



WORLD SKATE OCEANIA
NON WORLD SKATE DANCES
2019

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1. SOLO DANCE NOTES & PATTERNS

The following dance notes are for dances in the Oceania schedule which are not part of the World Skate dance manual.

DOUBLE CROSS WALTZ

MUSIC: Waltz
PATTERN: Set

TEMPO: 138 beats per minute
START: Step 1 on count #1

There are no optional steps for this dance. All 18 steps complete one sequence of the dance.

The dance must be skated in Kilian position and start in the corner with LFO (step #1) of two beats parallel to the long side barrier, followed by a RFI raised chasse (step #2) of one beat and a LFO (step #3) of three beats aiming towards the centre of the floor.

Step #4 is a Cross Roll to a RFO of 3 beats (crossed from above the knee), followed by a cross in front LFI of 3 beats (Step #5), keeping the free leg close together. Care should be taken to ensure both steps are on the same arc with no change of lean between the steps. This constitutes the double cross movement and is the start of the centre lobe.

Steps #6, 7 & 8 begin with RFO of two beats (step #6), followed by a LFI raised chasse (step #7) of one beat and a RFO (step #8) of three beats, completing the centre lobe and bringing the dance back to the baseline.

Step #9 is the second of the double cross movements in the dance and begins with a Cross Roll to a LFO of 3 beats (crossed from above the knee), followed by a cross in front RFI of 3 beats (Step #10), keeping the free leg close together. Care should be taken to ensure both steps are on the same arc with no change of lean between the steps.

Step #11 is a LFO of two beats, followed by a RFI raised chasse (step #12) of one beat and a LFO (step #13) of three beats bringing the pattern around the corner of the floor. Step 14 is a XB RFI for 3 beats finishing on the long axis of the floor.

Step #15 is a LFO of two beats, followed by a RFI raised chasse (step #16) of one beat and a LFO (step #17) of three beats bringing the pattern around the corner of the floor. The final step is step 18, a XF RFI for 3 beats, finishing the sequence at the centre of the corner, ready to restart the dance.

