

**PANAMERICAN CONFEDERATION
OF ROLLERS SPORTS**



The Pan American Confederation of Roller Sports is pleased to invite all federation's affiliated Clubs to participate in the

**PAN AMERICAN GAMES QUALIFIER
AND
PAN AMERICAN ROLLER SPORTS
CHAMPIONSHIP
Orlando, Florida, USA January 17-20, 2014**

*Organized by the Confederación Panamericana de Roller Sports (CPRS) and USA Roller Sports (USARS).
Sanctioned by the FIRS, CPRS and USARS*

PARTICIPANTS:

This is an open entry competition to all skaters. Open Divisions (restricted by age only)
Clubs and federations can register up to three (3) candidates per category and discipline with the exception of the qualifying event below..

Additionally, this event is the “Qualifying Event” for the 2015 Pan Am Games. This means, the participating Country Federations (not the individual athletes) participate to qualify their country to participate in the Pan Am Games. All Federations must send minimum, one athlete (maximum two) to compete in Men and/or Women Free Skating. Competing in the Pan Am Qualifier event entitles your Federations to participate in the Pan American Games that will be held in Toronto, Canada 2015. Actual athletes to participate at those Games is yet to be finalized. Remember, only the Country Federations are qualifying.

DATE AND PLACE OF COMPETITION:

Orlando, Florida, USA January 17-22, 2014
Skate Reflections, 1111 Dyer Boulevard, Kissimmee, Florida, 34741 (USA)

REGISTRATION:

The deadline for registration of events for all participants is December 19, 2013 through the forms provided by USA Roller Sports. Mail to 4730 South Street, Lincoln, NE USA 68506, or email to: jwojnarowsky@usarollersports.org, with a copy to email cprscol@yahoo.com (Pan American Confederation). Clubs and participants must submit their pre-registration by November 19, 2013.

ENTRY FEES:

\$40 US: for first event
\$25 US: for each additional event
\$20 US: for the combined medal event
\$40 US: for the Pan American Games Qualifying Free Skating event

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All funds will be paid in U.S. dollars

All USARS club participants must pay their entry fees before December 19, 2013. For all other teams from different countries, payments must be made during the registration days on January 15-16, 2014. For questions, please contact:

Jane Wojnarowsky, USARS Figure Director (402-483-7551 ext. 12)

jwojnarowsky@usarollersports.org or Danny Brown, Vice President of North America CPRS (810-691-9849), rolldanny@aol.com

CATEGORIES AND AGES:

Mini Infantile - Up to 10 years of age as of January 1, 2014

Infantile - 11 to 12 years of age as of January 1, 2014

Cadet - 12 to 15 years of age as of January 1, 2014

Junior B / Youth - 15 through 17 of age as of January 1, 2014

Junior - follow the rules of the CIPA

Senior - follow the rules of the CIPA born before 1996

Open Classic: 18 years old and up on January 1st, 2014

Pan Am Qualifier Men and Women Free Skating events for skaters 12 years of age and up as of January 1, 2014 utilizing Junior Free Skating CIPA rules. (Minimum one athlete, maximum two athletes per gender división). Must have entry in both the Men and Women divisions in order to qualify the federation in both gender events for the Pan Am Games.

Athletes (ages 12 and up) may compete in their age eligible Free Skating división and may also compete in the Pan Am Qualifier.

All team event entry will be determined by the oldest member of that team.

TECHNICAL REGULATION:

Competition events:

Figures

Freestyle

Combined Figures/Freestyle

Pairs

Team Dance Compulsories

Team Free Dance

Combined Team Dance

Solo Compulsories

Solo Free Dance

Combined Solo Dance

No Original Dance requirement will be skated.

Athletes may compete in Solo and Team Dance if they so choose.

Whoever skates Figures and Free in the same division will be entered into Combined (providing additional fee required is paid) and will receive a Combined Medal pursuant the rules of placement by virtue of tabulation.

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Whoever skates Solo Dance and Solo Free Dance in the same division will be entered into Combined (providing additional fee required is paid) and will receive a Combined Medal pursuant the rules of placement by virtue of tabulation.

Whoever skates Team Dance and Free Dance in the same division will be entered into Combined (providing additional fee required is paid) and will receive a Combined Medal pursuant the rules of placement by virtue of tabulation.

Figures

Figures will be skated in the order as listed below. Loop requirement will be skated last except in Junior and Senior. The contestant order of skating and the figure direction (foot) will be drawn on the first training day where applicable. (January 15, 2014).

Mini Infantile

- 3 ROB-LOB Circle Eight
- 8A/B OF-OF Three
- 14 ROF-LOF Loop

Infantile

- 19A/B IF-OB Bracket
- 28A/B OIF-IOF Serpentine Double Three
- 15 RIF-LIF Loop

Cadet

- 18A/B OF-IB Bracket
- 20A/B OF-OB Rocker
- 36A/B OF-IF Paragraph Double Three
- 30A/B OIF-IOF Serpentine Loop

Junior B/ Youth

- 23A/B IF-IB Counter
- 32A/B OIF-OIB Serpentine Bracket
- 37A/B OB-IB Paragraph Double Three
- 16 ROB-LOB Loop

Junior

- 21A/B IF-IB Rocker
- 32A/B OIF-IOB Serpentine Bracket
- 37A/B OB-IB Paragraph Double Three
- 38A/B OF-IF Paragraph Loop

Senior

- 22A/B OF-OB Counter
- 37A/B OB-IB Paragraph Double Three
- 38A/B OF-IF Paragraph Loop
- 41A/B OB-IB Paragraph Bracket

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Open Classic

10 ROF-LOF Double Three
19A/B IF-OB Bracket
23A/B IF-IB Counter

*All the figures (except Junior and Senior) will be skated 2 repetitions only.

Free Skating

Mini Infantile and Infantile

Will skate Short Program and Long Program.

Short Program 2:00 +- 5 sec.

Long Program 3:00 +-10 sec.

