Waltz (2024) Couples	44
Pattern - Dutch Waltz (2024) Solo	45
FOURTEEN STEP – Solo Man's Steps	46
Key Points - Solo Man's Steps	46
List of Steps - Solo Man's Steps	47
Pattern - Solo Man's Steps	48

FOURTEEN STEP – Solo Woman’s Steps	49
Key Points - Solo Woman’s Steps	49
List of Steps - Solo Woman’s Steps	50
Pattern - Solo Woman’s Steps	51
HICKORY HOEDOWN – Couples	52
Key Points - Hickory Hoedown Couples	53
List of Steps - Hickory Hoedown Couples	53
Pattern - Hickory Hoedown Couples	54
HICKORY HOEDOWN – Solo	55
Key Points - Hickory Hoedown Solo	56
List of Steps - Hickory Hoedown Solo	56
Pattern - Hickory Hoedown Solo	57
MARYLEE FOXTROT – Solo	58
Key Points - Marylee Foxtrot Solo	59
List of Steps - Marylee Foxtrot Solo	60
Pattern - Marylee Foxtrot Solo	61
MASTERS TANGO – Couples & Solo	62
Key Points - Masters Tango Couples & Solo	63
List of Steps - Masters Tango Couples & Solo	63
Pattern - Masters Tango Couples	64
Pattern - Masters Tango Solo	65
METROPOLITAN TANGO – Couples & Solo	66
Key Points - Metropolitan Tango Couples & Solo	67
List of Steps - Metropolitan Tango Couples & Solo	67
Pattern - Metropolitan Tango Couples	68
Pattern - Metropolitan Tango Solo	69
MONTEREY TANGO – Couples & Solo	70
Key Points - Monterey Tango Couples & Solo	70
List of Steps - Monterey Tango Couples & Solo	71
Pattern - Monterey Tango Couples	72
Pattern - Monterey Tango Solo	73
RHYTHM BLUES – Couples & Solo	74
Key Points - Rhythm Blues Couples & Solo	75
List of Steps - Rhythm Blues Couples & Solo	75
Pattern - Rhythm Blues Couples	76
Pattern - Rhythm Blues Solo	77
ROLLER RHUMBA – Couples & Solo	78
Key Points - Roller Rhumba Couples & Solo	78
List of Steps - Roller Rhumba Couples & Solo	79
Pattern - Roller Rhumba Couples	80
Pattern - Roller Rhumba Solo	81
SOCIETY BLUES – Couples & Solo	82
Key Points - Society Blues Couples & Solo	82
List of Steps - Society Blues Couples & Solo	83
Pattern - Society Blues Couples	84
Pattern - Society Blues Solo	85
SOUTHLAND SWING – Couples & Solo	86
Key Points - Southland Swing Couples & Solo	87
List of Steps - Southland Swing Couples & Solo	87
Pattern - Southland Swing Couples	88
Pattern - Southland Swing Solo	89
SWING FOXTROT – Solo	90
Key Points - Swing Foxtrot Solo	90
List of Steps - Swing Foxtrot Solo	91
Pattern - Swing Foxtrot Solo	92

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/I 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.

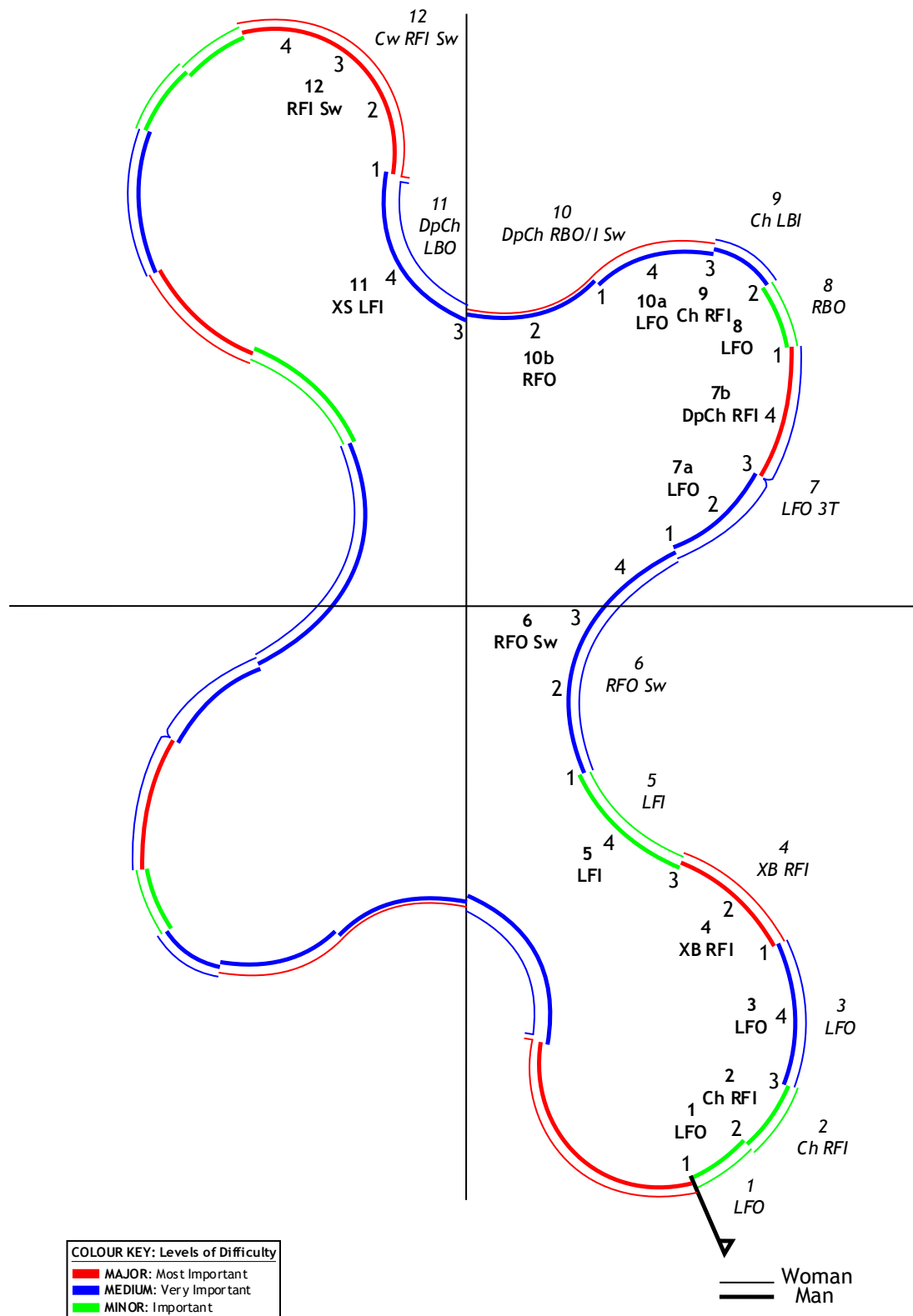
Key Points - Australian Foxtrot Couples

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/I 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 No.	Man's Step	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
	7b	DpCh RFI	2			
Tango	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.

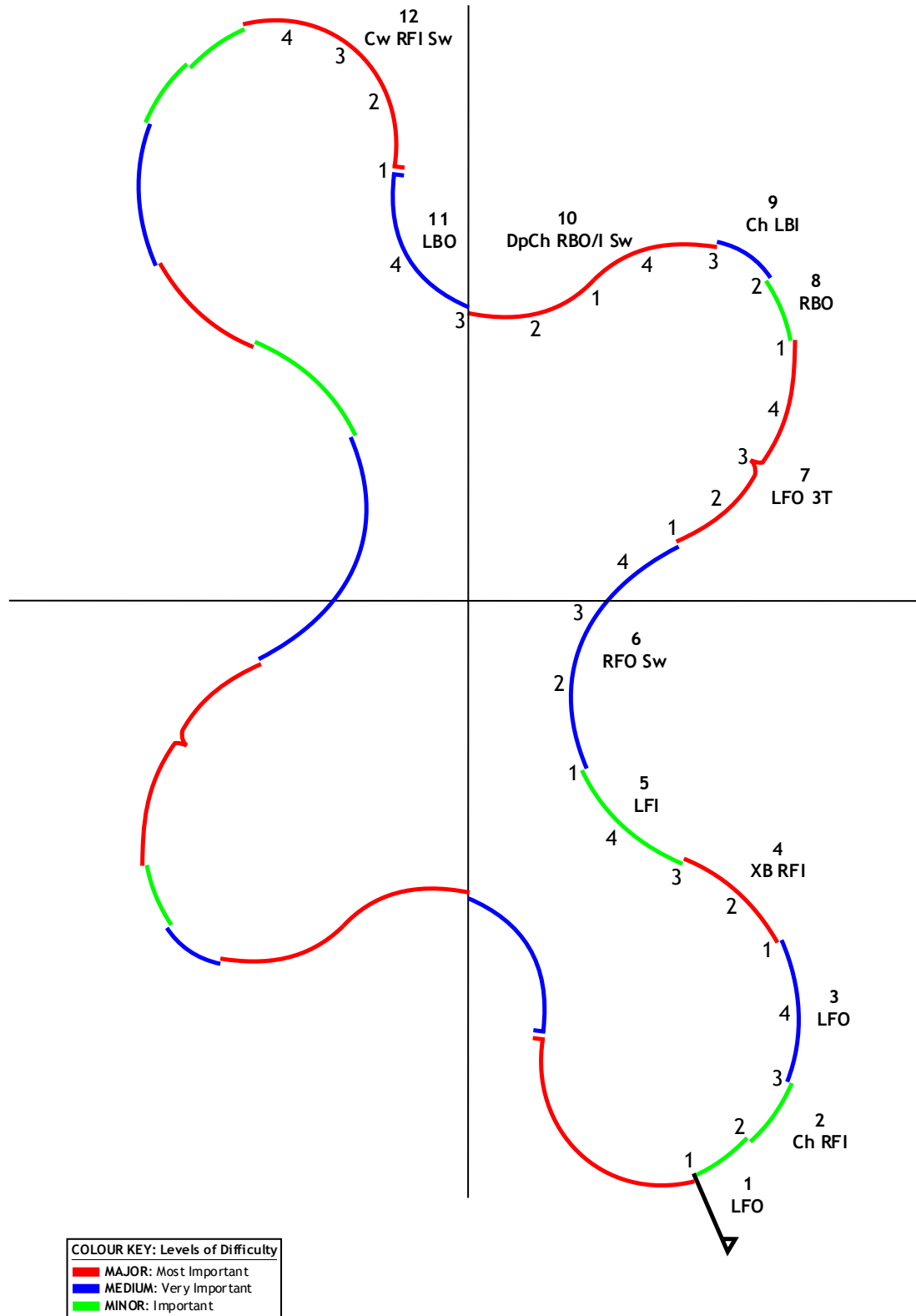
Key Points - Australian Foxtrot Solo

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	Step	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/I Sw	2 + 2
11	LBO	2
12	Cw RFI Sw	2 + 2

AUSTRALIAN FOXTROT



CASINO MARCH (Short Pattern) - Couples & Solo

By Cox, Irwin, Jennings & Nazzaro

Music: March 4/4

Hold: Kilian

Tempo: 100 BPM

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.**

Key Points - Casino March Couples & Solo

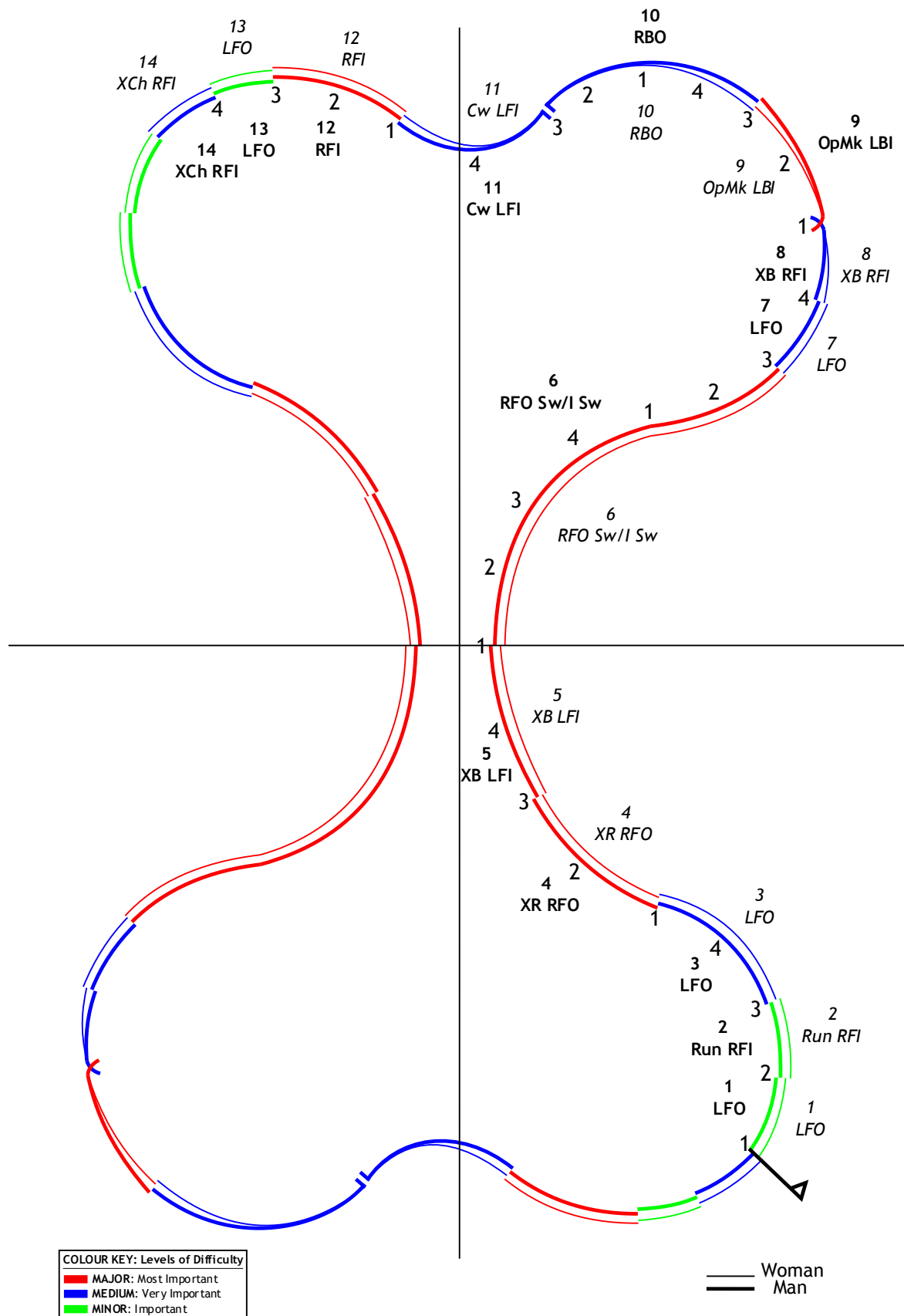
1. **Step 4 XR RFO (2 beats) and Step 5 XB LFI (2 beats):**
 - Correct technical execution and timing of the cross roll on a clear outside edge.
 - Correct technical execution and timing of the cross behind with feet close together.
 - No deviation from the prescribed edges.
 - For couples: Correct Kilian 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 9 OpMk LBI (2 beats):**
 - Correct technical execution of the open mohawk 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 12 RFI (2 beats):**
 - Correct technical execution and timing of the angular stroke.
 - 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 No.	Man's Step	Musical Beats	Woman's Steps
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	XR RFO	2	XR RFO
	5	XB LFI	2	XB LFI
	6	RFO Sw/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.				

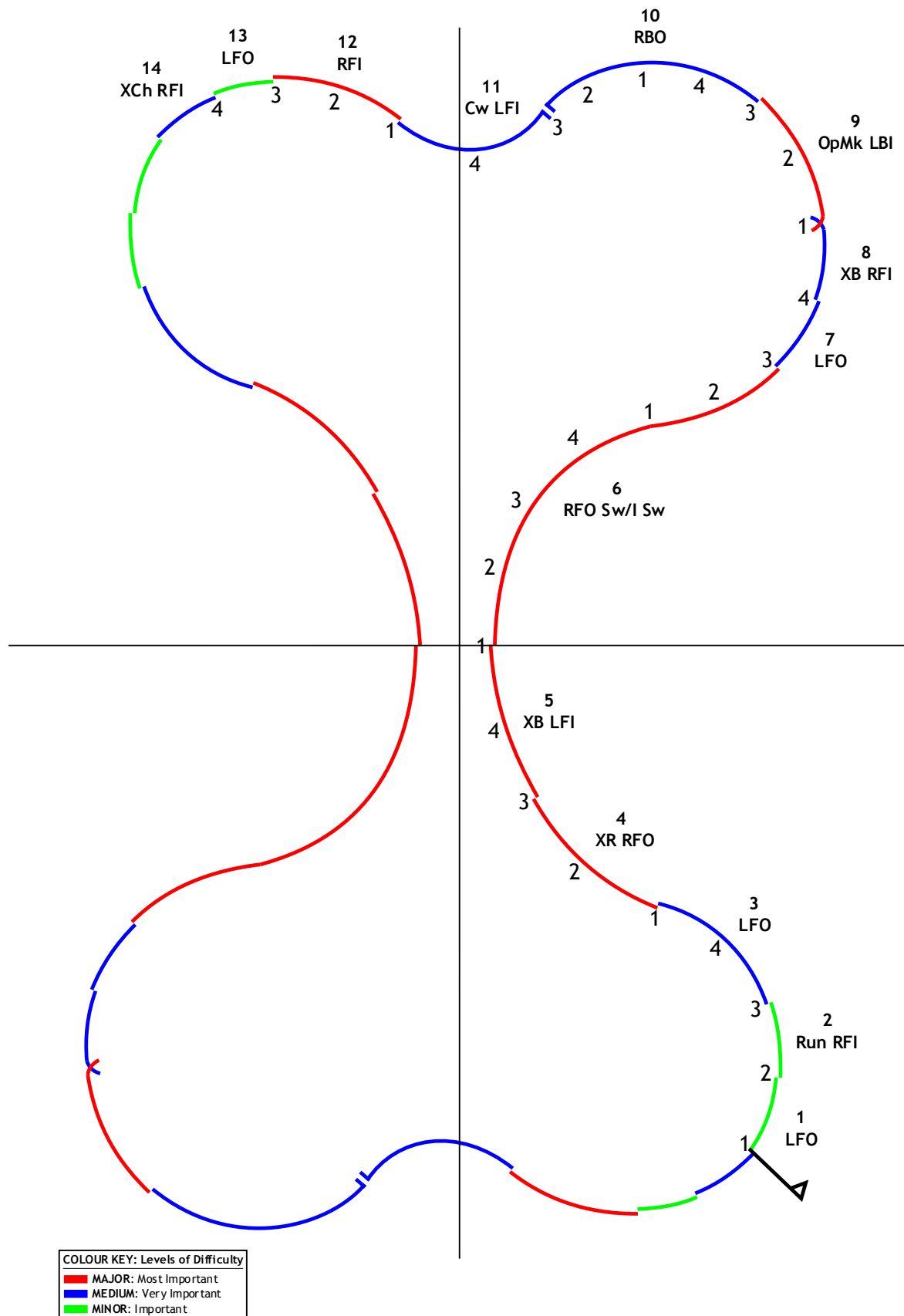
CASINO MARCH

Short Pattern



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 **Step 2 Mk RFO Sw** (2+2 beats) for the woman is a mohawk 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.