DOUBLE CROSS WALTZ – KEY POINTS

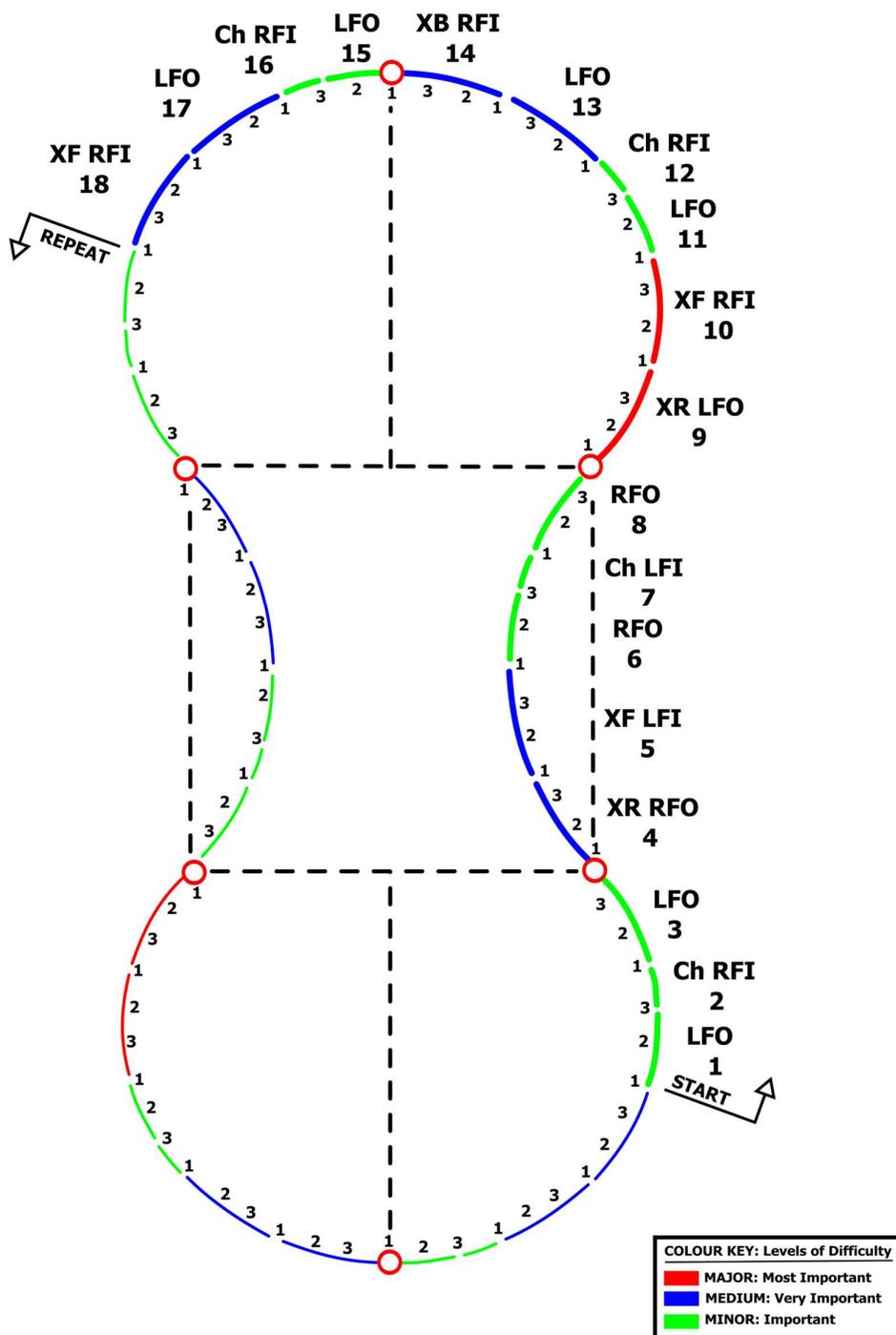
1. **Step 5 XF LFI:** Correct technical execution of the cross front with feet close together. Attention to the correct lean, edges and timing. Kilian position is to be maintained throughout, without separation during the steps.
2. **Step 7 Ch LFI:** Correct execution of the chasse with the foot placed at the side of the right foot in parallel “and” position and raised parallel to the floor. Attention to the correct lean, edges and timing. Kilian position is to be maintained throughout, without separation during the steps.
3. **Step 10 XF RFI:** Correct technical execution of the cross front with feet close together. Attention to the correct lean, edges and timing. Kilian position is to be maintained throughout, without separation during the steps.
4. **Step 14 XB RFI:** Correct technical execution of the cross behind with feet close together. Attention to the correct lean, edges and timing. Kilian position is to be maintained throughout, without separation during the steps.

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Hold	Steps	Man	Lady	Beats
Kilian Side B	1	LFO	LFO	2
	2	Ch RFI	Ch RFI	1
	3	LFO	LFO	3
	4	XR RFO	XR RFO	3
	5	XF LFI	XF LFI	3
	6	RFO	RFO	2
	7	Ch LFI	Ch LFI	1
	8	RFO	RFO	3
	9	XR LFO	XR LFO	3
	10	XF RFI	XF RFI	3
	11	LFO	LFO	2
	12	Ch RFI	Ch RFI	1
	13	LFO	LFO	3
	14	XB RFI	XB RFI	3
	15	LFO	LFO	2
	16	Ch RFI	Ch RFI	1
	17	LFO	LFO	3
	18	XF RFI	XF RFI	3

DOUBLE CROSS WALTZ

Couples and Solo Dance



FOURTEEN STEP

MUSIC: March 2/4 or 4/4 TEMPO: 108 beats per minute
PATTERN: Set START: Step 1 on count #1

There are no optional steps for this dance. 14 steps complete one sequence of the dance.

The dance begins in Waltz (closed) position for Steps 1, 2 (Lady - Run LBI/Man - Run RFI) and 3 which form the barrier lobe and must be skated with good edges and deep curves first aiming to the long side barrier and finishing toward the long axis. Step 3 (RBO/LFO) is a strong outside edge toward the centre of the rink and must not change edge in preparation for step 4.

Step 4 (LBO Sw/RFO Sw) is aimed toward the long axis, becoming parallel to it and finishing toward the long side barrier. The outside swing step must be skated on a strong outside edge for 4 beats, with the freeleg swinging on beat 3 of the step and finishing in line with the tracing of the skating leg.

Steps 5, 6 (Run LBI/Run RFI) and 7 (RBO/LFO) must be aimed initially toward the long side barrier and begin a perfect circular arc that travels around the short side of the rink. Step 7 (RBO/LFO) is an outside edge for two beats which begin parallel to the long side barrier and finishes away from it.

