

**CONFÉDÉRATION EUROPÉENNE  
DE ROLLER – SKATING**

**C.E.R.S. (affiliée À LA F.I.R.S.)**

**COMITÉ EUROPÉEN DE PATINAGE ARTISTIQUE (CEPA)**

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**New Compulsory  
Dances for Solo and  
Couple Dance**

**Version 2009**

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***ROLL★LINE*®  
*SKATES and WHEELS***

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# THE 14 STEP PLUS – Solo dance only

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 Beats

Pattern: Set

## *Notes:*

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 1<sup>st</sup> beat XF 2<sup>nd</sup> beat 3 turn 3<sup>rd</sup> 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 runA forward progressive step – not crossed**

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

Attention points:

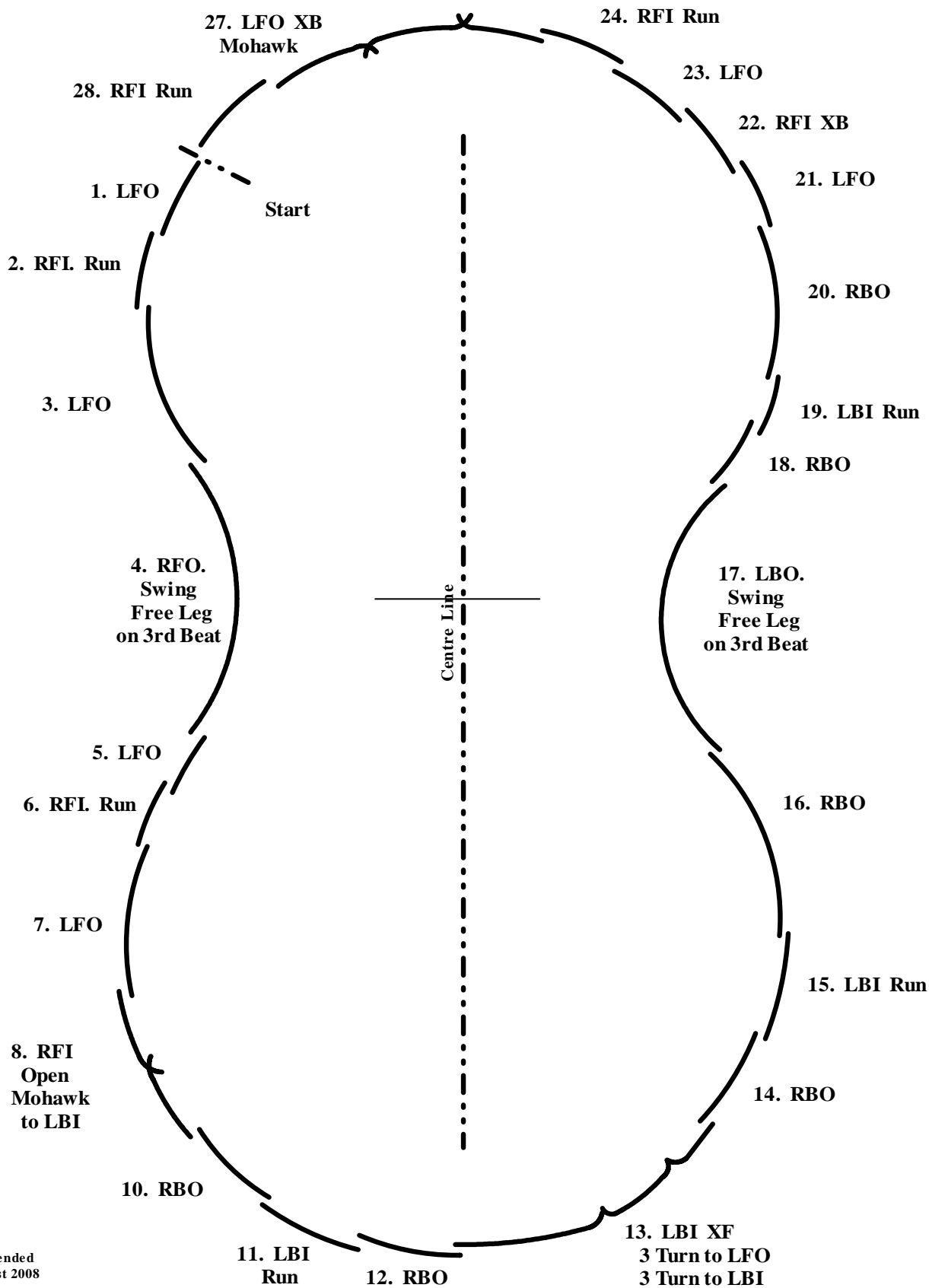
- All progressive steps must be progressive
- Correct execution of steps 8 & 9 (Open Mohawk)
- Correct execution of step 13. Attention to the accuracy of the three turn and of the correct time.
- Correct execution of steps 25,26,27 & 28. Step 28 must be a run

List of Steps:

	<b>Steps</b>	<b>Beats</b>
1	LFO	1
2	Run RFI	1
3	LFO	2
4	RFO Swing free leg forward on 3 <sup>rd</sup> 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 <sup>nd</sup> Beat to LFO and Three Turn to LBI on 3 <sup>rd</sup> Beat	3
14	RBO	1
15	Run LBI	1
16	RBO	2
17	LBO Swing free leg backward on 3 <sup>rd</sup> 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

# THE 14 STEP PLUS

25/26 LFO Open  
Mohawk to RBO



Ammended  
August 2008

# CASTEL MARCH

By Odoardo Castellari

Music: March 4/4 or 2/4  
Holds: Kilian  
Reverse Kilian  
Closed

Tempo: 100 Metronome  
Set Pattern

## *Notes:*

- All steps, not otherwise described, are runs.
- All steps that are the same for man and lady are shown only one time in the diagram.
- Steps from 1 to 8 (included) are in Kilian position.
- Step 6 – The couple skate a closed Mohawk and remain in Kilian position.
- Step 9-10 – Step 9 is a cross forward, then the partners release the hold and turn from left inside backward to right inside forward (step 10). The left foot begins a half three turn with the right foot close (parallel) then the right foot skates a right forward inside. At the end of the step the free leg crosses behind the skating foot. The partners skate separately, turning counter clockwise. The lady goes to the man's back and the couple take up reverse Kilian position.
- Step 13 for the Man – 13a/13b for the Lady – The partners make a left forward outside cross roll; on the second beat the man skates a three turn while the lady makes a right forward inside chasse.
- Steps 14 and 15 are in Closed position (Waltz)
- Steps 16a/16b for the Man – 16 for the Lady. The Man makes a right back outside and a left chasse; the Lady makes a left forward outside and then a three turn.
- Steps 17 and 18 are in Reverse Kilian position.
- Step 19. It begins with the couple in Reverse Kilian position right back outside ; the left leg, which is forward has to be taken backwards (swing) with a strong movement, to prepare the next step.
- Step 20. With the execution of the Closed Mohawk (left forward outside) the couple will be in Kilian position, the right leg forward and stretched. The Kilian position will remain until step 27.
- Steps 23 and 14: They are two very short steps, made only in one beat of the music: with step 23 (right forward outside) the partners cross in front and quickly skate a left inside edge crossed behind
- Step 25. Cup step; It is a Chasse where the free foot swings forward.
- Step 28 a-b-c-d; It is a particular step of five beats of music, which starts in Kilian position.:  
28a – left forward outside run (1 beat);  
28b – the right foot is taken close, parallel to the left foot and immediately the couple go into a thrust, during the 2<sup>nd</sup> beat (thrust: left and right foot together on the floor; then left knee is very bent and pushed forward; the right leg is stretched back;