Step 3 DpCh LFI (2 beats) is a dropped chasse on the inside edge and in the direction of 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 on inside edges that begin from behind the heel of the left foot. **Step 6b OpMk LBI** (1 beat) is an open mohawk with feet close together that 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 **Step 10 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 with feet close together. **Step 11 Run RFI** (1 beat) for the woman is a run, skated in Waltz position.

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

Step 13 Mk LFO (1 beat) for the man is a mohawk turn and **Step 13 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. **Step 14 OpMk LBI** (1 beat) for the woman is an open mohawk with feet close together, skated in Waltz position.

Steps 15 and 16 are runs:

- **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 **Step 17 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.
- **Step 12** must begin on the long axis.

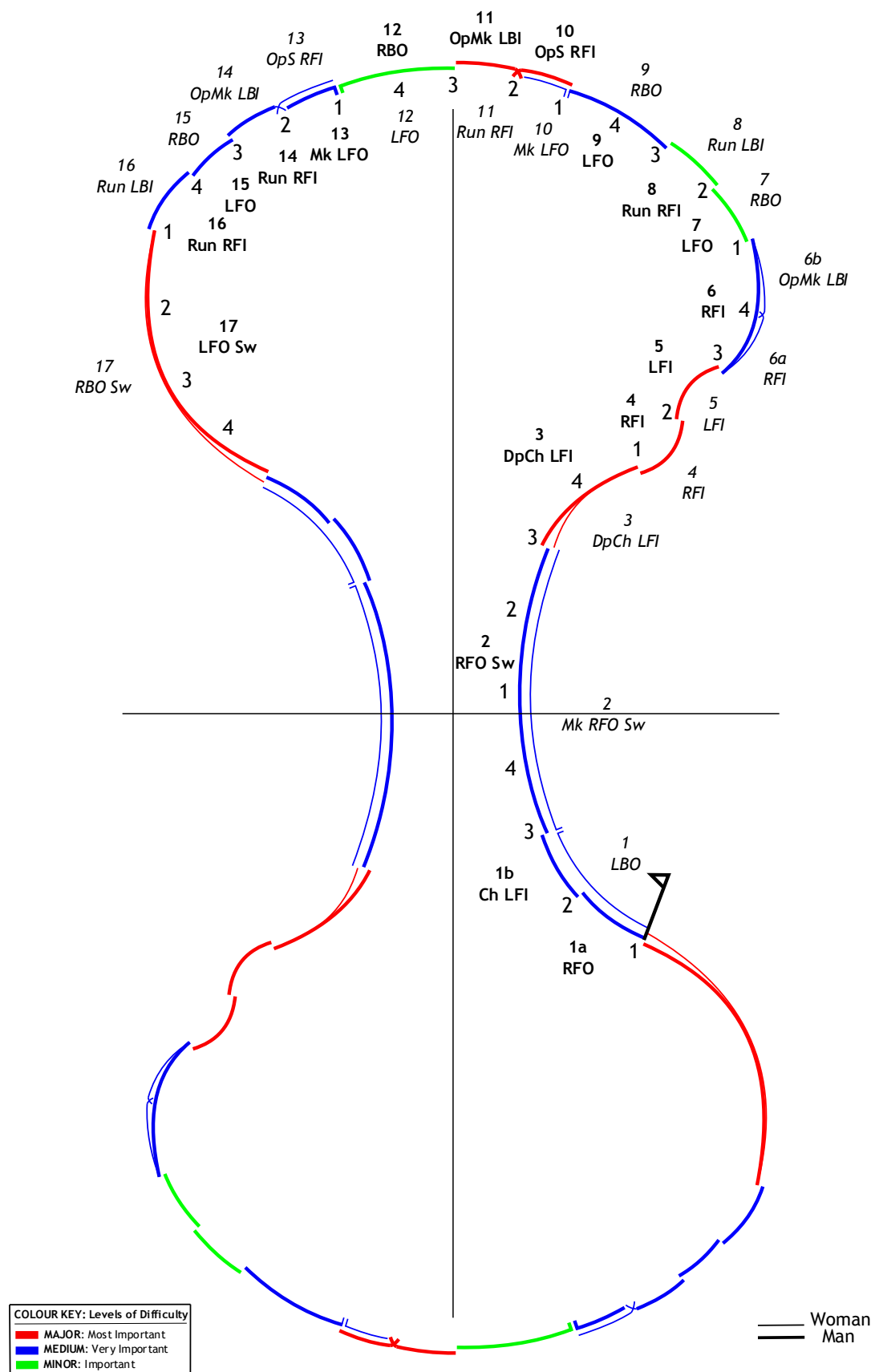
Key Points - Cha Cha Couples

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 and parallel.
 - No deviation from the inside edge.
 - Correct Kilian position of the couple without any separations.
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 with feet close together.
4. **Step 17 LFO Sw (2+2 beats) for the man and Step 17 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 No.	Man's Step	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 and 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 and in the direction of 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 that begins from behind the heel of the left foot.

Step 7 OpMk LBI (1 beat) is an open mohawk with feet close together and 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), followed by **Step 11 Mk LFO** (1 beat) and **Step 12 Run RFI** (1 beat).

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 with feet close together.

Steps 16 and 17 are runs: **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.**
- **Step 13 must begin on the long axis.**

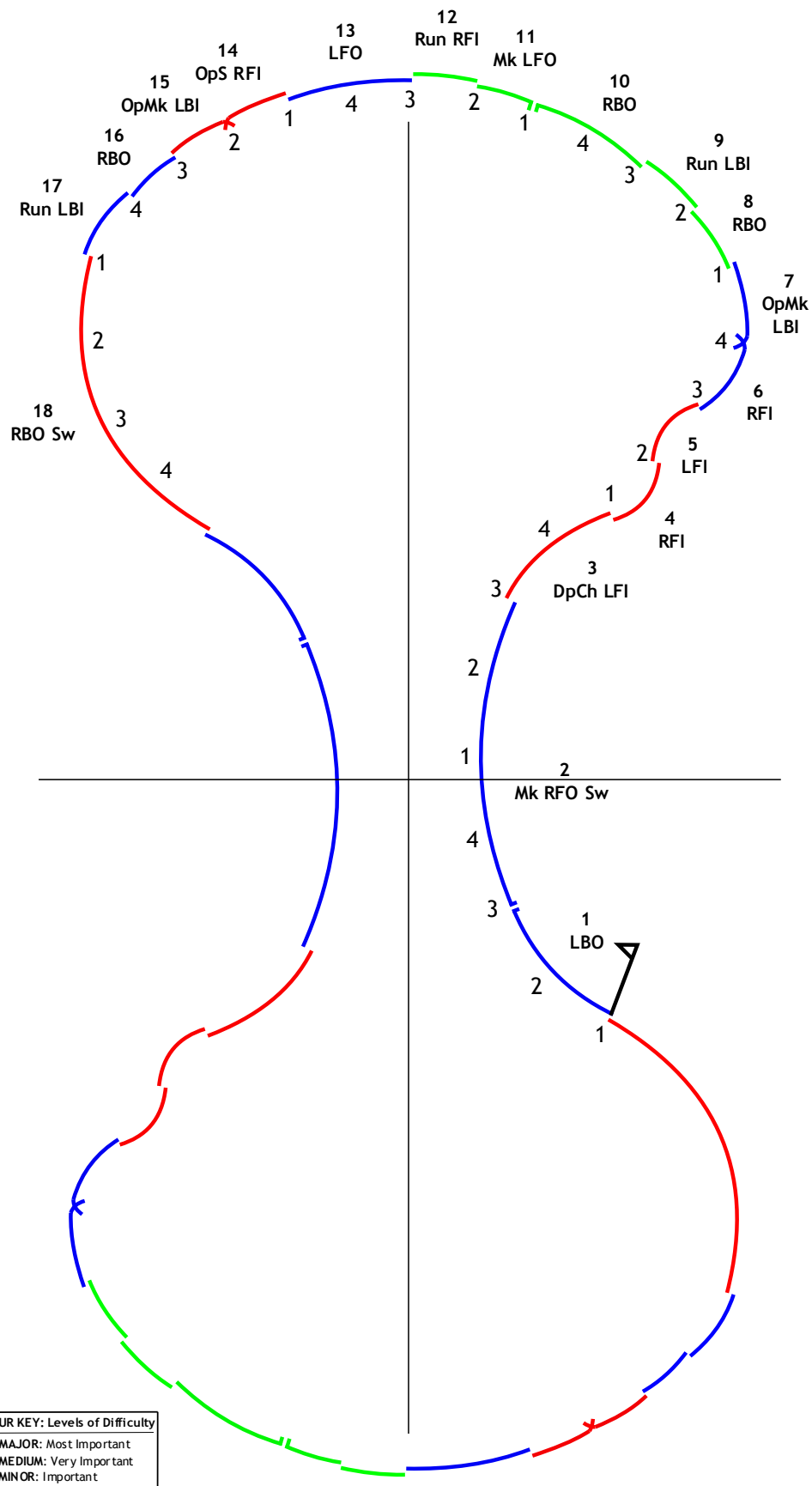
Key Points - Cha Cha Solo

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 and parallel.
 - 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 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	Step	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



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 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

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 Step 2 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.
2. **Step 5 Ch RFI (1 beat) for the man and Step 5 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.
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.
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.

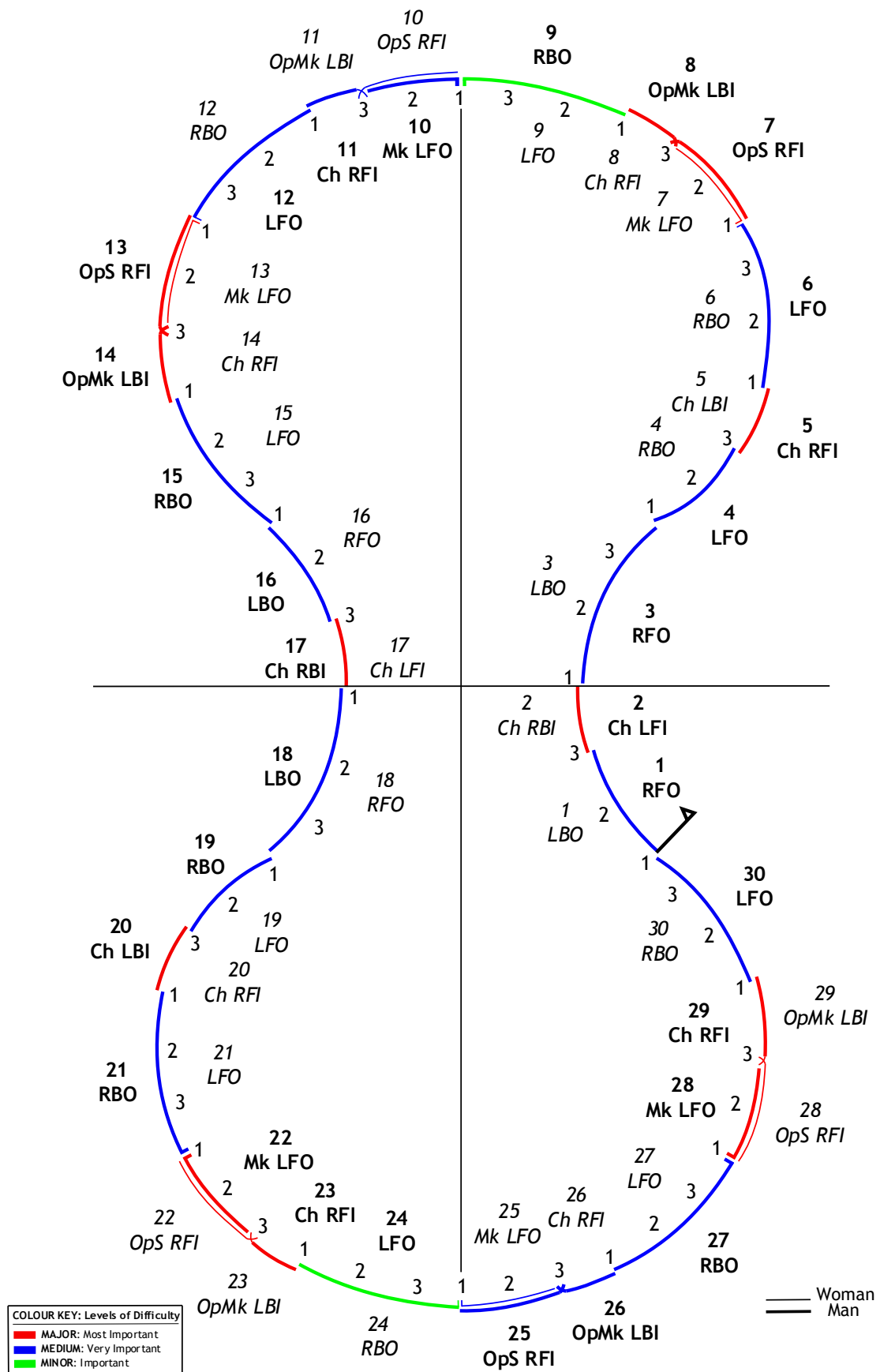
SECTION 2:

1. **Step 17 Ch RBI (1 beat) for the man and Step 17 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.
2. **Step 20 Ch LBI (1 beat) for the man and Step 20 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.
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.
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.

Chase Waltz Couples - List of Steps

Hold	Step No.	Man's Step	Musical Beats	Woman's Steps
1st Section				
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
2nd Section				
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	Ch 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 correct 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:

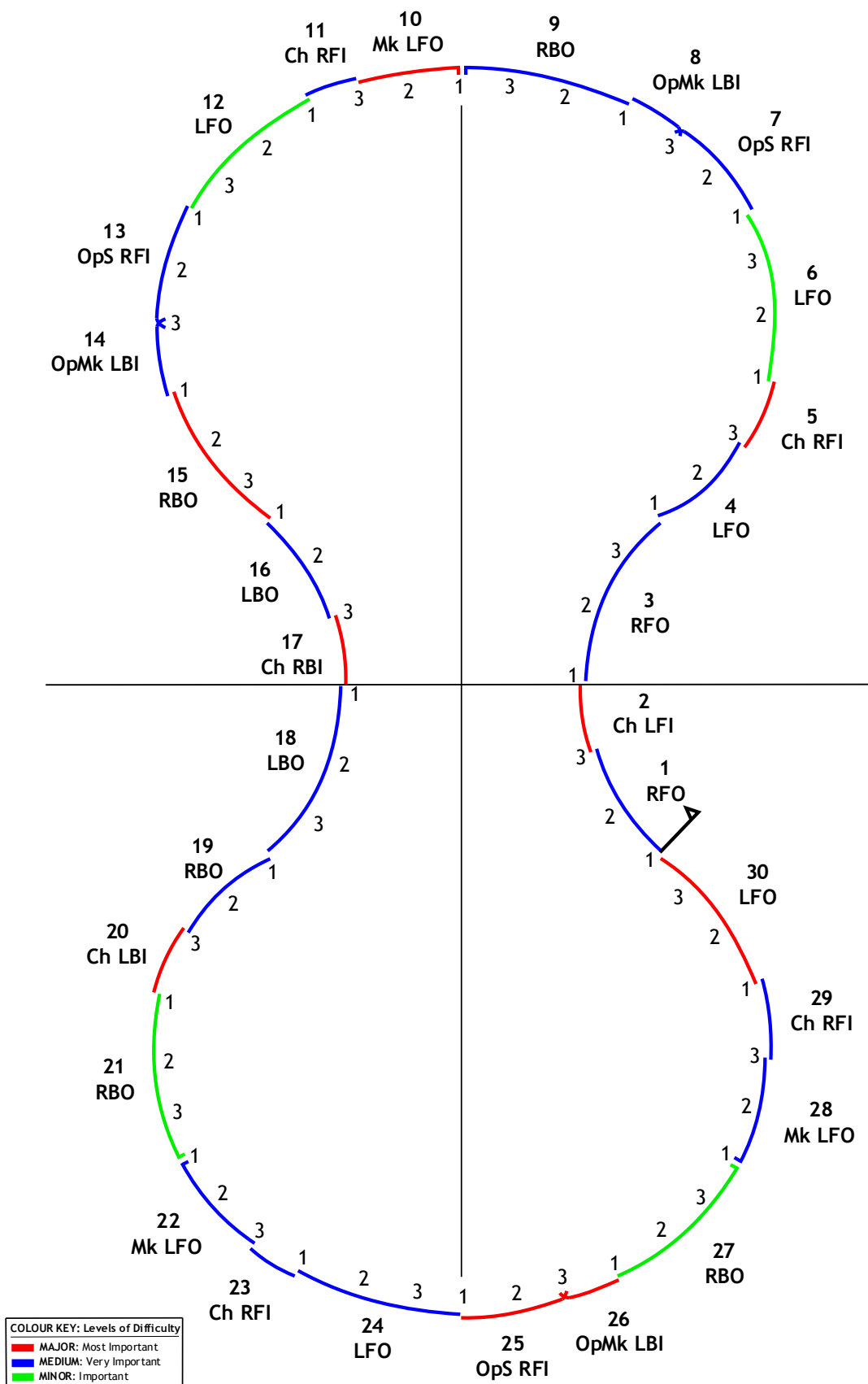
1. **Step 17 Ch RBI (1 beat):**
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
2. **Step 20 Ch LBI (1 beat):**
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear 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 correct 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	Step	Musical Beats
1st Section		
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
2nd Section		
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 **Step 1 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 **Step 2 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 **Step 3 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 **Step 4 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 **Step 4 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 **Step 6 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).