Step 8 (Mk LFO) for the lady is a mohawk to a LFO which, along with steps 9 (XCh RFI), 10 (LFO), 11 (Run RFI), aim up toward the peak of the arc of the corner. For the Man, Step 8 (RFI) and Step 9 (Mk LBI) are each for one beat. In executing the open Mohawk (step 9), the left foot must be placed at the instep of the right foot. This is also where the dance hold changes to Tango (outside) position. Care must be taken to aim the next three steps up toward the peak of the arc, with Step 12 (RBO) beginning at the long axis.

Step 12 (LFO) and Step 13 (OpMk RBO) for the lady are each 1 beat. Step 12 begins at the long axis, with the open mohawk (step 13) executed just after the long axis and the foot must be placed at the instep of the left foot. These edges must be outside edges without any flattening or deviation of the arc. Step 13 (XF LBI) for the man is a cross in front step with feet close and parallel on an inside edge with no deviation to an outside edge.

The final step is step 14, a LBI stroke (lady) and Mk RFI (man) for two beats. Step 14 (man) should be stepped close to the heel of the skating foot, on an inside edge that continues the arc created by the preceding steps. At this point the couple also begins moving into Waltz (closed) position ready to restart the dance.

FOURTEEN STEPS – KEY POINTS

1. **Step 3 RBO (lady) Step 3 LFO (man):** Correct technical execution of the run with feet close together with attention to the correct lean, edges and timing. Must be skated on strong outside edges, without deviation from the edge in preparation for the next step.
2. **Step 4 LBO Sw (lady) Step 4 LFO Sw (man):** Correct execution of the Swing (outside backward/forward edge to outside backward/forward edge). It should be aimed toward the centre of the rink and ending toward the long side barrier, drawing a symmetrical edge of 4 beats, with the free leg swing on beat 3 of the step (at the top of the lobe), without deviation from the outside edge during the step.
3. **Step 8 RFI (man) and Step 9 Mk LBI (man):** Correct technical execution of the stroke and the mohawk, with the left foot placed at the instep of the right foot and close to it, keeping the inside edge before and after the turn. Attention to the change of dance hold, correct lean, proper posture, edges and timing.

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4. **Step 12 LFO (lady) and Step 13 OpMk RBO (lady):** Correct technical execution of the mohawk, each step for one beat and must be done on clear outside edges with Step 13 being placed at the instep of the left foot.

Hold	Steps	Man	Lady	Beats
Waltz position (closed)	1	LFO	RBO	1
	2	Run RFI	Run LBI	1
	3	LFO	RBO	2
	4	RFO Sw	LBO Sw	4
	5	LFO	RBO	1
	6	Run RFI	Run LBI	1
	7	LFO	RBO	2
	8	RFI	Mk LFO	1
Tango position (outside)	9	OpMk LBI	XCh RFI	1
	10	RBO	LFO	1
	11	Run LBI	Run RFI	1
	12	RBO	LFO	1
	13	XF LBI	OpMk RBO	1
	14	Mk RFI	LBI	2

FOURTEEN STEP

Modified for solo dance ONLY

MUSIC: March 2/4 or 4/4 TEMPO: 108 beats per minute
PATTERN: Set START: Step 1 on count #1

There are no optional steps for this dance. 14 steps complete one sequence of the dance and all skaters must skate the ladies steps of the dance.

The dance begins with Steps 1, 2 (Run LBI) and 3 which form the barrier lobe and must be skated with good edges and deep curves first aiming to the long side barrier and finishing toward the long axis. Step 3 (RBO) is a strong outside edge toward the centre of the rink and must not change edge in preparation for step 4.

Step 4 (LBO Swing) is aimed toward the long axis, becoming parallel to it and finishing toward the long side barrier. The outside swing step must be skated on a strong outside edge for 4 beats, with the freeleg swinging on beat 3 of the step and finishing in line with the tracing of the skating leg.

Steps 5, 6 (Run LBO) and 7 (RBO) must be aimed initially toward the long side barrier and begin a perfect circular arc that travels around the short side of the rink. Step 7 (RBO) is an outside edge for two beats which begin parallel to the long side barrier and finishes away from it.

Step 8 (Mk LFO) is a mohawk to a LFO which, along with steps 9 (XCh RFI), 10 (LFO), 11 (RFI run), aim up toward the peak of the arc of the corner.