Short Program

Axel

| toe assisted jump

| 3 to 5 jumps combination maximum of two doubles

| spin

| 2 to 3 spin combination which may include a sit pin

| diagonal footwork that must cover at least 3/4 of the floor

*The elements can be skated in any order ** No triple jumps or Class A spins will be allowed

Long Program

** No triple jumps or Class A spins will be allowed

Cadets, Junior B/Youth, Junior and Senior

Will follow the CIPA Rules for Short and Long Program

Pairs

Mini Infantile and Infantile

Long Program only

3:00 +- 10 sec.

Free Program

*No over head lifts will be allowed

**No triple jumps or Class A spins will be allowed

Cadets, Junior B/Youth, Junior and Senior

Will follow the CIPA Rules for Short and Long Program

Solo Free Dance

All the divisions will follow CIPA rules for Solo Free Dance

*The draw for the Solo Free Dance will be done according with the results of the Solo Dance, the skaters who skate just Solo Free Dance will have their draw and will skate in the first group.

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Free Dance

Mini Infantile and Infantile

2:30 +/- 10 sec.

Cadet, Junior B/Youth, Junior and Senior will follow the CIPA Rules for Team Free Dance.

*The draw for the Team Free Dance will be done according with the results of the Solo Dance, the skaters who skate just Team Free Dance will have their draw and will skate in the first group.

Compulsories Solo and Team

Mini Infantile (using American style runs)

SOLO - Olympic Foxtrot (104 Foxtrot) & Canasta Tango (100 Tango)

TEAM - Glide Waltz (108 Waltz) & City Blues (88 Blues)

Infantile (using American style runs and American style Mohawks)

SOLO - Mirror Waltz (108Walt) & Swing Foxtrot (104 Foxtrot)

TEAM – Olympic Foxtrot (104 Foxtrot) & Rhythm Blues (88 Blues)

Cadet

SOLO – Tudor Waltz (138 Waltz) & Federation Foxtrot (96 Foxtrot)

TEAM - Tudor Waltz (138) & Swing Foxtrot (104 Foxtrot)

Junior B/Youth

SOLO - Killian (108 March) & Association Waltz (120 Waltz)

TEAM - Killian (108 March) & European Waltz (120Waltz)

Junior & Senior

SOLO and TEAM - Follows CIPA Rules for 2014

Open Classic

SOLO – Dench, Women's steps (88 Blues) & Carroll Swing (100 Boogie)

TEAM– Paso Doble (100 Paso) & Continental Waltz (168 Waltz)

JUDGES:

Each Federation may send a maximum of two (2) CIPA Judge by its own charge. Accommodations, internal transport and food during the Championship will be provided by the organization.

Additional Judges will be provided by the USARS.

Federations wishing to send judges to the CIPA training, for experience, are welcome to do so and be allowed to participate on their own. The Competition Director shall coordinate training events.

PANAMERICAN CONFEDERATION OF ROLLERS SPORTS



CHAMPIONSHIP SCHEDULE:

January 15 Day of Registration and Training
January 16 Training
January 17 Competition
January 18 Competition
January 19 Competition
January 20 Competition and Closing

TRANSPORTATION AND ACCOMMODATION:

Each club will be responsible for their own transportation and lodging

EVENT OFFICERS:

The highest authority of the event will be the technical committee of the CPRS.

AWARDS:

Medals will be awarded to the top 3 finishers in all competitions (gold, silver & bronze).

Trophies for the top three clubs that occupy the highest score awarded based on the points by competition in each category, as follows:

1st place: 15 points
2 °. place: 12 points
3rd place: 10 points
4 °. place: 8 points
5 °. place: 6 points
6 °. place: 5 points
7 °. place: 4 points
8 °. place: 3 points
9^o. place: 2 points
10° place: 1 point

The Club who gets the most accumulation of points will be awarded with the Pan American Championship Trophy of Clubs.

CARLOS ORLANDO FERREIRA PINZON
Presidente Confederación Panamericana de Patinaje



PAN AMERICAN ROLLER SPORTS CHAMPIONSHIP
OVERALL MASTER ENTRY FORM

Name of club: _____ Club ID: _____

City: _____ State: _____ Country: _____

Contact Name: _____

Contact Phone: _____

Contact Email: _____

\$40 Pan Am Games Qualifier. \$40 for each event, \$25 for each additional event, \$20 for each combined event. ALL ENTRIES FORMS MUST BE RECEIVED AT USARS NATIONAL HEADQUARTERS NO LATER THAN DECEMBER 19, 2013 FOR ALL COUNTRIES. A \$20 PER SKATER LATE FEE WILL BE ASSESSED TO ANY ENTRY RECEIVED PAST THE DEADLINE. ALL LATE FEES MUST BE PAID PRIOR TO ANY SKATER FROM ASSESSED CLUB SKATING AN EVENT AT THIS COMPETITION. For all USA clubs, fees are to be included with entry forms. All other countries fees are due on registration day, January 15 & 16, 2014. Insufficient funds checks must be covered prior to competition including a \$25 NSF fee in addition to the late fee. SEND ONE SINGLE CHECK FOR TOTAL ENTRY FEE AMOUNT, payable to USA Roller Sports or pay by credit card (\$US onsite for Non USA countries only)

Mastercard VISA Discover American Express (Circle One)

Card Number: _____ CCV# _____ Expires: _____

Cardholder Name: _____

Signature: _____

Page 1 Total: _____

Page 3 Total: _____

Page 2 Total: _____

Page 4 Total: _____

TOTAL ENTRY FEES SUBMITTED.....\$ _____

Date of postmark shall be considered as the date of signing and filing application.

All applications must be received at the USARS National Headquarters no later than December 19, 2013 to avoid late fees. USA entry fees must accompany this application. All other countries are due January 15, 2014.

Send to: USA Roller Sports, 4730 South Street, Lincoln, NE 68506

FAX: 402.483.1465



USA Entry fees must accompany this application, all other countries fees due January 18, 2014.



USA Entry fees must accompany this application, all other countries fees due January 18, 2014.



