

KEATS FOXTROT - COUPLES

By: Eva Keats & Erik Van Der Weyden

Music: Foxtrot 4/4

Tempo: 96 bpm

Positions: Foxtrot - Waltz - Partial Tango - Tango

Pattern: Set

Step 1, LFO (1 beat), **2**, XCh RFI (1 beat) and **3**, LFO (2 beats), the same for both partners in Foxtrot position, form a sequence of steps which begins toward the long side barrier, becomes parallel to it and finishes aiming perpendicular to the long axis at the baseline.

Step 4a and 4b for the man and **step 4** XR RFO form a lobe that starts and ends on the baseline.

Step 4a XR RFO 3t (2 beats 1+1) for the man begins with a cross roll on the first beat, aiming initially toward the long axis, followed by a three turn on the second beat, which finishes parallel to it. **Step 4b** LBO for the man is a step (2 beats) that begins parallel to the long axis and curves in the direction of the long side barrier, finishing on the baseline.

The woman, on **step 4** XR RFO (4 beats total) is executed as follows:

- A cross roll, together with the man, on the first beat of the step;
- A return of the free leg to the skating foot in "and" position on the 2nd beat, simultaneously with the three turn of the man;
- A bending of the skating knee on the 3rd beat of the step with a stretch of the free leg in back for two beats simultaneously with step 4b of the man.

The couple assumes Waltz position with step 4b of the man, which will be maintained up to step 8.

Steps 5 to 8 form a lobe which begins on the baseline and aims toward the long side barrier, intersects the short axis with steps 6 and 7 and ends with step 8, perpendicular to the long axis and ending on the baseline

Step 5 RBO (2 beats) for the man, coincides with step 5 XR LFO 3t (2 beats 1+1) for the woman, who executes a forward cross roll on the 1st beat followed by a three turn on the 2nd.

Step 6 is a Mk LFO for the man and a RBO for the woman (both 1 beat), which ends at the short axis.

Step 7 Run RFI for the man and Run LBI for the woman (both 1 beat) begin at the short axis.

Step 8 LFO for the man and RBO for the woman (both 2 beats) are outside edges which finish at the baseline and almost perpendicular to the long axis.

At the end of step 8, the man moves next to the woman to prepare for **step 9** XR RFO 3t (2 beats), with the cross roll on the 1st beat and the three turn on the 2nd beat, as the woman executes a XR LBO (2 beats), with the couple in Tango position. The lobe begins on the baseline with step 9 and finishes almost perpendicular to the short side barrier with step 10.

On **Step 10** LBO for the man and RFO for the woman (2 beats), the skaters assume Waltz position, and during this step, must be careful to remain close and avoid separation between them.

The next lobe, formed by **steps 11a** RBO and **11b** Run LBI (1 beat each) for the man and step 11 LFO for the woman (2 beats), followed by Step 12 RBO for the man and CIMk RBO for the woman (4 beats) strongly curves to finish parallel to the long axis. Step 12 should be executed before the long axis and the couple intersects the long axis on the 2nd beat of the step.

During step 11, the woman moves to the right hip of the man, and the couple assumes partial Tango position. The movement of the woman's free leg on this step is optional.

Step 12, RBO for the man and **CIMk RBO** for the woman (4 beats total on outside edge): After the first beat, which ends with the free leg in front, the movement of the free leg during the remaining beats is optional. The couple assumes Foxtrot position on this step and remain in this position for the remainder of the dance.

At the end of step 12, the free foot is brought close to the heel of the skating foot to enable the skaters to correctly execute **step 13**, Cw LFI (2 beats), on a good inside forward edge aiming toward the long side barrier.

Step 14, RFI (2 beats) , is an open stroke and should be skated with angled feet. It should be skated in the direction of the long side barrier, curving to become parallel to it.

KEY POINTS

KEATS FOXTROT Couples

Section 1:

1. Step 2 XCh RFI (1 beat): Correct technical execution of the XCh for both partners with feet close and parallel without lightening of the edge before or after the cross.

2. Step 4a XR RFO 3t (2 total beats) and **step 4b LBO** for the man: Attention to the correct technical execution of the cross roll and three turn, maintaining the correct edge after the three turn on the 2nd beat, with feet close together; **step 4b LBO**: executed on an outside edge with no variation from it. Attention to the proximity of the partners and the correctness of the Waltz position during this step.

3. Step 5 XR LFO 3t (2 beats total 1+1) for women: a cross roll on the 1st beat followed by a three turn on the 2nd beat with feet close together. The cross roll is skated in Waltz position (not Reverse Tango) and the three turn of the woman close to the man (without separation of the couple).

Section 2:

1. Step 9 XR RFO 3t for the man (2 beats total, a cross roll on the 1st beat and a three turn on the 2nd beat) and **XR LBO** for the woman (2 beats) in Tango position: attention to of the man as well as the proximity of the skaters before and after the three turn.

