

MIDNIGHT BLUES COUPLES

By: Roy, Sue, and Mark Bradshaw and Julie MacDonald, 2001
(with changes Lorenza Residori - Marie Gaudy 2015)

Music: Blues 4/4
Pattern: Set

Tempo: 88 bpm

The Midnight Blues should be skated with strong edges and deep knee action to achieve the desired slow, rhythmic, relaxed and easygoing expression. Individual interpretation by the couple to add Blues character is permitted, provided that the steps, free leg positions and positions/holds are maintained, and they must be accentuated and emphasized. The dance must be skated with the full pattern and deep lobes as described in the diagram.

The dance begins with the couple in Promenade position, mirroring each other, skating **step 1** (Choctaw LFI for the woman and Choctaw RFO for the man) and **step 2**, a progressive for both skaters (RFO for the woman and LFI for the man), for one (1) beat each aimed toward the center of the rink.

On **step 3a** (for one beat): the woman skates a $\frac{1}{2}$ beat LFI progressive followed by a three turn for $\frac{1}{2}$ beat (on count "3" of the music) performed with the foot of the free leg held crossed over the skating leg (cross-foot-three). During the woman's three turn, the couple momentarily assumes Waltz position.

Step 3b (for one beat) for the woman is composed of a $\frac{1}{2}$ beat Mohawk RFO followed by a three turn for $\frac{1}{2}$ beat during which the foot of the free leg is kept crossed with respect to the skating leg (cross-foot-three). During the Mohawk, the woman maintains hold of the man's left hand with her right hand, which is lowered to hip level to assume, at the end of the three turn (step 3b), Reverse Kilian position.

The man, on **step 3**, performs a RFO for one and a half ($1\frac{1}{2}$) beats, returning the free leg in preparation for the successive $\frac{1}{2}$ beat three turn (3b) during which the foot of the free leg is crossed behind with respect to the skating leg (cross-foot-three).

Steps 4a-4b for the man are as follows:

- Step 4a: XB LBO (for $3\frac{1}{2}$ beats) is a cross behind LBO in which the man passes the woman and crosses her tracing to assume Reverse Kilian position. During the $3\frac{1}{2}$ beats, where the position moves from Reverse Kilian to Tandem, he performs a lift of the free leg at the end of which he prepares for the following step (4b).
- Step 4b: Choctaw RFI (for $\frac{1}{2}$ beat), the man performs a change of position causing the woman to move to his left to assume Waltz position.

On step 4b, the man, simultaneous to the change of edge of the woman on the last $\frac{1}{2}$ beat (step 4), continues in the direction of the long side barrier and begins the next lobe.

On **step 4**, the woman skates a XB LBOI (for four beats total), a cross behind LBO, during which the first $3\frac{1}{2}$ beats she performs a lift of the free leg coordinated with the man's leg lift, (where the position of the couple moves from Reverse Kilian to Tandem) while the other last half ($\frac{1}{2}$) beat she changes her edge to inside, recalling the free leg close to the skating leg in "and" position.

Steps 5 (RBO for the woman and LFO for the man) and **6** (run LBI for the woman and run RFI for the man), for one beat each, are aimed toward the barrier in Waltz position. Step 5 begins at the short axis.

Step 7 (RBOI 3t for the woman and LFOI 3t for the man) for six beats total, consists of a change of edge on the third beat and a three turn on the fourth beat of the step; this step is aimed initially toward the long axis, then becomes parallel to it, and finishes toward the long side barrier. Swinging the free legs during the execution of step 7 is optional.

Step 7 is for six beats total and is divided as follows:

- Two (2) beats on an outside edge (RBO for the woman, LFO for the man): this step begins with the partners in Waltz position on the first beat, and on the second beat they pass to Tango position.
- One (1) beat on an inside edge in Tango position: on this beat there is a change of edge from RBO-I for the woman and from LFO-I for the man (corresponding with beat 3 of the step).
- Three (3) beats on an outside edge (on the first of these three beats, a three turn from RBI to RFO for the woman, and a three turn from LFI to LBO for the man; (the three turn is executed on the fourth beat of step 7); at the end of this three turn, the couple assumes Waltz position.

On **step 8** the man skates a cross stroke (XS RBi) while the woman performs a LFI progressive (run) aimed toward the long side barrier.

Step 9a for the man is a one beat wide step LBI, followed by a two beat RBO (**9b**) concluding with the free leg bent and held beside the inside of the skating leg (tuck).

