

WESTMINSTER WALTZ - SOLO

By Erik Van der Weyden and Eva Keats

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

Tempo: 138 Metronome

Pattern: Set

Competitive Requirements – 2 Sequences

CHANGES:

- Step 11: LBO/ Step 15 LBO/ Step 23 LBO: can be skated as a dropped chasse or as a stroke, the execution of these steps are optional – before it was not specified.
- Step 14 (9 beats): RFI-swing-Rocker: starts as a progressive run – before it was not specified.

Clarification: step 3, LFO (2 beats outside edge) + change of edge to LFI (1 beat inside edge) – before it was a change of edge performed at the end of the third.

The Dance:

- The Westminster Waltz is a dance skated with stately carriage and elegance of line.
- Steps 1, 2, and 3 form a lobe in which step 2 is a progressive (run). There is a change of edge on the third beat of step 3 from outside to inside. Step 3 is a change-edge step, with the first 2 beats on an outside edge and the third beat on an inside edge.
- Step 4 is a three beat RFI directed from the curve formed by steps 1, 2, and 3. It begins parallel to the long side barrier and finishes aiming toward the long axis. Step 5 is a three-beat LFI aimed initially toward the long axis and finishes toward the center of the floor, and step 6 is an open mohawk RBI, which, during the three beats of the step, becomes parallel to the long axis.
- The movement of the free leg on step 7 (LBO) is optional.
- Step 8 (choctaw RFI) must aim toward the long side barrier and finish parallel to it. Step 9 (LFO) begins parallel to the long side barrier and finishes toward the long axis, completing the lobe.
- Steps 10 and 11* form a lobe which gently curves toward the short side barrier and finishes parallel to the long axis. Step 10 is a three-beat XR-RFO with a three turn on the third beat. It is optional to perform step 11 (LBO for three beats) as a stroke or as a dropped chasse and is skated prior to crossing the long axis. **In team dance, Steps 10 and 11 are 10a and 10b for the woman.*
- Step 12 is a two-beat choctaw RFI which begins toward the short side barrier and finishes toward the long side barrier. This step is performed before crossing the long axis. Step 13 is a one-beat crossed chasse XB-LFO which passes the long axis.
- Step 14 is a nine-beat run RFI swing rocker to a RBI. The swing is performed on the fourth beat of the step, and the rocker is performed on the seventh beat of the step. The position of the free leg after the execution of the rocker turn is optional. Step 14 aims initially toward the long side barrier, then parallel to it on the swing, and toward the long axis just before the rocker. After the rocker, the step curves away from the long axis and finishes toward the long side barrier.
- Step 15 (LBO for three beats) is skated parallel to the short axis. It is optional to perform this step as a stroke or as a dropped chasse.
- Step 16 is a six-beat Cw RFI-3; the first three beats of the step are performed on a RFI, and the last three beats are performed on a RBO; the three turn is performed on the fourth beat of the step. The step begins toward the long side barrier and finishes away from it.
- Step 17 (XR-LBO for two beats) begins a lobe that opens toward the long axis and returns toward the long side barrier with step 18 (RBI for one beat).
- Step 19, a LBI for three beats, is a wide step, i.e. with the left foot taking the floor about 18 inches (approximately 0.5 meters) from the right foot. This step aims initially toward the long side barrier and curves toward the middle of the short side barrier. Step 20 finishes toward the long axis at the center of the rink.
- Steps 21 (XR-LBO), 22 (mohawk RFO-3), 23 (LBO), and 24 (RFO-swing) form a long lobe that opens toward the center of the rink, then beginning with step 23 curves toward the short side barrier. It is optional to perform step 23 (LBO) either as a stroke or as a dropped chasse.