PAN AMERICAN GAMES QUALIFIER MASTER ENTRY FORM, page 4 of 4

Application for 2014 Pan American Roller Sports Championship Competition under sanction by FIRS, CPRS, & USARS

IMPORTANT – PLEASE READ BEFORE SIGNING

STATEMENT BY CONTESTANT: in consideration for my application being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me, against USARS, CPRS, the USARS Registered Club to which I belong, and host USARS Club in whose events I participate, the owner of the site where FIRS, CPRS, USARS and USARS club practice sessions and competitions take place, or its or their officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained and suffered by me in connection with my association with or entry in and for arising out of my traveling to, participating in, and returning from FIRS, CPRS, USARS activities or practice sessions. In preparation, therefore, I certify that, to the best of my knowledge and belief, I am in good physical condition and have no disease or injury that will be aggrieved or cause harm to me or others as a result of my participation or would impair my doing my best in my competition. I also grant to USARS the nonexclusive right to use, license, assign, sell or otherwise use my name, image or performance for the purpose of recording, televising, or internet broadcasting this national championship competition.

USARS Member #	Contestant Name (No Nicknames)	Birth Date	Age as of Jan. 1	M/F	Pan Am Games Qualifier Men Free Skating	Pan Am Games Qualifier Women Free Skating											AMOUNT THIS PAGE

I hereby certify that all above listed entries have complied with FIRS/CPRS/USARS rules of competition and amateur status.

Signed by Club President: _____ Date: _____

Name of Club: _____ Club ID: _____

City: _____ State: _____ Country: _____

Contact Name: _____

Day Phone: _____ Email: _____

Total Entry Fees This Page: _____
(Enter This Total on Master Page)

Date of postmark shall be considered as the date of
signing and filing application.

**All applications must be received at the USA
Roller Sports National Office no later than
December 19, 2013 to avoid late fees.**

USA Entry fees must accompany this application, all
other countries fees due January 18, 2014.

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.

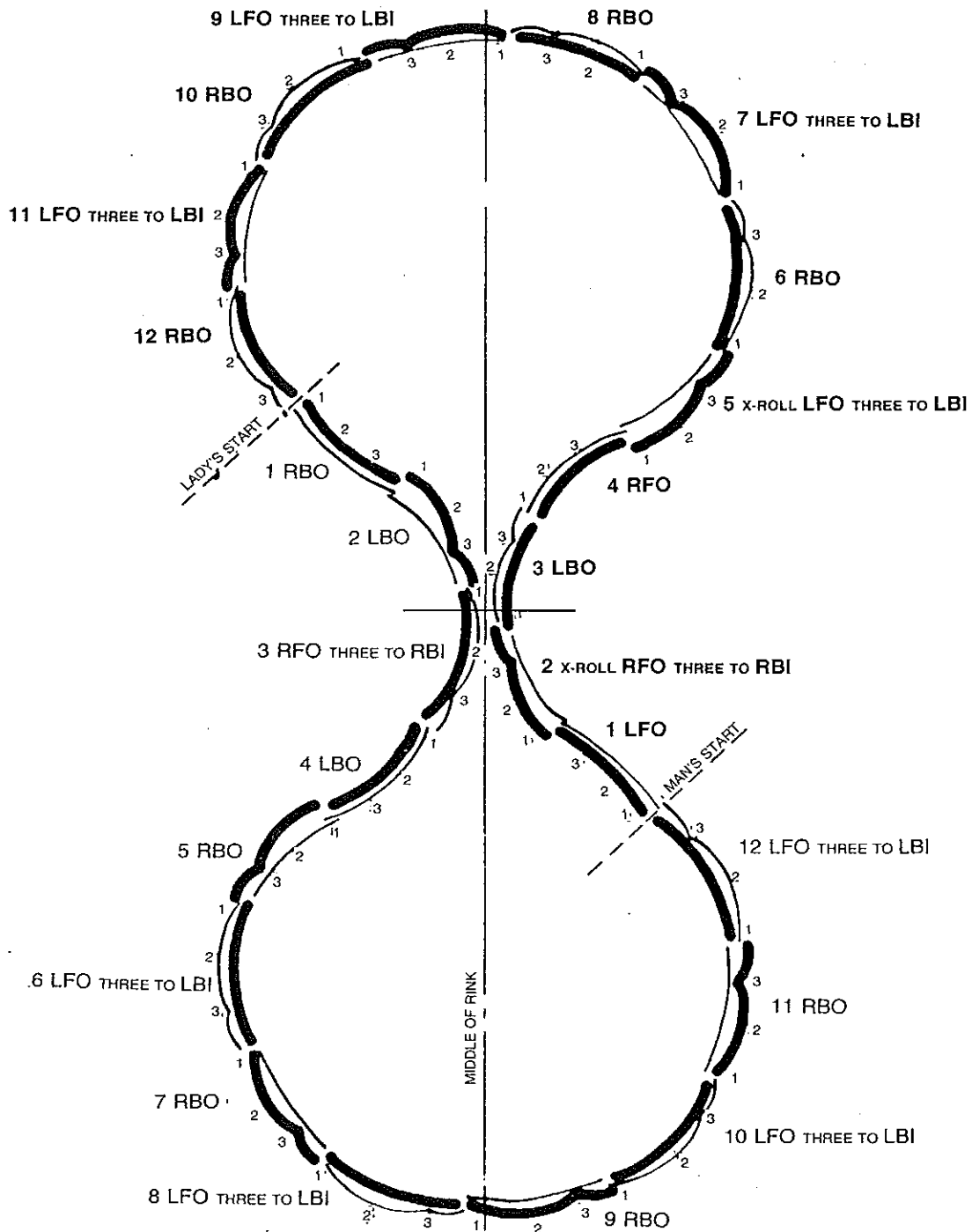
Attention points:

- 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



KILIAN

Originated by: Karl Schreiter

Music: March 2/4 or 4/4

Hold: Kilian

Tempo: 108 Beats

Pattern: Set

Notes:

The Kilian is a test of close and accurate footwork, unison of rotation and control. Upright body posture is required throughout the dance and the partners should look up - not down.

