



CONFEDERAÇÃO BRASILEIRA DE HÓQUEI E PATINAÇÃO
Vinculada ao Comitê Olímpico do Brasil



ATUALIZADO EM 18.03.2019

TORNEIO NACIONAL 2019 - JOINVILLE – PROVAS DE DANÇA OBRIGATÓRIA

Para o julgamento das provas de dança, serão aplicados **4 níveis de qualidade para as Danças Obrigatórias** relativos à sequência da dança, dependendo da qualidade de execução dos *key points*. Se a dança requer duas (2) sequencias, os níveis serão aplicados duas vezes, uma para cada sequência.

LEVEL	SEQUENCE / SECTION	Tempo de interrupção	KEY POINTS
1	75%	/	/
2	100%	No more than 4 beats	1 ou 2
3	100%	No more than 4 beats	3
4	100%	Not interrupted	4

- Level 1 – 75% da sequence/section foi completada.
- Level 2 – sequence/section não foi interrompida por mais do que 4 tempos no total, seja por tropeços, quedas ou qualquer outra razão e um (1) ou dois (2) key points e/são corretamente executados.
- Level 3 – sequence/section não foi interrompida por mais do que 4 tempos no total, seja por tropeços, quedas ou qualquer outra razão e três (3) key points são corretamente executados.
- Level 4 – sequence/section não foi interrompida por mais do que 4 tempos no total, seja por tropeços, quedas ou qualquer outra razão e quatro (4) key points são corretamente executados.

Os passos de abertura das danças (OPENING) que não seguirem as regras estabelecidas pela WS, terão desconto de 0.5. Exemplo: está previsto 8 ou 16 beats de passos de abertura e o atleta executa 12 beats.

Falhas no *timing* promovem uma baixa no nível, de no mínimo um nível e serão consideradas desfavoráveis nos componentes.

Se **menos de 75%** da sequência for completada, a chamada do Painel Técnico será **“NO LEVEL”**.

Nas danças obrigatórias serão considerados dois componentes: **SKATING SKILLS** e **PERFORMANCE**.

DANÇAS	VALOR DAS SEQUENCIAS	KEY POINTS
CITY BLUES Blues 88	Level 1 = 0,5 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> 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.
BALANCIAGA Schottische 100	Level 1 = 0,7 Level 2 = 1,2 Level 3 = 1,7 Level 4 = 2,4	<ol style="list-style-type: none"> 1. Steps 1 and 7 should be hold for 2 beats on a clear outside edge. 2. Steps 5 and 10 should be executed from the “angular and” position. 3. Step 14 is Crossed Chasse, is made with a paralel take off where the toe wheels of the right skate are alongside with the heel wheels of the left skate. 4. Step 17 is Crossed Progressive, is made with a parallel take off where the heel wheels of the right skate are alongside with the toe wheels of the left skate.
ACADEMY BLUES Blues 88	Level 1 = 0,5 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> 1. Step 5 should be executed from the “angular and” position. 2. Step 6 ROF Swing should remain on na outside edge for 4 beats. 3. Step 9 SDC, the Free leg should swing forward on the 2nd beat, and DC must be started fromthe “and position” without deviation of the edge. 4. Very importante to maintain the steps on their porper places, especially on Step 6 and Step 9 when using the 2 repetitions of the Barrier Lobe, the 2nd beat of the swing should be on the short axis and longa xis.

