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CIR-011/20

Diagramas Niveles de Danza 2020

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Comité de Patinaxe Artística

Vigo, 09 marzo 2020.

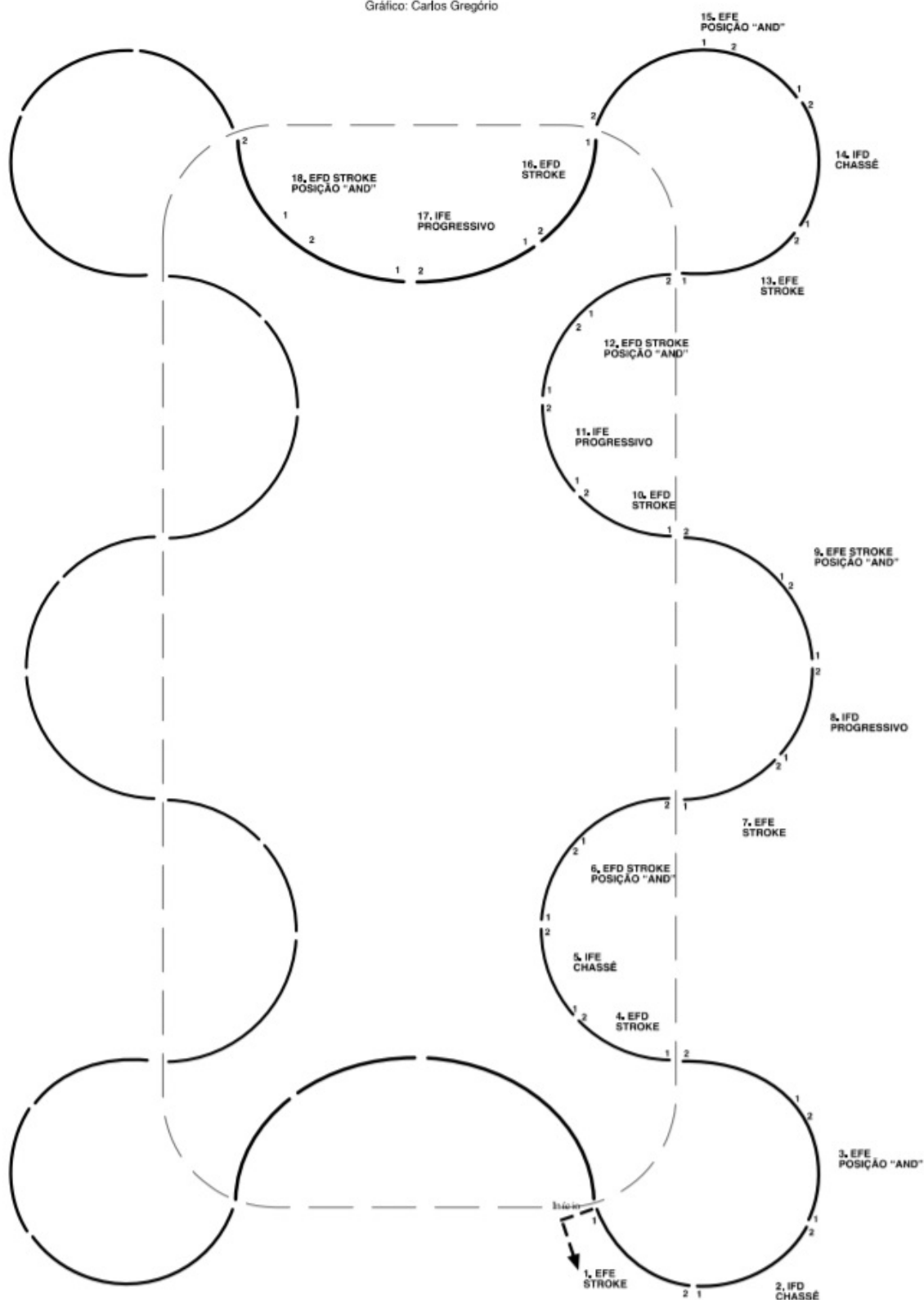
RITMO: Foxtrot
TEMPO: 104 bpm

“And” Foxtrot

Criado por: Mário Lago

Gráfico: Carlos Gregório

POSIÇÃO PAR:
Killian cruzado à frente



ANEXO III

Teste de Nível 1 de Solo Dance e Pares de Dança

“And” Foxtrot

Criado por: Mário Lago

RITMO - Foxtrot

TEMPO - 104 bpm

POSIÇÃO PAR: Killian cruzado à frente

Nº	PASSOS	TEMPOS	ESPECIFICIDADES TÉCNICAS
1	EFE STROKE	2	
2	IFD CHASSÊ	2	O Atleta deverá executar um chassê de forma correta
3	EFE STROKE POSIÇÃO “AND”	2+2	Tempos 1-2: a perna livre deverá estar fixa e alongada atrás. Ao 3º tempo a perna livre assume de imediato a posição “AND”, que deverá manter-se até ao 4º tempo.
4	EFD STROKE	2	
5	IFE CHASSÊ	2	O Atleta deverá executar um chassê de forma correta
6	EFD STROKE POSIÇÃO “AND”	2+2	Tempos 1-2 : a perna livre deverá estar fixa e alongada atrás. Ao 3º tempo a perna livre assume de imediato a posição “AND”, que deverá manter-se até ao 4º tempo.
7	EFE STROKE	2	
8	IFD PROGRESSIVO	2	O Atleta deverá executar um progressivo de forma correta
9	EFE STROKE POSIÇÃO “AND”	2+2	Tempos 1-2 : a perna livre deverá estar fixa e alongada atrás. Ao 3º tempo a perna livre assume de imediato a posição “AND”, que deverá manter-se até ao 4º tempo.
10	EFD STROKE	2	
11	IFE PROGRESSIVO	2	O Atleta deverá executar um progressivo de forma correcta
12	EFD STROKE POSIÇÃO “AND”	2+2	Tempos 1-2 : a perna livre deverá estar fixa e alongada atrás. Ao 3º tempo a perna livre assume de imediato a posição “AND”, que deverá manter-se até ao 4º tempo.
13	EFE STROKE	2	
14	IFD CHASSÊ	2	O Atleta deverá executar um chassê de forma correcta
15	EFE STROKE POSIÇÃO “AND”	2+2	Tempos 1-2 : a perna livre deverá estar fixa e alongada atrás. Ao 3º tempo a perna livre assume de imediato a posição “AND”, que deverá manter-se até ao 4º tempo.
16	EFD STROKE	2	
17	IFE PROGRESSIVO	2	O Atleta deverá executar um progressivo de forma correcta
18	EFD STROKE POSIÇÃO “AND”	2+2	Tempos 1-2 : a perna livre deverá estar fixa e alongada atrás. Ao 3º tempo a perna livre assume de imediato a posição “AND”, que deverá manter-se até ao 4º tempo.

3.10 CITY BLUES

By Robert LaBriola

Music: Blues 4/4
Tempo: 88 Beats

Music: Kilian
Pattern: Set

Every step must take the floor in the “parallel and” position, except for step 10.

Step 1,2,3 and 7,8,9 and 11,12,13 are series of progressive runs.

Step 9 is a two-beat LFO Swing, with the swing being executed on the second beat of the step.

Step 10 is a crossed progressive step. The take-off must be crossed-foot crossed-tracing, close and parallel.

Step 5 and 14 are dropped chasse steps (Cut Step).

A dropped chasse is accomplished by:

- Placing the free skate in the “parallel and” position
- Changing feet
- Then extending the free leg to a leading position in the air

Step 6 is a RFO-Swing. The free leg must be swung forward on the third beat of the step.

The baseline of this dance only applies to the centre lobe edges. Step 6 begins at the top of the center lobe. Step 13 begins at the top of the continuous barrier lobe.