On **step 9** the woman skates a wide step RFI 3t (for three beats total). The wide step, for one beat, is performed aiming toward the long side barrier (coordinated with the man's wide step), the three turn on the second beat (of step 9) to a RBO, held for two beats, concluding with the free leg bent and the free foot held beside the inside of the skating leg (tuck) on the last beat.

At the end of the woman's three turn, the couple assumes Kilian position, and from aiming toward the long side barrier, they become parallel to it, during the execution of the tuck.

Step 10, for one beat, is a cross in front XS LBI for the man and Mk LFO for the woman, in Waltz position.

Step 11: the man begins his long step (for nine beats total), distributed as follows:

- A one beat dropped chasse, DCh RBO on the first beat of the step, beginning parallel to the long side barrier and moving away from it.
- A one beat three turn on the second beat of the step, with the free leg bent in front, finishing toward the short side barrier. At the end of the three turn, the couple assumes Foxtrot position.
- A bracket from RFI to RBO (for five beats total) performed on beat 3 of the step. This bracket is performed parallel to the short side, and concludes keeping the free leg extended in back for one beat. The free leg movement in subsequent beats is optional.
- At the end of the woman's three turn, the position of the skaters is face to face, Hand in Hand, (the woman's right hand holds the man's left hand and her left hand holds the man's right hand), with their shoulders parallel.
- A change of edge to RBI on beat 8, maintaining the inside edge for one and a half (1 ½) beats, performed with a forward swing of the free leg. During the change of edge to inside, the man supports the woman's left ankle with his left ankle, accentuating the edge with a suspension of the skating knee. The edge, which passes the long axis, curves and moves away from the long axis. On this step, the man is to the right of the woman and side by side, maintaining Hand in Hand position with the partner's shoulders parallel.
- On the last ½ beat of step 11, the man performs an inside Rocker turn (from RBI to RFI), aimed toward the long side barrier.

On **Step 11a**, the woman skates a Run RFI for one beat.

Step 11b is a dropped chasse, DCh LFI (for one beat), with a return of the free leg bent and in front (in Foxtrot position), followed by a three turn (for one beat) finishing with the free leg extended in back

simultaneous to the man's bracket. Step 11b concludes on a LBI parallel to the short side barrier, and at the end of the woman's three turn and the man's bracket, the couple assumes Promenade position.

On **Step 11c** (for six beats total) the woman performs:

- On the first beat of the step, a dropped chasse, DCh RBO;
- On the second beat: a three turn (from RBO to RFI), finishing on an inside edge held for three beats. During the three turn, the free leg is brought close to the skating leg and successively extended in back. During the woman's RBO, the man's left arm and the woman's right arm (which are linked) are lifted to allow the woman to perform the three turn under the arms, then assuming face to face, Hand in Hand position at the end of the turn;
- On the fifth beat of step 11c (corresponding to the eighth beat of the man's step 11), the woman performs a change of edge from RFI to RFO, maintaining the outside edge for 1 ½ beats, with the free leg bent in back. During the change of edge to outside, with the free leg bent in back, the woman's left ankle is supported by the man's left ankle, accentuating the edge with a suspension of the skating knee. This edge curves and becomes parallel to the short axis. On this step, the woman is to the right of the man and side by side, maintaining Hand in Hand position.
- On the last ½ beat of step 11c, the woman performs a one half (½) beat RFO Rocker (Rocker from RFO to RBO) corresponding to the man's rocker, maintaining Hand in Hand position.

Step 12, for the man, is a stroke LFO 3t for two beats.

Step 12a, for the woman, (for 1 ½ beats total) is a one beat cross in front (XF LBI) followed by a double three (from LBI to LFO to LBI, ¼+¼) on the second beat of the step, followed by **step 12b**, a chasse RBO in "and" position (performed on the "and" count) between the end of the second beat and the beginning of the next step. During this step the woman turns her double three under her right hand holding the man's left hand (while the other arm remains linked with that of her partner at the level of the abdomen), and at the end of the three turn they momentarily assume Foxtrot position on RBO.

On **step 15**, the woman skates a XR RFO swing for four beats. Her free leg swings forward on the third beat of the step and is held in front on the fourth beat of the step. The man skates a four beat XR RFO 3t. His three turn is executed on the second beat of the step, with his free leg held close to his skating foot and then he extends his free leg back in line with his tracing on beat three, to match the woman's swing forward. The position of the couple at the end of the man's three turn is Reverse Partial Tango position. This step is aimed initially toward the long axis, then moving away from it to descend toward the barrier, near the short axis.

Step 16 is a LFO 3t for the woman (for two beats), passing from Foxtrot to Tango position on the three turn. The three turn is executed on the second beat of the step.

