

ITALIAN FOXTROT SOLO

by Odoardo Castellari

Music: Foxtrot 4/4
Pattern: Set

Tempo: 96 bpm

This is a lively, lilting dance and should be skated with strong edges.

Step 1 LFO (1 beat) begins aiming toward the long side barrier and is followed by **step 2** XCh RFI (1 beat) which curves around to finish aiming to the short side barrier. **Steps 3** LFO, **4** Run RFI, and **5** LFOI Sw should be skated on clear edges with a change of edge to inside on the third beat of step 5, with a simultaneous swing in front of the free leg (2+2).

Steps 6 RFI and **7** OpMk LBI form an open mohawk aimed toward the long side barrier and must be executed by placing the heel of the left foot closely to the inside of the right foot.

Steps 8 RBO, **9** Run LBI and **10** LBOI curve from the long side barrier with step 10 finishing toward the center of the rink.

Step 10 is a special feature of this dance. It is a very lively step with a quick movement of the free leg. Immediately after stroking, the free foot is brought alongside the skating foot so that the free foot is in the "and" position by the end of the first beat. The first beat is composed of two half beats on an outside edge: 1/2 beat with free leg extended and 1/2 beat recalling the free leg to "and" position. On the second beat, the free leg is pushed to the side, while changing the edge from outside to inside. The direction after the change of edge is toward the long axis, starting a lobe that ends with step 13 in the direction of the long side barrier.

Steps 11 LBO and **12** XCh RFI curve to finish at the short axis and parallel to the long axis. **Step 13** LBO (2 beats) is a deep edge that completes the lobe, finishing almost perpendicular to the long side barrier.

Steps 14 RBO, **15** Ch LBI and **16** RBO form a lobe that begins toward the long side barrier and curves to finish toward the long axis.

Steps 17 LBO stroke (1 beat) and **18** RBO stroke (1 beat) must be skated as outside edges. They should have a light, bouncing character. These steps must be executed with the free legs forward.

Step 19 Cw LFI (2 beats) begins at the long axis and must be skated on a clear inside edge. In preparation for this choctaw the left free leg should be recalled quickly from the forward extension of step 18.

Step 20 RFI is aimed initially toward the short side barrier and curves to finish parallel to it

Steps 21 to 25 (21 LFO - 22 XCh RFI - 23 LFO - 24 Run RFI - 25 LFO) continue on a lobe that begins toward the long side barrier, becomes parallel to it with step 23 and finishes aiming toward and almost perpendicular to the long axis with step 25,

Step 26 XR RFO 3t is aimed toward the center of the floor with the 3 turn executed on the second beat of the step. This step finishes parallel to the long axis, followed by **step 27** LBO which completes the lobe aiming toward the long side barrier.

Step 28 XR RBO 3t 3t (4 beats total) is a cross behind on the first beat, a three turn from RBO to RFI on the second beat and a three turn from RFI to RBO on the third beat, then holding the backward outside edge for the remaining 2 beats finishing toward the long axis. The free leg movement during this step is optional

Step 29 XR LBO (2 beats) aims toward the long axis, followed by **step 30** Mk RFO 3t, with the three turn executed on the second beat of the step.

Step 31 DCh LBO (1 beat) should be skated on a deep outside edge toward the long side barrier with a quick return of the free leg for **step 32** Cw RFI (1 beat), which completes the dance.

KEY POINTS

Section 1

1. **Step 5 LFOI Sw:** must be skated on clear edges with the change of edge occurring on the third beat of the step with the simultaneous swing in front of the free leg.
2. **Steps 6 RFI and 7 Op Mk LBI:** correct technical execution of the open Mohawk on correct edges and correct placement of the foot.
3. **Step 10 RBOI:** attention to the correct timing and execution of the change of edge from outside to inside on the second beat of the step and the simultaneous optional movement of the free leg.
4. **Steps 17 LBO and 18 RBO:** correct technical execution of the steps skated on outside edges, with a light bouncing character. These steps must be skated as strokes and not as chasses.

Section 2

1. **Step 19 Cw LFI** should be skated on clear edges with feet close together and with proper lean.
2. **Step 26 XR RFO 3t:** correct technical execution of the Xroll, with correct lean, and the three turn on correct edges.
3. **Step 28 XR RBO 3t 3t:** correct technical execution of the cross roll and three turns with correct timing of the turns and clear edges with good control of the exit of the second turn on a strong outside edge.
4. **Steps 30 Mk RFO 3t, 31 DCh LBO and 32 Cw RFI:** correct technical execution of all turns with feet close together and correct timing.

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No.	Steps	Beats
1	LFO	1
2	XCh RFI	1
3	LFO	1
4	Run RFI	1
5	LFOI Sw	2+2
6	RFI	1
7	OpMk LBI	1
8	RBO	1
9	Run LBI	1
10	RBOI	1+1
11	LBO	1
12	XF RBI	1
13	LBO	2
14	RBO	1
15	Ch LBI	1
16	RBO	2
17	LBO stroke	1
18	RBO stroke	1
19	Cw LFI	2
20	RFI	2
21	LFO	1
22	XCh RFI	1
23	LFO	1

24	Run RFI	1
25	LFO	2
26	XR RFO 3t	1+1
27	LBO	2
28	XR RBO 3t 3t*	1+1+2
29	XR LBO	2
30	Mk RFO 3t	1+1
31	DCh LBO	1
32	Cw RFI	1
	*movement of the free leg is optional	

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