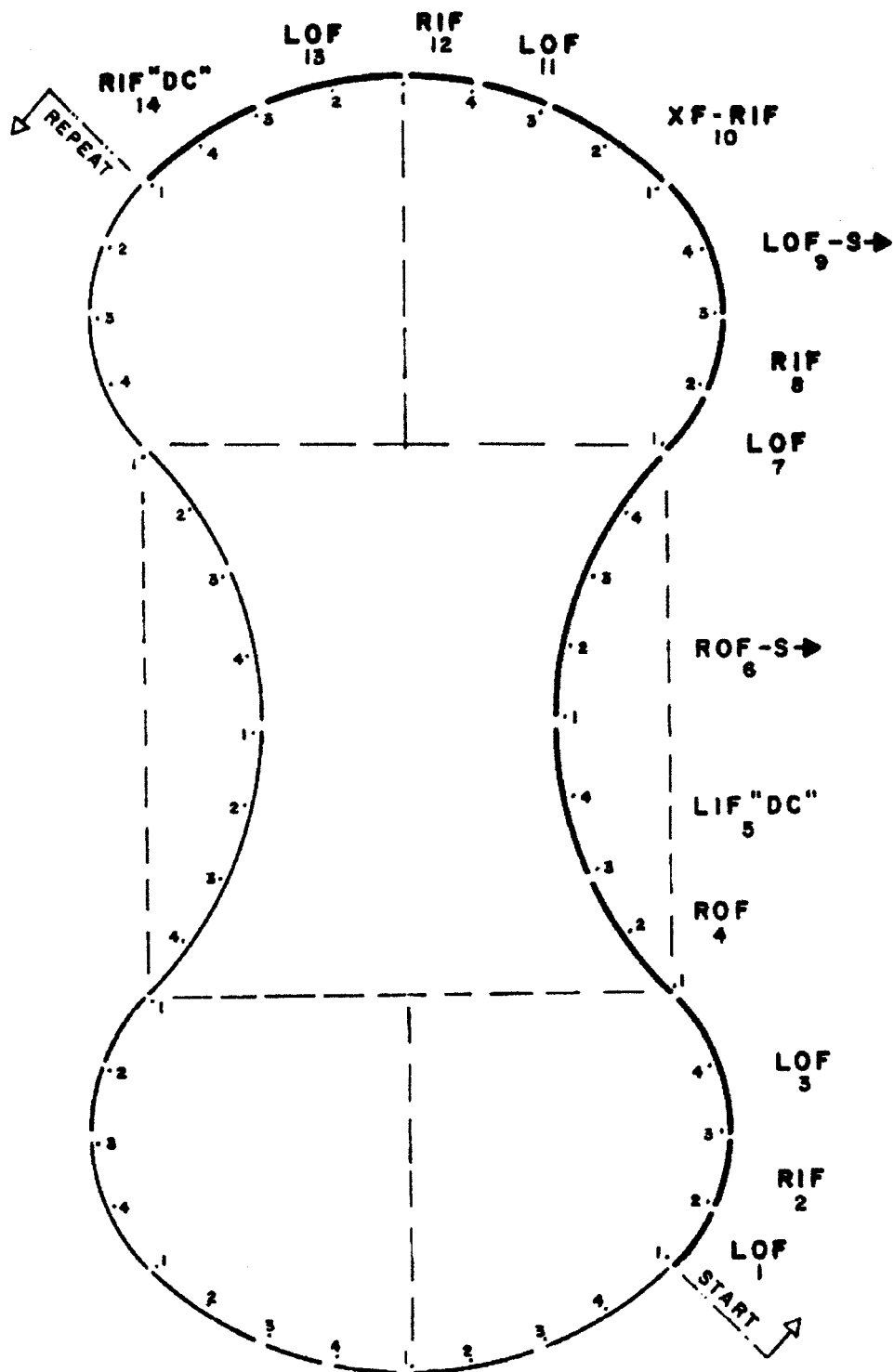
Key Points - City Blues

1. **Step 5 DpCh LFI:** correct technical execution of the dropped chasse, with feet close and parallel and the free leg extended in front, on a clear inside edge without deviation to an outside edge. Attention to the Kilian position of the couple, remaining close without separation and with correct lean with respect to the inside edge.
2. **Step 6 RFO Sw (4 beats):** correct technical execution of the swing on the third beat without deviation from the outside edge and with unison of the free legs during the swing.
3. **Step 9 LFO Sw (2 beats):** correct technical execution of the quick swing of the free leg on the second beat. Attention to the timing and control of the free legs (not kicked), with unison of the free legs of the couple during the swing.
Step 10 XF RFI (2 beats): correct technical execution of the cross in front with the simultaneous stretching of the free legs in back.
4. **Step 14 DpCh RFI (2 beats):** correct technical execution of the dropped chasse, with feet close and parallel and the free legs extended in front, on a clear inside edge without deviation to an outside edge. Attention to the Kilian position of the couple, remaining close without separation and with correct lean with respect to the inside edge.

List of steps - City Blues

HOLD	STEPS	MAN	LADY	BEATS
Kilian	1	LFO	LFO	1
	2	RFI	RFI	1
	3	LFO	LFO	2
	4	RFO	RFO	2
	5	LFI - Cut Step	LFI - Cut Step	2
	6	RFO - Swing	RFO - Swing	4
	7	LFO	LFO	1
	8	RFI	RFI	1
	9	LFO - Swing	LFO - Swing	2
	10	XF - RFI	XF - RFI	2
	11	LFO	LFO	1
	12	RFI	RFI	1
	13	LFO	LFO	2
	14	RFI - Cut Step	RFI - Cut Step	2

Pattern - City Blues



3.14 DENVER SHUFFLE

By Briggs & Johnson

Music: Polka 2/4
Tempo: 100 Beats

Position: Kilian
Pattern: Set

The dance must be performed with liveliness and determination.

The position is Kilian and the steps are the same for both skaters.

Step 1 LFO (2 beats), aims in the direction of the long side barrier followed by step 2 XF RFI (2 beats), a cross in front right forward inside edge with simultaneous extension of the free leg, skated parallel to the long side barrier.

Step 3 LFO (1 beat) step 4 ChRFI (1 beat) and step 5 LFO (2 beats) are skated in the direction of the short side barrier; on step 5 the free leg, after finishing the push on the first beat, is brought into “and” position in preparation for the next step.