Step 10 Mk RFO for woman: attention to the correct technical execution of the mohawk with heels close together (not wide), and the proximity of the skaters during this step (without separation of the partners during the mohawk).

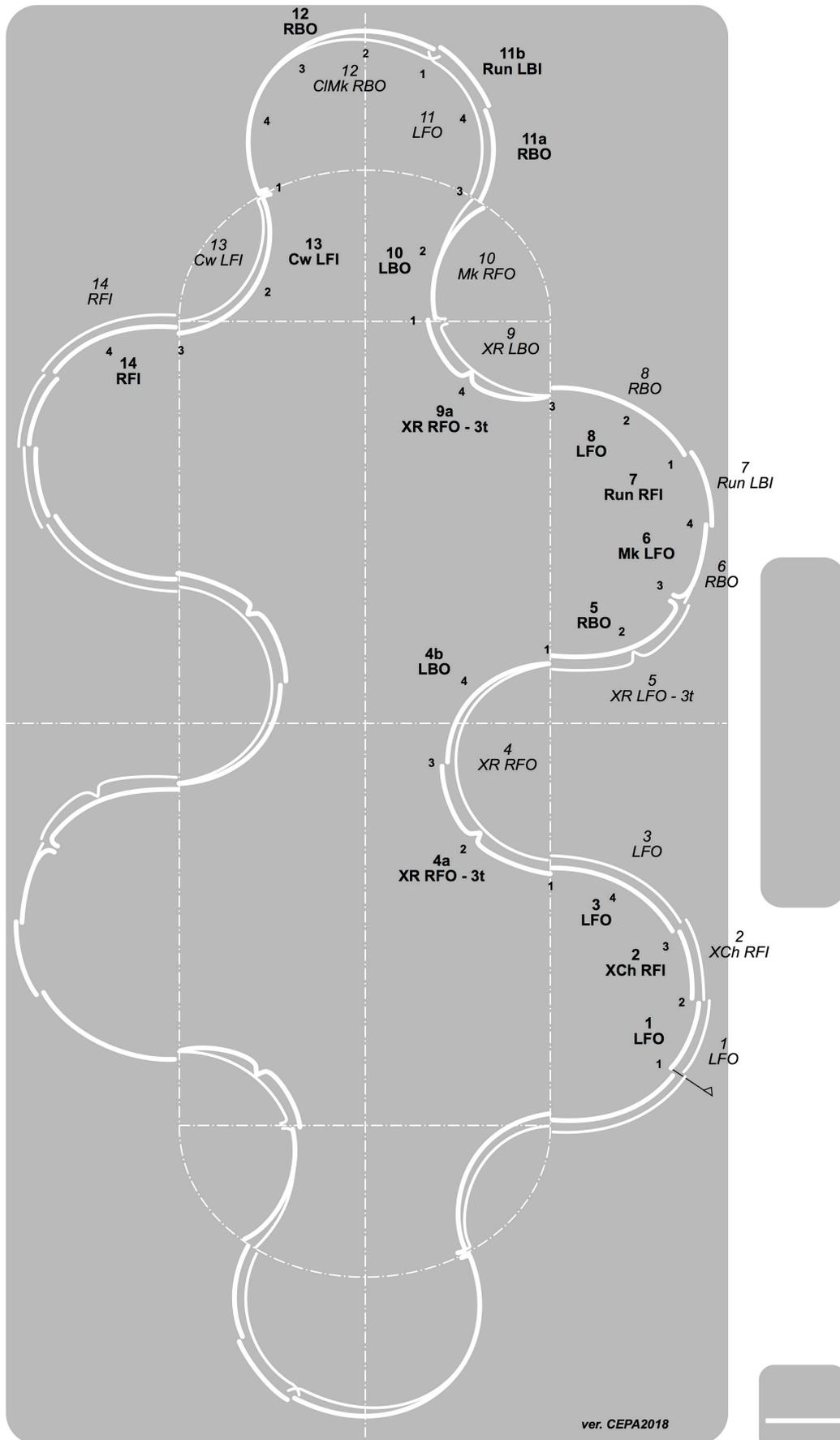
2. Step 12 (4 beats) **Run RBO** for the man and **CIMk RBO** for the woman: Attention to the correct technical execution of the closed mohawk with proper positioning of the free foot placed on the outside of the skating foot and the maintenance of the outside during all 4 beats, without deviation from the required edge.

3. Step 13 Cw LFI (2 beats) to a left forward inside edge: Correct technical execution of the choctaw for both skaters with heels kept in contact before the turn (often the feet are wide) and maintaining the inside edge during the two beats, with no deviation from the edge.

