



Skate NZ

NEW ZEALAND FEDERATION
OF ROLLER SPORTS INC.

Artistic Technical Commission

RULES FOR ARTISTIC SKATING

DANCE AND SOLO DANCE BOOK

NON-WORLD SKATE DANCES

2025

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CHA CHA - Couples

Music: Cha Cha 4/4
Holds: Waltz, Kilian, Tandem, Promenade & Foxtrot

Tempo: 100 BPM
Pattern: Set

This dance begins in Waltz position.

Step 1a RFO (1 beat) and **Step 1b Ch RFI** (1 beat) for the man is a stroke and a chasse in the direction of the long axis. **Step 1 LBO** (2 beats) for the woman is a stroke on the outside edge.

Step 2 RFO Sw (2+2 beats) for the man is a stroke on the outside edge and **Step 2 Mk RFO Sw** (2+2 beats) for the woman is a mohawk with feet close together. On the 3rd beat, the free leg swings forward. Kilian position is assumed after the execution of the woman's mohawk.

Step 3 DpCh LFI (2 beats) is a dropped chasse on the inside edge and in the direction of the long side barrier.

Step 4 RFI (1 beat) and **Step 5 LFI** (1 beat) are inside edges that are executed on a baseline that runs diagonal and in the direction of the long side barrier. During these steps, the foot of the free leg should be kept close to the skating foot. Tandem position is assumed where the man's hands are placed on the woman's hips. At the same time, the woman's hands are gently placed over the man's hands.

Step 6 RFI (2 beats) for the man and **Step 6a RFI** (1 beat) for the woman are angular strokes on inside edges that begin from behind the heel of the left foot. **Step 6b OpMk LBI** (1 beat) is an open mohawk with feet close together that brings the couple into Waltz position.

Steps 7, 8 and 9 are a sequence of runs:

- **LFO** (1 beat), **Run RFI** (1 beat) and **LFO** (2 beats) for the man,
- **RBO** (1 beat), **Run LBI** (1 beat) and **RBO** (2 beats) for the woman.

Step 10 OpS RFI (1 beat) for the man is an open stroke and **Step 10 Mk LFO** (1 beat) for the woman is a mohawk turn, skated in Promenade position.

Step 11 OpMk LBI (1 beat) for the man is an open mohawk with feet close together. **Step 11 Run RFI** (1 beat) for the woman is a run, skated in Waltz position.

Step 12 RBO (2 beats) for the man and **Step 12 LFO** (2 beats) for the woman are strokes on outside edges.

Step 13 Mk LFO (1 beat) for the man is a mohawk turn and **Step 13 OpS RFI** (1 beat) for the woman is an open stroke, skated in Foxtrot position.

Step 14 Run RFI (1 beat) for the man is a run. **Step 14 OpMk LBI** (1 beat) for the woman is an open mohawk with feet close together, skated in Waltz position.

Steps 15 and 16 are runs:

- **LFO** (1 beat) and **Run RFI** (1 beat) for the man,
- **RBO** (1 beat) and **Run LBI** (1 beat) for the woman.

Step 17 LFO Sw (2+2 beats) for the man and **Step 17 RBO Sw** (2+2 beats) for the woman are strokes with a swing of the free leg on the 3rd beat, finishing in the direction of the long axis.

REFERENCE STEPS:

- **Step 2** must begin before the short axis and finish after it.
- **Step 12** must begin on the long axis.

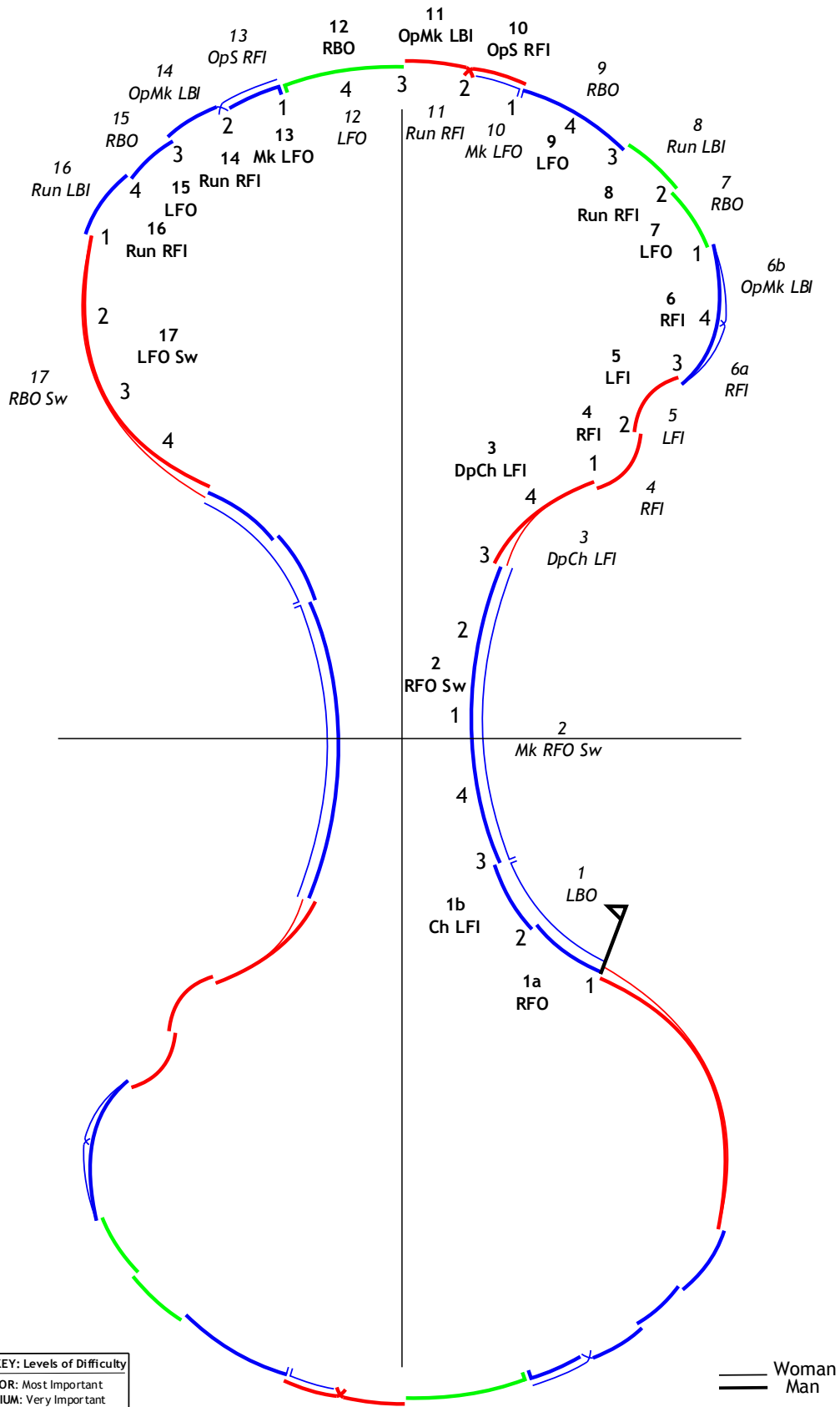
Key Points - Cha Cha Couples

1. **Step 3 DpCh LFI (2 beats) for both:**
 - Correct timing of the step.
 - Correct technical execution of the dropped chasse that must begin with feet close together and parallel.
 - No deviation from the inside edge.
 - Correct Kilian position of the couple without any separations.
2. **Step 4 RFI (1 beat) and Step 5 LFI (1 beat) for both:**
 - Correct timing of these steps.
 - Correct technical execution of the inside edges with feet close together.
 - Correct Tandem position of the couple without any separations.
3. **Step 11 OpMk RBI (1 beat) for the man:**
 - Correct timing of the step.
 - Correct technical execution of the open mohawk with feet close together.
4. **Step 17 LFO Sw (2+2 beats) for the man and Step 17 RBO Sw (2+2 beats) for the woman:**
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.
 - Correct Waltz position of the couple with correct tracking throughout the swing.

Cha Cha Couples - List of Steps

Hold	Step No.	Man's Step	Musical Beats			Woman's Steps
			1	2	3	
Waltz	1a	RFO	1		2	LBO
	1b	Ch LFI	1			
Kilian	2	RFO Sw		2+2		Mk RFO Sw
	3	DpCh LFI		2		DpCh LFI
Tandem	4	RFI		1		RFI
	5	LFI		1		LFI
	6a	RFI	2		1	RFI
Waltz	6b				1	OpMk LBI
	7	LFO		1		RBO
	8	Run RFI		1		Run LBI
	9	LFO		2		RBO
Promenade	10	OpS RFI		1		Mk LFO
Waltz	11	OpMk LBI		1		Run RFI
	12	RBO		2		LFO
Foxtrot	13	Mk LFO		1		OpS RFI
Waltz	14	Run RFI		1		OpMk LBI
	15	LFO		1		RBO
	16	Run RFI		1		Run LBI
	17	LFO Sw		2+2		RBO Sw

CHA CHA



CHA CHA - Solo

Music: Cha Cha 4/4
Pattern: Set

Tempo: 100 BPM

Step 1 LBO (2 beats) is a stroke on the outside edge and in the direction of the long axis.

Step 2 Mk RFO Sw (2+2 beats) is a mohawk turn with feet close together, followed by a swing of the free leg on the 3rd beat.

Step 3 DpCh LFI (2 beats) is a dropped chasse on the inside edge and in the direction of the long side barrier.

Step 4 RFI (1 beat) and **Step 5 LFI** (1 beat) are inside edges that are executed on a baseline that runs diagonal and in the direction of the long side barrier. During these steps, the foot of the free leg should be kept close to the skating foot.

Step 6 RFI (1 beat) is an angular stroke on the inside edge that begins from behind the heel of the left foot.

Step 7 OpMk LBI (1 beat) is an open mohawk with feet close together and on the inside edge.

Steps 8, 9 and 10 are a sequence of runs: **RBO** (1 beat), **Run LBI** (1 beat) and **RBO** (2 beats), followed by **Step 11 Mk LFO** (1 beat) and **Step 12 Run RFI** (1 beat).

Step 13 LFO (2 beats) is a stroke on the outside edge that begins on the long axis and travels in the direction of the long side barrier.

Step 14 OpS RFI (1 beat) is an open stroke on the inside edge and **Step 15 OpMk LBI** (1 beat) is an open mohawk with feet close together.

