



**CONFEDERAÇÃO BRASILEIRA DE HÓQUEI E PATINAÇÃO**

Vinculada ao Comitê Olímpico do Brasil



**ATUALIZADO EM 19.02.2020**

### **PATINAÇÃO ARTÍSTICA - PROVAS DE DANÇA OBRIGATÓRIA (TN + ASPIRANTES)**

Para o julgamento das provas de dança, serão aplicados **5 níveis de qualidade para as Danças Obrigatórias** relativos à sequência da dança, dependendo da qualidade de execução dos **key points**. Se a dança requer duas (2) sequências, os níveis serão aplicados duas vezes, uma para cada sequência.

LEVEL	SEQUENCE / SECTION	Tempo de interrupção	KEY POINTS
<b>B</b>	75%	/	/
<b>1</b>	100%	No more than 4 beats	1
<b>2</b>	100%	No more than 4 beats	2
<b>3</b>	100%	Not interrupted	3
<b>4</b>	100%	Not interrupted	4

- No Level – menos de 75% da *sequence/section* foi completada.
- Level Base - 75% da *sequence/section* foi completada.
- Level 1 – *sequence/section* não foi interrompida por mais do que 4 tempos no total, seja por tropeços, quedas ou qualquer outra razão e um (1) *key point* é corretamente executados
- Level 2 – *sequence/section* não foi interrompida por mais do que 4 tempos no total, seja por tropeços, quedas ou qualquer outra razão e dois (2) *key points* são corretamente executados.
- Level 3 – *sequence/section* não foi interrompida e três (3) *key points* são corretamente executados.
- Level 4 – *sequence/section* não foi interrompida e quatro (4) *key points* são corretamente executados.

Os passos de abertura das danças (OPENING) que não seguirem as regras estabelecidas pela WS, terão desconto de 0.5. Exemplo: está previsto 8 ou 16 beats de passos de abertura e o atleta executa 12 beats. Falhas no *timing* promovem uma baixa no nível, de no mínimo um nível e serão consideradas desfavoráveis nos componentes.

Se **menos de 75%** da sequência for completada, a chamada do Painel Técnico será **“NO LEVEL”**. Nas danças obrigatórias serão considerados dois componentes: **SKATING SKILLS** e **PERFORMANCE**.

DANÇAS	VALOR DAS SEQUENCIAS	KEY POINTS
GRUPO 1		
<b>PROGRESSIVE TANGO</b> 100 Tango	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> <li>Steps 1, 2 ,3* must be progressive steps, no deviation from the edge .</li> <li>Step 3* must start on the outside edge and the touch in front should be executed just with the outside toe wheel only on beat 1.</li> <li>On steps 6* the change of edge should be on Beat 2 and the touch back should be executed with the inside toe wheel only on beat 3.</li> <li>Step 10 XFI.This crossed progressive step must at least align the back wheels from the right skate with the front wheels of the left skate in order to be considered a cross.</li> </ol>
<b>GLIDE WALTZ</b> 108 Waltz	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<p>* Steps 7, 8, 9 and 10 must be repeated twice in the barrier.</p> <ol style="list-style-type: none"> <li>Step 2 and 3 - the RC (Step 2) must be well executed with the foot being raised parallel to the floor and the outside edge on Step 3 should be maintained for 3 beats .</li> <li>Step 5 and 6 - the RC (Step 5) must be well executed with the foot being raised parallel to the floor and the outside edge on Step 6 should be maintained for 3 beats .</li> <li>Step 8 - the RC must be well executed with the foot being raised parallel to the floor .</li> <li>Step 10 the foot has to pass through the skating foot without stroking. (GLIDE)</li> </ol>
<b>SKATERS MARCH</b> 100 March	Level B = 0,5 Level 1 = 0,8 Level 2 = 1,1 Level 3 = 1,6 Level 4 = 2,2	<ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>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.</li> <li>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.</li> </ol>
<b>MELODY WALTZ</b> 108 Waltz	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> <li>Step 2 RFI RC must be executed correctly.</li> <li>Step 7 should commence with the tracing knee bent, and as it goes forward the on the 4th beat the tracing knee should begin to straighten .</li> <li>Step 8 should not be angular, it must start from the “and” position.</li> <li>Step 12 the ROF Swing must be executed on the outside edge for 4 beats, no rockover is allowed.</li> </ol>