The man's right hand should clasp the lady's right hand and keep it firmly pressed on her right hip to avoid separation.

The man's hand should clasp her left hand so that her left arm is firmly extended across his body throughout the dance and the clockwise rotation well controlled.

Step 1 must begin on the strong beat of the music.

There are 14 steps skated to 16 beats of music.

Steps 3 and 4 are the only ones held for two beats and **MUST** be outside edges. All others are one beat steps. Step 2 is a run. Step 3 is held for two beats and should cut inside the arc of the circle (i.e. the continuous axis).

Step 4 is a two beat (RFO) which should cut outward to the arc of the circle and should be a true outside edge. Correct lean towards the outside of the circle is most important on this edge.

Step 5 is a run and during steps 5, 6 and 7 the lean is into the circle.

At the start of step 8, the lean shifts towards the outside of the circle and this lean is maintained through step 9. Step 8 (RFO) is a crossed forward step while step 9 (LFI) is crossed behind.

Steps 9 and 10 constitute an open choctaw. Strong shoulder checking is needed at the start of step 10 in order to counteract the turning movement. The right skate takes the floor on the inner edge side of the instep of the old skating foot in momentary open hip position. The new (left) free foot, leaves the floor in open hip position, and at step 11 crosses behind the skating foot to a LBI edge.

Step 12 (RBO) is a close step.

Step 13 (LBI) is crossed in front

Step 14 (RFI) should be stepped close to the heel of the skating foot. This is a one beat edge.

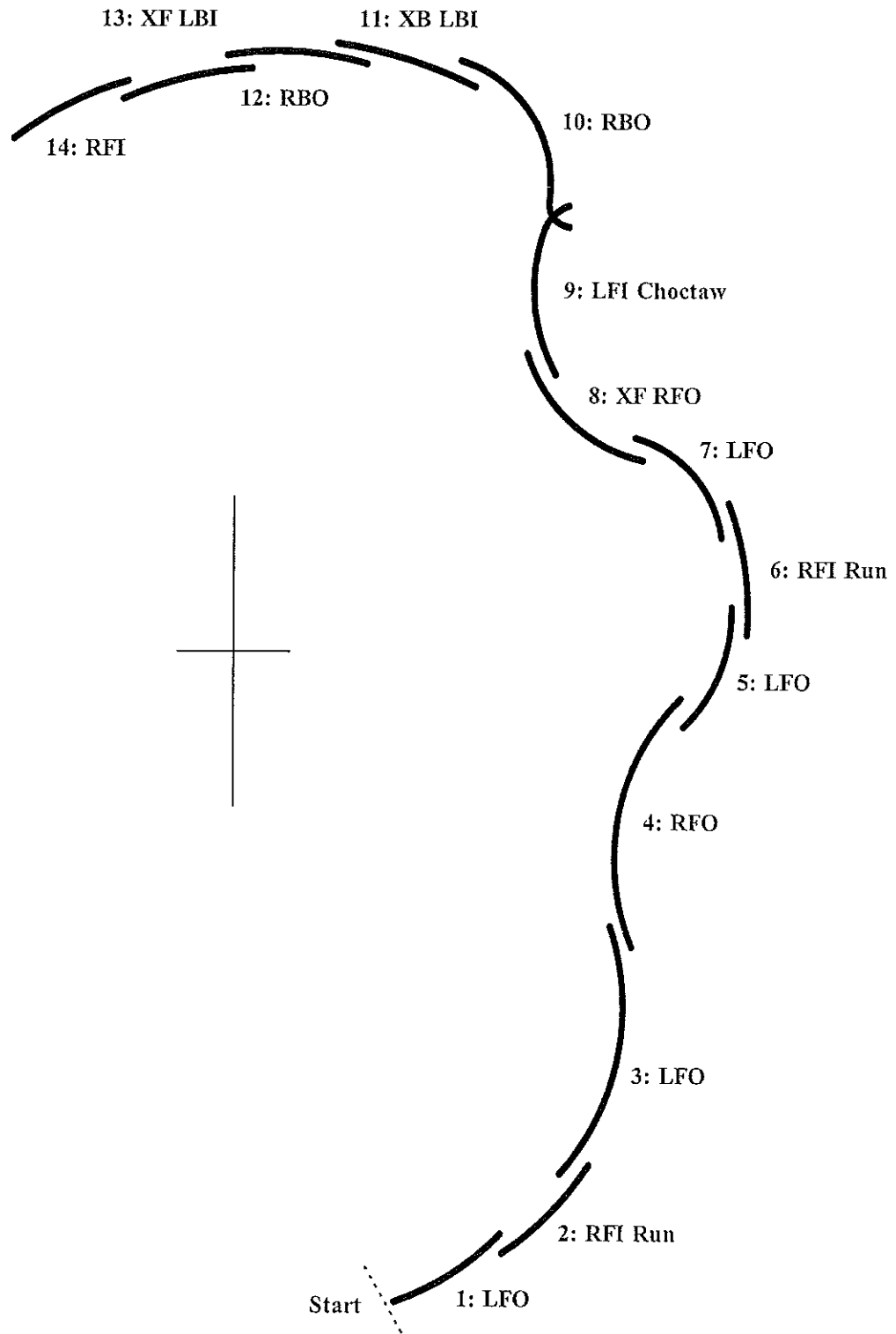
Attention points:

- Steps 3 and 4 must have good outside edges
- Pay attention to steps 5,6 & 7 that must be progressive steps
- Steps 9 &10 – good inside edge on Step 9 and good outside edge on step 10 – the Choctaw must be done smoothly without jumping.
- Step 11 must be an inside edge not flat.
- Attention to step 14 for the man. This step must be struck from the side of the skating foot, in line, and NOT behind the lady.

