

MIDNIGHT BLUES

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(with changes Lorenza Residori and Marie Gaudy, 2015)**

Music: Blues 4/4

Tempo: 88 beats per minute

Pattern: set

Positions: Promenade, Waltz, Kilian, Reverse Kilian, Tandem, Tango, Partial Tango, Foxtrot

The Midnight Blues should be skated with strong edges and deep knee action to achieve the desired slow, rhythmic, relaxed, and easygoing expression. Individual interpretation by the couple to add Blues character is permitted, provided that the steps, free leg positions and positions/holds are maintained and they must be accentuated and emphasized. The dance must be skated with the full pattern and deep lobes as described in the diagram.

Steps 1, 2, 3, and 4 form a lobe from the baseline that aims toward the long axis, then becomes parallel to it with Step 3, while Step 4 descends toward the long side barrier, near the short axis.

The dance begins with the couple in Promenade position, mirroring each other skating **step 1** (Cw LFI) for the woman and (Cw RFO) for the man, and **step 2** (RFO for the woman and run LFI for the man), for 1 beat each, aimed toward the center of the rink.

On **step 3a** (1 beat), the woman performs a run LFI for ½ beat followed by a three turn for ½ beat (on count "3" of the music), performed with the foot of the free leg held crossed behind the skating leg (cross-foot-three). During the woman's three turn, the couple momentarily assumes Waltz position.

Step 3b (1 beat) for the woman is composed of a Mk RFO (½ beat) followed by a three turn (½ beat) during which the foot of the free leg is kept crossed behind the skating leg (cross-foot-three). During the mohawk, the woman maintains hold of the man's left hand with her right hand, which is lowered to hip level to assume, and the end of the three turn (step 3b), Reverse Kilian position.

The man, on **step 3**, performs a RFO for 1 ½ beats, returning the free leg in preparation for his three turn (½ beat), simultaneous with the woman's three turn on her step 3b, during which the foot of the free leg is kept crossed behind the skating leg (cross-foot-three).

Steps 4a-4b for the man are as follows:

- Step 4a: (XB LBO) (3 ½ beats) the man passes the woman and crosses her tracing to assume Reverse Kilian position. During the 3 ½ beats, where the position moves from Reverse Kilian to Tandem, he performs a lift of the free leg, at the end of which he prepared for the following step (4b).
- Step 4b: (Cw RFI) (½ beat) the man, returning his left free foot to "and" position, performs a change of position by sliding the woman to his left to assume Waltz position.
On step 4b, the man, simultaneous to the woman's change of edge on the last ½ beat of her step 4, continues in the direction of the long side barrier and begins the next lobe.

On **Step 4**, the woman performs a XB LBOI (4 beats total), during which for the first 3 ½ beats she performs a lift of the free leg coordinated with the man's leg lift (where the position of the couple moves from Reverse Kilian to Tandem) on an outside edge, while on the last ½ beat, she changes her edge to inside, returning her right free foot to "and" position.

Steps 5 (LFO for the man and RBO for the woman) and **6** (run RFI for man and run LBO for the woman), (1 beat each) are skated in Waltz position. Step 5 begins at the short axis.

Step 7 (RBOI 3t for the woman and LFOI 3t for the man)(6 beats total) consists of a change of edge on the third beat and a three turn on the fourth beat of the step. This step is aimed initially toward the long axis, then becomes parallel to it and finishes toward the long side barrier. Swinging the free leg during the execution of Step 7 is optional.

Step 7 (6 beats total) is divided as follows:

- 2 beats on an outside edge (RBO for the woman, LFO for the man): this step begins on 1st beat with partners in Waltz position, and on the 2nd beat they change to Tango position.
- 1 beat on an inside edge in Tango position: on this beat there is a change of edge from RBO to RFI for the woman and from LFO to LFI for the man (corresponding with the third beat of the step).
- 3 beats on an outside edge (in the first of these three beats, a three turn from RBI to RFO for the woman and a three turn from LFI to LBO for the man). The three turn corresponds to the fourth beat of the step. At the end of this three turn the couple assumes Waltz position.

On **Step 8** the man skates a XS RBI while the woman skates a run LFI aimed toward the long side barrier.