<p><b>LA VISTA CHA CHA</b> Cha Cha 100</p>	<p>Level B = 0,4 Level 1 = 0,7 Level 2 = 1,2 Level 3 = 1,7 Level 4 = 2,4</p>	<p>1. Steps 4 XR RFO: correct technical execution of the cross roll on an outside edge, with the appropriate change of lean. The direction of step 4 is towards the long axis. Step 5 XB LFI: correct technical execution of the cross behind with feet close and parallel skated on the required inside edge. 2. Step 9 XR LFO: correct technical execution of the cross roll on an outside edge, with the appropriate change of lean. Step 10 XB RFI: correct technical execution of the cross behind with feet close and parallel skated on the required inside edge. 3. Step 14 XF RFI Cha-Cha Tuck: correct technical execution of the cross in front with feet close and parallel on the required inside edge. 4. Step 15 XB LFO Cha-Cha Tuck: correct technical execution of the cross behind with feet close and parallel on the required outside edge.</p>
<p><b>FAR AWAY WALTZ</b> 108 Waltz</p>	<p>Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2</p>	<p>1. Step 1 is Cross Roll 2. Step 2 a RC and must be executed correctly. 3. Between execution of Steps "13 and 14" and "16 and 17" the inner edges should be correct, those will be considered as 1 key point. 4. Step 19 is a RC and must be all well executed to achieve this key point.</p>
<p><b>BALANCIAGA</b> 100 Schottische</p>	<p>Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2</p>	<p>1. Step 1 should be hold for 2 beats on a clear outside edge . 2. Steps 5 and 10 should be executed from the "angular and" position. 3. Step 14 is a Crossed Chasse, is made with a parallel take off, where the toe wheels of the right skate are alongside with the heel wheels of the left skate. 4. Step 17 is Crossed Progressive, is made with a parallel take off where the heel wheels of the right skate are alongside with the toe wheels of the left skate.</p>
<p><b>SWING WALTZ</b> 120 Waltz</p>	<p>Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2</p>	<p>1. Step 1 LOF Swing must be executed on the proper edge through the 6 beats. 2. Step 3 is a RC and must be executed correctly. 3. Step 6 ROF Swing must be executed on the outside edge for 6 beats. 4. Step 12 RIF must be executed on an inside edge and the leg should swing forward on the 4th beat.</p>

