

MIDNIGHT BLUES SOLO

By: Roy, Sue, and Mark Bradshaw and Julie MacDonald, 2001: couple
(by: Lorenza Residori – Daniel Morandin – Marie Gaudy 2015: solo dance)

Music: Blues 4/4
Pattern: Set

Tempo: 92 bpm

Step 1: choctaw LFI aimed toward the long axis (1 beat), followed by step 2.

Step 2: (RFO Sw Br Br Ct) (7 beats total), comprised as follows:

- RFO on first beat of the step aimed toward the long axis;
- Forward swing of the free leg on the second beat of the step, and held in front for the third beat, beginning toward the long axis and becoming parallel to it;
- Outside bracket (from RFO to RBI) on the fourth beat of the step, beginning to move away from the long axis;
- Inside bracket (from RBI to RFO) on the fifth beat of the step, which continues in the direction of the previous step;
- Outside counter (from RFO to RBO) on the sixth beat of the step, which finishes almost parallel to the long axis on the seventh beat. With the end of the counter and the beginning of the following step, the skater crosses the short axis.
- The free leg movements on beats 4 through 7 are optional.

Step 3: (XR LBO) (2 beats) this step begins parallel to the long axis and descends toward the long side barrier, the movement of the free leg is optional.

Step 4: (XB RBO) (1 beat), parallel to the short axis, is followed by **step 5**, a cross stroke (XS LBI) (1 beat) aimed toward the long side barrier.

Step 6: (RBO) (1 beat) and **step 7:** run LBI (1 beat).

The sequence of steps 4,5,6,7 and the first two beats of step 8 form a lobe that aims initially toward the long side barrier, becomes parallel to it, and then moves away from it with step 7 and the first two beats of step 8.

Step 8: (run RBOI 3t) (6 beats total) consists of a change of edge on the third beat and a three turn on the fourth beat; this step is aimed initially toward the long axis, becoming parallel to it, and finishes toward the long side barrier of the rink. The movement of the free leg during the execution of step 8 is optional.

Step 9: (XS LFI) (1 beat) is a cross stroke parallel to the short side barrier, is followed by **step 10**, a wide step RFI 3t (2 beats). During step 10, the wide step is performed aiming toward the long side barrier on the first beat, the three turn (RFI to RBO), on the second beat, continues to curve toward the long side barrier. The movement of the free leg is optional.

Step 11: (XS LBI) (1 beat) is a cross stroke that curves to become parallel to the long side barrier.

Step 12: (Dr Ch RBO 3t) for 4 beats total, distributed as follows:

- A dropped chasse on the first beat, beginning parallel to the long side barrier and moving away from it;
- A three turn (from RBO to RFI) on the second beat of the step with the free leg bent in front, close to the skating leg. The three turn begins parallel to the short side barrier and finishes with a backward extension of the free leg for the following beats, curving toward the long axis and becoming almost parallel to it.

Step 13: (LFO) (2 beats) aimed toward the center of the rink, parallel to the long axis, followed by **step 14** (XR RFO) (1 beat) and **step 15** (run LFI Sw Ct) for 4 ½ beats total distributed as follows:

- A run LFI on the first beat, followed by a forward swing of the free leg on the second beat, and held in front on the third beat; the aim on the third beat is perpendicular to the long axis;

- An inside counter (from LFI to LBI) aiming perpendicular to the long side barrier, with the free leg in back at the end of the turn for 1 ½ beats; the exit edge of the counter begins parallel to the short axis, moves toward the long side barrier, and concludes toward the short axis.

Step 16: (Ch RBI) (½ beat), followed by **step 17** (LBO) (2 beats), parallel to the short axis.

Step 18: (RBO) (2 beats) begins toward the long side barrier and becomes parallel to it to prepare for the next step, **step 19**, (Mk LFO) (2 beats), which begins parallel to the long side barrier and moves toward the long axis.

Step 20: (XR RFO 3t) (4 beats). The three turn is performed on the second beat of the step, at the short axis, with the free leg held close to the skating leg and then extending in back for the third and fourth beats. This step begins toward the long axis, and moves away from it to descend toward the barrier.

Step 21: (Cw LFO) (1 beat) followed by a XCh RFI (**step 22**).

Step 23: (LFO) (2 beats) on an outside edge beginning parallel to the long side barrier and finishing toward the long axis.

Step 24: (XR RFO) (1 beat). On this step the skater prepares for **step 25** (XB LFI IB 3t) (3 beats total), composed of a one beat cross behind followed by an Ina Bauer for 1 ½ beats (**Ina Bauer**: the bodyweight is over both feet supported on the skating surface with the left foot forward on a LFI with the corresponding leg bent; the other foot's tracing is farther behind and closer to the long axis on a RBI aimed opposite from the left foot with the leg extended; the feet are on different tracings). At the end of step 25, a quick three turn is performed (from LFI to LBO) (½ beat), keeping the right foot on the skating surface. The aim of steps 24-25 is initially toward the long axis, becoming parallel to it during the Ina Bauer, and moving away from it with the three turn.

Step 26: (1 ½ beats) is composed of a XS RBI cross stroke starting with two feet on the floor and ending with a push, with the left foot lifting from the floor crossed behind the skating leg, followed by a quick wide step LBI (**step 27**) for ½ beat.

Step 28: (RBO 3t 3t) (4 beats total) is composed of a RBO (for 1 beat) followed by two quick three turns (from RBO to RFI, and from RFI to RBO), for ½ beat each, finishing on an outside edge with the free leg in front. The quick three turns are performed parallel to the long side barrier, and on the last two beats the RBO edge curves away from it.