Step 9a for the man is a wide step (Wd LBI) (1 beat) followed by a RBO (**step 9b**) (2 beats) concluding with a return of the free leg, which finishes bent and held beside the inside of the skating leg (tuck).

On Step 9 the woman skates a wide step (Wd RFI 3t) (3 beats total). The wide step (1 beat) is performed aiming toward the long side barrier (coordinated with the man's wide step), the three turn on the second beat is held for two beats on a RBO concluding with a return of the free leg, which finishes bent and held beside the inside of the skating leg (tuck) on the last beat.

At the end of the woman's three turn the couple assumes Kilian position aiming toward the long side barrier, becoming parallel to it during the execution of the tuck.

Step 10 (1 beat) for the man is a XS LBI, and for the woman a Mk LFO in Waltz position.

Step 11, the man begins his long step (9 beats total) distributed as follows:

- DCh RBO on the first beat of the step, beginning parallel to the long side barrier and moving away from it.
- A three turn on the second beat of the step, with the free leg bent in front, finishing toward the short side barrier. At the end of the three turn the couple assumes Foxtrot position.
- A bracket from RFI to RBO (5 beats total) performed on the third beat of the step. This bracket is executed parallel to the short side barrier and concludes keeping the free leg extended in back

for one beat. The man then brings his feet together and successively returns his free leg to be extended in back on beats 5 and 6, to complement the woman's sequence of steps.

At the end of the woman's three turn (step 11b), the position of the skaters is face to face, Hand in Hand (the woman's right hand holds the man's left hand, and her left hand holds the man's right hand), with their shoulders parallel.

- A change of edge to RBI on the eighth beat for 1 ½ beats, performed with a forward swing of the free leg. During the change of edge to inside, the man supports the woman's left ankle with his left ankle, accentuating the edge with a suspension of the skating knee. This edge, which passes the long axis, curves and moves away from it. The man is to the right of the woman and side by side, maintaining Hand in Hand position with the partner's shoulders parallel.
- On the last ½ beat of the nine beats, the man performs an insider Rocker from RBI to RFI, aimed toward the long side barrier.

Step 11a : the woman skates a run RFI (1 beat).

Step 11b (2 beats) is a DCh LFO on the first beat, with a return of the free leg in front in Foxtrot position, followed by a three turn (1 beat) that finishes with the free leg extended in back, simultaneous with the man's bracket. Step 11b finishes on a LBI, parallel to the short side barrier, and at the end of the woman's three turn and the man's bracket, the couple assumes Promenade position.

Step 11c (6 beats total), the woman performs:

- On the first beat of the step: a DCh RBO
- On the second beat: a three turn (from RBO to RFI), finishing on an inside edge held for three beats. During the three turn, the free leg is brought close to the skating leg and successively extended in back. During the woman's RBO, the man's left arm and the woman's right arm (which are linked), are lifted to allow the woman to perform the three turn under the arms, then assuming, face to face, Hand in Hand position at the end of the turn.
- On the fifth beat of step 11c (corresponding to the eighth beat of the man's step 11): the woman performs a change of edge from RFI to RFO, maintaining the outside edge for 1 ½ beats with the free leg bent in back. During the change of edge to outside, with the free leg bent in back, the woman moves to the right of the man and her left ankle is supported by the man's left ankle, accentuating the edge with a suspension of the skating knee. This edge curves and becomes parallel to the short axis. On this step, the woman is to the right of the man and side by side, maintaining Hand in Hand position.
- On the last ½ beat of step 11c, the woman performs a RFO rocker (from RFO to RBO corresponding to the man's rocker), maintaining Hand in Hand position.

Step 12 for the man is a LFO 3t (2 beats).

Step 12 a for the woman is (tot 1 ½) a XF LBI (1 beat), followed by a double three (from LBI to LFO to LBI (¼ + ¼ beat) on the second beat of the step, followed by **step 12b**, a Ch RBO (½ beat). During this step, the woman turns her double three under her right hand holding the man's left hand (while the other arm remains linked with that of her partner at abdomen level), and at the end of the three turn, they momentarily assume Foxtrot position on RBO.

Step 13: the man skates a RBO (2 beats) in Waltz position, and a Mk LFO (**Step 14**) (2 beats), where the couple assumes Foxtrot position. The aim of this step begins parallel to the long side barrier and finishes toward the long axis.

