

Sunshine State Games Artistic Roller Skating May 8-9, 2021



Semoran Skateway
2670 Cassel Creek Blvd
Casselberry, FL 32707
www.SkatingSchool.org



2021 Sunshine State Games

May 8-9, 2021

FEES: First Event: \$25
Each Additional Event: \$15
Tiny Tot and Star Events: \$15

MAIL TO: Tony Berger c/o Semoran Skateway
2670 Cassel Creek Blvd
Casselberry, FL 32707
Please make your club check payable to Skating School

ONLINE ENTRY FORM: Club entry: <https://form.jotform.com/210938878033160>
Skater Entry: <https://form.jotform.com/210938715851158>

ENTRY DEADLINE: Sunday, April 25

CONTACT: David Hankerson or Janet Pavilonis
Email: 2021SSGRoller@gmail.com

FACILITY: Semoran Skateway 180 x 85 maple floor

CONFIRMED JUDGES: Rick Cabral Scott Clifford Jessica Gaudy
Marie Gaudy Elaine Hanley Merely Popiel
Al Taglang

HOST OPERATOR: Tony Berger
MEET DIRECTOR: Janet Pavilonis
MEET HOST: Correen Wilson
TABULATORS: David Hankerson Steven Folstein
TECHNICAL SPECIALIST: Scott Clifford

FLORIDA SPORTS FOUNDATION
PRESIDENT & CEO: Angela Adams Suggs

FLORIDA SPORTS FOUNDATION
EVENT MANAGER: OJ Hill

SSG ARTISTIC ROLLER SKATING
SPORT DIRECTOR: David Hankerson

LOCAL HOTELS: Hampton Inn & Suites Residence Inn by Marriott
161 Douglas Avenue 270 Douglas Avenue
Altamonte Springs, FL Altamonte Springs, FL



REQUIREMENTS

Please reference the 2021 Sunshine State Games Requirements which also contains the Dance Judging Key Points. *There will be a ZOOM call for questions on the Judging Key Points and the Roll Art System as it applies to the meet for Coaches on Sunday, April 11. Time TBA.*

Junior and Senior World Skate figure events will include one figure and one loop.

World Skate Junior and Senior Dance and Freestyle Events will skate in the afternoon on Saturday, May 8.

CHALLENGE-UPS: No challenge-ups. However, skaters may skate their age appropriate USARS age eligible events that they would be able to skate at the 2021 USARS National Championships.

STAR SKATER: Based on entries, these events will be divided by ages. Southern Region Star Skater Rules will apply. Blue Star Skaters will skate the Glide Waltz Corner and one repetition of Figure 1 1 1B. Yellow Star Skaters will skate the City Blues Corner and Figure 1. Green Skaters will skate the Progressive Tango, Circle Loop 1 1 4B and Figure 2. Blue Team will skate the Glide Waltz Corner. Yellow Team will skate the Progressive Tango Corner. Green Team will skate the City Blues.

BLUE MOVES: This event is for the class skater. This level may include forward and backward skating and scissors, forward and backward crossovers, Turtle Tuck, Shoot the Duck, One foot Skating, Arabesque, Spread Eagle, Bunny Hop, Two Foot Jump Around (180) or Mohawk Turn, and Two Foot Spin. No footwork is required. One item may be a combination of up to 3 listed skills. Time limit is 1:15. (Music provided) Skaters competing in Blue moves will use the whole floor (not half) for their performances.