28c – the couple remain on a left outside edge and the right skate, gliding on the floor, swings forward; the couple change into tandem position (lady in front (left skates in the same line ), both legs are stretched;

28d – 4 and 5 beats – the right leg comes back (right foot is close near left foot) so the couple change from forward outside to left forward inside, the lady goes to the left side of the man; in this position the left hands of the partners are held and lifted over the lady's head, the right hands held on the lady's right hip. This hold remains during steps 29 and 30.

- Step 39. (this step begins in the same position as step 28d) cross left forward; the couple make a three turn on the 2<sup>nd</sup> beat.

- Step 31. Kilian position; this position remains until the end of the dance.

- Steps from 35 to 37: Step 35 is a RFO cross roll, step 36 is skated on the flat with both skates on the floor. (Flat, the skaters bring their left feet close to the right, throwing all their weight on the left and pushing the right leg forward); then lift the right foot from the floor, the couple skate a cut-step right forward inside (step 37)

#### Attention points:

-Attention to the correct timing of the steps 9 -10,24 and 25 (half beat each) also the step 28 (5 beats).

-Precise execution of the change of hold during the step 10.

-Closed mohawk between steps 19 and 20 and correct execution of the step 21 which must not be crossed.

-Step 28 : change of positions and change of edge maintaining fluidity.

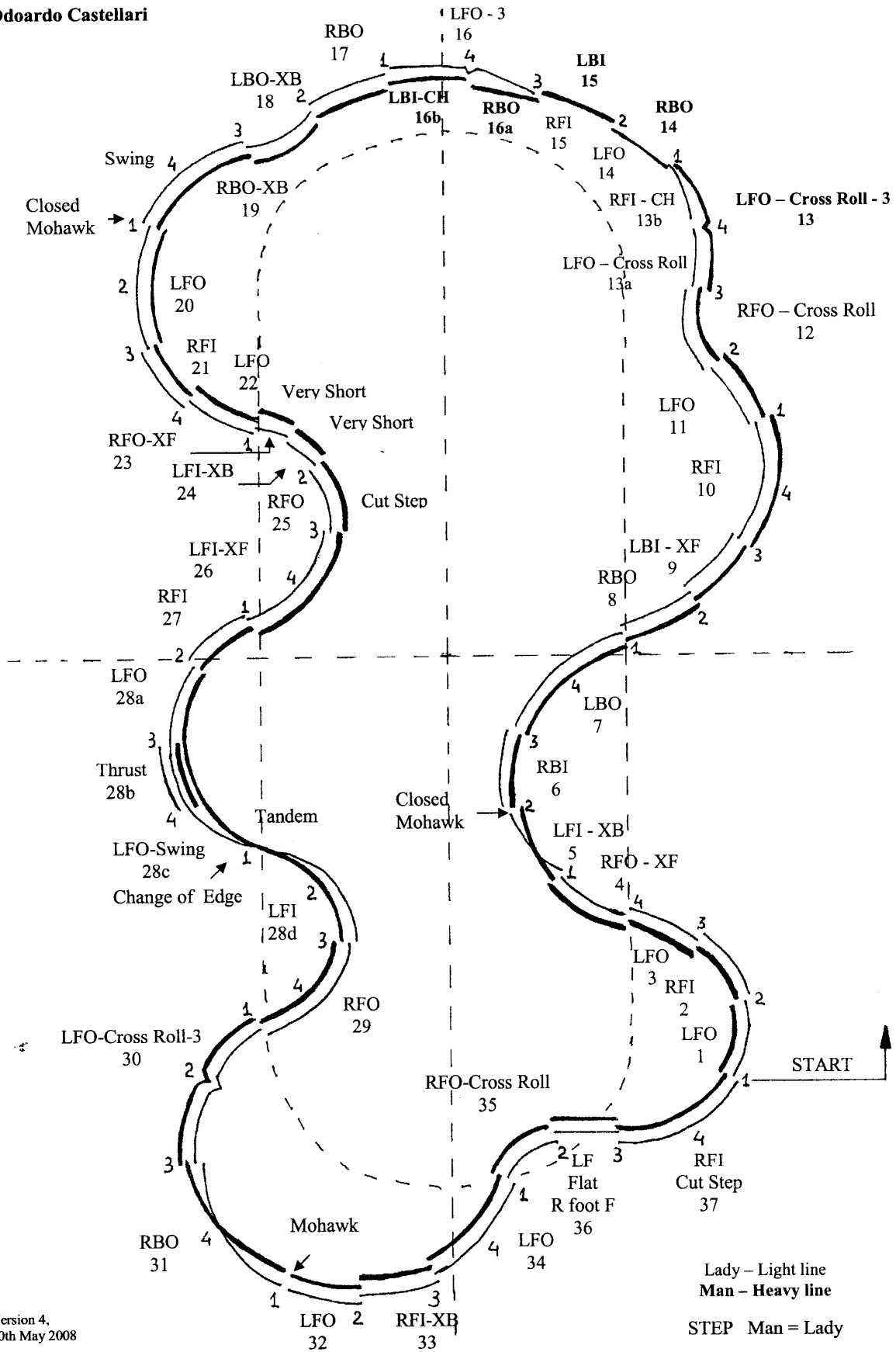
## List of Steps:

Position	Step N°	MAN	BEATS	LADY	Step N°
Kilian	1	LFO	1	LFO	1
	2	RFI	1	RFI	2
	3	LFO	1	LFO	3
	4	RFO – XF	1	RFO – XF	4
	5	LFI – XB	1	LFI – XB	5
	6	RBI – Closed Mohawk	1	RBI – Closed Mohawk	6
	7	LBO	2	LBO	7
	8	RBO	1	RBO	8
Change position	9	LBI – XF	1	LBI – XF	9
Kilian Reverse	10	RFI	2	RFI	10
	11	LFO	1	LFO	11
	12	RFO – Cross Roll	1	RFO – Cross Roll	12
Change pos.	13	LFO – Cross Roll – 3	2 1	LFO – Cross Roll	13a
			1	RFI – Chasse	13b
Closed	14	RBO	1	LFO	14
	15	LBI	1	RFI	15
Change position	16a	RBO	1 2	LFO – Three	16
	16b	LBI – Chasse	1		
Kilian Reverse	17	RBO	1	RBO	17
	18	LBO – XB	1	LBO – XB	18
Change position	19	RBO – XB – Swing	2	RBO – XB – Swing	19
Kilian	20	LFO – Closed Mohawk	2	LFO – Closed Mohawk	20
	21	RFI	1	RFI	21
	22	LFO	1	LFO	22
	23	RFO – XF very short	½	RFO – XF very short	23
	24	LFI – XB very short	½	LFI – XB very short	24
	25	RFO – Cut Step	1	RFO – Cut Step	25
	26	LFI – XF	2	LFI – XF	26
	27	RFI	1	RFI	27
See notes	28a	LFO	5	LFO	28a
	28b	THRUST		THRUST	28b
	28c	LFO – Swing		LFO – Swing	28c
	28d	LFI – Change of edge		LFI – Change of edge	28d
	29	RFO	2	RFO	29
	30	LFO – Cross Roll – 3	2	LFO – Cross Roll – 3	30
Kilian	31	RBO	2	RBO	31
	32	LFO – Mohawk	1	LFO – Mohawk	32
	33	RFI – XB	1	RFI – XB	33
	34	LFO	2	LFO	34
	35	RFO – Cross Roll	1	RFO – Cross Roll	35
See notes	36	LF – Flat (R foot F)	1	LF – Flat (R foot F)	36
	37	RFI – Cut Step	2	RFI – Cut Step	37



# CASTEL MARCH

By Odoardo Castellari



Version 4,  
30th May 2008

# TERENZI WALTZ – Solo Dance Only

Originated by: Jackie Terenzi

Music: Viennese Waltz 3/4

Tempo: 168 Beats

Pattern: Set

## *Notes:*

**Step 1** LFO 3 Turn to BI on the 3th Beat of the 6 Beat Edge  
Hold the BI edge for 3 beats with a "soft knee action

**Steps 4, 8, 23 & 27:** Outside Edge Swinging of the Free Leg on the 4<sup>th</sup> beat.  
This should a pendulum movement. Free Leg should first of all go back  
and then swing forward as a pendulum would, in time with the music

**Step (11) & (26)** Open Mohawks: Should be crossed and struck at the instep

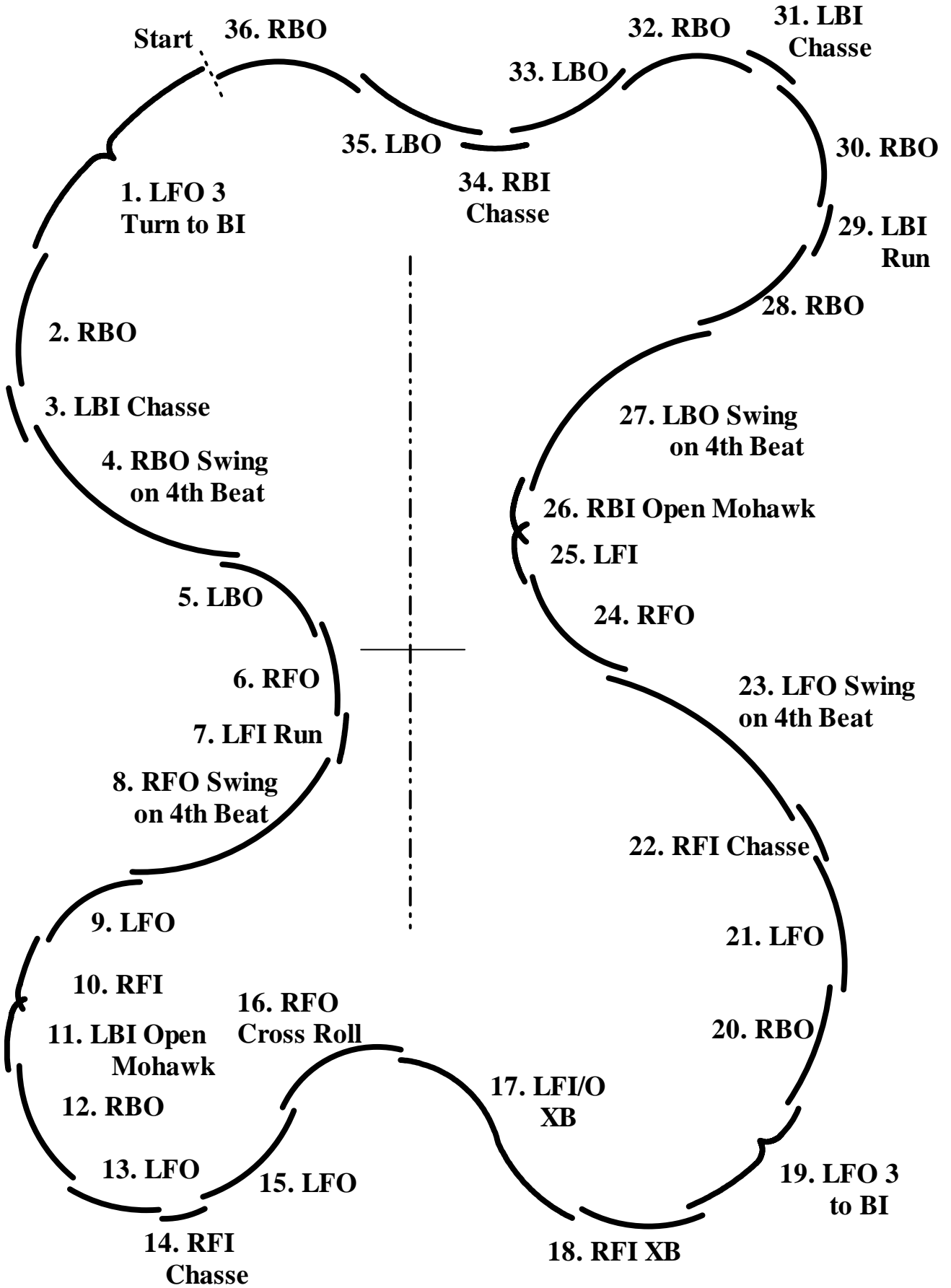
## Attention points:

- Step 1 must be a good clean three turn – NOT swung
- Steps 11 & 26 must be Open Mohawks
- Make sure chasses are skated with feet side-by-side  
(steps 3,14,22,31 & 34)