Steps: 6 and 7 Slip SLIDE in which the feet slide alternately with a forward extension, parallel to each other and on separate tracks with all eight wheels (for each skater) resting on the floor. The slides are executed at the top of the curve of the lobe of the short side barrier and intersect the long axis.

Step 6 Slip SLIDE, right forward inside edge remains as the center of gravity of the body while the left foot slides forward on an outside edge with extension of the left leg stretched forward.

Step 7 Slip SLIDE, left forward outside edge remains as the center of gravity of the body while the right foot slides forward on an inside edge with extension of the right leg stretched forward.

At the end of the second slide (step 7) the four wheels of the right foot should be lifted simultaneously from the floor in preparation for step 8 XF RFI (2 beats), a cross in front right forward inside edge with the left free leg extended in back; Step 8 begins the downward phase of the curve started with step 3 and ending with step 10, in the direction of the long side barrier.

Step 9 LFO (1 beat) aims in the direction of the long side barrier, followed by step 10 ChRFI (1 beat) and a sequence of runs, step 11 LFO (1 beat), 12 RFI (1 beat), and 13 LFO (2 beats), the latter moving away from the long side barrier, curving in the direction of the long axis to arrive at a baseline parallel to the long axis.

Step 14 XF RFO (2 beats) is a cross in front right forward outside edge in the direction of the long axis; Step 15 XB LFI (two beats) is a cross behind left forward inside edge with the right free leg stretched in front, which is aimed in the direction of the long axis.

Step 16 RFO (1 beat) begins before the short axis and is followed by step 17 Ch LFI (1 beat) skated after the short axis and 18 RFO Sw, (4 beats total), in which the free leg extends in back for two beats and swings in front on the 3rd beat; finishing on the baseline almost parallel to the short axis in the direction of the long side barrier.

It is essential to pay attention to the edges in the center lobe, so as not to deform the shape of the corners of the rink.