Step 12 (LFO) and Step 13 (OpMk RBO), each for 1 beat. Step 12 begins at the long axis, with the open mohawk (step 13) executed just after the long axis and the foot must be placed at the instep of the left foot. These edges must be outside edges without any flattening or deviation of the arc.

The final step is step 14, a LBI stroke for 2 beats and finishing the sequence at the centre of the corner, ready to restart the dance.

FOURTEEN STEPS – KEY POINTS

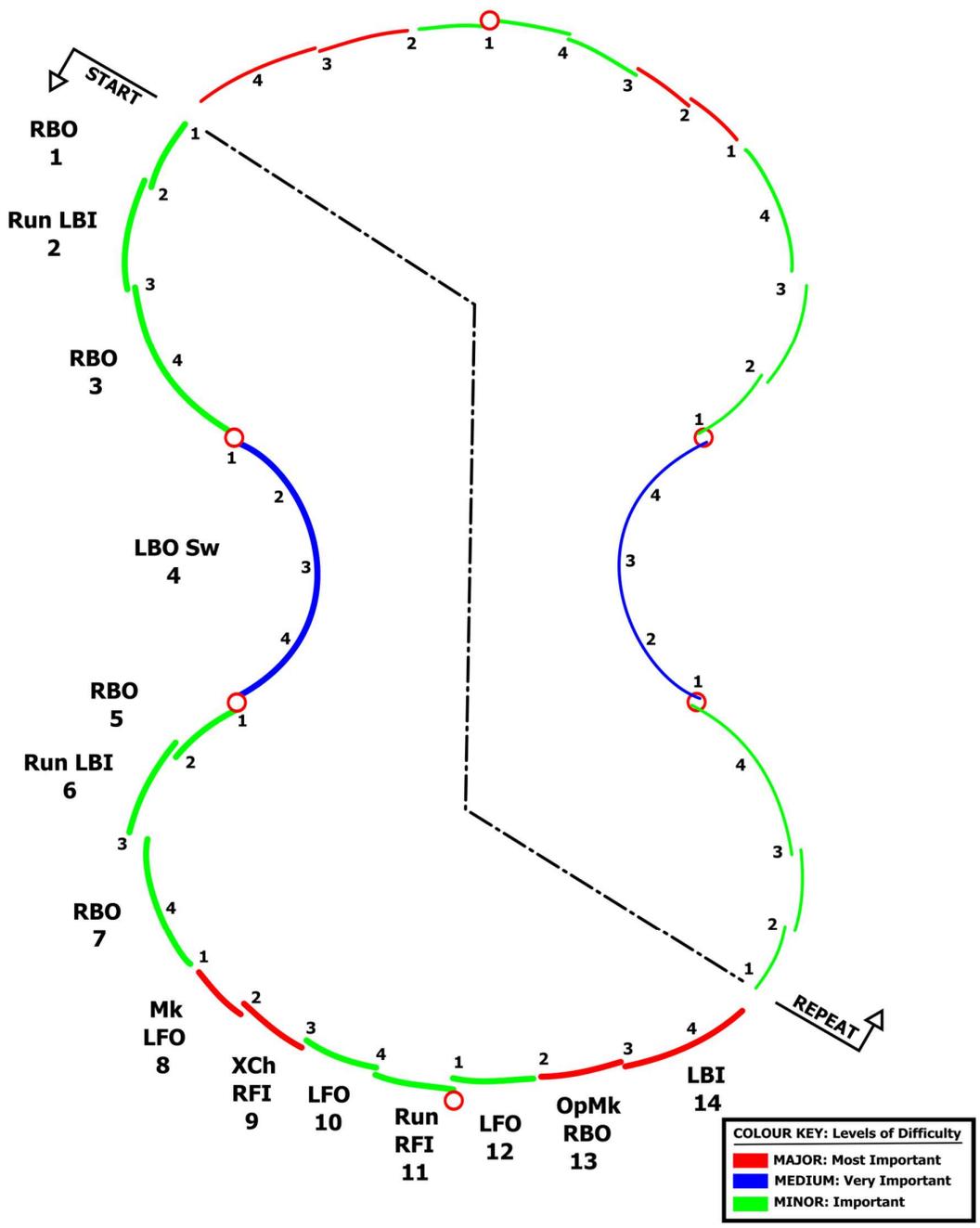
5. **Step 3 RBO:** Correct technical execution of the run with feet close together with attention to the correct lean, edges and timing. Must be skated on a strong outside edges, without deviation from the edge in preparation for the next step.
6. **Step 4 LBO Sw:** Correct execution of the Swing (outside backward edge to outside backward edge). It should be aimed toward the centre of the rink and ending toward the long side barrier, drawing a symmetrical edge of 4 beats, with the free leg swing on beat 3 of the step (at the top of the lobe), without deviation from the outside edge during the step.
7. **Step 8 LFO and Step 9 XB RFI:** Correct technical execution of the mohawk and cross behind, keeping the correct edges, crossing with feet parallel and close together and immediately returning to the “and” position after the cross behind.
8. **Step 12 LFO and Step 13 OpMk RBO:** Correct technical execution of the mohawk, each step for one beat and must be done on clear outside edges with Step 13 being placed at the instep of the left foot.