## List of Steps:

<b>Steps</b>		<b>Beats</b>
1.	LFO 3 turn to BI – Turn 3 turn on 3 <sup>rd</sup> Beat – Hold BI for 3 Beats	6
2.	RBO	2
3.	LBI Chasse	1
4.	RBO Swing Free Leg on 4 <sup>th</sup> Beat	6
5.	LBO	3
6.	RFO	2
7.	LFI Run	1
8.	RFO Swing Free Leg on 4 <sup>th</sup> Beat	6
9.	LFO	3
10.	RFI	2
11.	LBI Open Mohawk - Struck at Instep	1
12.	RBO	3
13.	LFO	2
14.	RFI Chasse	1
15.	LFO	3
16.	RFO Crossed in Front	3
17.	LFI/O Crossed Behind - Change Edge on Beat 3	3
18.	RFI Crossed Behind	3
19.	LFO 3 turn to BI	3
20.	RBO	3
21.	LFO	2
22.	RFI Chasse	1
23.	LFO Swing Free Leg on 4 <sup>th</sup> Beat	6
24.	RFO	3
25.	LFI	2
26.	RFI Open Mohawk - Struck at Instep	1
27.	LBO Swing Free Leg on 4 <sup>th</sup> Beat	6
28.	RBO	2
29.	LBI Run	1
30.	RBO	2
31.	LBI Chasse	1
32.	RBO	3
33.	LBO	2
34.	RBI Chasse	1
35.	LBO	3
36.	RBO	3

# TERENZI WALTZ



# CITY BLUES

Originated by: Robert LaBriola

Music: Blues 4/4  
Hold: Kilian

Tempo: 88 Beats  
Pattern: Set

## **OPENING**

The dance starts on count 1 of a measure of music. The first step skated must be step #1 or step #7. The opening steps must be either 8 or 16 beats of music in duration.

## **DANCE NOTES**

Every step must take the floor in the "parallel and" position, except for step #10.

Steps #1, #2, #3 and #7, #8, #9 and #11, #12, #13 are series of progressive runs.

Step #9 is a two-beat LOF Swing, with the swing being executed on the second beat of the step.

Step #10 is a crossed progressive step. The take-off must be crossed-foot crossed-tracing, close and parallel.

Steps #5 and #14 are dropped chasse' steps. A dropped chasse' is accomplished by:

- 1) placing the free skate in the "parallel and" position
- 2) changing feet
- 3) then extending the free leg to a leading position in the air

Step #6 is a ROF-Swing. The free leg must be swung forward on the third beat of the step.

The baseline of this dance only applies to the center lobe edges. Step #6 begins at the top of the center lobe. Step #13 begins at the top of the continuous barrier lobe.

Attention points:

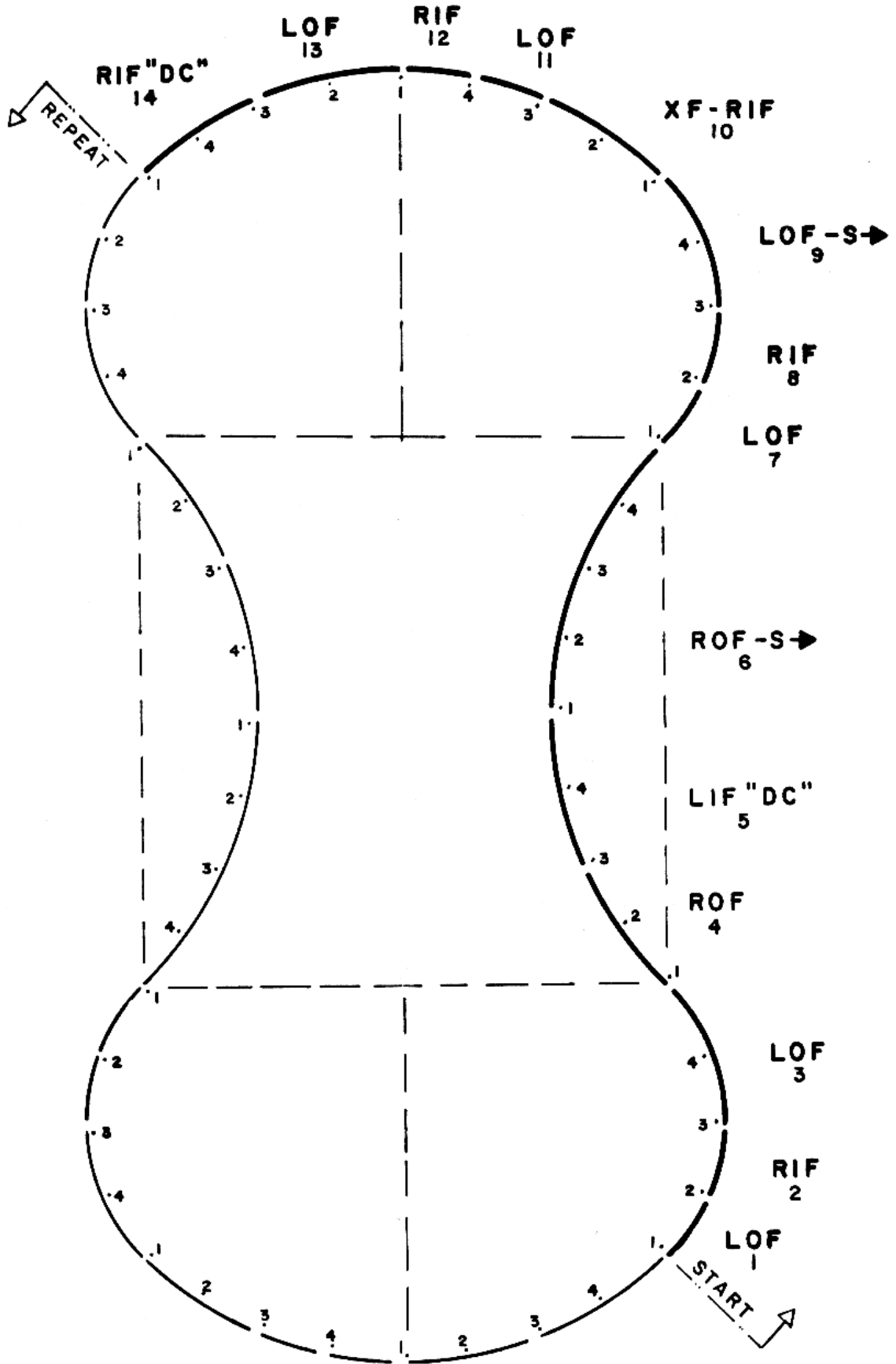
- Pay attention to the execution of step 9, it's a progressive step with a swing of two beats.
- Step 10 is a cross forward executed very closed
- Cut-Step (Dropped Chasse), steps 5 and 15, must be made with an accurate inside edge
- The free legs should move in harmony with one another during the swing.