YELLOW JUMPS & SPINS: This level may include skills from Blue Moves, any half revolution jumps, and any upright spins. Skater may do 3 jumps. One may be a combination (limit 3 jumps). The skater may do 2 spins. One spin may be a combination using 2 different edges. One sequence of footwork MUST be included. Time limit is 1:45 (Music of Skaters choice)

GREEN FREESTYLE: This level may include skills from Blue Moves, single revolution Jumps limited to Mapes, Toe Wally, and Salchow, and IB sit spin. Skater may do 4 jumps. One may be in combination (limit 3 jumps). Spins are limited to 3 different spins (uprights on any edge and IB sit spin) and must include one combination spin (no camel spins). One sequence of secondary footwork MUST be included. Time limit 2:00 (Music of skaters choice)

C EVENTS REQUIREMENTS

Juvenile/Elementary C Figure 1 1 2A, Loops 1 3 0A, Solo Skaters March, Team Progressive Tango
Freshman/Sophomore C Figure 1 1 2A, Loops 1 3 0B, Solo City Blues, Team Balanciaga

Amateur cards will not be needed for the Star Skater events. However, they must be Florida residents or have an USARS Amateur Card.

AWARDS: Official Sunshine State Game Medals will be awarded for 1st, 2nd, and 3rd place in all events. Men and Women will be awarded separately, unless the event is co-ed. Combined Figure and Loop events will also be awarded.

2021 SUNSHINE STATE GAMES REQUIREMENTS

| EVENT | FIGURES | LOOPS | SOLO | TEAM |
|------------------------------|---------|-------|------------------------------|---------------------------|
| Bronze | 2A | 114A | City Blues (88) | Double Cross Waltz (1388) |
| Silver | 1 | 114A | Carey Foxtrot (92) | Luna Blues (88) |
| Gold Division I | 3A | 115B | Southland Swing (88) | Joann Foxtrot (92) |
| Classic Gold | 19A | 14A | Dench Blues Dbl Pattern (88) | Keats Foxtrot (96) |
| Classic Intl | | | Kinder Waltz (120) | Kinder Waltz (120) |
| Mini | | | Skaters March | Skaters March |
| Espoir | | | Roller Samba | Roller Samba |
| Cadet | | | Federation Foxtrot | Swing Foxtrot |
| Youth | | | Cha Cha Patin | Cha Cha Patin |
| World Skate JUNIOR | 44A | 38B | | |
| World Skate SENIOR | 48B | 38A | | |
| Primary | 1 | 14A | Academy Blues (88) | |
| Juvenile B (Juv/Elem B Solo) | 3B | 14A | Rhythm Blues (88) | |
| Juvenile A | 9A | 14A | Rhythm Blues (88) | Denver Shuffle (100) |
| Elementary B | 3B | 14A | | |
| Elementary A | 4 | 15B | Carey Foxtrot (92) | Dutch Waltz (120) |
| Fresh/Soph B | 3B | 14B | Rhythm Blues (88) | Bounce Boogie (100) |
| Fresh/Soph A Men | 13 | 15A | | |
| Fresh/Soph Team | | | | Delicado (100) |
| Fresh A Girls | 18A | 15A | | |
| Freshman Solo | | | Fascination Foxtrot (92) | |
| Sophomore A Women | 12B | 15A | | |
| Sophomore A Solo | | | Carroll Swing (100) | |
| Advanced Figures | 20A | 16A | | |
| Junior Solo | | | Willow Waltz (138) | |
| Senior Solo | | | Silhouette Foxtrot (100) | |