Steps 16 and 17 are runs: **RBO** (1 beat) and **Run LBI** (1 beat).

Step 18 RBO Sw (2+2 beats) is a stroke with a swing of the free leg behind the body on the 3rd beat, finishing in the direction of the long axis.

REFERENCE STEPS:

- **Step 2 must begin before the short axis and finish after it.**
- **Step 13 must begin on the long axis.**

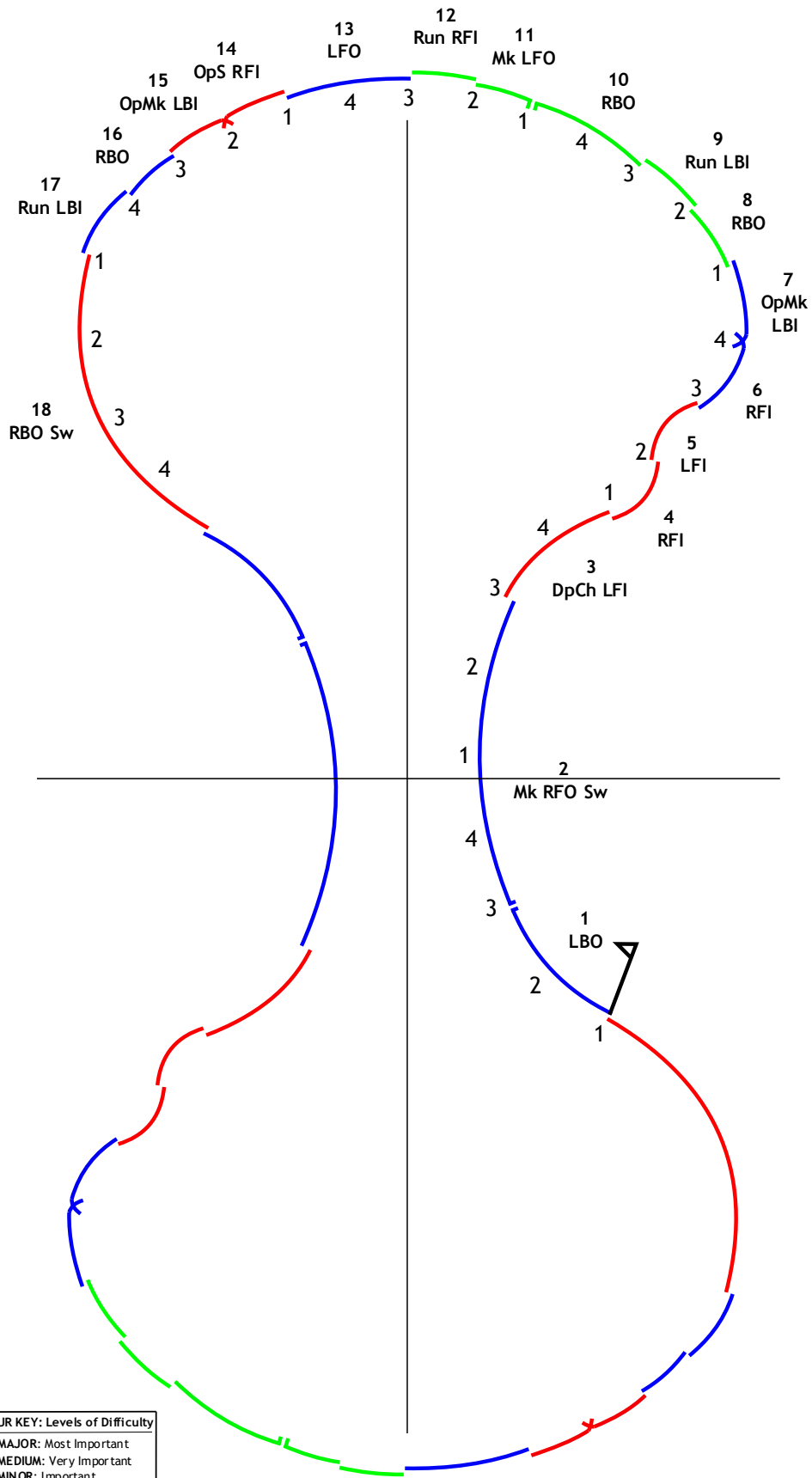
Key Points - Cha Cha Solo

1. **Step 3 DpCh LFI** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the dropped chasse that must begin with feet close together and parallel.
 - No deviation from the inside edge.
2. **Step 4 RFI** (1 beat) and **Step 5 LFI** (1 beat):
 - Correct timing of these steps.
 - Correct technical execution of the inside edges with feet close together.
3. **Step 15 OpMk RBI** (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the open mohawk with feet close together.
4. **Step 18 RBO Sw** (2+2 beats):
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.

Cha Cha Solo - List of Steps

Step Number	Step	Musical Beats
1	LBO	2
2	Mk RFO Sw	2 + 2
3	DpCh LFI	2
4	RFI	1
5	LFI	1
6	RFI	1
7	OpMk LBI	1
8	RBO	1
9	Run LBI	1
10	RBO	2
11	Mk LFO	1
12	Run RFI	1
13	LFO	2
14	OpS RFI	1
15	OpMk LBI	1
16	RBO	1
17	Run LBI	1
18	RBO Sw	2 + 2

CHA CHA



CORONATION WALTZ - Couples

Music: Waltz $\frac{3}{4}$
Hold: Waltz

Tempo: 120 BPM
Pattern: Set

This dance begins in Waltz position.

Step 1 RFO 3T (2+1 beats) for the man is a stroke on the outside edge, followed by a 3 turn to RBI on the 3rd beat. **LBO** (3 beats) for the woman is a stroke that is tracked by the man's outside edge, skated in the direction of the long axis. The man's 3 turn must be aimed towards the instep of the woman's skate. The man revolves around the woman in a clockwise direction, allowing the next step to continue in Waltz position.

Step 2 LBO (2 beats) for the man is a stroke and **Mk RFO** (2 beats) for the woman is a mohawk turn on the outside edge that continues to travel in the direction of the long axis.

Step 3 Ch RBI (1 beat) for the man and **Ch LFI** (1 beat) for the woman are chasses that end on the short axis and simultaneously finish parallel to the long axis.

Step 4 LBO Sw (3+3 beats) for the man and **RFO Sw** (3+3 beats) for the woman for a total of six (6) beats create an arc that begins parallel to the long axis and ends perpendicular to it. The outside stroke aims in the direction of the short side barrier for the first three (3) beats, and curves to the long side barrier for the last three (3) beats at the time of the swing on the 4th beat.

Step 5 RBO (2 beats) for the man and **LFO** (2 beats) for the woman are strokes on outside edges. **Step 6 XF LBI** (1 beat) for the man is a cross in front on the inside edge, demonstrated with feet close and parallel, meanwhile the woman executes **OpMk RBO** (1 beat). The mohawk turn must be executed with feet close together, respecting the positioning of the free foot as the heel of the right foot draws close to the instep of the left foot.

Step 7 Mk RFI (3 beats) for the man is a mohawk turn on the inside edge and **OpS LBI** (3 beats) for the woman is an open stroke that brings the couple into Waltz position. These steps have a slight aim towards the short side barrier.

Care should be taken on steps 5, 6 and 7 to maintain good rotation and partner relationships Step 4 should be performed in Waltz hold with the woman tracking the man's tracing. During steps 5 and 6, as the partners rotate around each other, the woman may move to the inside of, and alongside the man, but Waltz hold should be maintained (with parallel hips and shoulders). At the conclusion of step 7, the man should be tracking the woman's tracing. During this series of steps, the couple rotate around each other; the man crossing the woman's tracing. This allows the couple to finish in Waltz position.

Step 8 LFO (2 beats) for the man and **RBO** (2 beats) for the woman are strokes on outside edges, followed by a chasse for both skaters: **Step 9 Ch RFI** (1 beat) for the man and **Ch LBI** (1 beat) for the woman.

Step 10 LFO (3 beats) for the man and **RBO** (3 beats) for the woman are additional strokes that end parallel to the short side barrier.

Step 11 OpS RFI (3 beats) for the man is an open stroke on the inside edge and **Mk LFO 3T** (2+1 beats) for the woman is a mohawk turn followed by a 3 turn to LBI on the 3rd beat. These steps begin on the long axis and travel in the direction of the long side barrier. During the 3 turn, the man lifts his left arm to allow for the woman to perform the 3 turn smoothly under the man's arm, held by the woman's right hand. Waltz position is assumed immediately after the 3 turn.

Step 12 LFO (2 beats) for the man and **RBO** (2 beats) for the woman are strokes on outside edges, followed by a chasse for both skaters: **Step 13 Ch RFI** (1 beat) for the man and **Ch LBI** (1 beat) for the woman.

Step 14 LFO Sw (3+3 beats) for the man and **RBO Sw** (3+3 beats) for the woman for a total of six (6) beats create an arc that travels in the direction of the long axis. The free leg swings past the line of the body on the 4th beat.