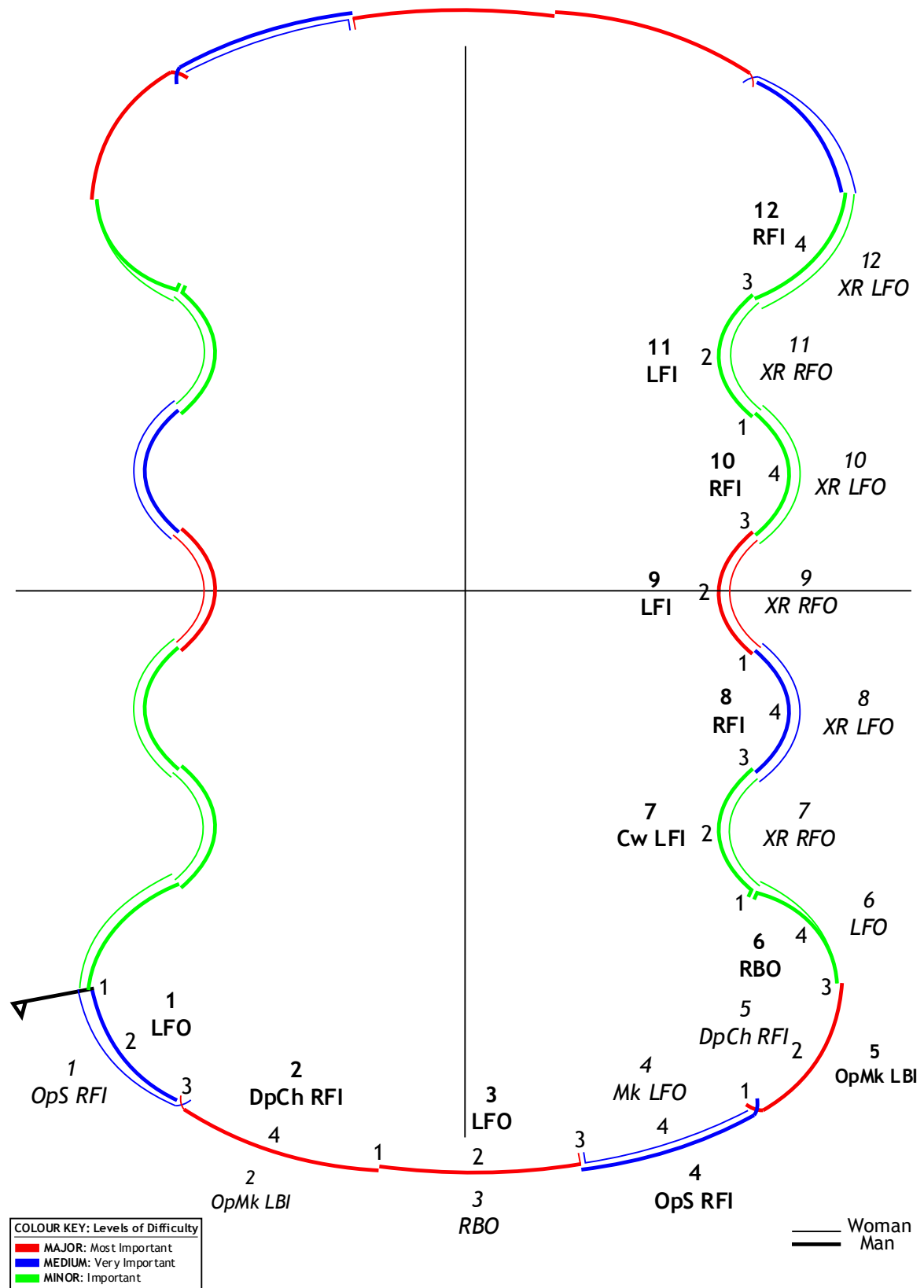
Key Points - Collegiate Couples

1. **Step 2 DpCh RFI** (2 beats) for the **man** and **Step 2 OpMk LBI** (2 beats) for the **woman**:
 - **Both:** Correct timing of the step.
 - **Both:** No deviation from the inside edge.
 - **Man:** Correct technical execution of the dropped chasse that must begin with feet close and parallel.
 - **Woman:** Correct technical execution of the open mohawk, executed with feet close together.
2. **Step 3 LFO** (2 beats) for the **man** and **Step 3 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** and **Step 5 DpCh RFI** (2 beats) for the **woman**:
 - **Both:** Correct timing of the step.
 - **Both:** No deviation from the inside edge.
 - **Man:** Correct technical execution of the open mohawk, executed with feet close together.
 - **Woman:** Correct technical execution of the dropped chasse that must begin with feet close and parallel.
4. **Step 9 LFI** (2 beats) for the **man** and **Step 9 XR RFO** (2 beats) for the **woman**:
 - **Both:** Correct timing of the step.
 - **Man:** Correct technical execution of the angular stroke without any deviation from the inside edge.
 - **Woman:** Correct technical execution of the cross roll without any deviation from the outside edge.

Collegiate Couples - List of Steps

Hold	Step No.	Man's Step	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



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.

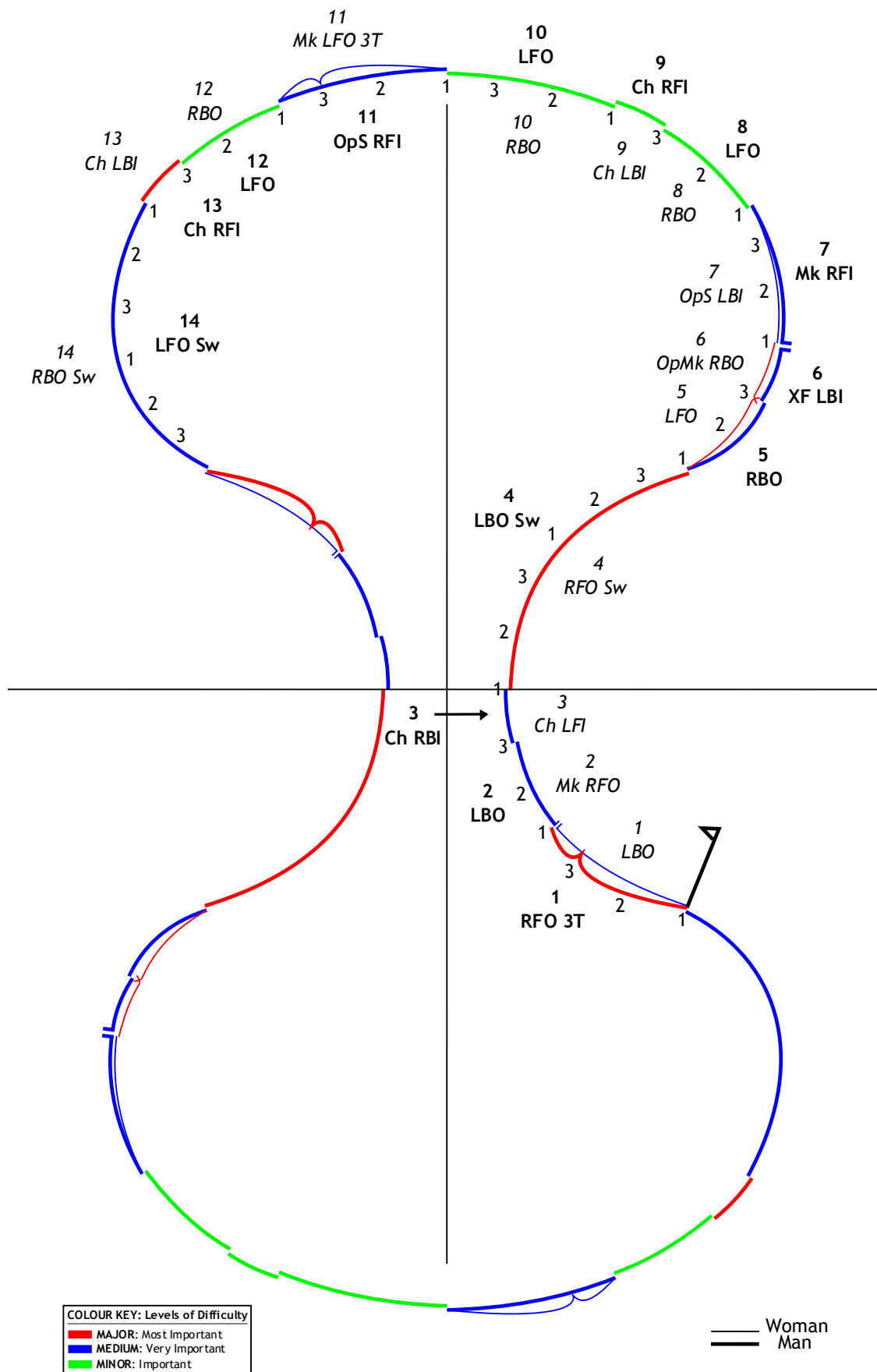
Key Points - Coronation Waltz Couples

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.
 - Attention to the position of the couple which should be close and maintained without separation 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.
 - 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.
 - 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 No.	Man's Step	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 $\frac{3}{4}$
Pattern: Set

Tempo: 120 BPM

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

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

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

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

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

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

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

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

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

Step 12 RBO (2 beats) is a stroke on 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.

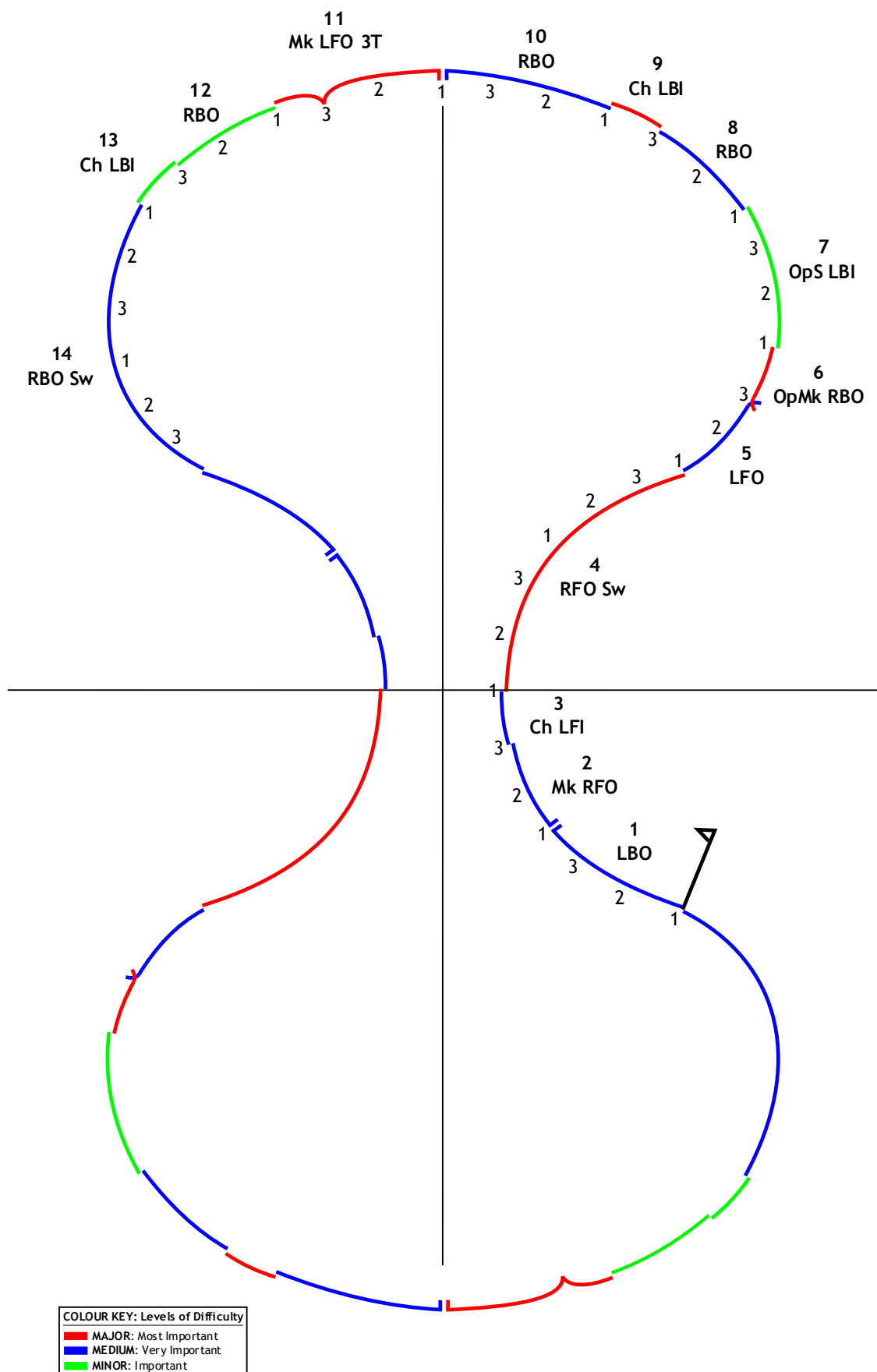
Key Points - Coronation Waltz Solo

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 the correct 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 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	Step	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



DOUBLE CROSS WALTZ - Couples & Solo

By David Tassinari

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

Tempo: 138 BPM
Pattern: Set

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

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

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

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

Step 9 XR LFO (3 beats) is a cross roll on the outside edge towards the long side barrier. During the cross roll, the left foot must immediately assume the outside edge. A change of lean from the previous step should be clear. **Step 10 XF RFI** (3 beats) is a cross in front with feet close together and parallel, immediately assuming the inside edge. This step finishes parallel to the long side barrier. The free leg must extend behind the body after the cross roll and the cross in front.

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

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

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

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

REFERENCE STEPS:

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

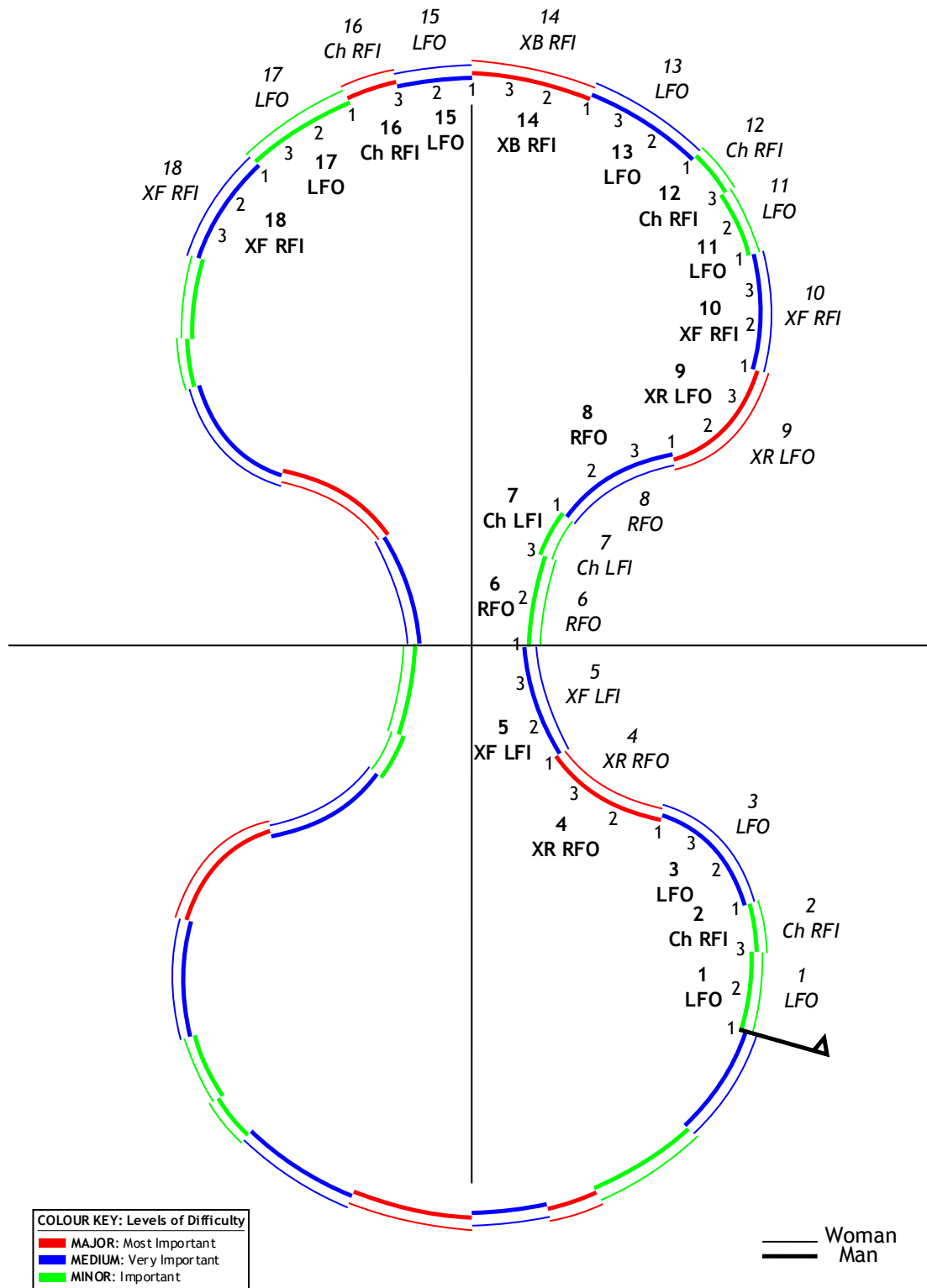
Key Points - Double Cross Waltz Couples & Solo