RHYTHM BLUES Blues 88	Level 1 = 0,5 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> 1. The dance just start on count 3 of a measure of music. 2. Step 5 and 6, the take off for these steps must be made in the "angular and" position. 3. Also Step 5, the LIF-S must be on an inside edge for 4 beats. 4. Step 10 (XB-RFI) is a Crossed Chasse, is made with a parallel take off where the toe wheels of the right skate are alongside with the heel wheels of the left skate. Step 12 (XF-RIF) is Crossed Progressive, is made with a parallel take off where the heel wheels of the right skate are alongside with the toe wheels of the left skate.
DOUBLE CROSS WALTZ Waltz 138	Level 1 = 0,5 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> 1. Steps 2, 7, 12 and 16 are Raised Chasses and must be executed correctly. 2. Steps 4 and 9 must be Cross Rolls. 3. Step 14(XB-RFI) is a Crossed Chasse, is made with a parallel take off where the toe wheels of the right skate are alongside with the heel wheels of the left skate, 4. Step 18 (XF-RIF) is Crossed Progressive, is made with a parallel take off where the heel wheels of the right skate are alongside with the toe wheels of the left skate.
CENTURY BLUES Blues 88	Level 1 = 0,5 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> 1. Step 4 and 10 ROF-S must be on an outside edge for 4 beats. 2. Steps 5 and 8 must be Cross Rolls. 3. The 2nd beat of Step 10 is at the top of the 2nd Center lobe. 4. Steps 15 and 16 must be made in the "angular and" position, no recover preceding these steps.
ZIG ZAG POLKA Polka 100	Level 1 = 0,7 Level 2 = 1,2 Level 3 = 1,7 Level 4 = 2,4	<ol style="list-style-type: none"> 1. Step 5 (LIF), must be close and angular. There is no rock over preceding this step. 2. Step 11 (LOF), is Dropped Chasse, the free leg should be extended for 2 beats and the edge on the skating foot should be maintained. 3. Step 12 (XF-RIF) is crossed progressive. The take off for this step must be close and parallel. 4. Step 16 is a four beat and is a change of edge split. Read the description for the correct execution.
LUNA BLUES Blues 88	Level 1 = 0,7 Level 2 = 1,2 Level 3 = 1,7 Level 4 = 2,4	<ol style="list-style-type: none"> 1. Steps 4 and 12 are Raised Chasses, proper execution should be seen. 2. Steps 7, 10 and 18 must be crossed progressives. 3. Step 9 (4 beat LOIF-DC), at the beginning of the step, the free leg is extended to the front. The change of edge occurs on the 3rd beat of the step. Movement of the free leg is optional. 4. Steps 16 and 17 are Cross Rolls. The takeoffs for these steps are close and angular. There is no rockover preceding these steps.

CASINO TANGO Tango 100	Level 1 = 0,7 Level 2 = 1,2 Level 3 = 1,7 Level 4 = 2,4	<ol style="list-style-type: none"> 1. Step 4 (XF-ROF), is a “cross-roll” made with na angular takeoff. 2. On step 8, the swing forwards is on the third count of the music: the swing backwards is on the fifth count also with the change of edge. 3. Step 13 is a 4 beats LOF Swing, the edge should be maintained for 4 beats. No flats will be accept. 4. Step 14 is 4 beats Dropped Chasse, that is made with the free leg extendind forward into the direction of travel and the utilizing a tango swing to the rear. Read the drescription of the dance for a better understanding.
MILONGA TANGO Tango 100	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	<ol style="list-style-type: none"> 1. Steps 4 and 8 are Cross Rolls and must be properly executed. 2. Steps 6,9 and 14 are Raised Chasses. Must be properly executed. 3. On Step 13 the free leg extends to the rear on count 1 of the step, tucks close and parallel to the tracing skate on count 2, and then extends to the rear again on count 3. 4. Step 17 is a 4 beats Dropped Chasse and is made with the free leg moving forward into the Direction of travel and then utilizing a Tango swing to the rear.
CHASE WALTZ Waltz 108	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	<p>This dance will be divided in 2 sections:</p> <p>1st section</p> <ol style="list-style-type: none"> 1. The Raised Chasses must be properly executed through the first section (B edges). # The steps 2, 5, 8 e 14 are going to be considered as the 1st part of the dance for the Raised Chasses and all them together will make the 1st key point. 2. Steps 6 and 7, the backward to forward turn is an open held mohawck turn and it must originate from behind the heel. 3. Steps 10 and 11- this forward to backward turn is an open dropped mohawk turn executed heel to heel. 4. Steps 12 and 13 - the backward to forward turn is an open held mohawck turn and it must originate from behind the heel. <p>2nd section</p> <ol style="list-style-type: none"> 1. Steps 2, 5 and 11 - The Raised Chasses must be properly executed through the second section (A edges). 2. Steps 7 and 8 – This must forward to backward turn is an open dropped mohawk turn executed heel to heel. 3. Steps 9 and 10 - The backward to forward are open held mohawk turn and they must originate from behind the heel. 4. Steps 13 and 14 – This forward to backward turn is na open dropped mohawk turn executed heel to heel.