Key Points - Denver Shuffle

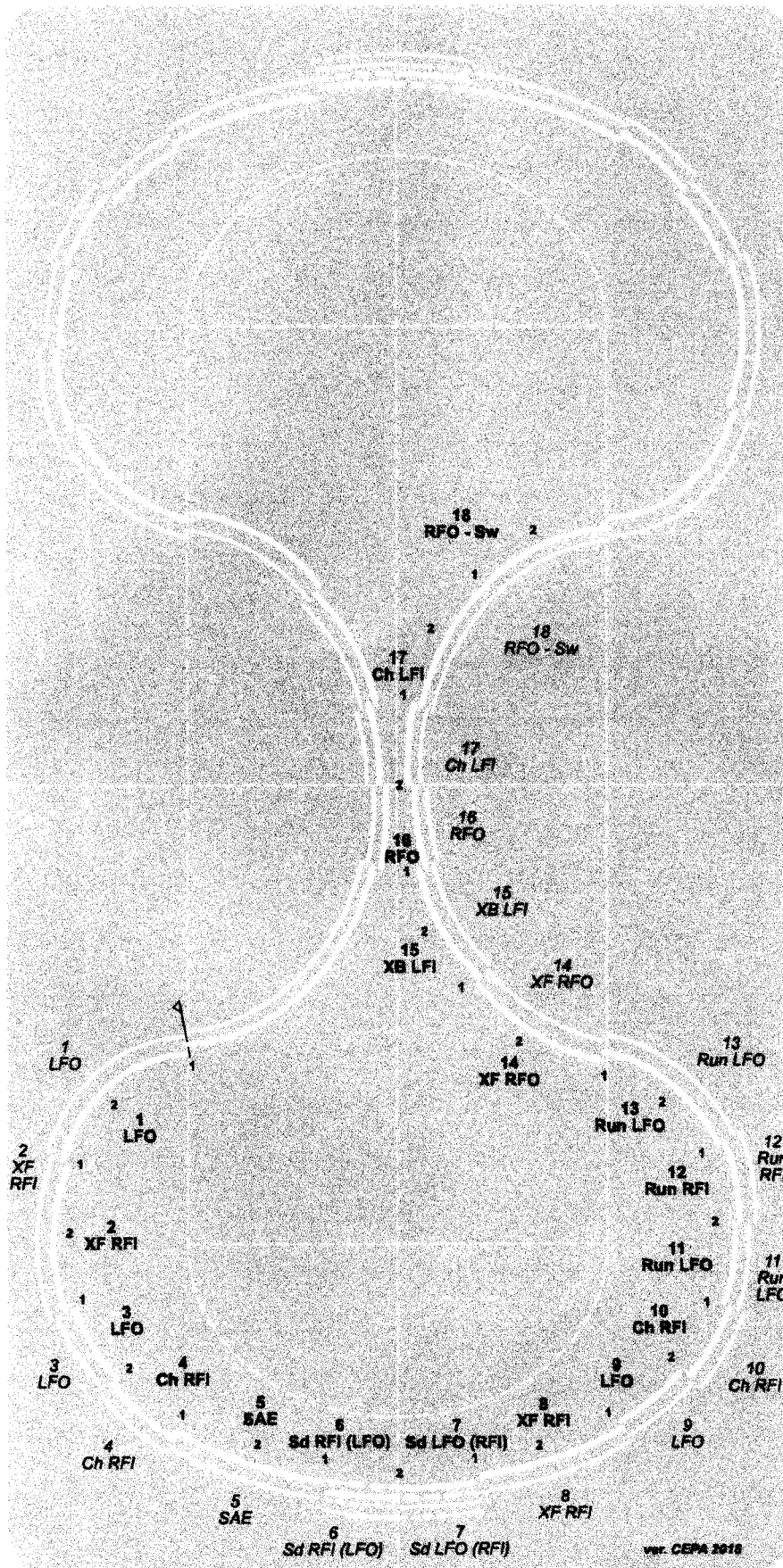
SECTION 1

- Steps 6 Sd RFI (LFO) and 7 Sd LFO (RFI):** correct technical execution of these steps, executed on the required edges (NOT to be skated "flat"). After step 7, the 4 wheels of the right skate are raised simultaneously (not the two front wheels before the two rear wheels). It must be an evident lifting of the entire foot from the floor and then skating step 8.
- Step 8 XF RFI (2 beats):** correct technical execution of the cross in front with feet close and parallel, without deviation from the inside edge.
- Step 14 XF RFO (2 beats) and 15 XB LFI (two beats):** correct technical execution of the cross in front (step 14) in the direction of the long axis, with an evident change of lean.
Step 15: correct technical execution of the cross behind, without deviation from the inside edge.
- Step 18 RFO Sw (4 beats):** correct technical execution of the swing, 4 beats total, with the swing executed on beat 3, without deviation from the outside edge, and the simultaneous movement of the free legs of the couple.

List of steps - Denver Shuffle

HOLD	STEP NO.	MAN'S STEPS	MUSICAL BEATS	WOMAN'S STEPS
SECTION 1				
Kilian	1	LFO	2	LFO
	2	XF RFI	2	XF RFI
	3	LFO	1	LFO
	4	Ch RFI	1	Ch RFI
	5	LFO	2	LFO
	6	SISd RFI (LFO)	1	SISd RFI (LFO)
	7	SISd LFO (RFI)	1	SISd LFO (RFI)
	8	XF RFI	2	XF RFI
	9	LFO	1	LFO
	10	Ch RFI	1	Ch RFI
	11	LFO	1	LFO
	12	Run RFI	1	Run RFI
	13	Run LFO	2	Run LFO
	14	XF RFO	2	XF RFO
	15	XB LFI	2	XB LFI
	16	RFO	1	RFO
	17	Ch LFI	1	Ch LFI
	18	RFO Sw (3rd beat)	2+2	RFO Sw (3rd beat)

Pattern - Denver Shuffle



3.55 SIESTA TANGO - Solo

By George Muller

Music: Tango 4/4

Tempo: 100 bpm

Pattern: Set

Steps 1 LFO (1 beat), 2 XCh RFI (1 beat) and 3 LFO (1beat) are a sequence of steps in the direction of the long side barrier.

Steps 4 Run RFI (1 beat) and 5 LFO (2 beats) curves away from the barrier to aim toward the long axis.

