



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



ATUALIZADO EM 19.08.2019

PATINAÇÃO ARTÍSTICA - PROVAS DE DANÇA OBRIGATÓRIA (TN + ASPIRANTES)

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
GRUPO 1		
PROGRESSIVE TANGO 100 Tango	Level 1 = 0,5 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> 1. Steps 1, 2 ,3* /4,5,6*/ 7,8,9 must be progressive steps, no deviation from the edge . 2. Steps 3*and 6* must start on the outside edge and the touch in front should be executed just with the outside toe wheel only on beat 1. 3. Still on steps 3* and 6* the change of edge should be on Beat 2 and the touch back should be executed with the inside toe wheel only on beat 3. 4. Step 10 XFI.This crossed progressive step must at least align the back wheels from the right skate with the front wheels of the left skate in order to be considered a cross .
GLIDE WALTZ 108 Waltz	Level 1 = 0,5 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<p>* Steps 7, 8, 9 and 10 must be repeated twice in the barrier .</p> <ol style="list-style-type: none"> 1. Step 2 and 5 the RC must be well executed with the foot being raised parallel to the floor . 2. Step 3 and 6 the outside edge should be maintained for 3 beats. 3. Steps 8 the RC must be well executed with the foot being raised parallel to the floor . 4. Step 10 the foot has to pass through the skating foot without stroking. (GLIDE)
SKATERS MARCH 100 March	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. 2. Perfect "and position" after the XB (Step 5) and before starting the SWING (Step 6). 3. Step 6 RFO Sw (4 beats) with a swing of the free leg on the 3rd beat of the step without deviation from the outside edge . 4. 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.
MELODY WALTZ 108 Waltz	Level 1 = 0,5 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> 1. Step 2 RFI RC must be executed correctly. 2. Step 7 should commence with the tracing knee bent, and as it goes forward the on the 4th beat the tracing knee should begin to straighten . 3. Step 8 should not be angular, it must start from the "and" position. 4. Step 12 the ROF Swing mist be executed on the outside edge for 4 beats, no rockover is allowed.

LA VISTA CHA CHA Cha Cha 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 is a cross roll (take off must close and angular) and Step 5 is a cross chasse (take off must be close and parallel). 2. Step 9 is a cross roll (take off must close and angular) and Step 10 is a cross chasse (take off must be close and parallel). 3. Take off for step 14 must crossee -foot , crossed - tracing , close and parallel . "Cha cha tuck" free leg extends to rear on count one, tucks in behind the employed leg on count 2 , and them extends to the rear again on count 3 , inside edge should be maintained during the "Tuck". 4. Step 15 "Tuck" should be well executed and the outside should be maintained during the execution of this particular step.
FAR AWAY WALTZ 108 Waltz	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 2. Step 2 a RC and must be executed correctly. 3. Steps 5, 8, 15 and 19 are RC and must be all well executed to achieve this key point. 4. Between execution of Steps "13 and 14" and "16 and 17" the inner edges should be correct , those will be considered as 1 key point.
BALANCIAGA 100 Schottische	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 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 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.
SWING WALTZ 120 Waltz	Level 1 = 0,7 Level 2 = 1,2 Level 3 = 1,7 Level 4 = 2,4	<ol style="list-style-type: none"> 1. Step 1 LOF Swing must be executed on the proper edge through the 4 beats. 2. Step 3 an 8 are RC and must be executed correctly. 3. Step 6 ROF Swing must be executed on the outside edge for 4 beats. 4. Step 12 RIF must be executed on an inside edge and the leg should swing forward on the 4th beat.
CARLOS TANGO (WS pattern) 96 Tango	Level 1 = 0,5 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> 1. Step 3 LFO qnd Step 4 Dch RFI, tap down keeping the edge and touching down with the right wheel on the correct timing. 2. Step 6 Ch RFI, chasse with no deviation from the inside edge 3. Step 9 LFO Swing mut be on an outside edge for 4 beats 4. Steo 12 RFO Swing must be on an outside edge for 4 beats.

DENVER SHUFFLE 100 Polka	Level 1 = 0,7 Level 2 = 1,2 Level 3 = 1,7 Level 4 = 2,4	1. Step 6 and 7 must be done on the correct edges maintaining 8 wheels on the floor the whole time. 2. Step 8 XF RFI, correct execution of the cross , without deviation from the inside edge 3. Step 14 and 15 Clrorect execution of the cross roll and the cross behind. 4. Step 18, correct execution of the swing maintaining the outside edge the 4 beats of the step.
MARYLEE FOX TROT 92 Fox Trot	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	This dance will be divided in 2 sections: 1st Section 1.Steps 3, 4 Execution of cross rolls . 2. Steps 6, 7 Execution of cross rolls. 3. Steps 8, 9. Take off for Step 8 must be made on the "parallel and" position, and those 2 steps constitute an open held mohawk. 4. Steps 10, 11 constitute a backward to forward open held mohawk and it must originate from behind the heel. 2nd Section 1.Steps 15, 16 must be stroked from behind the heel and must take the floor in the "angular and" position. 2.Steps 18, 19 must be stroked from behind the heel and must take the floor in the "angular and" position. 3.Steps 24, 25 constitute an open held mohawk 4.Steps 26, 1 constitute an open dropped choctaw and it must originate from behind the heel.
DUTCH WALTZ 120 Waltz	Level 1 = 0,7 Level 2 = 1,2 Level 3 = 1,7 Level 4 = 2,4	1. Step 4 is a ROF Swing and must be executed and maintained on the outside edge for 6 beats. 2. Step 5 is a LOF Swing and must be executed and maintained on the outside edge for 6 beats. 3. Step 10 is a Dropped Chasse and must be executed correctly. (see explanation on diagram description) 4. Step 14 is a ROF Swing and must be executed and maintained on the outside edge for 6 beats.
JOANN FOX TROT 92 Fox Trot	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	1. Step 4 and 5 are RIF - RC and LFO Swing and both must be executed correctly. 2. Step 9 and 10 are LIF - RC and RFO Swing and both must be executed correctly. 3. Step 14 XB- RIF ans Step 15 LIB comprise an Open Held Mohawk. 4. Step 20 RBO and Step 1 LOF constitute an open Dropped Mohawk and it has to start from Behind the heel of the tracing skate.
CALIFORNIA SWING	Level 1 = 1.0 Level 2 = 1.5	1.Change of edge on step 3 must be made on 4th count of the step (Musical Count 1). 2. Step 4 and 5 comprise an open Dropped mohawk, and take off of step 4 must be from the "angular position "