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

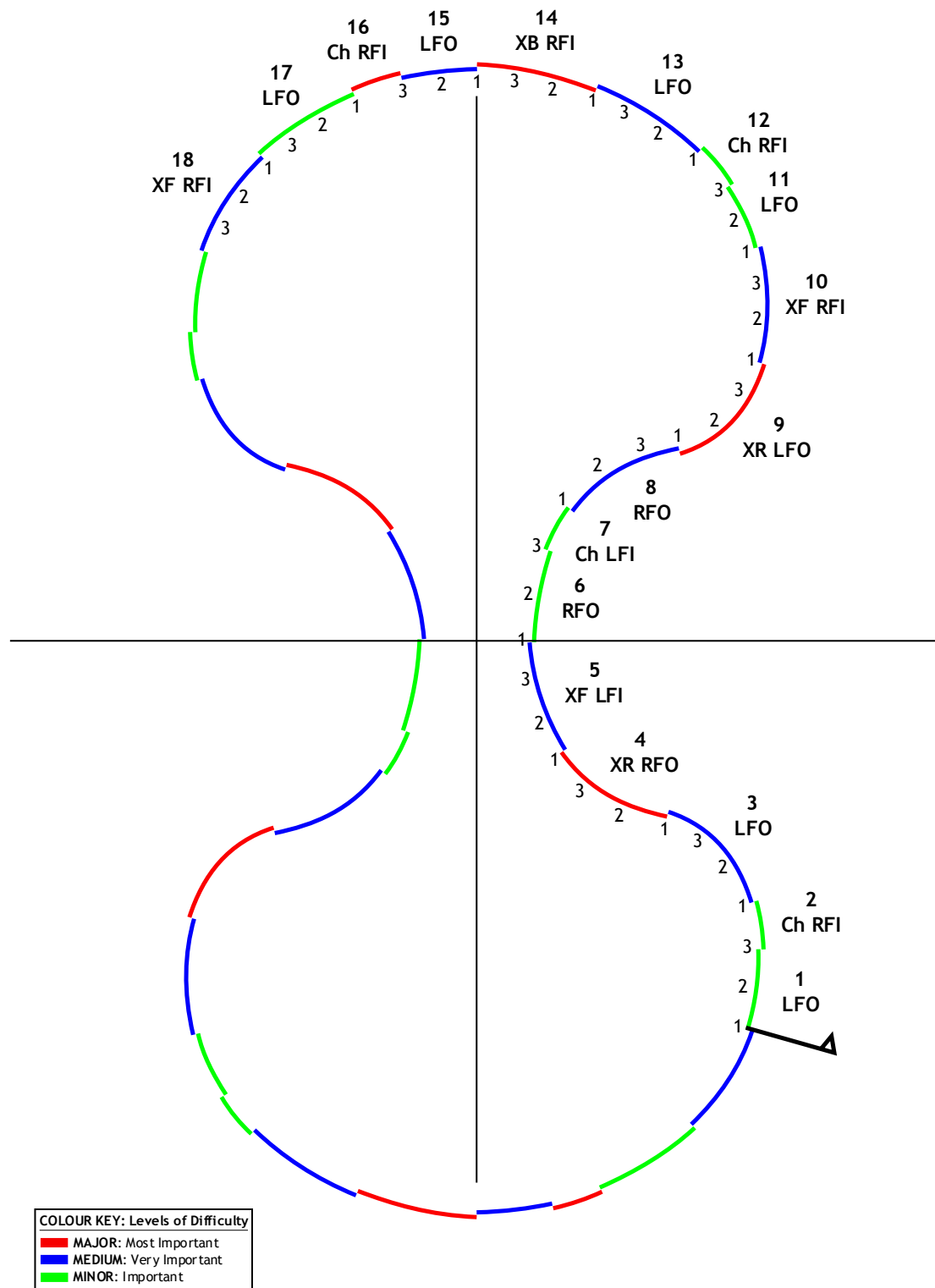
Double Cross Waltz - List of Steps

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

DOUBLE CROSS WALTZ



DOUBLE CROSS WALTZ



DUTCH WALTZ (2024) - Couples & Solo

Originated by George Muller

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

Tempo: 120 BPM
Pattern: Set

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

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

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

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

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

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

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

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

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

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

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

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

REFERENCE STEPS:

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

Key Points - Dutch Waltz (2024) Couples & Solo

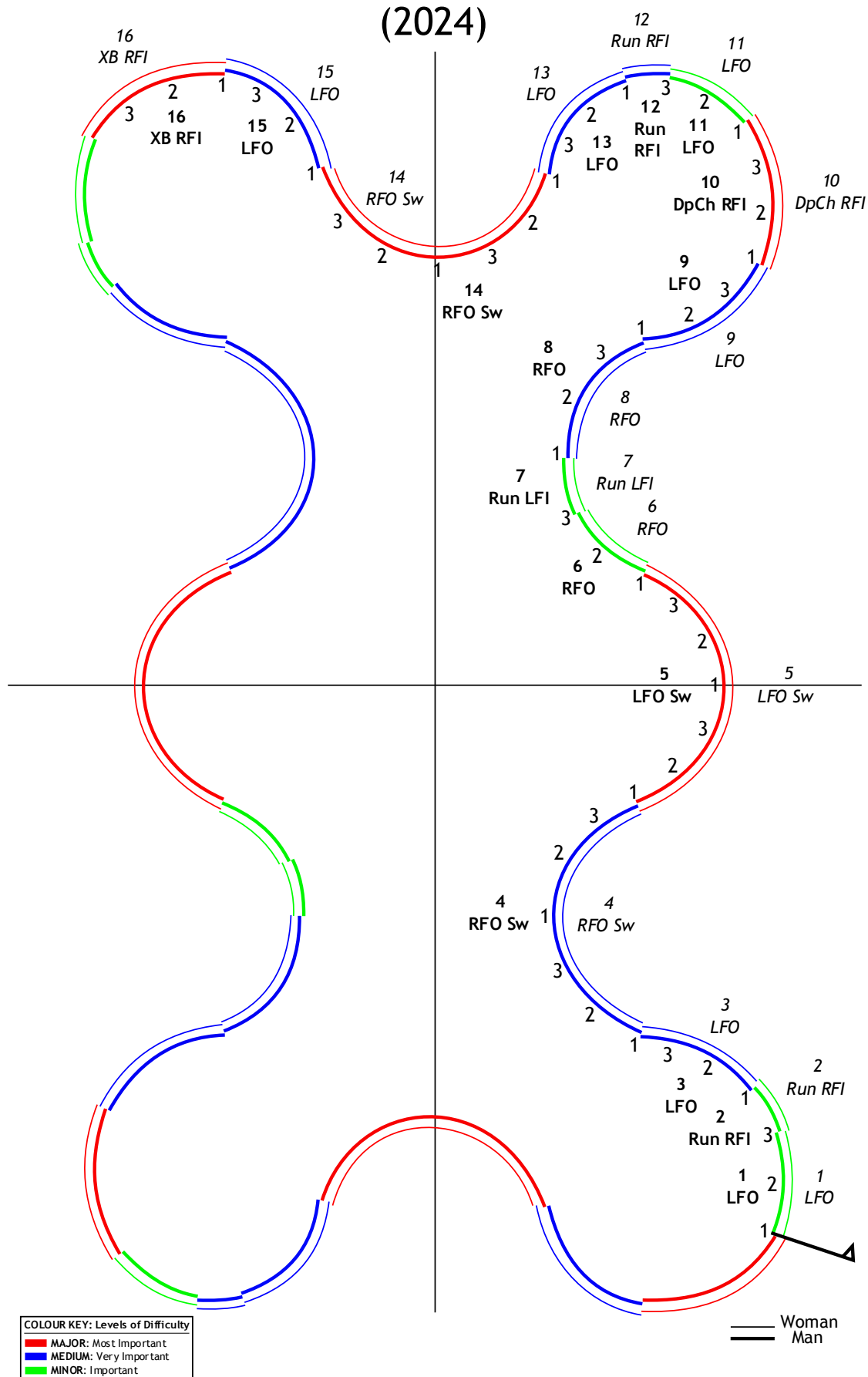
1. **Step 5 LFO Sw** (3+3 beats):
 - Correct technical execution and timing of the swing on the 4th beat.
 - No deviation from the outside edge.
 - For couples: Correct Kilian position of the couple without separation between the skaters.
2. **Step 10 DpCh RFI** (3 beats):
 - Correct technical execution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

Dutch Waltz (2024) - List of Steps

Hold	Step No.	Man's Step	Musical Beats	Woman's Steps
Kilian	1	LFO	2	LFO
	2	Run RFI	1	Run RFI
	3	LFO	3	LFO
	4	RFO Sw	3 + 3	RFO Sw
	5	LFO Sw	3 + 3	LFO Sw
	6	RFO	2	RFO
	7	Run LFI	1	Run LFI
	8	RFO	3	RFO
	9	LFO	3	LFO
	10	DpCh RFI	3	DpCh RFI
	11	LFO	2	LFO
	12	Run RFI	1	Run RFI
	13	LFO	3	LFO
	14	RFO Sw	3 + 3	RFO Sw
	15	LFO	3	LFO
	16	XB RFI	3	XB RFI

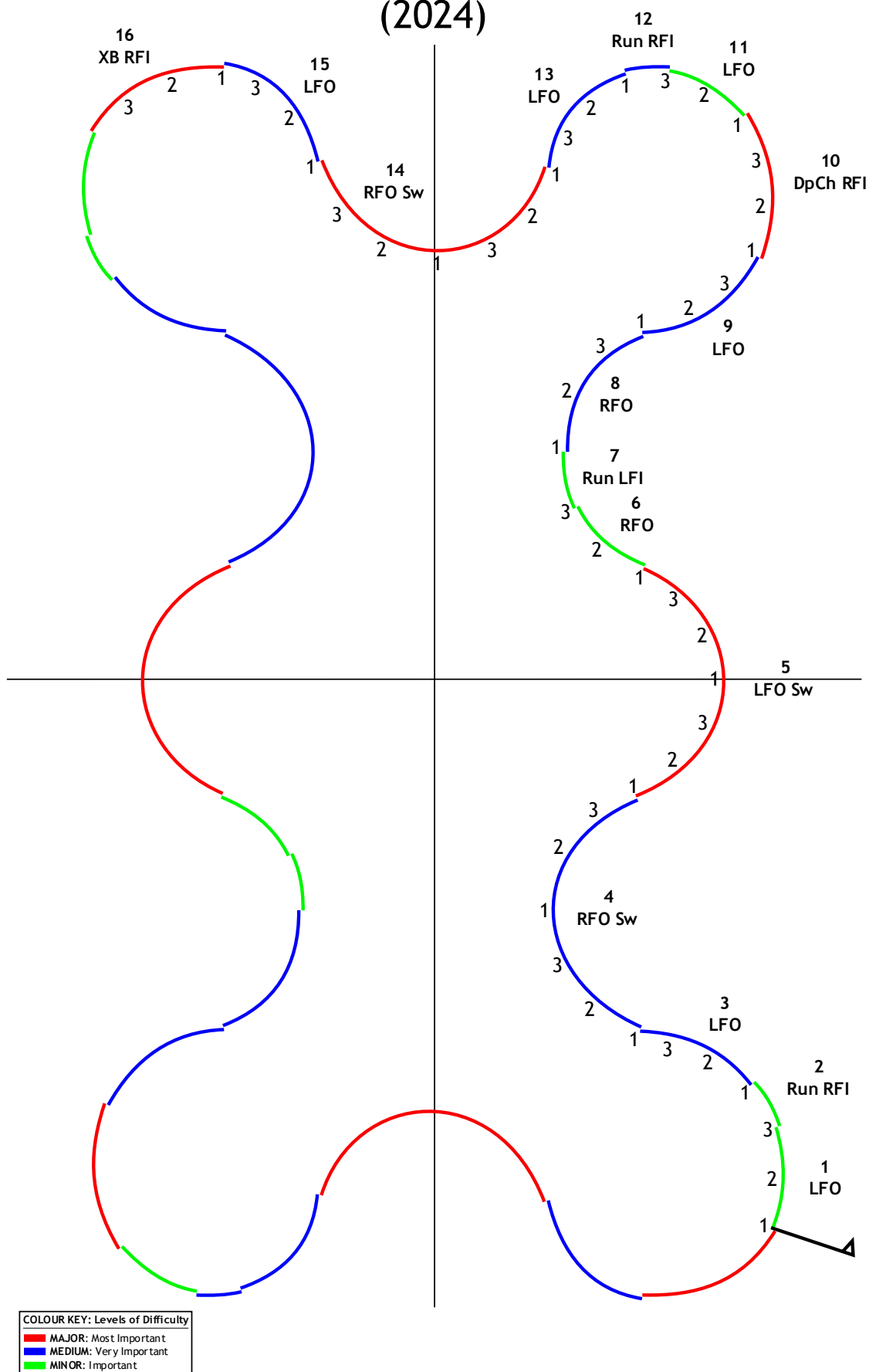
DUTCH WALTZ

(2024)



DUTCH WALTZ

(2024)



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

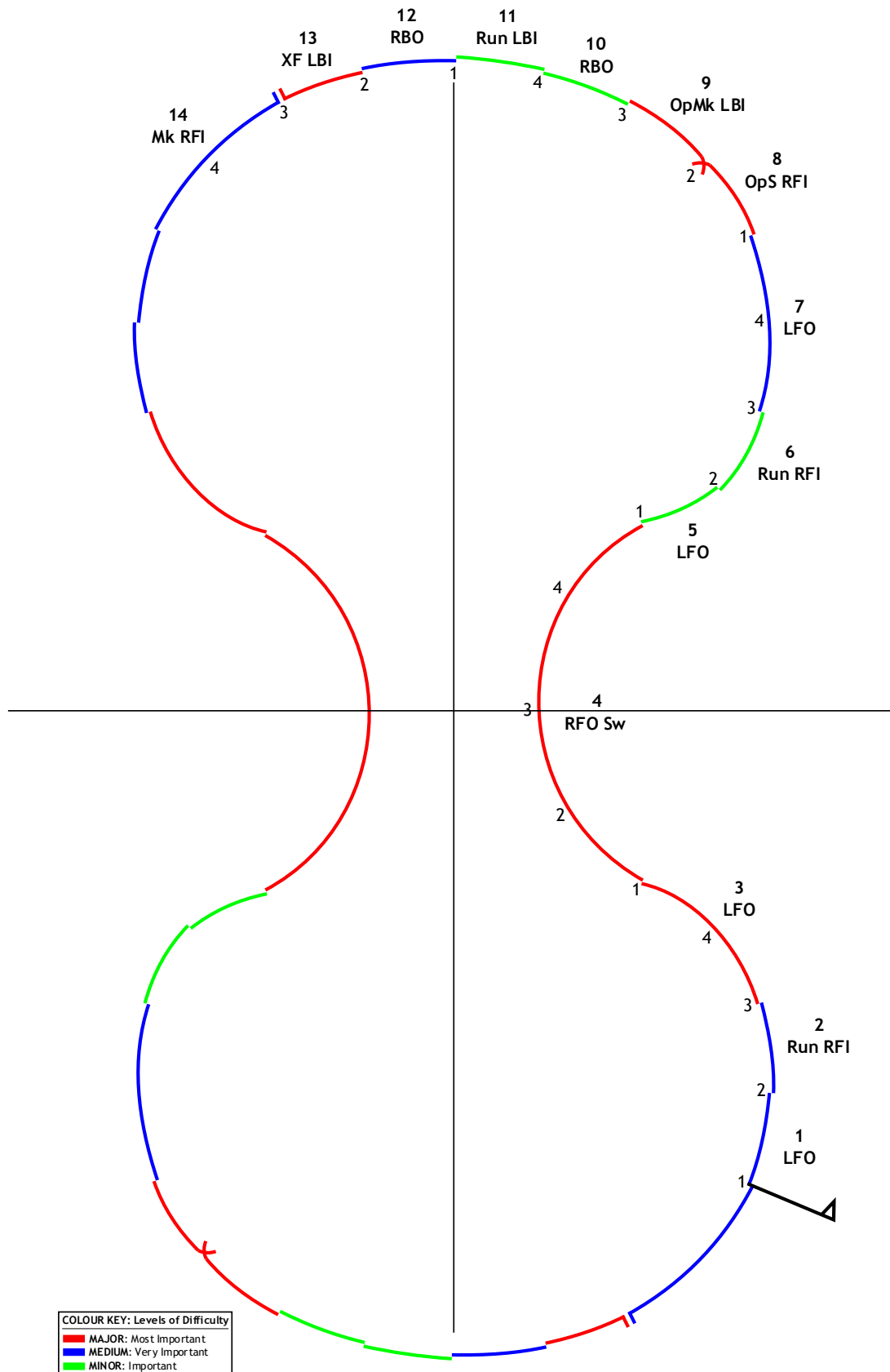
1. **Step 3 LFO** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke that must begin with feet close together, without deviating from the outside edge in advance.
2. **Step 4 RFO Sw** (2+2 beats):
 - Correct timing of the step.
 - Correct technical execution of the 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	Step	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

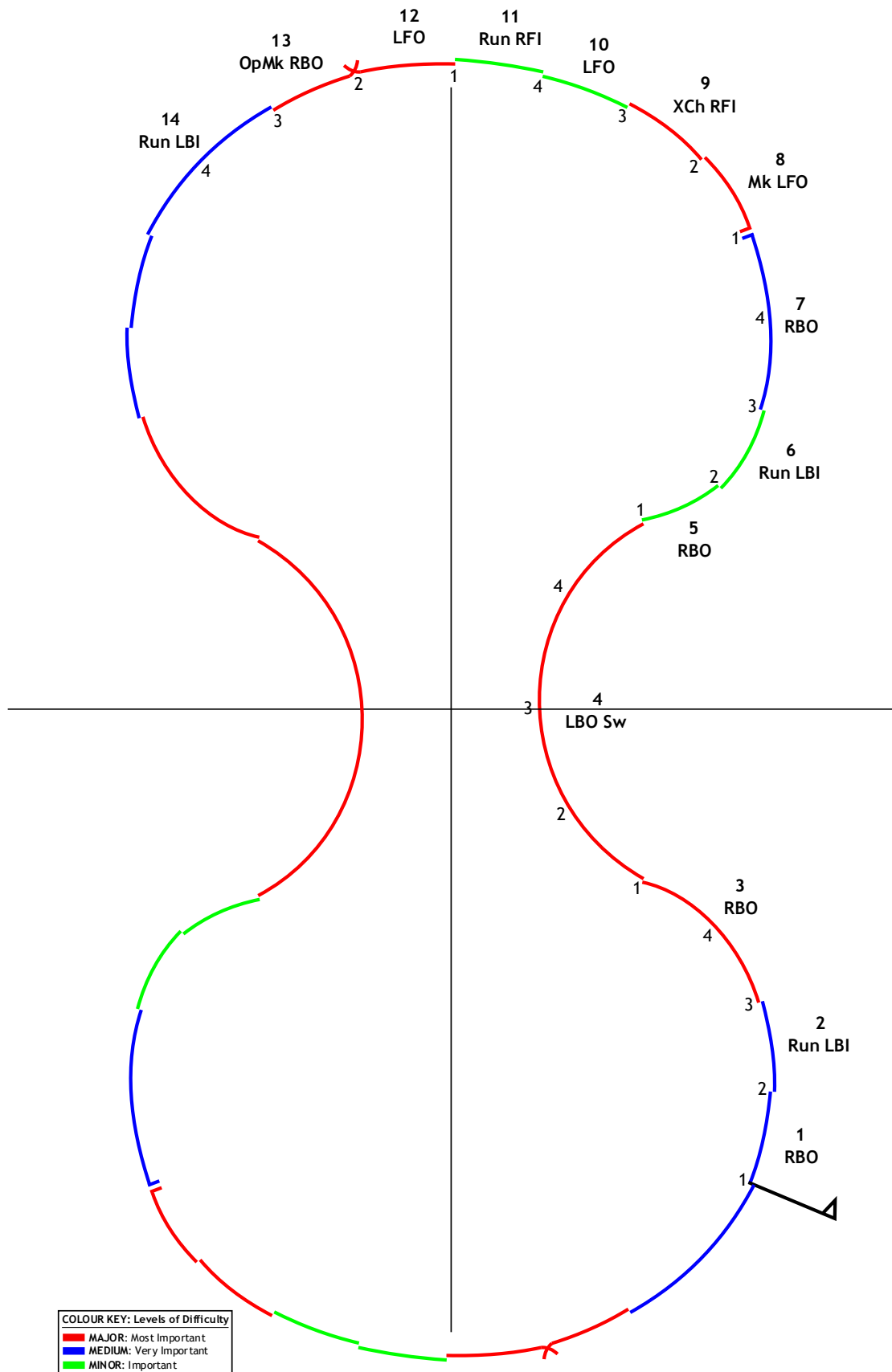
1. **Step 3 RBO** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke that must begin with feet close together, without deviating from the outside edge in advance.
2. **Step 4 LBO Sw** (2+2 beats):
 - Correct timing of the step.
 - Correct technical execution of the 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	Step	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 towards the long side barrier and finish towards the long axis.