Steps 6 XR RFO (2 beats) - Cross roll in the direction of the long axis with the free leg held in back after the cross roll. Step 7 XB LFI (2 beats) - Cross behind with the free leg extended in front of the skating foot, aimed toward the long axis on the 1st beat and becoming parallel to it (And-position) on the 2nd beat.

Step 8 RFO Sw/Sw (6 beats total) - Outside edge Swing for 4 beats, in which the free leg swings in front on the 3rd beat, followed by a swing in back of the free leg, simultaneously with the change of edge to inside on the 5th beat. This step begins parallel to the long axis, becoming almost perpendicular to the long side barrier on the 4th beat of the outside edge. On the 5th and 6th beat the free leg swings back highlighting the change of edge to inside.

Step 9 LFO (2 beats) is parallel to the long side barrier.

Step 10 RFI (1 beat) is an open stroke that begins at the long side barrier and curves toward the middle of the short side barrier.

Step 11 HhMk LBI (1 beat) Correct technical execution of the Heel to heel mohawk, with feet close together, executed on a clear inside edge.

Step 12 RBO (2 beats) and step 13 Run LBI (2 beats) are skated before the long axis and step 14 RBO (1 beat) begins on the long axis. Steps 13 and 14 are skated almost parallel to the short side barrier.

On step 15 XF LBI (1 beat) the skater moves away from the short side barrier, preparing step 16 Mk RFI (2 beats) in the direction of the long side barrier.

Key Points - Siesta Tango Solo

1. Step 6:

Step 6 XR RFO (2 beats) - Correct technical execution of the **Cross-Roll** - progressive movement of the free leg that crosses the skating leg and is placed on the floor ahead of the skating foot. The new skating foot when placed on the floor must assume immediately an outside edge with a change of lean (roll).

2. Step 8:

Step 8 RFO Sw/Sw (2+2 beats outside edge + 2 beats inside edge). Correct technical execution of the **Swing** - pendular movement with similar amplitude of the free leg at the beginning and at the end of the movement.

Outside edge for 4 beats, with the free leg extended in back for 2 beats, then swings in front on the 3th beat.

On the 5th beat, the free leg swings back with a simultaneous change of edge to inside, which should be maintained for 2 beats.

3. Step 11:

Step 11 HhMk LBI (1 beat) - Correct technical execution of the **Heel to Heel Mohawk**, with feet close together, executed on a clear inside edge.

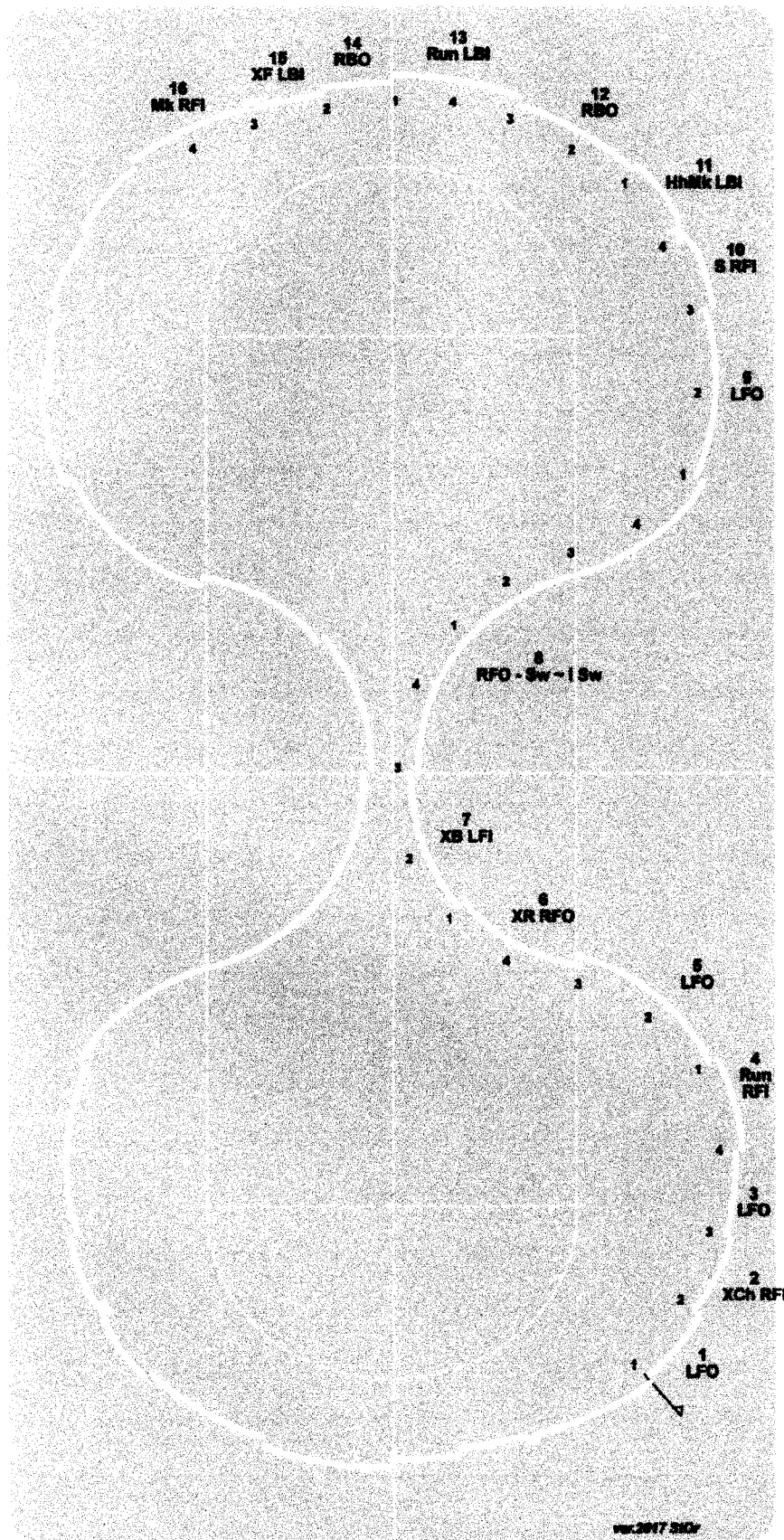
4. Step 16:

Step 16 Mk RFI (2 beats) - Correct technical execution of the **Mohawk** - feet close together before turning forward on a clear inside edge.