Steps 29 (Mk LFO) (1 beat) moves away from the long side barrier, becoming parallel to the short side barrier with **step 30** (run RFI) (1 beat) aimed toward the long axis.

Step 31: (LFO Rk) (2 beats) begins for one beat on a LFO parallel to the long axis, followed by a rocker on the second beat of the step that finishes on a LBO and becomes parallel to the long axis.

Step 32: (XB RBI 3t) (4 beats total) in which the three turn is performed on the third beat of the step, and which begins aiming toward the center of the rink and becomes parallel to the short axis.

Step 33: (ClCw LBI) (1 ½ beats) finishes with the free leg in front with respect to the skating leg, followed by a wide step RBI, **step 34**, (½ beat) and **step 35** (LBO) (1 beat) that descends toward the short side barrier.

Step 36: (XS RBI) (1 beat) is a cross stroke that curves toward the long axis, followed by **step 37**, a lateral lunge (Thrust) LBI (2 beats), performed with the left skating leg bent and the right leg extended outward with the front inside wheel supported on the skating surface. Step 37 begins parallel to the long axis and curves toward the short side barrier.

Step 38: (RBO) (1 beat) begins parallel to the short side barrier and aims toward the long side barrier, followed by **step 39**, (XS LBI) (1 beat), which continues the aim of the previous step, toward the long side barrier, becoming almost parallel to it.

Step 40: (RBO Sw) (4 beats) with a backward swing of the free leg on the third beat of the step, which begins parallel to the long side barrier and finishes toward the long axis in preparation for the choctaw LFI (step 1 of the dance).

NOTE: the Choctaw LFI (step 1), it is essential to be able to execute the restart of the dance, therefore it must be repeated at the end of the dance itself.

For the execution of the compulsory dance, this step should be repeated three (3) times (at the beginning, at the end of the first repetition and at the end of the second repetition).

For the execution of the dance, as the required element inserted in Style dance, this step should be repeated two (2) times (at the beginning and at the end of the repetition).

KEY POINTS MIDNIGHT BLUES SOLO

Section 1:

1. **Step 1:** choctaw LFI toward the long axis with correct technique and edges before and after the turn.
2. **Step 2:** RFO bracket-RBI bracket-RFO counter with correct technique and edges before and after each turn; the required turns must form lobes pronounced by the depth of the edges.
3. **Step 8:** RBOI 3t for six beats total with the change of edge on the third beat of the step and the three turn on the fourth beat.

Section 2:

1. **Step 15:** (Run LFI Sw Ct): for 4 ½ beats total, distributed as follows:
 - A run LFI on the first beat, followed by a forward swing of the free leg on the second beat and held in front on the third beat;
 - An inside counter (from LFI to LBI) with the free leg held in back at the end of the turn for 1 ½ beats; correct technical execution of the counter turn with required timing and edges before and after the turn.
2. **Step 25:** (XB LFI Ina Bauer 3t): correct technical execution of the Ina Bauer with the left leg bent, right leg extended in back, feet on separate tracks and in opposite directions (left foot on inside forward and right foot on inside backward edge); the left foot is on a track that is more to the inside with respect to the right foot, which, while curving, is closer to the long axis.
3. **Step 28:** (RBO 3t 3t) correct technical execution of the two three turns, correct timing of the turns (½ beat each), correct edge RBO at the end of the second three turn and elevation of the free leg.

Section 3:

1. **Steps 31-32-33:** correct technical execution of the LFO Rk (step 31 for two beats) on the second beat; XB RBI 3t (step 32 for four beats) with well pronounced edges on the entrance and exit of the three turn; ClCw LBI (step 33 for 1 ½ beats) with the free leg in front at the end of the turn.
2. **Step 37: Lateral Lunge (Thrust) LBI:** pronounced inside edge with correct technique, maximum amplitude of movement, and front inside wheel of the right foot supported in back on the skating surface, and the right leg extended.
3. **Step 40: (RBO Sw Cw):** swing on the third beat of the step, maintaining an outside edge through the end of the fourth beat in preparation for step 1 (choctaw LFI), with correct technique and edges before and after the choctaw.

Midnight Blues		
Step No.	Step	Beats
SECTION 1		
1	Cw LFI	1
2	RFO Sw Br Br Ct	1+2+1+1+2
3	XR LBO	2
4	XB RBO	1

5	XS LBI	1
6	RBO	1
7	Run LBI	1
8	Run RBOI 3t *	2+1+3
9	XS -LFI	1
10	Wd RFI 3t *	1+1
11	XS LBI	1
12	DCh RBO 3t	1+3
13	LFO	2
14	XR RFO	1
SECTION 2		
15	run LFI Sw-Ct	3+1 ½
16	Ch RBI	½
17	LBO	2
18	RBO	2
19	Mk LFO	2
20	XR RFO 3t	1+1+2
21	Cw LFO	1
22	XCh RFI	1
23	LFO	2
24	XR RFO	1
25	XB LFI Ina Bauer LFI 3t (with both feet on floor)	1+1 ½ + ½
26	XS RBI	1 ½
27	Wd LBI	½
28	RBO 3t 3t	1+ ½ + ½ + 2
29	Mk LFO	1
30	run RFI	1
31	LFO Rk	1+1
32	XB RBI 3t	2+2
33	ClCw LBI	1 ½
34	Wd RBI	½
35	LBO	1
36	XS RBI	1
37	LBI Thrust (RBI Lateral Lunge)	2
38	RBO	1
39	XS LBI	1
40	RBO Sw	2+2
*Free movement of the free leg		

Midnight Blues Solo

