



CONFÉDÉRATION EUROPÉENNE DE ROLLER-SKATING
C.E.R.S. (Affiliée à la F.I.R.S.)
CERS ARTISTIC – EUROPEAN ARTISTIC SKATING COMMITTEE
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European Artistic Skating Committee

DANCES 2017

SOLO & COUPLES DANCE

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DANCES FOR MINIS, ESPOIR, CADET, YOUTH FOR 2017:-

Minis – SOLO & COUPLES DANCE

Kinder Waltz 120 (new)
Carlos Tango

Espoir – SOLO & COUPLES DANCE

Denver Shuffle
Werner Tango 100 (new)

Cadet – SOLO & COUPLES DANCE

Tudor Waltz
Easy Paso (tempo 104) (new)

Youth – SOLO & COUPLES DANCE

Association Waltz
Cha Cha Patin 112 (new)

New Dances and modified Dances for 2017:

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KINDER Waltz

Originated as 120 WALTZ by Jean van Horn

Adapted as KINDER WALTZ by CIPA/CEPA Dance sub-Committee (2016)

Music: Waltz 3/4

Position: Kilian

Competitive Requirements: 4 Sequences

Tempo: 120 Metronome

Pattern: set

DANCE DESCRIPTION

This dance should be skated with deep edges, using the entire skating surface and respecting the baseline throughout, demonstrating flow and rhythmical movements in accordance with the music with correct timing.

The dance must be skated in Kilian position and start near the short axis (starting to the left of the Judge stand) with a LFO (step #1) of two beats parallel to the long side barrier, followed by RFI raised chasse (step #2) of one beat and a LFO (step #3) of three beats aiming toward the center of the floor. Step #4 is a Cross Roll to a RFO, of two beats, follow by a run LFI of one beat (step #5) and then a Swing RFO (step #6) of six beats, still starting to the long axis, holding the free leg in back for three beats, and swinging the free leg forward on the 4th beat of the step, finishing aiming toward the long side barrier and closing the first lobe of the dance.

Steps #7 is a LFO of two beats, followed by a raised Chasse RFI (step #8) and a LFO (step #9) both of one beat each.

Step 10 is a run RFI which curves almost parallel to the short side of the rink. The closure of this lobe, placed at the right corner of the rink, takes place with step #11, a LFOI swing, which begins parallel to the short side barrier and moving away from it, forms a curve that crosses the long axis with the final two beats and finishes aiming toward the short side barrier. The free leg is held in back for the first three beats, and brought in front with a swing on the 4th beat, simultaneously with the execution of the change of edge to LFI (held for three beats).

Step #12 is RFI swing for 6 beats, swinging the free leg forward on the 4th beat of the step; the direction is toward the short side barrier, then becomes parallel to it and finishes aiming toward the long side barrier. To finish this second corner lobe there is a sequence of a stroke LFO (step #13) for two beats aiming toward the long side barrier, followed by a run RFI (step #14) for one beat, parallel to the long side barrier and a LFO Swing (step #15) for five beats total, starting parallel to the long side barrier, holding the free leg in back for three beats, and swinging the free leg forward on the 4th beat of the step finishing aiming toward the long axis.

Step #16 is a cross in front RFO of one beat, keeping the free leg close together, followed by a cross behind LFI (step #17) of three beats aiming to the long side barrier, changing the edge to LFO on the 3rd beat of the step in order to allow the next step, a cross behind RFI (step #18) of three beats, aiming the long side barrier.

DANCE KEY-POINTS

SECTION 1:

- **Step 4, XR RFO:** correct execution of the Cross Roll, without changing the edge to inside before/after the step.
- **Step 6, RFO Sw:** correct execution of the Swing, without changing to inside edge at the end of the step.
- **Step 11, LFOI Sw:** correct execution of the Swing Change of edge, keeping the outside edge for three beats, and changing to inside edge for the next three beats, finishing aiming toward the short side barrier.

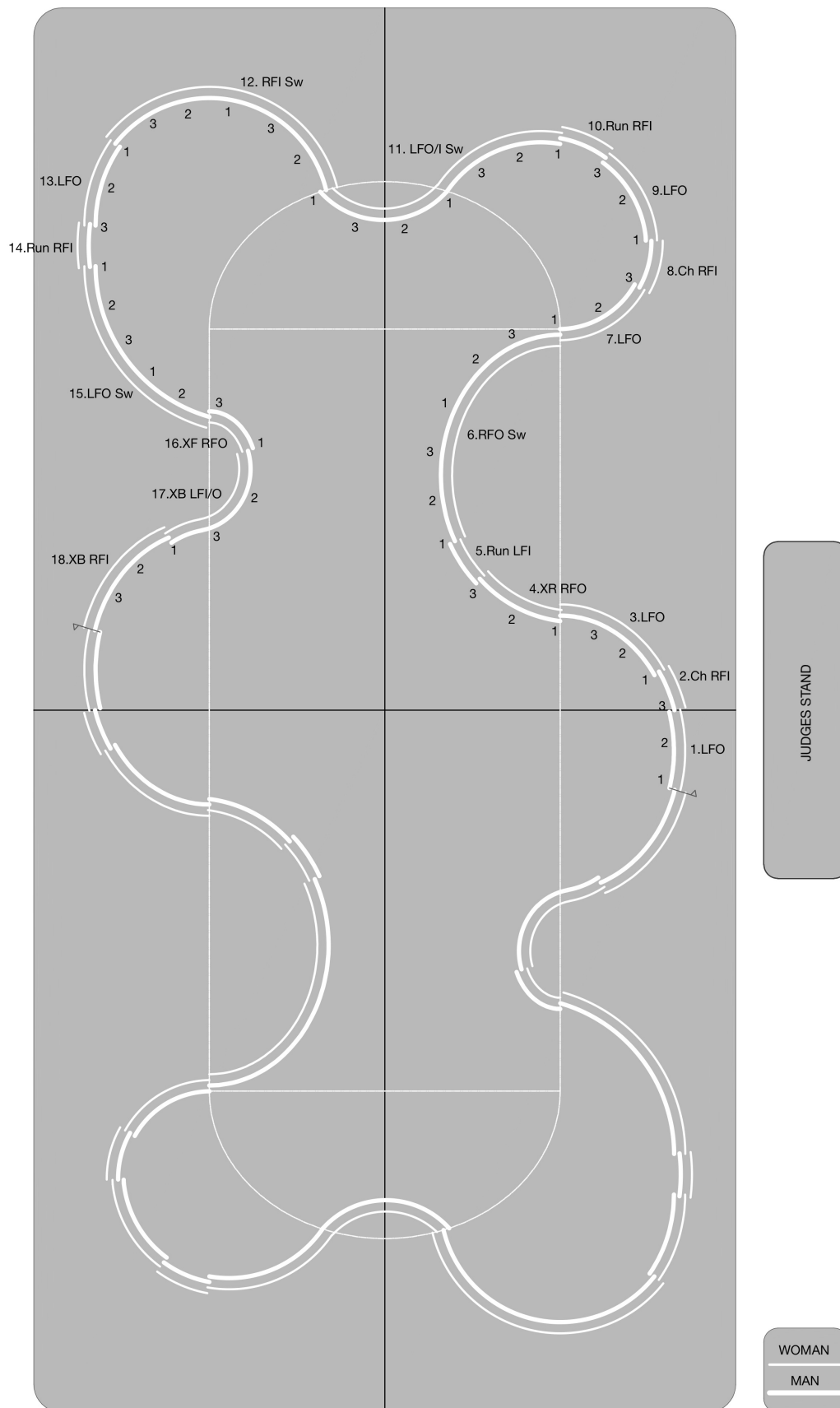
SECTION 2:

- **Step 12, RFI Sw,** correct execution of the Swing, keeping the inside edge from the beginning to the end of the step.
- **Step 15, LFO Sw & 16, XF RFO:** correct execution of Swing, swinging the leg on the 4th beat of the step, without changing to inside edge at the end of the step (beat 5), and the cross in front to outside edge of one beat, keeping the feet close together and a clear bodyline.
- **Step 17, XB LFOI & 18, XB RFI:** correct execution of the Crosses Behind, placing the feet close together and the clear inside edge (only changing to outside edge at the end of step #15 in order to allow step #16).