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

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

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

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

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

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

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

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

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

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

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

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

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

REFERENCE STEPS:

- Step 9 intersects the short axis slightly before the 2nd beat.
- Step 20 intersects the long axis on the 2nd beat.

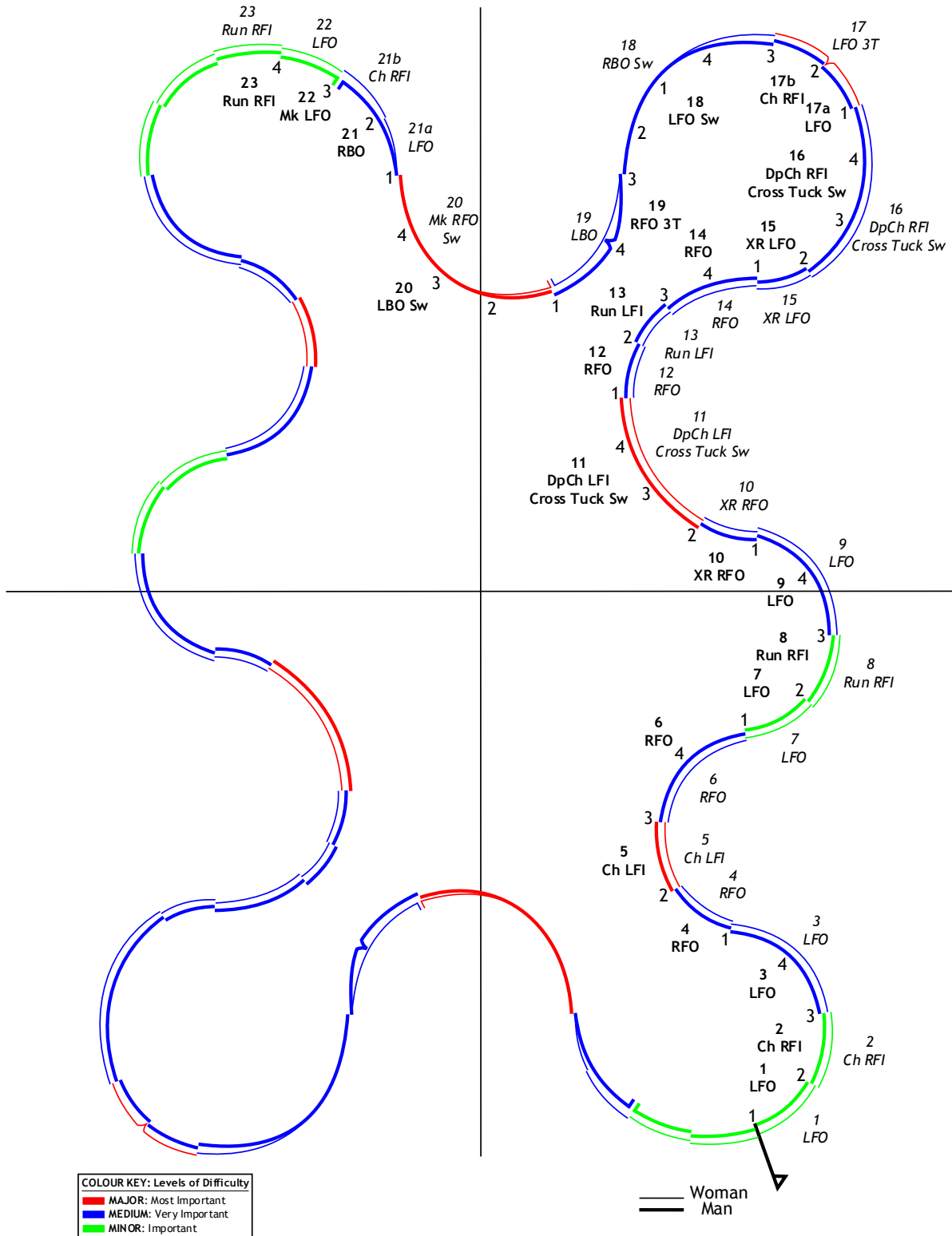
Key Points - Hickory Hoedown Couples

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

Hickory Hoedown Couples - List of Steps

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

HICKORY HOEDOWN



HICKORY HOEDOWN - Solo

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

Music: Country Western: Hoedown 4/4

Tempo: 104 BPM

Pattern: Set

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

REFERENCE STEPS:

- **Step 9** intersects the short axis slightly before the 2nd beat.
- **Step 20** intersects the long axis on the 2nd beat.

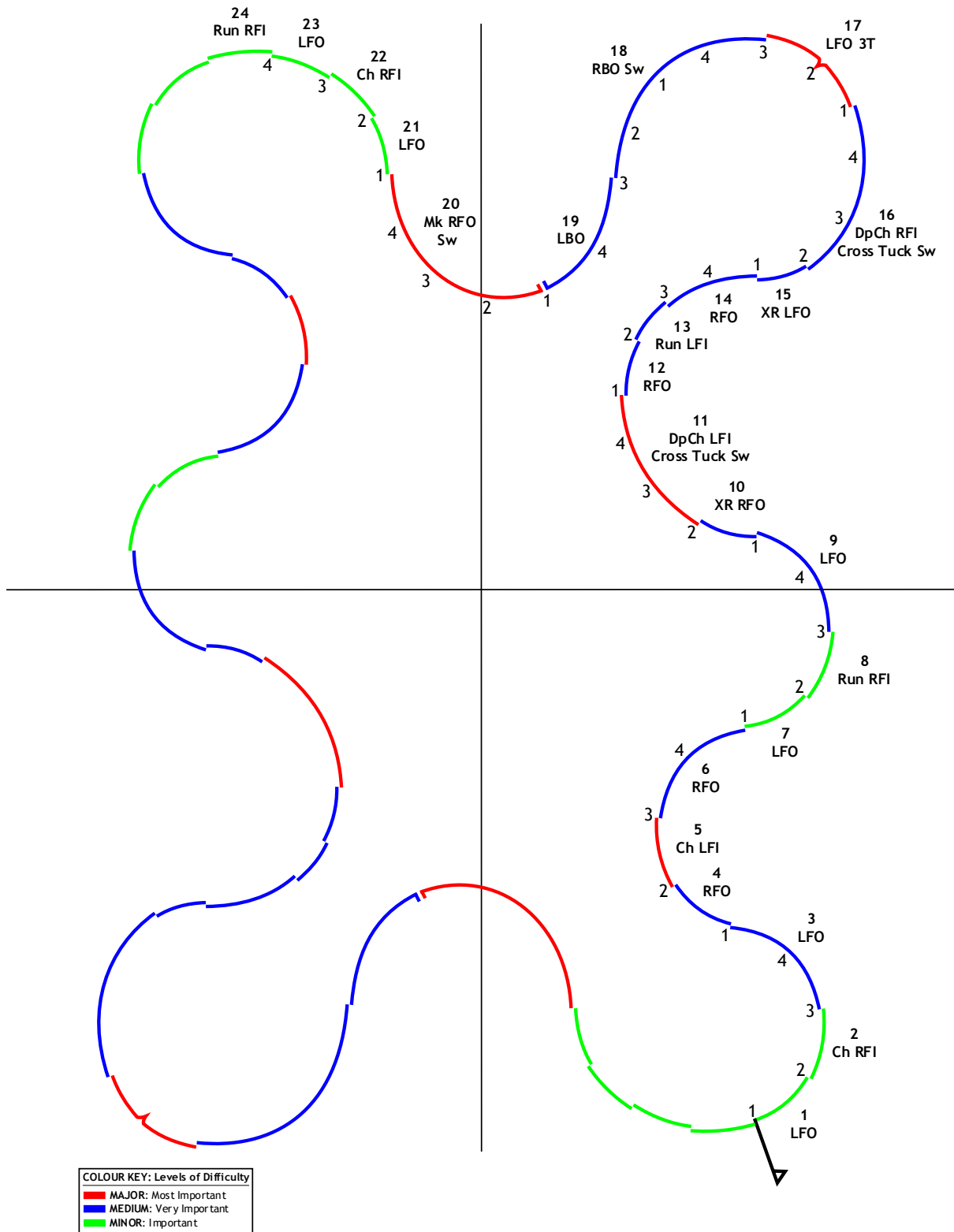
Key Points - Hickory Hoedown Solo

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

Hickory Hoedown Solo - List of Steps

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

HICKORY HOEDOWN



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 -> **Step 1 Cw LFI**.

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.

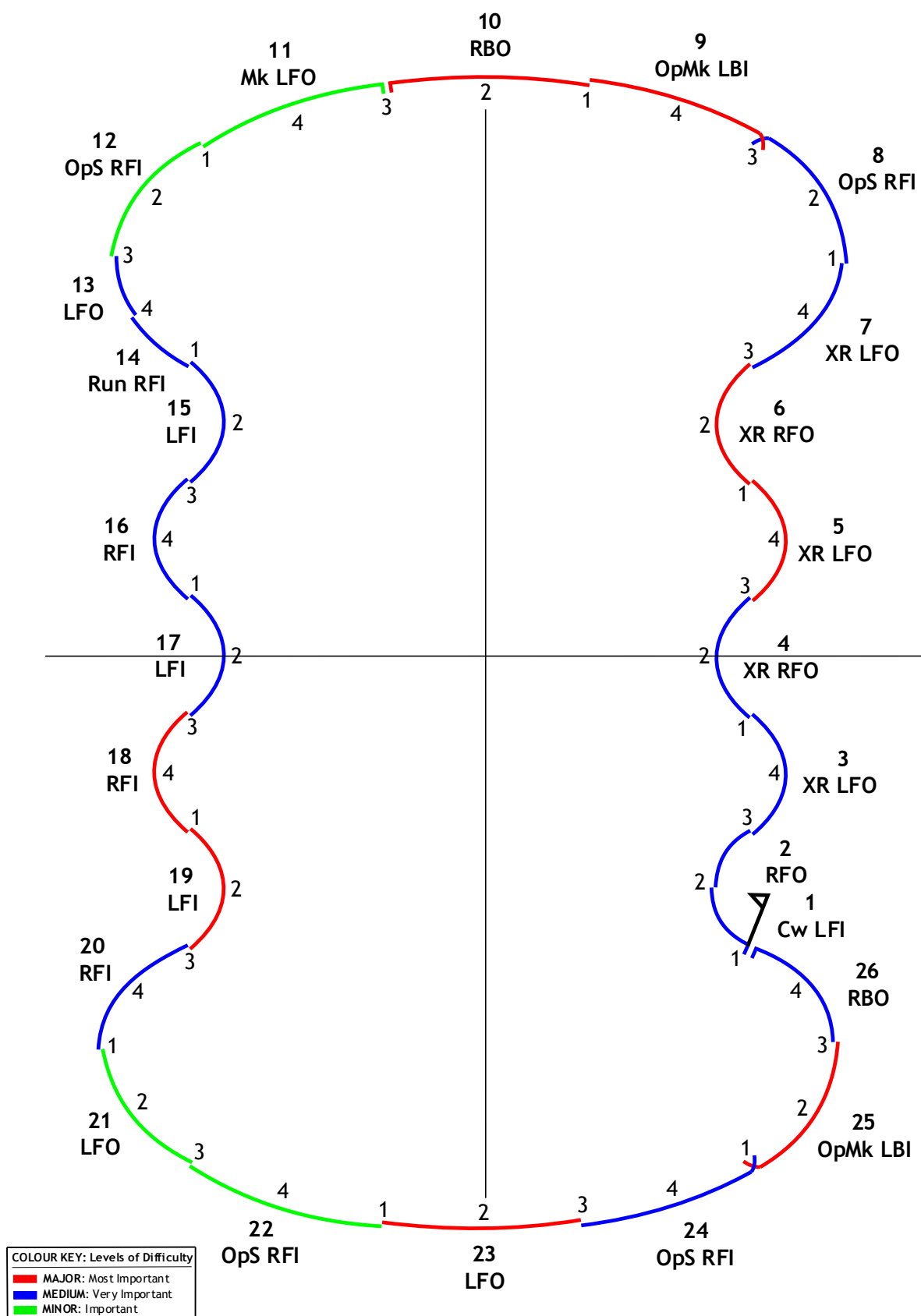
SECTION 2:

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	Step	Musical Beats
1st Section		
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
2nd Section		
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

Hold: Kilian

Tempo: 100 BPM

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.

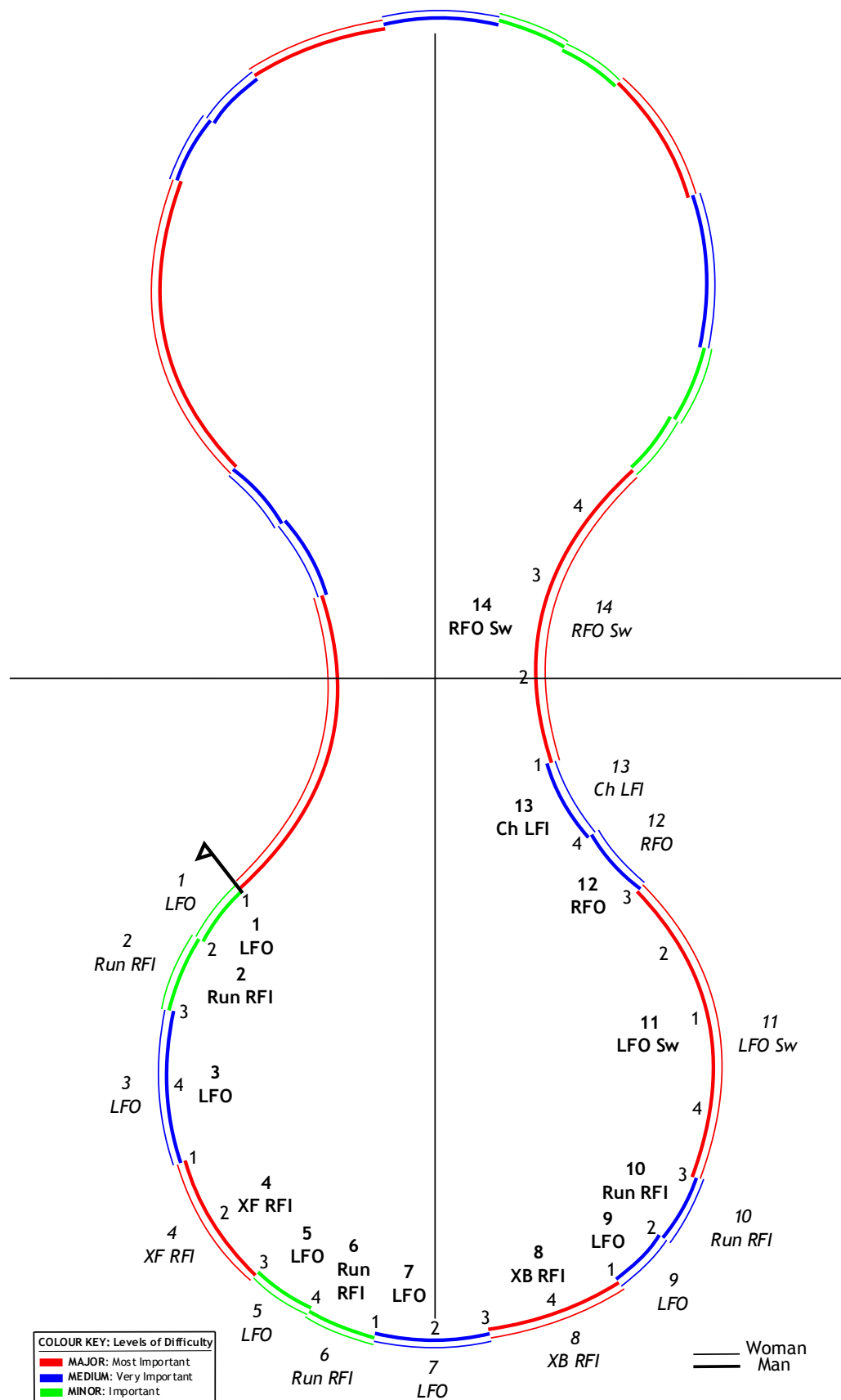
Key Points - Masters Tango Couples & Solo

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.
 - 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.
 - 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.
 - 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.
 - Attention to the timing with correct lean and edge.
 - For couples: Kilian position is to be correctly maintained throughout without any separations.