<b>CARLOS TANGO</b> (WS pattern) 96 Tango	Level B = 0,5 Level 1 = 0,8 Level 2 = 1,1 Level 3 = 1,6 Level 4 = 2,2	1. Step 3 LFO: correct technical execution of the outside edge, and the timing of the tap down with the front inside toe wheel, on the third beat, while maintaining the outside edge. 2. Step 4 DpCh RFI: correct technical execution of the dropped chasse, and the timing of the tap down with the front outside toe wheel, on the third beat, while maintaining the inside edge. 3. Step 9 LFO Sw: correct technical execution of the run, and the swing on the third beat, without deviation from the outside edge during the swing of the free leg. 4. Step 12 RFO Sw: correct technical execution of the run, and the swing on the third beat, without deviation from the outside edge during the swing of the free leg.
<b>DENVER SHUFFLE</b> 100 Polka	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	1. Steps 6 Sd RFI (LFO) and 7 Sd LFO (RFI): correct technical execution of these steps, executed on the required edges (NOT to be skated "flat"). After step 7, the 4 wheels of the right skate are raised simultaneously (not the two front wheels before the two rear wheels). It must be an evident lifting of the entire foot from the floor and then skating step 8. 2. Step 8 XF RFI (2 beats): correct technical execution of the cross in front with feet close and parallel, without deviation from the inside edge. 3. Step 14 XF RFO (2 beats) and 15 XB LFI (two beats): correct technical execution of the cross in front (step 14) in the direction of the long axis, with an evident change of lean. Step 15: correct technical execution of the cross behind, without deviation from the inside edge. 4. Step 18 RFO Sw (4 beats): correct technical execution of the swing, 4 beats total, with the swing executed on beat 3, without deviation from the outside edge, and the simultaneous movement of the free legs of the couple.
<b>MARYLEE FOX TROT</b> 92 Fox Trot	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	SECTION 1 1.Steps 3, 4 Execution of cross rolls . 2. Steps 6, 7 Execution of cross rolls. 3. Steps 8, 9. Take off for Step 8 must be made on the "parallel and" position, and those 2 steps constitute an open held mohawk. 4. Steps 10, 11 constitute a backward to forward open held mohawk and it must originate from behind the heel. SECTION 2 1.Steps 15, 16 must be stroked from behind the heel and must take the floor in the "angular and" position. 2.Steps 18, 19 must be stroked from behind the heel and must take the floor in the "angular and" position. 3.Steps 24, 25 constitute an open held mohawk 4.Steps 26, 1 constitute an open dropped choctaw and it must originate from behind the heel.

<b>DUTCH WALTZ</b> 120 Waltz	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> <li>1. Step 4 is a ROF Swing and must be executed and maintained on the outside edge for 6 beats.</li> <li>2. Step 5 is a LOF Swing and must be executed and maintained on the outside edge for 6 beats.</li> <li>3. Step 10 is a Dropped Chasse and must be executed correctly. (see explanation on diagram description)</li> <li>4. Step 14 is a ROF Swing and must be executed and maintained on the outside edge for 6 beats.</li> </ol>
<b>JOANN FOX TROT</b> 92 Fox Trot	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	<ol style="list-style-type: none"> <li>1. Step 4 and 5 are RIF - RC and LFO Swing and both must be executed correctly.</li> <li>2. Step 9 and 10 are LIF - RC and RFO Swing and both must be executed correctly.</li> <li>3. Step 14 XB- RIF and Step 15 LIB comprise an Open Held Mohawk.</li> <li>4. Step 20 RBO and Step 1 LOF constitute an open Dropped Mohawk and it has to start from Behind the heel of the tracing skate.</li> </ol>
<b>CALIFORNIA SWING</b> 138 waltz	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	<ol style="list-style-type: none"> <li>1. Change of edge on step 3 must be made on 4th count of the step (Musical Count 1).</li> <li>2. Step 4 and 5 comprise an open Dropped mohawk, and take off of step 4 must be from the "angular position "</li> <li>3. Steps 10/11 n RIF to LIB open dropped mohawk turn must be executed heel to heel.</li> <li>4. The last swing, must be held for 4 beats on the original edge.</li> </ol>
<b>METROPOLITAN TANGO</b> 100 Tango	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	<ol style="list-style-type: none"> <li>1. Step 1 LOF - 3 have to be turned on the second count of the Step .</li> <li>2. Step 6 and step 7 constitute an open mohawk.</li> <li>3. Step 11 LIB swing must be executed properly.</li> <li>4. Step 11 and 12 constitute a Choctaw turn.</li> </ol>
<b>TEN FOX</b> 100 Fox Trot	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	<ol style="list-style-type: none"> <li>1. Steps 4a and 4b constitute a Choctaw.</li> <li>2. Step 9 is a three turn and must be executed correctly.</li> <li>3. Step 13 through 17 are progressive runs.</li> <li>4. Steps 17 and 18 constitute an open dropped mohawk.</li> </ol>

