

## SIESTA TANGO (Couples & Solo)

By: George Muller

Music: Tango 4/4

Tempo: 100 bpm

Positions: Reverse Kilian - Kilian

Pattern: Set

The positions used in the dance are Reverse Kilian and Kilian.

We recommend the use of the "thumb pivot" hold where the woman's hands are held above those of the man with her thumb inserted in the fist of the man's hand.

The dance begins in the Reverse Kilian position, which is maintained from Step 1 to Step 10. From Steps 11 - 15 the position is Kilian and on Step 16 the couple assumes Reverse Kilian position.

**Steps 1** LFO (1 beat), 2 XCh RFI (1 beat) and 3 LFO (1beat) are a sequence of steps in the direction of the long side barrier.

**Steps 4** Run RFI (1 beat) and 5 LFO (2 beats) curves away from the barrier to aim toward the long axis.

**Steps 6** XF RFO (2 beats) is a cross in front in the direction of the long axis with the free leg held in back after the cross. Step 7 XB LFI (2 beats) is a cross behind with the free leg extended in front of the skating foot, aimed toward the long axis on the 1st beat and becoming parallel to it on the 2nd beat.

**Step 8** RFO Sw I Sw (6 beats total) is an outside edge for 4 beats, in which the free leg swings in front on the 3rd beat, followed by a swing in back of the free leg, simultaneously with the change of edge to inside on the 5th beat. This step begins parallel to the long axis, becoming almost perpendicular to the long side barrier on the 4th beat of the outside edge. On the 5th and 6th beat, the edge curves, highlighting change of edge to inside, pointing diagonally to the long side barrier.

**Step 9** LFO (2 beats) is parallel to the long side barrier.

**Step 10** RFI (1 beat) is an open stroke that begins at the long side barrier and curves toward the middle of the short side barrier.

**Step 11** Mk LBI (1 beat) is a heel to heel mohawk in which the heel of the free foot must be placed in contact with the heel of the skating foot. Following the mohawk, the free leg must finish in back and subsequently return to the skating foot to prepare for the following step 12. The hold during the execution of the mohawk passes from Reverse Kilian position, to Tandem position for a moment to finish in Kilian position. (The "thumb pivot" grip should facilitate the change of position.) The direction of this step is the same as the previous step.

**Step 12** RBO (2 beats) and step 13 Run LBI (2 beats) are skated before the long axis and step 14 RBO (1 beat) after the long axis. Steps 13 and 14 are skated almost parallel to the short side barrier.

**On step 15** XF LBI (1 beat) the partners, moving away from the short side barrier, preparing a change of position from Kilian to Reverse Kilian, followed by step 16 Mk RFI (2 beats) in the direction of the long side barrier.

**KEY POINTS**  
**Siesta Tango**

**SECTION 1**

1. **Step 6** XF RFO and step 7 XB RFI: Correct technical execution of the crosses with feet close and parallel, correct edges and obvious change of lean on step 6.
2. **Step 8** RFO Sw I Sw (6 beats total) with the swings and change of edge at the prescribed times. (Swing in front on the 3rd beat; change of edge and swing in back on the 5th beat.)
3. **Step 11** Mk LBI (heel to heel): Correct technical execution of the open mohawk in one beat with simultaneous lengthening of the free leg in line with the skating foot. Attention to the closeness of the skaters during the mohawk.  
The sequence of steps 12-14 should not be "flat", but performed on the required edges: Correct technical execution of the Run LBI (not crossed).
4. **Steps 15** XF LBI (1 beat) and 16 Mk RFI (2 beats):  
-Step 15 is a cross in front with feet close and parallel on an inside edge with no deviation to an outside edge.  
-Step 16 Mk RFI: Correct technical execution of the step without extension of the free foot and without separation of the partners which should remain close during the change of position from Kilian to Reverse Kilian.

**SIESTA TANGO - 100 bpm**

Position	No.	Man's Steps	Musical Beats	Woman's Steps
<b>Section 1</b>				
Reverse Kilian	1	LFO	1	LFO
	2	XCh RFI	1	XCh RFI
	3	LFO	1	LFO
	4	Run RFI	1	Run RFI
	5	LFO	2	LFO
	6	XF RFO	2	XF RFO
	7	XB LFI	2	XB LFI
	8	RFO Sw I Sw	2+2+2	RFO Sw I Sw
	9	LFO	2	LFO
	10	RFI	1	RFI
Kilian	11	Op Mk LBI (heel to heel)	1	Op Mk LBI (heel to heel)
	12	RBO	2	RBO
	13	Run LBI	2	Run LBI
	14	RBO	1	RBO
	15	XF LBI	1	XF LBI
Reverse Kilian	16	Mk RFI	2	Mk RFI

# SIESTA TANGO - 100 bpm