List of Steps:

<b>Hold</b>	<b>Steps</b>	<b>Man</b>	<b>Lady</b>	<b>Beats</b>
Kilian	1	LFO	LFO	1
	2	RFI	RFI	1
	3	LFO	LFO	2
	4	RFO	RFO	2
	5	LFI – Cut Step	LFI – Cut Step	2
	6	RFO – Swing	RFO – Swing	4
	7	LFO	LFO	1
	8	RFI	RFI	1
	9	LFO – Swing	LFO – Swing	2
	10	XF – RFI	XF – RFI	2
	11	LFO	LFO	1
	12	RFI	RFI	1
	13	LFO	LFO	2
	14	RFI – Cut Step	RFI – Cut Step	2

# CITY BLUES

Originated by: Robert LaBriola



# FEDERATION FOXTROT – Solo Dance Only

Originated by: Jackie Terenzi

Music: Foxtrot 2/4 - 4/4

Tempo: 96 Beats

Pattern: Set

## *Notes:*

The dance starts with 1: Right Back Outside edge, followed by 2: Crossed in Front Back Inside edge, 3: Right Back Outside edge, 4: Left Back Inside Run, 5: Right Back Outside edge. Steps 3,4 & 5 all going towards the Centre.

Step (6) Left Back Outside is followed by step (7) Right Forward Outside 3 turn

Step (9) Hold Free Leg back for 2 beats, swing forward on 3<sup>rd</sup> beat and turn a Counter on the 5<sup>th</sup> beat. The Free Leg is held forward, in line with the tracing, after the Counter

Steps (10,11 & 12) should be strong edges curving around the bottom of the rink, aimed toward the centre

Step (11) Hold the free leg still and out on this 4 beat edge

Step (15) Similar to step (9) but with a 3 turn after the Counter on the 6<sup>th</sup> beat Hold the free leg close to the tracing foot whilst making the 3 turn and raise the free leg on the 7<sup>th</sup> beat.

## **THIS 8 BEAT MOVEMENT IS THE HIGHLIGHT OF THE DANCE**

Step (16) Left Forward Outside 3 Turn. Do not overturn otherwise you will impede restart edges

## Attention points:

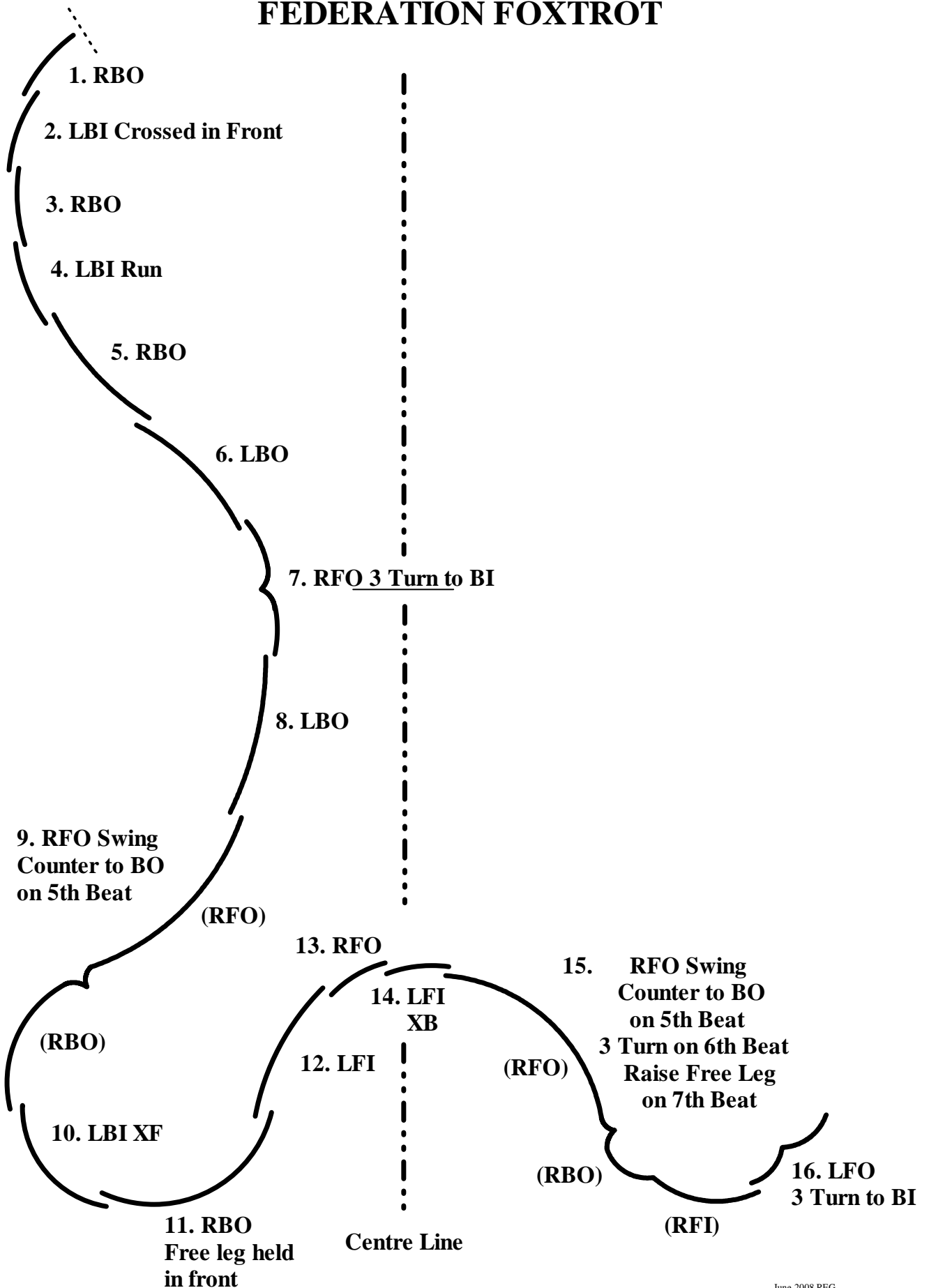
- Step 7 RFO three turn with no swung free leg.
- Steps 9 and 15 RFO swing counter with no change of edge, otherwise it becomes a three turn.
- Step 15 – pay attention to the timing of the free leg on the 7<sup>th</sup> beat.



