

3 DANCES

AND FOXTROT – SOLO

By Mario Lago, 2015

Music: Foxtrot 4/4
Pattern: set

Tempo: 104 bpm

This is a simple and introductory dance.

The And Foxtrot is composed of six lobes composed of strokes, chasses, runs, and mandatory parallel “and” positions. Three lobes are skated anticlockwise and the other three skated clockwise.

The overall purpose of this dance is that the young skater works the muscle memory in order to execute a correct recovering of the free skate to a close and parallel positioning of the skate, so the quality of changing support is obtained.

The skater must be able to do with perfect timing, the finishing of clear outside edges in a parallel “and” position, as well as good inside edges when executing the chasses at the top of the lobes. When recovering the free leg to the “and” position, the skater, ideally, should gain speed with this movement while maintaining the outside edge before changing feet (cusp).

All lobes are finished on 4 beats outside edges. It is mandatory that on the first 2 beats the free leg is held in back and on the last 2 beats the free leg is held in clear “and” positions.

In the execution of this dance, all chasses and mandatory “and” positions must be done with the free skate parallel to the floor and with a distance from the floor not less than ½ wheel.

The first lobe is composed of:

Step 1 LFO (2 beats) aimed to the short side barrier;

Step 2 Ch RFI (2 beats) that must be done on a very strong inside edge ending near the long side barrier;

Step 3 LFO (2+2) beginning near the long side barrier and finishing in the direction of the long axis. During this step the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear “and” position.

The second lobe, that begins towards the long axis and finishes towards the long side barrier, is composed of **Step 4 RFO** (2 beats), **Step 5 Ch LFI** (2 beats) and **Step 6 RFO** (2+2 beats). During Step 6 the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear “and” position.

The third lobe begins towards the long side barrier and finishes toward the long axis. It is composed of **Step 7 LFO** (2 beats), **Step 8 Run RFI** (2 beats) and **Step 9 LFO** (2+2 beats). During Step 9 the first 2 beats are executed with the free leg in

back and the 3rd and 4th beats in a clear “and” position. The last stroke begins on the short axis.

The fourth lobe begins towards the long axis and finishes toward the long side barrier. It is composed of **Step 10 RFO** (2 beats), **Step 11 Run LFI** (2 beats) and **Step 12 RFO** (2+2 beats). During Step 12 the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear “and” position.

The fifth lobe begins towards the long side barrier and finishes toward the short axis. It is composed of **Step 13 LFO** (2 beats), **Step 14 Ch RFI** (2 beats) and **Step 15 LFO** (2+2 beats). During Step 15 the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear “and” position.

The sixth lobe begins towards the short axis and finishes toward the short side barrier. It is composed of **Step 16 RFO** (2 beats), **Step 17 Run LFI** (2 beats) and **Step 18 RFO** (2+2 beats). During Step 18 the first 2 beats are executed with the free leg in back and the 3rd and 4th beats in a clear “and” position. The last stroke (step 18) begins on the long axis.

REFERENCE STEPS:

Step 9 – must start on the short axis;

Step 18 – must start on the long axis.

Key Points – and Foxtrot Solo

1. Step 3: LFO – “And” position (2+2 beats)

- Correct timing of the step;
- Correct technical execution of the stroke - 2 beats with the free leg held back and 2 beats on a clear “and position”;
- No deviation from the outside edge during the entire step.

2. Step 11: Run LFI (2 beats)

- Correct timing of the step;
- Correct technical execution of the Run without crossing the tracing of the previous skating leg;
- No deviation from the inside edge during the entire step.

3. Step 14: CH RFI (2 beats)

- Correct timing of the step;
- Correct technical execution of the Chasse on a clear inside edge;
- No deviation from the inside edge during the entire step.

4. Step 18: RFO – “And” Position (2+2 beats)

- Correct timing of the step;

- Correct technical execution of the stroke - 2 beats with the free leg held back and 2 beats on a clear “and position”;
- No deviation from the outside edge during the entire step.

List of steps – And Foxtrot Solo

Step Number	Step	Musical Beats
1	LFO	2
2	Ch RFI	2
3	LFO – “And” position	2+2
4	RFO	2
5	Ch LFI	2
6	RFO – “And” position	2+2
7	LFO	2
8	Run RFI	2
9	LFO – “And” position	2+2
10	RFO	2
11	Run LFI	2
12	RFO – “And” position	2+2
13	LFO	2
14	Ch RFI	2
15	LFO – “And” position	2+2
16	RFO	2
17	Run LFI	2
18	RFO – “And” position	2+2

Pattern – And Foxtrot Solo