List of steps - Siesta Tango Solo

NO	STEPS	MUSICAL BEATS
1	LFO	1
2	XCh RFI	1
3	LFO	1
4	Run RFI	1
5	LFO	2
6	XR RFO	2
7	XB LFI	2
8	RFO Sw I Sw	2+2+2
9	LFO	2
10	RFI	1
11	HhMk LBI	1
12	RBO	2
13	Run LBI	2
14	RBO	1
15	XF LBI	1
16	Mk RFI	2

Pattern - Siesta Tango Solo



EUROPEAN WALTZ

First performed about 1900 but Originator unknown.

Music: Waltz 3/4
Hold: Reverse Waltz

Tempo: 120 Beats
Pattern: Set

Notes:

The basic edges of the European Waltz consist of a three turn, an outside back edge, and an outside forward edge for the man, while the lady skates an outside back edge.

Semi circular lobes of these three edges are skated along the sides of the rink first starting towards the long axis, the second starting towards the barrier, etc.

It's possible insert 3, 4 or 5 three, but chosen the number in the first sequence the team must use this number until the end. Judges will penalize severally for this mistake.

The lobes along the sides of the rink are connected across the rink ends by larger lobes in which the three sequences have been increased by adding several more three turns and back edges for each partner.

Commence all edges on a bent tracing knee with tracing shoulder slightly ahead – never with the free shoulder leading.

The man's three turn at the beginning of each lobe is started as a cross roll. Threes must be turned between the partners feet.

In turning the three the tracing hip is turned towards the partner and is practically in line with the tracing foot.

The unemployed hip is pressed back so that the instep of the free foot, with the toe turned downward and outwards, is in line with and, for the turn, slightly behind the tracing foot (not by the side). Rotate the unemployed shoulder in the direction of the turn, then on the third beat, with a stretching of the knee, the weight evenly on the skate, and the turning to forward of the unemployed hip, the tracing hip is allowed to turn in line with the shoulders.

As the turn is made the shoulders and hips must be checked to avoid a natural tendency to revolve too far.

Three turns to be clean (not pulled), and turned between the partner's feet. After the turn the free foot should be placed on the floor (not dropped), close to and slightly behind the back inside tracing foot.

The partners skate this dance in closed or waltz position and the man should remain directly facing his partner on all edges.

The rotation of the partners around each other is continuous throughout each lobe and reverses its direction at the beginning of every new lobe.

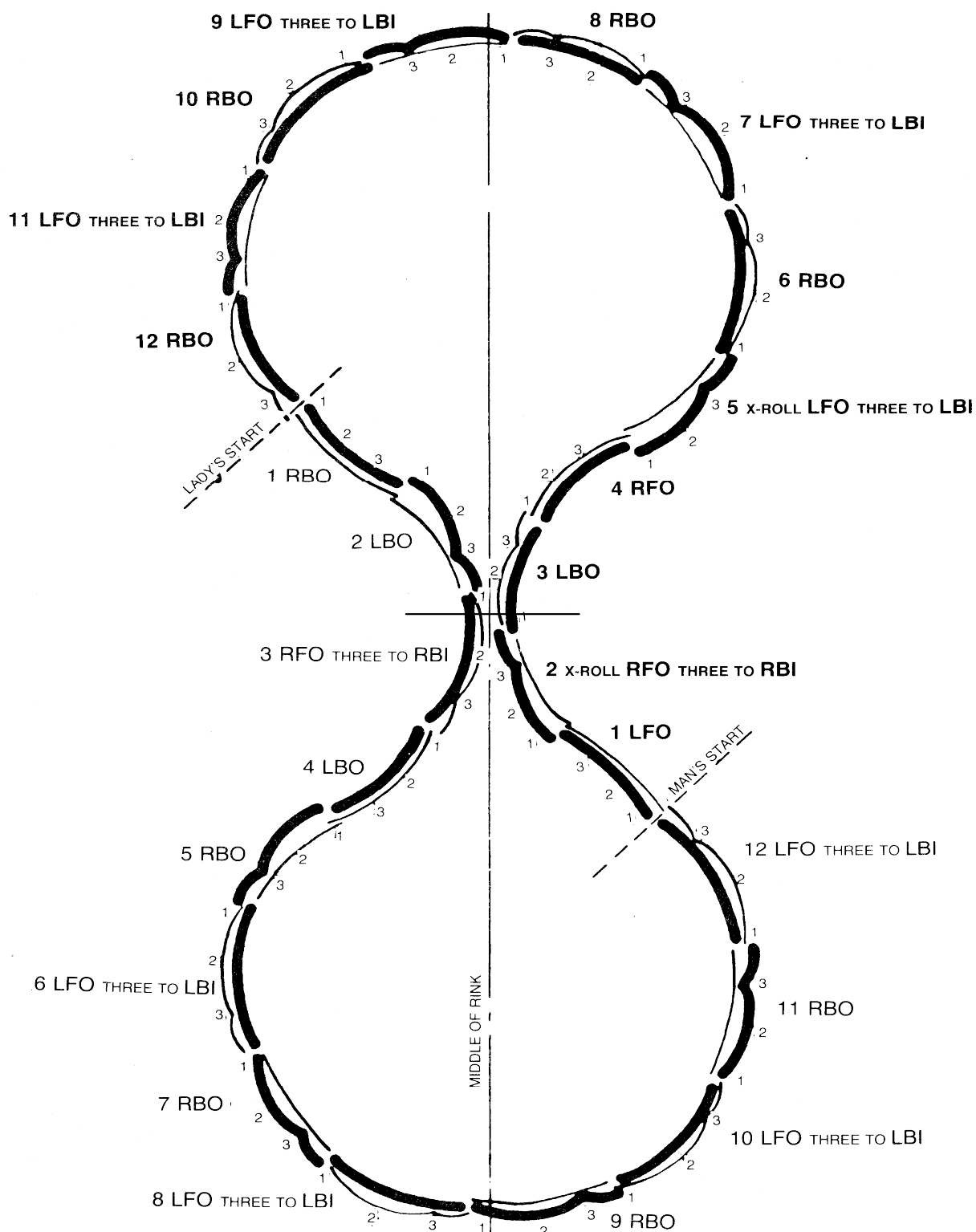
Attention points:

