



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 2018

SOLO & COUPLES DANCE

!! REVISED VERSION !!

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Président

Margaret Brooks
Villa Ruscelli
Contrada Ferrini 22
63837 Falerone
(FM) Italy
Tel. (+39) 0734- 350029
Mobile: (+39) 335 540 3669
margaret@cepa.eu.com

Vice- Président

Gonda Neefs-Verbruggen
Langeveld 180
3220 Holsbeek
Belgium
Tel. Home (+32) 16 449153
Office – 8/12 – (+32) 16 327281
Mobile: (+32) 474 983652
gonda.verbruggen@fys.kuleuven.be

Membre

Marco Faggioli
Via Piancastelli 6
40026 Imola Bo
Italy
Mobile (+39) 348-5860500
Tel / Fax (+39) 0542-640551
faggioli.marco@gmail.com

Membre

Maria Elisabete Claro
Rua Eugenio
de Castro 34 – Hab.12
4100-225 Porto
Portugal
Tel (+351) 225090312
maria.elisabete.claro@sapo.pt

Membre

Miguel Ugedo Aulló
C/ Martín de los Heros 53, 6º-izq
28008 Madrid
Spain
Mobile: (+34) 667451498
miguel.ugedo@gmail.com

Membre

IN-LINE COORDINATOR
Fernand Fedronic
4 Rue Floreal
94500 Champigny Sur Marne
France
Tel (+33) 674 506 474
ffedronic@hotmail.com



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DANCES FOR MINIS, ESPOIR, CADET, YOUTH FOR 2018:-

Minis – SOLO & COUPLES DANCE

Skaters March
Kinder Waltz

Espoir – SOLO & COUPLES DANCE

Couples: Olympic Foxtrot / Werner Tango
Solo: Swing Foxtrot / Werner Tango

Cadet – SOLO & COUPLES DANCE

Couples: Swing Foxtrot / Siesta Tango
Solo: Keats Foxtrot / Siesta Tango

Youth – SOLO & COUPLES DANCE

Couples: Keats Foxtrot / Imperial Tango
Solo: Federation Foxtrot / Kent Tango

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Miguel Ugedo Aulló
C/ Martín de los Heros 53, 6º-izq
28008 Madrid
Spain
Mobile: (+34) 667451498
miguel.ugedo@gmail.com

Membre

IN-LINE COORDINATOR
Fernand Fedronic
4 Rue Floreal
94500 Champigny Sur Marne
France
Tel (+33) 674 506 474
ffedronic@hotmail.com

SKATERS MARCH (Couples & Solo)

By: Irwin & Nazzaro

Music: March 4/4
Tempo: 100 bpm
Position: Kilian
Pattern: Set

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

The dance begins aiming toward the long side barrier with a sequence of three steps: **Step 1** LFO (1 beat) beginning toward the long side barrier, **step 2** Run RFI (1 beat) is parallel to it and **step 3** LFO (2 beats) curves away from the long side barrier and aims in the direction of the long axis.

Steps 4, 5 and 6 form the center lobe of the dance (8 beats total) with steps 4 and 5 forming the first half of the lobe and step 6 the second half.

Step 4 XF RFO (2 beats) is a right outside cross front in the direction of the long axis; **Step 5** XB LFI (2 beats) is a left inside cross behind with the free leg stretched in front with the 1st beat aiming toward the long axis and the 2nd beat parallel to it.

Step 6 RFO Sw (4 beats total 2+2) where the free leg swings in front on the 3rd beat, begins at the short axis and finishes on the baseline in the direction of the long side barrier.

Step 7 LFO (1 beat) aims toward the long side barrier, **step 8** Run RFI (1 beat) becomes parallel to it and **step 9** LFO (2 beats), begins parallel to the long side barrier and curves away from it.

Step 10 XF RFI (2 beats) is a cross front with extension of the left leg in back with the free toe slightly open, aimed in the direction of the short side barrier.

Steps 11, 12, 13 and 14, repeats the sequence of steps 7, 8, 9 and 10, with the same timing but with a direction toward and then parallel to the short side barrier with steps 11 and 12, finishing at the long axis, and steps 13 and 14 after the long axis in the direction of the long side barrier.

KEY POINTS -SKATERS MARCH

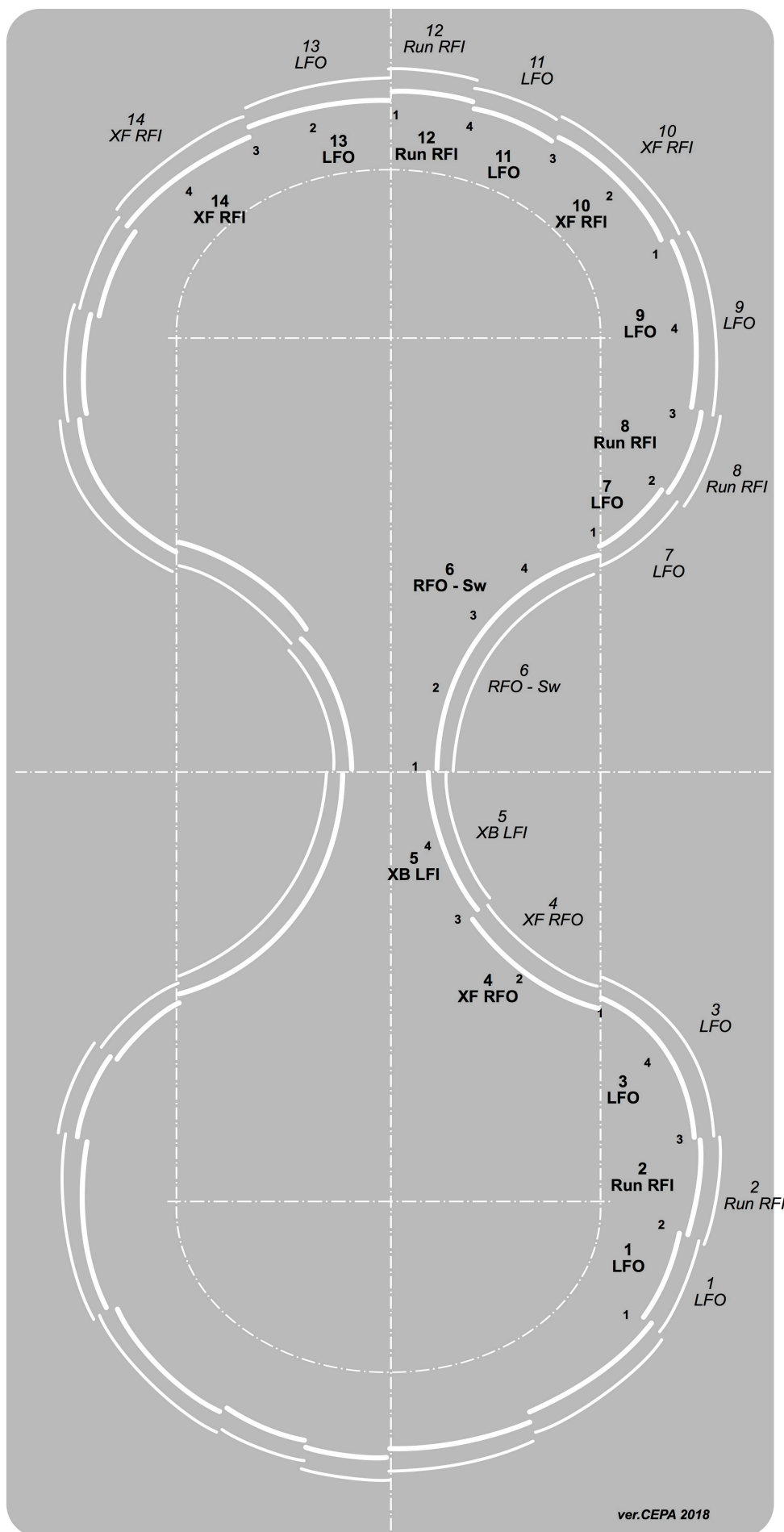
Section 1:

1. **Steps 4** XF RFO (2 beats) and **5** XB LFI (2 beats): Correct technical execution of the crosses, performed with close feet; Kilian position of the couple without separation during the steps, with correct lean and edges.
2. **Step 6** RFO Sw (4 beats) with a swing of the free leg on the 3rd beat of the step without deviation from the edge; attention to the unison of the free legs during the swing.
3. **Step 10 and 14** XF RFI (2 beats): Correct technical execution of the crosses with the simultaneous extension of the left leg in back with the toe of the free leg slightly open; Kilian position of the couple without separation during the steps with correct lean and edges.

Skaters March (100 bpm)

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

Skaters March (100 bpm)



KINDER Waltz (Couple & Solo)

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.

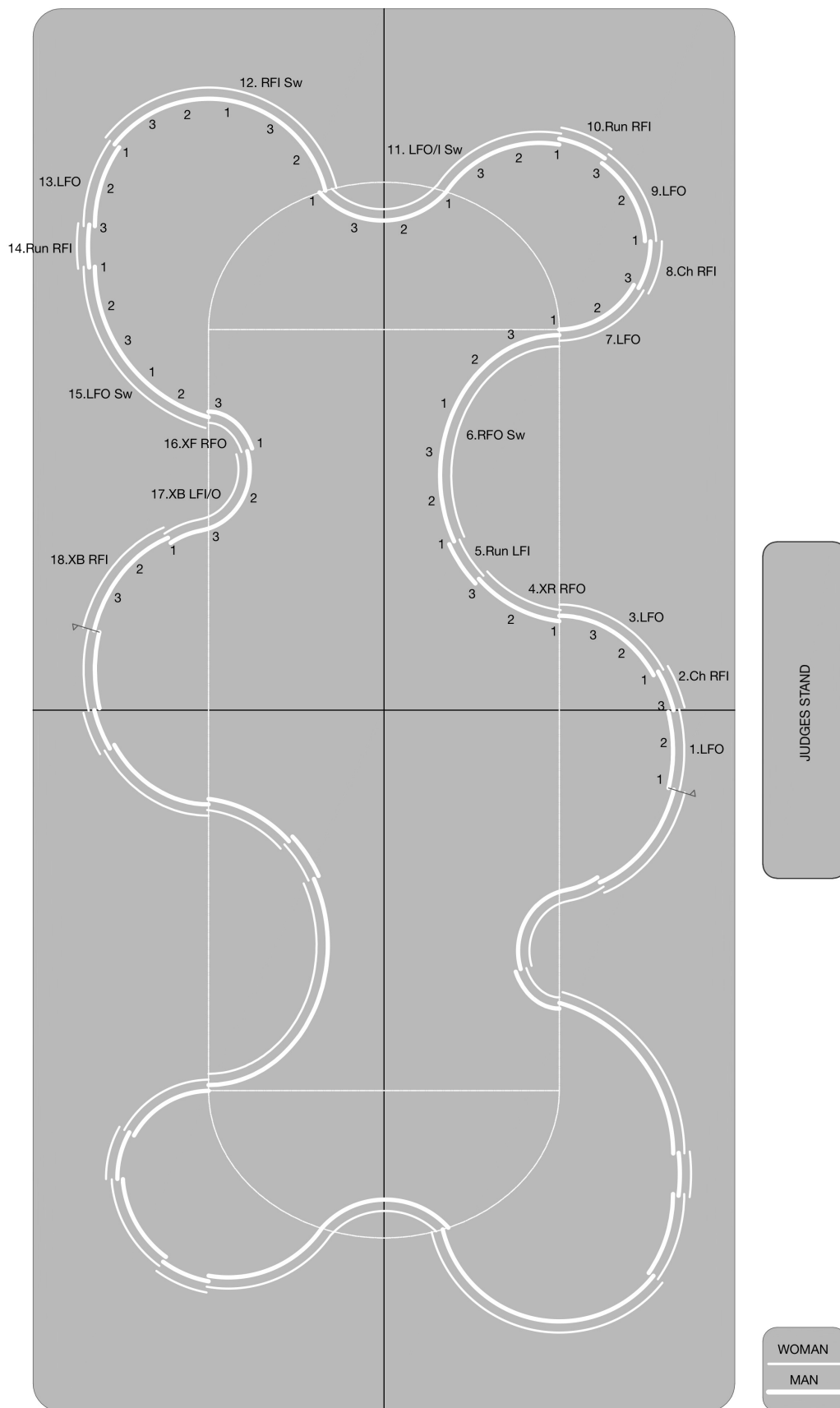
SECTION 2:

- **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 LFIO & 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



OLYMPIC FOXTROT Couples 2018

By: Joan Preston

Music: Foxtrot 4/4
Tempo: 104 bpm
Position: Kilian
Pattern: Set

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

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

Steps 4 and 5 XR RFO, XR LFO (2 beats each) form lobes curving to the left and the right of the baseline; step 4 begins toward the long axis and finishes toward the long side barrier and vice versa on step 5. Step 5 ends at the short axis.

Step 6 XR RFO Sw (2+2 beats) begins at the short axis and forms a larger lobe than the previous two lobes; it is aimed toward the long axis and ends toward the long side barrier. The forward swing of the free leg is on the 3rd beat.

The next sequence of steps, **step 7** LFO, **8** Run RFI and **9** LFO, repeat the same timing and direction of the initial sequence of steps 1-2-3.

The curves formed by **steps 10, 11 and 12** (step 12 is the largest) begin at the continuous baseline and are distributed to the right and left of a baseline that is set parallel to the short axis, in the vicinity of the short side barrier.

Steps 10 RFI and 11 LFI (open strokes) are inside edges (2 beats each). Step 10 is parallel to the short side barrier and curves to aim toward the long axis. Step 11 is executed with the toe of the free foot placed angular to the skating foot. This step ends at the long axis and curves in the direction of the short side barrier. Step 12, RFI Sw (2+2 beats) is a RFI with a forward swing of the free leg on the 3rd beat, beginning at the long axis aiming toward the short side barrier, becoming parallel to it and ending toward the long side barrier.

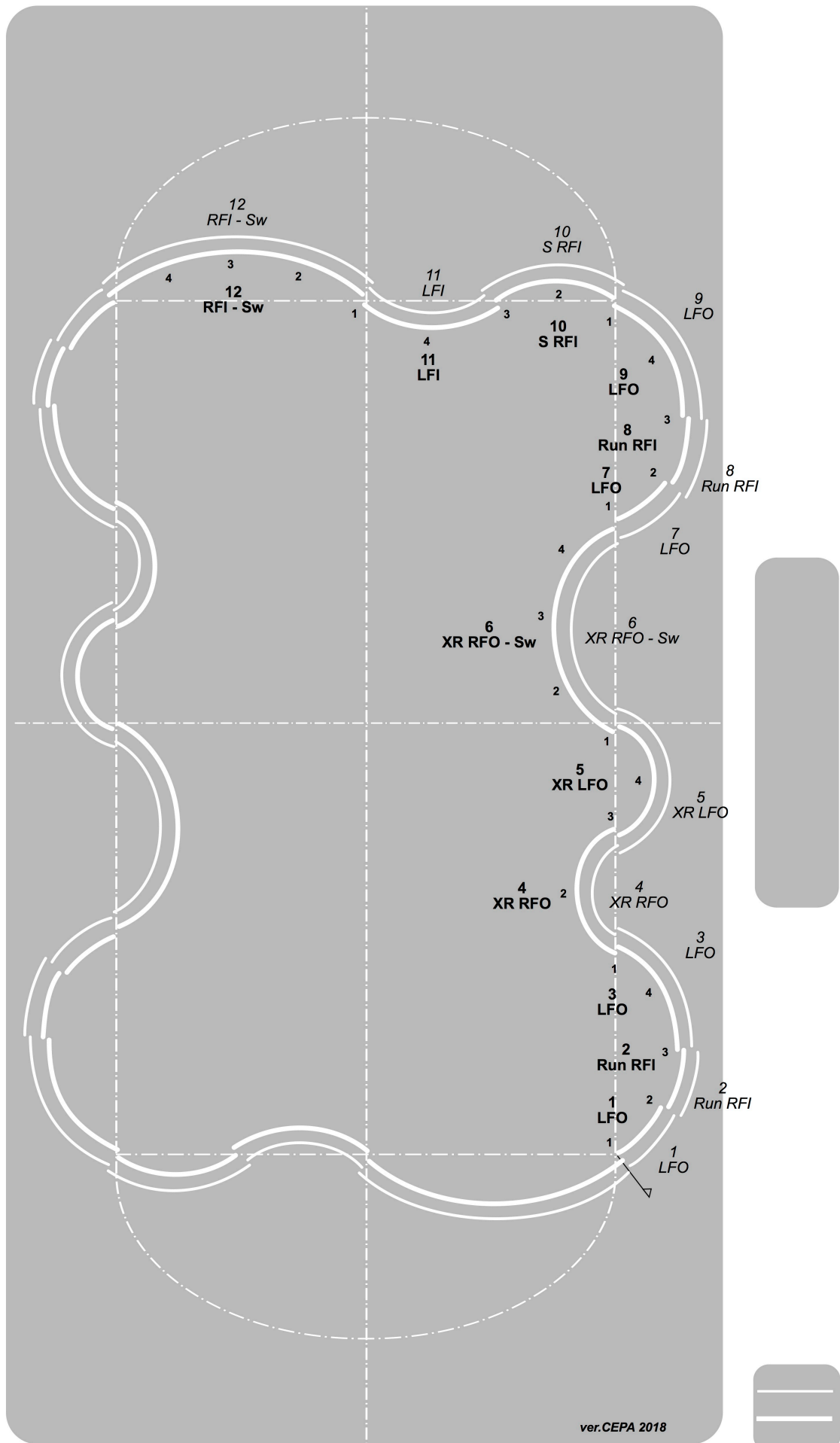
Key points Olympic Foxtrot - Couples

1. Correct technical execution of **steps 1** LFO, **2** Run RFI, **3** LFO and **7** LFO, **8** Run RFI, **9** LFO with attention to the timing (steps 1, 2, 7 and 8 for 1 beat each and steps 3 and 9 for 2 beats each) and to the correct aim of the steps.
2. **Step 4** XR RFO (2 beats), **5** XR LFO (2 beats) and **6** XR RFO Sw (2+2 beats): correct technical execution of the cross rolls with the correct crossing of the free foot that becomes the skating foot; attention to clear edges, defined lobes and correct leans of the body, avoiding excessive separation of the couple. Correct execution of step 6, without deviation from the outside edge with unison of the free legs during the forward swing on the 3rd beat.
3. **Steps 10** RFI, **11** LFI (2 beats each) and **step 12** RFI Sw (2+2 beats) are open strokes: Correct technical execution of the steps, with correct aim and lean of the body, on inside edges, with partners close together. Correct execution of step 12, without deviation from the inside edge, with unison of the free legs during the forward swing on the 3rd beat.

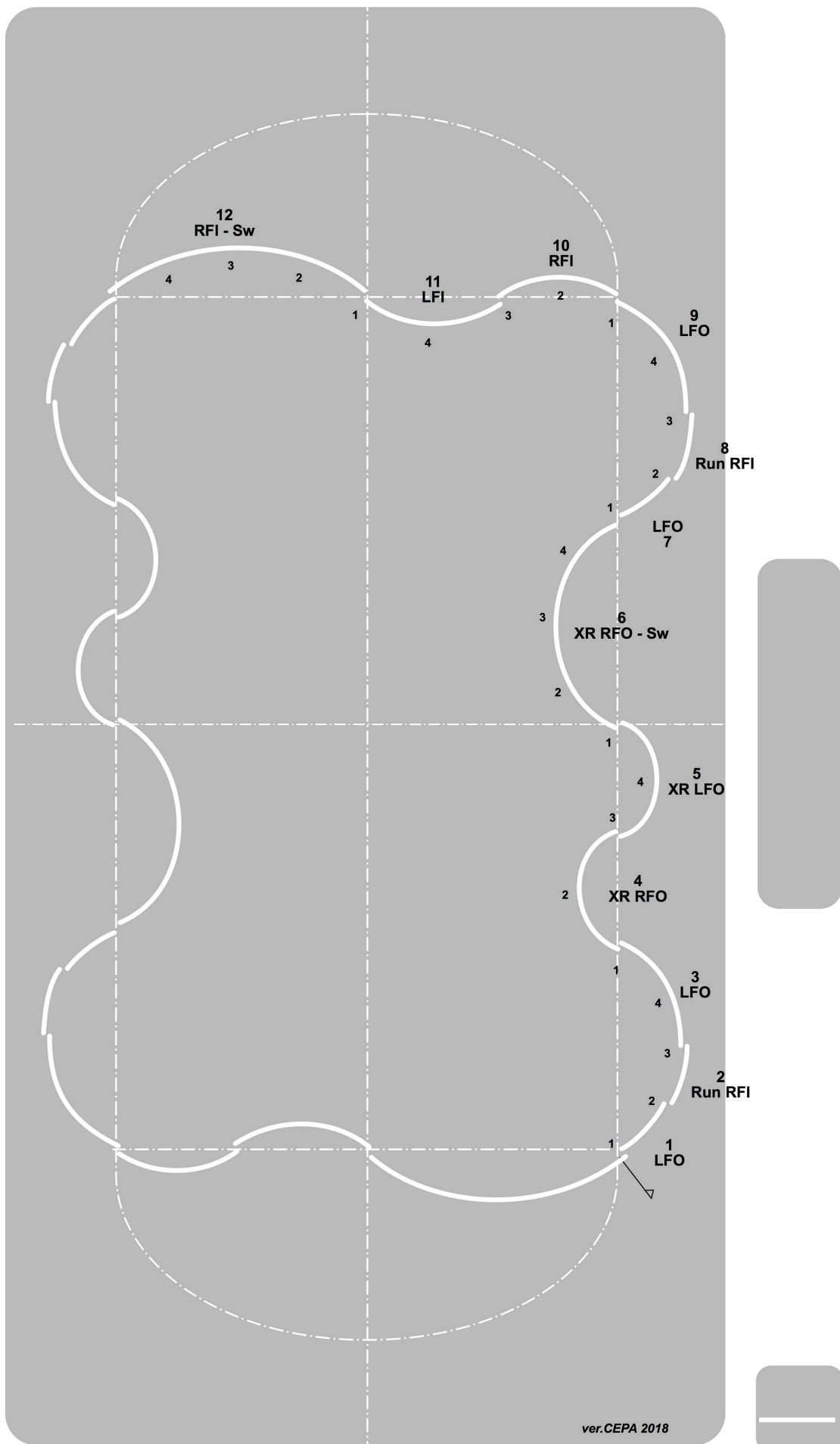
Olympic Foxtrot - Couples (104 bpm)