<b>KEATS FOX TROT (Solo)</b> 92 Fox Trot	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	<b>SECTION 1:</b> 1. Step 2 XCh RFI (1 beat): Correct technical execution of the XCh with feet close and parallel without lightening of the edge before or after the cross. 2. Step 5 XR LFO 3t: (2 beats total 1+1): a cross-roll on the first beat followed by a three turn on the second beat with feet close together. Proper attention to the lean and inside edge at the end of the three turn. 3. Step 8, RBO (2 beats) is an outside edge, almost perpendicular to the long axis, with no change to inside edge. <b>SECTION 2:</b> 1. Step 9, XR LBO (2 beats): Correct technical execution of the cross roll. Step 10, Mk RFO (2 beats): Correct technical execution of the mohawk with heels close together and correct placement of the RFO edge, not wide. 2. Step 12 CIMk RBO (4 beats): Correct technical execution of the closed mohawk, with proper positioning of the free foot placed to the outside of the skating foot, and the maintaining of the outside edge during the 4 beats, without deviation from the edge. 3. Step 13, Cw LFI (2 beats): Correct technical execution of the choctaw with feet kept in contact before turning, (not wide) and maintaining of the inside edge during the two beats, with no deviation from the edge.
<b>CONTINENTAL WALTZ (Solo)</b> 168 Waltz	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	1. Step 1, 2 and 3 when done properly constitute the 1st key point. 2. Steps 4, 5 and 6 when done properly constitute the 2nd key point. 3. Step 7 RFO - S must be executed on the outside edge. 4. Repetition of Steps 4, 5 and 6 when done properly constitute the 4th key point.
<b>ACADEMY BLUES</b> 88 Blues	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	1. Step 5 should be executed from the "angular and " position. 2. Step 6 ROF Swing should remain on an outside edge for 4 beats. 3. Step 9 SDC, the Free leg should swing forward on the 2nd beat, and the DC must be started from the "and position", without deviation of the edge. 4. Very important to maintain the steps on their proper places, especially on Step 6 and Step 9 when using the 2 repetitions of the Barrier Lobe, the 2nd beat of the swing should be on the short axis and long axis .
<b>CRISS CROSS MARCH</b> 100 March	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	1. Steps 4, 5 and 6 are Cross rolls. 2. Step 7 is a Raised Chasse and be done properly. 3. Step 14 XB is a crossed progressive and the front wheels of the right skate must be aligned to the back wheels of the left skate. 4. Step 18 is a dropped chasse and must be done properly.

<b>CLAYTON FOX TROT</b> 96 Fox Trot	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	1. Step 2 RIF - RC must be done correctly. 2. Step 5 LOF - S must be done on the outside edge. 3. Step 12 XF - RIOF, attention to the change of edge on the correct timing. 4. Step 13 the Swing should be done correctly on the correct timing.
<b>SIESTA TANGO</b> 100 Tango	Level B = 1,5 Level 1 = 1,9 Level 2 = 2,3 Level 3 = 2,8 Level 4 = 3,3	1. Step 6 XR RFO (2 beats) - Correct technical execution of the Cross-Roll - progressive movement of the free leg that crosses the skating leg and is placed on the floor ahead of the skating foot. The new skating foot when placed on the floor must assume immediately an outside edge with a change of lean (roll). 2. Step 8 RFO Sw/Sw (2+2 beats outside edge + 2 beats inside edge). Correct technical execution of the Swing - pendular movement with similar amplitude of the free leg at the beginning and at the end of the movement. Outside edge for 4 beats, with the free leg extended in back for 2 beats, then swings in front on the 3th beat. On the 5th beat, the free leg swings back with a simultaneous change of edge to inside, which should be maintained for 2 beats. 3. Step 11 HhMk LBI (1 beat) - Correct technical execution of the Heel to Heel Mohawk, with feet close together, executed on a clear inside edge. 4. Step 16 Mk RFI (2 beats) - Correct technical execution of the Mohawk - feet close together before turning forward on a clear inside edge.
<b>HARRIS TANGO SOLO</b> 100 Tango		AGUARDANDO PUBLICAÇÃO WS
<b>VIENNESE WALTZ SOLO</b> 138 Waltz		AGUARDANDO PUBLICAÇÃO WS