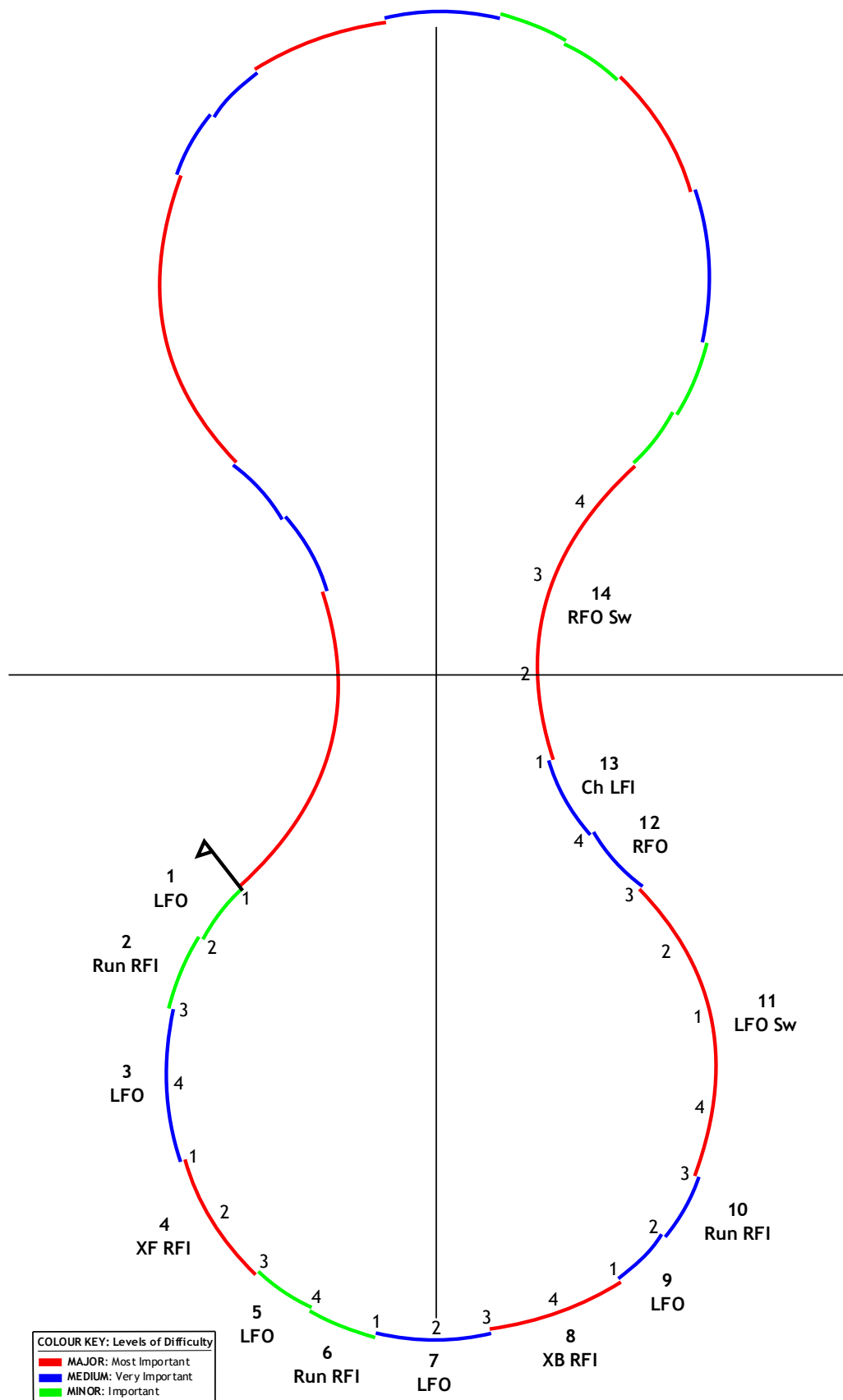
Masters Tango - List of Steps

Hold	Step No.	Man's Steps	Musical Beats	Woman's Steps
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	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



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 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. During the mohawk turn, the position of the free foot may range from the instep to the heel of the skating foot.

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 axis 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.

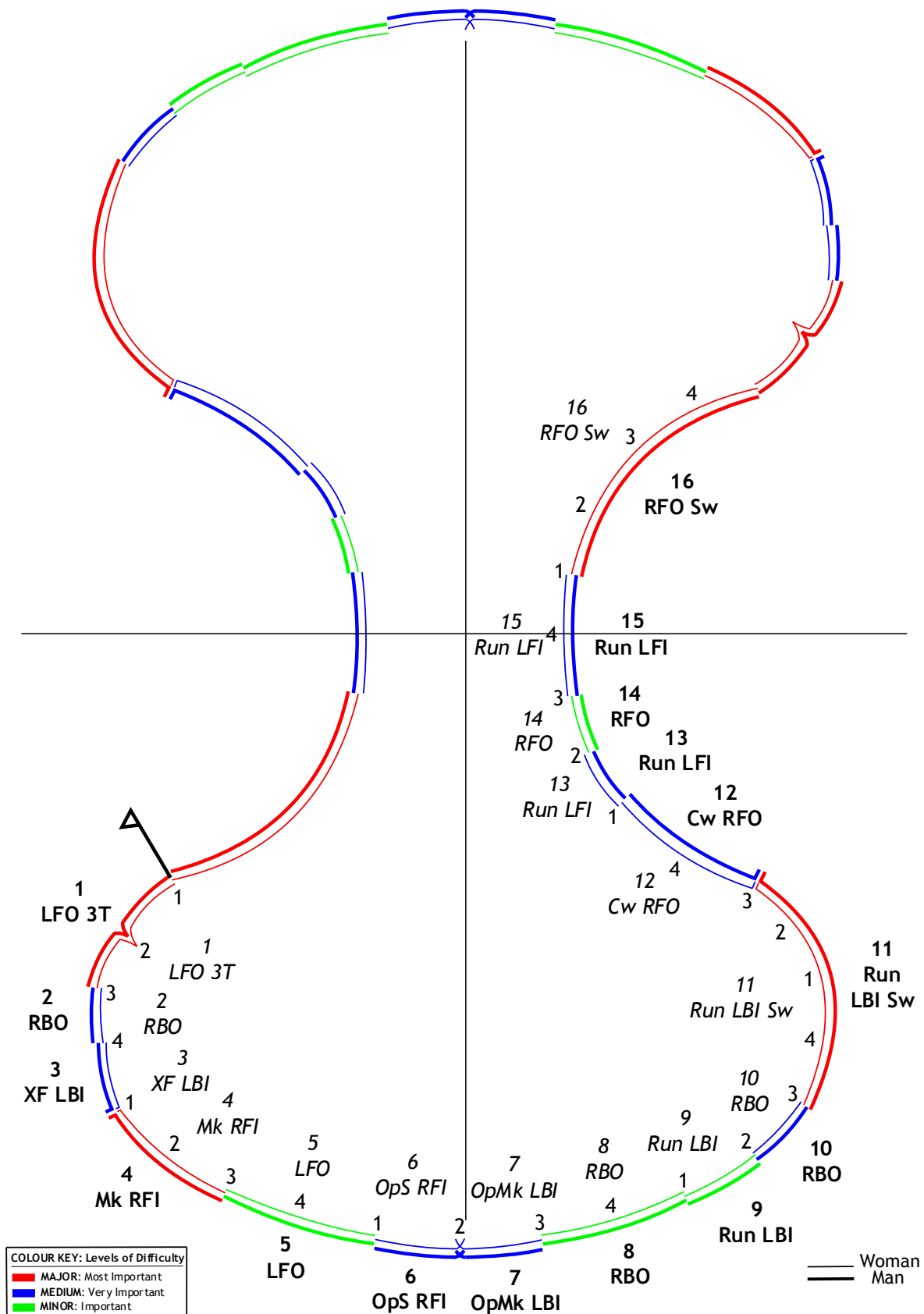
Key Points - Metropolitan Tango Couples & Solo

1. **Step 1 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.
 - For couples: Correct position of the couple without any separations, demonstrating control and fluidity through the change of position.
2. **Step 4 Mk RFI (2 beats):**
 - Correct technical execution of mohawk executed with feet close together.
 - Correct timing of the step.
 - No deviation from the inside edge.
 - 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.
 - 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.

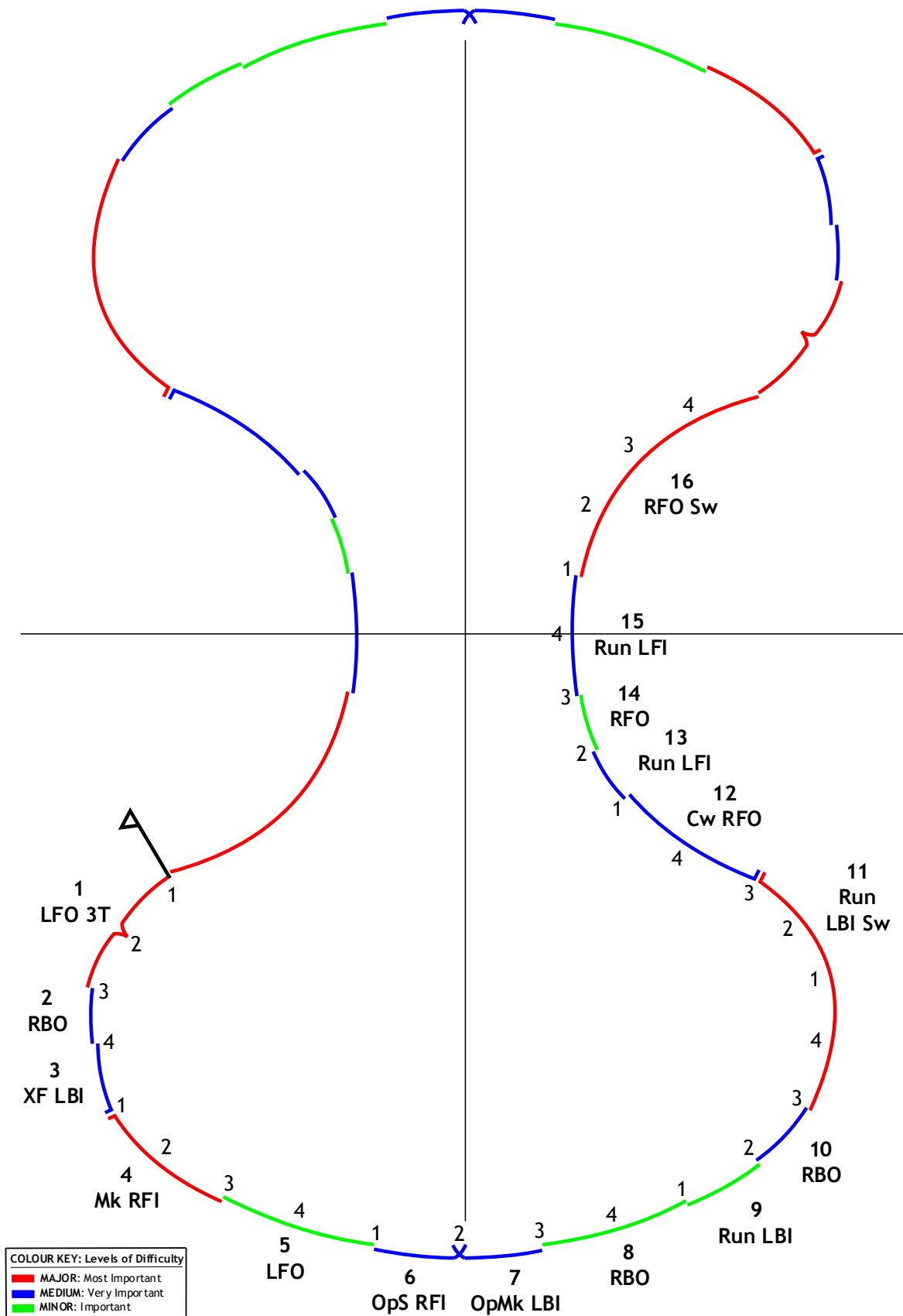
Metropolitan Tango - List of Steps

Hold	Step No.	Man's Steps	Musical 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



METROPOLITAN TANGO



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 positioning 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/Sw O (2+2 beats) is a parallel open stroke on the inside edge that initially aims in the direction of the short side barrier. 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 and parallel. This step finishes with the free leg behind the body 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 with step 12 beginning on the long axis.

Step 14 XB RFI (2 beats) is a cross behind executed with feet close together 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 12 begins before the long axis and finishes after it (½ beat before and ½ beat after).**

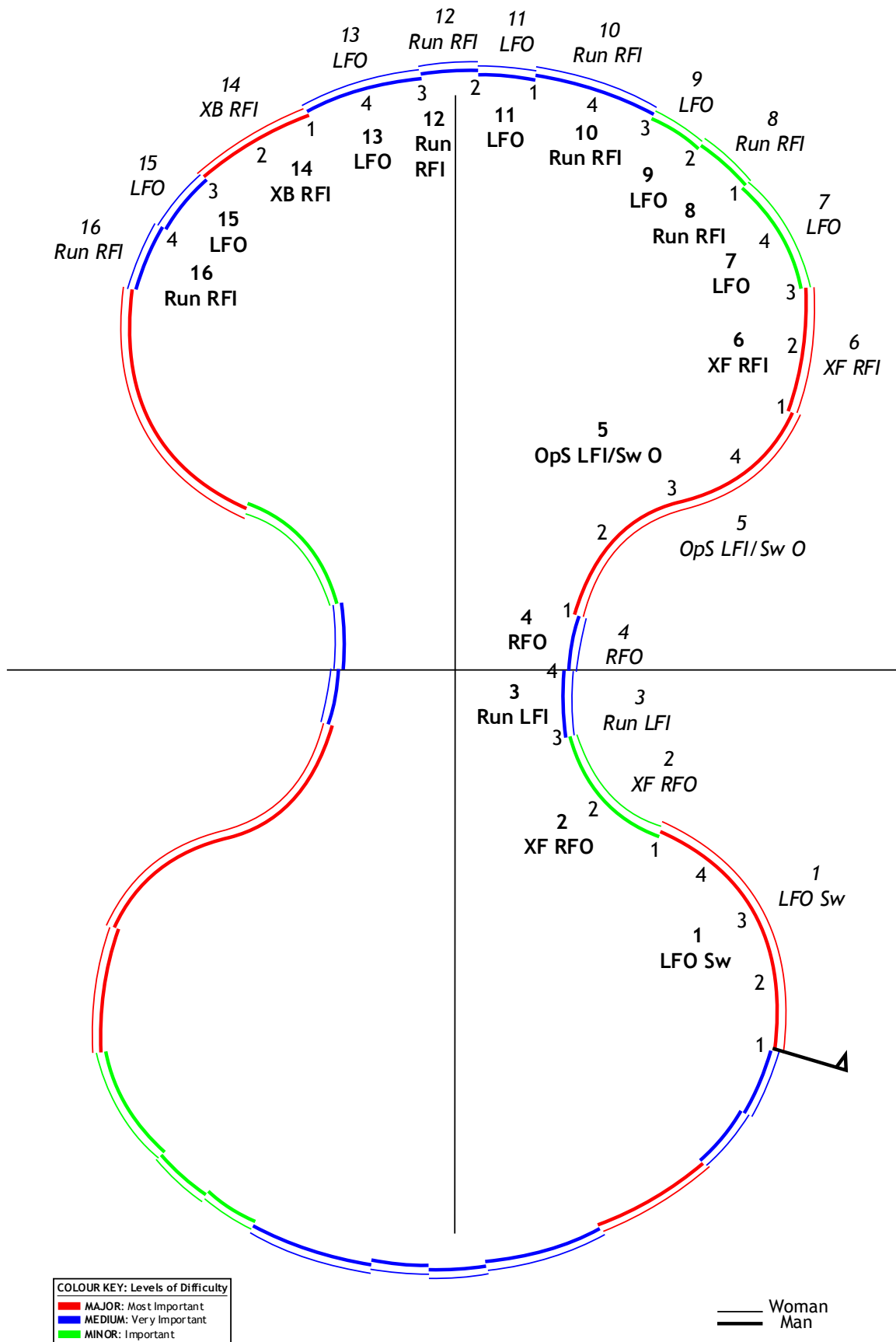
Key Points - Monterey Tango Couples & Solo

1. **Step 1 LFO Sw** (2+2 beats):
 - Correct technical execution of the stroke on 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 change of edge 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.
 - 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.

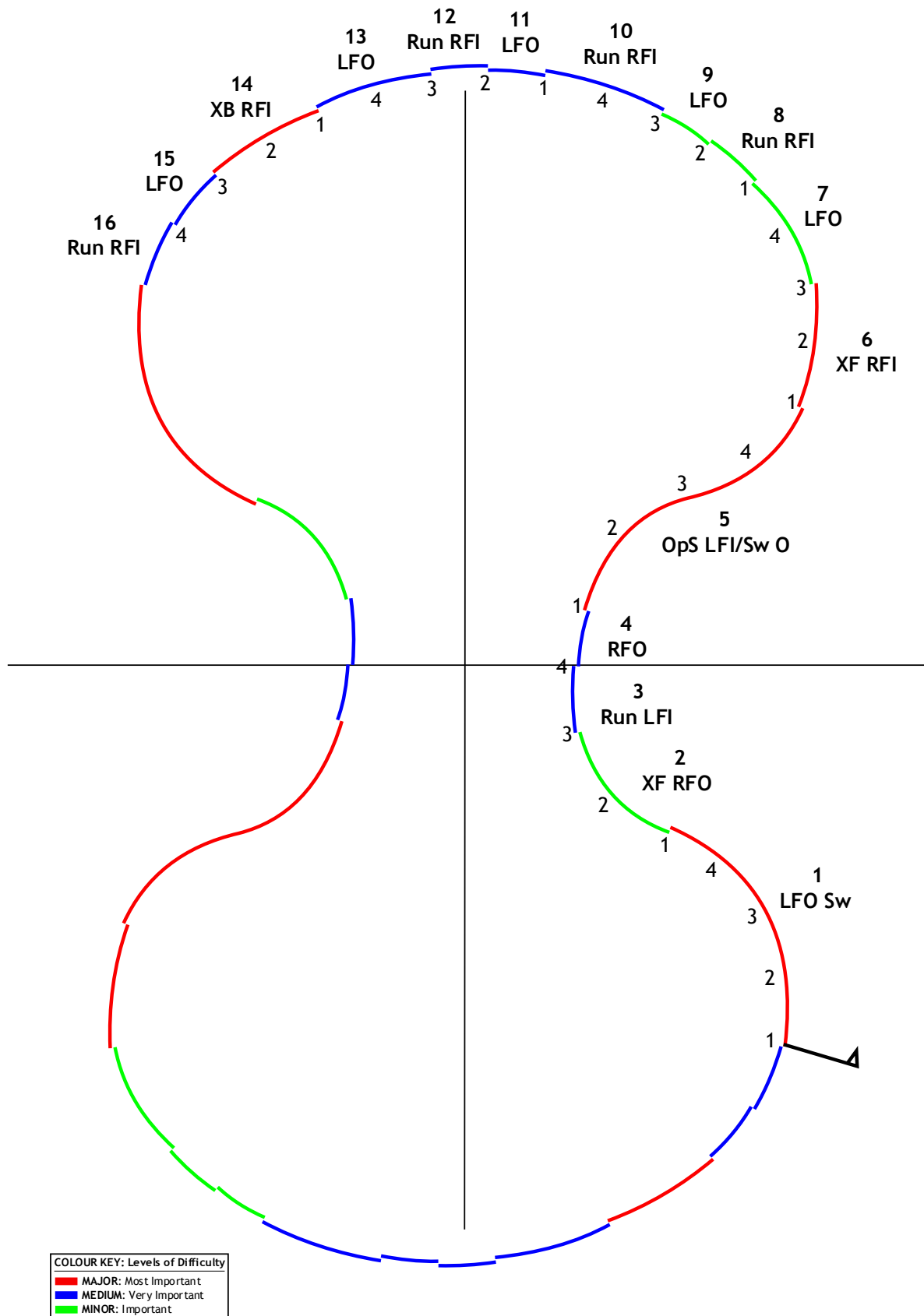
Monterey Tango - List of Steps

Hold	Step No.	Man's Steps	Musical 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



RHYTHM BLUES - Couples & Solo

By Robert Graigin

Music: Blues 4/4
Hold: Kilian

Tempo: 92 BPM
Pattern: Set

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

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

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

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

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

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

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

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

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

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

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

REFERENCE STEPS:

- **Step 7** starts on the short axis.
- **Step 14** intersects the long axis on the 2nd beat.