SUNSHINE STATE GAMES 2021 DANCE KEY POINTS

| DIVISION | DANCE |
|----------------------------------|---------------------------------|
| Primary A Solo Dance | Academy Blues (88) |
| Juvenile/Elementary B Solo Dance | Rhythm Blues (88) |
| Juvenile A Solo Dance | Rhythm Blues (88) |
| Juvenile Team Dance | Denver Shuffle (100) |
| Elementary A Solo Dance | Carey Foxtrot (92) |
| Elementary Team Dance | Dutch Waltz (120) |
| Freshman/Sophomore B Solo Dance | Rhythm Blues (88) |
| Freshman/Sophomore B Team Dance | Bounce Boogie (100) |
| Freshman/Sophomore A Team Dance | Delicado (100) |
| Freshman A Solo Dance | Fascination Foxtrot (92) |
| Sophomore A Solo Dance | Carroll Swing (100) |
| Junior Solo Dance | Willow Waltz (138) |
| Senior Solo Dance | Silhouette Foxtrot (100) |
| Bronze Solo Dance | City Blues (88) |
| Bronze Team Dance | Double Cross Waltz (138) |
| Silver Solo Dance | Carey Foxtrot (92) |
| Silver Team Dance | Luna Blues (88) |
| Gold 1 Solo Dance | Southland Swing (88) |
| Gold 1 Team Dance | Joann Foxtrot (92) |
| Gold 2 & 3 Solo Dance | Syncopated Swing (96) |
| Gold 2 & 3 Team Dance | Century Blues (88) |
| Classic Gold Solo Dance | Dench Blues Double Pattern (88) |
| Classic Gold Team Dance | Keats Foxtrot (96) |
| Classic International Solo Dance | Kinder Waltz (120) |
| Classic International Team Dance | Kinder Waltz (120) |
| Mini Solo Dance | Skaters March (100) |
| Mini Team Dance | Skaters March (100) |
| Espoir Solo Dance | Roller Samba (104) |
| Espoir Team Dance | Roller Samba (104) |
| Cadet Solo Dance | Federation Foxtrot (96) |
| Cadet Team Dance | Swing Foxtrot (104) |
| Youth Solo Dance | Cha Cha Patin (112) |
| Youth Team Dance | Cha Cha Patin (112) |

ACADEMY BLUES - KEY POINTS

1. Step 4 (RIF) and Step 5 (LIF): Correct technical execution of the inside edges, with correct angular takeoff and without deviation from the inside edge at the end of Step 4.
2. Step 6 (ROF-S): Correct technical execution of the swing, maintaining the outside edge for all 4 beats of the step.
3. Step 9 (LOF-S) and Step 10 (RIF-"DC"): Correct technical execution of the swing-dropped chasse, bringing the skating feed to "and" position for the dropped chasse, and with correct outside edge on the swing and correct inside edge on the dropped chasse.
4. Step 9* (LOF-S) and Step 10* (RIF-"DC"): Correct technical execution of the swing-dropped chasse, bringing the skating feed to "and" position for the dropped chasse, and with correct outside edge on the swing and correct inside edge on the dropped chasse. (*The numbering of the swing-dropped chasse steps is repeated. Refer to the diagram and description.)

BOUNCE BOOGIE - KEY POINTS

1. Step 4 (RIOF-S): Correct timing of the change of edge from inside to outside on the third beat of the step.
2. Step 5 (XF-LIF): Correct technical execution of the cross in front on an inside edge.
3. Step 9 (LIOF-S): Correct timing of the change of edge from inside to outside on the third beat of the step.
4. Steps 16 (XB-RIF) - 17 (XB-LOF) - 18 (XB-RIF): Correct technical execution of the the three cross behind steps, maintaining the correct edges for each step.

CAREY FOXTROT - KEY POINTS

1. Step 4 (ROF-S) and Step 5 (XF-LOF): Correct technical execution of the swing and the cross in front, maintaining the correct outside edge for all 4 beats during the swing, without deviation from the edge before the cross in front.
2. Step 10 (ROF-S): Correct technical execution of the swing, maintaining the outside edge for all 4 beats of the step.
3. Step 15 (LOF) and Step 16 (ROF-S): Correct technical execution of the steps, maintaining the outside edges for both steps without deviation from the prescribed edges.
4. Step 18 (XF-RIF): Correct technical execution of the cross in front, with feet tightly crossed and the correct inside edge.