LIST OF THE STEPS

HOLD	No.	WOMAN Steps	BEATS	MAN Steps
1st SECTION				
Kilian	1	LFO	2	LFO
	2	Ch RFI	1	Ch RFI
	3	LFO	3	LFO
	4	XR RFO	2	XR RFO
	5	Run LFI	1	Run LFI
	6	RFO Sw	3+3	RFO Sw
	7	LFO	2	LFO
	8	Ch RFI	1	Ch RFI
2nd SECTION				
Kilian	9	LFO	2	LFO
	10	Run RFI	1	Run RFI
	11	LFOI Sw	3+3	LFOI Sw
	12	RFI Sw	3+3	RFI Sw
	13	LFO	2	LFO
	14	Run RFI	1	Run RFI
	15	LFO Sw	3+2	LFO Sw
	16	XF RFO	1	XF RFO
	17	XB LFI/O	2+1	XB LFI/O
	18	XB RFI	3	XB RFI

KINDER Waltz



CARLOS TANGO

Please note that the Hold position is changed from Kilian (Crossed in front) **TO KILIAN:**

CARLOS TANGO

By Carl Henderson

(Modified for Minis Couples from Cinzia Bernardi & from Dance Commision 2016)

Music: Tango 4/4

Position: Kilian (~~Crossed in front~~)

Competitive Requirements: 4 Sequences

Tempo: 96

Pattern: Set

Step 1 LFO (1 beat), aimed in the direction of the long side barrier followed by step 2 RFI (1 beat), parallel to the long side barrier.

Step 3 LFO + tap in back (total of 4 beats) is maintained on an outside edge for all four beats of which, the first three are characterized by an extension of the right free leg in back and by a light touch to the floor with the inside front wheel (on the 3rd beat), and on the fourth beat in "and" position in preparation for the next step. The direction is toward the short side barrier.

Step 4 DpCh RFI + tap in front (total of 4 beats) is a dropped chasse maintained on an inside edge for all four beats of which, the first three are characterized by an extension in front of the free leg and by a light touch to the floor with the outside front wheel of the left skate (on the 3rd beat), and on the fourth beat in "and" position in preparation for the next step.

Step 4 crosses the long axis on the 3rd beat and represents the top of the lobe that curves almost parallel to the short side barrier.

The Steps: 5 LFO (1 beat), step 6 Ch RFI (1 beat), step 7 LFO (1 beat) in the direction of the long side barrier, followed by step 8 run RFI (1 beat), which curving, is almost parallel to the long side barrier.

Step 9 LFO-Sw (4 beats) is a run followed by a swing on the 3rd beat that initially aims toward the long side barrier, becomes parallel to it and moves toward the baseline in the direction of the long axis.

Step 10 RFO (1 beat) aimed in the direction of the long axis, followed by step 11, run LFI (1 beat), which curving, becomes almost parallel to the long axis.

Step 12 RFO-Sw (4 beats) crosses the short axis on the 2nd beat, becoming parallel to the long axis, followed by a swing of the free leg in front on the 3rd beat and ends aiming toward the long side barrier, crossing the baseline on the 4th beat.

KEY POINTS - CARLOS TANGO

SECTION 1

1. Step 3 LFO & Step 4 DpCh RFI , tap down keeping the edge and touching down with the right wheel or the correct timing.
Step 6 Ch RFI, chasse with no deviation from the inside edge.
2. Step 9/10 & 12/1, roll without deviation from the outside edge during the swing of the free leg.
3. Step 2/8/11, run without making a cross stroke

LIST OF THE STEPS

Carlos Tango Couples (96 bpm)				
Hold	No.	Man's Steps	Musical Beat	Woman's Steps
SECTION 1				
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO + tap in back	2+1+1	LFO + tap in back
	4	Dp Ch RFI + tap in front	2+1+1	Dp Ch RFI + tap in front
	5	LFO	1	LFO
	6	Ch RFI	1	Ch RFI
	7	LFO	1	LFO
	8	run RFI	1	run RFI
	9	run LFO Sw	2+2	run LFOSw
	10	RFO	1	RFO
	11	run LFI	1	run LFI
	12	run RFO Sw	2+2	run RFO Sw

The diagram illustrates a circular track layout with 12 numbered points (1-12) and various track types (LFO, RFI, RFO, LFI, Ch RFI, DpCh RFI) and their corresponding tap positions (front, back, 3°bt). The layout is divided into four quadrants by a vertical and horizontal dashed line.

- Top-Left Quadrant:**
 - Point 1: LFO
 - Point 2: Run RFI
 - Point 3: LFO - Tap in back (3°bt)
 - Point 4: LFO - Tap in back (3°bt)
- Top-Right Quadrant:**
 - Point 1: Run LFI
 - Point 2: Run RFO - Sw
 - Point 3: Run RFO - Sw
 - Point 4: Run RFO - Sw
- Bottom-Left Quadrant:**
 - Point 1: Run RFI
 - Point 2: Run RFI
 - Point 3: LFO - Tap in back (3°bt)
 - Point 4: LFO - Tap in back (3°bt)
- Bottom-Right Quadrant:**
 - Point 1: Run LFO - Sw
 - Point 2: Run LFO - Sw
 - Point 3: Run LFO - Sw
 - Point 4: Run LFO - Sw
 - Point 5: LFO
 - Point 6: Ch RFI
 - Point 7: LFO
 - Point 8: Run RFI
 - Point 9: Run LFO - Sw
 - Point 10: Run RFO
 - Point 11: Run LFI
 - Point 12: Run RFO - Sw

ver. CEPA 2016



DENVER SHUFFLE

Originated by Briggs & Johnson

Music: Polka 2/4

Position: Kilian

Competitive Requirements: 4 Sequences

Tempo: 100 Metronome

Pattern: set

The dance must be performed with liveliness and determination.

The position is Kilian and the steps are the same for both skaters.

Step 1 LFO (2 beats), aims in the direction of the long side barrier followed by step 2 XF RFI (2 beats), a cross in front right forward inside edge with simultaneous extension of the free leg, skated parallel to the long side barrier.

Step 3 LFO (1 beat) step 4 ChRFI (1 beat) and step 5 LFO (2 beats) are skated in the direction of the short side barrier; on step 5 the free leg, after finishing the push on the first beat, is brought into "and" position in preparation for the next step.

Steps: 6 and 7 Slip SLIDE in which the feet slide alternately with a forward extension, parallel to each other and on separate tracks with all eight wheels (for each skater) resting on the floor. The slides are executed at the top of the curve of the lobe of the short side barrier and intersect the long axis.

Step 6 Slip SLIDE, right forward inside edge remains as the center of gravity of the body while the left foot slides forward on an outside edge with extension of the left leg stretched forward.

Step 7 Slip SLIDE, left forward outside edge remains as the center of gravity of the body while the right foot slides forward on an inside edge with extension of the right leg stretched forward.

At the end of the second slide (step 7) the four wheels of the right foot should be lifted simultaneously from the floor in preparation for step 8 XF RFI (2 beats), a cross in front right forward inside edge with the left free leg extended in back; Step 8 begins the downward phase of the curve started with step 3 and ending with step 10, in the direction of the long side barrier.

Step 9 LFO (1 beat) aims in the direction of the long side barrier, followed by step 10 ChRFI (1 beat) and a sequence of runs, step 11 LFO (1 beat), 12 RFI (1 beat), and 13 LFO(2 beats), the latter moving away from the long side barrier, curving in the direction of the long axis to arrive at a baseline parallel to the long axis.

Step 14 XF RFO (2 beats) is a cross in front right forward outside edge in the direction of the long axis; Step 15 XB LFI (two beats) is a cross behind left forward inside edge with the right free leg stretched in front, which is aimed in the direction of the long axis.

Step 16 RFO (1 beat) begins before the short axis and is followed by step 17 Ch LFI (1 beat) skated after the short axis and 18 RFO Sw, (4 beats total), in which the free leg extends in back for two beats and swings in front on the 3rd beat; finishing on the baseline almost parallel to the short axis in the direction of the long side barrier.

It is essential to pay attention to the edges in the center lobe, so as not to deform the shape of the corners of the rink.