REFERENCE STEPS:

- **Step 4 begins on the short axis.**
- **Step 11 begins on the long axis.**

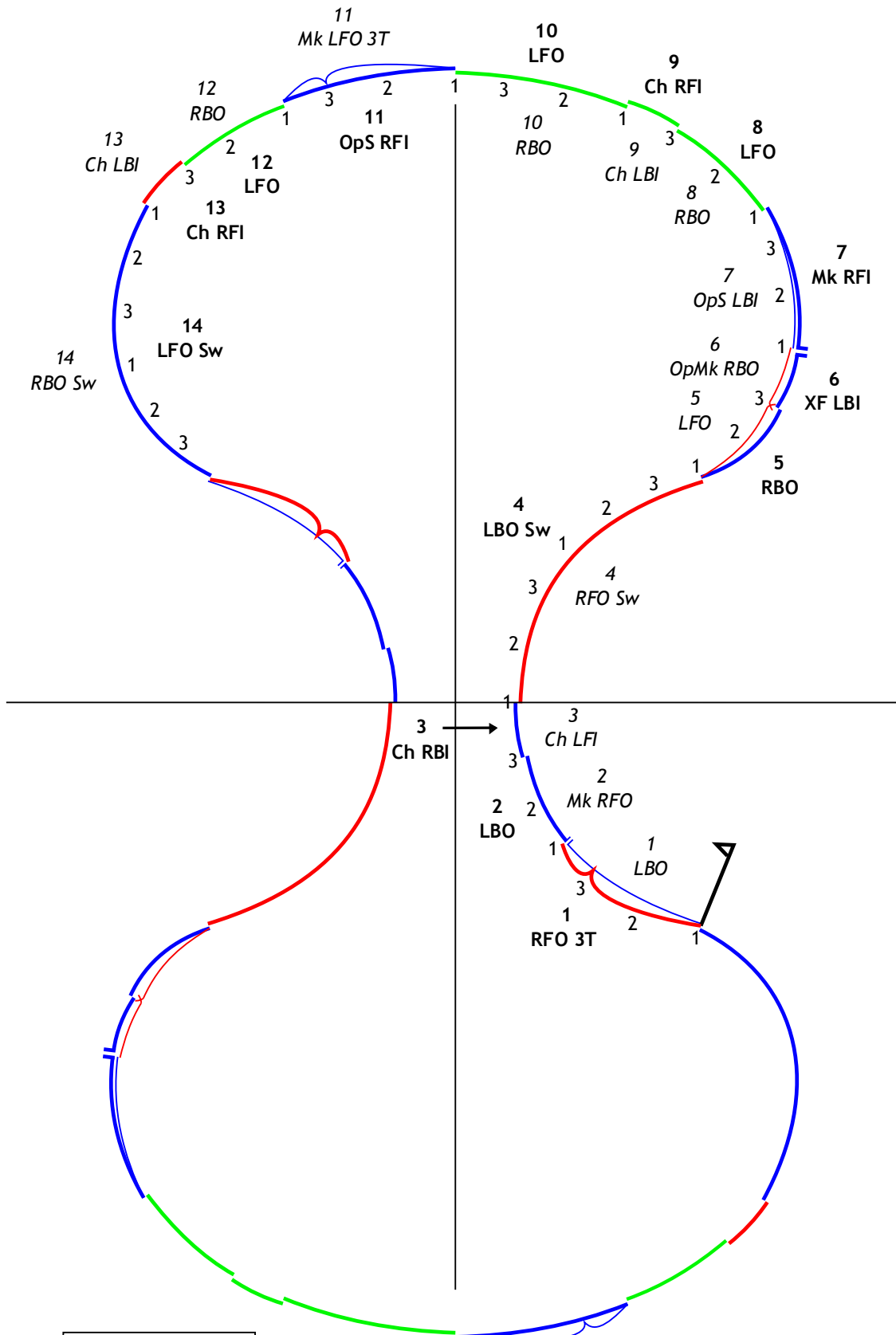
Key Points - Coronation Waltz Couples

1. **Step 1 RFO 3T (2+1 beats) for the man:**
 - Proper timing and technical execution of the 3 turn on the 3rd beat.
 - Correct technical execution of the 3 turn without deviation from the prescribed edges.
 - Attention to the position of the couple which should be close and maintained without separation between the skaters.
2. **Step 4 LBO Sw (3+3 beats) for the man and RFO Sw (3+3 beats) for the woman:**
 - Correct technical execution and timing of the swing, skated on the outside edge for all six (6) beats (without changing the edge at the end of the step).
 - Proper timing of the free leg movement, swinging past the line of the body on the 4th beat.
 - Attention to the position of the couple which should be close and in tracking without any separations between the skaters.
3. **Step 6 OpMk RBO (1 beat) for the woman:**
 - Correct technical execution of the open mohawk performed with feet close together, demonstrating the correct outside edge at the time of the step.
4. **Step 13 Ch RFI (1 beat) for the man and Ch LBI (1 beat) for the woman:**
 - Correct technical execution of the chasse on the correct inside edge.
 - Correct timing and a clear lift of the free skate from the floor.
 - Attention to the synchronisation of the skaters and the position of the couple which should be close and in tracking without any separations.

Coronation Waltz Couples - List of Steps

Hold	Step No.	Man's Step	Musical Beats			Woman's Steps
Waltz	1	RFO 3T	2+1		3	LBO
	2	LBO		2		Mk RFO
	3	Ch RBI		1		Ch LFI
	4	LBO Sw		3+3		RFO Sw
Waltz (see notes)	5	RBO		2		LFO
	6	XF LBI		1		OpMk RBO
Waltz	7	Mk RFI		3		OpS LBI
	8	LFO		2		RBO
	9	Ch RFI		1		Ch LBI
	10	LFO		3		RBO
See notes	11	OpS RFI	3		2+1	Mk LFO 3T
Waltz	12	LFO		2		RBO
	13	Ch RFI		1		Ch LBI
	14	LFO Sw		3+3		RBO Sw

CORONATION WALTZ



COLOUR KEY: Levels of Difficulty
 MAJOR: Most Important
 MEDIUM: Very Important
 MINOR: Important

— Woman
 — Man

CORONATION WALTZ - Solo

Music: Waltz $\frac{3}{4}$
Pattern: Set

Tempo: 120 BPM

Step 1 LBO (3 beats) is a stroke on the outside edge that is skated in the direction of the long axis.

Step 2 Mk RFO (2 beats) is a mohawk turn on the outside edge that continues to travel in the direction of the long axis. The mohawk turn must be executed with feet close together.

Step 3 Ch LFI (1 beat) is a chasse on the inside edge. This step ends on the short axis and simultaneously finishes parallel to the long axis.

Step 4 RFO Sw (3+3 beats) for a total of six (6) beats creates an arc that begins parallel to the long axis and ends perpendicular to it. The outside stroke aims in the direction of the short side barrier for the first three (3) beats, and curves to the long side barrier for the last three (3) beats at the time of the swing on the 4th beat.

Step 5 LFO (2 beats) is a stroke, followed by **Step 6 OpMk RBO** (1 beat). The open mohawk turn must be executed with feet close together, respecting the positioning of the free foot as the heel of the right foot draws close to the instep of the left foot.

Step 7 OpS LBI (3 beats) is an open stroke with a slight aim towards the short side barrier.

Step 8 RBO (2 beats) is a stroke on outside edge, followed by **Step 9 Ch LBI** (1 beat).

Step 10 RBO (3 beats) is an additional stroke that ends parallel to the short side barrier.

Step 11 Mk LFO 3T (2+1 beats) is a mohawk turn followed by a 3 turn to LBI on the 3rd beat. This step begins on the short axis and travels in the direction of the long side barrier.

Step 12 RBO (2 beats) is a stroke on outside edge, followed by **Step 13 Ch LBI** (1 beat).

Step 14 RBO Sw (3+3 beats) for a total of six (6) beats creates an arc that travels in the direction of the long axis. The free leg swings past the line of the body on the 4th beat.

REFERENCE STEPS:

- Step 4 begins on the short axis.
- Step 11 begins on the long axis.

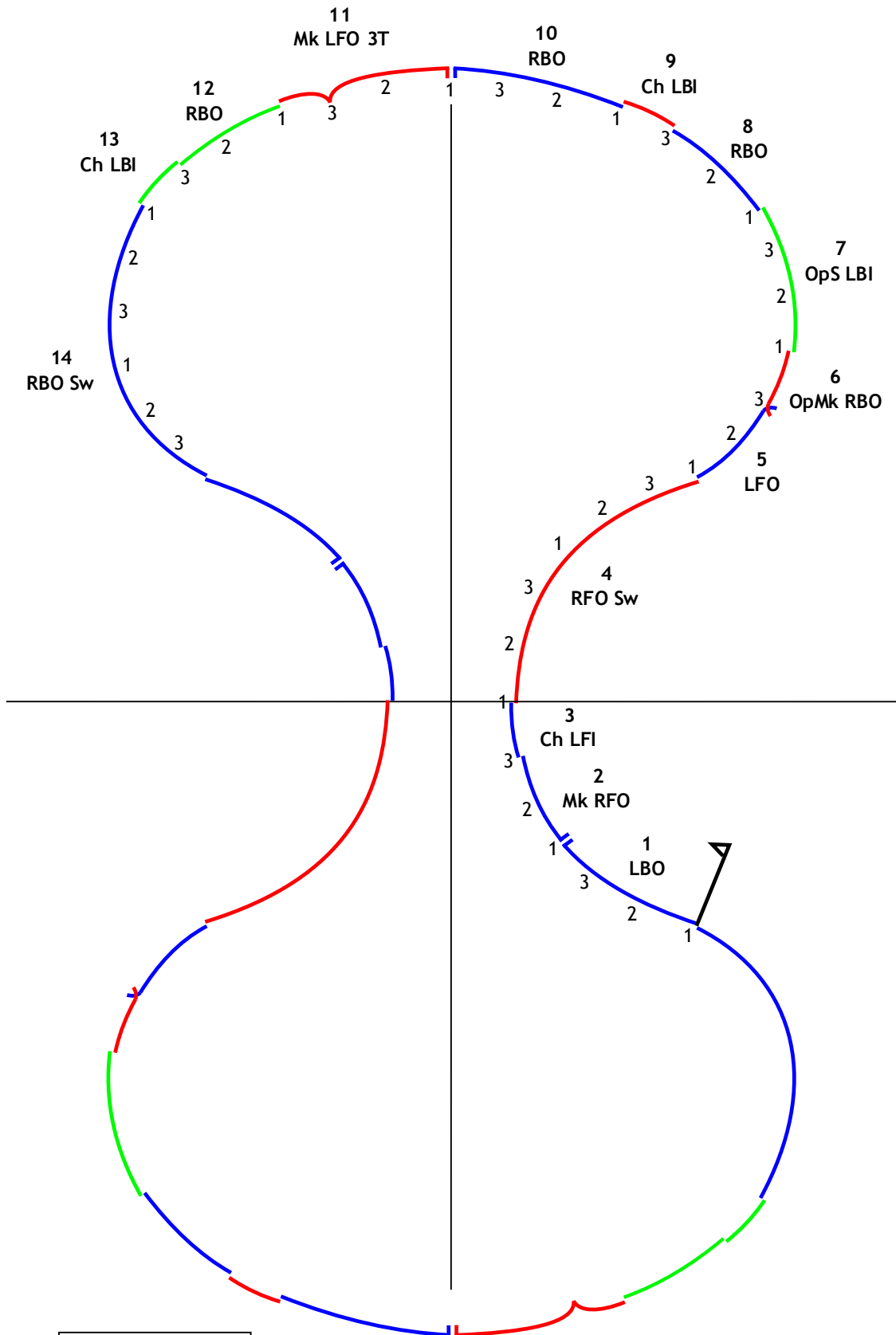
Key Points - Coronation Waltz Solo

1. **Step 4 RFO Sw** (3+3 beats):
 - Correct technical execution and timing of the swing, skated on an outside edge for all six (6) beats (without changing the edge at the end of the step).
 - Proper timing of the free leg, swinging through on the 4th beat.
2. **Step 6 OpMk RBO** (1 beat):
 - Correct technical execution of the open mohawk, performed with feet close together, showing the correct outside edge at the time of the step.
3. **Step 9 Ch LBI** (1 beat):
 - Correct technical execution of the chasse on the correct inside edge.
 - Correct timing and a clear lift of the free skate from the floor.
4. **Step 11 Mk LFO 3T** (2+1 beats):
 - Correct technical execution of the mohawk and required timing, with feet close together and with the correct lean.
 - Correct technical execution of the 3 turn (on 3rd beat), with the turn highlighting an evident cusp.
 - No deviation from the outside edge before and inside edge after the turn.