- Step 24 is a six-beat mohawk RFO-swing. The step is performed as follows:
 - on the first beat: mohawk RFO;
 - on the fourth beat: forward swing of the free leg;

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

- Accuracy of timing, step technique, and the prescribed pattern.
- Accuracy of timing of steps 1, 2 and 3.
- Timing of step 3: three beats total; two beats on an outside edge, one beat on an inside edge.
- Depth of edge on step 4 allowing the correct aim for the angular takeoff of step 5 towards the long axis.
- Proper execution of the open mohawk, step 6 (RBI), placed next to the instep of step 5 (LFI).
- Step 8 aimed towards the long side barrier.
- Step 10 and 11 descending directly towards the short side barrier and finishing parallel to the long axis.
- Correct timing of steps 12 (2 beats) RFI and 13 (one beat) Xch LFO.
- Edge quality and correct aim toward the long axis for step 14 run RFI Swing Rocker. Turn must be executed on deep inside edge before and after the turn, with no apparent flattening or change of edge.
- Step 15 aimed directly to the long side barrier.
- Step 16 (choctaw RFI-3) aimed toward the long side barrier, with the three turn aiming parallel to it on beat 4 of the step. The step finishes away from the long side barrier.
- Step 19 is a wide step and should be placed approximately 18 inches from the previous step.
- Correct aim for step 21 towards the center of the rink.
- Proper curvature and execution of steps 21, 22, and 23 with no obvious flattening of the arc.

WESTMINSTER WALTZ (SOLO) – KEY POINTS

SECTION 1: Attention Points

1. **STEPS 1, 2 and 3:** accuracy of timing of all three steps (step 1 is two beats, step 2 is one beat and step 3 is 3 beats). Step 3 is an outside edge for two beats with a change of edge to inside on beat 3 of the step.
2. **STEP 4:** RFI for three beats; must be stepped as a clear inside edge that is maintained throughout, and aimed toward the center of the rink.
3. **STEPS 5 (LFI) and 6 (Mk-RBI):** proper execution of the Open Mohawk, aimed toward the long axis and done on strong edges, with Step 6 placed close to the instep of the left foot.
4. **STEPS 7 (LBO) and 8 (Cw-RFI):** proper execution of the choctaw, keeping the correct edges before/after the turn, with no deviation from the LBO before executing the choctaw
5. **STEP 10 (XR-RFO-3):** proper execution of the cross-roll and 3 turn, keeping the correct edge before/after the turn.