KEY -POINTS - DENVER SHUFFLE

SECTION 1

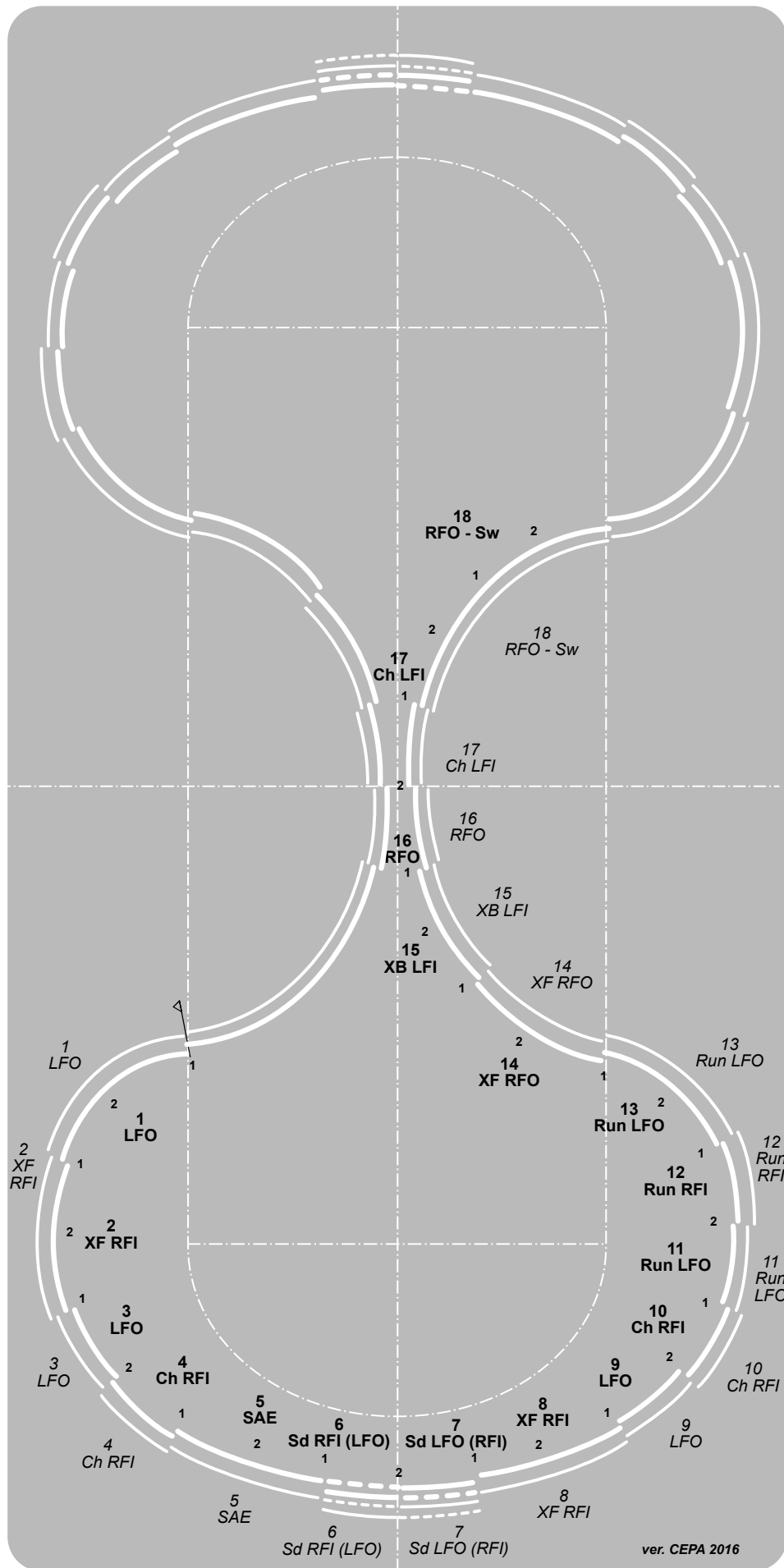
1. Steps 2 XF-RFI, and 8 XF RFI, each lasting 2 beats: correct execution of the cross in front, performed with the feet close and parallel.
2. Steps 6 Sd-RFI (LFO) and 7 Sd-LFO (RFI):
 - NOT to be skated "flat", but should be performed on the required edges;
 - After step 7:
 - the 4 wheels of the right skate are raised simultaneously (not the two front wheels before the two rear wheels). It must be an evident lifting of the entire foot from the floor and then skating step 8.
3. Step 14 XF RFO (2 beats) is a right cross in front, aimed toward the long axis with an evident change of lean; Step 15 XB LFI (2 beats) is a cross behind left forward inside edge: correct execution of the crosses.
4. Step 18 RFO Sw, (4 beats total) with a swing on the 3rd beat without deviation from the outside edge; unison of the free legs of the skaters.

LIST OF THE STEPS

DENVER SHUFFLE (100 bpm)

Hold	Step No.	Man's Steps	Musical Beats	Woman's Steps
SECTION 1				
Kilian	1	LFO	2	LFO
	2	XF RFI	2	XF RFI
	3	LFO	1	LFO
	4	Ch RFI	1	Ch RFI
	5	LFO	2	LFO
	6	SISd RFI (LFO)	1	SISd RFI (LFO)
	7	SISd LFO (RFI)	1	SISd LFO (RFI)
	8	XF RFI	2	XF RFI
	9	LFO	1	LFO
	10	Ch RFI	1	Ch RFI
	11	LFO	1	LFO
	12	Run RFI	1	Run RFI
	13	Run LFO	2	Run LFO
	14	XF RFO	2	XF RFO
	15	XB LFI	2	XB LFI
	16	RFO	1	RFO
	17	Ch LFI	1	Ch LFI
	18	RFO Sw (3rd beat)	2+2	RFO Sw (3rd beat)

DENVER SHUFFLE



WERNER Tango

Originated Gladys & George Werner
Adapted by CIPA/CEPA Dance sub-Committee (2016)

Music: Tango 4/4
Position: Kilian Reverse
Competitive Requirements: 4 Sequences

Tempo: 100 Metronome
Pattern: set

DANCE DESCRIPTION

This dance should be skated in Reverse Kilian position, with strong edges and character. Good flow and fast travel across the floor are essential and must be achieved without obvious effort or pushing. Free leg and choreographed upper body movements should be added, as long as they respect the correct edges, timing and prescribed free leg positions.

The first step of the dance is a LFO of one beat aiming toward the long side barrier near the left corner away from the judge stand. Step #2 is a RFI raised chasse, of one beat, parallel to the long side barrier, followed by a LFO of two beats (step #3) aiming toward the short side barrier and then a cross in front to a RFI (step #4), of two beats, finishing aiming toward the center of the floor.

Step #5 is double swing change of edge LFI/O of 6 beats, starting toward the center of the floor, changing the edge aiming toward the short side barrier and finishing parallel to it. On this step, the free leg is swung forward on the third count of the step, the change of edge occurs on the fourth beat of the step, holding the free leg in front, and then the free leg is swung in back on the fifth beat of the step.

Step #6 is a cross behind to a RFI of two beats, aiming toward the long side barrier, followed by a LFO (step #7) and a run RFI (step #8), both of one beat, finishing with a LFO (step #9) of two beats aiming toward the center of the floor.

Step #10 is a deep RFO of two beats to allow a dropped chasse with a change of edge LFI/O (step #11) of two beats. On this step, the inside edge is held for one beat, and the change of edge to outside occurs on the second beat of the step, aiming toward the long side barrier. Next, there is a cross in front RFI (step #12) of two beats finishing parallel to the long side barrier.

Step #13 is a LFO of one beat starting near the short axis, followed by a raised chasse RFI (step #14) of one beat aiming toward the center of the floor.

Step 15 is a 6 beat step composed of:

- LFI swing of four beats starting toward the center of the floor and finishing aiming toward the long side barrier. On this step the free leg is swung in front on the third beat of the step.
- Slalom step, of two beats, with both feet on the floor in a parallel and close together position. On the first beat the previous LFI edge is maintained and the right skate is placed alongside the left foot on a RFO for one beat, and then the change of edge occurs to a LFO/RFI for one beat.

This last step should finish aiming toward the long side barrier to allow the restart the dance with the take off of the right skate from the skating surface.

DANCE KEY-POINTS

SECTION 1:

- **Step 4**, correct execution of Cross in front, with feet close together.
- **Step 5**, correct execution of Double Swing Change of edge, respecting the prescribed free leg position and the timing
- **Step 6**, correct execution of the Cross behind, with feet close together, without changing the edge before/after the step.

