

## SKATERS MARCH – SOLO/COUPLES

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*By Irwin & Nazzaro*

**Music:** March 4/4

**Tempo:** 100 bpm

**Pattern:** set

The dance is performed in Kilian position and the steps are the same for both skaters.

The dance begins aiming toward the long side barrier with a sequence of three steps:

**Step 1 LFO** (1 beat) beginning toward the long side barrier.

**Step 2 Run RFI** (1 beat) is parallel to it.

**Step 3 LFO** (2 beats) curves away from the long side barrier and aims in the direction of the long axis.

**Steps 4, 5 and 6** form the center lobe of the dance (8 beats total) with steps 4 and 5 forming the first half of the lobe and step 6 the second half.

**Step 4 XR RFO** (2 beats) is a right outside cross roll in the direction of the long axis;

**Step 5 XB LFI** (2 beats) is a left inside cross behind with the free leg stretched in front with the 1st beat aiming toward the long axis and the 2nd beat parallel to it.

**Step 6 RFO Sw** (4 beats total 2+2) where the free leg swings in front on the 3rd beat, begins at the short axis and finishes on the baseline in the direction of the long side barrier.

**Step 7 LFO** (1 beat) aims toward the long side barrier, **step 8 Run RFI** (1 beat) becomes parallel to it and **step 9 LFO** (2 beats), begins parallel to the long side barrier and curves away from it.

**Step 10 XF RFI** (2 beats) is a cross front with extension of the left leg in back, aimed in the direction of the short side barrier.

**Steps 11, 12, 13 and 14**, repeats the sequence of steps 7, 8, 9 and 10, with the same timing but with a direction toward and then parallel to the short side barrier with steps 11 and 12, finishing at the long axis, and steps 13 and 14 after the long axis in the direction of the long side barrier.

### Reference Steps:

Step 6 – Must start by short axis;

Step 13 – Must start by the long axis.

## Key Points – Skaters March – Solo/Couples

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### 1. Steps 4 XR RFO (2 beats):

- Correct timing of the step;
- Correct technical execution of the cross roll (respecting the prescribed edges required before and after the XR), on a clear and correct outside edge with adequate inclination of the body before and after the XR.

#### **For Couples:**

- Maintain closeness between the partners in the Kilian position;
- Simultaneous placement of the feet and synchronization in the change of inclination

### 2. Step 6 RFO Sw (2 + 2 beats):

- Correct timing of the step;
- Correct technical execution of the stroke and swing on an outside edge with the free leg held back for 2 beats and swung forward on the 3rd beat;
- No deviations from the outside edge

#### **For Couples:**

- Maintain closeness between the partners in the Kilian position;
- Attention with the unison of the free legs on the swing

### 3. Step 10 XF RFI (2 beats):

- Correct timing of the step;
- Correct technical execution of cross front with feet close and parallel before executing the RFI on a clear inside edge.

#### **For Couples**

- Correct Kilian position of the couple without separation during the step with correct lean and edges.

### 4. Step 14 XF RFI (2 beats):

- Correct timing of the step;
- Correct technical execution of cross front, with feet close and parallel before executing the RFI on a clear inside edge.

#### **For Couples**

- Correct Kilian position of the couple without separation during the step with correct lean and edges.

## List of steps – Skaters March Solo/Couple

POSITION	NO.	MAN'S STEPS	MUSICAL BEATS	WOMAN'S STEPS
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	XR RFO	2	XR RFO
	5	XB LFI	2	XB LFI
	6	RFO Sw	2+2	RFO Sw
	7	LFO	1	LFO
	8	Run RFI	1	Run RFI
	9	LFO	2	LFO
	10	XF RFI	2	XF RFI
	11	LFO	1	LFO
	12	Run RFI	1	Run RFI
	13	LFO	2	LFO
	14	XF RFI	2	XF RFI

## Pattern – Skaters March Solo