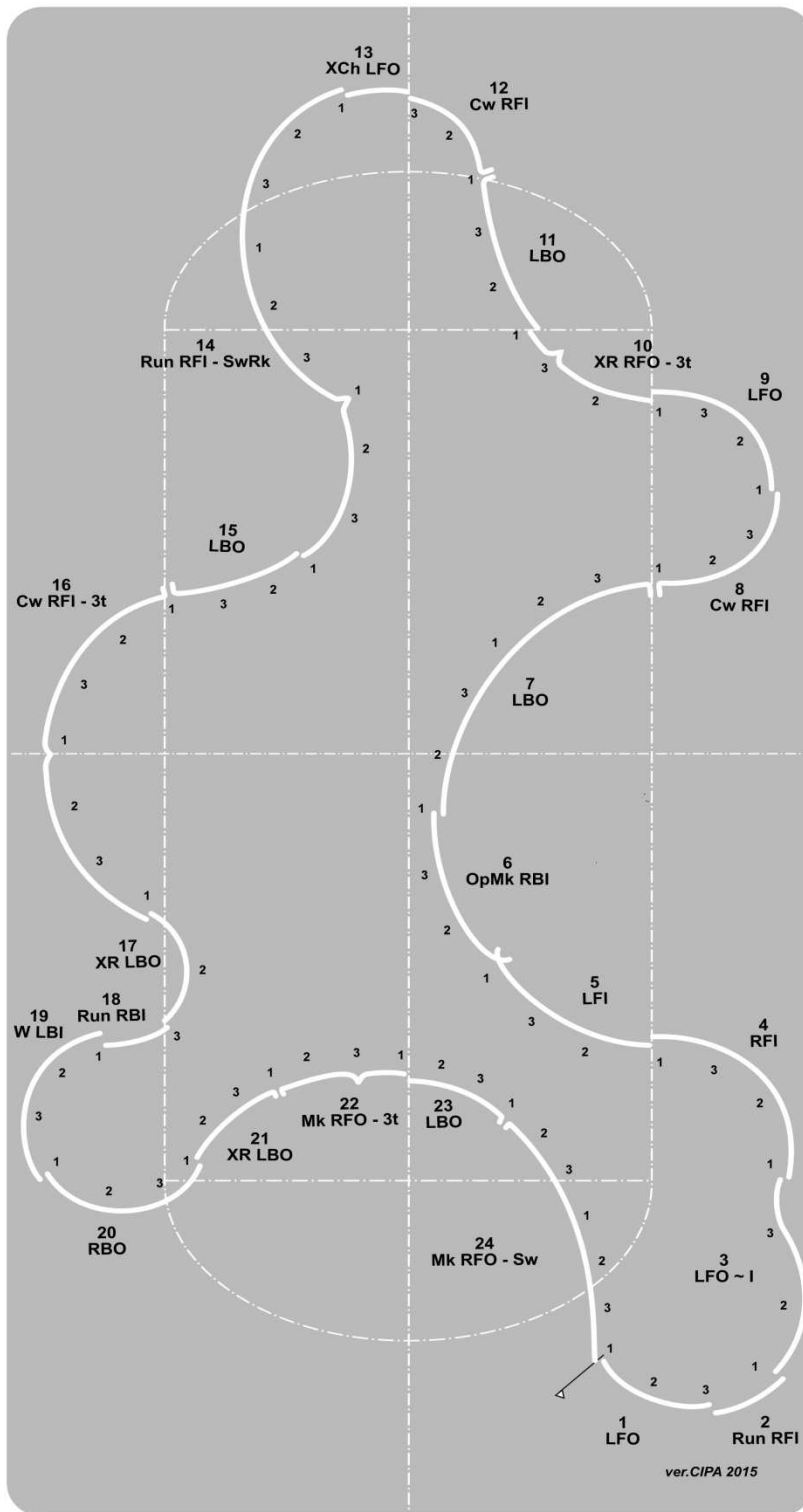
SECTION 2: ATTENTION POINTS

1. **STEPS 12 (Cw-RFI) and 13 (Xch-LFO):** proper execution of the choctaw, keeping the correct edge before/after the turn, followed by a crossed-chasse done with feet parallel and close together, immediately returning to the “and” position, executed on the correct edge. Proper timing of **step 12 Cw-RFI** (two beats) and **step 13 Xch LFO** (1 beat).
2. **STEP 14 (run RFI-Sw RK):** proper execution of the Swing Rocker turn, skated on a strong edge throughout the turn, with no deviation from the inside edge before or after the turn. The aim of the cusp of the turn should be towards the long axis.
3. **STEP 15 (LBO) and 16 (Cw-RFI-3):** proper execution of the choctaw and 3 turn, keeping correct edges before/after the turns. Pay attention to the proper timing of the three turn, which should be executed on beat 4 of the step.
4. **STEP 19:** should be stepped wide (approximately 18 inches or 0.5 meters from the previous step).
5. **STEPS 21 (XR-LBO), 22 (Mk-RFO-3), 23 (LBO), 24 (Mk-RFO-Sw):** proper execution of the Mohawks and 3 Turn. This lobe should be skated on a curve, with continuing, flowing waltz movement and no obvious flattening or sub curvature of the arc. Step 24 must be skated on an outside edge for 6 beats.