<i>Position</i>	<i>No.</i>	<i>Man's Steps</i>	<i>Musical Beats</i>	<i>Woman's Steps</i>
SECTION 1				
Kilian	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 Sw	2+2	XR RFO Sw
	7	LFO	1	LFO
	8	Run RFI	1	Run RFI
	9	LFO	2	LFO
	10	RFI (open stroke)	2	RFI (open stroke)
	11	LFI (open stroke)	2	LFI (open stroke)
	12	RFI Sw (open stroke)	2+2	RFI Sw (open stroke)

Olympic Foxtrot - Couples (104 bpm)



Olympic Foxtrot - Solo (104 bpm)



SWING FOXTROT Couples 2018

By: Hans Jurgen Schamberger

Music: Foxtrot 4/4
Tempo: 104 bpm
Position: Foxtrot
Pattern: Set

The dance is skated in Foxtrot position and the steps are the same for both skaters.

The dance begins toward the short side barrier with a sequence of three steps: **step 1** LFO (1 beat) is skated toward the short side barrier becoming parallel to it; **step 2** Run RFI (1 beat); and **step 3** LFO (2 beats) which curves away from the long side barrier toward 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 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, **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.

Key points Swing foxtrot (Couples)

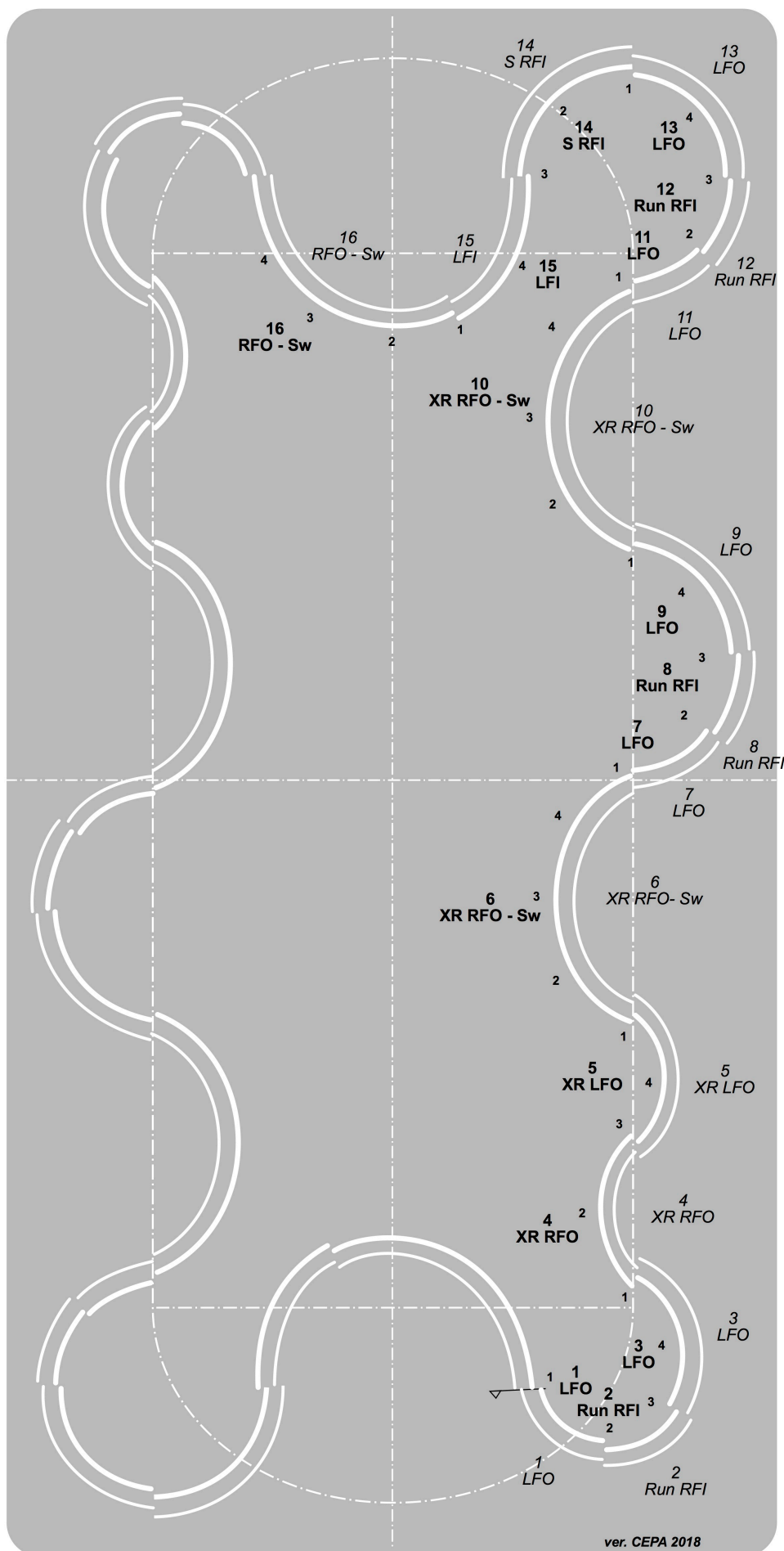
Section 1

1. Proper timing and correct technical execution of the sequences of steps **1, 2, 3** which must be skated on strong edges; the restart of the dance in the following sequences, must form a lobe that ends on the baseline; .
 2. **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.
 3. **Steps 6 and 10** XR RFO Sw (4 beats each. 2+2): deep cross roll followed by a forward swing of the free leg on the 3rd beat and pressure on the outside edge, without deviating from it. Attention to the unison of the free legs on the swing.
 4. **Steps 14** RFI and **15** LFI are open strokes (2 beats each): correct technical execution with the skating foot on the inside edge from the beginning to the end of each step, with correct lean and proper posture. Attention to the closeness of the skaters during the execution of these steps and the simultaneous change of lean.
- Step 16** RFO Sw (4 beats): strong pressure on the outside edge without deviation from the edge (often the skaters change to inside edge on the 4th beat of the step in preparation of the restart of the dance.)

Swing Foxtrot Couples (104 bpm)

No	Steps	Musical Beats		
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	

Swing Foxtrot Couples (104 bpm)



SWING FOXTROT Solo 2018

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.