Coronation Waltz Solo - List of Steps

Step Number	Step	Musical Beats
1	LBO	3
2	Mk RFO	2
3	Ch LFI	1
4	RFO Sw	3 + 3
5	LFO	2
6	OpMk RBO	1
7	OpS LBI	3
8	RBO	2
9	Ch LBI	1
10	RBO	3
11	Mk LFO 3T	2 + 1
12	RBO	2
13	Ch LBI	1
14	RBO Sw	3 + 3

CORONATION WALTZ



COLOUR KEY: Levels of Difficulty
 MAJOR: Most Important
 MEDIUM: Very Important
 MINOR: Important

DOUBLE CROSS WALTZ - Couples & Solo

By David Tassinari

Music: Waltz $\frac{3}{4}$
Hold: Kilian

Tempo: 138 BPM
Pattern: Set

Steps 1, 2 and 3 form a sequence of steps that begin near the long side barrier and finish in the direction of the long axis: **LFO** (2 beats), **Ch RFI** (1 beat) and **LFO** (3 beats). During the chasse the left foot must be kept parallel to the right foot, executed with a clear lift from the floor.

Step 4 XR RFO (3 beats) is a cross roll on the outside edge towards the long axis. During the cross roll, the right foot must immediately assume the outside edge. A change of lean from the previous step should be clear. **Step 5 XF LFI** (3 beats) is a cross in front with feet close together and parallel, immediately assuming the inside edge. This step finishes parallel to the long side barrier and on the short axis. The free leg must extend behind the body after the cross roll and the cross in front.

Steps 6, 7 and 8 form a sequence of steps that begin near the long axis and finish in the direction of the long side barrier: **RFO** (2 beats), **Ch LFI** (1 beat) and **RFO** (3 beats). During the chasse the right foot must be kept parallel to the left foot, executed with a clear lift from the floor.

Step 9 XR LFO (3 beats) is a cross roll on the outside edge towards the long side barrier. During the cross roll, the left foot must immediately assume the outside edge. A change of lean from the previous step should be clear. **Step 10 XF RFI** (3 beats) is a cross in front with feet close together and parallel, immediately assuming the inside edge. This step finishes parallel to the long side barrier. The free leg must extend behind the body after the cross roll and the cross in front.

Steps 11, 12 and 13 repeat the timing and execution of steps 1, 2 and 3, skated in the direction of the short side barrier.

Step 14 XB RFI (3 beats) is a cross behind with feet close together and parallel, skated on the inside edge. The free leg must be kept in a leading position after the cross behind. This step curves parallel to the short side barrier and finishes on the long axis.

Steps 15, 16 and 17 repeat the timing and execution of steps 11, 12 and 13, skated in the direction of the long side barrier, with step 15 LFO stroke beginning on the long axis.

Step 18 XF RFI (3 beats) is a cross in front with feet close together and parallel, skated on the inside edge. The free leg must be extended behind the body after the cross in front. This step curves in the direction of the long side barrier and finishes almost parallel to it.

REFERENCE STEPS:

- **Step 6 begins on the short axis.**
- **Step 15 begins on the long axis.**

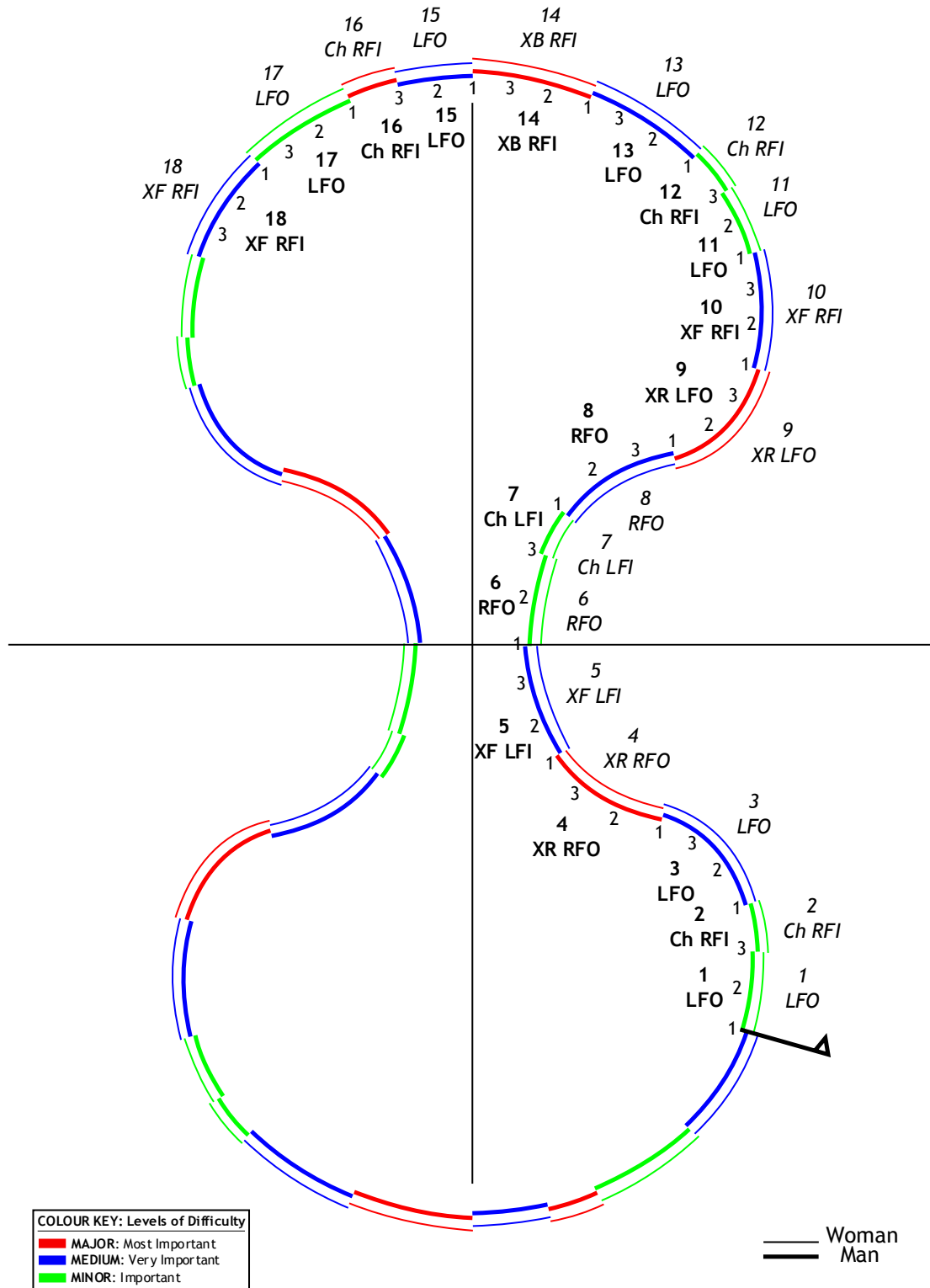
Key Points - Double Cross Waltz Couples & Solo

1. **Step 4 XR RFO (3 beats):**
 - Correct timing of the step.
 - Correct technical execution of the cross roll on a clear outside edge with an appropriate change of lean from the previous step.
 - For couples: Correct Kilian position of the couple without separation between the skaters.
2. **Step 9 XR LFO (3 beats):**
 - Correct timing of the step.
 - Correct technical execution of the cross roll on a clear outside edge with an appropriate change of lean from the previous step.
 - For couples: Correct Kilian position of the couple without separation between the skaters.
3. **Step 14 XB RFI (3 beats):**
 - Correct timing of the step.
 - Correct technical execution of the cross behind with feet close together and parallel.
 - No deviation from the inside edge.
 - For couples: Correct Kilian position of the couple without separation between the skaters.
4. **Step 16 Ch RFI (1 beat):**
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
 - For couples: Correct Kilian position of the couple without separation between the skaters.