Step 13a: the woman skates a Mk LFO (1 beat), followed by **Step 13b**, a Ch RFI (1 beat) and **Step 14**, LFO (2 beats).

On **Step 15**, the woman skates a XR RFO Sw (4 beats). Her free leg swings forward on the third beat of the step and is held in front on the fourth beat. The man skates a XR RFO 3t (4 beats). His three turn is performed on the second beat of the step, with his free leg held close to his skating foot and then he extends his free leg back in line with his tracing on beat three to match the woman's swing forward. The position of the couple at the end of the man's three turn is Reverse Partial Tango position. This step is aimed initially toward the long axis, then moves away from it to descend toward the long side barrier near the short axis.

Step 16 is a LFO 3t for the woman (2 beats), passing from Foxtrot position to Tango position on the three turn. The three turn is executed on the second beat of the step.

The man skates a Cw LFO (**Step 16a**), in Foxtrot position, and a XCh RFI (**Step 16b**) in Tango position.

On **Step 17**, the woman performs a RBO and the man a LFO for two beats on an outside edge for both. This step begins parallel to the long side barrier and curves toward the long axis.

Step 18a (XR RFO) and **step 18b** (XB LFI IB 3t): the man performs a cross roll to a RFO (1 beat) in Tango position, followed by step 18b (2 beats total) consisting of:

- A XB LFI (1 beat) with the free leg extended in front, where the couple moves into Foxtrot position.
- An Ina Bauer* (1 ½ beats) in Tandem position.
- A three turn (½ beat) from LFI to LBO, keeping both feet on the skating surface, during which the couple assumes Kilian position.

On **Step 18** (XR LBO 3t IB 3t) (4 beats total) as follows:

- A XR LBO (corresponding to the man's step 18a) (1 beat) in Tango position.
- A three turn (from LBO to LFI) (1 beat), corresponding to the man's step 18b, with the free leg extended in front, momentarily in Foxtrot position.
- An Ina Bauer* (1 ½ beats) in Tandem position, in which the Ina Bauer is aimed toward the long axis, becoming parallel to it, and then moving toward the long side barrier.
- A three turn (½ beat) from LFI to LBO, keeping both feet on the skating surface, during which the couple assumes Kilian position.

***Ina Bauer**; the body weight is over both feet on the skating surface with the left foot on a LFI edge and the corresponding leg bent; the right foot is supported in back on a RBI edge with the leg extended in the opposite direction of the left foot. The feet have separate tracings.

Step 19 (1 ½ beats) is composed of a XS RBI followed by a quick wide step LBI (**step 20**) (½ beat).

On **Step 21** the man skates a RBO (4 beats total) while the woman skates a RBO (1 beat) followed by two quick three turns (from RBO to RBI to RBO for ½ beat each) followed by a forward extension of the free leg. The woman performs the three turns under her left hand, which is linked to the man's left hand. At the end of the rotation of the woman's three turns, the couple resumes Kilian position, passing slightly to Tandem position in preparation for the next step.

Steps 22 (Mk LFO), **23** (run RFI), and **24** (LFO) (1 beat each), begin toward the short side barrier, then curve away from it. The couple is in Kilian position.

Step 25 (run RFIO 3t 3t) (9 beats total) for the man is as follows:

- A run RFI (1 beat) in Kilian position.
- A change of edge from RFI to RFO on the second beat of the step, in which the couple assumes Tango position, returning his free leg in coordination with the woman's free leg movement (at the end of her rocker).
- An outside edge (RFO) maintained for a total of four beats, during which the man performs a forward lean of the chest on the fourth beat of the step, coordinated with the woman's "layback" in Tango position. the posture between the partners should be side by side with the man's chest and the woman's back parallel to each other; the free leg movement is optional.
- A three turn (from RFO to RBI) for one beat in Waltz position, on the sixth beat of the step.
- A three turn (from RBI to RFO) for one beat in Reverse Tango position, on the seventh beat of the step. The outside edge is maintained for the remainder of this step.
- During the two three turns, the man moves his partner from his right side, in front of him, and then to his left side (Reverse Tango position). On the last two beats of the man's step 25 (corresponding to the woman's step 25b), the couple assumes Waltz position.

