

FEDERATION FOXTROT SOLO 2018

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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.

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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

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15
RFO - Sw - Ct (on 5th beat) - 3t (on 6th beat) -
Raise free leg (on 7th beat)

16
LFO - 3t

11
RBO
(free leg held in front)

10
XF LBI

12
Cw LFI

13
RFO

14
XCh LFI

9
Mk RFO - Sw - Ct (on 5th beat)

8
LBO

7
Mk RFO - 3t

6
LBO

5
RBO

4
Run LBI

3
RBO

2
XF LBI

1
RBO

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