CARROLL SWING - KEY POINTS

1. Closed Mohawk, Step 3 (LOF) and Step 4 (ROB): Correct technical execution of the closed mohawk, with correct outside edges before and after the mohawk, and the free leg finishing in front.
2. Step 6 (XF-RIOB) and Step 7 (XF-LOB): Correct technical execution of the two cross in front steps. Correct timing of the change of edge from inside to outside on the third beat of Step 6, without deviating from the outside edge before Step 7.
3. Step 13 (XB-LIOF): Correct technical execution of the cross behind and correct timing of the change of edge from inside to outside on the third beat of the step.
4. Step 14 (XF-LOB): Correct technical execution of the cross in front from an outside edge to an outside edge.

CENTURY BLUES - KEY POINTS

1. Step 5 (XF-LOF) and Step 6 (RIF-"RC"): Correct technical execution of the cross in front and the raised chasse. Correct timing of the steps--Step 5 for 2 beats, and Step 6 for 1 beat.
2. Step 8 (XF-ROF): Correct technical execution of the cross in front from an outside edge to an outside edge.
3. Step 12 (XB-RIF): Correct timing and technical execution of the cross behind (1 beat).
4. Step 15 (LIF-S): Correct technical execution of the inside edge swing, beginning from an angular takeoff, and with correct timing of the swing on the third beat of the step.

CHA CHA PATIN - KEY POINTS

1. Step 11 OpMk LBI (½ beat): Correct technical execution of the open mohawk, respecting the correct timing and placement of the left foot.
2. Step 13 Cw LFI: correct technical execution of the choctaw, with the correct edges before and after the turn.
3. Step 22 OpMk RBI (½ beat): Correct technical execution of the open mohawk, respecting the correct timing and placement of the right foot.
4. Step 24 Cw RFI: correct technical execution of the choctaw with correct edges before and after the turn.

CITY BLUES - KEY POINTS

1. Step 5 (LIF-"DC"): Correct technical execution of the dropped chasse, with feet close and parallel and the free leg extended in front, on a clear inside edge without deviation to an outside edge.
2. Step 6 (ROF-S): Correct technical execution of the swing on the third beat of the step, without deviation from the outside edge.
3. Step 9 (LOF-S) and Step 10 (XF-RIF): Correct technical execution of the swing on the second beat of Step 9. Correct technical execution of the cross in front on step 10, extending the free leg in back.
4. Step 14 (RIF-"DC"): Correct technical execution of the dropped chasse, with feet close and parallel and the free leg extended in front.

DELICADO (TEAM) - KEY POINTS

SECTION 1

1. The man's Mohawk, Step 2 (LIF) and Step 3 (RIB): Correct technical execution of the mohawk with heel-to-heel technique, with correct inside edges before and after the mohawk.
2. Step 4 (LOB-S for the man and ROF-S for the woman): Correct technical execution of the swing on an outside edge for all 4 beats of the step, with unison of the swing of the free legs on the third beat of the step.
3. The woman's Mohawk, Step 8 (RIF) and Step 9 (LIB): Correct technical execution of the held mohawk with heel-to-heel technique, with correct inside edges before and after the mohawk.
4. The man's Mohawk, Step 11 (RIF) and Step 12 (LIB): Correct technical execution of the held mohawk with heel-to-heel technique, with correct inside edges before and after the mohawk.

DELICADO (TEAM) - KEY POINTS

SECTION 2

1. The woman's Mohawk, Step 2 (LIF) and Step 3 (RIB): Correct technical execution of the mohawk with heel-to-heel technique, with correct inside edges before and after the mohawk.
2. Step 4 (LOB-S for the woman and ROF-S for the man): Correct technical execution of the swing on an outside edge for all 4 beats of the step, with unison of the swing of the free legs on the third beat of the step.
3. The man's Mohawk, Step 8 (RIF) and Step 9 (LIB): Correct technical execution of the held mohawk with heel-to-heel technique, with correct inside edges before and after the mohawk.
4. The woman's Mohawk, Step 11 (RIF) and Step 12 (LIB): Correct technical execution of the held mohawk with heel-to-heel technique, with correct inside edges before and after the mohawk.