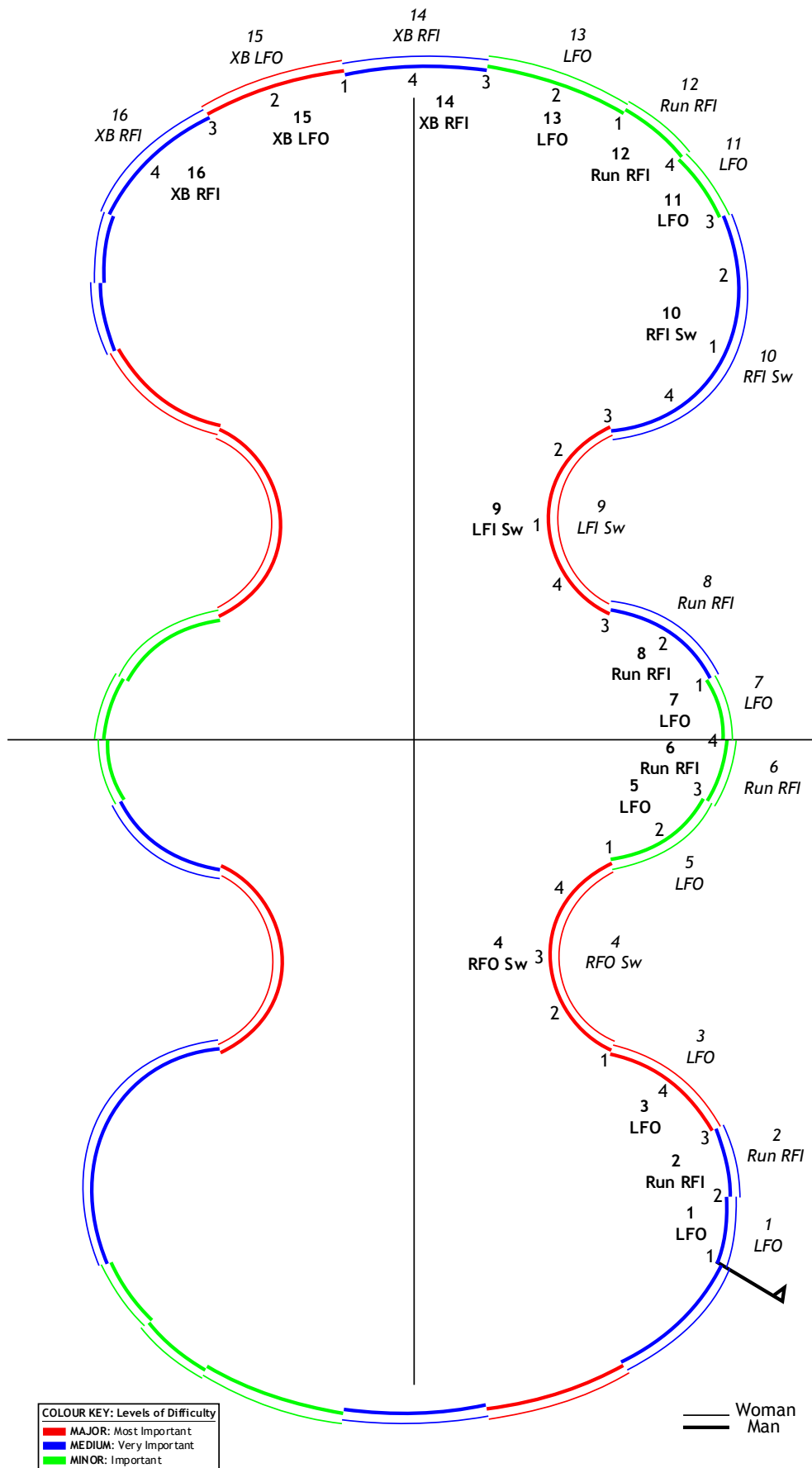
Key Points - Rhythm Blues Couples & Solo

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

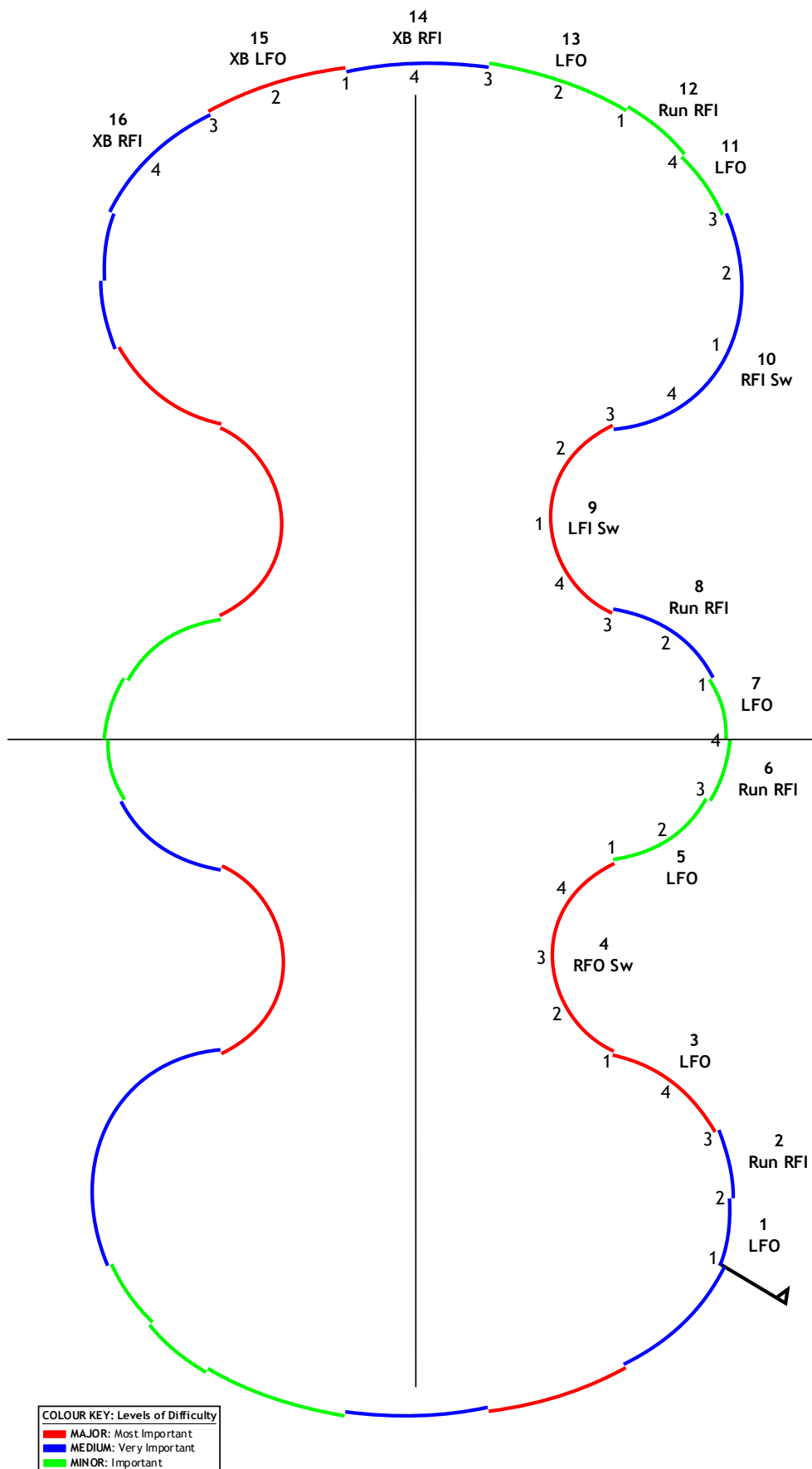
Rhythm Blues - List of Steps

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

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

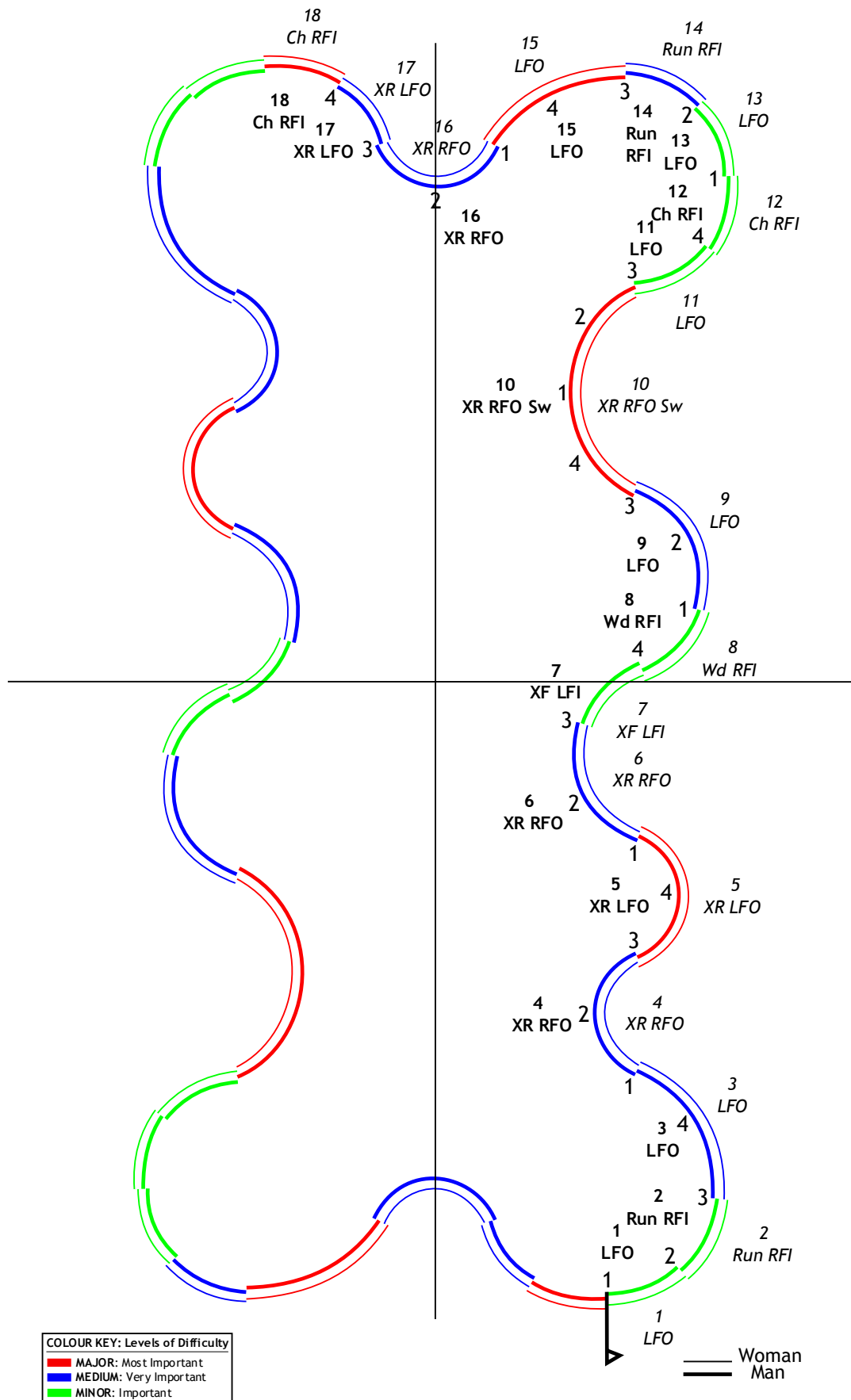
1. **Step 5 XR LFO** (2 beats):
 - Correct technical execution of the cross roll on a clear outside edge with appropriate change of lean.
 - Correct timing of the step.
 - No deviation from the outside edge.
 - For couples: Correct (Kilian/Foxtrot) position of the couple without any separations.
2. **Step 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.

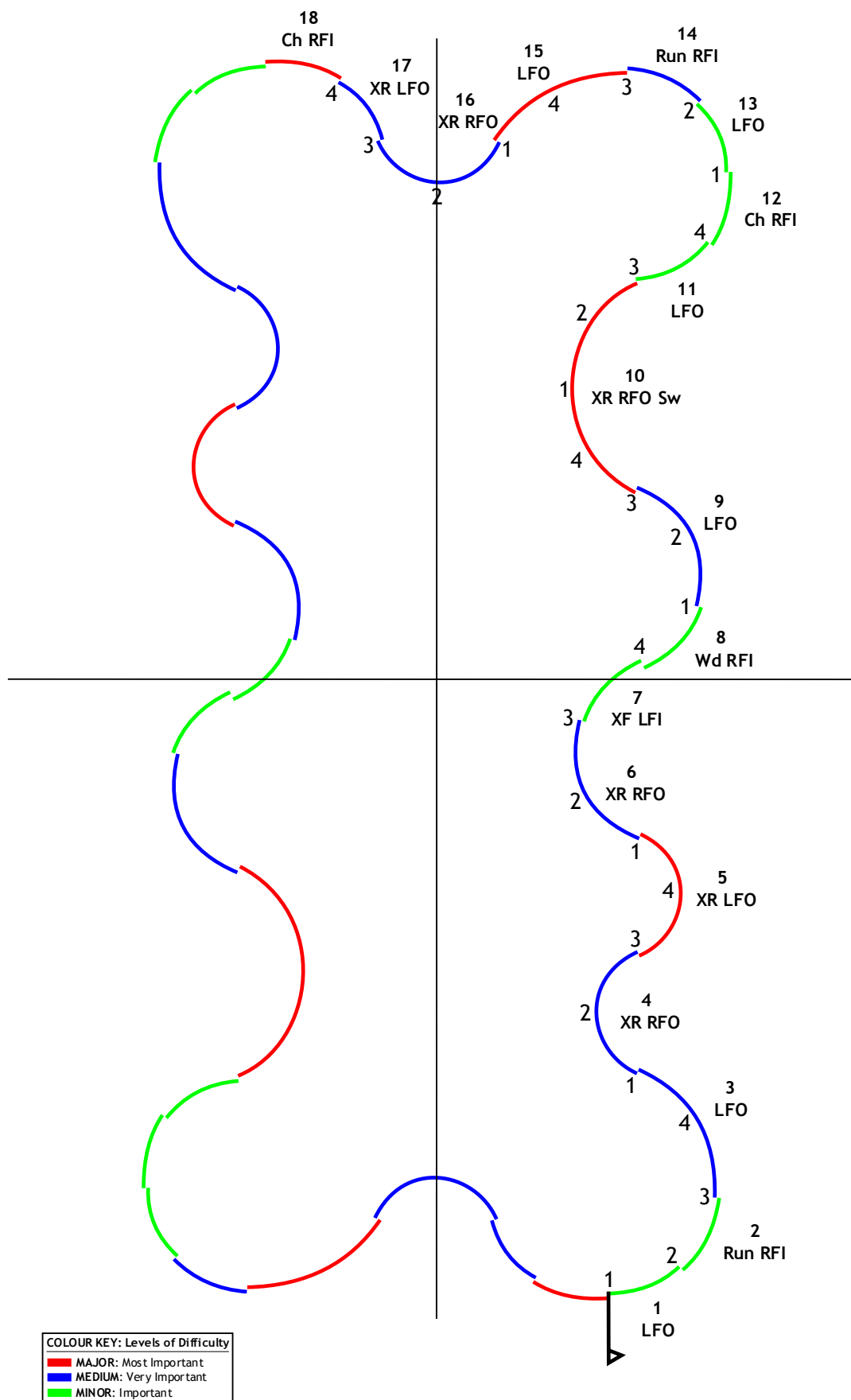
Roller Rhumba - List of Steps

Hold	Step No.	Man's Steps	Musical 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



SOCIETY BLUES - Couples & Solo

By Bob Irwin & John P. Rodger

Music: Blues 4/4 or Foxtrot 4/4

Hold: Kilian

Tempo: 88 BPM

Pattern: Set

Step 1 LFO (1 beat), **Step 2 Run RFI** (1 beat) and **Step 3 LFO** (2 beats) are a sequence of runs. The first stroke 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.