Key- points Swing foxtrot Solo

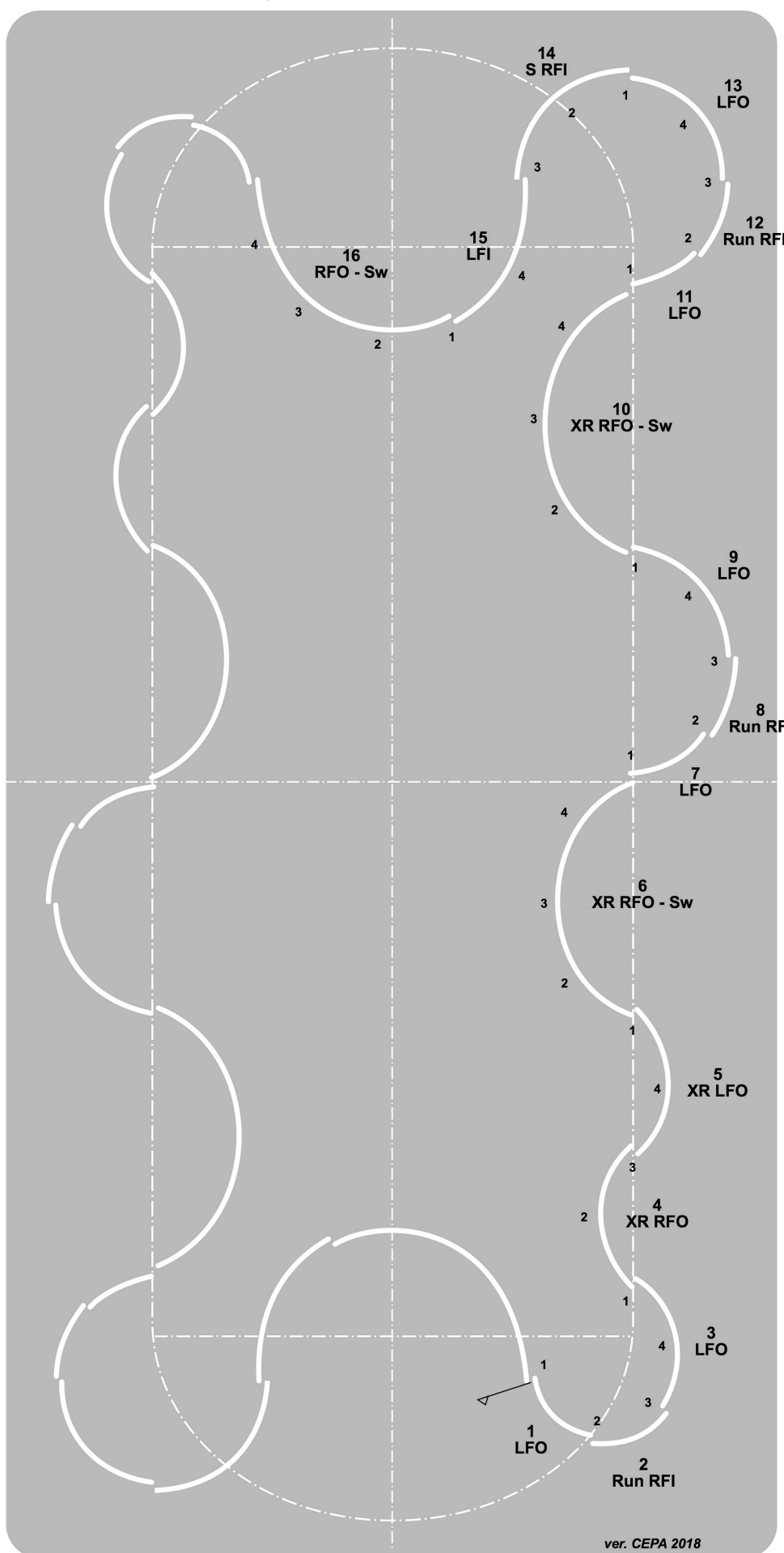
Section 1

1. Correct timing and technical execution of the sequence of steps **1, 2, and 3** which must be skated with strong edges; on the restart of the dance, in the following sequences, must form a lobe that ends on the baseline.
 2. **Steps 4 XR RFO (2 beats) and 5 XR LFO (2 beats):** correct technical execution of the cross rolls skated with evident lobes, correct edges and proper changes of lean of the body.
 3. **Steps 6 and 10, XR RFO Sw (4 beats each 2+2):** correct technical execution of deep cross rolls with a forward swing of the free leg on the 3rd beat and pressure on the outside edge, without deviating from it.
 4. **Steps 14 RFI and 15 LFI** are open strokes (2 beats each): correct technical execution with the skating foot on the inside edge from the beginning to the end of each step, with correct lean and proper posture.
- Step 16 RFO Sw:** strong pressure on the outside edge without deviation from the edge (note: often the skaters tend to change to an inside edge on the 4th beat in preparation for the restart of the dance).

Swing Foxtrot Solo (104 bpm)

No	Steps	Musical Beats		
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	

Swing Foxtrot Solo (104 bpm)



WERNER Tango (Couples & Solo)

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.

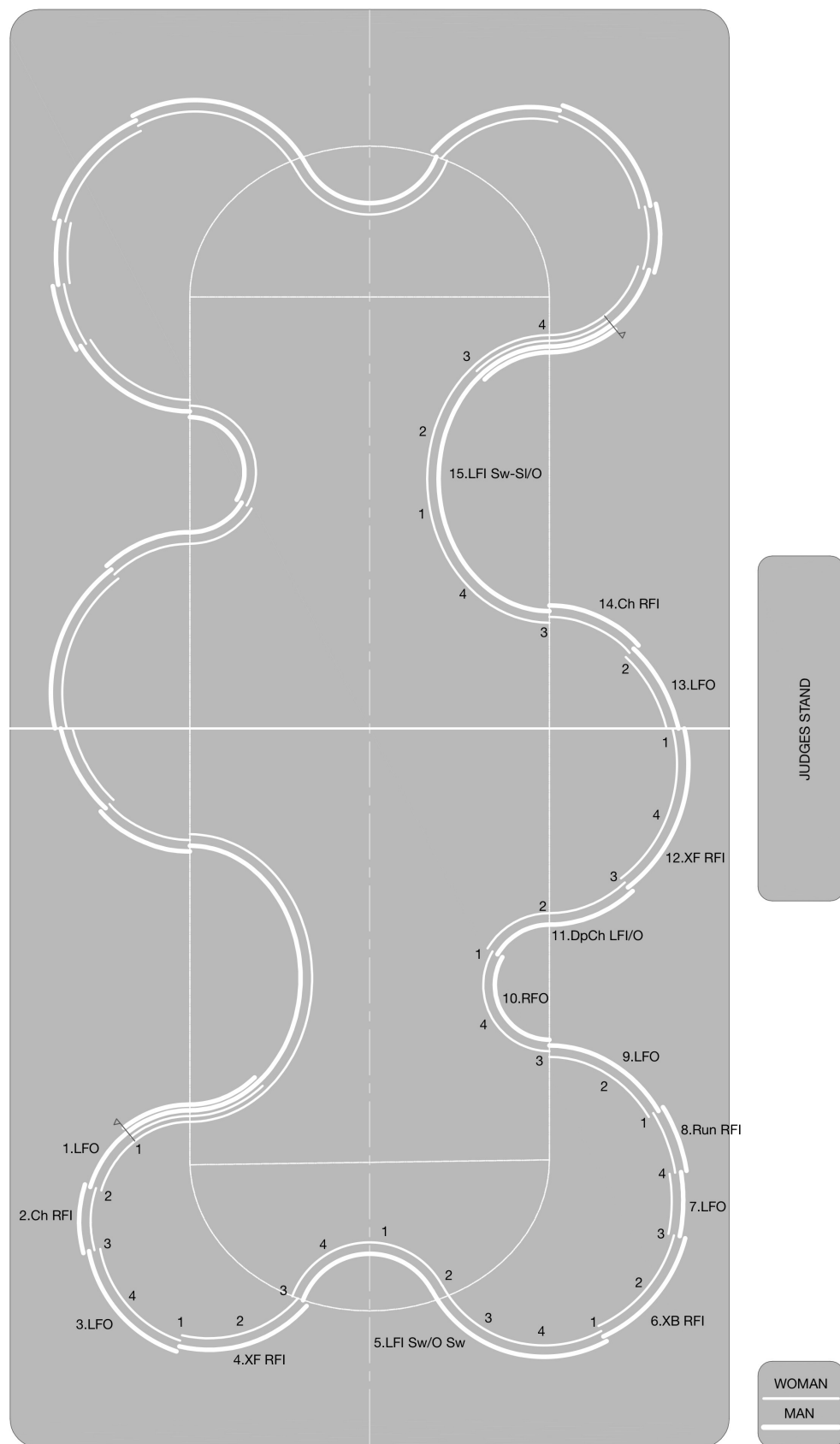
SECTION 2:

- **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



SIESTA TANGO (Couples & Solo)

By: George Muller

Music: Tango 4/4

Tempo: 100 bpm

Positions: Reverse Kilian - Kilian

Pattern: Set

The positions used in the dance are Reverse Kilian and Kilian.

We recommend the use of the "thumb pivot" hold where the woman's hands are held above those of the man with her thumb inserted in the fist of the man's hand.

The dance begins in the Reverse Kilian position, which is maintained from Step 1 to Step 10. From Steps 11 - 15 the position is Kilian and on Step 16 the couple assumes Reverse Kilian position.

Steps 1 LFO (1 beat), 2 XCh RFI (1 beat) and 3 LFO (1beat) are a sequence of steps in the direction of the long side barrier.

Steps 4 Run RFI (1 beat) and 5 LFO (2 beats) curves away from the barrier to aim toward the long axis.

Steps 6 XF RFO (2 beats) is a cross in front in the direction of the long axis with the free leg held in back after the cross. Step 7 XB LFI (2 beats) is a cross behind with the free leg extended in front of the skating foot, aimed toward the long axis on the 1st beat and becoming parallel to it on the 2nd beat.

Step 8 RFO Sw I Sw (6 beats total) is an outside edge for 4 beats, in which the free leg swings in front on the 3rd beat, followed, **on the 5th beat**, by a swing in back of the free leg, simultaneously with the change of edge to inside. This step begins parallel to the long axis, becoming almost perpendicular to the long side barrier on the 4th beat of the outside edge. On the 5th and 6th beat, the edge curves, highlighting change of edge to inside, pointing diagonally to the long side barrier.

Step 9 LFO (2 beats) is parallel to the long side barrier.

Step 10 RFI (1 beat) is an open stroke that begins at the long side barrier and curves toward the middle of the short side barrier.

Step 11 **Hh**Mk LBI (1 beat) is a heel to heel mohawk in which the heel of the free foot must be placed in contact with the heel of the skating foot. Following the mohawk, the free leg must finish in back and subsequently return to the skating foot to prepare for the following step 12. The hold during the execution of the mohawk passes **from Reverse Kilian position to Kilian position**. (The "thumb pivot" grip should facilitate the change of position.) The direction of this step is the same as the previous step.

Step 12 RBO (2 beats) and step 13 Run LBI (2 beats) are skated before the long axis and step 14 RBO (1 beat) **begins on** the long axis. Steps 13 and 14 are skated almost parallel to the short side barrier.

On step 15 XF LBI (1 beat) the partners, moving away from the short side barrier, preparing a change of position from Kilian to Reverse Kilian, followed by step 16 Mk RFI (2 beats) in the direction of the long side barrier.