DENCH BLUES DOUBLE PATTERN - KEY POINTS

1. Mohawk, Step 5 (ROB) and Step 6 (LOF): Correct technical execution of Step 5, ROB for 4 beats, without deviation from the outside edge and correct technical execution of Step 6, with feet close together and with correct lean.
2. Step 7 (XF-ROF) and Step 8 (LOF): Correct technical execution of the cross in front and swing, skated on an outside edge for all 4 beats without changing edge at the end of the step, allowing for the correct aim for Step 8.
3. Closed Choctaw, Step 12 (LIF) and Step 13 (ROB): Correct technical execution of the steps; Step 12 must be maintained on a strong inside edge, without deviation prior to the choctaw, Step 13, performed on a strong outside edge.
4. Choctaw, Step 14 (XB-LOB) and Step 15 (RIF): Correct technical execution of the choctaw, maintaining the proper edges before and after the turn.

DENVER SHUFFLE (TEAM) - KEY POINTS

1. Step 4 (XF-ROF) and Step 5 (XB-LIF): Correct technical execution of the cross in front and cross behind, with an evident change of lean on the cross in front.
2. Step 8 (ROF-S): Correct technical execution of the swing, 4 beats total, with the swing performed on the third beat of the step, without deviation from the outside edge. Unison of the swing for the dance team.
3. Slides, Step 14 (RIF-LOF) and Step 15 (LOF-RIF): Correct technical execution of the slides, executed on the correct edges (NOT flat). After step 15, the 4 wheels of the right skate are raised simultaneously in preparation for the next step.
4. Step 16 (XF-RIF): Correct technical execution of the cross in front with feet close and parallel, without deviation from the inside edge.

DOUBLE CROSS WALTZ - KEY POINTS

1. Step 4 (XF-ROF) and Step 5 (XF-LIF): Correct technical execution of the two cross in front steps, with correct outside edge on Step 5 and inside edge on Step 6.
2. Step 9 (XF-LOF) and Step 10 (XF-RIF): Correct technical execution of the two cross in front steps, with correct outside edge on Step 9 and inside edge on Step 10.
3. Step 14 (XB-RIF): Correct technical execution of the cross behind with feet close and parallel, and with the correct timing.
4. Step 18 (XB-RIF): Correct technical execution of the cross behind with feet close and parallel, and with the correct timing.

DUTCH WALTZ - KEY POINTS

1. Step 4 (ROF-S): Correct technical execution of the step, with the swing of the free leg on the fourth beat of the step, and maintaining the correct outside edge for all 6 beats of the step.
2. Step 5 (LOF-S): Correct technical execution of the step, with the swing of the free leg on the fourth beat of the step, and maintaining the correct outside edge for all 6 beats of the step.
3. Step 14 (ROF-S): Correct technical execution of the step, with the swing of the free leg on the fourth beat of the step, and maintaining the correct outside edge for all 6 beats of the step.
4. Step 16 (XB-RIF): Correct technical execution of the cross behind with feet close and parallel, and with the correct timing.

FASCINATION FOXTROT - KEY POINTS

1. Mohawk, Step 7A (LOF) and Step 7B (ROB): Correct technical execution of the mohawk with heel-to-heel technique, with correct outside edges before and after the mohawk.
2. Choctaw, Step 8 (LIB) and Step 9 (ROF-S): Correct technical execution of the choctaw, performed from a clear inside edge on Step 8 to a clear outside edge on Step 9, without deviation from the edge before the turn.
3. Step 10 (LOF-3): Correct technical execution of the three turn, on the correct edges with feet close together, and with the correct timing.
4. Step 12 (XF-LIB): Correct technical execution of the cross in front, with feet close and parallel, and on the correct inside edge.