Step 25a for the woman consists of seven beats:

- A run RFI (1 beat).
- A RFI Rk (from RFI to RBI) on the second beat of the step.
- A "layback" on the fourth beat of the step, in Tango position, with the woman's torso bending backward. The free leg movement is optional.
- A three turn (from RBI to RFO) (1 beat) on the sixth beat of the step in Waltz position.
- A three turn (from RFO to RBI) (1 beat) on the seventh beat of the step in Reverse Tango position.

Step 25b for the woman is a LBO (2 beats) in Waltz position, followed by a XR RBO (**step 26a**) (1 beat) in Reverse Tango position, aiming toward the long axis, and a XCh LBI (**step 26b**) (1 beat), coordinated with the man's three turn. The aim of the woman's XCh LBI is toward the short side barrier, and with this step, the couple begins a change of position, passing to Kilian with step 27.

Step 26 for the man is a XR LFO 3t (2 beats), with the three turn on the second beat of the step. The cross roll is performed in Reverse Tango position.

Step 27: both partners perform a RBO (1 beat) in Kilian position, aiming toward the short side barrier, becoming parallel to it with a XS LBI, **step 28**.

Step 29 is a RBO (1 beat) followed by a Ch LBI (**step 30**) (1 beat).

Step 31 for the woman is a RBO Sw (4 beats) with the swing of the free leg on the third beat, where the couple assumes Foxtrot position. For the man **step 31a** is a RBO (2 beats) with a forward extension of the free leg, followed by **step 31b**, a XF LFI performed on the third beat (of the woman's step 31) with a backward extension of the free leg maintained for the fourth beat, in unison with the woman's swing. On step 31b the couple assumes Foxtrot position.

The couple concludes the dance in the direction of the long axis, preparing the first step of the dance: a Cw RFO for the man and a Cw LFI for the woman in Promenade position.

For the execution of the compulsory dance, this step should be repeated three times (at the beginning of the dance, at the end of the first repetition, and at the end of the second repetition).

For the execution of the dance as a required element inserted in the Style Dance, the first step should be repeated two times (at the beginning of the dance and at the completion of the dance itself).

Glossary:

- Tuck: the free leg is bent and closed with the foot in contact with the skating leg
- Cross Foot Three: a three turn performed with the free leg crossed behind the skating foot at the height of the heel
- Layback: A backward bend of the torso.

KEY POINTS - MIDNIGHT BLUES (COUPLES)

Section 1:

1. Step 1: Cw LFI for the woman and Cw RFO for the man aimed toward the long axis. Correct execution, edges, and Promenade position.
2. Steps 3a-3b for the woman and step 3 for the man: Correct execution and required timing for the woman's Step 3a (run LFI 3t) and 3b (Mk RFI 3t) with the foot of the free leg crossed behind the skating foot. The woman's second three turn is coordinated with the man's three turn, step 3 (RFO 3t), performed with the foot of the free leg crossed behind the skating foot. Attention to the correct execution and timing of the three turns.
3. Step 7 (6 beats total), RBOI 3t for the woman and LFOI 3t for the man: a change of edge on the third beat of the step and a 3t on the fourth beat. Correct execution of the timing of the change of edge on the third beat and the three turn on the fourth beat.
4. Step 11 for the man (9 beats total) during which he executes a three turn on the second beat, a bracket on the third beat, a change of edge on the eighth beat to an inside edge held for 1½ beats, during which the ankle of his free leg supports that of the woman, and a rocker turn on the last ½ beat of the step.
Steps 11b-11c for the woman: correct execution and timing in correspondence with the man's step, with a LFO 3t (coordinated with the man's bracket) with free legs in unison, a RBO 3t performed under the partners' linked arms, a change of edge in which the man's left ankle supports the woman's left ankle, maintaining an outside edge for 1½ beats, and a RFO rocker turn on the last ½ beat of step 11c.
Pay attention to the correct execution, timing, and edges required before and after each turn.