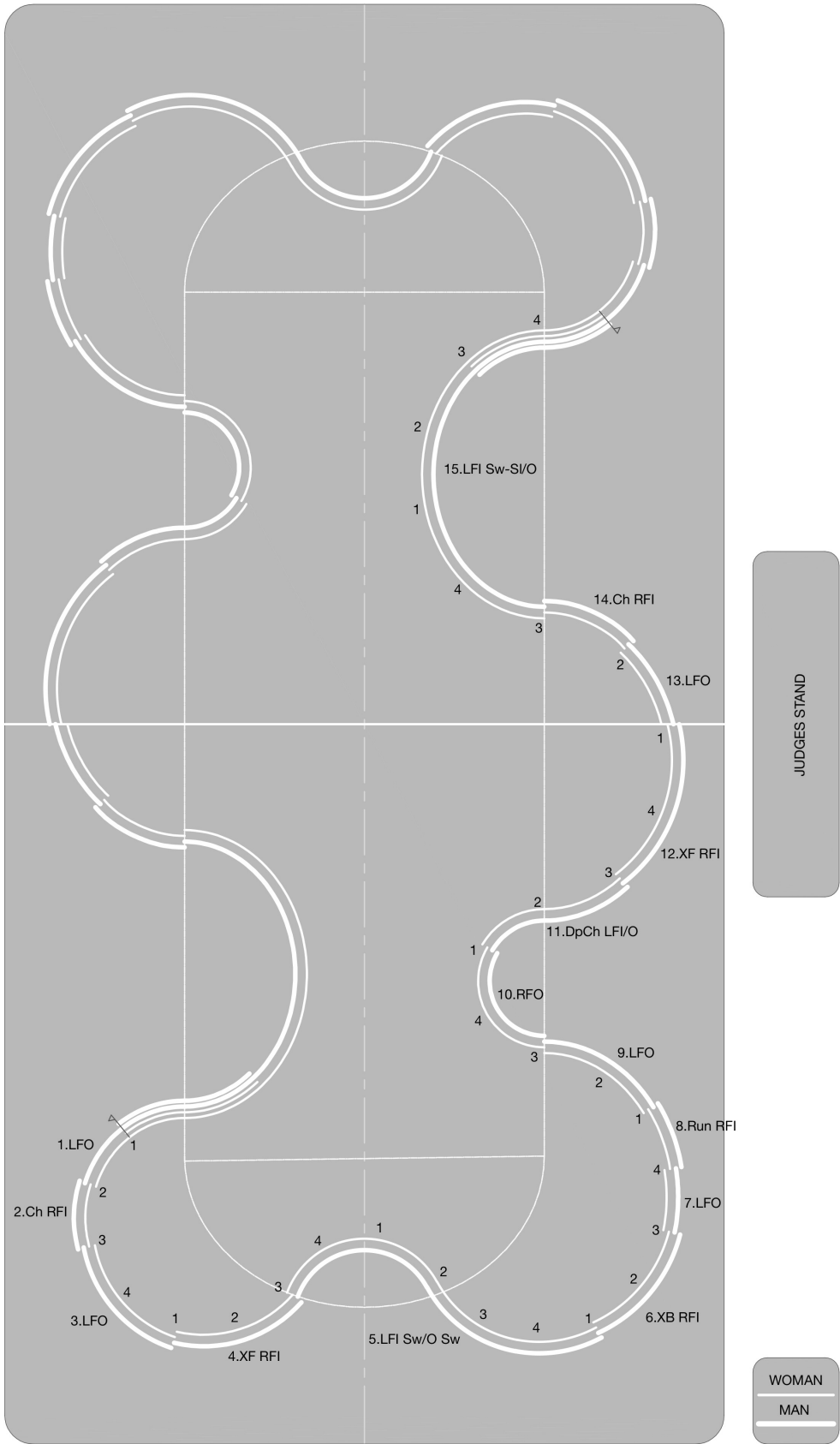
SECTION 2:

- **Step 11**, correct execution of Dropped Chasse Change of edge, respecting the correct timing.
- **Step 12**, correct execution of Cross in front, with feet close together.
- **Step 15**, correct execution of the Swing Slalom Change of edge, respecting the correct timing and the Slalom position (both feet on the floor in a parallel and close together position), with a pronounced change of edge.

LIST OF THE STEPS

HOLD	No.	WOMAN Steps	BEATS	MAN Steps
1st SECTION				
Kilian Reverse	1	LFO	1	LFO
	2	Ch RFI	1	Ch RFI
	3	LFO	2	LFO
	4	XF RFI	2	XF RFI
	5	LFI Sw/O Sw	2+1+1+2	LFI Sw/O Sw
	6	XB RFI	2	XB RFI
	7	LFO	1	LFO
	8	Run RFI	1	Run RFI
	9	LFO	2	LFO
2nd SECTION				
Kilian Reverse	10	RFO	2	RFO
	11	DpCh LFI/O	1+1	DpCh LFI/O
	12	XF RFI	2	XF RFI
	11	LFO	1	LFO
	14	Ch RFI	1	Ch RFI
	15	LFI Sw/ SI/O (RFO/I)	2+2+1+1	LFI Sw/ SI/O (RFO/I)

WERNER Tango



TUDOR WALTZ

By Ronald Gibbs

Music: Waltz 3/4

Position: Kilian, Tandem

Competitive Requirements: 4 Sequences

Tempo: 144

Pattern: Set

The position is Kilian for steps 1 through 7 and steps 9 through 12. Step 8 is in Tandem position.

Steps 1 LFO (2 beats), 2 Ch RFI (1 beat) and 3 LFO (3 beats) begin in the direction of the long side barrier and finish aiming toward the long axis. Steps 4 RFO (2 beats), 5 Ch LFI (1 beat) and 6 RFO (3 beats) begin toward the long axis and finish toward the long side barrier.

On step 7, LFO (3 beats) aiming toward the long side barrier, the partners perform a twisting of the torso to the right with the shoulders in line with the tracing of the skating foot, in preparation for the next step, step 8.

Step 8, CIMk RBO Sw (6 beats), is a closed mohawk RBO for both partners, executing a swing in back on the fourth beat with the free legs in line with the tracing of the skating legs. The aim is initially toward the long side barrier and finishing parallel to it. On this step the couple assumes Tandem position.

Steps 9 Mk LFO (2 beats), 10 Ch RFI (1 beat) and 11 LFO (3 beats) leave the barrier and curve toward the long axis at the end of the rink. The couple maintains Kilian position until the end of the dance.

Step 12 XR RFO Sw Sw I (9 beats total) consists of a cross roll on a right outside edge, with the free leg held in back for the first 3 beats. On the fourth beat, the couple swings the free legs in front and then swings the free legs to the back on the seventh beat, simultaneously with the change to inside edge for the final 3 beats of the dance. The direction of the first three beats is toward the long axis, curving on the next three beats to become almost parallel to it, and on the last three beats, curving parallel to the short side barrier.

KEY POINTS - TUDOR WALTZ

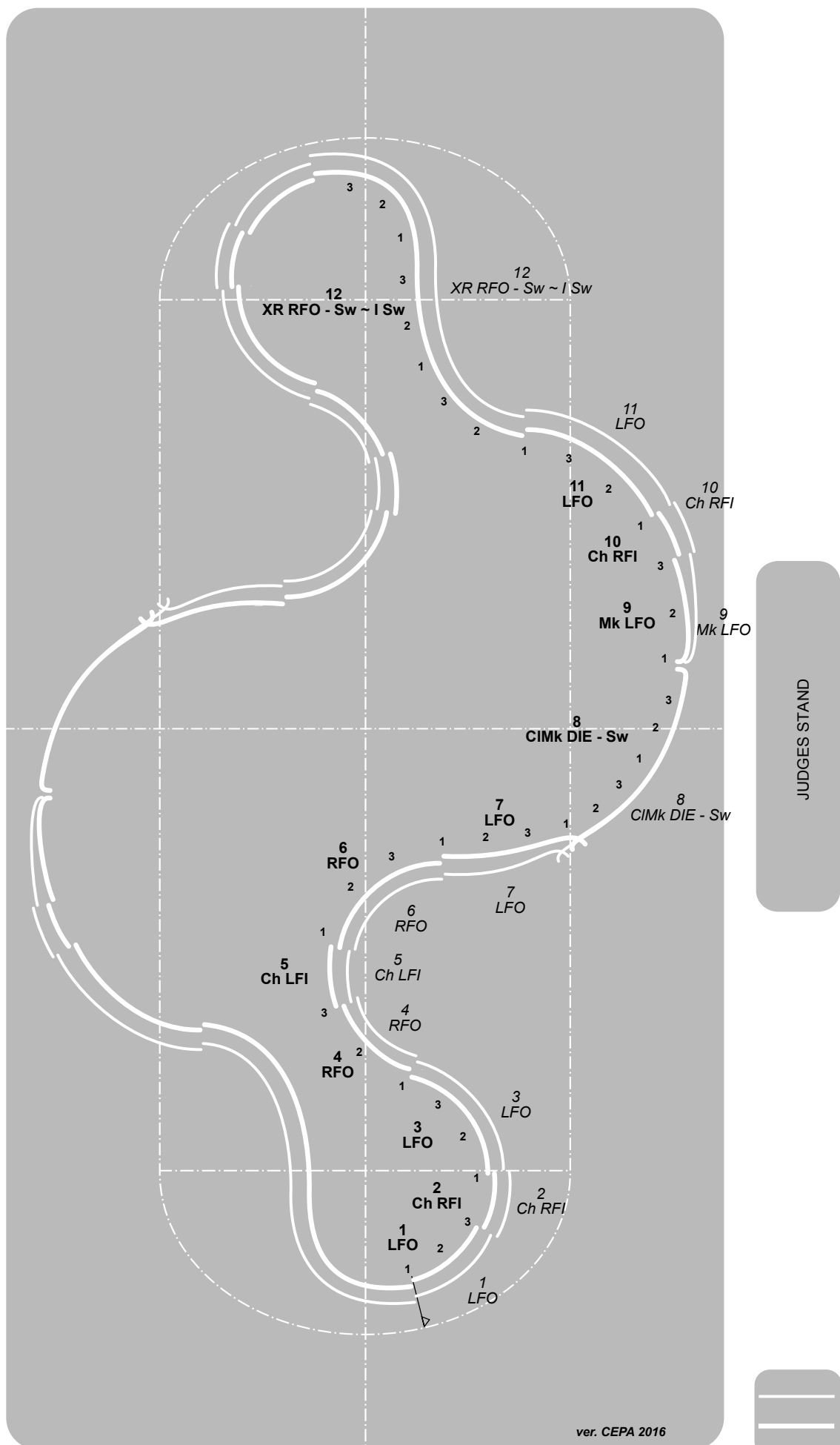
SECTION 1

- Step 1 LFO (2 beats), 2 Ch RFI (1 beat) and 3 LFO (3 beats), and steps 4 RFO (2 beats), 5 Ch LFI (1 beat) and 6 RFO (3 beats): proper execution of both sequences with well-defined edges and correct technique of edge, timing and required pattern.
- Step 7 LFO (3 beats), followed by step 8 CIMk RBO Sw (6 beats): proper technical execution of the closed mohawk on the correct edges (often flattened), in the direction of the long side barrier, without deviations from the outside edges, or loss of unison of the partners or symmetry of the free legs. Attention to the closeness of the partners during the execution of the mohawk, avoiding separations.
- Step 12 XR RFO Sw Sw I (9 beats total): proper execution of the edges and the timing of the change of edge; cross roll on a right outside edge with the free leg held back for the first 3 beats, swinging the free leg in front on the fourth beat and then swing in back on the seventh beat, simultaneously with the change of edge to inside, and held on an inside edge for the last three beats.