FEDERATION FOXTROT - KEY POINTS

1. Step 7 Mk RFO 3t(2 beats): Correct technical execution of the mohawk and correct change of lean from step 6 (LBO) to step 7 Mk RFO, followed by the three turn which must finish on an inside edge (attention to frequent changes of edge at the end of the three turn, often poorly controlled).
2. Step 9 Mk RFO Sw Ct (6 beats total): Attention to the required timing during the 6 beats:
 - Forward swing on the 3rd beat;
 - Counter turn on the 5th beat with the free leg held forward at the end of the turn; attention to the correct technical execution of the counter turn, on an outside edge before and after the turn, with no deviation from the outside edge and not hopped.
3. Step 12 Cw LFI (2 beats): Correct technical execution of the choctaw from an outside edge to an inside edge (not a mohawk), with the foot placed close and not wide.
4. Step 15 RFO Sw Ct 3t (8 beats total): Attention to the required timing during the 8 beats:
 - Forward swing of the free leg on the 3rd beat;
 - Counter turn on the 5th beat with the free leg held close to the skating foot;
 - Three turn on the 6th beat with a raise of the free leg in front on the 7th beat;

Correct technical execution of the required timing and edges during the counter/three turn, with no deviation from those prescribed with the proper lean of the body (the axis of the body is often not controlled during these turns and tends to go to the outside of the rink instead of maintaining the proper inside body lean).

JOANN FOXTROT - KEY POINTS

1. Step 10 (ROF-S): Correct technical execution of the swing, maintaining the outside edge for all 4 beats of the step, and swinging the free leg on the third beat of the step.
2. Mohawk, Step 14 (XB-RIF) and Step 15 (LIB): Correct technical execution of the cross behind and the held mohawk with heel-to-heel technique, with correct inside edges before and after the mohawk.
3. Step 17 (XF-LIF): Correct technical execution of the cross in front with feet close and parallel, on the correct inside edge.
4. Step 20 (ROB): Correct execution of the outside edge for all 4 beats of the step, without deviating from the outside edge when preparing for the next step.

KEATS FOXTROT (96) - KEY POINTS

1. Step 5 (XR-LOF-3): Correct technical execution of the dropped three turn, with feet close together and correct edges before and after the turn. Correct timing of the three turn.
2. Step 9 (XB-LOB): Correct technical execution of the cross behind, maintaining the outside edge for the 2 beats of the step, without deviation in preparation for the next step.
3. Closed Mohawk, Step 11 (LOF) and Step 12 (ROB): Correct technical execution of the closed mohawk, with correct outside edges before and after the mohawk, and the free leg finishing in front.
4. Choctaw, Step 12 (ROB) and Step 13 (LIF): Correct technical execution of the choctaw, maintaining the proper edges before and after the turn.

KINDER WALTZ - KEY POINTS

1. Step 4, XR RFO: Correct execution of the Cross Roll, without changing the edge to inside before/after the step.
2. Step 11, LFOI Sw: Correct execution of the Swing Change of edge, keeping the outside edge for three beats, and changing to inside edge for the next three beats, finishing aiming toward the short side barrier.
3. Step 15, LFO Sw & 16, XF RFO: Correct execution of Swing, swinging the leg on the 4th beat of the step, without changing to inside edge at the end of the step (beat 5), and the cross in front to outside edge of one beat, keeping the feet close together and a clear bodyline.
4. Step 17, XB LFIO & 18, XB RFI: Correct execution of the Crosses Behind, placing the feet close together and the clear inside edge (only changing to outside edge at the end of step #15 in order to allow step #16).

LUNA BLUES - KEY POINTS

1. Step 5 (LOF-S): Correct technical execution of the swing on the third beat of the step, maintaining the correct outside edge for all 4 beats of the step.
2. Step 7 (XF-LIF): Correct technical execution of the cross in front, with feet close and parallel and on the correct inside edge.
3. Step 9 ("DC"-LIOF): Correct technical execution of the dropped chasse on an inside edge, with the change of edge to outside on the third beat of the step.
4. Step 16 (XF-ROF) and Step 17 (XF-LOF): Correct technical execution of the two cross in front steps, with feet close and parallel and on the correct outside edges before and after each step.