**Solo WESTMINSTER Waltz
(138bpm)**

No.	SKATER's Step	BEATS of Music
1st SECTION		
1	LFO	2
2	Run RFI	1
3	LFO/I	2+1
4	RFI	3
5	LFI	3
6	OpMk RBI	3
7	LBO *	6
8	Cw RFI	3
9	LFO	3
10	XR RFO-3t	2+1
11	** LBO	3
2nd SECTION		
12	Cw RFI	2
13	XCh LFO	1
14	Run RFI-SwRk *	3+3+3
15	** LBO	3
16	Cw RFI-3t	3+3
17	XR LBO	2
18	Run RBI	1
19	W LBI	3
20	RBO	3
21	XR LBO	3
22	Mk RFO-3t	2+1
23	** LBO	3
24	Mk RFO-Sw	3+3
* free leg free movement		
** could be a Stroke or a Dropped Chasse		

WESTMINSTER WALTZ - SOLO



TANGO DELANCHA (Solo Dance)

Originated as TANGO DELANCO by J. Dunlop, W. Graf, L. Residori (2011)

Adapted as TANGO DELANCHA for Solo Dance by H. Chapouto (2013)

Music: Tango 4/4

Tempo: 104 beats per minute

Pattern: Set

The Dance:

- This tango has a lively, fluid character, and a style established throughout with deep flowing edges interspersed with rapid rotational moves, organized over a continuous baseline.
- Upper body movements must be carefully coordinated to accent the footwork, being deliberate and sometimes stealthy, so that the action may become *staccato*. When correctly executed, this *staccato* action is brief and stops abruptly, creating an illusion of greater motion.
- Deep, effortless edges and flow combined with superb carriage are necessary to express the dance.
- All $\frac{1}{2}$ beat steps and turns are to be performed on the “and” count of the music.
- **Steps 1** (LFO), **2** (RFI-CH), **3** (LFO), and **4** (RFI run), each for one beat, are part of an arc that begins toward the long side barrier with step 1, becomes parallel to it on step 2, and finishes away from it on steps 3 and 4.
- **Step 5** is a two-beat LFO dropped chasse followed by a rocker turn to LBO. The rocker turn occurs on the second beat of the step. Upon executing the rocker turn, the free leg finishes in back. This step aims toward the long axis.
- **Step 6** (two-beat XS-RBI) is a cross stroke performed with the right skating foot crossing in front of the previous skating foot (the left foot), and momentum is imparted from the left foot, which becomes the free foot. This step begins aiming toward the long axis and finishes parallel to it.
- **Step 7** is a two-beat LBO beginning parallel to the long axis and finishing away from it.
- **Step 8** is a six-beat mohawk RFO-rocker-swing performed as follows:
 - Beat 1: mohawk RFO for one beat;
 - Beat 2: rocker turn to RBO with the free leg brought close to the skating leg for one beat;
 - Beat 3: free leg is raised in front for two beats;
 - Beat 5: the free leg is swung in back for two beats.
- The aim of step 8 begins toward the long side barrier, becoming parallel to it on the fourth beat of the step, and finishing away from it.
- **Steps 9** (two-beat choctaw LFI), **10** (two-beat RFO), and **11** (one-beat LFI run) form a lobe that begins toward the long axis and becomes parallel to it on steps 9 and 10, and finishes away from it on step 11.
- **Step 12** (one-beat RFI) is aimed toward the long side barrier.
- The arc of **steps 13** and **14** is approximately parallel to the long barrier, beginning toward it and finishing away from it.
- Step 13 is an open mohawk (heel to heel) LBI-3t for $3 \frac{1}{2}$ beats, and step 14 is a quick open mohawk RBO, placed to the inside of the skating foot, for $\frac{1}{2}$ beat. These steps (13 and 14) form a four-beat sequence and are performed as follows:
 - Beat 1 (count 3 of the music): step 13, open mohawk LBI for two beats; this mohawk **MUST** be performed heel-to-heel;
 - Beat 3 (count 1 of the music): three turn to LFO for $1 \frac{1}{2}$ beats;
 - Beat 4: after count 2 of the music, the skater performs a quick open mohawk RBO (step 14) for $\frac{1}{2}$ beat.
- **Steps 15** (mohawk LFO for $1 \frac{1}{2}$ beats), **16** (short RFI-CH for $\frac{1}{2}$ beat), **17** (LFO for two beats), and **18** (XF-RFI for two beats) form an arc that begins toward the short side barrier on step 15, becomes parallel to it on steps 16 and 17, and finishes away from it on step 18.
- **Step 19** is a four-beat LFI swing twizzle skated toward the center of the rink. This step aims initially away from the long axis and finishes aiming toward it. The step begins with the free leg held in back for two beats, and then the free leg is swung in front on the third beat of the step and maintained in front on the fourth beat of the step; at the end of the swing, the skater, returning the free leg close to the skating leg, performs an inside twizzle on the “and” count. The inside twizzle is a continuous revolution one-foot turn comprising, in one movement, a quick inside three turn from LFI to LBO, followed by a half three turn returning to LFI before taking the next step. This movement must be completed in time to perform the next step (**step 20**,