LIST OF THE STEPS

<i>Hold</i>	<i>Step No.</i>	<i>Man's Steps</i>	<i>Beats</i>	<i>Woman's Steps</i>
Kilian	1	LFO	2	LFO
	2	Ch RFI	1	Ch RFI
	3	LFO	3	LFO
	4	RFO	2	RFO
	5	Ch LFI	1	Ch LFI
	6	RFO	3	RFO
	7	LFO	3	LFO
Tandem	8	CI Mk RBO Sw	3+3	CI Mk RBO Sw
Kilian	9	Mk LFO	2	Mk LFO
	10	Ch RFI	1	Ch RFI
	11	LFO	3	LFO
	12	XR RFO Sw Sw I	3+3+3	XR RFO Sw Sw I

TUDOR WALTZ



EASY Paso (Couples)

By: Fabio Sampo'

Music: Paso Doble 2/4 or 4/4

Position: Kilian, Promenade, Foxtrot

Competitive Requirements: 4 Sequences

Tempo: 104 Metronome

Pattern: set

Step 1 (LFO) is a stroke aimed parallel to the long axis.

Step 2 (RFI) is a progressive for one beat aimed toward the long axis.

Step 3 (LFO) is a stroke in the direction of the long axis for 2 beats with the right skate brought close to the left foot in "and" position on the 2nd beat in preparation for the next step.

The initial position, Kilian, is maintained until step 9.

Step 4 (RF Slip Flat) for one beat is performed with the bending of the right knee and the extension of the left leg forward, aimed toward the long axis. On the end of the 1st beat, the left leg is brought back, parallel to the right foot while keeping the foot on the floor. During step 4 all eight wheels must remain in contact with the floor.

Step 5 (LFI Slip Slide) for ½ beat (the skating foot is LFI and the extended leg is RFO) performed on the inside edge of the left foot with obvious knee bend and a simultaneous extension of the right leg forward on an outside edge. This step comes close to the long axis and begins the descent toward the short axis. During the execution of step 5, all eight wheels must remain in contact with the floor.

Step 6, (RFO) for ½ beat, is performed with a transfer of the body weight onto the right foot in the direction of the short axis, while the left is raised from the floor and held crossed behind the right foot.

Step 7 is a XB LFI for two beats, crossed behind with a forward extension of the free leg, aimed perpendicular to and intersecting the short axis. At the end of the second beat, the skaters bring the free leg into "and" position to perform step 8 (RFO) a stroke for two beats, which moves away from the long axis and moves parallel to the short axis.

Step 9 (XR LFO) is a one beat cross roll skated toward the long side barrier, followed by a chasse, Step 10 (Ch RFI) for one beat, on which the skaters move away from the short axis and back toward the long side barrier. On Step 10, Kilian position switches to Foxtrot position. The change of position occurs on step 10, by sliding the man's right hand from the hip to the shoulder blade of the woman, while the man's left hand and the woman's right hand join in position.

During steps 11, 11a, 11b, 11b1, 11b2 skaters perform different steps.

Step 11 for man is a LFO stroke for 2 beats.

Step 11b1 for man is a DCh-RFI (Dropped Chasse) for 2 beats.

Step 11b2 for the man is a LFO stroke for 2 beats followed by a step 11b3 (CIMk RBO) for 2 beats, with free leg finishing in front of the skating foot. During execution of the closed mohawk for the man (step 11b3) and the RBO three turn for the woman (step 11b), the couple assumes Promenade position.

Step 11a for the woman (LFO) is a one beat stroke aimed to the long side barrier.

Step 11b for the woman is 7 beats, distributed as follows:

- On the 1st beat an inverted mohawk (RBO) continuing toward the long side barrier.
- On the 2nd beat a RBO three turn to a RFI parallel to the long axis, corresponding to the start of the man's step 11b1 (DCh RFI) followed by:
- A forward extension of the left free leg on the 3rd beat;
- On the 4th beat a swing bringing the free leg back (at the start of the man's step 11b2 LFO), aimed toward the short side barrier.
- On the 6th beat a RFI three turn (at the start of the man's step 11b3 RBO), performed in "and" position, aimed toward the long axis and finishing on RBO directly with the free leg in front with respect to the skating foot to match the man.

Starting from Step 11b3, RBO for both the man and the woman, the couple will return to perform the same steps until the end of the dance.

Step 12 XF LBI - three turn – Sw, is a cross in front LBI for 3 beats and a half that starts in Promenade position and ends in Kilian position at the end of three turn on the 2nd beat. Swinging or lengthening the right free leg in back on the 3rd beat is optional. The step ends parallel to the short axis.

During the 1st beat of step 12, the skaters perform a XF with the simultaneous backward extension of the free leg; on the 2nd beat the feet come together in "and" position to perform a three turn in unison (from a LBI edge three turn to a LFO edge). The change of position (from Promenade to Kilian) occurs at the 2nd beat with the man's right hand sliding from the woman's shoulder blade to the woman's side while the left hands of the skaters are brought to the height of hip of the man (Kilian position).

Step 13 is a Quick Ch RFI for half beat for both skaters that is just after the long axis.

Step 14, LFO for 2 beats is a stroke which moves away from the long axis and toward the long side barrier.

The step 15 is a DCh RFI (Dropped Chasse) for 2 beats, continuing toward the long side barrier and ends near parallel to long axis.

DANCE KEY-POINTS (Easy Paso COUPLES)

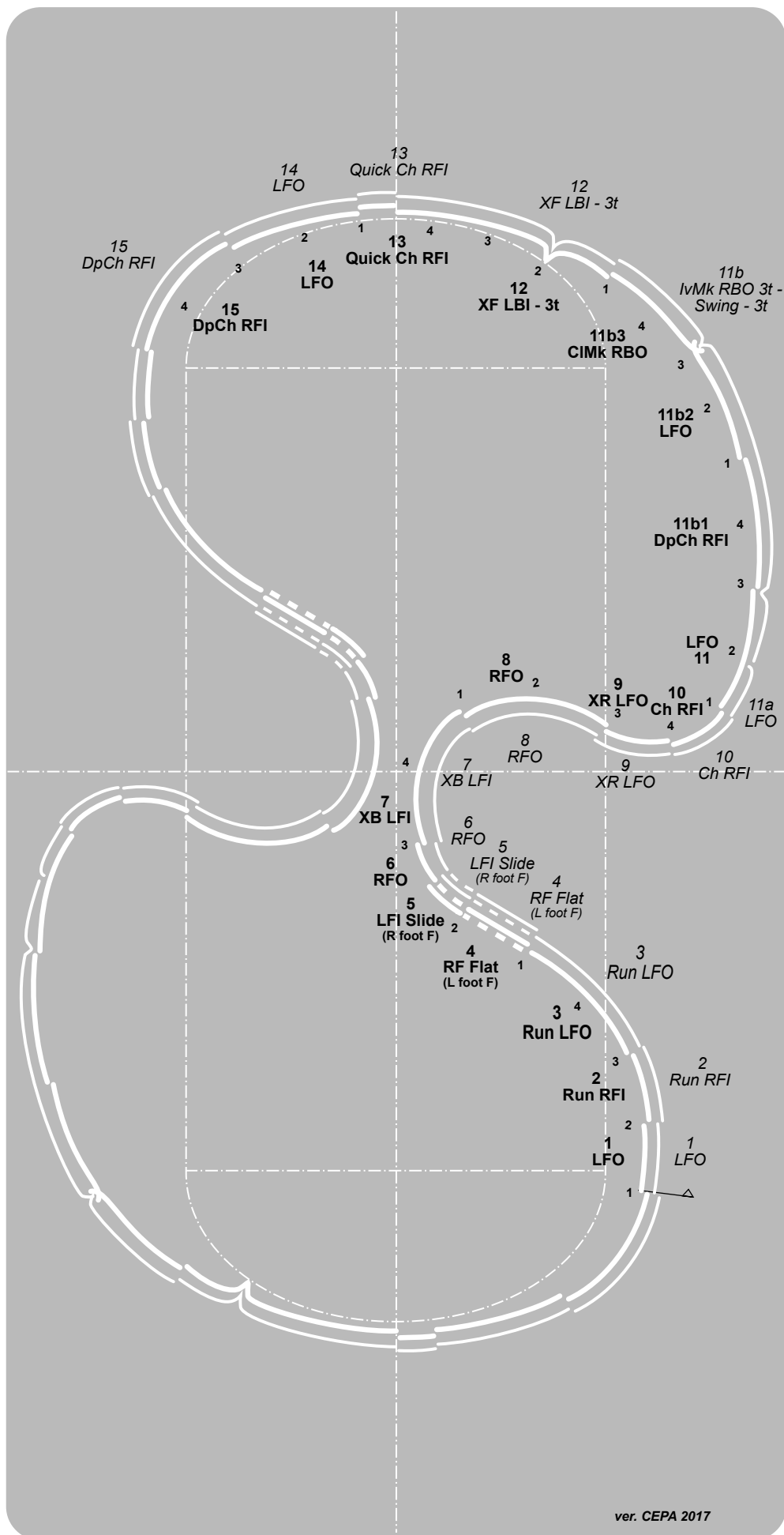
SECTION 1:

1. Step 4 is a RF-FLAT executed with an obvious bend of the right knee and extension of the left leg, aiming toward the long axis. All eight wheels must remain in contact with the floor.
2. Step 5 is a LFI-Slide performed on the inside edge of the left foot and the simultaneous forward extension of the right leg on an outside edge, advancing toward the long axis to begin the descent toward the short axis. All eight wheels must remain in contact with the floor. The inside edge of the skating foot should be deep and evident.
3. Step 9 (XR LFO) is an evident cross roll skated in Kilian position and aimed toward the short axis. The couple must demonstrate a clear change of lean.
4. Step 11b3 for the man is a closed mohawk RBO for 2 beats. Correct execution of the closed mohawk. During the execution of the closed mohawk for the man (step 11b3) and three turn for the woman on the 6th beat (step 11b): pay attention to the unison of the couple and the correct change of position (Promenade) which must be performed maintaining the correct lean.
5. Step 12 (XF LBI-3-Sw) is a 3 beat and a half step which begins in Promenade position and finishes with a three turn for both skaters in Kilian position on the 2nd beat. Swinging or lengthening the right free leg in back on the 3rd beat is optional. The couple must perform the three turn with fluidity, with respect to the prescribed timing and positions.

LIST OF THE STEPS

HOLD	STEP	MAN'S STEPS	BEATS			WOMAN'S STEPS
			M	B	W	
KILIAN	1	LFO		1		LFO
	2	RUN RFI		1		RUN RFI
	3	LFO		2		LFO
	4	RF Flat L foot F		1		RF Flat L foot F
	5	LFI Slide R foot F		1/2		LFI Slide R foot F
	6	RFO		1/2		RFO
	7	XB LFI		2		XB LFI
	8	RFO		2		RFO
	9	XR LFO		1		XR LFO
FOXTROT (See the notes)	10	Ch RFI		1		Ch RFI
	11a	LFO	2		1	LFO
	11b				7	IvMk RBO (on beat 1)
	11b1	DCh RFI	2			THREE TURN (on beat 2)
	11b2	LFO	2			RFI SWING (on beat 4)
PROMENADE (See the notes)	11b3	Cl Mk RBO	2			THREE TURN (on beat 6) RBO
KILIAN	12	XF LBI- THREE TURN LFO (on beat 2) Swing (on beat 3 optional)		1+ 1+ 1 ½		XF – LBI- THREE TURN LFO (on beat 2) Swing (on beat 3 optional)
	13	Quick Ch RFI		1/2		Quick Ch RFI
	14	LFO		2		LFO
	15	DCh RFI		2		DCh RFI

EASY Paso (Couples)



JUDGES STAND

EASY Paso (Solo)

By: Fabio Sampo'

Music: Paso Doble 2/4 or 4/4

Competitive Requirements: 4 Sequences

Tempo: 104 Metronome

Pattern: set

Step 1 (LFO) is a stroke aimed parallel to the long axis.

Step 2 (RFI) is a progressive for one beat aimed toward the long axis.

Step 3 (LFO) is a stroke in the direction of the long axis for 2 beats with the right skate brought close to the left foot in "and" position on the 2nd beat in preparation for the next step.

Step 4 (RF Flat) for one beat is performed with the bending of the right knee and the extension of the left leg forward, aimed toward the long axis. At the end of the 1st beat, the left leg is brought back, parallel to the right foot while keeping the foot on the floor. During step 4 all eight wheels must remain in contact with the floor.

Step 5 (LFI Slide) for ½ beat (the skating foot is LFI and the extended leg is RFO) performed on the inside edge of the left foot with an obvious knee bend and a simultaneous extension of the right leg forward on an outside edge. This step approaches the long axis and begins the descent toward the short axis. During the execution of step 5, all eight wheels must remain in contact with the floor.

Step 6, (RFO) for ½ beat, is performed with a transfer of body weight onto the right foot in the direction of the short axis, while the left is raised from the floor and held crossed behind the right foot.

Step 7 is a XB LFI for two beats, crossed behind with a forward extension of the free leg, initially aimed toward the long axis and finishing toward the long side barrier. At the end of the second beat, the skater brings the free leg into "and" position to perform step 8 (RFO) a stroke for two beats, which moves away from the long axis and moves toward the short axis.

Step 9 (XR LFO) is a one beat cross roll skated initially toward the short axis, followed by a chasse, Step 10 (Ch RFI) for one beat, on which skater moves away from the short axis and back toward the long side barrier.

Step 11 (LFO) is a one beat stroke skated toward the long side barrier.

Step 12 (IvMk RBO 3t) is a 3 beat step, distributed as follows:

-On the 1st beat an inverted mohawk RBO skated toward the long side barrier.

-On the 2nd beat a RBO three turn (to RFI) continuing toward the long side barrier with the extension of the free leg forward and stretching at the end of the three turn.

Step 13 is an open mohawk LBI for 2 beats, aimed toward the short side barrier.

Step 14 is a 2 beat RBO stroke still aimed toward the short side barrier.

Step 15 (XF LBI 3t), begins toward the short side barrier and ends almost parallel to it. It is a 3 beat and a half step, distributed as follows:

-On the 1st beat XF with the simultaneous backward extension of the right free leg;

-On the 2nd beat a three turn is performed (from LBI to LFO)

-On the 3rd beat a swing in front is performed or the free leg extends behind the supporting foot (optional)

Step 16 is a half beat Quick Ch RFI that is just after the long axis.

Step 17 (LFO) for 2 beats is a stroke which moves away from the long axis and toward the long side barrier.

Step 18, the last step of the dance, is a DCh RFI for 2 beats continuing toward the long side barrier and ends near parallel to long axis.

DANCE KEY-POINTS (Easy Paso SOLO)

SECTION 1:

1. Step 4 is a RF-FLAT executed with an obvious bend of the right knee and extension of the left leg, aiming toward the long axis. All eight wheels must remain in contact with the floor.

2. Step 5 is a LFI-Slide performed on the inside edge of the left foot and with a simultaneous forward extension of the right leg on an outside edge, advancing toward the long axis to begin the descent toward the short axis. All eight wheels must remain in contact with the floor. The inside edge of the skating foot should be deep and evident.

3. Step 12 is an inverted mohawk (RBO) - 3. Correct execution of the IvMk RBO – 3 and correct distribution of the beats:

-on the 1st beat an IvMk RBO is performed

-on the 2nd beat a three turn (RBO to RFI) is performed, extending the left free leg in front.