MANHATAN BLUES Blues 92	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	<ol style="list-style-type: none"> Step 3 (LOF_S) must be held for 4 beats. Step 4 is Open Mohawk and must be properly executed with no deviation of the edge. Steps 6 and 7 are Cross Rolls. Step 11, the change of edge should occur on the 3rd beat.
QUICKSTEP BOOGIE Boogie 100	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	<ol style="list-style-type: none"> Step 6 and 12 are one beat Cross Rolls, must be executed properly. Steps 2,7,10 and 13 are RC and all of them when well executed make the second key point of the dance. Step 20 is a cross roll and must be well executed. Step 21 XB-LOIF, a definite change of edge from inner to outer must occur.
CHA CHA Cha cha 100	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	<ol style="list-style-type: none"> Step 1 must be on outside edge and after that a correct mohawk from behind the heel should be executed. Steps 3, 4 and , correct Dropped Chasse maintaining the correct inside edge and after that the inner. The inner must be in time with the music. Steps 6 a /6b and 13/14 are open dropped mohawks. Step 17 ROB swing must be held for 4 beats on na outside edge.
DELICADO Schottische 100	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	<p>This dance will be divided in 2 sections:</p> <p>1st section</p> <ol style="list-style-type: none"> B edges from step 1 to step 2 is a mohawk and must originate from behind the heel. Step 4 is a swing and must be held on na outside edge for all 4 beats. Step 8 and 9 comprise na Open Dropped Mohawk and must be done on proper edges. <p>2nd section</p> <ol style="list-style-type: none"> Steps 2 and 3 comprise na Open Dropped Mohawk and must be done on proper edges. Step 4 is a Swing and must be held on na outside edge for all four beats. Step 8 and 9 comprise na Open Dropped Mohawk and must be done on proper edges.
VIVA CHA CHA Cha Cha 100	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	<ol style="list-style-type: none"> On step 6 (XB-RIOF), the change of edge occurs in the 3rd beat of the dance and establishes the base line of the dance. Steps 7 and 8 constitute na open Dropped Mohawk wich must be done heel to heel. Step 11 LOB the free leg is extended in front on the 1st beat, and then brought along-side the skating leg in the 2 nd beat and extended again in front on the 3rd and 4 th beat. Steps 20 and 21 constitute na open held mohawk wich must be done heel to heel.

WILLOW WALTZ Waltz 138	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	<ol style="list-style-type: none"> 1. Steps 2 and 13 are one beat Raised Chasse. 2. Step 8, a ROF dropped three turn, is executed on the third count of the step. 3. Steps 10 and 21 are one beat progressive steps. 4. Steps 18 and 19 comprise na open held mohawk turn with each step being held for 3 beats of the music.
SKATERS MARCH March 100	Level 1 = 0,5 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> 1. Steps 4 XF RFO (2 beats) and 5 XB LFI (2 beats): Correct technical execution of the crosses, performed with close feet; Kilian position of the couple without separation during the steps, with correct lean and edges. 2. Step 6 RFO Sw (4 beats) with a swing of the free leg on the 3rd beat of the step without deviation from the edge; attention to the unison of the free legs during the swing. 3. Step 10 and 14 XF RFI (2 beats): Correct technical execution of the crosses with the simultaneous extension of the left leg in back with the toe of the free leg slightly open; Kilian position of the couple without separation during the steps with correct lean and edges.
FAR WAY WALTZ Waltz 108	Level 1 = 0,5 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> 1. Step 1 is Cross Roll and Step 2 a Raised Chasse and must be executed correctly. 2. Steps 5, 8, 15 and 19 are Raised Chasse and must be well executed. 3. Between execution of steps “13 and 14” and “16 and 17” the inner edges should be correct, those will be considered as 2 key points.
SOUTHLAND SWING 88 Blues	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	<ol style="list-style-type: none"> 1. Step 4 is a “Swing” and must be on the proper edge and held for 4 beats. 2. Steps 6 XB (must be well executed) and 7 comprise na open held mohawk, must be on a clean inside edge. 3. Steps 9 XF (must be well executed) and 10 are na open held mohawk, must be on a clean inside edge. 4. Steps 12 and 13 comprise an open dropped mohawks.
BOSTON BOOGIE Boogie 100	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	<ol style="list-style-type: none"> 1. Steps 2, 7 and 14 are one beat cross chasses steps. 2. Step 16 is a 2 beat crossed chasse step. 3. Step 15 LOIF Swing the free leg is swing in front on the third count of the step (musical count 1). 4. The change of edge still on step 15, and the backward swing occurs on the 5th count of the step (musical count 3).