Section 2:

1. Steps 12a (XF LBI 3t 3t) and 12b (Ch RBO) for the woman: correct execution and timing, the two three turns must be quickly executed in $\frac{1}{2}$ beat, as should the quick Ch RBO on the "and" count, in preparation for the following Mk LFO (step 13a).
2. Step 18 (XR LBO 3t Ina Bauer) for the woman and steps 18a-18b (XR RFO - XB LFI Ina Bauer) for the man: correct execution, timing, and edges, and unison of the couple during the execution of these steps and the Ina Bauer (see description).
3. Step 21 for the woman (RBO 3t 3t): correct execution and timing of the two three turns ($\frac{1}{2}$ beat each), unison of the free legs during the elevation, and outside edge maintained through the end of the step.
4. Step 21 for the woman (run RFI rocker layback 3t 3t): correct technical execution as well as the position of the partners and their placement during the execution of the three turns. Step 25 for the man (run RFIO 3t 3t) (9 beats total).
Pay attention to the correct technical execution of these steps, as well as the positions of the partners (symmetry/parallel bodies during the woman's layback) and the movement of the couple during the two three turns.

Midnight Blues Couples (88bpm)

Hold	No.	Man's Steps	Musical Beats			Woman's Steps
SECTION 1						
Promenade	1	Cw RFO		1		Cw LFI
	2	run LFI		1		RFO
* see notes	3a	RFO	1 ½		½ + ½	run LFI cross-foot-3t *
* see notes	3b	cross-foot-3t *	½		½ + ½	Mk RFO cross-foot-3t *
Reverse Kilian to Tandem to Waltz	4a	XB LBO (+ free leg lift)	3 ½ +		3 ½ +	XB LBOI (+ free leg lift)
	4b	Cw RFI	½		½	
Waltz	5	LFO		1		RBO
	6	run RFI		1		run LBI
Tango to	7	LFOI 3t (on 4th beat)	2+1+3		2+1+3	RBOI 3t (on 4th beat)
Waltz	8	XS RBI		1		run LFI
Kilian	9a	Wd LBI	1		1 + 2	Wd RFI 3t (tuck)
	9b	RBO(tuck)	2			
Waltz	10	XS LBI		1		Mk LFO
Promenade (* see notes)	11a	DCh RBO	1 +		1	run RFI
	11b	3t Bk to	1+5+		1 + 1	DCh LFO 3t
	11c	RBO (see notes)			1 + 3	DCh RBO 3t
		RBOI (on 8th beat) RBI Rk	1 ½ + ½		1 ½ + ½	RFIO RFO Rk
SECTION 2						
	12a	LFO 3t	1 + 1		1 + ¼ + ¼	XF LBI 3t 3t
	12b				½	Ch RBO (see notes)
Waltz	13a	RBO	2		1	Mk LFO
	13b				1	Ch RFI
Foxtrot to Reverse Partial Tango	14	Mk LFO		2		LFO
	15	XR RFO 3t	1 + 3		2 + 2	XR RFO Sw
Foxtrot to Tango	16a	Cw LFO	1 +		1 + 1	LFO 3t
	16b	XCh RFI	1			
Waltz	17	LFO		2		RBO
Tango to	18a	XR RFO	1		1	XR LBO
Foxtrot to Kilian	18b	XB LBI Ina Bauer LFI 3t	1 + 1		1 + 1	3t Ina Bauer LFI 3t
			½ ½		½ ½	
	19	XS RBI		1 ½		XS RBI
	20	Wd LBI		½		Wd LBI
(* see notes) to Kilian	21	RBO	4		1 ½ + ½ + 2	RBO 3t 3t
	22	Mk LFO		1		Mk LFO
	23	run RFI		1		run RFI
	24	LFO		1		LFO
Kilian to	25a	run RFIO	1 + 4		1 + 4	run RFI Rk

(* see notes)		3t 3t	1 + 3		1 + 1	3t 3t
Waltz	25b				2	LBO
Reverse Tango to	26a	XR LFO 3t	1+1		1	XR RBO
Foxtrot to	26b				1	XCh LBI
Kilian	27	RBO		1		RBO
	28	XS LBI		1		XS LBI
	29	RBO		1		RBO
	30	Ch LBI		1		Ch LBI
	31a	RBO	2 +		2 +	RBO
Foxtrot to Promenade (step 1)	31b	XF LBI	2		2	Sw (on 3rd beat)
* cross-foot-3t: three turn performed with the free foot crossed behind the skating leg						