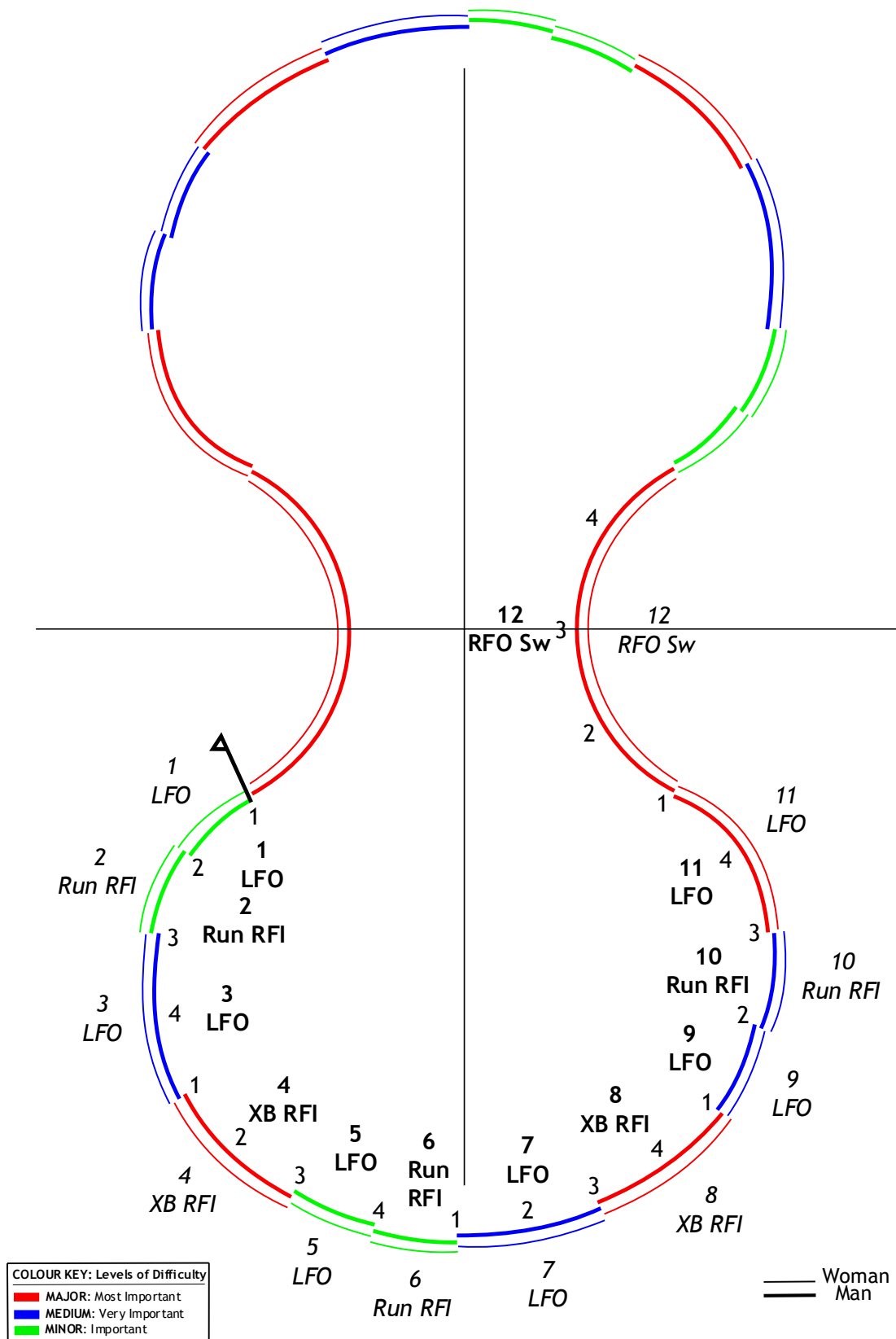
Key Points - Society Blues Couples & Solo

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 that must begin 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.

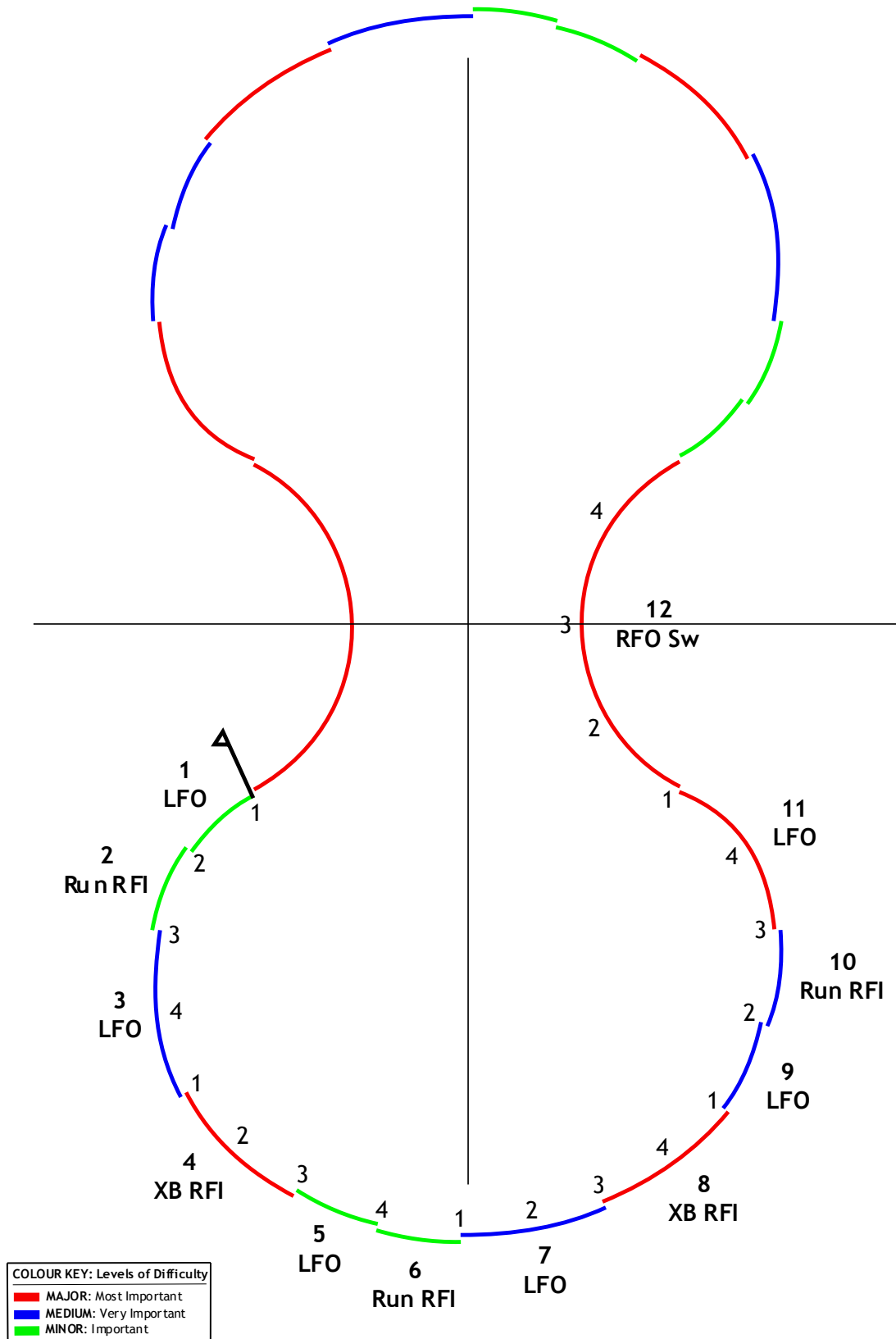
Society Blues - List of Steps

Hold	Step No.	Man's Steps	Musical Beats	Woman's Steps
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	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 baseline skating.

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

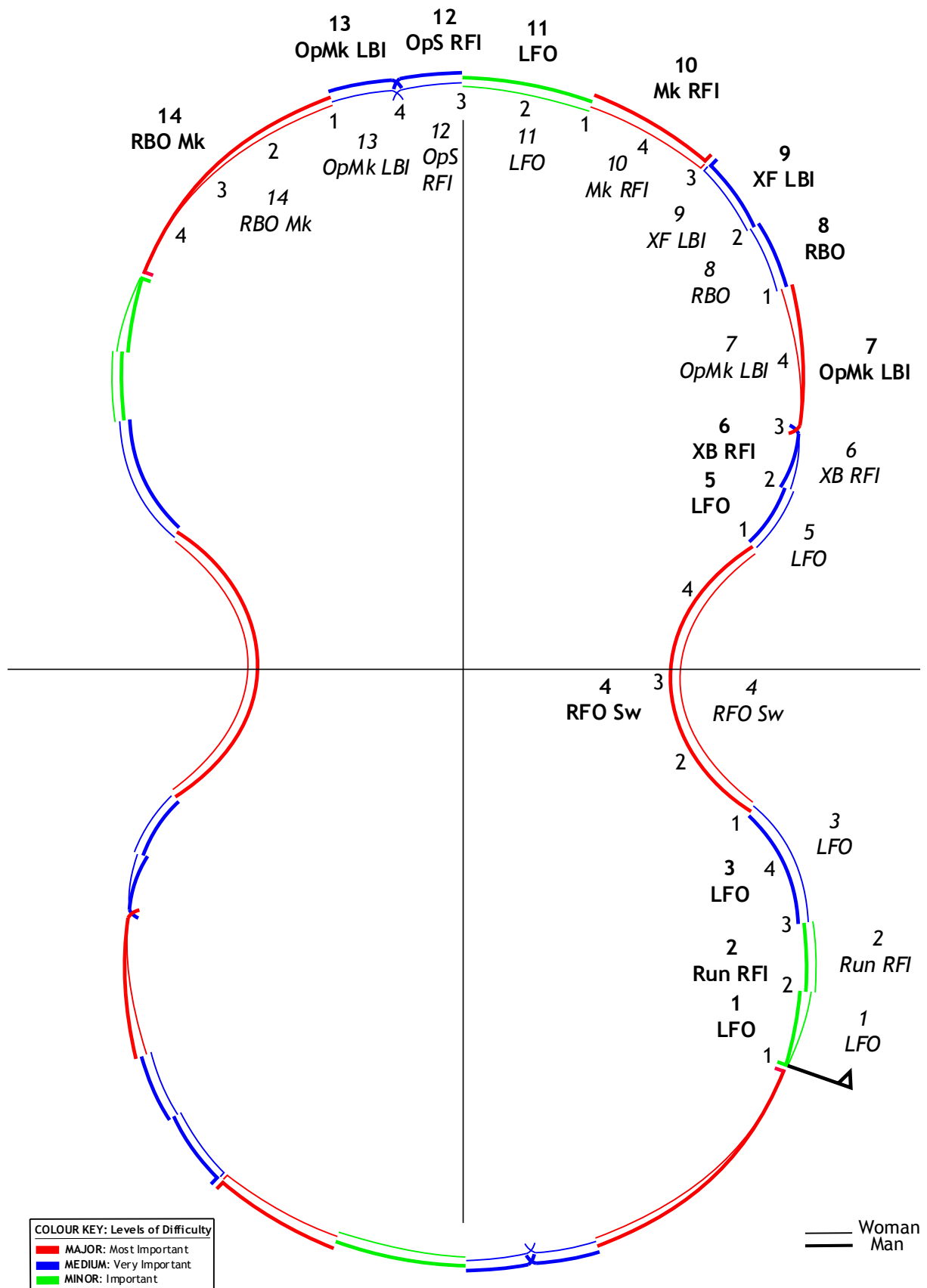
1. **Step 4 RFO Sw (2+2 beats):**
 - Correct technical execution and timing of the swing on the 3rd beat, without deviating from the outside edge in advance.
 - For couples: Correct Kilian position and unity of the couple, without any separations.
2. **Step 7 OpMk LBI (2 beats):**
 - Correct technical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

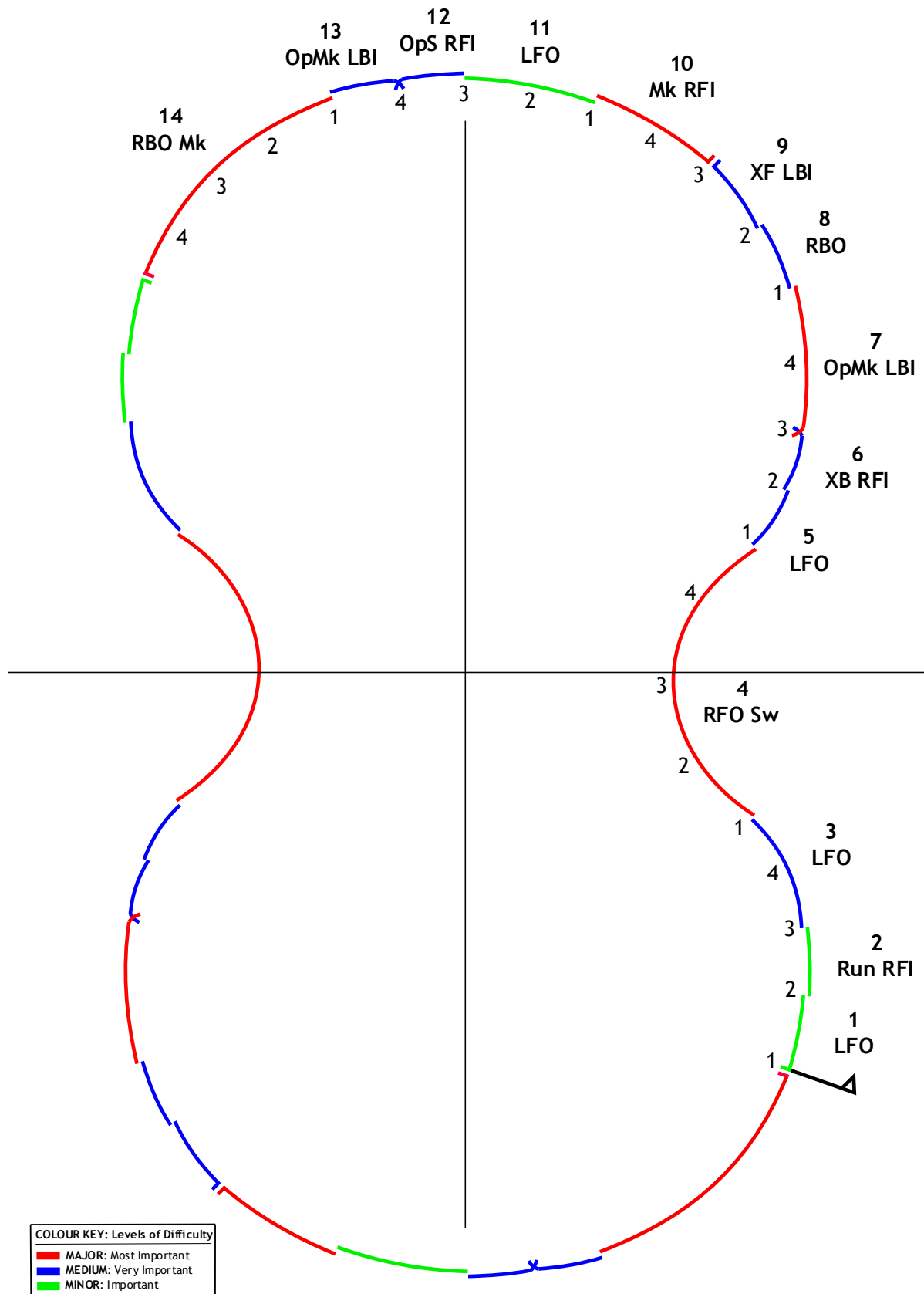
Southland Swing - List of Steps

Hold	Step No.	Man's Step	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



SWING FOXTROT - Solo

By Hans Jurgen Schamberger

Music: Foxtrot 4/4

Tempo: 104 BPM

Pattern: Set

The dance begins toward the short side barrier with a sequence of three steps: **Step 1 LFO** (1 beat) initially toward the short side barrier and then becoming parallel to it; **step 2 Run RFI** (1 beat); and **3 LFO** (2 beats) that curves away from the long side barrier in the direction of the long axis.

Steps 4 XR RFO and **5 XR LFO** (2 beats each) are cross rolls skated on outside edges on the left and then the right side of the baseline; step 4 aims initially toward the long axis and curves back to the baseline and step 5 aims initially toward the long side barrier and curves back to the baseline.

The next cross roll, **step 6 XR RFO Sw** (2+2 beats), forms a larger lobe than the previous ones, aimed initially toward the long axis and finishing toward the long side barrier. The free leg swings forward on the 3rd beat.

The next sequence of steps, **7 LFO**, **8 Run RFI** (1 beat each) and **9 LFO** (2 beats) is skated with the same technique and timing of steps 1,2,3, beginning on the baseline, aiming toward the long side barrier and finishing on the baseline in the direction of the long axis with step 9.

Step 10 XR RFO Sw (2+2 beats) is a cross roll swing with a forward swing of the free leg on the 3rd beat. This step begins and ends on the baseline (see step 6).

The sequence of **steps 11 LFO** and **12 Run RFI** (1 beat each) and **13 LFO** (2 beats) must be performed with the same technical execution and timing of steps 7, 8 and 9.

Steps 14 RFI (2 beats) and **15 LFI** (2 beats) are open strokes on inside edges; Step 15 is stroked from an angular position. Step 14 begins parallel to the short side barrier and curves to become perpendicular to the short axis. Step 15 begins parallel to the long axis and becomes perpendicular to it.

Step 16 RFO Sw (2+2 beats) is a stroke with a forward swing of the free leg on the 3rd beat. The step begins before the long axis and finishes toward the short side barrier.

REFERENCE STEPS:

- Step 7 begins on the short axis.
- Step 16 intersects the long axis slightly after the 2nd beat.

Key Points - Swing Foxtrot Solo

1. **Steps 4 XR RFO** (2 beats) and **5 XR LFO** (2 beats):
 - Correct technical execution of the cross rolls with evident lobes, correct edges and proper changes of lean of the body, avoiding excessive separations of the couple.
2. **Step 10 XR RFO Sw** (4 beats - 2+2):
 - Correct technical execution of cross roll followed by a forward swing of the free leg on the third beat and pressure on the outside edge, without deviating from it.
3. **Step 14 RFI** and **15 LFI** (open strokes, 2 beats each):
 - Correct technical execution of the open strokes, with the skating foot on inside edges from the beginning to the end of each step, with correct lean and proper posture.
4. **Step 16 RFO Sw** (4 beats):
 - Correct technical execution of the step on an outside edge without deviation from the edge during the swing. Attention to the fourth beat of the step where often skaters will change to inside edge in preparation for the restart of the step.

List of steps - Swing Foxtrot Solo

NO	STEPS	MUSICAL BEAT
Section 1		
1	LFO	1
2	Run RFI	1
3	LFO	2
4	XR RFO	2
5	XR LFO	2
6	XR RFO Sw	2+2
7	LFO	1
8	Run RFI	1
9	LFO	2
10	XR RFO Sw	2+2
11	LFO	1
12	Run RFI	1
13	LFO	2
14	RFI (open stroke)	2
15	LFI (open stroke)	2
16	RFO Sw	2+2

Pattern - Swing Foxtrot Solo

