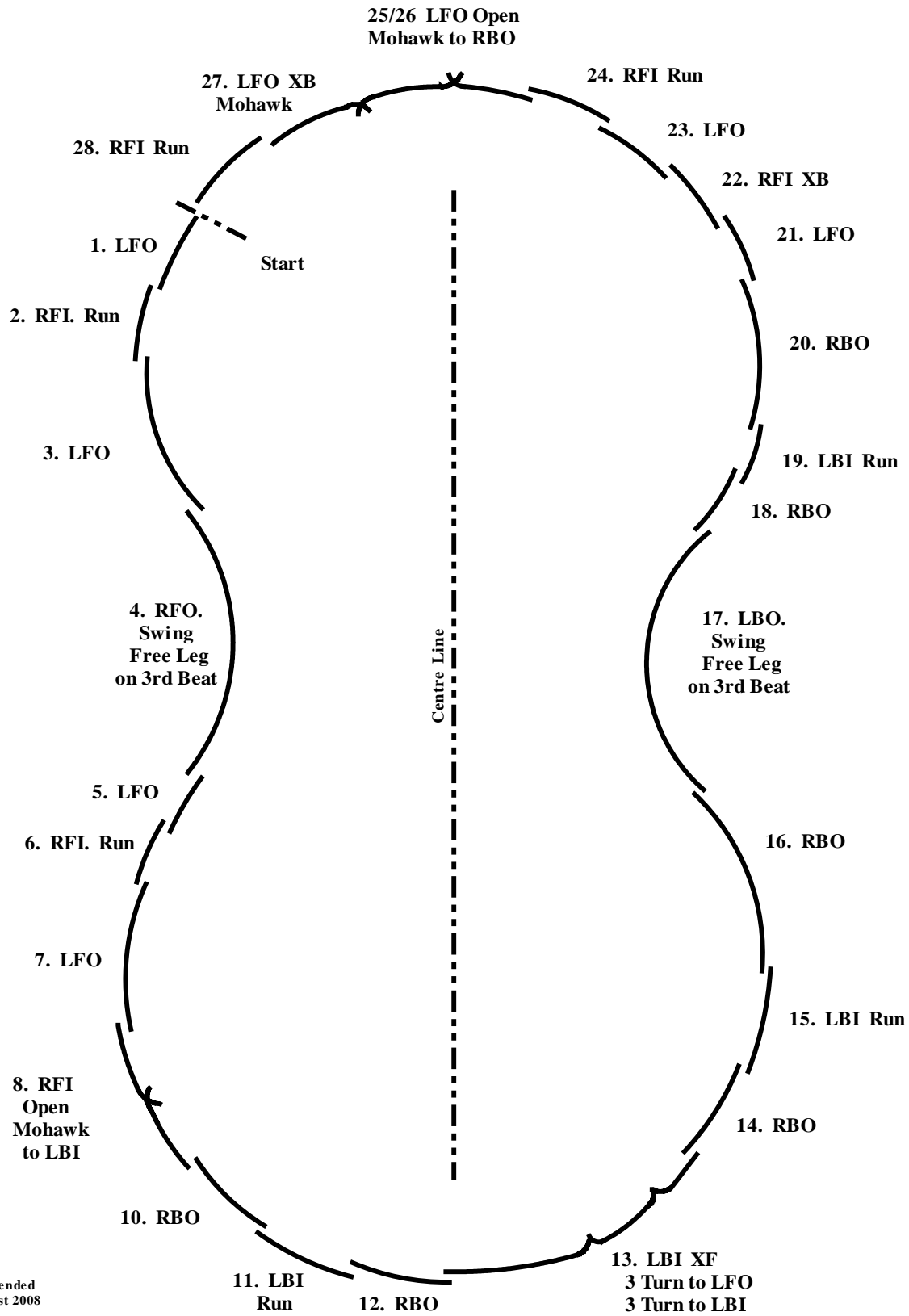


Solo Dance 14 Step Plus



Amended
August 2008

THE 14 STEP PLUS

NOTES ON THE DANCE

This dance has been adapted from the 14 Step incorporating all the Ladies and Men's steps

Steps 1, 2 & 3 and 14, 15 & 16 are run sequences finishing with a strong outside edge towards the centre of the rink

Step 4: 4 beat outside swing

Free Leg should swing back for 2 beats and forward on the count 3, 4 in time with the music

Steps 8 & 9: Open Mohawk - Struck at Instep

Step 13: XF LBI: 3 Turn followed by a second 3 Turn.

TIMING is important

Turns must be on the beats of the music.

Timing 1st beat XF 2nd beat 3 turn 3rd beat 3 turn

Step 17 4 beat outside swing

Free Leg should swing forward for 2 beats and backward on the count 3, 4 in time with the music

Step 25 & 26 Open Mohawk: Crossed and struck at Instep

Step 27 LFO XB Mohawk:

Must be crossed behind and not a step forward

Free Leg to be left in a forward position in preparation for Step 28 run – NOT A CHASSE

Timing of these steps 25, 26 & 27 is important

Step 28 RFI run

A forward progressive step – not crossed

All Mohawks must be crossed and **NOT** heel to heel

Solo Dance

14 Step - PLUS

Originated as 14 Step by Franz Scholler

Adapted to 14 Step Plus for Solo Dance by Ron Gibbs

Music: March: 6/8 or 4/4

Tempo: 108

Pattern: Set

	Steps	Beats
1	LFO	1
2	Run RFI	1
3	LFO	2
4	RFO Swing free leg forward on 3 rd Beat	4
5	LFO	1
6	Run RFI	1
7	LFO	2
8	RFI Open Mohawk (Heel to Instep to step 9	1
9	LBI	1
10	RBO	1
11	Run LBI	1
12	RBO	1
13	LBI XF (Crossed in Front) LBI Three Turn on 2 nd Beat to LFO and Three Turn to LBI on 3 rd Beat	3
14	RBO	1
15	Run LBI	1
16	RBO	2
17	LBO Swing free leg backward on 3 rd Beat	4
18	RBO	1
19	Run LBI	1
20	RBO	2
21	LFO	1
22	RFI Crossed Behind	1
23	LFO	1
24	Run RFI	1
25	LFO Open Mohawk (Heel to Instep) to step 26	1
26	RBO	1
27	LFO Crossed Behind Mohawk	1
28	RFI run	1

Total 40 Beats