4. Step 15 (XF LBI-3-Sw): Correct execution of the step and correct distribution of the beats:

-on the 1st beat a cross in front with a backward extension of the right free leg

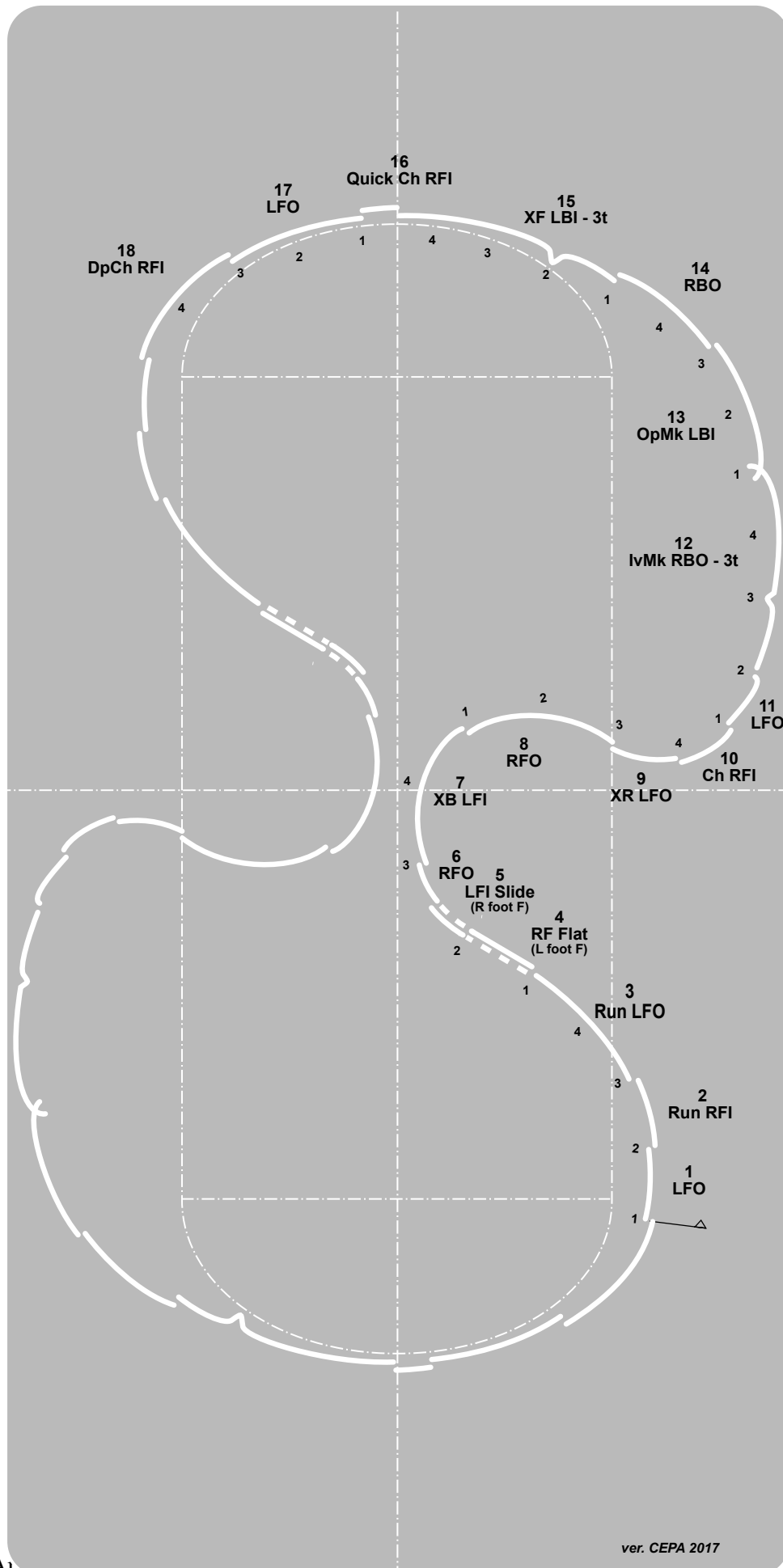
-on the 2nd beat a three turn is performed (LBI to LFO).

-on the 3rd beat a swing in front is performed or the free leg extends behind the supporting foot (optional)

LIST OF THE STEPS

No.	STEP	BEATS
1	LFO	1
2	RFI	1
3	LFO	2
4	RF (FLAT)	1
5	LFI (SLIDE)	1/2
6	RFO	1/2
7	XB LFI	2
8	RFO	2
9	XR-LFO	1
10	Ch RFI	1
11	LFO	1
12	IvMk RBO (on beat 1) 3t (on beat 2)	1 + 2
13	OpMk LBI	2
14	RBO	2
15	XF LBI (on beat 1) LBI-3t to LFO (on beat 2) swing (on beat 3, optional)	1+ 1+ 1 ½
16	Quick Ch RFI	1/2
17	LFO	2
18	DCh-RFI	2

EASY Paso (SOLO)



ASSOCIATION WALTZ

Originated by: Adapted from Imperial Waltz of L.Gowing by Ronald E.Gibbs

Music: Waltz 3/4

Position: Waltz, Promenade, Foxtrot

Competitive Requirements: 2 Sequences

Tempo: 132

Pattern: Set

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

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

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

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

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

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

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

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

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

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

On Step 12, the man skates a RFI for three beats (open stroke) with the free foot angled laterally to the skating foot, while the woman performs a Mk LFO 3t (three turn on the 3rd beat) in front of the man, passing under the link of the partners' left arms. The movement of the right hand /arm of both partners is optional. The partners reassume Waltz position, after the woman's three turn, on step 13, during which the man performs a LFO 3t (the three turn on the 3rd beat) and the woman a RBO. With step 14, RBO for the man and Mk LFO for the woman (3 beats), the dance is repeated, but with the woman forward and the man backwards.

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

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

Step 1 is repeated twice.

KEY POINTS - ASSOCIATION WALTZ

SECTION 1

1. Steps 3 (RBO Sw for the woman / LFO Sw for the man), 5 (Mk RFO Sw for the woman / LBO Sw for the man): swings on the 4th beat, kept on outside edges without deviation of the edge of the skating foot, and with good unison/symmetry of the free legs.
2. Steps 4: RFO 3t: correct execution of the three turn with feet together (on the 3rd beat), properly maintaining the correct edge of the skating foot before and after the turn.
3. Steps 6, 7, 8 (run sequences for each partner): correct timing of the steps that must be one beat each.
Step 9 RFI (two beats): attention to correct timing, especially between steps 8 and 9, where the skaters often tend to slow down the sequencing of the steps, skating them out of time.
4. Steps 10 for the woman: HhMk LBI (heel to heel): correct execution of the heel to heel mohawk from inside edge to inside edge and not a choctaw.
5. Steps 12, 13 for both skaters: during this series of steps pay attention to the special hold described above; correct execution of the three turns (on the 3rd beat) with no deviation from the correct edge of the skating foot before and after the turn.

SECTION 2

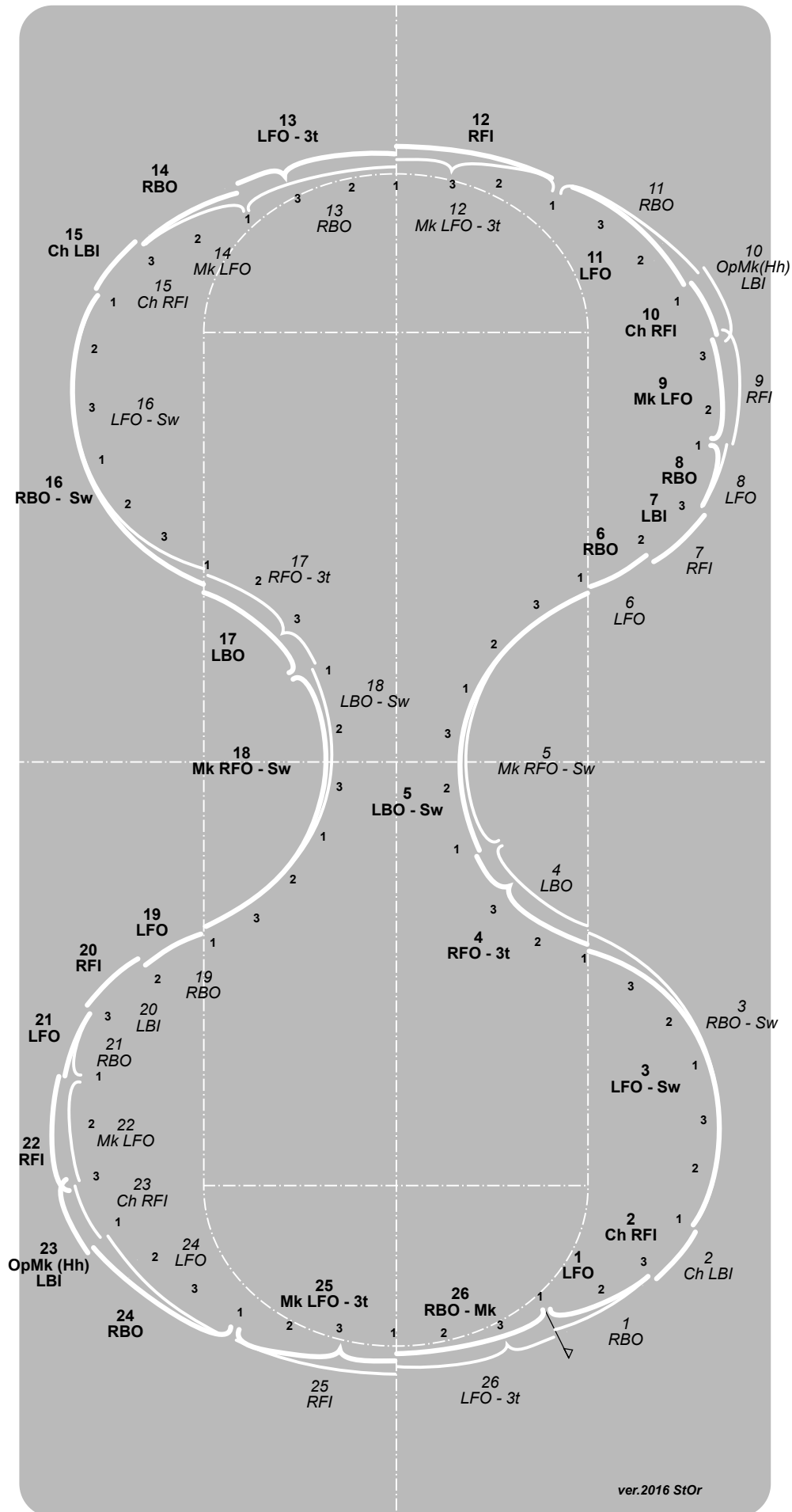
1. Steps 16 (LFO Sw for the woman / RBO Sw for the man), 18 (LBO Sw for the woman / Mk RFO Sw for the man): swings on the 4th beat, kept on outside edges without deviation of the edge of the skating foot, and with good unison/symmetry of the free legs.
2. Steps 17: RFO 3t: correct execution of the three turn with feet together (on the 3rd beat), properly maintaining the correct edge of the skating foot before and after the turn.
3. Steps 19, 20, 21 (run sequences for each partner): correct timing of the steps that must be one beat each.
Step 22 RFI (two beats): attention to correct timing, especially between steps 21 and 22, where the skaters often tend to slow down the sequencing of the steps, skating them out of time.
4. Steps 23 for the man: HhMk LBI (heel to heel): correct execution of the heel to heel mohawk from inside edge to inside edge and not a choctaw.
5. Steps 25, 26 for both skaters: during this series of steps pay attention to the special hold described above; correct execution of the three turns (on the 3rd beat) with no deviation from the correct edge of the skating foot before and after the turn.