KEATS FOXTROT - Couples (96 bpm)

<i>Position</i>	<i>No.</i>	<i>Man's Steps</i>	<i>Musical Beats</i>		<i>Woman's Steps</i>	
SECTION 1						
Foxtrot	1	LFO		1	LFO	
	2	XCh RFI		1	XCh RFI	
	3	LFO		2	LFO	
	4a	XR RFO 3t	1+1		4	XR RFO
Waltz	4b	LBO	2			
	5	RBO	2		1+1	XR LFO 3t
	6	Mk LFO		1		RBO
	7	Run RFI		1		Run LBI
	8	LFO		2		RBO
SECTION 2						
Tango	9	XR RFO 3t	1+1		2	XR LBO
Waltz	10	LBO		2		Mk RFO
	11a	RBO	1		2	LFO
	11b	Run LBI	1			
Foxtrot	12	RBO *		4		CIMk RBO*
	13	Cw LFI		2		Cw LFI
	14	RFI		2		RFI
*Movement of the free leg is optional.						

KEATS FOXTROT - Couples (96 bpm)



KEATS FOXTROT - SOLO (woman's steps)

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Music: Foxtrot 4/4

Tempo: 96 bpm

Pattern: Set

Step 1, LFO (1 beat), **2**, XCh RFI (1 beat) and **3**, LFO (2 beats), form a sequence of steps which begins toward the long side barrier, becomes parallel to it and finishes aiming perpendicular to the long axis at the baseline.

Step 4 XR RFO (4 beats) forms a lobe that starts and ends on the baseline, aiming initially toward the long axis and finishing toward the long side barrier. It is a cross roll on the first beat with the movement of the free leg optional during the step

Steps 5 to 8 form a lobe which begins toward the long side barrier, beginning at the baseline, and ends with step 8, perpendicular to the long axis and ending on the baseline.

Step 5, XR LFO 3t (2 beats 1+1) is a cross-roll on the first beat followed by a three turn on the second beat.

Steps 6 RBO (1 beat), **7** Run LBI (1 beat) and **8** LBO (2 beats) complete the lobe, ending at the baseline and almost perpendicular to the long axis.

Step 9 XR LBO (2 beats) begins on the baseline, toward the long axis and **Step 10** Mk RFO (2 beats) finishes aiming almost perpendicular to the short side barrier.

The next lobe, formed by **steps 11**, LFO (2 beats) and **12**, CIMk RBO (4 beats) strongly curves to finish parallel to the long axis. Step 12 should be executed before the long axis and the skater intersects the long axis on the 2nd beat of the step.

Step 12, CIMk RBO (4 beats total on outside edge): After the first beat, which ends with the free leg in front, the movement of the free leg during the remaining beats is optional.

At the end of step 12, the free foot is brought close to the heel of the skating foot to enable the skater to correctly execute **step 13**, Cw LFI (2 beats), on a good inside forward edge aiming toward the long side barrier.

Step 14, RFI (2 beats), is an open stroke and should be skated with angled feet. It should be skated in the direction of the long side barrier, curving to become parallel to it.

KEY POINTS

KEATS FOXTROT SOLO (woman's steps)

Section 1:

1. **Step 2** XCh RFI (1 beat): Correct technical execution of the XCh with feet close and parallel without lightening of the edge before or after the cross.

2. **Step 5** XR LFO 3t: (2 beats total 1+1): a cross-roll on the first beat followed by a three turn on the second beat with feet close together. Proper attention to the lean and inside edge at the end of the three turn.

3. **Step 8**, RBO (2 beats) is an outside edge, almost perpendicular to the long axis, with no change to inside edge.

Section 2:

1. **Step 9**, XR LBO (2 beats): Correct technical execution of the cross roll. Step 10 , Mk RFO (2 beats): Correct technical execution of the mohawk with heels close together and correct placement of the RFO edge, not wide.

2. **Step 12** CIMk RBO (4 beats): Correct technical execution of the closed mohawk, with proper positioning of the free foot placed to the outside of the skating foot, and the maintaining of the outside edge during the 4 beats, without deviation from the edge.

3. **Step 13**, Cw LFI (2 beats): Correct technical execution of the choctaw with feet kept in contact before turning, (not wide) and maintaining of the inside edge during the two beats, with no deviation from the edge.

KEATS FOXTROT - SOLO

Step No.	Step	Musical Beats		
SECTION 1				
1	LFO		1	
2	XCh RFI		1	
3	LFO		2	
4	XR RFO*		4	
5	XR LFO 3t		1+1	
6	RBO		1	
7	Run LBI		1	
8	RBO		2	
SECTION 2				
9	XR LBO		2	
10	Mk RFO		2	
11	LFO		2	
12	CIMk RBO*		4	
13	CW LFI		2	
14	RFI		2	
*Movement of the free leg is optional				

KEATS FOXTROT – SOLO (96 bpm)