- Steps 1 & 4 must be outside edges
- Steps 2 & 5 must be good cross rolls
- All three turns must be turned between the partners feet and on the third beat.
- The three turn around the ends of the floor and centre should always be on good edges following the radius of the floor at the ends and not hooked in the centres.

List of Steps:

Hold	Steps	Man	Lady	Beats
Waltz	1	LFO	RBO	3
	2	Cross Roll RFO Three to RFI	LBO	3
	3	LBO	RFO Three to RBI	3
	4	RFO	LBO	3
	5	Cross Roll LFO Three to LBI	RBO	3
	6	RBO	LFO Three to LBI	3
	7	LFO Three to LBI	RBO	3
	8	RBO	LFO Three to LBI	3
	9	LFO Three to LBI	RBO	3
	10	RBO	LFO Three to LBI	3
	11	LFO Three to LBI	RBO	3
	12	RBO	LFO Three to LBI	3

EUROPEAN WALTZ



3.48 ROCKER FOXTROT - Solo

By Erik Van Der Weyden & Eva Keats

Music: Foxtrot 4/4

Tempo: 104 bpm

Patter: Set

The dance, which begins at the midline of the rink (half of the short side), forms three lobes toward the long side barrier and two toward the center of the rink. The pattern of the dance covers half of the rink, therefore one time around the rink is composed of two sequences of the dance.

Steps 1 through 4 form a lobe that initially opens toward the long side barrier and successively becomes parallel to it. This lobe consists of a LFO (step 1) a crossed chasse XCh-RFI (step 2), a LFO progressive (run, step 3), followed by a RFI progressive (run, step 4).

Step 5 is a progressive LFO-swing-rocker for four beats total aimed initially toward the center of the rink, then parallel to the long axis, and finally toward the long side barrier. The rocker, performed on the second beat (of step 5), is preceded by a forward swing of the right free leg, which facilitates the execution of the turn, and is executed by the skater only after the free foot has passed the skating foot. At the end of the rocker, the skater performs a soft bend of the skating knee, and the movement of the skater's free leg on the third and fourth beats is free to interpretation.

Step 6 the skater performs a two-beat RBO aimed toward the long side barrier.

Step 7 is a mohawk LFO for four beats that begins parallel to the long side barrier and then moves away from it, finishing toward the long axis; the movement of the free leg is free to interpretation during the third and fourth beats of this step.

Step 8 is a XR-RFO aimed toward the long axis where the skater should perform an evident change of lean of the body baseline and a change of trajectory from the previous step.

Step 9 is a LFI progressive (run) for two beats that begins toward the long axis and becomes parallel to it.

Step 10, a RFO progressive that is brought toward the long side barrier, completes the lobe begun by step 8.

Step 11, a two-beat LFO executed with the free leg extended in back, the skater aims toward the long side barrier in preparation for the following step (step 12).

Step 12, closed mohawk RBO (two beats), performed with the toe of the free foot placed to the outside of the heel of the skating foot, is executed parallel to the long side barrier and finishes away from it. After the closed mohawk, the skater continues a slow clockwise rotation of the body combined with sufficient pressure on the outside edge in preparation for step 13.

Step 13 is XF-LBI, maintaining the curve on an inside edge for two beats.

Step 14 is a mohawk RFI that concludes the dance, bringing the skater parallel to the short side of the rink.

During the evaluation of this dance attention should be paid to the following elements:

- Accuracy of timing, step technique, and the prescribed pattern and positions.
- Execution of the crossed chasse (step 2) with feet close and parallel.
- Step 5: correct technical execution of the progressive-swing-rocker on beat two (2) with well-defined edges.
- Step 6, RBO, is aimed toward the long side barrier and not parallel to it; the step is a stroke.
- Step 11 must be an outside edge aimed initially toward the long side barrier, and successively parallel to it.
- Correct technical execution of the closed mohawk (step 12).

- Step 13 is a XF-LBI maintaining the inside edge without changing to an outside edge.
- Step 14, mohawk RFI: correct technical execution.

Key Points - Rocker Foxtrot Solo

SECTION 1:

1. **Step 5:** proper execution of the Run-Swing-Rocker, keeping the outside edge before/after the turn, aimed toward the center of the rink. The rocker must be preceded by a forward swing of the free leg (not a dropped chasse), all on beat one (1) of the step. The execution of the rocker is on beat two (2) with well-defined edges.
2. **Step 6:** proper execution of the RBO with a stroke.
3. **STEP 8:** XR-RFO: proper execution of the cross-roll with a clear change of lean.