The man skates a choctaw LFO, **Step 16a**, in Foxtrot position and a crossed chasse XChRFI, , **Step 16b**, in Tango position.

On **step 17** the woman performs a RBO and the man a LFO for two beats on an outside edge (for both). Step 17 begins parallel to the barrier and curves toward the long axis.

Step 18a (XR RFO) and **18b** (XB LFI Ina Bauer LFI 3t): the man skates a cross roll XR RFO (step 18a) for one beat, in Tango position, followed by step 18b, (two beats total), formed by:

- A cross behind, XB LFI, for one beat, with the forward extension of the free leg, where the couple assumes Foxtrot position.
- Ina Bauer* (for 1 ½ beats) in Tandem position;
- A three turn (for ½ beat) LFI 3t (to LBO) while keeping both feet on the floor, with the couple assuming Kilian position.

The woman on **Step 18** (XR LBO 3t Ina Bauer 3t, for four beats total) formed by:

- A backward Xroll XR LBO (corresponding to step 18a of the man), for one beat, in Tango position;
- A three turn, from LBO to LFI, for one beat, (corresponding to step 18b of the man) with a forward extension of the free leg in a momentary Foxtrot position;
- Ina Bauer* (for 1 ½ beats) in Tandem position, in which the direction of the Ina Bauer aims toward the long axis, becomes parallel to it and finishes toward the long side barrier.
- A three turn (for ½ beat) LFI 3t (to LBO) while keeping both feet on the floor, with the couple assuming Kilian position.

***Ina Bauer:** the weight of the body on both feet on the ground with the left foot on a LFI edge and the corresponding leg bent; the right foot is supported in back on a RBI edge with the leg extended in the opposite direction of the left foot. The feet have separate tracings.

Step 19 (for 1½ beats) is composed of a cross stroke XS RBI, concluding with the left foot crossed behind, followed by a quick wide step LBI, **step 20**, for ½ beat.

Step 21: the man skates a four beat RBO while the woman skates a one beat RBO followed by two quick three turns (from RBO to RFI to RBO for ½ beat each) followed by a forward extension of the free leg for two beats coordinated with that of the man, for a total of four beats. The woman performs a three turn under her left hand, which is linked to the man's left hand. At the end of the rotation of the woman's three turns, the couple resumes Kilian position, passing slightly to Tandem position in preparation for the next step.

Steps 22-23-24: a mohawk LFO (step 22), Run RFI (step 23), Run LFO (step 24), for one beat each, beginning toward the short side barrier then curving away from it. the couple is in Kilian position.

Step 25 Run RFIO 3t 3t (9 beats) for the man is composed as follows:

- A Run RFI for one beat in Kilian position
- A change of edge to outside (RFI to RFO) executed on beat 2 of the step where the couple assumes Waltz position.
- An outside edge RFO, maintained for a total of 4 beats, during which the man performs a forward lean of the chest on the fourth beat of the step, coordinated with the woman's "layback", in Tango position, (the movement of the free leg is optional). The posture of the partners must be side by side.
- A three turn (from RFO to RBI) for one beat, in Waltz position, (on the sixth beat of the step)
- A three turn (from RBI to RFO) for one beat in Reverse Tango position, (on the seventh beat of the step). The outside edge is maintained for the remainder of the step.
- During the two three turns, the man moves his partner from his right side, in front of him, and then to his left side in Reverse Tango position. On the last two beats of the man's step 25 (corresponding to the woman's step 25b), the couple assumes Waltz position.

Step 25a for the woman is composed of seven beats:

- A Run RFI for one beat.
- A RFI Rocker, (from RFI to RBI), on the second beat of the step, which crosses the tracing of the man's skating foot and ends in Waltz position.
- A "Layback" on the fourth beat of the step, in Tango position, with the woman's torso bending backward. The movement of the free leg is optional.
- A three turn (from RBI to RFO) for one beat (on the sixth beat of the step) in Waltz position.
- A three turn (from RFO to RBI) for one beat (on the seventh beat of the step) in Reverse Tango position.

Step 25b for the woman, a LBO for two beats in Waltz position, followed by a XR RBO (**step 26a**) for one beat in Reverse Tango position, aiming toward the long axis, and by a crossed chasse, XCh LBI, (**step 26b**) for

one beat, coordinated with the man's three turn. The aim of the woman's crossed chasse is toward the short side barrier and with this step the couple begins a change of position to Kilian with step 27.

