

KEY POINTS SOLO DANCE

1 Fourteenstep – Solo dance K2

Each Sequence (1PD & 2PD)	Key Point 1 Woman steps #1, 2 & 3 (RBO, LBI-Pr, RBO) Man steps #1, 2 & 3 (LFO, RFI-Pr, LFO)	Key Point 2 Woman step #4 (LBO-SwR) Man steps #4 (RFO-SwR)
Key Features	Point 1. Correct edges 2. Progressive: Not performed as chassé	Point 1. Correct edges 2. SwR: Correct swing movement of the free leg

2 Foxtrot – Solo dance K2

Each Sequence (1PD & 2PD)	Key Point 1 Woman step #11 & 12 (LFO, CIMo, RBO) Man step #11a, 11b & 12 (RBO, LBI-Pr, RBO)	Key Point 2 Woman steps #13 & 14 (LFI, RFI) Man steps #13 & 14 (LFI, RFI)
Key Features	Point 3. Correct edges 4. CIMo: Correct turn 5. CIMo: Correct placement of the free foot	Point 1. Correct edges

3 Rocker Foxtrot – Intermediate Novice 2022-23

Each Sequence (RF1Sq, RF2Sq, RF3Sq & RF4Sq)	Key Point 1 Lady step #11 & 12 (LFO-CIMo & RBO) Man step #11 & 12 (LFO-CIMo & RBO)
Key Features	Point 1. Correct edges 2. CIMo: Correct turn 3. CIMO: Correct placement of free foot

9 American Waltz – Intermediate Novice 2022-23

Each Sequence & (AW1Sq & AW2Sq)	Key Point 1 Lady step #7-9 (LBO-SwR, RFO-Sw3, LBO-SwR) Man step #1-3 (RFO-Sw3, LBO-SwR, RFO-SwR)
Key Point Features	1. Correct edges 2. Correct turn

10 Westminster Waltz – Advanced Novice 2022-23

Each Sequence (WW1Sq1Se & WW1Sq2Se) Step #1-10	Key Point 1 Woman steps #5-7 (LFI OpMo, RBI, LBO) Man step #3 (LFOI)	Key Point 2 Woman steps #10a-10b (CR-RFO3, LBO) Man steps #5-7 (LFI OpMo, RBI, LBO)
Key Point Features	1. Correct edges 2. Correct turn (woman) 3. Correct change of edge (man)	1. Correct edges 2. Correct turn
Each Sequence (WW2Sq1Se & WW2Sq2Se) Step #11-22	Key Point 1 Woman steps #16-18 (CR-LBO, RBI-Pr, Wd-LBI) Man steps #16-18 (CR-RFO, LFI-Pr, Wd-RFI)	Key Point 2 Woman step #22 (RFOI-SwR) Man step # (RFOI-SwR)
Key Point Features	1. Correct edges 2. Correct placement of the free foot	1. Correct edges 2. Correct swing movement of the free leg 3. Correct change of edge

13 Starlight Waltz – Solo dance K3

Pattern Dance Element (1SW)	Key Point 1 Woman Steps 9 & 10 (RBOI, LBO-SwR) Man Steps 9 & 10 (LFOI, RFO-SwR)	Key Point 2 Lady Steps 12 & 13 (LFO3, RBO) Man Steps 13 & 14 (LFO3, RBO)	Key Point 3 Lady Steps 16 & 17 (LFO CIMo, RBO) Man Steps 16a, 16b & 17 (RBO, LBI-Pr, RBO)
Key Point Features	1. Correct edges 2. Correct Change of edge (#9)	1. Correct edges 2. Correct 3-turn	1. Correct edges 2. CIMo – correct turn 3. CIMo – correct placement of the free foot
Pattern Dance Element (2SW)	Key Point 1 Woman Steps 21 & 22 (LFI, OpMo, RBI) Man Steps 18 & 19 (LFI, RFI)	Key Point 2 Lady Steps 27 & 28 (CR-LBO, RFO) Man Steps 27 & 28 (CR-RFO, CR-LFO3)	Key Point 3 Lady Step 31 (CR-RFO-SwR) Man Step 31 (CR-RFO-SwR)
Key Point Features	1. Correct edges 2. Correct turn 3. Correct placement of the free foot	1. Correct edges** 2. Correct placement of the free foot CR 3. Correct turn*	1. Correct edges** 2. Correct swing movement of free leg 3. Correct cross roll*

*Cross Roll (Forward/Backward) – Requirement/Description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a “rolling movement”. Following this action, an outside edge is required.