SECTION 2:

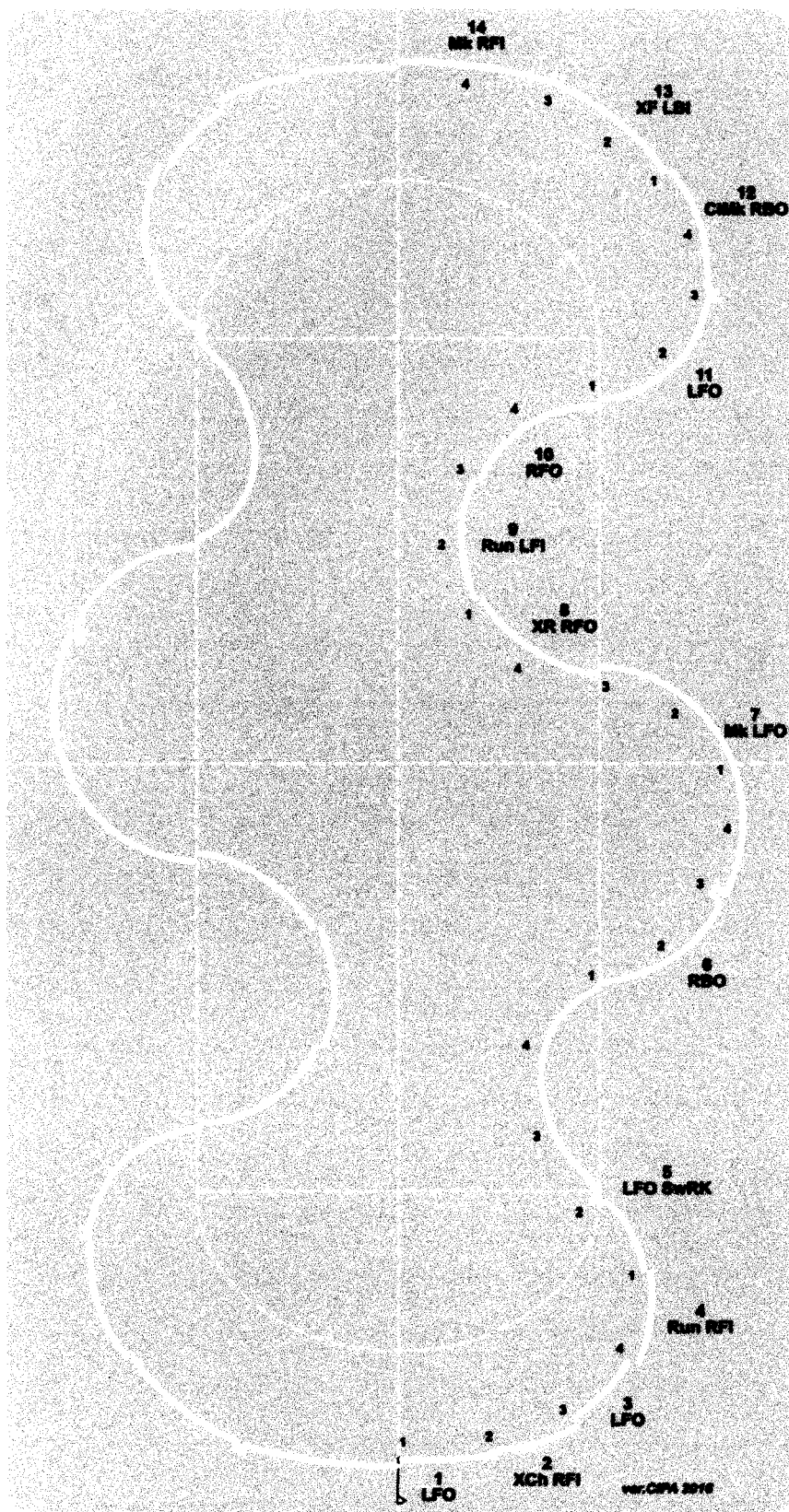
1. **Steps 11-12:** (LFO run and RBO): Proper execution of the closed mohawk (the free foot becoming the employed foot placed to the outside of the skating foot and successive stroke of the left foot to a forward position).
2. **Step 13:** proper execution of cross front, Step 13, for both partners a XF-LBI maintaining the inside edge throughout.
3. **Step 14:** proper execution of Mohawk RFI. The edge must be an inside edge; it is often incorrectly skated on an outside edge or flat.

List of steps - Rocker Foxtrot Solo

NO.	STEP	BEATS
1	LFO	1
2	XCh RFI	1
3	LFO	1
4	Run RFI	1
5a	LFO SwRk	1+1+2
5b		
6	RBO	2
7a	Mk LFO *	4
7b		
8	XR RFO	2
9	Run LFI	2
10	RFO	2
11	LFO	2
12	CLMk RBO	2
13	XF LBI	2
14	Mk RFI	2

* free leg free movement

Pattern - Rocker Foxtrot Solo



3.17 FEDERATION FOXTROT - Solo

By Ronald E. Gibbs

Music: Foxtrot 2/4 or 4/4
Pattern: set

Tempo: 96bpm

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, perpendicular 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. 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 with the free leg held close to the skating foot, aimed perpendicular to the short side barrier;
- 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).

List of steps - Federation Foxtrot Solo

NO.	STEPS	BEATS
SECTION 1		
1	RBO	1
2	XF 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 (free leg held in front.)	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

Pattern - Federation Foxtrot Solo