RFO for 1½ beat) on the next count on music (count 1), which follows fluidly from the inside twizzle (step 19).

- **Step 21** is a short LFI-Ch for ½ beat performed after count 2 of the music (the “and” count). Steps 20 and 19 are aimed toward the long axis. Step 21 should begin at the long axis.
- **Step 22** is a four-beat RFO swing twizzle. This step should begin after the long axis and aim away from it, then finish aiming toward it. The step begins with the free leg held in back for two beats, and then the free leg is swung in front on the third beat of the step and maintained in front on the fourth beat of the step. At the end of the swing, the skater performs a twizzle on the “and” count, before the following step which is accentuated on count one (1). The twizzle is a continuous revolution one-foot turn comprising, in one movement, a quick counter turn from RFO to RBO, followed by a half three turn to RFI before taking the next step. This movement must be completed in time to perform **step 23**, LFO for two beats, on the next count of music (count 3), which follows fluidly from the twizzle (step 22).
- **Step 24** is a four-beat XB-RFI/O/I.
- This step initially aims toward the short side barrier and finishes almost parallel to it. The step is performed as follows:
 - First beat: XB-RFI with the free leg extended in front;
 - Second beat: change of edge from RFI to RFO, with the free leg brought close to the skating leg;
 - Third beat: change of edge from RFO to RFI with free leg raised in front for one-beat.
 - Fourth beat: return to “and-position” maintaining the inside edge.
- **Step 25** (two-beat LFO) is aimed parallel to the short side barrier. **Steps 26** (one-beat RFI run), **27** (one-beat LFO), and **28** (two-beat RFI dropped chasse) descend away from the short side barrier, with step 28 aiming parallel to the long side barrier.
- **Step 29** is an six-beat LFO-3t-3t-counter performed as follows:
 - First beat: LFO for one beat;
 - Second beat: three turn to LBI for one beat;
 - Third beat: three turn to LFO (outside edge for two beats); the free leg must finish in front upon executing this three turn;
 - Fifth beat: counter turn to LBO (for two beats); the free leg must finish backward upon executing this counter turn.
- Step 29 begins parallel to the long side barrier; during the three turns and the counter turn it aims toward the long axis; after the counter the step becomes parallel to the long axis and finally finishes away from it.
- **Step 30** is a XB-RBO-rocker for 3 ½ beats. For the first two beats of the step the skater performs a XR-RBO aiming initially toward the long side barrier and then away from it; the skater performs a rocker turn on the third beat of the step, skating a RFO toward the long axis for 1 ½ beats. Upon executing this rocker turn, the free leg should finish in a trailing position.
- **Step 31** is a short LFI-Ch for ½ beat performed after count 4 of the music (the “and” count). Step 31 aims parallel to the long axis.
- **Step 32** (two-beat RFO) is performed on count 1 of the music, initially aims parallel to the long axis and finishes away from it, aiming toward the long side barrier.
- **Steps 33** (one-beat XR-LFO) and **34** (one-beat RFI run) are aimed toward the long side barrier.
- **Step 35** (for 5 ½ beats) begins parallel to the long side barrier, then away from it, and finishes toward the middle of the short side barrier. Is performed as follows:
 - Beat 1 (count 1 of the music): step 35, LFO with the free leg extended in back and immediately returning close to the skating leg;
 - Beat 2 (count 2 of the music): the free leg is lifted in back a second time for one beat;
 - Beat 3 (count 3 of the music): the free leg is swung forward for one beat;
 - Beat 4 (count 4 of the music): the free leg is brought close to the skating leg for one beat maintaining the outside edge;
 - Beat 5 (count 1 of the music): change of edge from LFO to LFI, the free leg is again swung in front, for 1 ½ beats; after the swing in front on LFI and after count 2 of the music, the skater prepares to execute a quick inverted choctaw RBO (step 36) for ½ beat.
- **Step 36**, executed after beat 5½ for ½ beat, is an inverted choctaw: a rotation which involves a change of direction and a change of edge, from a LFI to a RBO performed by bringing the toes of both skates together, and simultaneously separating the heels in order to facilitate the change of direction.
- **Step 37** is a two-beat XF-LBI performed on count 3 of the music. This step is split by the long axis.
- **Step 38**, for four beats, consists of an inverted mohawk* RFI-3t-3t performed as follows:
 - Beat 1: inverted mohawk to RFI for one beat; in preparation for the inverted mohawk, the toe of the right free foot (which becomes the skating foot) is brought to the toe of the left skating foot;
 - Beat 2: three turn from RFI to RBO for one beat;