LIST OF THE STEPS

ASSOCIATION WALTZ

Hold	Step No.	MAN'S STEPS	Musical Beats			WOMAN'S STEPS
			M		W	
Waltz	1	LFO		2		RBO
	2	Ch RFI		1		Ch LBI
	3	LFO Sw		3+		RBO Sw
				3		
	4	RFO 3t	2+1		3	LBO
	5	LBO Sw	3+3		3+3	Mk RFO Sw
	6	RBO		1		LFO
	7	run LBI		1		run RFI
Foxtrot	8	run RBO		1		run LFO
	9	Mk LFO		2		RFI
Waltz	10	Ch RFI		1		HhMk LBI
	11	LFO		3		RBO
See Notes (hold released)	12	RFI	3		2+ 1	LFO 3t
Waltz	13	LFO 3t	2+ 1		3	RBO
	14	RBO		2		Mk LFO
	15	Ch LBI		1		Ch RFI
	16	RBO Sw		3+		LFO Sw
				3		
	17	LBO	3		2+ 1	RFO 3t
	18	Mk RFO Sw	3+3		3+3	LBO Sw
	19	LFO		1		RBO
	20	run RFI		1		run LBI
	21	run LFO		1		run RBO
Promenade	22	RFI		2		Mk LFO
Waltz	23	HhMk LBI		1		Ch RFI
	24	RBO		3		LFO
See Notes (hold released)	25	Mk LFO 3t	2+ 1		3	RFI
Waltz	26	RBO	3		2+ 1	LFO 3t

ASSOCIATION WALTZ



Cha Cha PATIN

Created by Hugo Chapouto (2016)

Music: Cha Cha 4/4

Position: Kilian Reverse, Tandem, Kilian

Competitive Requirements: 4 Sequences

Tempo: 112 Metronome

Pattern: set

DANCE DESCRIPTION

This dance was designed to introduce skaters to a Latin American rhythm at an early stage of development and help them to appreciate rhythm not only with their feet, but also with their bodies. Therefore individual interpretation to add Cha Cha character is permitted provided that the integrity of steps, free leg positions and dance holds are maintained.

The dance should start near the left corner close to the judge stand in Reverse Kilian position with a LFO (step #1) and a raised chasse RFI (step #2), both of one beat, aiming toward the long side barrier. Step #3 is a LFO of two beats, aiming toward the center of the floor, follow by a dropped chasse RFI (step #4) of one and a half beats and a quick raised chasse LFO (step #5) of a half beat.

Step #6 is a RFO of two beats, with a knee action to accent the second beat of the step, aiming toward the center of the floor, followed by a Run LFI (step #7) and RFO (step #8), both of one beat. Closing the lobe, is a cross behind LFI (step #9) with a change of edge to LFO on the second beat of the step, aiming toward the long side barrier, in order to allow step #10, a cross behind RFI of one and a half beats. Step #11 is a quick Open Mohawk LBI of a half beat, to allow step #12 a RBO swing of four beats, starting near the short axis, parallel to the long side barrier, swinging the free leg backward on the third beat of the step, finishing aiming toward the center of the floor. On step 11, the couple should change from Reverse Kilian position to Tandem position, keeping the man's right hand on the woman's right hip.

Step #13 is a Choctaw to a LFI of two beats, aiming toward the center of the floor, where the couple should assume Kilian position. Step #14 is a cross behind RFO of one beat followed by a cross in front LFI (step #15) of two and a half beats, swinging the free leg in front on the second beat of the step, finishing aiming toward the long side barrier, with a quick raised chasse RFO (step #16) of a half beat. Step #17 is a LFO of two beats, with a knee action to accent the second beat of the step, aiming toward the long side barrier, followed by a run RFI (step #18) of one beat and a LFO (step #19) of three beats, skated around the corner. On this step, the free leg should return close to the left leg after stroking on the first beat, in order to accent the second beat of the step returning to a backward position.

Step #20 is a Cross in front RFI of two beats, aiming toward the center of the floor, with a change of edge to outside on the second beat of the step, in order to allow Step #21, a cross behind LFI of one and a half beats. Step #22 is a quick Open Mohawk RBI of a half beat, to allow step #23 a LBO swing of four beats, starting near the long axis, swinging the free leg backward on the third beat of the step, finishing aiming toward the short side barrier. On step 22, the couple should change from Kilian position to Tandem position, keeping the man's left hand on the woman's left hip. The last step of the dance is a Choctaw to RFI (step #24), of two beats, finishing parallel to the short side barrier, allowing restarting the dance.

DANCE KEY-POINTS

SECTION 1:

- **Step 4&5&6**, correct execution of Dropped Chasse RFI, Chasse LFO, RFO, respecting the correct timing and edges.
- **Step 9&10**, correct execution of crosses behind, change of edge (step 9), respecting the correct timing and edges, with feet close together.
- **Step 11**, correct execution of the open Mohawk, respecting the correct timing and placing the left foot on the inner part of the right foot.

SECTION 2:

- **Step 13&24**, correct execution of Choctaw, keeping the correct edge before/after the step.
- **Step 14&15&20&21**, correct execution of crosses (in front & behind), respecting the correct timing and edges, with feet close together.
- **Step 22**, correct execution of the open Mohawk, respecting the correct timing and placing the right foot on the inner part of the left foot.

LIST OF THE STEPS

HOLD	No.	WOMAN Steps	BEATS	MAN Steps
1st SECTION				
Kilian Reverse	1	LFO	1	LFO
	2	Ch RFI	1	Ch RFI
	3	LFO	2	LFO
	4	DCh RFI	1 ^{1/2}	DCh RFI
	5	Quick Ch LFO	^{1/2}	Quick Ch LFO
	6	RFO	2	RFO
	7	Run LFI	1	Run LFI
	8	RFO	1	RFO
	9	XB LFI/O	1+1	XB LFI/O
	10	XB RFI	1 ^{1/2}	XB RFI
Tandem	11	Quick OpMk LBI	^{1/2}	Quick OpMk LBI
	12	RBO Sw	2+2	RBO Sw
2nd SECTION				
Kilian	13	Cw LFI	2	Cw LFI
	14	XB RFO	1	XB RFO
	15	XF LFI Sw	1+1 ^{1/2}	XF LFI Sw
	16	Quick Ch RFO	^{1/2}	Quick Ch RFO
	17	LFO	2	LFO
	18	Run RFI	1	Run RFI
	19	LFO	3	LFO
	20	XF RFI/O	1+1	XF RFI/O
	21	XB LFI	1 ^{1/2}	XB LFI
Tandem	22	Quick OpMk RBI	^{1/2}	Quick OpMk RBI
	23	LBO Sw	2+2	LBO Sw
Kilian Reverse	24	Cw RFI	2	Cw RFI

Cha Cha PATIN