Step 26 for the man is a XR LFO 3t for two beats with the three turn on the second beat of the step. The cross roll is in Reverse Tango position.

Step 27: both skaters perform a RBO (for one beat) in Kilian position, that initially aims toward the short side barrier, becoming parallel to it with a cross stroke, **step 28**, XS LBI.

Step 29 is a one beat stroke RBO followed by a one beat chasse ChLBI (step 30) for both skaters.

Step 31 is a stroke RBO swing for the woman (for four beats), with a swing of the free leg on the third beat, where the couple assumes Foxtrot position. For the man, **step 31a** is two beat stroke RBO with a forward extension of the free leg, followed by **step 31b**, a XF LBI performed on the third beat (in unison with the woman's swing), with a backward extension of the free leg, held also for the fourth beat. On step 31b the couple assumes Foxtrot position.

The couple concludes the dance aiming toward the long axis and preparing for the first step of the dance; a choctaw RFO for the man and a choctaw LFI for the woman, in Promenade position.

- For the execution of the dance as a compulsory dance, this step must be repeated three times (at the beginning of the dance, at the beginning of the second repetition and repeated as the first step for the third time before the exit.
- For the execution of the dance as a required element of the Style Dance, this step must be repeated two times (at the beginning of the dance and at the end of the repetition, before performing the exit.

Glossary:

- **Tuck:** the free leg is bent and closed with the foot in contact with the skating leg.
- **Cross-Foot-Three:** a three turn performed with the free foot crossed behind the skating foot at the height of the heel.
- **Layback:** a backward bend of the torso.
- **Ina Bauer:** the weight of the body on both feet on the ground with the left foot on a LFI edge and the corresponding leg bent; the right foot is supported in back on a RBI edge with the leg extended in the opposite direction of the left foot. The feet have separate tracings.

KEY POINTS - MIDNIGHT BLUES (Couples)

Section 1:

1. **Step 1:** Choctaw LFI (for the woman) and Choctaw RFO (for the man) in the direction of the long axis; attention to the correct technical execution of the choctaws on correct edges with the correct Promenade position.
2. **Step 3a-3b** (for the woman) and **Step 3** (for the man): attention to the proper timing and the proper technical execution of the **steps 3a** (Run LFI cross foot 3t) and **3b** (Mk RFO cross foot 3t) of the woman, with the feet of the free legs crossed behind the skating feet. The second three turn (RFO) of the woman coordinated with the man's three turn (RFO cross foot 3t), **step 3**.
Step 4 XB LBO for both skaters: a close and parallel cross behind of the feet(not a stroke).
3. **Step 7** (RBOI 3t for the woman and LFOI 3t for the man) for six beats total: Proper timing and execution of the change of edge on the third beat and the three turn on the fourth beat. Movement of the free legs during the execution of step 7 is optional.
4. **Step 11** (9 beats total for the man) during which he executes a three turn (on the second beat), a bracket (on the third beat), a change of edge (on the eighth beat) with the RBI held for 1½ beats, supporting the ankle of the woman's free leg with the ankle of his free leg, and a rocker turn (RBI to RFI)

on the last ½ beat of the step. Attention to the timing of the turns and change of edge and the inside edges before and after the rocker turn.

Step 11b-11c (for the woman): Correct technical execution and required timing corresponding to the man's steps, with a three turn LFO (coordinated with the man's bracket) with the free legs in unison, a three turn RBO, under the partners' adjoining arms, a change of edge with the ankle of the free leg supported by the man's ankle, while maintaining the outside edge for 1 ½ beats and an outside rocker (RFO) on the last ½ beat of step 11c.

Section 2:

1. **Step 12a** XF LBI 3t 3t and **12b** Ch RBO for the woman: Correct technical execution and proper timing of the XF LBI 3t 3t with feet close: the execution of the two three turns must be quick (½ beat) and the chasse RBO, counting "and" in preparation for the next mohawk LFO (**step 13a**).
2. **Step 18** Xroll LBO 3t Ina Bauer (for the woman) and **step 18a-18b** Xroll RFO, XB LFI Ina Bauer (for the man): Correct technical execution of the required steps and unison of the couple while executing the Ina Bauer with the left leg bent and the right leg extended.
3. **Steps 25a** for the woman composed of:
 - A Run RFI for one beat.
 - A RFI on the first beat of the step and a rocker (from RFI to RBI) on the second beat: attention to the inside edges before and after the turn where the woman crosses the tracing of the man's skating foot. The couple ends in Waltz position.
 - A "Layback" on the fourth beat of the step, in Tango position, with the woman's torso bending backward. The movement of the free leg is optional.