- Beat 3: three turn from RBO to RFI for two beat; the free leg is raised in front upon executing this final three turn.

(***Inverted Mohawk**: a rotation which involves a change of direction but not a change of edge, from LBI to RFI performed by bringing the toes of both skates together, and simultaneously separating the heels in order to facilitate the change of direction.)

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

- Accuracy of timing, step technique, and the prescribed pattern.
- **Step 5:** correct execution of the LFO-DCh-rocker, without stroking with the free leg or changing the edge to inside before and/or after the rocker.
- **Step 8:** correct execution of the mohawk RFO-rocker-swing, without changing the edge to inside before and/or after the rocker, and raising the free leg forward on the third beat of the step and swinging in back on the fifth beat of the step.
- **Step 13:** correct execution of the mohawk LBI-3t, executing the mohawk heel-to-heel and keeping the correct edge before and after the three turn.
- **Steps 19 and 20:** correct execution of the LFI-swing-twizzle, raising the free leg forward on the third beat and maintaining the LFI until after the fourth beat, where with a clockwise rotation, an inside twizzle (LFI three turn followed by a half three turn) is performed after beat 4 of the step and before beat 1 of the following step (on the “and” count).
- **Step 22 and 23:** correct execution of the RFO-swing-twizzle, raising the free leg forward on the third beat and maintaining the RFO until after the fourth beat, where with a counterclockwise rotation, a twizzle (RFO counter followed by a half three turn) is performed after beat 4 of the step and before beat 1 of the following step (on the “and” count).
- **Step 24:** a defined RFI after the cross behind, and pronounced changes of edge to RFO and again to RFI.
- **Step 29:** LFO-3t-3t-counter, correct execution of the double three turn, finishing the second three turn with the free leg forward for two beats, and with a defined LFO with proper body alignment, without changing the edge to inside before and/or after the counter.
- **Step 30:** correct execution of the XB-RBO-rocker, without changing the edge to inside before and/or after the rocker.
- **Step 35:** (LFO-swing-I) execution of the double lift of the free leg on the second beat of the step, swing in front on the third beat, and bringing the free leg close to the skating leg on the fourth beat in order to swing in front again on the fifth beat, pronouncing the change of edge from outside to inside.
- **Step 36:** correct execution of the inverted choctaw, bringing the toes together in preparation, without jumping or performing a three turn instead of directly stepping to the RBO, followed by a XF-LBI (step 37)
- **Step 38:** correct execution of the inverted mohawk, bringing the toes together in preparation, without jumping or performing a three turn, in order to correctly execute the double three turns that follow, which finish with the free leg raised in front after the last three turn.