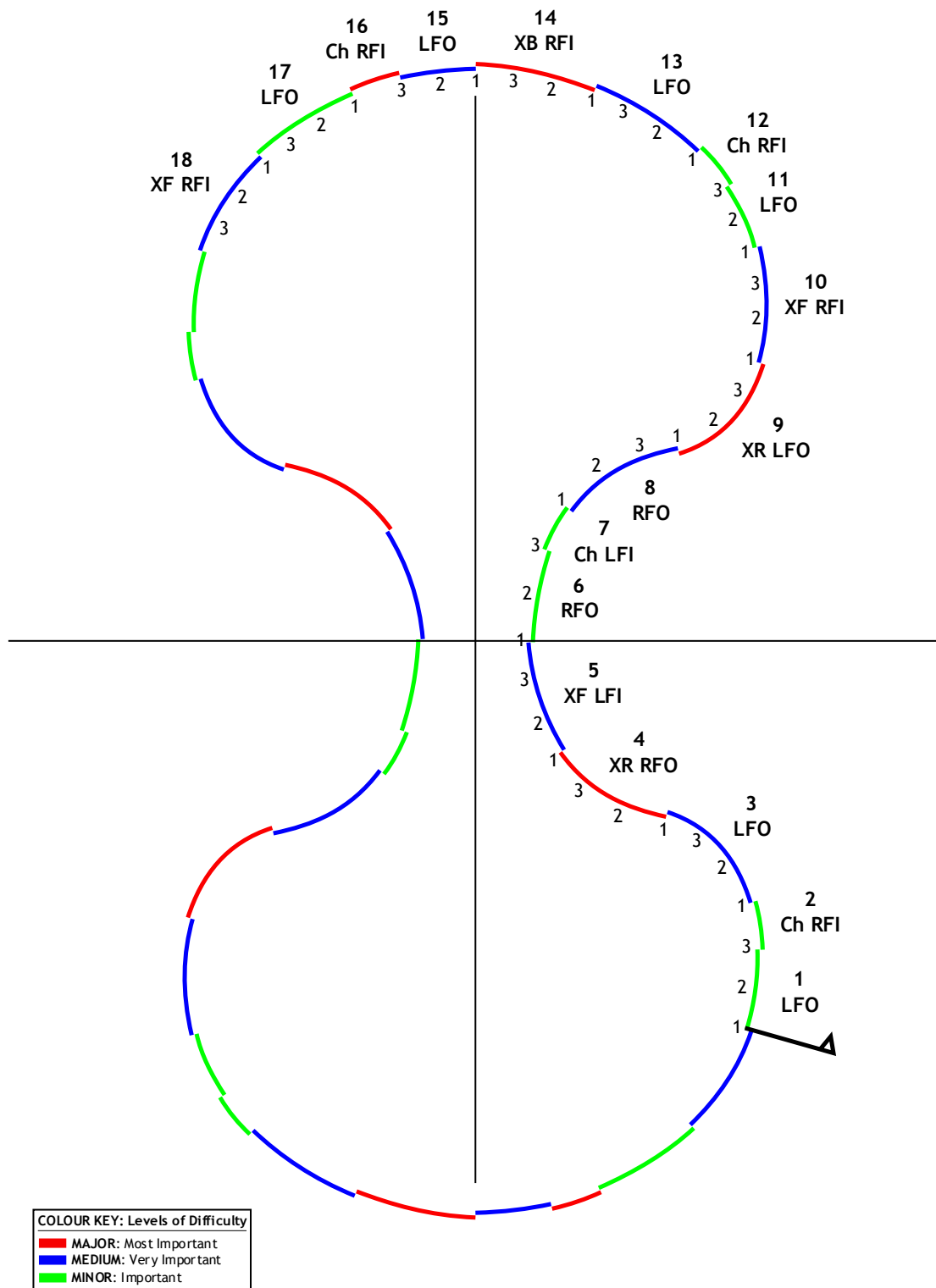
Double Cross Waltz - List of Steps

Hold	Step No.	Man's Step	Musical Beats	Woman's Steps
Kilian	1	LFO	2	LFO
	2	Ch RFI	1	Ch RFI
	3	LFO	3	LFO
	4	XR RFO	3	XR RFO
	5	XF LFI	3	XF LFI
	6	RFO	2	RFO
	7	Ch LFI	1	Ch LFI
	8	RFO	3	RFO
	9	XR LFO	3	XR LFO
	10	XF RFI	3	XF RFI
	11	LFO	2	LFO
	12	Ch RFI	1	Ch RFI
	13	LFO	3	LFO
	14	XB RFI	3	XB RFI
	15	LFO	2	LFO
	16	Ch RFI	1	Ch RFI
	17	LFO	3	LFO
	18	XF RFI	3	XF RFI

DOUBLE CROSS WALTZ



DOUBLE CROSS WALTZ



HICKORY HOEDOWN - Couples

*By Wendy Weinstock Mlinar, Holly Genola Cole & H. Theodore Graves
Adapted for roller dance by Andrew Beattie (Courtesy of US Figure Skating)*

Music: Country Western: Hoedown 4/4

Tempo: 104 BPM

Holds: Foxtrot or Kilian & Waltz

Pattern: Set

The music for the Hickory Hoedown should be derived from formal square dancing and convey the feeling of country western style dance.

Steps 1-17a, along with **Steps 22** and **23**, may be skated in either Foxtrot or Kilian position. Once a hold has been selected, it must remain consistent throughout each pattern sequence.

Step 1 LFO (1 beat) is a stroke in the direction of the long side barrier, followed by **Step 2 Ch RFI** (1 beat) and **Step 3 LFO** (2 beats) that finishes in the direction of the long axis.

Step 4 RFO (1 beat) is a stroke in the direction of the long axis, followed by **Step 5 Ch LFI** (1 beat) and **Step 6 RFO** (2 beats) that finishes in the direction of the long side barrier.

Step 7 LFO (1 beat), **Step 8 Run RFI** (1 beat) and **Step 9 LFO** (2 beats) are a sequence of runs that initially aim towards the long side barrier and finish towards the long axis.

Step 10 XR RFO (1 beat) is a cross roll on a clear outside edge, skated in the direction of the long axis.

Step 11 DpCh LFI Cross Tuck Sw (1+1+1 beats) is a dropped chasse that curves parallel to the long axis. During this step, the free leg extends in front of the body for one (1) beat, then bends and crosses at the knee for one (1) beat. The foot of the free leg should travel back past the skating knee, then the free leg extends forward again for the last beat in a gentle swing-like motion. It is possible to execute the crossed free leg position with the right ankle kept close to the skating foot.

Step 12 RFO (1 beat), **Step 13 Run LFI** (1 beat) and **Step 14 RFO** (2 beats) are a sequence of runs that initially begin parallel to the long axis and finishes perpendicular to it.

Step 15 XR LFO (1 beat) is a cross roll on a clear outside edge, skated in the direction of the long side barrier.

Steps 1-15 are distributed along a baseline that runs parallel to the long side barrier.

Step 16 DpCh RFI Cross Tuck Sw (1+1+1 beats) is a dropped chasse that curves parallel to the long side barrier. During this step, the free leg extends in front of the body for one (1) beat, then bends and crosses at the knee for one (1) beat. The foot of the free leg should travel back past the skating knee, then the free leg extends forward again for the last beat in a gentle swing-like motion. It is possible to execute the crossed free leg position with the left ankle kept close to the skating foot.

Step 17a LFO (1 beat) and **Step 17b Ch RFI** (1 beat) for the man is a stroke and a chasse in the direction of the short side barrier. **Step 17 LFO 3T** (1+1 beats) for the woman is a stroke with a 3 turn on the 2nd beat. During the man's chasse and the woman's 3 turn, the couple assume Waltz position.

Step 18 LFO Sw for the man and **RBO Sw** for the woman (2+2 beats) both begin parallel to the short side barrier and finish perpendicular to it. The free leg swings past the line of the body on the 3rd beat.

Step 19 RFO 3T (1+1 beat) for the man is a stroke with a 3 turn on the 2nd beat and **LBO** (2 beats) for the woman is a stroke on the outside edge that moves away from the short side barrier.

Step 20 LBO Sw for the man and **Mk RFO Sw** (2+2 beats) for the woman both curve perpendicular to the short side barrier. The free leg swings past the line of the body on the 3rd beat. The mohawk turn for the woman must be executed with feet close together.

Step 21 RBO (2 beats) for the man is a two (2) beat step in the direction of the short side barrier. It is permissible to execute this step as a stroke or a dropped chasse. **Step 21a LFO** (1 beat) and **Step 21b Ch RFI** (1 beat) for the woman is a stroke on the outside edge, followed by a chasse.

Step 22 Mk LFO (1 beat) for the man is a mohawk turn executed with feet close together and **LFO** (1 beat) for the woman is a stroke that brings the couple back into Foxtrot or Kilian position; that is, the position that the couple started the pattern sequence.

Step 23 Run RFI (1 beat) is a run that concludes the dance.

REFERENCE STEPS:

- Step 9 intersects the short axis slightly before the 2nd beat.
- Step 20 intersects the long axis on the 2nd beat.

