

EASY Paso (Couples)

By: Fabio Sampo

Music: Paso Doble 2/4 or 4/4

Position: Kilian, Promenade, Foxtrot

Competitive Requirements: 4 Sequences

Tempo: 104 Metronome

Pattern: set

Step 1 (LFO) is a stroke aimed parallel to the long axis.

Step 2 (RFI) is a progressive for one beat aimed toward the long axis.

Step 3 (LFO) is a stroke in the direction of the long axis for 2 beats with the right skate brought close to the left foot in "and" position on the 2nd beat in preparation for the next step.

The initial position, Kilian, is maintained until step 9.

Step 4 (RF Slip Flat) for one beat is performed with the bending of the right knee and the extension of the left leg forward, aimed toward the long axis. On the end of the 1st beat, the left leg is brought back, parallel to the right foot while keeping the foot on the floor. During step 4 all eight wheels must remain in contact with the floor.

Step 5 (LFI Slip Slide) for ½ beat (the skating foot is LFI and the extended leg is RFO) performed on the inside edge of the left foot with obvious knee bend and a simultaneous extension of the right leg forward on an outside edge. This step comes close to the long axis and begins the descent toward the short axis. During the execution of step 5, all eight wheels must remain in contact with the floor.

Step 6, (RFO) for ½ beat, is performed with a transfer of the body weight onto the right foot in the direction of the short axis, while the left is raised from the floor and held crossed behind the right foot.

Step 7 is a XB LFI for two beats, crossed behind with a forward extension of the free leg, aimed perpendicular to and intersecting the short axis. At the end of the second beat, the skaters bring the free leg into "and" position to perform step 8 (RFO) a stroke for two beats, which moves away from the long axis and moves parallel to the short axis.

Step 9 (XR LFO) is a one beat cross roll skated toward the long side barrier, followed by a chasse, Step 10 (Ch RFI) for one beat, on which the skaters move away from the short axis and back toward the long side barrier. On Step 10, Kilian position switches to Foxtrot position. The change of position occurs on step 10, by sliding the man's right hand from the hip to the shoulder blade of the woman, while the man's left hand and the woman's right hand join in position.

During steps 11, 11a, 11b, 11b1, 11b2 skaters perform different steps.

Step 11 for man is a LFO stroke for 2 beats.

Step 11b1 for man is a DCh-RFI (Dropped Chasse) for 2 beats.

Step 11b2 for the man is a LFO stroke for 2 beats followed by a step 11b3 (CIMK RBO) for 2 beats, with free leg finishing in front of the skating foot. During execution of the closed mohawk for the man (step 11b3) and the RBO three turn for the woman (step 11b), the couple assumes Promenade position.

Step 11a for the woman (LFO) is a one beat stroke aimed to the long side barrier.

Step 11b for the woman is 7 beats, distributed as follows:

- On the 1st beat an inverted mohawk (RBO) continuing toward the long side barrier.
- On the 2nd beat a RBO three turn to a RFI parallel to the long axis, corresponding to the start of the man's step 11b1 (DCh RFI) followed by:
- A forward extension of the left free leg on the 3rd beat;
- On the 4th beat a swing bringing the free leg back (at the start of the man's step 11b2 LFO), aimed toward the short side barrier.
- On the 6th beat a RFI three turn (at the start of the man's step 11b3 RBO), performed in "and" position, aimed toward the long axis and finishing on RBO directly with the free leg in front with respect to the skating foot to match the man.

Starting from Step 11b3, RBO for both the man and the woman, the couple will return to perform the same steps until the end of the dance.

Step 12 XF LBI - three turn – Sw, is a cross in front LBI for 3 beats and a half that starts in Promenade position and ends in Kilian position at the end of three turn on the 2nd beat. Swinging or lengthening the right free leg in back on the 3rd beat is optional. The step ends parallel to the short axis.

During the 1st beat of step 12, the skaters perform a XF with the simultaneous backward extension of the free leg; on the 2nd beat the feet come together in "and" position to perform a three turn in unison (from a LBI edge three turn to a LFO edge). The change of position (from Promenade to Kilian) occurs at the 2nd beat with the man's right hand sliding from the woman's shoulder blade to the woman's side while the left hands of the skaters are brought to the height of hip of the man (Kilian position).

Step 13 is a Quick Ch RFI for half beat for both skaters that is just after the long axis.

Step 14, LFO for 2 beats is a stroke which moves away from the long axis and toward the long side barrier.

The step 15 is a DCh RFI (Dropped Chasse) for 2 beats, continuing toward the long side barrier and ends near parallel to long axis.

DANCE KEY-POINTS (Easy Paso COUPLES)

SECTION 1:

1. Step 4 is a RF-FLAT executed with an obvious bend of the right knee and extension of the left leg, aiming toward the long axis. All eight wheels must remain in contact with the floor.
2. Step 5 is a LFI-Slide performed on the inside edge of the left foot and the simultaneous forward extension of the right leg on an outside edge, advancing toward the long axis to begin the descent toward the short axis. All eight wheels must remain in contact with the floor. The inside edge of the skating foot should be deep and evident.
3. Step 9 (XR LFO) is an evident cross roll skated in Kilian position and aimed toward the short axis. The couple must demonstrate a clear change of lean.
4. Step 11b3 for the man is a closed mohawk RBO for 2 beats. Correct execution of the closed mohawk. During the execution of the closed mohawk for the man (step 11b3) and three turn for the woman on the 6th beat (step 11b): pay attention to the unison of the couple and the correct change of position (Promenade) which must be performed maintaining the correct lean.
5. Step 12 (XF LBI-3-Sw) is a 3 beat and a half step which begins in Promenade position and finishes with a three turn for both skaters in Kilian position on the 2nd beat. Swinging or lengthening the right free leg in back on the 3rd beat is optional. The couple must perform the three turn with fluidity, with respect to the prescribed timing and positions.

LIST OF THE STEPS

HOLD	STEP	MAN'S STEPS	BEATS			WOMAN'S STEPS
			M	B	W	
KILIAN	1	LFO		1		LFO
	2	RUN RFI		1		RUN RFI
	3	LFO		2		LFO
	4	RF Flat L foot F		1		RF Flat L foot F
	5	LFI Slide R foot F		1/2		LFI Slide R foot F
	6	RFO		1/2		RFO
	7	XB LFI		2		XB LFI
	8	RFO		2		RFO
	9	XR LFO		1		XR LFO
FOXTROT	10	Ch RFI		1		Ch RFI
	11a	LFO	2		1	LFO
	11b				7	IvMk RBO (on beat 1) THREE TURN (on beat 2) RFI SWING (on beat 4)
	11b1	DCh RFI	2			
(See the notes)	11b2	LFO	2			
PROMENADE	11b3	Cl Mk RBO	2			THREE TURN (on beat 6) RBO
	(See the notes)	12	XF LBI- THREE TURN LFO (on beat 2) Swing (on beat 3 optional)	1+ 1+ 1 ½		XF - LBI- THREE TURN LFO (on beat 2) Swing (on beat 3 optional)
KILIAN	13	Quick Ch RFI		1/2		Quick Ch RFI
	14	LFO		2		LFO
	15	DCh RFI		2		DCh RFI

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