Step 25 (for the man) Run RFIO 3t 3t is composed of:

 - A Run RFI for one beat in Kilian position.
 - A change of edge to outside (RFI to RFO) executed on the second beat of the step in which the couple assumes Waltz position.
 - The outside edge maintained for a total of four beats in which the man performs a forward lean of the chest on the fourth beat of the step, coordinated with the "layback" of the woman, in Tango position. Movement of the free leg is optional. The posture of the partners must be side by side. Attention to the change of edge, the required positions and the fluidity of the movement.
4. **Step 25a** (for the woman): Run RFI Rocker Layback 3t 3t and **Step 25** (for the man) Run RFIO 3t 3t, for 9 beats total: Attention to the correct technical execution of the required three turns (not hopped), both of which must be close, as well as the position and the movements of the partners during the execution

<i>Midnight Blues Couples (88bpm)</i>					
Hold	No.	Man's Steps	Musical Beats		Woman's Steps
SECTION 1					
Promenade	1	Cw RFO	1		Cw LFI
	2	run LFI	1		RFO
* see notes	3a	RFO	1½	½+½	run LFI cross-foot-3t *
* see notes	3b	cross-foot-3t *	½	½+½	Mk RFO cross-foot-3t *
Reverse Kilian	4a	XB LBO (+ free leg lift)	3½+	3½+	XB LBOI (+ free leg lift)

to Tandem

of the three turns.

to Waltz	4b	Cw RFI	$\frac{1}{2}$		$\frac{1}{2}$		
Waltz	5	LFO		1		RBO	
	6	run RFI		1		run LBI	
Tango to	7	LFOI 3t (on 4th beat)	2+1+3		2+1+3	RBOI 3t (on 4th beat)	
Waltz	8	XS RBI		1		run LFI	
Kilian	9a	Wd LBI	1		1+2	Wd RFI 3t (tuck)	
	9b	RBO(tuck)	2				
Waltz	10	XS LBI		1		Mk LFO	
Promenade (* see notes)	11a	DCh RBO	1+		1	run RFI	
	11b	3t Bk to	1+5+		1+1	DCh LFO 3t	
	11c	RBO (see notes)				1+3	DCh RBO 3t
		RBOI (on 8th beat)	$1\frac{1}{2} +$			$1\frac{1}{2} +$	RFIO
		RBI Rk	$\frac{1}{2}$			$\frac{1}{2}$	RFO Rk
SECTION 2							
	12a	LFO 3t	1+1		$1 + \frac{1}{4} + \frac{1}{4}$	XF LBI 3t 3t	
	12b				$\frac{1}{2}$	Ch RBO (see notes)	
Waltz	13a	RBO	2		1	Mk LFO	
	13b				1	Ch RFI	
Foxtrot to	14	Mk LFO		2		LFO	
Reverse Partial Tango	15	XR RFO 3t	1+3		2+2	XR RFO Sw	
Foxtrot to	16a	Cw LFO	1+		1+1	LFO 3t	
Tango	16b	XCh RFI	1				
Waltz	17	LFO		2		RBO	
Tango to	18a	XR RFO	1		1	XR LBO	
Foxtrot to Kilian	18b	XB LBI Ina Bauer	$1+1\frac{1}{2}$		1+1		3t Ina Bauer
		LFI 3t	$\frac{1}{2}$		$\frac{1}{2}$	LFI 3t	
	19	XS RBI		$1\frac{1}{2}$		XS RBI	
	20	Wd LBI		$\frac{1}{2}$		Wd LBI	
	(* see notes) to Kilian	21	RBO	4		1	RBO
					$\frac{1}{2}+$	3t	
					$\frac{1}{2}+2$	3t	

	22	Mk LFO		1		Mk LFO
	23	run RFI		1		run RFI
	24	LFO		1		LFO
Kilian to Waltz to Tango (* see notes) Waltz	25a	run RFIO 3t 3t	1+4 1+3		1+4 1+1	run RFI Rk 3t 3t
	25b				2	LBO
Reverse Tango to	26a	XR LFO 3t	1+1		1	XR RBO
Foxtrot to	26b				1	XCh LBI
Kilian	27	RBO		1		RBO
	28	XS LBI		1		XS LBI
	29	RBO		1		RBO
	30	Ch LBI		1		Ch LBI
	31a	RBO	2+		2+	RBO
Foxtrot to Promenade (step 1)	31b	XF LBI	2		2	Sw (on 3rd beat)
* cross-foot-3t : three turn performed with the free foot crossed behind the skating leg						