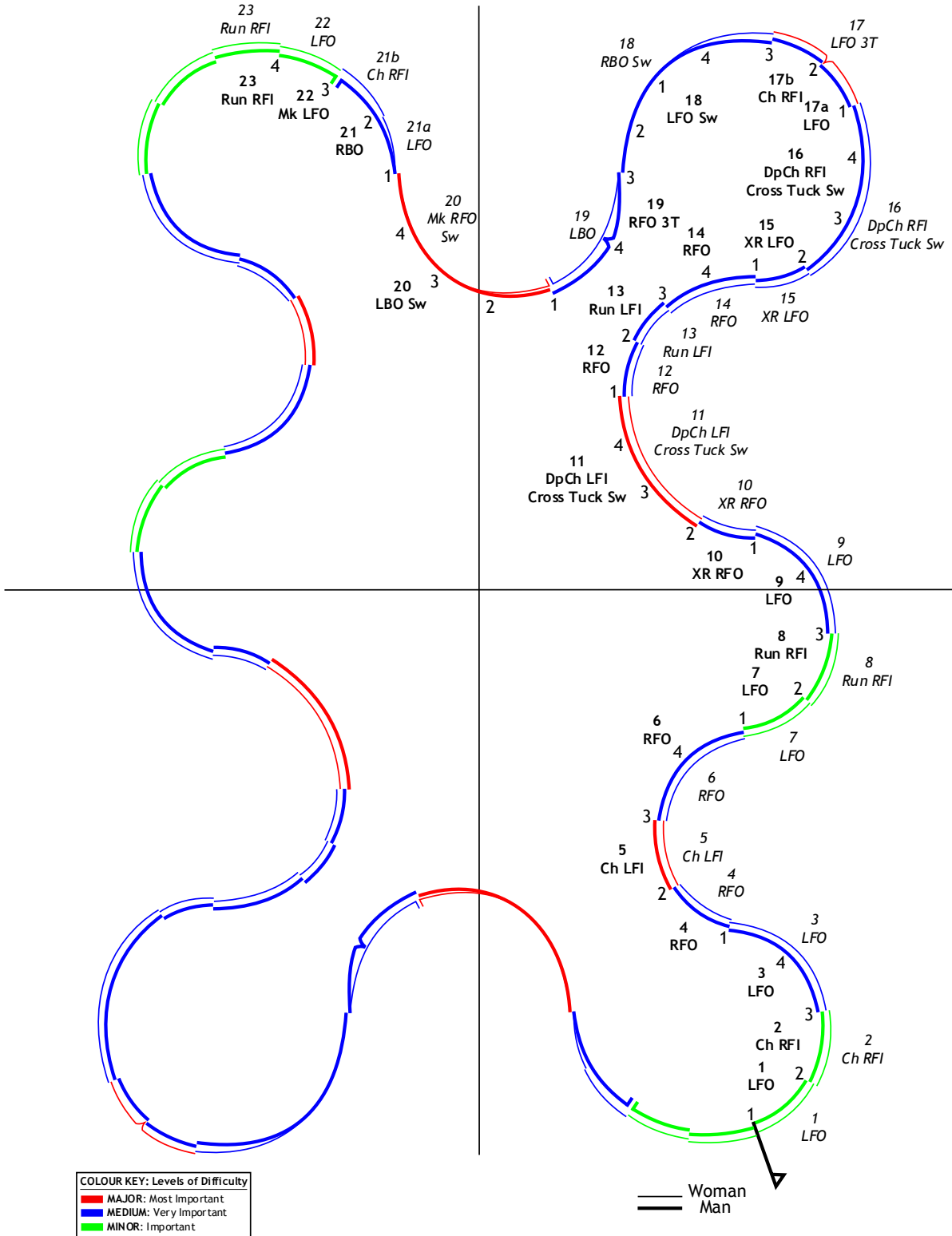
Key Points - Hickory Hoedown Couples

1. **Step 5 Ch LFI (1 beat) for both:**
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
2. **Step 11 DpCh LFI Cross Tuck Sw (1+1+1 beats) for both:**
 - Correct technical execution of the dropped chasse that must begin with feet close together.
 - Correct technical execution and timing of the free leg movements (see description).
 - No deviation from the inside edge.
3. **Step 17 LFO 3T (1+1 beats) for the woman:**
 - Correct technical execution and timing of the 3 turn on the 2nd beat.
 - Correct outside edge for the entry and inside edge for the exit of the turn.
4. **Step 20 LBO Sw (2+2 beats) for the man and Mk RFO Sw (2+2 beats) for the woman:**
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.
 - For the woman: Correct technical execution of the mohawk turn with feet close together.

Hickory Hoedown Couples - List of Steps

Hold	Step No.	Man's Steps	Musical Beats			Woman's Steps
Foxtrot/Kilian	1	LFO		1		LFO
	2	Ch RFI		1		Ch RFI
	3	LFO		2		LFO
	4	RFO		1		RFO
	5	Ch LFI		1		Ch LFI
	6	RFO		2		RFO
	7	LFO		1		LFO
	8	Run RFI		1		Run RFI
	9	LFO		2		LFO
	10	XR RFO		1		XR RFO
	11	DpCh LFI Cross Tuck Sw		1+1+1		DpCh LFI Cross Tuck Sw
	12	RFO		1		RFO
	13	Run LFI		1		Run LFI
	14	RFO		2		RFO
	15	XR LFO		1		XR LFO
	16	DpCh RFI Cross Tuck Sw		1+1+1		DpCh RFI Cross Tuck Sw
	Waltz	17a	LFO	1		1+1
17b		Ch RFI	1			
18		LFO Sw		2+2		RBO Sw
19		RFO 3T	1+1		2	LBO
20		LBO Sw		2+2		Mk RFO Sw
21a		RBO	2		1	LFO
Foxtrot/Kilian	21b				1	Ch RFI
	22	Mk LFO		1		LFO
	23	Run RFI		1		Run RFI

HICKORY HOEDOWN



HICKORY HOEDOWN - Solo

*By Wendy Weinstock Mlinar, Holly Genola Cole & H. Theodore Graves
Adapted for roller dance by Andrew Beattie (Courtesy of US Figure Skating)*

Music: Country Western: Hoedown 4/4

Tempo: 104 BPM

Pattern: Set

The music for the Hickory Hoedown should be derived from formal square dancing and convey the feeling of country western style dance.

Step 1 LFO (1 beat) is a stroke in the direction of the long side barrier, followed by **Step 2 Ch RFI** (1 beat) and **Step 3 LFO** (2 beats) that finishes in the direction of the long axis.

Step 4 RFO (1 beat) is a stroke in the direction of the long axis, followed by **Step 5 Ch LFI** (1 beat) and **Step 6 RFO** (2 beats) that finishes in the direction of the long side barrier.

Step 7 LFO (1 beat), **Step 8 Run RFI** (1 beat) and **Step 9 LFO** (2 beats) are a sequence of runs that initially aim towards the long side barrier and finish towards the long axis.

Step 10 XR RFO (1 beat) is a cross roll on a clear outside edge, skated in the direction of the long axis.

Step 11 DpCh LFI Cross Tuck Sw (1+1+1 beats) is a dropped chasse that curves parallel to the long axis. During this step, the free leg extends in front of the body for one (1) beat, then bends and crosses at the knee for one (1) beat. The foot of the free leg should travel back past the skating knee, then the free leg extends forward again for the last beat in a gentle swing-like motion. It is possible to execute the crossed free leg position with the right ankle kept close to the skating foot.

Step 12 RFO (1 beat), **Step 13 Run LFI** (1 beat) and **Step 14 RFO** (2 beats) are a sequence of runs that initially begin parallel to the long axis and finishes perpendicular to it.

Step 15 XR LFO (1 beat) is a cross roll on a clear outside edge, skated in the direction of the long side barrier.

Steps 1-15 are distributed along a baseline that runs parallel to the long side barrier.

Step 16 DpCh RFI Cross Tuck Sw (1+1+1 beats) is a dropped chasse that curves parallel to the long side barrier. During this step, the free leg extends in front of the body for one (1) beat, then bends and crosses at the knee for one (1) beat. The foot of the free leg should travel back past the skating knee, then the free leg extends forward again for the last beat in a gentle swing-like motion. It is possible to execute the crossed free leg position with the left ankle kept close to the skating foot.

Step 17 LFO 3T (1+1 beats) is a stroke with a 3 turn on the 2nd beat.

Step 18 RBO Sw (2+2 beats) begins parallel to the short side barrier and finishes perpendicular to it. The free leg swings past the line of the body on the 3rd beat.

Step 19 LBO (2 beats) is a stroke on the outside edge that moves away from the short side barrier.

Step 20 Mk RFO Sw (2+2 beats) is a mohawk turn on the outside edge, followed by a swing forward on the 3rd beat that finishes in the direction of the short side barrier. The mohawk turn must be executed with feet close together.

Step 21 LFO (1 beat), **Step 22 Ch RFI** (1 beat) and **Step 23 LFO** (1 beat) continue in the direction of the short side barrier.

Step 24 Run RFI (1 beat) is a run that concludes the dance.

REFERENCE STEPS:

- **Step 9** intersects the short axis slightly before the 2nd beat.
- **Step 20** intersects the long axis on the 2nd beat.

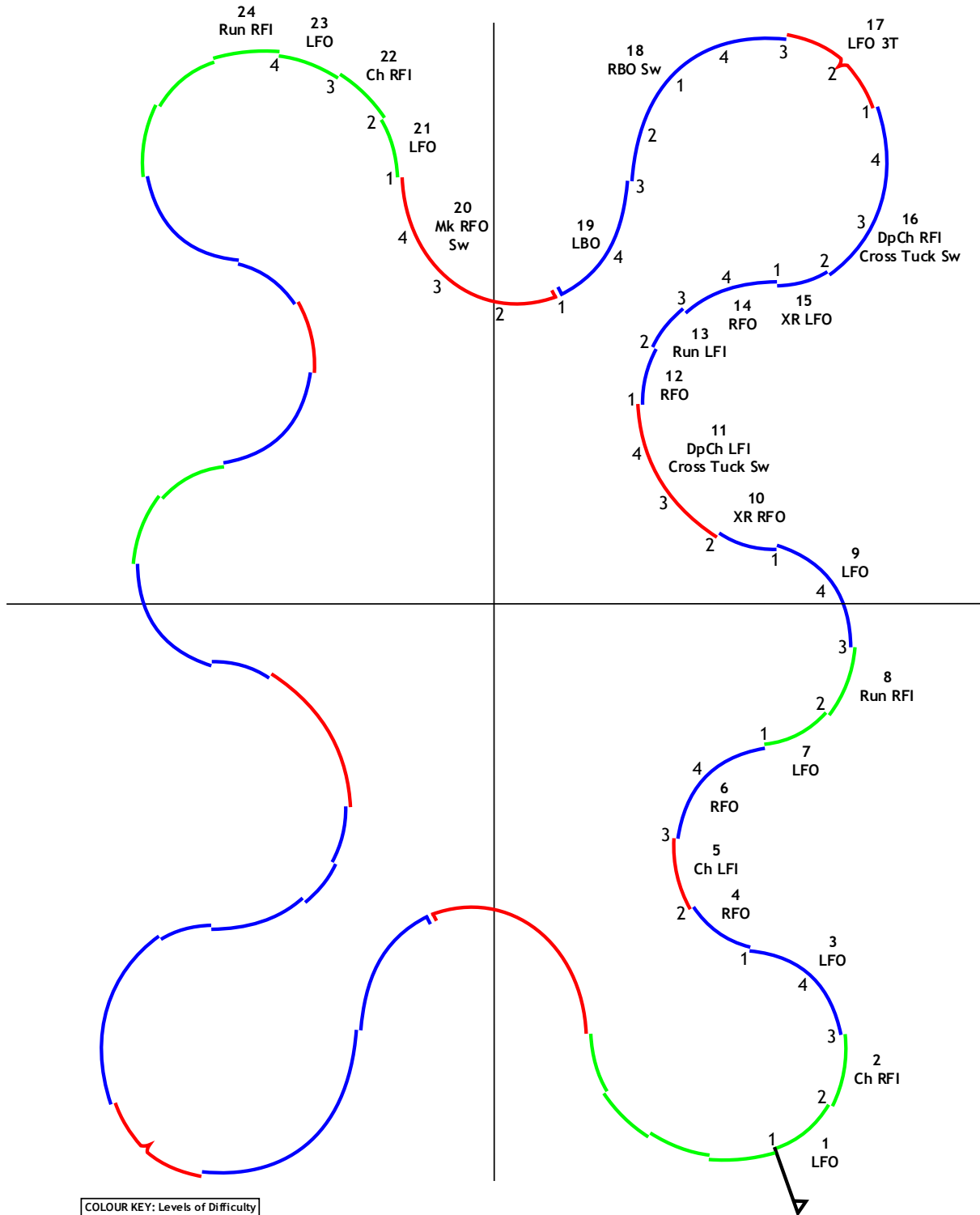
Key Points - Hickory Hoedown Solo

1. **Step 5 Ch LFI (1 beat):**
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
2. **Step 11 DpCh LFI Cross Tuck Sw (1+1+1 beats):**
 - Correct technical execution of the dropped chasse that must begin with feet close together.
 - Correct technical execution and timing of the free leg movements (see description).
 - No deviation from the inside edge.
3. **Step 17 LFO 3T (1+1 beats):**
 - Correct technical execution and timing of the 3 turn on the 2nd beat.
 - Correct outside edge for the entry and inside edge for the exit of the turn.
4. **Step 20 Mk RFO Sw (2+2 beats):**
 - Correct technical execution of the mohawk turn that must be done with feet close together.
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.