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Fourteen Step (solo)		
No	Steps	Beats
1	RBO	1
2	Run LBI	1
3	RBO	2
4	LBO Sw	4
5	RBO	1
6	Run LBI	1
7	RBO	2
8	Mk LFO	1
9	XCh RFI	1
10	LFO	1
11	Run RFI	1
12	LFO	1
13	OpMk RBO	1
14	LBI	2

FOURTEEN STEP

Solo Dance



METROPOLITAN TANGO

MUSIC:	Tango 4/4	TEMPO:	100 beats per minute
PATTERN:	Set	START:	Step 1 on count #1
AXIS:	45 degrees approx.		

There are no optional steps for this dance. All 16 steps (28 beats) complete one sequence of the dance. Steps 1 to 11 make up the corner sequence and steps 12 to 16 make up a centre lobe for the straightaway sequence of this dance.

The dance begins with LFO 3t (Step #1) for both partners, with the three turn on the second beat, in the direction of the long side barrier. During the three turn, the partners change from Reverse Kilian B position to Kilian B position.

Step 2 is a RBO stroke and Step 3 XF LBI is a cross in front step with feet close and parallel on an inside edge with no deviation to an outside edge. They are completed in Kilian B position with the steps parallel to the long side barrier and maintaining the general curve of the corner lobe. Step #4 Mk RFI should be stepped close to the heel of the skating foot, on an inside edge that continues the arc created by the preceding steps and requires a change of position to Reverse Kilian B position.

Step 5 LFO is an open stroking step for two beats.

Step 6 RFI and Step 7 Mk LBI form a mohawk aimed toward the long side barrier and must be executed by placing the heel of the left foot closely to the inside of the right foot. This step must cross the long axis on beat two.

Steps #8, 9, & 10 begin with RBO of two beats (step #8), followed by a Run LBI (step #9) of one beat and a Run RBO (step #10) of one beat, continuing the general curve of the corner lobe.

Step 11 LBI Sw of four beats must aim toward the long axis and be maintained on a strong inside edge, without deviation from the edge prior to the Choctaw, Step 12 RFO of two beats continues toward the long axis on a strong outside edge. Step 12 is the beginning of the centre lobe. Attention to the position of the couple, which should be close during the change to Reverse Kilian B position without any separation. It is important to note that Tandem position **will not** be accepted for this step.

Steps #13, 14, & 15 begin with a Run LFI of one beat (step #13), followed by a Run RFO (step #14) of one beat and a LFI (step #15) of two beats, crossing the short axis on beat two and continuing the general curve of the centre lobe.

Step #16 RFO Sw is an outside edge of four beats and the free leg must swing forward on the third beat (count #3). The step aims to the long side barrier, completing the centre lobe and bringing the dance back to the baseline to complete the sequence.

METROPOLITAN TANGO – KEY POINTS

1. **Step 1 LFO 3t:** Correct technical execution of the three turns on the 2nd beat, with feet close together and the correct lean, timing and edges before and after the turn.
2. **Step 2 RBO, Step 3 XF LBI and Step 4 Mk RFI:** Correct technical execution of the stroke, cross in front and the mohawk performed with feet close together near the heel of the skating foot, on an inside edge. Attention to the correct lean, proper posture, edges and timing.
3. **Step 11 LBI Sw:** Correct technical execution of the swing with the swing of the free leg on the 3rd beat of the step without deviation from the edge. Attention to the timing with correct