List of Steps:

Hold	Steps	Man	Lady	Beats
Kilian	1	LFO	LFO	1
	2	RFI Run	RFI Run	1
	3	LFO	LFO	2
	4	RFO	RFO	2
	5	LFO	LFO	1
	6	RFI Run	RFI Run	1
	7	LFO	LFO	1
	8	XF-RFO	XF-RFO	1
	9	XB-LFI Choctaw	XB-LFI Choctaw	1
	10	RBO	RBO	1
	11	XB-LBI	XB-LBI	1
	12	RBO	RBO	1
	13	XF-LBI	XF-LBI	1
	14	RFI	RFI	1

KILIAN



KILIAN

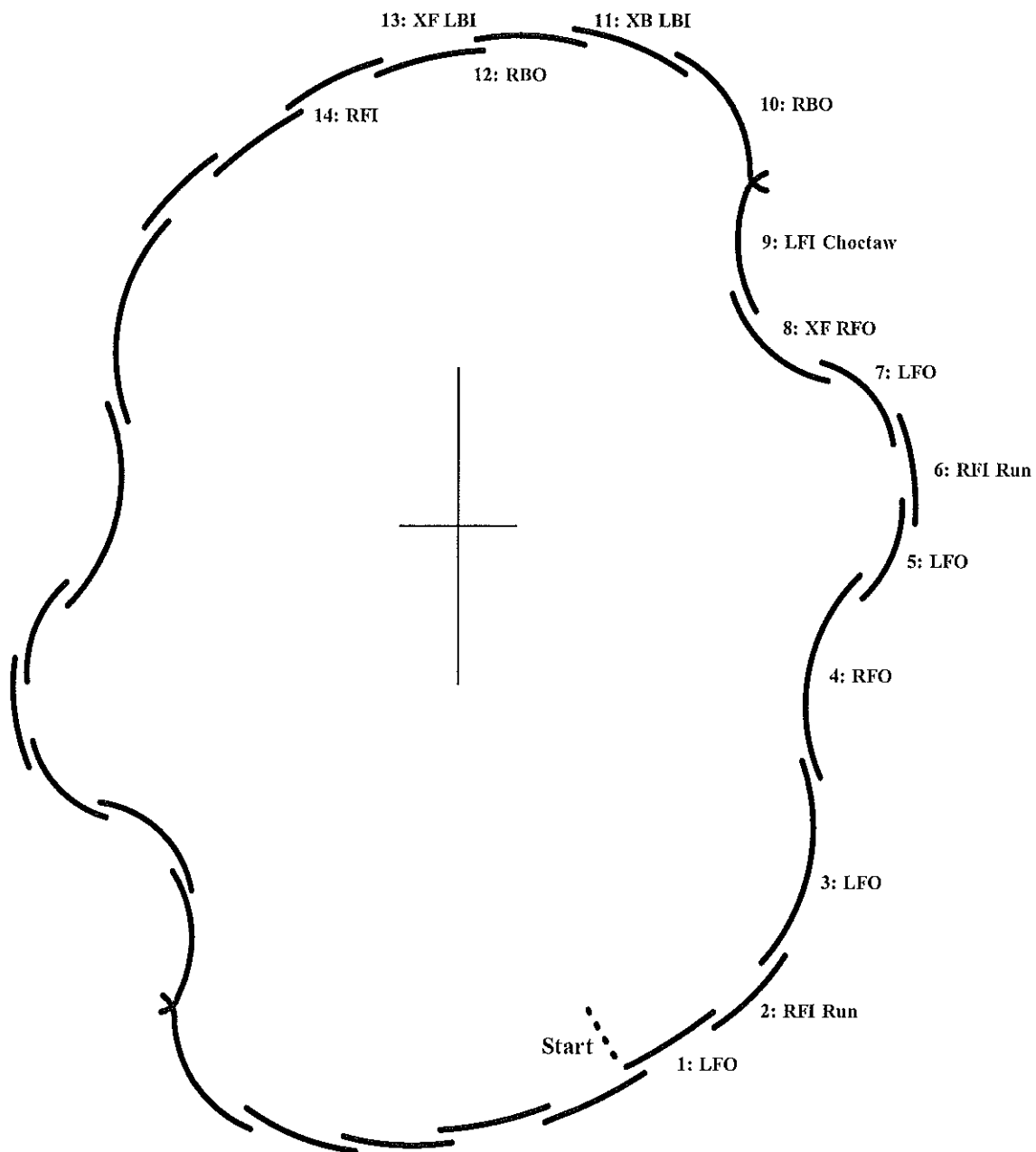


Diagram showing two sequences

OLYMPIC FOXTROT

Originated by: Joan Preston

Music: Foxtrot 4/4

Hold: Kilian

Tempo: 104 Beats

Pattern: Set

Notes:

In this dance the steps are the same for Lady & Gentleman.

Steps 1, 2 & 3 are a run sequence.

Steps 4,5 & 6 are cross rolled edges which should be skated boldly.

Steps 7, 8 & 9 are a Run sequence.

Steps 10, 11 & 12 which are inside edges and must be struck from the side.

Kilian hold must be held throughout the dance, staying close together with no parting at the hips