List of Steps:

	<b>Steps</b>	<b>Beats</b>
1.	RBO	1
2.	LBI Crossed in Front	1
3.	RBO	1
4.	LBI Run	1
5.	RBO	2
6.	LBO	2
7.	RFO 3 Turn to BI	2
8.	LBO	2
9.	RFO Swing Counter to RBO on 5 <sup>th</sup> Beat	6
10.	LBI Crossed in Front	2
11.	RBO Free Leg Held in Front	4
12.	LFI	2
13.	RFO	1
14.	LFI Crossed Behind	1
15.	RFO Swing Counter to RBO on 5 <sup>th</sup> Beat 3 Turn to RFI on 6 <sup>th</sup> Beat Lift Free Leg on 7 <sup>th</sup> Beat	8
16.	LFO 3 Turn to BI	2

# FEDERATION FOXTROT



# CARLOS TANGO

By Carl Henderson

(Modified for Minis Couples by Cinzia Bernardi)

Music: Tango 4/4

Hold: Kilian (Crossed in front)

Tempo: 96

Pattern: Set

## The Dance

Step	Edge	Beats	
1	LFO	1	
2	RFI	1	
3	LFO	4	Right free leg moves to the back (full stretch), touch right inner toe wheel on the surface directly to the back of the left foot on the third (3) beat, count 5 of the music.
4	RFI Cut-Step	4	Right foot is placed on the surface alongside the left foot on the first (1) beat, count 7 of the music, the left free foot moves to the extended forward position (full stretch), touch left outer toe wheel on the surface directly in front of the right foot on the third (3) beat, count 1 of the music.
5	LFO	1	
6	RFI-Chasse	1	Chasse
7	LFO	1	
8	RFI	1	
9	LFO Swing	4	As left strokes the surface, right leg moves to the extended back position (toe turned down and out) and immediately begins its swing from back to the extended forward position, then drops alongside of left engaged foot in preparation for the next sequence of steps.
10	RFO	1	
11	LFI	1	
12	RFO Swing	4	Executed in the same manner as step No.9, but in this case on opposite feet, aiming toward the center.

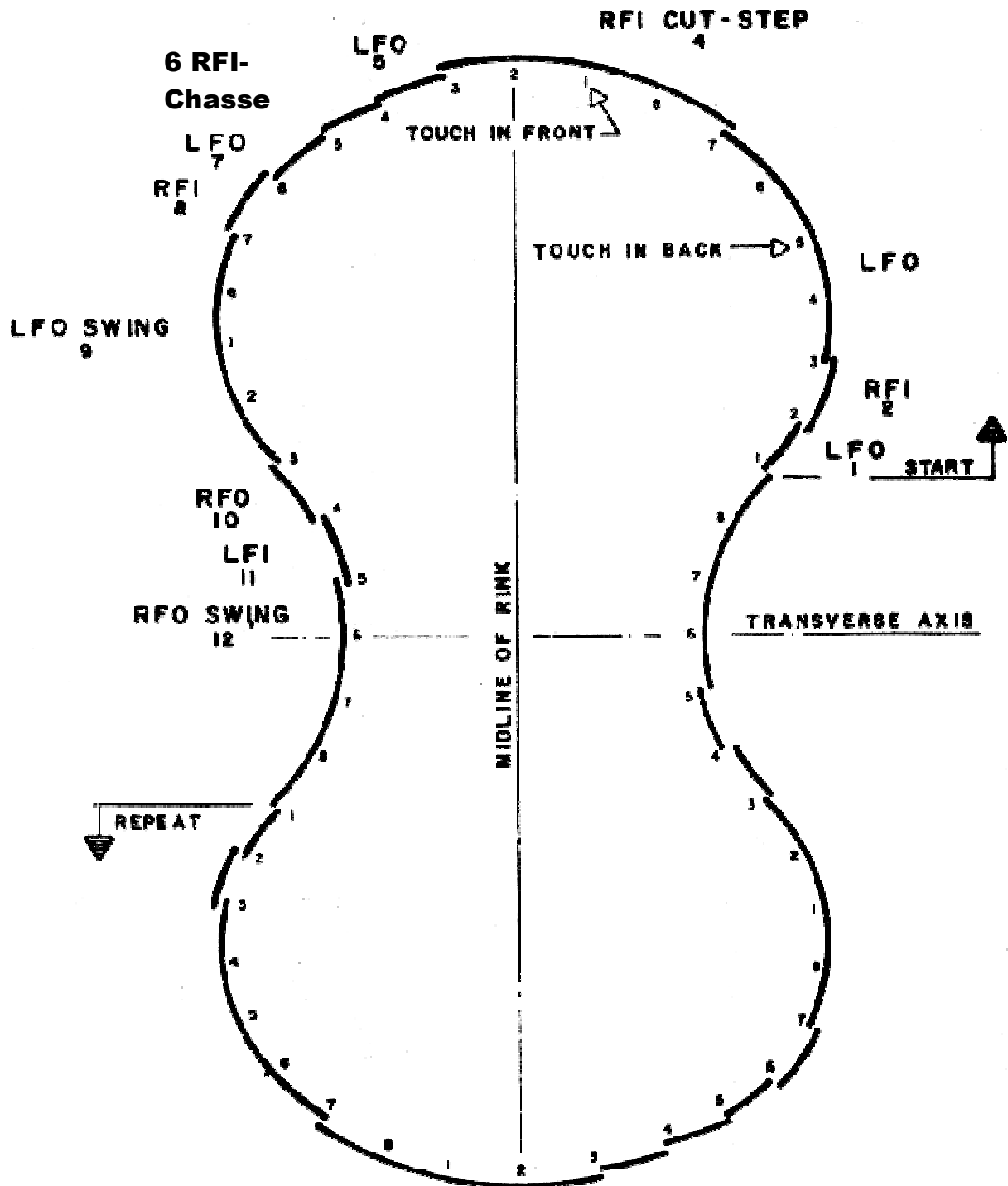
NOTE: The touch of the toe wheels is effected by a soft bend of the engaged knee, free leg extended (full reach) to its normal length, toe pointed down and out.

### Attention points:

- Pay attention to the execution of all progressive steps.
- Attention at the execution of the touch and the correct use of the wheel for the touch. The touch always on the third beat of the steps 3 & 4.
- The free legs during the swing should move in harmony with each other.
- Step 6 – Chasse.

# CARLOS TANGO

(Modified for Minis Couples from Cinzia Bernardi)



# KENT TANGO – Solo Dance only

Originated by: Jackie Terenzi

Music: Tango 4/4

Tempo: 100 Beats

Pattern: Set

## *Notes:*

- Steps 4, 8, 12 & 14. Free Leg is brought forward as Tango NOT swung as in Waltz.
- Steps 9, 10, 11 & 12 Count 1 2 3 4 Holding Step 12 for 3 beats.
- Steps 12, 13 & 14 Inside Edges: These should be strong edges.
- Should be skated with a “Stillness” of the Tango although being “crisp” at the same time.
- Should be skated smooth - not bobbing up and down.