138 waltz	Level 3 = 2.0 Level 4 = 2.7	3. Steps 10/11 n RIF to LIB open dropped mohawk turn must be executed heel to heel. 4. All the swings must be held for 4 beats on the original edge.
METROPOLITAN TANGO 100 Tango	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	1. Step 1 LOF - 3 is turned on the second count of the Step . 2. Step 6 and step 7 constitute an open mohawk. 3. Step 11 LIB swing must be executed properly. 4. Step 11 and 12 constitute a Choctaw turn.
TEN FOX 100 Fox Trot	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	1. Step 4a and 4b constitute a Choctaw. 2. Step 9 is a three turn and must be executed correctly. 3. Step 13 through 17 are progressive runs. 4. Steps 17 and 18 constitute an open dropped mohawk.
KEATS FOX TROT (Solo) 92 Fox Trot	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	1. Step 4 ROF must be done on the outside edge for 4 beats. 2. Step 5 LOF - 3 must be executed correctly. 3. Steps 9 and 10 constitute a back to forward mohawk and must start from behind the heel. 4. Steps 12 and 13 are a Choctaw turn.
CONTINENTAL WALTZ (Solo) 168 Waltz	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	1. Step 1, 2 and 3 when done properly constitute the 1st key point. 2. Steps 4, 5 and 6 when done properly constitute the 2nd key point. 3. Step 7 RFO - S must be executed on the outside edge. 4. Repetition of Steps 4, 5 and 6 when done properly constitute the 4th key point.
ACADEMY BLUES 88 Blues	Level 1 = 0,5 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	1. Step 5 should be executed from the "angular and " position. 2. Step 6 ROF Swing should remain on an outside edge for 4 beats. 3. Step 9 SDC, the Free leg should swing forward on the 2nd beat, and the DC must be started from the "and position", without deviation of the edge. 4. Very important to maintain the steps on their proper 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 long axis .

CRISS CROSS MARCH 100 March	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	1. Steps 4, 5 and 6 are Cross rolls. 2. Step 7 is a Raised Chasse and be done properly. 3. Step 14 XB is a crossed progressive and the front wheels of the right skate must be aligned to the back wheels of the left skate. 4. Step 18 is a dropped chasse and must be done properly.
CLAYTON FOX TROT 96 Fox Trot	Level 1 = 0,7 Level 2 = 1,2 Level 3 = 1,7 Level 4 = 2,4	1. Step 2 RIF - RC must be done correctly. 2. Step 5 LOF - S must be done on the outside edge. 3. Step 12 XF - RIOF, attention to the change of edge on the correct timing. 4. Step 13 the Swing should be done correctly on the correct timing.
SIESTA TANGO 100 Tango	Level 1 = 1.0 Level 2 = 1.5 Level 3 = 2.0 Level 4 = 2.7	1. Step 6 and step 7, correct technical execution of the crosses , correct edges and obvious change of lean on Step 6 . 2. Step 8 RFO Sw (6 beats total) with the swings and change of edge at the prescribed time. 3. Step 11, correct technical execution of the mohawk(open closed).* different execution of the WS HhMk. 4. Steps 15 XF LBI(1beat) and 16 Mk RFI (2 beats), correct technical execution of both steps.
HARRIS TANGO SOLO 100 Tango		AGUARDANDO PUBLICAÇÃO WS
VIENNESE WALTZ SOLO 138 Waltz		AGUARDANDO PUBLICAÇÃO WS

GRUPO 2		
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	Level 1 = 0,5 Level 2 = 1,0	<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.

Blues 88	Level 3 = 1,5 Level 4 = 2,2	<p>3. Step 9 SDC, the Free leg should swing forward on the 2nd beat, and DC must be started from the "and position" without deviation of the edge.</p> <p>4. Very important to maintain the steps on their proper 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 long axis.</p>
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"> Steps 2, 5 and 11 - The Raised Chasses must be properly executed through the second section (A edges). Steps 7 and 8 – This must forward to backward turn is an open dropped mohawk turn executed heel to heel. Steps 9 and 10 - The backward to forward are open held mohawk turn and they must originate from behind the heel. 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"> 1. 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. 2. Steps 7 and 8 constitute na open Dropped Mohawk wich must be done heel to heel. 3. 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. 4. 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).
ICELAND TANGO SOLO Tango 100	Level 1 = 1.2 Level 2 = 2.0 Level 3 = 2.8 Level 4 = 3.6	<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.
FOURTEEN STEP PLUS March 108	Level 1 = 1.2 Level 2 = 2.0 Level 3 = 2.8 Level 4 = 3.6	<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.

		<p>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.</p> <p>5. Step 28: is a RFI run for one beat. This is not a chasse and should not be crossed.</p> <p>6. Attention must be paid to the timing of steps 25, 26, 27, 28.</p>
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