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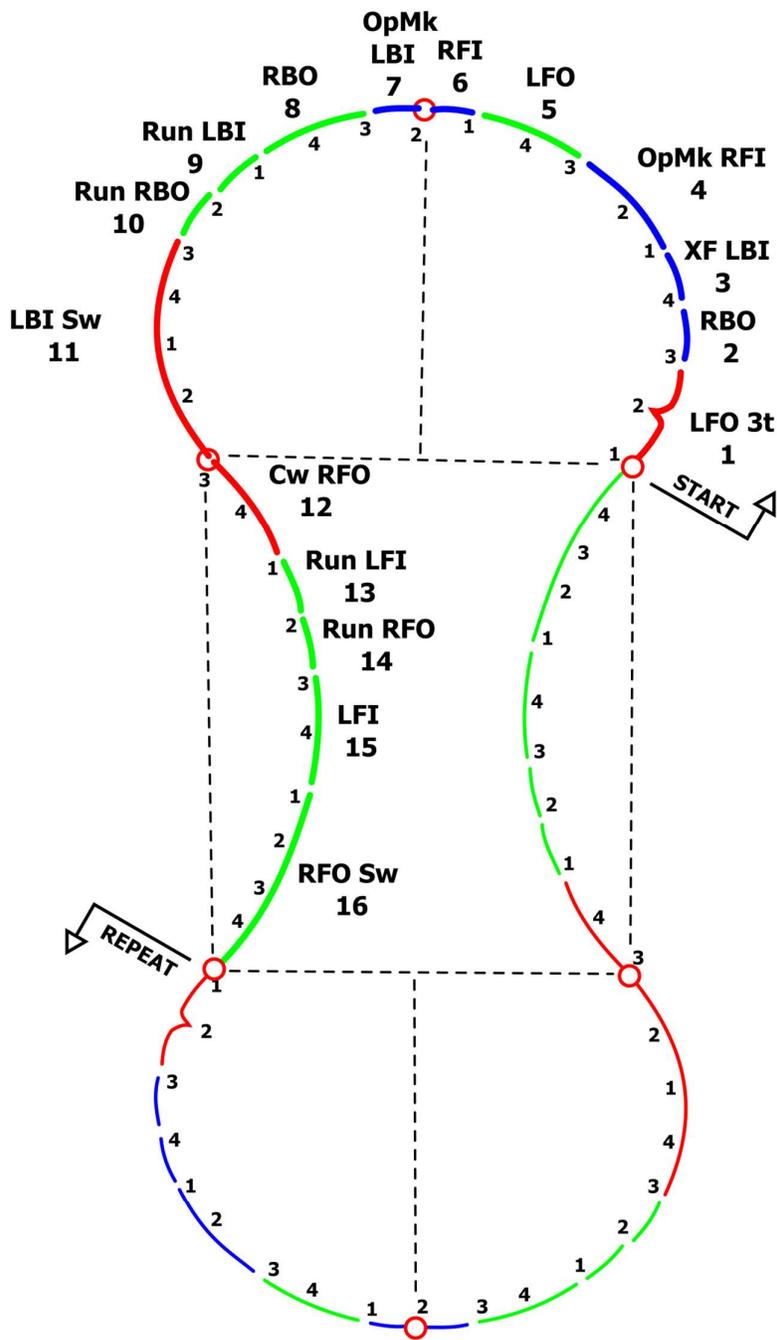
lean and edges. Kilian B position is to be maintained throughout, without separation during the steps.

4. **Step 16 RFO Sw:** Correct technical execution of the swing with the swing of the free leg on the 3rd beat of the step without deviation from the edge. Attention to the timing with correct lean and edges. Reverse Kilian B position is to be maintained throughout, without separation during the steps.

Hold	Steps	Man	Lady	Beats
Reverse Kilian B position	1	LFO 3t	LFO 3t	2
Kilian B position	2	RBO	RBO	1
	3	XF LBI	XF LBI	1
Reverse Kilian B position	4	Mk RFI	Mk RFI	2
	5	LFO	LFO	2
	6	RFI	RFI	1
Kilian B position	7	Mk LBI	Mk LBI	1
	8	RBO	RBO	2
	9	Run LBI	Run LBI	1
	10	Run RBO	Run RBO	1
	11	LBI Sw	LBI Sw	4
Reverse Kilian B position	12	Cw RFO	Cw RFO	2
	13	Run LFI	Run LFI	1
	14	Run RFO	Run RFO	1
	15	LFI	LFI	2
	16	RFO Sw	RFO Sw	4

METROPOLITAN TANGO

Couples and Solo Dance



COLOUR KEY: Levels of Difficulty

- MAJOR: Most Important
- MEDIUM: Very Important
- MINOR: Important