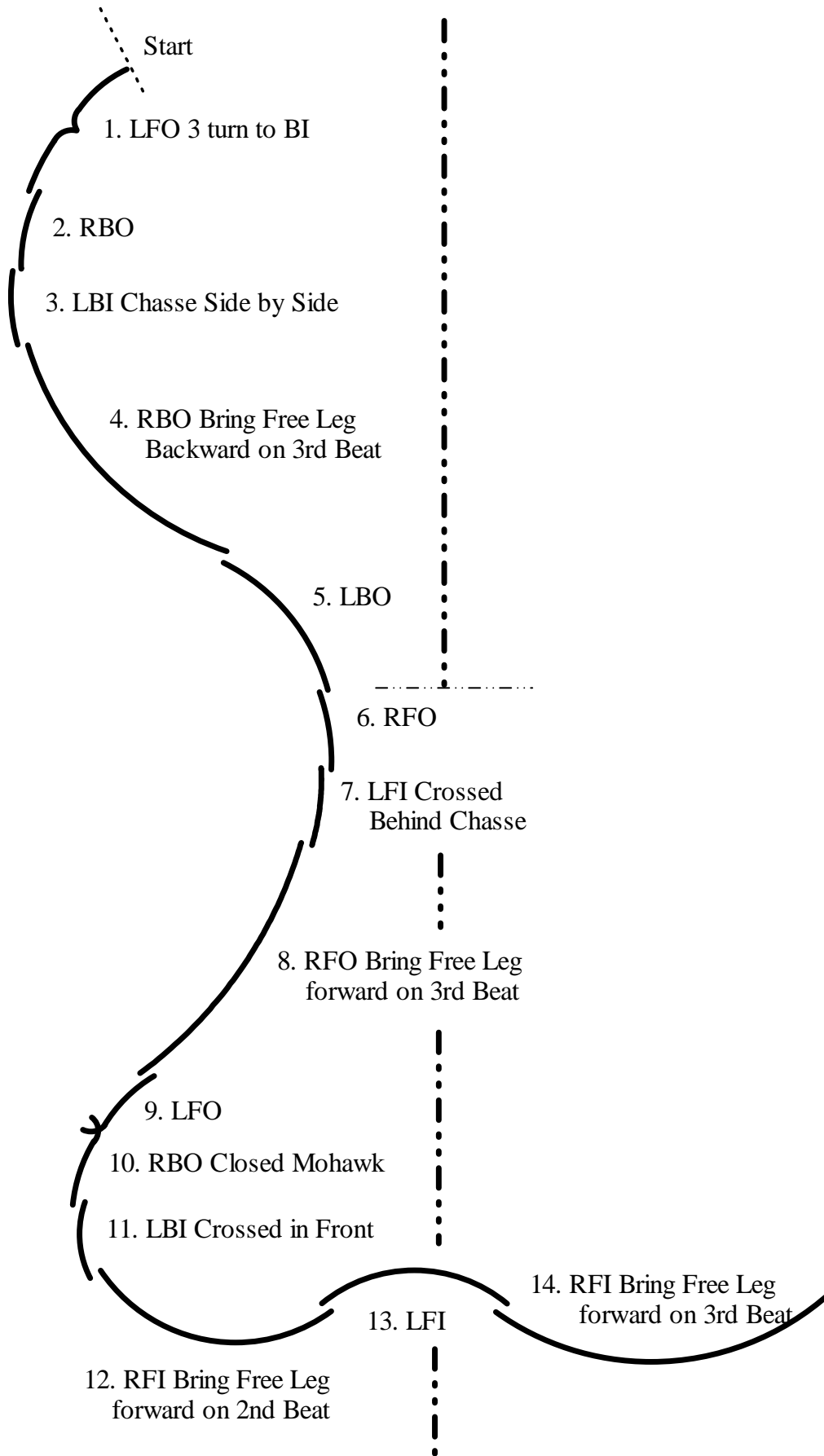
## Attention points:

- Step 3 Chasses – feet must be side by side.
- Pay attention to steps 4, 8, 12 & 14 and the free leg that must not be swung.
- Steps 9, 10 & 11 – attention to the timing – Count 1, 2, 3,
- (Mohawk must be crossed).

## List of Steps:

	<b>Steps</b>		<b>Beats</b>
1.	LFO	3 Turn to BI	2
2.	RBO		1
3.	LBI	Chasse	1
4.	RBO	Swing Free Leg on 3 <sup>rd</sup> Beat	4
5	LBO		2
6	RFO		1
7	LFI	Crossed Behind	1
8	RFO	Swing Free Leg on 3 <sup>rd</sup> Beat	4
9	LFO		1
10	RBO	Closed Mohawk	1
11	LBI	Crossed in Front	1
12	RFI	Swing Free Leg on 2nd Beat	3
13	LFI		2
14	RFI	Swing Free Leg on 3 <sup>rd</sup> Beat	4

# KENT TANGO



# TANGO DELANCO

J.DUNLOP / W. GRAF

Modified 2009 by L.RESIDORI

**Music:** Tango 4/4;

**Tempo:** 104 Metronome

**Positions:** Foxtrot, Closed, Tango, Partial Outside, Tandem, Kilian. Shade, Cross arm, Hand in hand.

**Pattern:** set

## The Dance

The couple are in Foxtrot position from step 1 until the first beat of step 4.

On the second beat of step 5, when the lady executes a rocker turn, the couple assumes a Partial Outside position with the man slightly to the lady's left. The team remains in this position through Step 6a-6b (for a total of 4 beats), two beats where, while the man approaches the left free foot in an "End" position (with feet close) extending then the free leg behind (2 beats), the woman executes a RBI (2 beats) and LBO edge (2 beats) that finishes in an "End" position extending the free leg forward.

During Step 7, the man's left arm and the lady's right arm are raised over the lady's head, allowing the lady to skate a RFO-rocker. turned on the second beat; while the man skates a LFO cross-roll three. The team skates Step 7b in Tandem Position executing a swing on beat 3 of the step. Step 8 is an open Choctaw and is skated in Kilian position.

Steps 9 and 10 are called "Tango Walks" executed in a Shade - position: the man keeps the right hand on the woman's left shoulder and skates slightly to her left.

The couple skate a RFI on step 11. During this step the man crosses the lady's pattern passing behind her and assuming a Tandem position.

Steps 12a LBI (open mohawk - heel to heel) and 12b LFO-3 are in Kilian position. Step 12c of 2 beats, is skated in a Partial outside position. The man executes a very fast open mohawk (heel to heel) followed by a LFO, while the woman skates a Three turn on the first beat of the step 12c changing edge from a LFO to a LBI.

Steps 12c, 12d, and 13a are skated in Partial -outside position.

Passimy from step 13a to 13b, the woman executes a RBO- mohawk-LFO during which the man's left hand holds the lady's right hand above her head to allow the execution of her open Mohawk. During step 13b the man, on a LFO edge, joins the feet in an "end" position. Step 14 is performed in Kilian position and is a RFI-XF.