**For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.

Note: A change of edge within the last beat of the step is permitted to prepare the push/transition to the next step.

19 Quickstep – Solo dance K3

Each Sequence (1QS, 2QS OR 1PD & 2PD)	Key Point 1 Woman and Man Steps #5 & 6 (LFO Sw-CICho, RBIO)	Key Point 2 Woman and Man steps #11 & 12 (LFI, RFI)	Key Point 3 Woman and man steps #16 & 17 (CR- RFO, XB-LFIO)
Key Point Features	<ol style="list-style-type: none"> 1. Correct edges 2. Correct turn 3. Sw-CICho: Correct placement of the free foot 4. Sw-CICho: Correct swing movement of the free leg 	<ol style="list-style-type: none"> 1. Correct edges 	<ol style="list-style-type: none"> 1. Correct edges 2. Correct CR 3. Correct change of edge from inside to outside

29 Argentine Tango – Advanced Novice 2022-23

Each Section: (AT1Sq & AT2Sq)	Key Point 1 Lady steps #13, 14 & 15 (CR-RFO3, LBO, RFO) Man steps #13, 14 & 15 (CR-LBO, RFO3, LBO)	Key Point 2 Lady steps #23-24 (LFO Sw-Tw1 (between counts 4&1), RFO) Man steps #23-24 (LFO Sw-OpCho, RBI (between counts 4&1), LBO)
Key Point Features	<ol style="list-style-type: none"> 1. Correct edges 2. Correct 3-turns 	<ol style="list-style-type: none"> 1. Correct edges 2. Correct turn

Note: A change of edge within the last ½ a beat of the step is permitted to prepare the push/transition to the next step.

29 Argentine Tango – Junior 2022-23

Section 1: Steps #1-18 (1AT)	Key Point 1 Lady steps #3, 4 & 5 (LFO, RFI-Ch, LFO) Man steps #3, 4 & 5 (LFO, RFI-Ch, LFO)	Key Point 2 Lady steps 7-10 (LFO, XF-RFO, XB-LFIO, XB-RFIO) Man steps #7-10 (LFO, XF-RFO, XB-LFIO, XB-RFI-Ctr)	Key Point 3 Lady steps #11 & 12 (XF-LFI, RFI, LFO) Man steps #11 & 12 (LBO, RBO)	Key Point 4 Lady steps #13, 14 & 15 (CR-RFO3, LBO & RBO) Man steps #13, 14 & 15 (CR-LBO & RFO3, LBO)
Key Point Features	1. Correct edges 2. Correct Ch	1. Correct edges 2. Correct turn (Man #10) 3. Correct change of edges	1. Correct edges	1. Correct edges 2. Correct turn
Section 2: Steps #19-31 (2AT)	Key Point 1 Lady step #19 & 20 (LFO, CR-RFO-SwR) Man step #19 & 20 (LFO, CR-RFO-SwR)	Key Point 2 Lady steps #23 & 24 (LFO-Sw-“Tw1”, RFO) Man steps #23 & 24 (LFO-Sw-OpCho, LBO)	Key Point 3 Lady steps #27, 28 & 29 (CR-LBO, CR-RBO, CR-LBO) Man steps #27, 28 & 29 (CR-RFO, CR-LFO, CR-RFO)	Key Point 4 Lady steps #31 (CR-LBO-SwR, RFI) Man steps #31 (CR-RFO-SwR)
Key Point Features	1. Correct edges	1. Correct edges 2. Correct turn (#23)	1. Correct edges	1. Correct edges 2. Correct cross roll movement

*Cross Roll (Forward/Backward) – Requirement/Description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a “rolling movement”. Following this action, an outside edge is required.

**For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.

Note: A change of edge within the last ½ a beat of the step is permitted to prepare the push/transition to the next step.