<b>GRUPO 2</b>		
<b>CITY BLUES</b> Blues 88	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<p>1. Step 5 DpCh LFI: 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. Attention to the Kilian position of the couple, remaining close without separation and with correct lean with respect to the inside edge.</p> <p>2. Step 6 RFO Sw (4 beats): correct technical execution of the swing on the third beat without deviation from the outside edge and with unison of the free legs during the swing.</p> <p>3. Step 9 LFO Sw (2 beats): correct technical execution of the quick swing of the free leg on the second beat. Attention to the timing and control of the free leg (not kicked), with unison of the free legs of the couple during the swing.</p> <p>Step 10 XF RFI (2 beats): correct technical execution of the cross in front with the simultaneous stretching of the free legs in back.</p> <p>4. Step 14 DpCh RFI (2 beats): correct technical execution of the dropped chasse, with feet close and parallel and the free legs extended in front, on a clear inside edge without deviation to an outside edge. Attention to the Kilian position of the couple, remaining close without separation and with correct lean with respect to the inside edge.</p>
<b>BALANCIAGA</b> Schottische 100	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> <li>Steps 1 and 7 should be hold for 2 beats on a clear outside edge.</li> <li>Steps 5 and 10 should be executed from the “angular and” position.</li> <li>Step 14 is Crossed Chasse, is made with a paralel take off where the toe wheels of the right skate are alongside with the heel wheels of the left skate.</li> <li>Step 17 is Crossed Progressive, is made with a parallel take off where the heel wheels of the right skate are alongside with the toe wheels of the left skate.</li> </ol>
<b>ACADEMY BLUES</b> Blues 88	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> <li>Step 5 should be executed from the “angular and” position.</li> <li>Step 6 ROF Swing should remain on na outside edge for 4 beats.</li> <li>Step 9 SDC, the Free leg should swing forward on the 2nd beat, and DC must be started fromthe “and position” without deviation of the edge.</li> <li>Very important to maintain the steps on their porper places, especially on Step 6 and Step 9 when using the 2 repetitions of the Barrier Lobe, the 2nd beat of the swing should be on the short axis and longa xis.</li> </ol>
<b>RHYTHM BLUES</b> Blues 88	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> <li>The dance just start on count 3 of a measure of music.</li> <li>Step 5 and 6, the take off for these steps must bem ade in the “angular and” position.</li> <li>Also Step 5, the LIF-S must be on na inside edge for 4 beats.</li> <li>Step 10 (XB-RFI) is a Crossed Chasse, is made with a parallel take off where the toe wheels of the right skate are alongside with the heels whseels of the left skate. Step 12 ( XF-RIF) is Crossed Progressive, is made with a parallel take off where the heels wheels of the right skate are alongside with the toe wheels of the left skate.</li> </ol>



