

Progressive Tango (Solo and Couples)

Music: Tango 4/4

Tempo: 100 beats per minute

Opening: Maximum 24 beats

Axis: 45 degrees approx

OPENING The dance is to start on count #1 of a measure of music. The first step to be skated must be step 1 of the first corner sequence.

DANCE NOTES There is a front (FTP) and back (BTP) leg extension on each of the six beat OIF edges of the straightaway. This movement is not to be exaggerated or kicked. There is a change of edge between the front and rear extensions. Execution of the toe points are done by lowering the employed knee with the free leg held extended in the forward or backward position. It is NOT done by swinging the free leg forward or back whilst the employed leg(s) are kept stiff. There should be no noticeable "lay back" position of the body during the front extensions nor any noticeable pitching forward during the back points. The body posture should remain upright and square to the tracing.

The XF RIF (4th step of corner sequence) is a definite crossed tracing crossed foot takeoff. The faked cross roll technique where the RIF takes the surface alongside or inline in front while the LOF crosses in back is not acceptable for a crossed progressive takeoff in any dance. There should be no noticeable forward backward forward movement of the right foot in making the cross and no violent, exaggerated knee bend or "fall" of the body. On the XF RIF edge the arc of the pattern on the corner should not be disturbed.

GENERAL When skating solo dance good timing is expected while showing the character of the rhythm. Very good skating skills will help in achieving the overall flow, while executing the fundamentals and technical requirements of the dance. Good posture baseline and carriage should be maintained at all times. A much higher reward will be given to the skater who "skates" the dance and has mastered all components opposed to the skater who simply steps through the dance and shows very poor skating skills.

Key Point 1. Step 4 – XF-RIF - correct technical execution of the cross in front with feet close and parallel, without deviation from the inside edge

Key Point 2. Step 9 LFO & 10 RIF – correct execution of the progressive run demonstrating the correct edges and timing.

Key Point 3. Step 11 LFOI Swing – An outside edge with a swing to the front on beat 3, a change of edge to an inside edge on beat 4, and a return of the free leg to the rear on beat. To get the key point correct the toe point should be done the same front and back, either both touch the floor or both above the floor, using the correct technique for the method chosen.

Key Point 4. Step 14 RFOI Swing – An outside edge with a swing to the front on beat 3, a change of edge to an inside edge on beat 4, and a return of the free leg to the rear on beat. To get the key point correct the toe point should be done the same front and back, either both touch the floor or both above the floor, using the correct technique for the method chosen.

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