<p>ICELAND TANGO SOLO Tango 100</p>	<p>Level 1 = 1.2 Level 2 = 2.0 Level 3 = 2.8 Level 4 = 3.6</p>	<p>SECTION 1:</p> <ol style="list-style-type: none"> 1. Step 3 must be maintained for 2 beats avoiding change of edge before performing step 4, Closed Mohawk. 2. Step 8 proper execution of the change of edge (on beat 3) and three turn (on beat 5). 3. Step 9, Cross Rollo n the 1st beat, swing of the free leg on 3rd beat, and rockover of the body on the 4th beat. <p>SECTION 2:</p> <ol style="list-style-type: none"> 1. Step 14 proper execution of the threee turn. 2. Step 16 proper execution of the chocktaw and swing movement, with a change of the edge in the last beat. 3. Step 18, outside edge that finishes toward the longa xis at the center of the floor.
<p>FOURTEEN STEP PLUS March 108</p>	<p>Level 1 = 1.2 Level 2 = 2.0 Level 3 = 2.8 Level 4 = 3.6</p>	<p>SECTION 1:</p> <ol style="list-style-type: none"> 1. Step 4 (RFO swing): proper execution of Roll (outside forward edge to outside forward edge) aimed toward the center of the rink and ending toward the long side barrier, drawing a symmetrical edge of 4 beats, with the free leg swing on beat 3 of the step (at the top of the lobe), without deviation from the outside edge during the step. 2. Proper execution of steps 8 (RFI) and 9 (Open mohawk LBI), with the left foot placed at the instep of the right and close to it, keeping the inside edge before/after the turn. 3. Step 13 (XF LBI-3t-3t): proper execution of the XF and three turns, crossing with feet parallel and close together and keeping the correct edge before/after the turns, and with correct timing. <p>SECTION 2:</p> <ol style="list-style-type: none"> 1. Step 17 (LBO swing): proper execution of Roll (outside backward edge to outside backward edge) aimed toward the center of the rink and ending toward the long side barrier, drawing a symmetrical edge of 4 beats, with the free leg swing on beat 3 of the step (at the top of the lobe), without deviation from the outside edge during the step. 2. Steps 21 (LFO) & 22 (Xch RFI): proper execution of the Mohawk and XCH, keeping the correct edge on each step, crossing with feet parallel and close together and immediately returning to the “and” position after the Xch. 3. Steps 25 (LFO) and 26 (open mohawk RBO): proper execution of the mohawk, each step for one beat and must be done on clear outside edges with Step 26 being placed at the instep of the left foot. 4. Step 27: at the finish of Step 26, the toe of the free foot must be brought behind the heel of the right foot and placed on the outside of it for Step 27, a closed mohawk for one beat. The free leg must be extended in the forward position at the finish of Step 27. 5. Step 28: is a RFI run for one beat. This is not a chasse and should not be crossed. 6. Attention must be paid to the timing of steps 25, 26, 27, 28.