<b>DOUBLE CROSS WALTZ</b> Waltz 138	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> <li>1. Steps 2, 7, 12 and 16 are Raised Chasses and must be executed correctly.</li> <li>2. Steps 4 and 9 must be Cross Rolls.</li> <li>3. Step 14(XB-RFI) is a Crossed Chasse, is made with a parallel take off where the toe wheels of the right skate are alongside with the heel wheels of the left skate,</li> <li>4. Step 18 (XF-RIF) is Crossed Progressive, is made with a parallel take off where the heel wheels of the right skate are alongside with the toe wheels of the left skate.</li> </ol>
<b>CENTURY BLUES</b> Blues 88	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> <li>1. Step 4 and 10 ROF-S must be on an outside edge for 4 beats.</li> <li>2. Steps 5 and 8 must be Cross Rolls.</li> <li>3. The 2nd beat of Step 10 is at the top of the 2nd Center lobe.</li> <li>4. Steps 15 and 16 must be made in the "angular and" position, no recover preceding these steps.</li> </ol>
<b>ZIG ZAG POLKA</b> Polka 100	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> <li>1. Step 5 (LIF), must be close and angular. There is no rock over preceding this step.</li> <li>2. Step 11 (LOF), is Dropped Chasse, the free leg should be extended for 2 beats and the edge on the skating foot should be maintained.</li> <li>3. Step 12 (XF-RIF) is crossed progressive. The take off for this step must be close and parallel.</li> <li>4. Step 16 is a four beat and is a change of edge split. Read the description for the correct execution.</li> </ol>
<b>LUNA BLUES</b> Blues 88	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> <li>1. Steps 4 and 12 are Raised Chasses, proper execution should be seen.</li> <li>2. Steps 7, 10 and 18 must be crossed progressives.</li> <li>3. Step 9 (4 beat LOIF-DC), at the beginning of the step, the free leg is extended to the front. The change of edge occurs on the 3rd beat of the step. Movement of the free leg is optional.</li> <li>4. Steps 16 and 17 are Cross Rolls. The takeoffs for these steps are close and angular. There is no rockover preceding these steps.</li> </ol>
<b>CASINO TANGO</b> Tango 100	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	<ol style="list-style-type: none"> <li>1. Step 4 (XF-ROF), is a "cross-roll" made with an angular takeoff.</li> <li>2. On step 8, the swing forwards is on the third count of the music: the swing backwards is on the fifth count also with the change of edge.</li> <li>3. Step 13 is a 4 beats LOF Swing, the edge should be maintained for 4 beats. No flats will be accepted.</li> <li>4. Step 14 is 4 beats Dropped Chasse, that is made with the free leg extended forward into the direction of travel and utilizing a tango swing to the rear. Read the description of the dance for a better understanding.</li> </ol>

<b>MILONGA</b> <b>TANGO</b> Tango 100	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	<ol style="list-style-type: none"> <li>1. Steps 4 and 8 are Cross Rolls and must be properly executed.</li> <li>2. Steps 6,9 and 14 are Raised Chasses. Must be properly executed.</li> <li>3. On Step 13 the free leg extends to the rear on count 1 of the step, tucks close and parallel to the tracing skate on count 2, and then extends to the rear again on count 3.</li> <li>4. Step 17 is a 4 beats Dropped Chasse and is made with the free leg moving forward in to the direction of travel and then utilizing a Tango swing to the rear.</li> </ol>
<b>CHASE WALTZ</b> Waltz 108	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	SECTION 1 <ol style="list-style-type: none"> <li>1. The Raised Chasses must be properly executed through the first section (B edges).  # The steps 2, 5, 8 e 14 are going to be considered as the 1st part of the dance for the Raised Chasses and all them together will make the 1st key point.</li> <li>2. Steps 6 and 7, the backward to forward turn is an open held mohawck turn and it must originate from behind the heel.</li> <li>3. Steps 10 and 11- this forward to backward turn is an open dropped mohawk turn executed heel to heel.</li> <li>4. Steps 12 and 13 - the backward to forward turn is an open held mohawck turn and it must originate from behind the heel.</li> </ol> SECTION 2 <ol style="list-style-type: none"> <li>1. Steps 2, 5 and 11 - The Raised Chasses must be properly executed through the second section (A edges).</li> <li>2. Steps 7 and 8 – This must forward to backward turn is an open dropped mohawk turn executed heel to heel.</li> <li>3. Steps 9 and 10 - The backward to forward are open held mohawk turn and they must originate from behind the heel.</li> <li>4. Steps 13 and 14 – This forward to backward turn is na open dropped mohawk turn executed heel to heel.</li> </ol>
<b>MANHATAN</b> <b>BLUES</b> Blues 92	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	<ol style="list-style-type: none"> <li>1. Step 3 (LOF_S) must be held for 4 beats.</li> <li>2. Step 4 is Open Mohawk and must be properly executed with no deviation of the edge.</li> <li>3. Steps 6 and 7 are Cross Rolls.</li> <li>4. Step 11, the change of edge should occur on the 3rd beat.</li> </ol>
<b>QUICKSTEP</b> <b>BOOGIE</b> Boogie 100	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	<ol style="list-style-type: none"> <li>1. Step 6 and 12 are one beat Cross Rolls, must be executed properly.</li> <li>2. Steps 2,7,10 and 13 are RC and all of them when well executedmake the second key point of the dance.</li> <li>3. Step 20 is a cross roll and must be well executed.</li> <li>4. Step 21 XB-LOIF, a defnite change of edge from inner to outer must occurs.</li> </ol>