Hickory Hoedown Solo - List of Steps

Step Number	Step	Musical Beats
1	LFO	1
2	Ch RFI	1
3	LFO	2
4	RFO	1
5	Ch LFI	1
6	RFO	2
7	LFO	1
8	Run RFI	1
9	LFO	2
10	XR RFO	1
11	DpCh LFI Cross Tuck Sw	1 + 1 + 1
12	RFO	1
13	Run LFI	1
14	RFO	2
15	XR LFO	1
16	DpCh RFI Cross Tuck Sw	1 + 1 + 1
17	LFO 3T	1 + 1
18	RBO Sw	2 + 2
19	LBO	2
20	Mk RFO Sw	2 + 2
21	LFO	1
22	Ch RFI	1
23	LFO	1
24	Run RFI	1

HICKORY HOEDOWN



RHYTHM BLUES - Couples & Solo

By Robert Graigin

Music: Blues 4/4
Hold: Kilian

Tempo: 92 BPM
Pattern: Set

Step 1 LFO (1 beat), **Step 2 Run RFI** (1 beat) and **Step 3 LFO** (2 beats) form a sequence of runs that aim to the long side barrier and curve in the direction of the long axis. The last stroke ends on the baseline.

Step 4 RFO Sw (2+2 beats) is a stroke on the outside edge that continues in the direction of the long axis. On the 3rd beat, the free leg swings forward into a leading position. As the free leg swings forward, this step curves in the direction of the long side barrier.

Step 5 LFO (2 beats) is a stroke in the direction of the long side barrier.

Step 6 Run RFI (1 beat) is a run and **Step 7 LFO** (1 beat) is a stroke that begins on the short axis.

Step 8 Run RFI (2 beats) is a run that curves in the direction of the long axis and finishes on the baseline.

Step 9 LFI Sw (2+2 beats) is an angular stroke on the inside edge that aims in the direction of the long axis. On the 3rd beat, the free leg swings forward into a leading position. As the free leg swings forward, this step curves in the direction of the long side barrier.

Step 10 RFI Sw (2+2 beats) is an angular stroke on the inside edge that aims in the direction of the long side barrier. On the 3rd beat, the free leg swings forward into a leading position. As the free leg swings forward, this step finishes with an aim towards the short side barrier.

During the execution of the angular inside strokes, it is possible to begin each step from behind the heel of the skating foot, or to strike from the instep. Each stroke must be consistent on each foot.

Step 11 LFO (1 beat), **Step 12 Run RFI** (1 beat) and **Step 13 LFO** (2 beats) form a sequence of runs along the short side barrier.

The next sequence of steps are cross behinds, executed with feet close together. Each cross behind must finish with simultaneous extension of the free leg in front of the body.

Step 14 XB RFI (2 beats) intersects the long axis on the 2nd beat and gently curves along the short side barrier. During **Step 15 XB LFO** (2 beats), care should be taken to ensure that the cross behind is executed on the correct outside edge. The last step of the dance, **Step 16 XB RFI** (2 beats) finishes in the direction of the long side barrier.

REFERENCE STEPS:

- **Step 7** starts on the short axis.
- **Step 14** intersects the long axis on the 2nd beat.

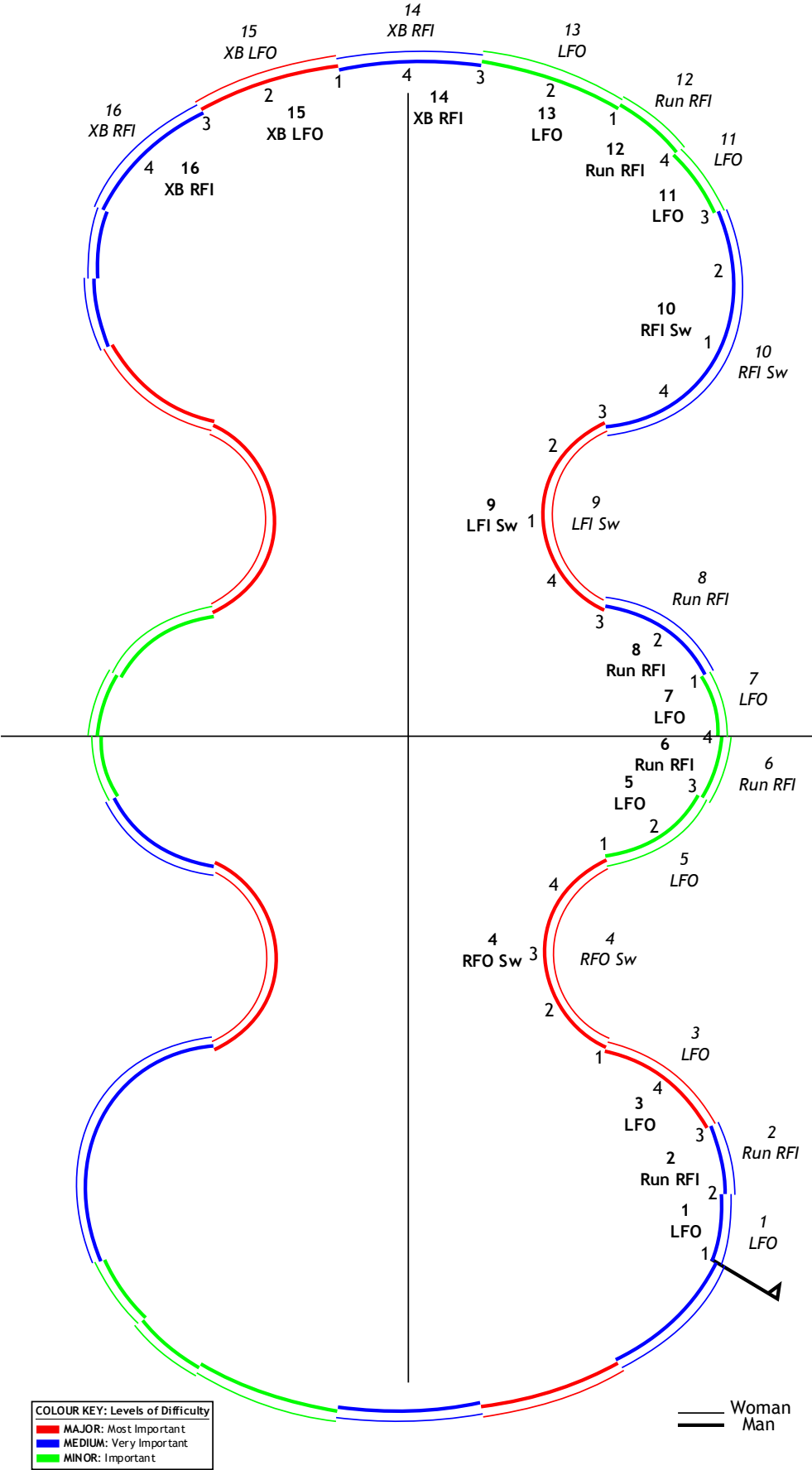
Key Points - Rhythm Blues Couples & Solo

1. **Step 3 LFO (2 beats):**
 - Correct technical execution and timing of the step.
 - No deviation from the outside edge.
 - For couples: Correct Kilian position of the couple which should be close without any separations.
2. **Step 4 RFO Sw (2+2 beats):**
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.
 - For couples: Correct Kilian position of the couple which should be close without any separations.
3. **Step 9 LFI Sw (2+2 beats):**
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the inside edge.
 - For couples: Correct Kilian position of the couple which should be close without any separations.
4. **Step 15 XB LFO (2 beats):**
 - Correct timing of the step.
 - Correct technical execution of the cross behind which must be done with feet close together.
 - No deviation from the outside edge.
 - For couples: Correct Kilian position of the couple which should be close without any separations.