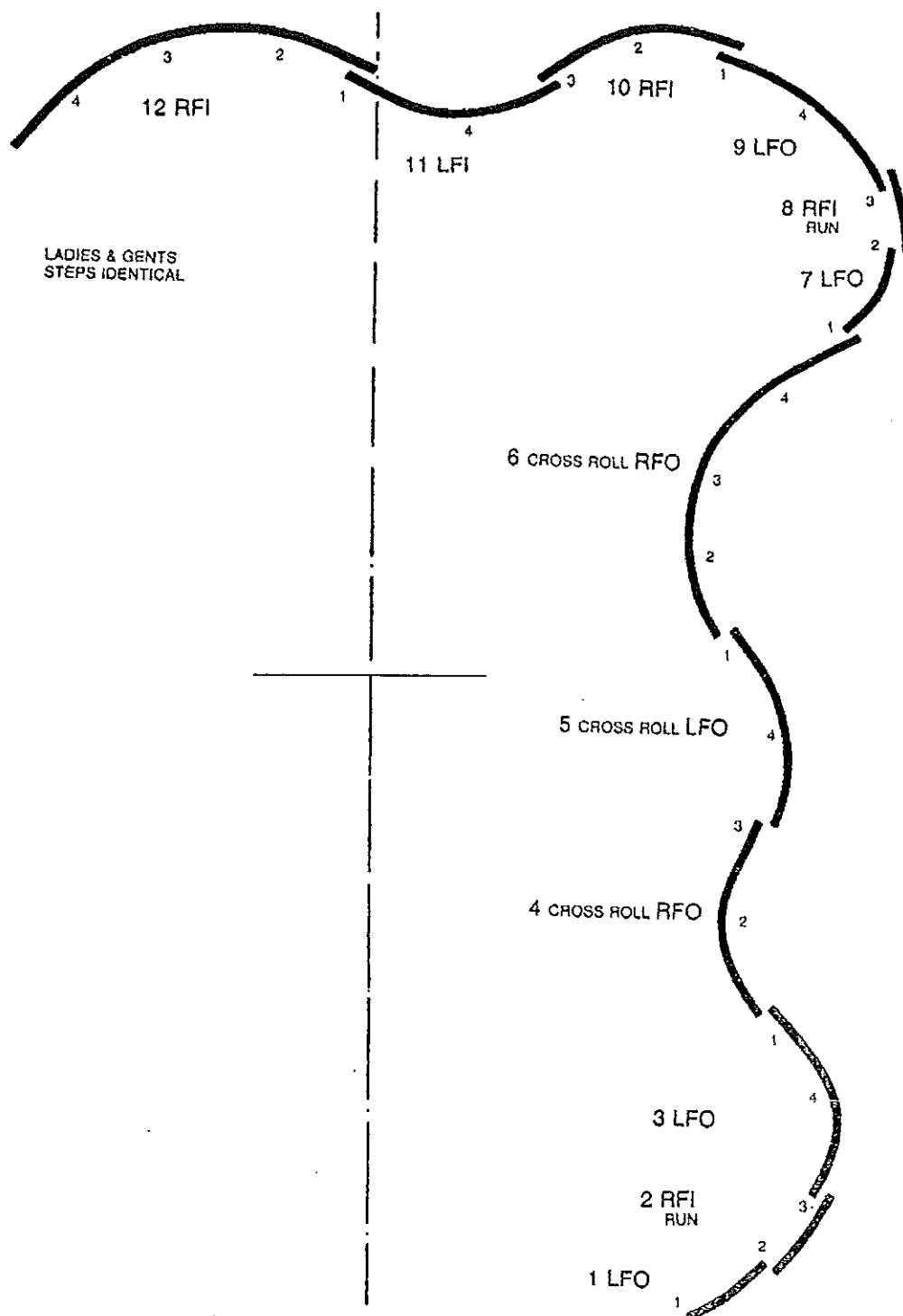
Attention points:

- Steps 4,5 & 6 cross rolls on good edges.
- Steps 6 & 12 – swing free leg on the 3rd beat with no change of edge.
- Steps 10,11 & 12 should be strong inside edges.

List of Steps:

Hold	Steps	Man	Lady	Beats
Kilian	1	LFO	LFO	1
	2	RFI run	RFI run	1
	3	LFO	LFO	2
	4	XR-RFO	XR-RFO	2
	5	XR-LFO	XR-LFO	2
	6	XR-RFO Swing leg on 3 rd beat	XR-RFO Swing leg on 3 rd beat	4
	7	LFO	LFO	1
	8	RFI run	RFI run	1
	9	LFO	LFO	2
	10	RFI	RFI	2
	11	LFI	LFI	2
	12	RFI- Swing leg on 3rd beat	RFI- Swing leg on 3rd beat	4

OLYMPIC FOXTROT



SWING FOXTROT

Originated by: Hans Jurgen Schamberger

Music: Foxtrot 4/4

Hold: Foxtrot

Tempo: 104 Beats

Pattern: Set

Notes:

It is danced throughout in Foxtrot position.

The dance starts at the end of the rink, with runs followed by two 2 beat cross rolls steps 4 and 5.

The cross rolls should be skated at a distance from the barrier to allow for the Cross Roll Swing (step 6) to be skated on a good outside edge towards the barrier.

This is followed by a run (step 7 and 8), followed by a two beat edge on step 9.

Step 10 is a Cross Roll Swing, followed by run steps 11, 12 and 13.

Steps 14 and 15 are good two beat inside edges struck from the inside of the employed foot, followed by step 16 which is a RFO four beat outside edge to end the dance.

On small rinks steps 11 to 14 are to be skated with deep edges and a small radius, in order to keep the pattern in the correct position.

Attention should be paid to steps 6 and 10, the Cross Roll Swing, where the free leg is swung through with a good stretched leg.