KEY POINTS Siesta Tango

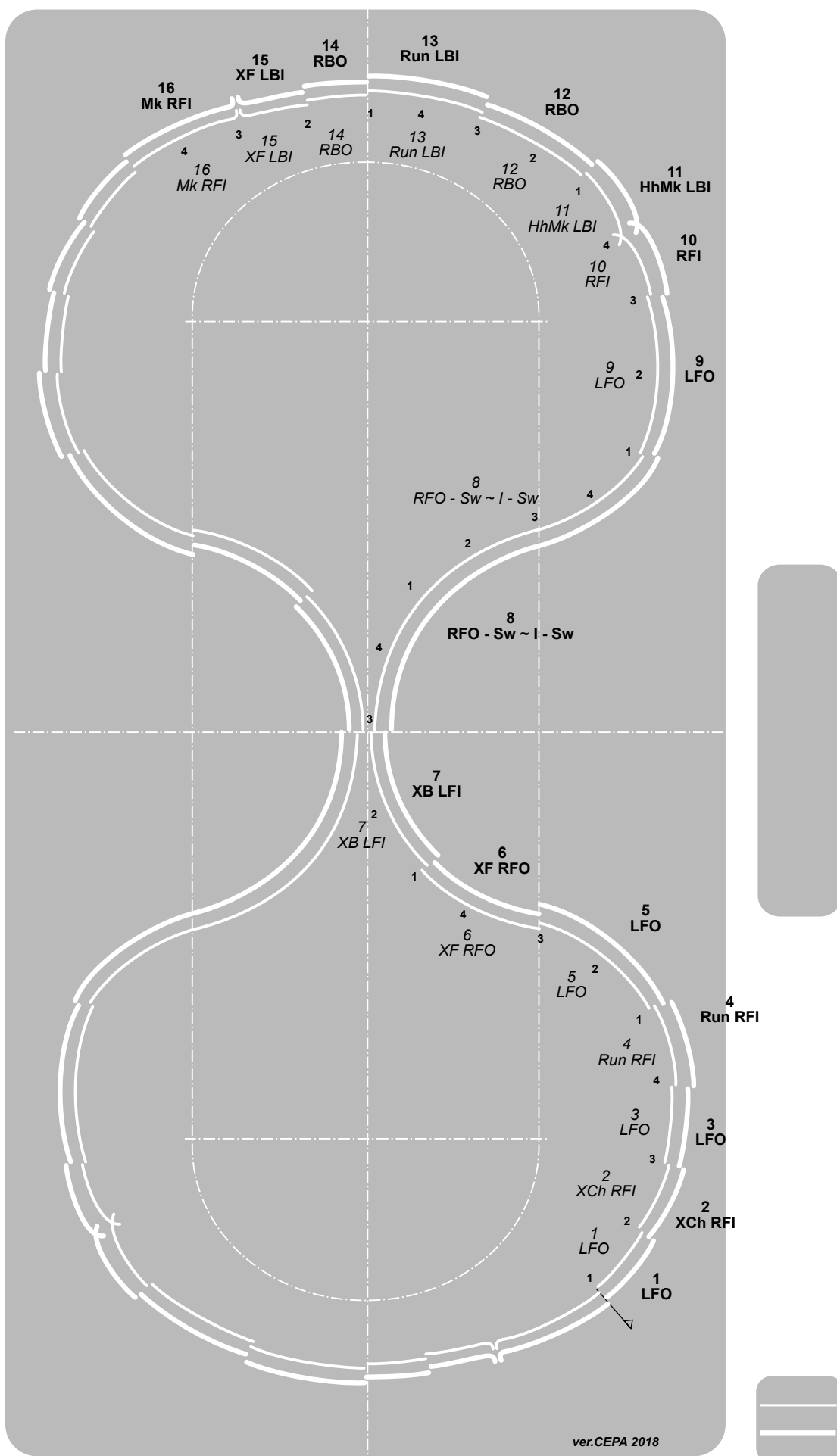
SECTION 1

1. **Step 6** XF RFO and step 7 XB RFI: Correct technical execution of the crosses, correct edges and obvious change of lean on step 6.
2. **Step 8** RFO Sw I Sw (6 beats total) with the swings and change of edge at the prescribed times. (Swing in front on the 3rd beat; change of edge and swing in back on the 5th beat.)
3. **Step 11** HhMk LBI (heel to heel): Correct technical execution of the heel to heel mohawk in one beat with simultaneous lengthening of the free leg in line with the skating foot. Attention to the closeness of the skaters during the mohawk.
The sequence of steps 12-14 should not be "flat", but performed on the required edges: Correct technical execution of the Run LBI (not crossed).
4. **Steps 15** XF LBI (1 beat) and 16 Mk RFI (2 beats):
-Step 15 is a cross in front with feet close and parallel on an inside edge with no deviation to an outside edge.
-Step 16 Mk RFI: Correct technical execution of the step without separation of the partners which should remain close during the change of position from Kilian to Reverse Kilian.

SIESTA TANGO - 100 bpm

Position	No.	Man's Steps	Musical Beats	Woman's Steps
Section 1				
Reverse Kilian	1	LFO	1	LFO
	2	XCh RFI	1	XCh RFI
	3	LFO	1	LFO
	4	Run RFI	1	Run RFI
	5	LFO	2	LFO
	6	XF RFO	2	XF RFO
	7	XB LFI	2	XB LFI
	8	RFO Sw I Sw	2+2+2	RFO Sw I Sw
	9	LFO	2	LFO
	10	RFI	1	RFI
Kilian	11	HhMk LBI	1	HhMk LBI
	12	RBO	2	RBO
	13	Run LBI	2	Run LBI
	14	RBO	1	RBO
	15	XF LBI	1	XF LBI
Reverse Kilian	16	Mk RFI	2	Mk RFI

SIESTA TANGO - 100 bpm



KEATS FOXTROT - COUPLES

By: Eva Keats & Erik Van Der Weyden

Music: Foxtrot 4/4

Tempo: 96 bpm

Positions: Foxtrot - Waltz - Partial Tango - Tango

Pattern: Set

Step 1, LFO (1 beat), **2**, XCh RFI (1 beat) and **3**, LFO (2 beats), the same for both partners in Foxtrot position, form a sequence of steps which begins toward the long side barrier, becomes parallel to it and finishes aiming perpendicular to the long axis at the baseline.

Step 4a and 4b for the man and **step 4** XR RFO form a lobe that starts and ends on the baseline.

Step 4a XR RFO 3t (2 beats 1+1) for the man begins with a cross roll on the first beat, aiming initially toward the long axis, followed by a three turn on the second beat, which finishes parallel to it. **Step 4b** LBO for the man is a step (2 beats) that begins parallel to the long axis and curves in the direction of the long side barrier, finishing on the baseline.

The woman, on **step 4** XR RFO (4 beats total) is executed as follows:

- A cross roll, together with the man, on the first beat of the step;
- A return of the free leg to the skating foot in "and" position on the 2nd beat, simultaneously with the three turn of the man;
- A bending of the skating knee on the 3rd beat of the step with a stretch of the free leg in back for two beats simultaneously with step 4b of the man.

The couple assumes Waltz position with step 4b of the man, which will be maintained up to step 8.

Steps 5 to 8 form a lobe which begins on the baseline and aims toward the long side barrier, intersects the short axis with steps 6 and 7 and ends with step 8, perpendicular to the long axis and ending on the baseline

Step 5 RBO (2 beats) for the man, coincides with step 5 XR LFO 3t (2 beats 1+1) for the woman, who executes a forward cross roll on the 1st beat followed by a three turn on the 2nd.

Step 6 is a Mk LFO for the man and a RBO for the woman (both 1 beat), which ends at the short axis.

Step 7 Run RFI for the man and Run LBI for the woman (both 1 beat) begin at the short axis.

Step 8 LFO for the man and RBO for the woman (both 2 beats) are outside edges which finish at the baseline and almost perpendicular to the long axis.

At the end of step 8, the man moves next to the woman to prepare for **step 9** XR RFO 3t (2 beats), with the cross roll on the 1st beat and the three turn on the 2nd beat, as the woman executes a XR LBO (2 beats), with the couple in Tango position. The lobe begins on the baseline with step 9 and finishes almost perpendicular to the short side barrier with step 10.

On **Step 10** LBO for the man and RFO for the woman (2 beats), the skaters assume Waltz position, and during this step, must be careful to remain close and avoid separation between them.

The next lobe, formed by **steps 11a** RBO and **11b** Run LBI (1 beat each) for the man and step 11 LFO for the woman (2 beats), followed by Step 12 RBO for the man and CIMk RBO for the woman (4 beats) strongly curves to finish parallel to the long axis. Step 12 should be executed before the long axis and the couple intersects the long axis on the 2nd beat of the step.

During step 11, the woman moves to the right hip of the man, and the couple assumes partial Tango position. The movement of the woman's free leg on this step is optional.

Step 12, RBO for the man and **CIMk RBO** for the woman (4 beats total on outside edge): After the first beat, which ends with the free leg in front, the movement of the free leg during the remaining beats is optional. The couple assumes Foxtrot position on this step and remain in this position for the remainder of the dance.

At the end of step 12, the free foot is brought close to the heel of the skating foot to enable the skaters to correctly execute **step 13**, Cw LFI (2 beats), on a good inside forward edge aiming toward the long side barrier.

Step 14, RFI (2 beats) , is an open stroke and should be skated with angled feet. It should be skated in the direction of the long side barrier, curving to become parallel to it.

KEY POINTS

KEATS FOXTROT Couples

Section 1:

1. Step 2 XCh RFI (1 beat): Correct technical execution of the XCh for both partners with feet close and parallel without lightening of the edge before or after the cross.

2. Step 4a XR RFO 3t (2 total beats) and **step 4b** LBO for the man: Attention to the correct technical execution of the cross roll and three turn, maintaining the correct edge after the three turn on the 2nd beat, with feet close together; **step 4b** LBO: executed on an outside edge with no variation from it. Attention to the proximity of the partners and the correctness of the Waltz position during this step.

3. Step 5 XR LFO 3t (2 beats total 1+1) for women: a cross roll on the 1st beat followed by a three turn on the 2nd beat with feet close together. The cross roll is skated in Waltz position (not Reverse Tango) and the three turn of the woman close to the man (without separation of the couple).

Section 2:

1. Step 9 XR RFO 3t for the man (2 beats total, a cross roll on the 1st beat and a three turn on the 2nd beat) and XR LBO for the woman (2 beats) in Tango position: attention to of the man as well as the proximity of the skaters before and after the three turn.

Step 10 Mk RFO for woman: attention to the correct technical execution of the mohawk with heels close together (not wide), and the proximity of the skaters during this step (without separation of the partners during the mohawk).

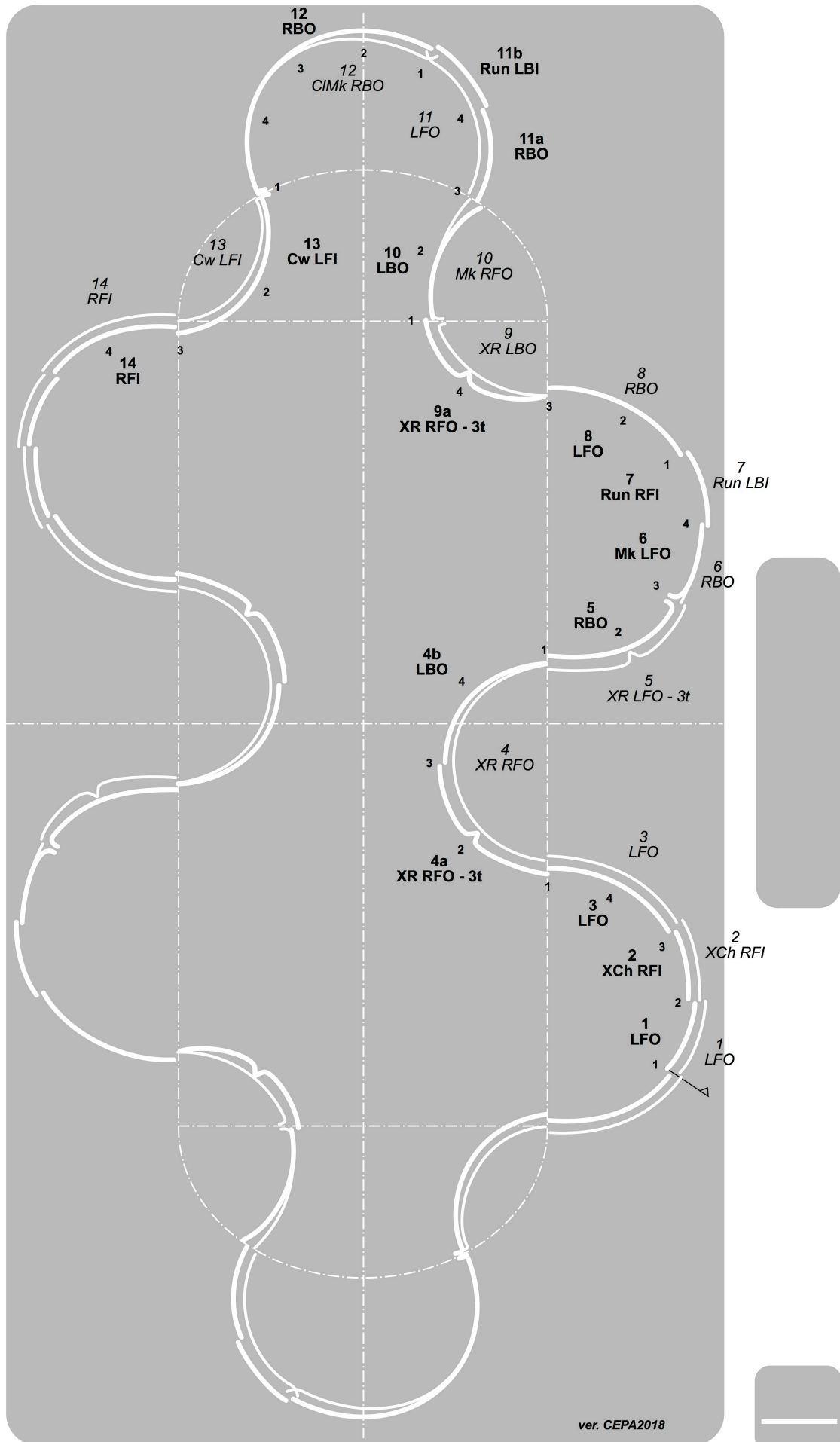
2. Step 12 (4 beats) Run RBO for the man and CIMk RBO for the woman: Attention to the correct technical execution of the closed mohawk with proper positioning of the free foot placed on the outside of the skating foot and the maintenance of the outside during all 4 beats, without deviation from the required edge.