RHYTHM BLUES - KEY POINTS

1. Step 5 (LIF-S): Correct technical execution of the inside edge from an angular takeoff, and the swing of the free leg on the third beat of the step.
2. Step 6 (RIF-S): Correct technical execution of the inside edge from an angular takeoff, and the swing of the free leg on the third beat of the step.
3. Step 10 (XB-RIF): Correct technical execution of the cross behind with feet close and parallel, and on the correct inside edge.
4. Step 12 (XF-RIF): Correct technical execution of the cross in front with feet close and parallel, and on the correct inside edge.

ROLLER SAMBA (SOLO) - KEY POINTS

1. Step 5 LFO 3t: correct technical execution and timing of the three turn on the 2nd beat and on the correct edges before and after the turn.
2. Step 7 CIMk LFO: correct technical execution and timing of the closed mohawk, on the correct edges (outside to outside), with feet close together.
3. Step 12 Op Mk RBO: correct technical execution of the open mohawk, performed with feet close together, showing the correct outside edge at the time of the step.
4. Steps 16 XR RFO -Sw(2 + 2 total beats), correct technical execution of the cross roll, performed with a clear and correct outside edge, with adequate inclination of the body.

ROLLER SAMBA (TEAM) - KEY POINTS

SECTION 1

1. Steps 5 LFO-3t (Step 5: $1 + \frac{1}{2}$ beat) and 6 RBO($\frac{1}{2}$ beat) for the woman: correct technical execution of the three turn with feet close together and timing of the half beats on 3turn; correct timing of the half beats on step 6 required.
2. Step 11 LFO -Sw -l -Sw: Correct technical execution of the swing in front on the 3rdbeat and swing in back and simultaneous change of edge to inside on the fifth beat. Attention to the unison of the free leg movements.
3. Step 12 DpCh RFO: correct technical execution of the dropped chasse, with feet close and parallel, placed on a clear correct edge.
4. Step 14 XR RFO-Sw (4 total beats): correct technical execution of the cross roll, performed on good edges and good inclination of the body, avoiding excessive separation of the position of the partners. Attention to the unison of the free legs during the swing.

SECTION 2

1. Steps 19 LFO-3t($1 + \frac{1}{2}$ beat) and step 20 RBO ($\frac{1}{2}$ beat) for the man: correct technical execution of the three turn with feet close together and timing of the half beats on three turn; correct timing of the half beats on step 20 required.
2. Step 24 XB RFI: correct technical execution of the cross behind with feet close and parallel, without deviation from the inside edge.
3. Step 27 DpCh LFI: correct technical execution of the dropped chasse with feet close and parallel, placed on a clear inside edge.
4. Step 30 XR RFO-Sw(4 total beats): correct technical execution of the cross roll performed on good edges and with good inclination of the body, avoiding excessive separation of the position of the partners. Attention to the unison of the free legs during the swing.

SILHOUETTE FOXTROT - KEY POINTS

1. Step 5 (XF-LOF-3) and Step 6 (ROB-3): Correct technical execution of the three turns, with correct timing and correct edges before and after the turns.
2. Closed Choctaw, Step 9 (XF-LIF) and Step 10 (ROB): Correct technical execution of the steps; Step 9 must be maintained on a strong inside edge, without deviation prior to the choctaw, Step 10, performed on a strong outside edge, finishing with the free leg in front.
3. Step 14 (XF-ROF-3): Correct technical execution of the three turn, with correct timing and correct edges before and after the turn.
4. Choctaw, Step 15 (LOB) and Step 16 (RIF): Correct technical execution of the choctaw, maintaining the proper edges before and after the turn.