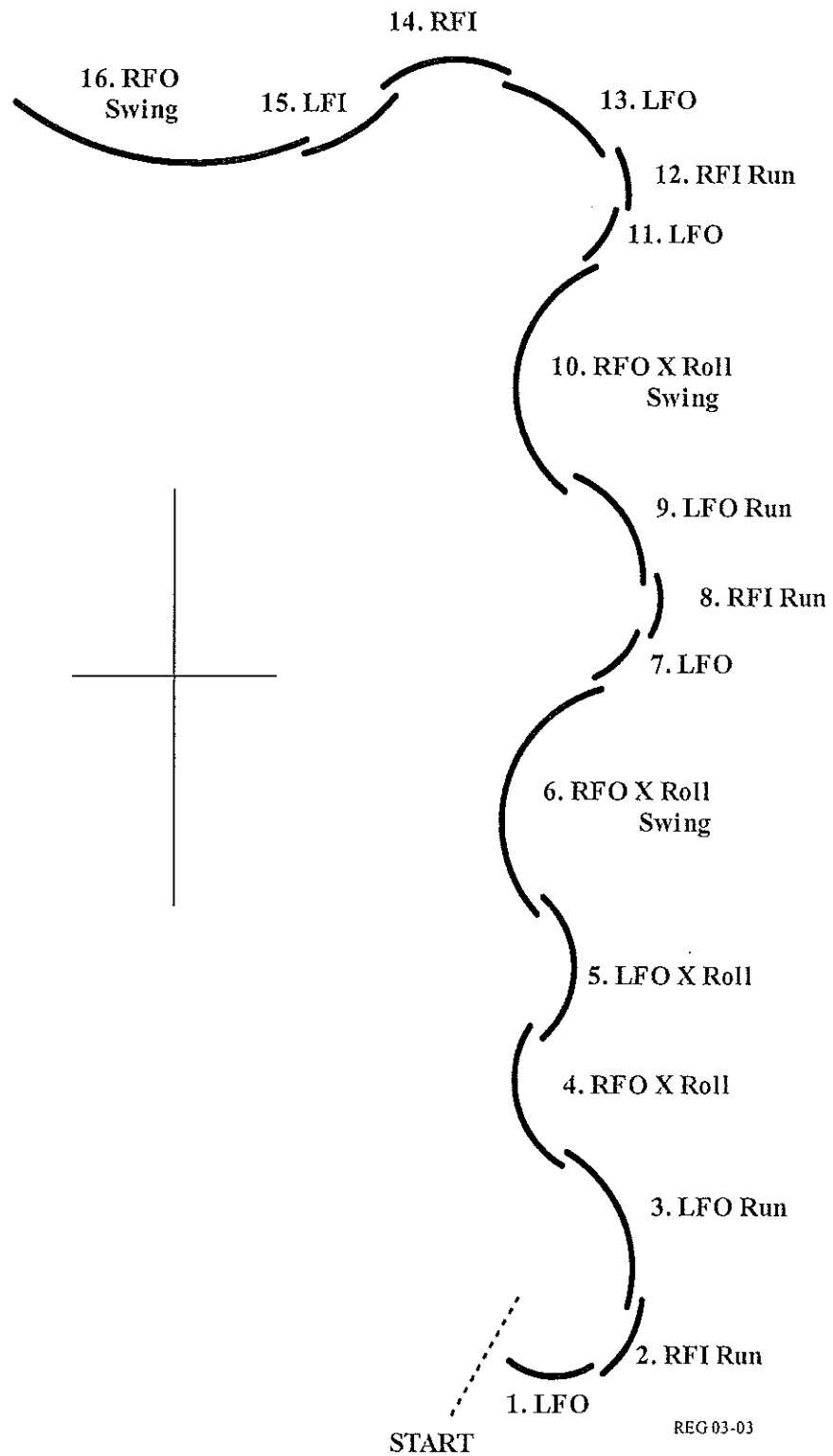
Attention points:

- The cross rolls, steps 4,5,6 & 10 must be done with good edges and inclination of the body.
- Steps 6,10 & 15 FO swings with no changes of edge.
- Steps 1,2 & 3 – 7,8 & 9 – 11,12 & 13 – runs – be careful of timing.

List of Steps:

Hold	Steps	Man	Lady	Beats
Foxtrot	1	LFO Run	LFO Run	1
	2	RFI Run	RFI Run	1
	3	LFO Run	LFO Run	2
	4	Cross Roll –RFO	Cross Roll –RFO	2
	5	Cross Roll - LFO	Cross Roll - LFO	2
	6	Cross Roll – RFO – Swing	Cross Roll – RFO – Swing	4
	7	LFO Run	LFO Run	1
	8	RFI Run	RFI Run	1
	9	LFO Run	LFO Run	2
	10	Cross Roll – RFO Swing	Cross Roll – RFO Swing	4
	11	LFO	LFO	1
	12	RFI Run	RFI Run	1
	13	LFO	LFO	2
	14	RFI	RFI	2
	15	LFI	LFI	2
	16	RFO – Swing	RFO – Swing	4

SWING FOXTROT



FEDERATION FOXTROT – Solo Dance Only

Originated by: Jackie Terenzi

Music: Foxtrot 2/4 - 4/4

Tempo: 96 Beats

Pattern: Set

Notes:

The dance starts with 1: Right Back Outside edge, followed by 2: Crossed in Front Back Inside edge, 3: Right Back Outside edge, 4: Left Back Inside Run, 5: Right Back Outside edge. Steps 3,4 & 5 all going towards the Centre.

Step (6) Left Back Outside is followed by step (7) Right Forward Outside 3 turn

Step (9) Hold Free Leg back for 2 beats, swing forward on 3rd beat and turn a Counter on the 5th beat. The Free Leg is held forward, in line with the tracing, after the Counter

Steps (10,11 & 12) should be strong edges curving around the bottom of the rink, aimed toward the centre

Step (11) Hold the free leg still and out on this 4 beat edge

Step (15) Similar to step (9) but with a 3 turn after the Counter on the 6th beat Hold the free leg close to the tracing foot whilst making the 3 turn and raise the free leg on the 7th beat.

THIS 8 BEAT MOVEMENT IS THE HIGHLIGHT OF THE DANCE

Step (16) Left Forward Outside 3 Turn. Do not overturn otherwise you will impede restart edges