3. Step 13 Cw LFI (2 beats) to a left forward inside edge: Correct technical execution of the choctaw for both skaters with heels kept in contact before the turn (often the feet are wide) and maintaining the inside edge during the two beats, with no deviation from the edge.

KEATS FOXTROT - Couples (96 bpm)

<i>Position</i>	<i>No.</i>	<i>Man's Steps</i>	<i>Musical Beats</i>			<i>Woman's Steps</i>
SECTION 1						
Foxtrot	1	LFO		1		LFO
	2	XCh RFI		1		XCh RFI
	3	LFO		2		LFO
	4a	XR RFO 3t	1+1		4	XR RFO
Waltz	4b	LBO	2			
	5	RBO	2		1+1	XR LFO 3t
	6	Mk LFO		1		RBO
	7	Run RFI		1		Run LBI
	8	LFO		2		RBO
SECTION 2						
Tango	9	XR RFO 3t	1+1		2	XR LBO
Waltz	10	LBO		2		Mk RFO
	11a	RBO	1		2	LFO
	11b	Run LBI	1			
Foxtrot	12	RBO *		4		CIMk RBO*
	13	Cw LFI		2		Cw LFI
	14	RFI		2		RFI
*Movement of the free leg is optional.						

KEATS FOXTROT - Couples (96 bpm)



KEATS FOXTROT - SOLO (woman's steps)

By: Eva Keats & Erik Van Der Weyden

Music: Foxtrot 4/4

Tempo: 96 bpm

Pattern: Set

Step 1, LFO (1 beat), **2**, XCh RFI (1 beat) and **3**, LFO (2 beats), form a sequence of steps which begins toward the long side barrier, becomes parallel to it and finishes aiming perpendicular to the long axis at the baseline.

Step 4 XR RFO (4 beats) forms a lobe that starts and ends on the baseline, aiming initially toward the long axis and finishing toward the long side barrier. It is a cross roll on the first beat with the movement of the free leg optional during the step

Steps 5 to 8 form a lobe which begins toward the long side barrier, beginning at the baseline, and ends with step 8, perpendicular to the long axis and ending on the baseline.

Step 5, XR LFO 3t (2 beats 1+1) is a cross-roll on the first beat followed by a three turn on the second beat.

Steps 6 RBO (1 beat), **7** Run LBI (1 beat) and **8** LBO (2 beats) complete the lobe, ending at the baseline and almost perpendicular to the long axis.

Step 9 XR LBO (2 beats) begins on the baseline, toward the long axis and **Step 10** Mk RFO (2 beats) finishes aiming almost perpendicular to the short side barrier.

The next lobe, formed by **steps 11**, LFO (2 beats) and **12**, ClMk RBO (4 beats) strongly curves to finish parallel to the long axis. Step 12 should be executed before the long axis and the skater intersects the long axis on the 2nd beat of the step.

Step 12, ClMk RBO (4 beats total on outside edge): After the first beat, which ends with the free leg in front, the movement of the free leg during the remaining beats is optional.

At the end of step 12, the free foot is brought close to the heel of the skating foot to enable the skater to correctly execute **step 13**, Cw LFI (2 beats), on a good inside forward edge aiming toward the long side barrier.

Step 14, RFI (2 beats), is an open stroke and should be skated with angled feet. It should be skated in the direction of the long side barrier, curving to become parallel to it.

KEY POINTS

KEATS FOXTROT SOLO (woman's steps)

Section 1:

- Step 2** XCh RFI (1 beat): Correct technical execution of the XCh with feet close and parallel without lightening of the edge before or after the cross.
- Step 5** XR LFO 3t: (2 beats total 1+1): a cross-roll on the first beat followed by a three turn on the second beat with feet close together. Proper attention to the lean and inside edge at the end of the three turn.

3. **Step 8**, RBO (2 beats) is an outside edge, almost perpendicular to the long axis, with no change to inside edge.

Section 2:

1. **Step 9**, XR LBO (2 beats): Correct technical execution of the cross roll. Step 10 , Mk RFO (2 beats): Correct technical execution of the mohawk with heels close together and correct placement of the RFO edge, not wide.

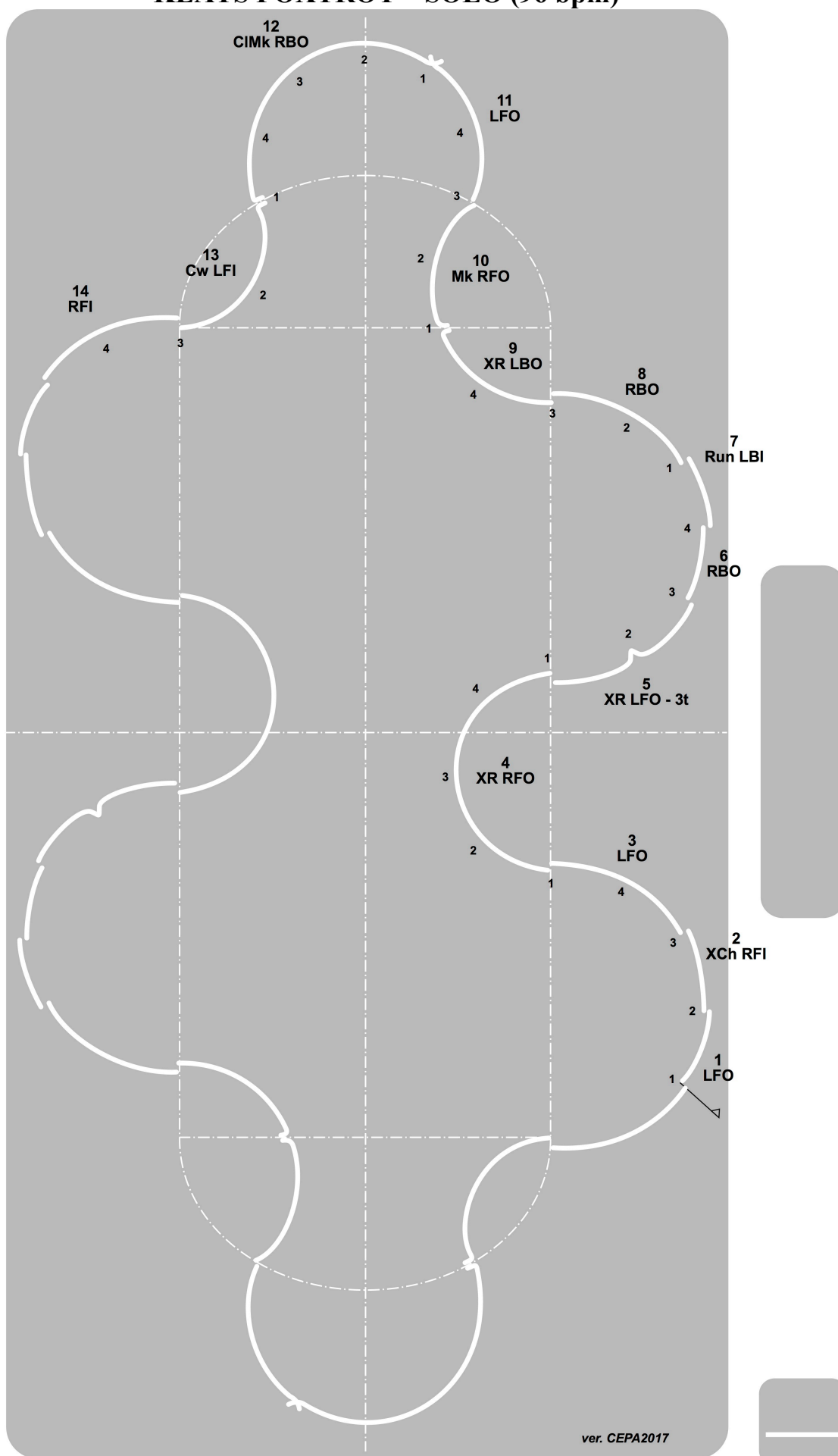
2. **Step 12** CIMk RBO (4 beats): Correct technical execution of the closed mohawk, with proper positioning of the free foot placed to the outside of the skating foot, and the maintaining of the outside edge during the 4 beats, without deviation from the edge.

3. **Step 13**, Cw LFI (2 beats): Correct technical execution of the choctaw with feet kept in contact before turning, (not wide) and maintaining of the inside edge during the two beats, with no deviation from the edge.