Step 15 is a LFI-swing of 4 beats in Kilian position for both skaters. At the end of it, the woman, performs a twizzle on an inside edge turning clockwise direction on the left foot. During the twizzle the man's left hand moves over the lady's head to prepare the twizzle. The couple finish in a Kilian position with arm crossed ready for Step 18.

The crossed Kilian position is maintained up to the step 18 at the end of which the man performs a RFO-twizzle turned counterclockwise. During the man's twizzle the skaters' right hands release, left hands keep joined over the man's head. On step 19 the team assumes the Kilian position. Step 20 starts as a RFI cross back on the first beat, the edge changes to outside on the second beat and back to the inside edge for beats 3 and 4. The couple are in Kilian position. Step 21 LFO, is a step of two beats. During this step the team is in a Foxtrot position until step 25. Step 25 LFO prepares step 26: "Waltz step". This step is executed by the lady stepping a "slight/soft' RBO edge, turnip` clockwise and moving to the man's left side. During this step the partners' left hands join over the lady's head: their right hands are crossed and join below the waist. During Step 27: LFO Sk~in< ~Rocker\_ the free leg swings forward on the second beat and the turn is executed on beat 3.

During steps 27 and 28a the right hands of the partners are joined.

In the step 28a the team skates a RBO-cross roll on the first beat.

During the second beat of step 28a, the lady executes a three (RBO-three to RFI) to the man's right side, finishing in Tango position while the man remains on the right leg and both bend forward knees of their free legs.

Step 28b for the man is a LBO(the movement his free leg is free) and for the woman is a change edge to RFO with her free leg backward for two beats.

Step 29 is a cross roll for both on the first beat, then the woman skates a three on the second beat(from LFO to LBI) while the man prepares an Open Mohawk in Tango position. The "Ballroom-steps" are executed by the partners stepping "slightly` around one another. On the last Ballroom step, Step 34, the man finishes in Tango(Outside Position), to the lady's right side. They remain in Tango Position until step 35b. After this step, the team assumes a Kilian position during the execution of step 36 RFO.

In steps 37a and 37b the man flows forward with a cross-roll-three passing under the lady's left hand. She skates a cross roll - chasse during which the skaters are in Hand in hand position (left hands) while the right hands are free.

The Hand in hand position is maintained up to step 38b.

Step 39 is skated in a Partial outside position with the woman slightly on the man's left.

Then the man skates an open Mohawk to restart the dance and the lady executes a progressive run.



Attention points:

- Step 5: Rocker for the lady and in the same time change of edge of the Man
- Step 7: the difficult it's in the execution of the Rocker for the lady and the three for the man during un change of position with the hand hold made with only one hand
- Steps 11-12a-12b: Opened Mohawk followed from an left inside three; all these difficulties are made in Kilian Position
- Step 15: Swing + inside Twizzle for the lady
- Step 18: Swing + outside Twizzle for the man
- Step 20: double change of edge for both partners performed in Kilian Position
- Step 27: Swing + Rocker for both partners

Steps 31-32-33-34: Ballroom – contemporary rotations of the skaters that they move alternatively from forward to backward on outside edges with lightness and synchronize

List of Steps:

Held	STEP	STEP'S MAN	TIME			STEP'S WOMAN
			M	B	W	
Foxtrot	1	LFO		1		LFO
	2	RFI chasse		1		RFI chasse
	3	LFO		1		LFO
	4	RFI run		1		RFI run
Partial-outside	5	LFO-I		2		LFO-cut step-rocker
	6a	RFO	2	4	2	RBI
	6b	"and" position and stretch behind the left free leg in 2 time	2		2	LBO with ``and" position and stretch forward the right free leg in 2 time
(see notes)	7a	LFO cross-roll- three	2	6	2	RFO-rocker
Tandem	7b	RBO swing (on beat :3)	4		4	RBO-swing (on beat :3)
Kilian	8	LFI-Open Choctaw		2		LFI-Open Choctaw
Shade : with the man's right hand over left woman's shoulder	9	RFO- Tango walks		2		RFO- Tango walks
	10	LFI		1		LFI
Tandem	11	RFI		1		RFI
Kilian	12a	LBI-open mohawk (heel to heel ) to	2	4	2	LBI-mohawk open (heel to heel) to
	12b	LFO(three)	2		2	LFO(three)
Partial-outside	-	RBO -open mohawk heel to Heel (very short) to	-		-	LBI(three)
	12c	LFO		2		
	12d	RFI-chasse very short	-		-	

	13a	LFO- progressive run		1		RBO- open mohawk to
(See the notes)	13b	(LFO) in "and" position with parallel feet		I		LFO
Kilian	1 4	RFI-XF		2		RFI-XF
(see notes)	1 5	LFI-swing		4		LFI-swing-inner twizzle
Kilian (cross-arm)	16	RFO		1		RFO
	17	LFI chasse		I		LFI chasse
(see notes)	18	RFO-swing- twizzle		4		RFO-swing
Kilian	19	LFO		2		LFO
	20	RFI-O-I-cross behind		4		RFI-O-I-cross behind
	21	LFO		2		LFO
Foxtrot	22	RFI progressive run		1		RFI progressive run
	23	LFO progressive run		1		LFO progressive run
	24	RFI- cut step		I		RFI- cut step
	25	LFO progressive run		I		LFO ptouressive run
Waltz (see notes)	26	RFI		I		RBO-waltz step- mohawk
						open to
(see notes)	27	LFO-swing(beat: 2) - Rocker (beat: 3) to LBO		4		LFO-swing (beat: 2) - Rocker (beat: 3)to LBO
(see notes)	28a	RBO-XI( cross-roll)	1	4	1	RBO-XI( cross-roll)
Tango		bending the knee of the free leg	1		1	RFI- three: bending the knee of the free leg to - O
	28b	LBO (with the free movement of the free leg)	2		2	RFO : with extension of the free leg backward
	29	RBO cross roll - to open mohawk to		2		LFO -cross roll - three to LBI
Waltz	30	LFO		2		RBO
	31	RBO-Ballroom step		2		LFO -Ballroom step
	32	LFO-Ballroom step		1		RBO- Ballroom step
	33	RBO -Ballroom step		I		LFO -Ballroonl step
Tango	34	LFO-Ballroom step		2		RBO -Ballroom step
	35a	RFO-cross-roll	1	2	2	LBO-cross-roll behind to
	35b	LFI chasse	1			Open mohawk
Kilian	36	RFO		2		RFO
Hand in hand	37a	LFO-cross roll-three	2	2	1	LFO-cross-roll
	37b	LBI			1	RFI chasse
	38a	RBO-cut-step	1	2	2	LFO-swing
	38b	LBI -cut-step	1			
Partial-outside	39	RBO and open mohawk to restart to LFO		2		RFI and progressive run to restart to LFO



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