<b>CHA CHA</b> Cha cha 100	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	<ol style="list-style-type: none"> <li>1. Step 1 must be on outside edge and after that a correct mohawk from behind the heel should be executed.</li> <li>2. Steps 3, 4 and , correct Dropped Chasse maintaining the correct inside edge and after that the inner. The inner must be in time with the music.</li> <li>3. Steps 6 a /6b and 13/14 are open dropped mohawks.</li> <li>4. Step 17 ROB swing must be held for 4 beats on na outside edge.</li> </ol>
<b>DELICADO</b> Schottische 100	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	SECTION 1 <ol style="list-style-type: none"> <li>1. B edges from step 1 to step 2 is a mohawk and must originate from behind the heel.</li> <li>2. Step 4 is a swing and must be held on na outside edge for all 4 beats.</li> <li>3. Step 8 and 9 comprise na Open Dropped Mohawk and must be done on proper edges.</li> </ol> SECTION 2 <ol style="list-style-type: none"> <li>4. Steps 2 and 3 comprise na Open Dropped Mohawk and must be done on proper edges.</li> <li>5. Step 4 is a Swing and must be held on na outside edge for all four beats.</li> <li>6. Step 8 and 9 comprise na Open Dropped Mohawk and must be done on proper edges.</li> </ol>
<b>VIVA CHA CHA</b> Cha Cha 100	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	<ol style="list-style-type: none"> <li>1. On step 6 (XB-RIOF), the change of edge occurs in the 3rd beat of the dance and establishes the base line of the dance.</li> <li>2. Steps 7 and 8 constitute na open Dropped Mohawk wich must be done heel to heel.</li> <li>3. Step 11 LOB the free leg is extended in front on the 1st beat, and then brought along-side the skating leg in the 2 nd beat and extended again in front on the 3rd and 4 th beat.</li> <li>4. Steps 20 and 21 constitute na open held mohawk wich must be done heel to heel.</li> </ol>
<b>WILLOW WALTZ</b> Waltz 138	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	<ol style="list-style-type: none"> <li>1. Steps 2 and 13 are one beat Raised Chasse.</li> <li>2. Step 8, a ROF dropped three turn, is executed on the third count of the step.</li> <li>3. Steps 10 and 21 are one beat progressive steps.</li> <li>4. Steps 18 and 19 comprise na open held mohawk turn with each step being held for 3 beats of the music.</li> </ol>