KEATS FOXTROT - SOLO

Step No.	Step	Musical Beats		
SECTION 1				
1	LFO		1	
2	XCh RFI		1	
3	LFO		2	
4	XR RFO*		4	
5	XR LFO 3t		1+1	
6	RBO		1	
7	Run LBI		1	
8	RBO		2	
SECTION 2				
9	XR LBO		2	
10	Mk RFO		2	
11	LFO		2	
12	CIMk RBO*		4	
13	CW LFI		2	
14	RFI		2	
*Movement of the free leg is optional				

KEATS FOXTROT – SOLO (96 bpm)



IMPERIAL TANGO Couples 2018

By: Ronald E. Gibbs

Music: Tango 4/4
Tempo: 104 bpm
Position: Kilian - Foxtrot
Pattern: Set

Step 1 LFO, **2** Run RFI and **3** LFO form a sequence of steps aiming initially toward the long side barrier and curving toward the long axis.

Step 3, LFO FLAT Sw I (4 beats total, 2+1+1) is performed:

- Two beats on outside edge with the free leg held behind;
- On the third beat, a flat (no edge) with the free leg movement optional;
- On the fourth beat, a swing in front on an inside edge;

Step 4 OpMk RBI (1 beat) is individually executed by both partners, without contact, aimed parallel to the long axis.

Step 5 is a LBO that can be performed with the free leg either extended in front or not extended (lifted off the floor), without contact of the partners, descending toward the long side barrier.

Step 6 Mk RFO (2 beats) is a mohawk where the skaters assume Kilian position, aimed toward the long side barrier.

Step 7 XR LFO 3t (2 beats, 1+1) is a cross roll on the 1st beat followed by a three turn on the 2nd beat, skated toward the long side barrier.

Step 8 is a RBO, aimed toward the long side barrier, followed by **step 9** XCh LBI with feet close and parallel, that continues the aim of the previous step.

Step 10 RBO (2 beats) is skated in Kilian position and at the end of the 2nd beat, the couple assumes Tandem position to allow for the execution of the next step.

Step 11 Mk LFO (1 beat), skated in the direction of the short side barrier is followed by **step 12** XCh RFI (1 beat).

On **step 13** LFO (2 beats), the skaters maintain Kilian position with their backs held in line with the trace and a strong twist of the upper body in preparation for step 14.

Step 14 CIMk RFO is a closed mohawk in the direction of the short side barrier which finishes parallel to it.

On **step 15** XF LBI, a cross in front in Kilian position, the couple performs a twist of the torso to the right to allow them to perform step 16.

Step 16 Mk RFI is a mohawk in Kilian position with which the couple exceeds the long axis.

After step 16, Kilian position is changed to Foxtrot position to repeat the dance. The change of position* for the start of the new sequence, must be completed by step 2.

*Note: The change of position from Kilian to Foxtrot will be determined by the change of the man's right hand, which will pass from the woman's right hip to her shoulder blade.

KEY POINTS

IMPERIAL TANGO - Couples

Section 1

1. **Step 3** LFO Flat Sw I: correct technical execution of the step, with correct edges and correct timing of the changes from outside to flat to inside edge, without deviation before or after the changes.
2. **Steps 4** OpMk RBI and **5** LBO: correct technical execution of the mohawk (step 4) in one beat and step 5 in one beat. Attention to the lean of the partners (in unison) on step 5 and the distance of the skaters during the individual rotation, without contact. (skaters should not move away from each other during this rotation)
3. **Step 6** Mk RFO: correct technical execution of the mohawk, skated without contact, with no separation between the partners. Couple assumes Kilian position on this step.

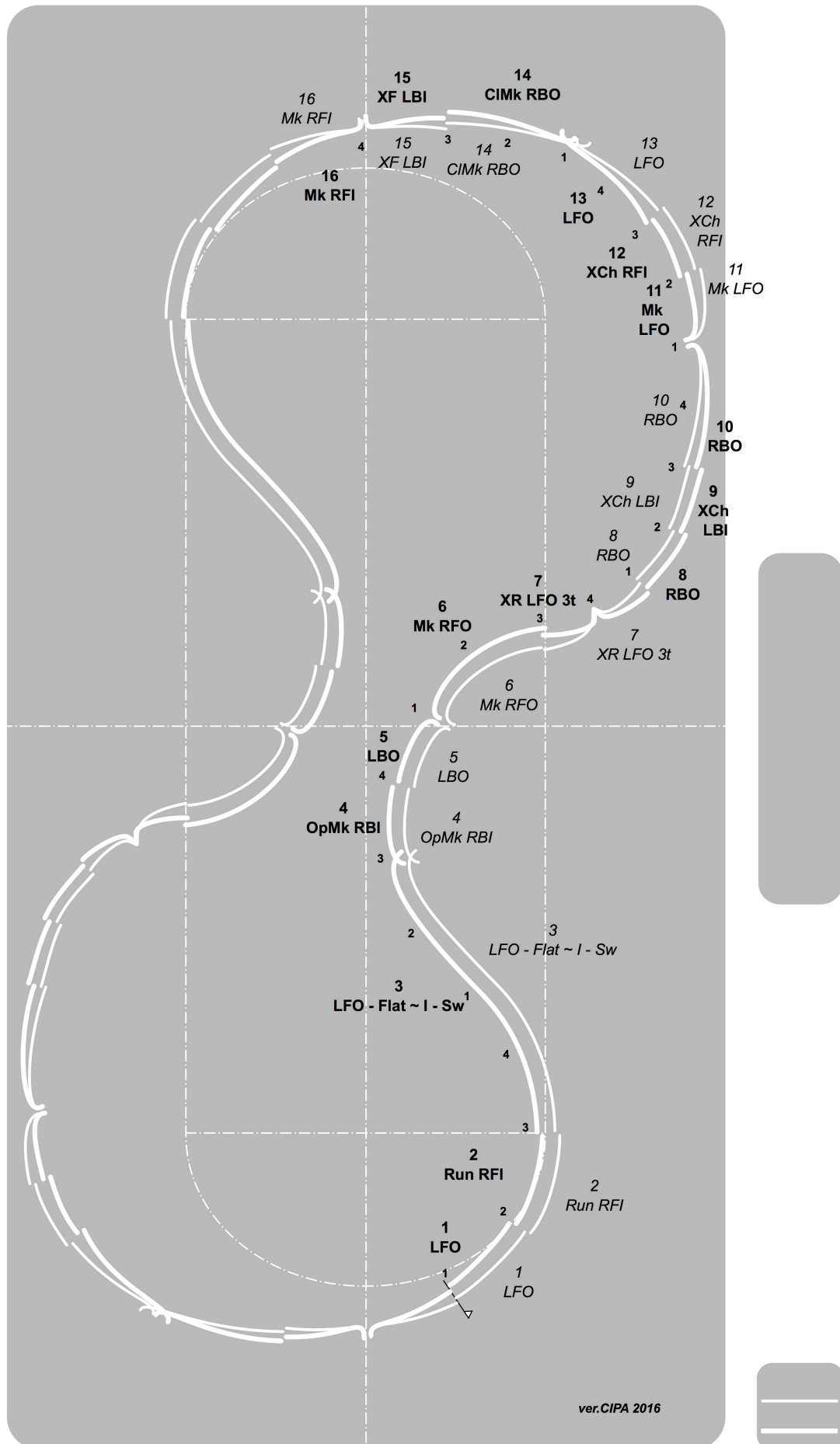
Section 2

1. **Step 7** XR LFO 3t: the cross roll on the 1st beat should be executed with the appropriate change of lean, followed by a three turn on the 2nd beat; control of the posture of the couple is important during the three turn and its conclusion on a LBI edge without deviations of the edges due to a lack of control during the execution of the three turn.
2. **Step 9** XCh LBI, **step 12** XCh RFI: correct technical execution of the crossed chasses with feet close and parallel.
3. **Step 14** CIMk RBO: correct technical execution of the closed mohawk with proper placement of the free foot on the outside of the skating foot, on an outside edge (not flat).
Step 15 XF LBI must be maintained on an inside edge throughout its duration with no deviation to an outside edge (especially for the woman); **step 16** Mk RFI: correct technical execution of the mohawk which must be executed by the couple in Kilian position and not in Tandem

IMPERIAL TANGO - Couples

Position	No	Woman's Steps	Musical Beats			Man's Steps
Section 1						
Foxtrot	1	LFO		1		LBO
	2	Run RFI		1		Run RFI
	3	LFO		2+		LFO
		FLAT*		1+		FLAT*
	Sw LFI		1		Sw LFI	
Without Hold	4	OpMk RBI		1		OpMk RBI
	5	LBO		1		LBO
Kilian	6	Mk RFO		2		Mk RFO
Section 2						
	7	XR LFO 3t		1+ 1		XR LFO 3t
	8	RBO		1		RBO
	9	XCh LBI		1		XCh LBI
	10	RBO		2		RBO
	11	Mk LFO		1		Mk LFO
	12	XCh RFI		1		XCh RFI
	13	LFO		2		LFO
	14	CIMk RBO		2		CIMk RBO
	15	XF LBI		1		XF LBI
	16	Mk RFI*		1		Mk RFI*
	* movement of the free leg is optional					

IMPERIAL TANGO - Couples



FEDERATION FOXTROT SOLO 2018

By: Jackie Terenzi

Music: Foxtrot 2/4 or 4/4

Tempo: 96 bpm

Pattern: Set

The dance begins with a lobe formed by five steps (steps 1-2-3-4-5), initially aimed toward the long side barrier, becoming parallel to it and finishing perpendicular to the long axis.

Step 1 RBO (1 beat) is a stroke, followed by **step 2** XF LBI (1 beat), **step 3** RBO (1 beat), **step 4** Run LBI (1 beat) and **step 5** RBO (2 beats).

Step 6 LBO (2 beats) is a stroke in the direction of the long axis, followed by **step 7** Mk RFO 3t (1+1 beats), a mohawk on the 1st beat with the three turn on the 2nd beat (on the short axis), after which the skater is parallel to the long axis.

Step 8 LBO (2 beats) begins parallel to the long axis and moves away from in in preparation for **step 9** Mk RFO Sw Ct (6 beats total) as follows:

- A mohawk RFO on the 1st beat with the free leg held behind for two beats, skated in the direction of the long side barrier
- A forward swing of the free leg on the 3rd beat: swing start diagonal aimed to the long side barrier
- an outside Counter turn (from RFO to RBO) on the 5th beat, with the free leg held forward at the end of the turn, in line with the skating leg. This turn is aimed perpendicular to the long side barrier, curving during the last two beats to finish parallel to it.

Step 10 XF LBI (2 beats) and **11** RBO (4 beats) with the free leg held in front until the 4th beat: These steps begin parallel to the long side barrier with step 10, becoming parallel to the short side barrier and finish parallel to the long axis with step 11.

Step 12 Cw LFI (2 beats) is a choctaw that begins parallel to the long axis, followed by **step 13** RFO (1 beat), performed before the long axis and **step 14** XCh LFI (1 beat) that crosses the long axis.