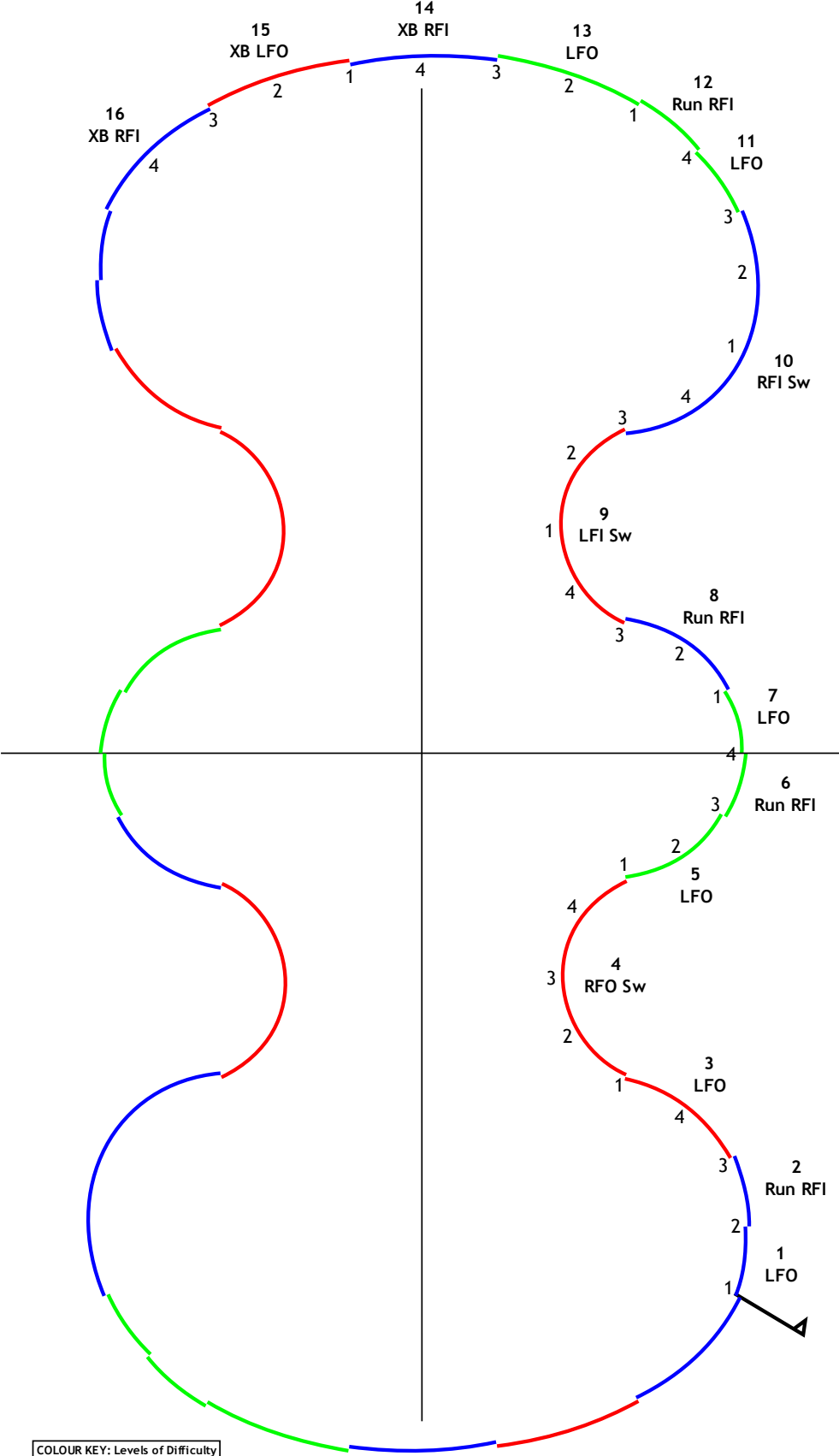
Rhythm Blues - List of Steps

Hold	Step No.	Man's Steps	Musical Beats	Woman's Steps
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	RFO Sw	2 + 2	RFO Sw
	5	LFO	2	LFO
	6	Run RFI	1	Run RFI
	7	LFO	1	LFO
	8	Run RFI	2	Run RFI
	9	LFI Sw	2 + 2	LFI Sw
	10	RFI Sw	2 + 2	RFI Sw
	11	LFO	1	LFO
	12	Run RFI	1	Run RFI
	13	LFO	2	LFO
	14	XB RFI	2	XB RFI
	15	XB LFO	2	XB LFO
	16	XB RFI	2	XB RFI

RHYTHM BLUES



RHYTHM BLUES



COLOUR KEY: Levels of Difficulty
 MAJOR: Most Important
 MEDIUM: Very Important
 MINOR: Important

SOUTHLAND SWING - Couples & Solo

By Jack Boyer & Irene Boyer

Music: Blues 4/4 or Foxtrot 4/4

Holds: Kilian & Reverse Kilian

Tempo: 92 BPM

Pattern: Set

This dance begins in Kilian position.

Step 1 LFO (1 beat) is a stroke that is skated near the long side barrier. **Step 2 Run RFI** (1 beat) is a run that finishes parallel to it and **Step 3 LFO** (2 beats) is a stroke on a strong outside edge that curves away from the long side barrier and aims in the direction of the long axis.

Step 4 RFO Sw (2+2 beats) begins with a stroke on the outside edge that aims to the long axis. The free leg then swings forward on the 3rd beat where the lobe finishes towards the long side barrier. This lobe must be skated on a strong outside with adherence to baseline skating.

Step 5 LFO (1 beat) is a stroke to the long side barrier and **Step 6 XB RFI** (1 beat) is a cross behind where the free leg extends forward in a leading position. During the cross behind, the man moves the woman slightly ahead in preparation for the next step.

Step 7 OpMk LBI (2 beats) is an open mohawk with feet close together. The couple revolve counter clockwise simultaneously to finish in Kilian position after the mohawk turn.

Step 8 RBO (1 beat) is a stroke and **Step 9 XF LBI** (1 beat) is a cross in front with feet close together.

Step 10 Mk RFI (2 beats) is a mohawk with feet close together and on a clear inside edge. This step continues to aim in the direction of the short side barrier. Reverse Kilian position is assumed after the execution of the mohawk.

Step 11 LFO (2 beats) is a stroke on the outside edge that finishes on the long axis.

Step 12 OpS RFI (1 beat) is a parallel open stroke on the inside edge.

Step 13 OpMk LBI (1 beat) is an open mohawk that is executed with feet close together. Kilian position is assumed after the execution of the mohawk turn. During the mohawk turn, the position of the free foot may range from the instep to the heel of the skating foot.

Step 14 RBO Mk (4 beats) is a stroke on the outside edge that gently curves along the long side barrier. Care should be taken to avoid deepening the edge to the inside of the lobe. At the end of the step, a mohawk to LFO (Step 1) is executed with feet close together. **Kilian position is to be maintained. It is permissible for the man to be moved slightly behind the woman before and during the execution of the mohawk, however this must not be mistaken for Tandem position.** A natural movement of the free leg is required to facilitate the nature of the lobe and the medley of the dance.

REFERENCE STEPS:

- Step 4 intersects the short axis on the 3rd beat.
- Step 12 begins on the long axis.

Key Points - Southland Swing Couples & Solo

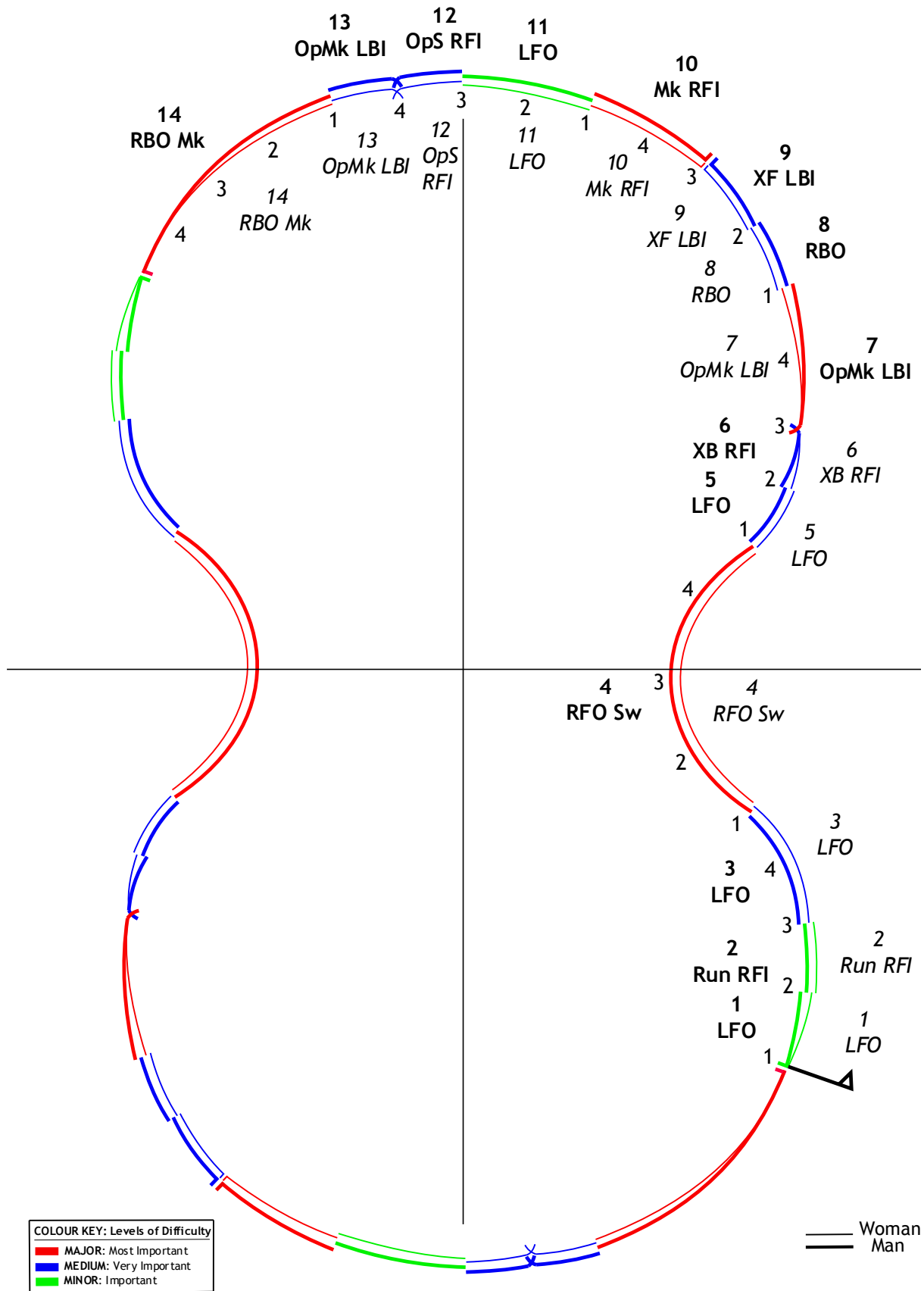
1. **Step 4 RFO Sw (2+2 beats):**
 - Correct technical execution and timing of the swing on the 3rd beat, without deviating from the outside edge in advance.
 - For couples: Correct Kilian position and unity of the couple, without any separations.
2. **Step 7 OpMk LBI (2 beats):**
 - Correct technical execution and timing of the open mohawk turn, executed with feet close together on the required inside edge.
 - For couples: Correct Kilian position and unity of the couple, without any separations.
3. **Step 10 Mk RFI (2 beats):**
 - Correct technical execution and timing of the mohawk turn, executed with feet close together on the required inside edge.
 - For couples: Correct Reverse Kilian position and unity of the couple, without any separations.
4. **Step 14 RBO Mk (4 beats):**
 - Correct technical execution and timing of the stroke, without deviating from the outside edge in advance.
 - For couples: Correct Kilian* position and unity of the couple, without any separations.

*See description.

Southland Swing - List of Steps

Hold	Step No.	Man's Step	Musical Beats	Woman's Steps
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	RFO Sw	2 + 2	RFO Sw
	5	LFO	1	LFO
Kilian (see notes)	6	XB RFI	1	XB RFI
Kilian	7	OpMk LBI	2	OpMk LBI
	8	RBO	1	RBO
	9	XF LBI	1	XF LBI
Reverse Kilian	10	Mk RFI	2	Mk RFI
	11	LFO	2	LFO
	12	OpS RFI	1	OpS RFI
Kilian (see notes)	13	OpMk LBI	1	OpMk LBI
	14	RBO Mk	4	RBO Mk

SOUTHLAND SWING



SOUTHLAND SWING