<b>SKATERS MARCH</b> March 100	Level B = 0,5 Level 1 = 0,8 Level 2 = 1,1 Level 3 = 1,6 Level 4 = 2,2	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.
<b>FAR WAY WALTZ</b> Waltz 108	Level B = 0,4 Level 1 = 0,7 Level 2 = 1,0 Level 3 = 1,5 Level 4 = 2,2	1. Step 1 is Cross Roll and Step 2 a Raised Chasse and must be executed correctly. 2. Steps 5, 8, 15 and 19 are Raised Chasse and must be well executed. 3. Between execution of steps "13 and 14" and "16 and 17" the inner edges should be correct, those will be considered as 2 key points.
<b>SOUTHLAND SWING</b> 88 Blues	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	1. Step 4 is a "Swing" and must be on the proper edge and held for 4 beats. 2. Steps 6 XB (must be well executed) and 7 comprise an open held mohawk, must be on a clean inside edge. 3. Steps 9 XF ( must be well executed) and 10 are an open held mohawk, must be on a clean inside edge. 4. Steps 12 and 13 comprise an open dropped mohawks. 5.
<b>BOSTON BOOGIE</b> Boogie 100	Level B = 0,5 Level 1 = 1,0 Level 2 = 1,5 Level 3 = 2,0 Level 4 = 2,7	1. Steps 2, 7 and 14 are one beat cross chasses steps. 2. Step 16 is a 2 beat crossed chasse step. 3. Step 15 LOIF Swing the free leg is swing in front on the third count of the step (musical count 1). 4. The change of edge still on step 15, and the backward swing occurs on the 5th count of the step (musical count 3).
<b>ICELAND TANGO SOLO</b> Tango 100	Não atualizado WS 2020	SECTION 1: 1. Step 3 must be maintained for 2 beats avoiding change of edge before performing step 4, Closed Mohawk. 2. Step 8 proper execution of the change of edge ( on beat 3) and three turn ( on beat 5). 3. Step 9, Cross Rollo n the 1st beat, swing of the free leg on 3rd beat, and rockover of the body on the 4th beat. SECTION 2: 1. Step 14 proper execution of the threee turn. 2. Step 16 proper execution of the chocktaw and swing movement, with a change of the edge in the last beat. 3. Step 18, outside edge that finishes toward the longa xis at the center of the floor.

<p><b>FOURTEEN STEP PLUS</b> March 108</p>	<p>Não atualizado WS 2020</p>	<p><b>SECTION 1:</b></p> <ol style="list-style-type: none"> <li>1. STEP 4 (RFO swing): proper execution of Roll (outside forward edge to outside forward edge) aimed toward the center of the rink and ending toward the long side barrier, drawing a symmetrical edge of 4 beats, with the free leg swing on beat 3 of the step (at the top of the lobe), without deviation from the outside edge during the step.</li> <li>2. Proper execution of steps 8 (RFI) and 9 (Open mohawk LBI), with the left foot placed at the instep of the right and close to it, keeping the inside edge before/after the turn.</li> <li>3. STEP 13 (XF LBI-3t-3t): proper execution of the XF and three turns, crossing with feet parallel and close together and keeping the correct edge before/after the turns, and with correct timing.</li> </ol> <p><b>SECTION 2:</b></p> <ol style="list-style-type: none"> <li>1. STEP 17 (LBO swing): proper execution of Roll (outside backward edge to outside backward edge) aimed toward the center of the rink and ending toward the long side barrier, drawing a symmetrical edge of 4 beats, with the free leg swing on beat 3 of the step (at the top of the lobe), without deviation from the outside edge during the step.</li> <li>2. STEP 21 (LFO) &amp; 22 (Xch RFI): proper execution of the Mohawk and Xch, keeping the correct edge on each step, crossing with feet parallel and close together and immediately returning to the “and” position after the Xch.</li> <li>3. STEPS 25 (LFO) and 26 (open mohawk RBO): proper execution of the mohawk, each step for one beat and must be done on clear outside edges with Step 26 being placed at the instep of the left foot.</li> <li>4. STEP 27: at the finish of Step 26, the toe of the free foot must be brought behind the heel of the right foot and placed on the outside of it for Step 27, a closed mohawk for one beat. The free leg must be extended in the forward position at the finish of Step 27.</li> <li>5. STEP 28: is a RFI run for one beat. This is not a chasse and should not be crossed.</li> <li>6. Attention must be paid to the timing of steps 25, 26, 27, 28.</li> </ol>
--	-----------------------------------	---