Step 15 RFO Sw Ct 3t (8 beats total) is distributed as follows:

- RFO on the 1st beat with the free leg behind for two beats, skated in the direction of the long side barrier;
- a forward swing of the free leg on the 3rd beat which is held in front until the 4th beat, aimed perpendicular to the short side barrier.
- a counter turn (from RFO to RBO) on the 5th beat aimed perpendicular to the short side barrier; movement of the free leg during this turn is optional.
- a three turn (from RBO to RFI) on the 6th beat with a raise of the free leg on the 7th beat; on the last two beats the inside edge curves from parallel to the short side barrier toward the long side barrier.

Step 16 LFO 3t (2 beats) is a stroke on the 1st beat followed by a three turn on the 2nd beat; it is the last step of the dance, in the direction of the long side barrier, skated so as to avoid excessive rotation as it would prevent the correct restart of the dance.

KEY POINTS FEDERATION FOXTROT - Solo

SECTION 1

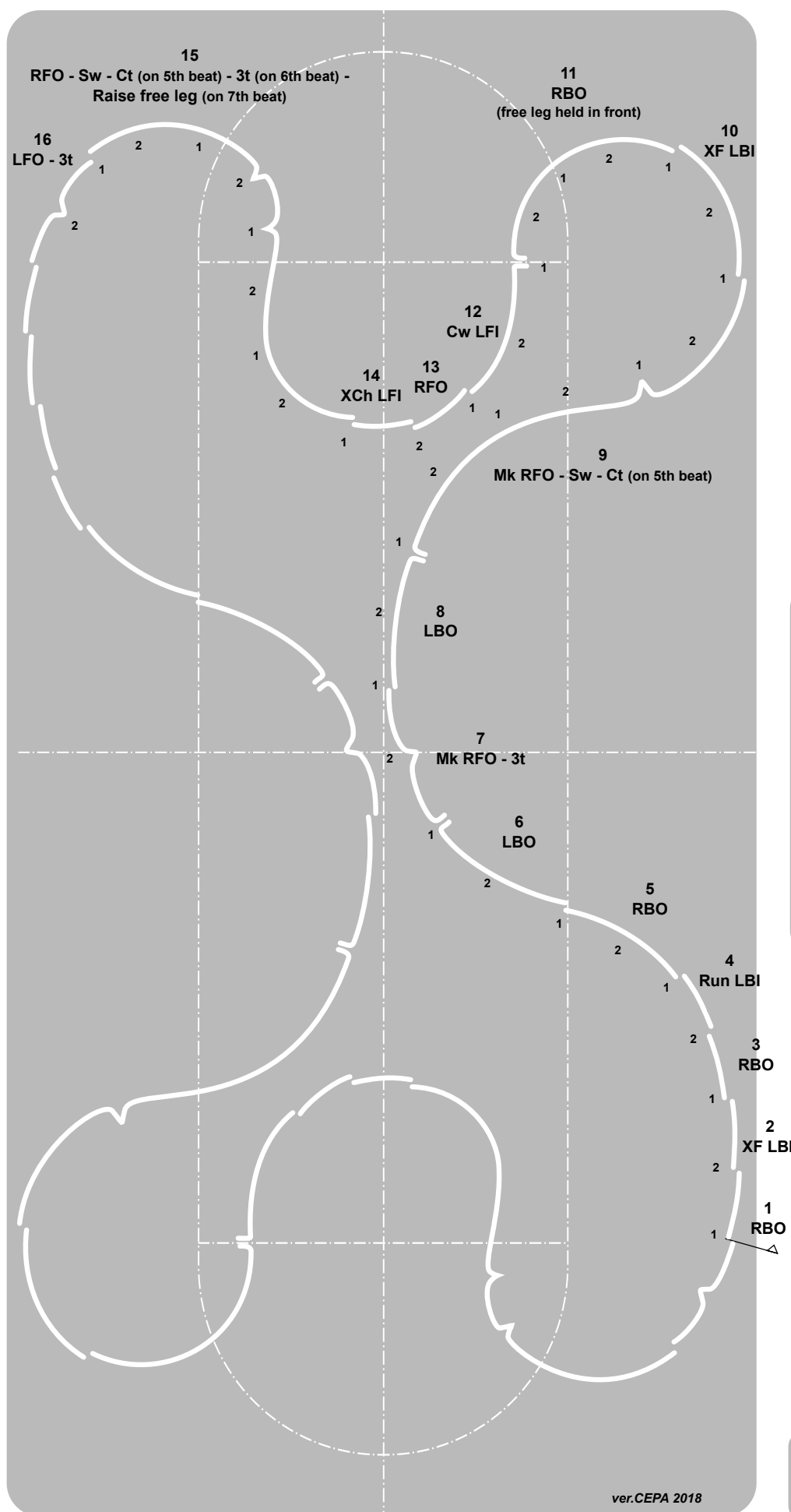
1. **Step 7** Mk RFO 3t (2 beats): Correct technical execution of the mohawk and correct change of lean from step 6 (LBO) to step 7 Mk RFO, followed by the three turn which must finish on an inside edge (attention to frequent changes of edge at the end of the three turn, often poorly controlled)
2. **Step 9** Mk RFO Sw Ct (6 beats total): Attention to the required timing during the 6 beats:
 - Forward swing on the 3rd beat;
 - Counter turn on the 5th beat with the free leg held **forward** at the end of the turn; Attention to the correct technical execution of the counter turn, on an outside edge before and after the turn, with no deviation from the outside edge and not hopped.
3. **Step 12** Cw LFI (2 beats): correct technical execution of the choctaw from an outside edge to an inside edge (not a mohawk), with the foot placed close and not wide.
4. **Step 15** LFO Sw Ct 3t (8 beats total): Attention to the required timing during the 8 beats:
 - Forward swing of the free leg on the 3rd beat;
 - Counter turn on the 5th beat;
 - Three turn on the 6th beat with a raise of the free leg in front on the 7th beat;

Correct technical execution of the required timing and edges during the counter/three turn, with no deviation from those prescribed with the proper lean of the body (the axis of the body is often not controlled during these turns and tends to go to the outside of the rink instead of maintaining the proper inside body lean.

FEDERATION FOXTROT (96 bpm) SOLO

No.	STEPS	Musical Beats
SECTION 1		
1	RBO	1
2	XCh LBI	1
3	RBO	1
4	Run LBI	1
5	RBO	2
6	LBO	2
7	Mk RFO 3t	1+1
8	LBO	2
9	Mk RFO - Sw - Ct	2+2+2
10	XF LBI	2
11	RBO	4
12	Cw LFI	2
13	RFO	1
14	XCh LFI	1
15	RFO - Sw - Ct - 3t - RFI	2+2+1+1+2
16	LFO 3t	1+1

FEDERATION FOXTROT (96 bpm) SOLO



ver.CEPA 2018

KENT TANGO - SOLO 2018

By Jackie Terenzi

Music: Tango

Tempo: 100 bpm

Pattern: Set

Step 1 LFO 3t (2 beats) is a stroke on the 1st beat followed by a three turn in the direction of the long side barrier.

Step 2 RBO (1 beat) is a stroke followed by **step 3** Ch LBI (1 beat), parallel to the long side barrier.

Step 4 RBO Sw (2+2 beats) is a stroke followed by a swing in back of the free leg, on the 3rd beat. The direction is initially parallel to the long side barrier, then curving toward the long axis becoming perpendicular to it.

Step 5 LBO (2 beats) is a stroke in the direction of the center of the rink.

Step 6 Mk RFO (1 beat) begins at the short axis followed by **step 7**, XCh LFI (1 beat) which finishes parallel to the long axis.

Step 8 RFO Sw (2+2 beats) is a stroke followed by a forward swing of the free leg on the 3rd beat which begins parallel to the long axis and curves away from it in preparation of **step 9** LFO (1 beat) stroke in the direction of the long side barrier.

Step 10 CIMk RBO (1 beat) is a closed mohawk with the free leg extending in front at the end of the mohawk, skated in the direction of the long side barrier and finishing parallel to it.

Step 11 XF LBI (1 beat) curves in preparation for **step 12** Mk RFI Sw (1+2 beats), a mohawk on the 1st beat and a forward swing of the free leg on the 2nd beat, remaining on an inside edge for a total of 3 beats. These steps begin curving away from the long side barrier, becoming parallel to the short side barrier, and finishing on the continuous baseline aiming toward the long axis.

Step 13 LFI (2 beats) is an open stroke which intersects the long axis (1 beat before and 1 beat after)

Step 14 RFI Sw (2+2 beats) is an open stroke RFI in the direction of the short side barrier with the free leg held in back for two beats, followed by a swing of the free leg in front on the 3rd beat. This step ends toward the long side barrier.

KEY POINTS KENT TANGO - SOLO

Section 1:

1. **Steps 5, 6 and 7:** Step 5 LBO (2 beats) a stroke in the direction of the center of the rink, followed by step 6 Mk RFO (1 beat) beginning at the short axis: Note the correct lean and body posture is maintained between steps 5 and 6 from an outside edge to an outside edge (not inside) and careful positioning of the foot during the mohawk (not wide). Step 7 XCh LFI (1 beat) with feet close and parallel during the cross chasses as well as at the end of the chasse.
2. **Steps 9, 10 and 11** (1 beat each): step 9 on a clear LFO edge in preparation for step 10 CIMk RBO, with the free leg extending in front at the end of the mohawk; correct positioning of the free foot (placed to the outside of the skating foot) and attention to the edge and the curve of the lobe. Step 11 XF LBI, which curves in preparation for the next step; correct execution of the cross in front, with close feet maintaining the inside edge with no deviation from it.
3. **Steps 12, 13 and 14:** Step 12 Mk RFI Sw (1+2 beats): Correct technical execution of the mohawk, (which must be stepped from the heel and not wide); attention to the swing of the free leg on the second beat and the correct lean during all three beats. Step 13 LFI (2 beats), an, angular stroke (not wide) with an obvious change of lean with respect to step 12. Step 14 RFI Sw (2+2 beats), Open Stroke: correct technical execution of the step with feet together (not wide) with the free leg held back for two beats, followed by a swing in front on the 3rd beat.

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No.	Steps	Musical Beats		
SECTION 1				
1	LFO 3t		1+1	
2	RBO		1	
3	Ch LBI		1	
4	RBO Sw (3rd beat)		2+2	
5	LBO		2	
6	Mk RFO		1	
7	XCh LFI		1	
8	RFO Sw (3rd beat)		2+2	
9	LFO		1	
10	CIMk RBO		1	
11	XF LBI		1	
12	Mk RFI Sw (2nd beat)		1+2	
13	LFI		2	
14	RFI Sw (3rd beat)		2+2	

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