TANGO DELANCHA– KEY POINTS

SECTION 1

1. **STEP 5:** proper execution of the dropped-chasse and rocker, without pushing with the free leg around or changing the edge to inside before/after the turn.

2. **STEP 8:** proper execution of the mohawk and rocker-swing, without changing the edge to inside before/after the rocker and raising the free leg forward on beat 3 of the step and swing back on the beat 5 of the step.
3. **STEP 13:** proper execution of the mohawk and three turn, placing the foot heel to heel and keeping the correct edge before/after the turn.

SECTION 2

1. **STEP 19 - 20:** proper execution of the swing-twizzle, raising the free leg forward on beat 3 of the step and keeping the LFI edge until the end on the beat 4, where a quick clockwise rotation (consisting of a three turn followed by a half three turn) is performed. This rotation is executed after beat 4 of the step and before beat 1 of the following step (on the "and" count).
2. **STEP 22 - 23:** proper execution of the swing-twizzle, raising the free leg forward on beat 3 of the step and keeping the RFO edge until the end on the beat 4, where a quick counterclockwise rotation (made by a Counter followed by a half three turn) is performed. This rotation is executed after beat 4 of the step and before beat 1 of the following step (on the "and" count).
3. **STEP 24:** proper definition of the inside edge after the cross behind and pronounces the change of edge to outside/inside.

SECTION 3

1. **STEP 29:** proper execution of the double three turn finishing, the movement with the free leg forward, for two beats, with a defined LFO edge and matching body alignment, without changing the edge to inside before/after the counter.
2. **STEP 30:** proper execution of the cross behind, without changing the edge to inside before/after the rocker.

SECTION 4

1. **STEP 35:** double lift of the free leg in back on beat 2 of the step, swing forward on beat 3 and close together on beat 4 in order to swing forward again to pronounce the change of edge outside-inside on beat 5.
2. **STEP 36:** proper execution of the inverted choctaw, bringing the toes close together, without jumping or performing a three turn instead of defining the direct RBO edge, followed by a XF-LBI.
3. **STEP 38:** proper execution of the inverted mohawk, bringing the toes close together, deeply pronouncing the LBI edge before the step, without jumping or performing a three turn to change to RFI, in order to properly execute the following double tree turns, which finish with free leg raised in front after the last turn.

DELANCHA Tango (104bpm)

No.	SKATER's Step	BEATS of Music
1st SECTION		
1	LFO	1
2	Ch RFI	1
3	LFO	1
4	Run RFI	1
5	DpCh LFO-Rk	1+1
6	XS RBI	2
7	LBO	2
8	Mk RFO-Rk-Sw	1+1+2+2
9	Cw LFI	2
10	RFO	2
11	Run LFI	1
12	RFI	1
13	HhMk LBI-3	2+1 1/2
14	Quick Mk RBO	1/2
15	Mk LFO	1 1/2
16	Quick Ch RFI	1/2
17	LFO	2
18	XF RFI	2
2nd SECTION		
19	LFI SwTW	2+1 1/2+&
20	RFO	1 1/2
21	Quick Ch LFI	1/2
22	RFO SwTw	2+1 1/2+&
23	LFO	2
24	XB RFI/O/I	1+1+2
3rd SECTION		
25	LFO	2

26	Run RFI	1
27	LFO	1
28	DpCh RFI	2
29	LFO-3t-3t-Ct	1+1+2+2
30	XB RBO-Rk	2+1 1/2
31	Quick Ch LFI	1/2
32	RFO	2
4th SECTION		
33	XR LFO	1
34	Run RFI	1
35	LFO Sw/I	1+1+1+1+1 1/2
36	Quick IvCw RBO	1/2
37	XF LBI	2
38	IvMk RFI-3t-3t	1+1+2

TANGO DELANCHA