SKATERS MARCH - KEY POINTS

1. Steps 4 XR RFO(2 beats) and Step 5 XB LFI(2 beats): Correct technical execution of the cross roll. The cross back must be performed with close feet.
2. Step 6 RFO Sw(4 beats) with a swing of the free leg on the 3rd beat of the step without deviation from the edge.
3. Step 10 XF RFI(2 beats): correct technical execution of the crosses with the simultaneous extension of the left leg in back with the toe of the free leg slightly open.
4. Step 14 XF RFI(2 beats): correct technical execution of the crosses with the simultaneous extension of the left leg in back with the toe of the free leg slightly open.

SOUTHLAND SWING - KEY POINTS

1. Step 4 (ROF-S): Correct technical execution of the swing, maintaining the correct outside edge for all 4 beats of the step without deviation, and the swing of the free leg on the third beat of the step. Adherence to the baseline at the beginning and end of the step.
2. Mohawk, Step 6 (XB-RIF) and Step 7 (LIB): Correct technical execution of the cross behind and the held mohawk with heel-to-heel technique, with correct timing and correct inside edges before and after the mohawk.
3. Mohawk, Step 9 (XF-LIB) and Step 10 (RIF): Correct technical execution of the cross in front and the held mohawk with heel-to-heel technique, with correct inside edges before and after the mohawk.
4. Step 14 (ROB): Correct execution of the outside edge for all 4 beats of the step, without deviating from the outside edge when preparing for the next step.

SWING FOXTROT (TEAM) - KEY POINTS

1. Steps 4 XR RFO(2 beats) and 5 XR LFO(2 beats): Correct technical execution of the cross rolls with evident lobes, correct edges and proper changes of lean of the body, avoiding excessive separations of the couple.
2. Step 10 XR RFO Sw (4 beats-2+2): Correct technical execution of cross roll followed by a forward swing of the free leg on the third beat and pressure on the outside edge, without deviating from it. Attention to the unison of the free legs on the swing.
3. Step 14 RFl and 15 LFI (open strokes, 2 beats each): Correct technical execution of the open strokes, with the skating foot on inside edges from the beginning to the end of each step, with correct lean and proper posture. Attention to the closeness of the skaters during the execution of these steps and the simultaneous change of lean.
4. Step 16 RFO Sw (4 beats): Correct technical execution of the step on an outside edge without deviation from the edge during the swing. Attention to the fourth beat of the step where often skaters will change to inside edge in preparation for the restart of the step.

SYNCOATED SWING - KEY POINTS

1. Step 2 (XB-RIF): Correct technical execution of the cross behind with feet close and parallel and correct timing.
2. Step 8 (XF-ROF) and Step 9 (XB-LIOF): Correct technical execution of the cross in front and cross behind. Correct timing of the change of edge on Step 9, from inside edge to outside edge on the third beat of the step.
3. Step 13 (LFO-S) and step 14 (RIF-"DC"): Correct timing and technical execution of the steps. Step 13 is a 2-beat step with the swing performed on the second beat of the step. Step 14 is a 2-beat step.
4. Step 15 (XB-LOF) and Step 16 (XF-RIF): Correct timing and technical execution of the steps on the correct edges. Step 15 is performed on an outside edge for 2 beats, and Step 16 is performed on an inside edge for 2 beats.

WILLOW WALTZ - KEY POINTS

1. Step 3 (LOB): Correct technical execution of the outside edge, maintained for all 3 beats of the step without deviation from the edge.
2. Step 8 (ROF-3): Correct timing and technical execution of the three turn on the third beat of the step, with correct edges before and after the turn. The three turn should be performed with feet close together.
3. Mohawk, Step 14 (ROB) and Step 15 (LOF): Correct technical execution of the mohawk, with correct outside edges before and after the mohawk without deviation.
4. Mohawk, Step 18 (RIF) and Step 19 (LIB): Correct technical execution of the held mohawk with heel-to-heel technique, with correct inside edges before and after the mohawk.