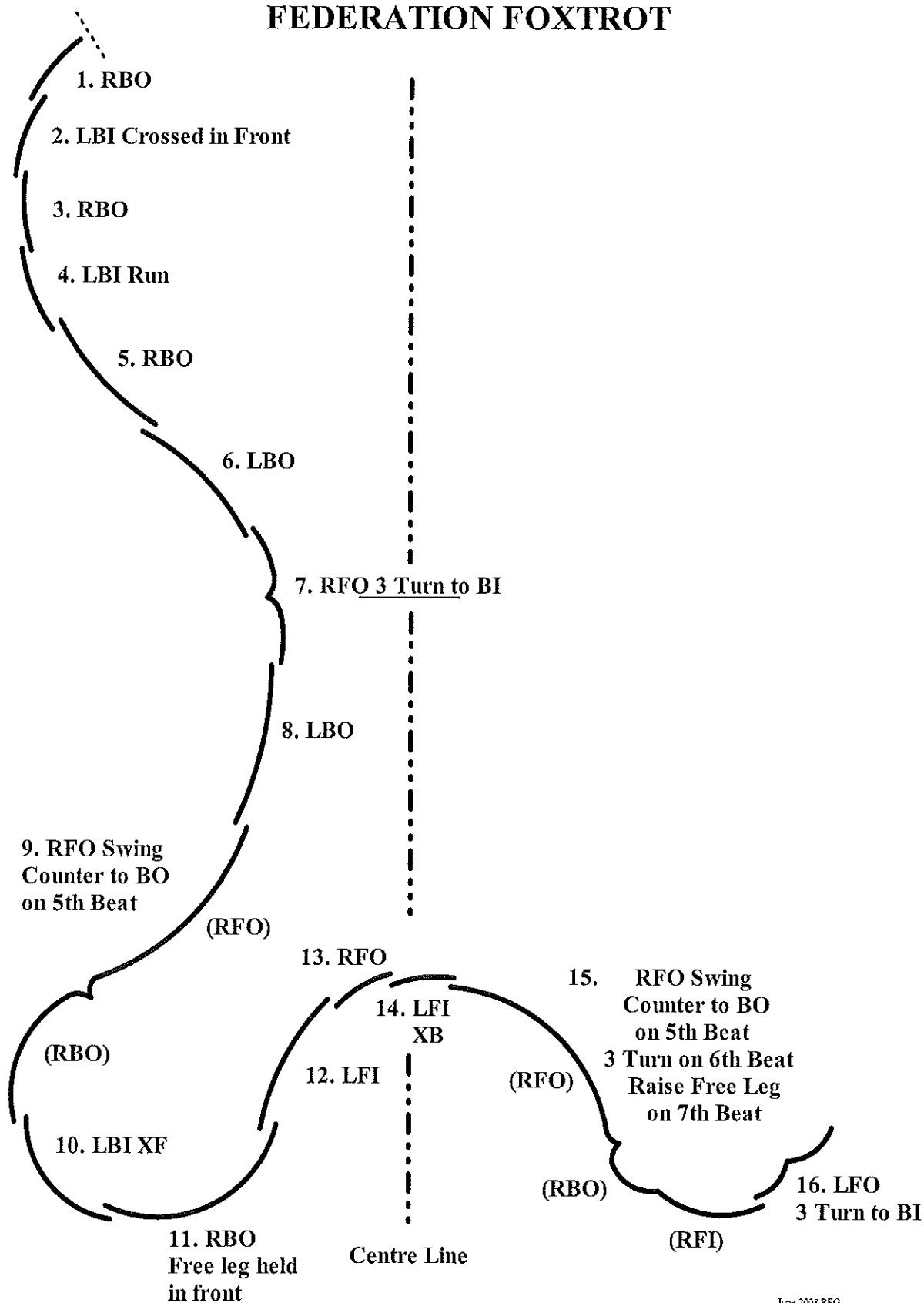
Attention points:

- Step 7 RFO three turn with no swung free leg.
- Steps 9 and 15 RFO swing counter with no change of edge, otherwise it becomes a three turn.
- Step 15 – pay attention to the timing of the free leg on the 7th beat.

List of Steps:

	Steps	Beats
1.	RBO	1
2.	LBI Crossed in Front	1
3.	RBO	1
4.	LBI Run	1
5.	RBO	2
6.	LBO	2
7.	RFO 3 Turn to BI	2
8.	LBO	2
9.	RFO Swing Counter to RBO on 5 th Beat	6
10.	LBI Crossed in Front	2
11.	RBO Free Leg Held in Front	4
12.	LFI	2
13.	RFO	1
14.	LFI Crossed Behind	1
15.	RFO Swing Counter to RBO on 5 th Beat	8
	3 Turn to RFI on 6 th Beat Lift Free Leg on 7 th Beat	
16.	LFO 3 Turn to BI	2

FEDERATION FOXTROT



June 2008 REG

TUDOR WALTZ

Originated by: Ronald E.Gibbs

Music: Waltz 3/4

Hold: Kilian

Tempo: 144 Beats

Pattern: Set

Notes:

Steps 1,2 & 3 and steps 4,5 & 6 are chassé sequences

On step 7 (LFO) allow the right shoulders to turn back in line with the tracing in readiness for the RBO closed Mohawk on step 8.

After the mohawk on step 8, the position of the man's free leg is along the inside of the lady's skating foot.

On the 4th beat of step 8, the free legs are swung back, with the lady's free leg along the inside of her partner's skating foot.

The left shoulders should be held back during all of the six beats during which an edge MUST be maintained.

Steps 9, 10 and 11 are a chassé aimed across the end of the rink.

On step 12 (cross roll RFOI, 9 beats of music) the free legs are held back for three beats.

On the fourth beat, the legs are swing forward and then backward on the seventh beat, the change to RFI being held for three beats.

The Kilian hold is maintained throughout the dance.

Partners must skate close together, without parting at the hips, and the shoulders must be held in parallel position.

The rhythm and lilt of the waltz must be emphasised.

Attention points

- Steps 2,5 & 10 are side by side chasses
- Step 7 must be a good LFO with no change of edge
- Step 8 Closed Mohawk, must be done in time and with the foot close and skated with a good outside edge and swung free leg.
- Pay attention to the timing of the change of edge on step 12 – this must be done on the 7th beat.
- Kilian position must be held throughout the dance.

List of Steps:

Hold	Steps	Man	Lady	Beats
Kilian	1	LFO	LFO	2
	2	RFI-chasse	RFI-Chasse	1
	3	LFO	LFO	3
	4	RFO	RFO	2
	5	LFI-Chasse	LFI-Chasse	1
	6	RFO	RFO	3
	7	LFO	LFO	3
	8	RBO-Closed Mohawk	RBO-Closed Mohawk	6
	9	LFO	LFO	2
	10	RFI-Chasse	RFI-Chasse	1
	11	LFO	LFO	3
	12	Cross Roll RFO/I	Cross Roll RFO/I	9

TUDOR WALTZ

