

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

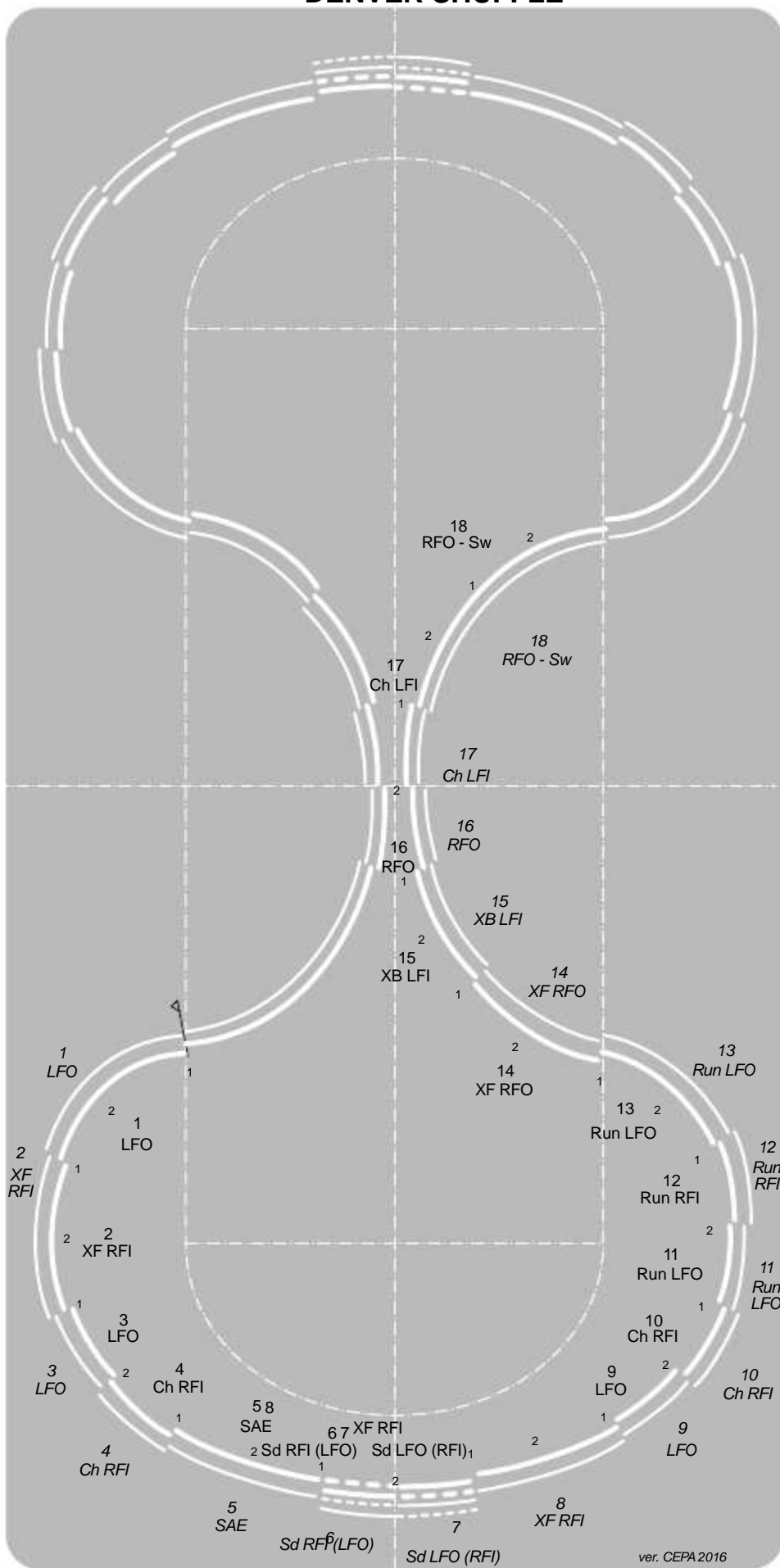
1. Steps 2 XF-RFI, and 8 XF RFI, each lasting 2 beats: correct execution of the cross in front, performed with the feet close and parallel.
2. Steps 6 Sd-RFI (LFO) and 7 Sd-LFO (RFI):
 - NOT to be skated "flat", but should be performed on the required edges;
 - After step 7:
 - the 4 wheels of the right 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)

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JUDGESSTAND

