

Collegiate

Music: Fox-Trot

Tempo: 92 Metronome

Closed Waltz Position and Hold from Step No. 1 through Step No. 6 of the Corner, *Changing to Tango Promenade Position and Hold* from Step No. 7 through Step No. 10 of the Straightaway.

Closed Waltz Position: Partners face each other, one skating forward while the other skates backward. The Man's right hand is placed firmly against partner's small of the back (near shoulder blade) with the elbow bent sufficiently to hold her close. The Lady's left hand is placed against the Man's right shoulder with her arm resting comfortably on his elbow on elbow. The Man's left arm and Lady's right arm (hands clasped) are extended to the side at average shoulder height. The Shoulders are parallel.

Tango Promenade Position: Hand and Arm positions are similar to those of Waltz Position, but partners turn so that both partners may skate in the same direction (Man on left side of lady). Lady's right hand is held in Man's left hand, arms extended at average shoulder height into line of travel.

Opening Steps: Hand in Hand Position, Man on left side of Lady, facing the center.

Opening Steps			
Man	Beats	Lady	
ROF	2	ROF	
LOF	2	LOF	
ROF	2	ROF	
LOF	2	LOF-XF	
RIF			

Begin the Dance with Step No. 1 of the Corner

Corner Steps

Step No. 1: Man strokes a LOF 2 beat edge, while Lady strokes a RIF 2 beat edge, the take off is parallel and alongside. Lady must be careful not to cross at this point. Aiming is toward the side barrier.

Lady's Step No. 2 and Man's Step No. 3, are LIB 2 beat Open Mohawks, right foot is held in back after stroking left. Man executes a Cut-Step during Lady's No. 2 step and Lady executes a Cut-Step during Man's Step No. 3.

In the Collegiate the Cut-Step is an execution wherein the RIF 2 beat edge (Man's No. 2 and Lady's No. 3) is placed alongside of left engaged foot and the resulting left free foot moves forward to coincide with partners free foot.

Step No. 6: Man strokes a Right Outside Back (ROB) 2 beat edge while Lady strokes a Left Outside Forward (LOF) 2 beat edge, aiming toward the barrier. The next stroke, first step of the straightaway (LIF) 2 beat edge, completes Man's Choctaw, aiming toward the center, while Lady strokes a

ROF-XF 2 beat edge, aiming toward the center.

Man's Choctaw execution coming out of the corner is very important (this is the man's ROB, to LIF) and should be executed as follows: Man's ROB edge should be aimed toward the barrier (a fast 2 beat roll) turning smoothly and with ease. During this edge, man's left free foot is brought around smoothly to the back of heel of right skate, in preparation for first step of straightaway, a LIF 2 beat edge aimed toward the center. Body should be kept directly over the left skate in order to prevent lunging.

Straightaway Steps

Step No. 7: Man strokes a Left Inside Forward (LIF) 2 beat edge, while Lady strokes a Right Outside Forward (ROF-XF) 2 beat edge Crossed over in front of left. Aim is to the center.

Step No. 8: Man strokes a Right Inside Forward (RIF) 2 beat edge, while Lady strokes a Left Outside Forward (LOF-XF) 2 beat edge Crossed over in front of right. Aim is to the barrier.

Step No. 9: Is a repeat of Step No. 7.

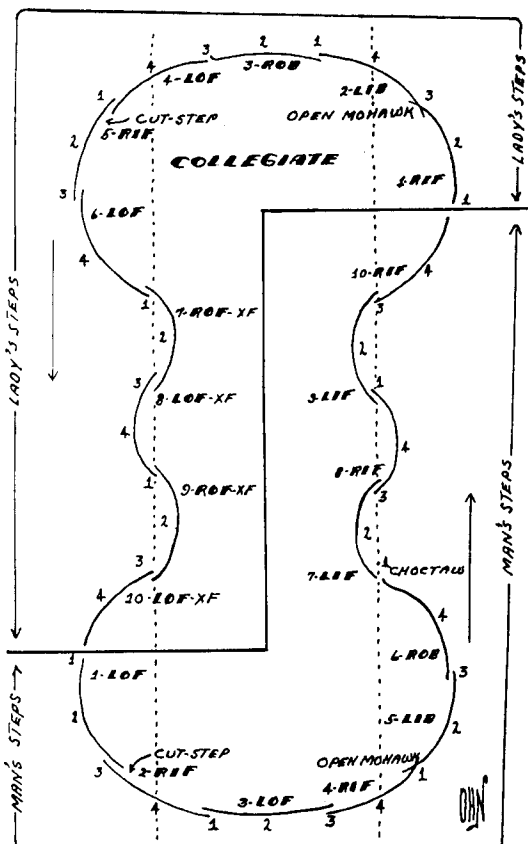
Step No. 10: Are shallow edges, which must be executed in such a manner so that at the extreme end of this edge, the travel is toward the side barrier. At the extreme end of this edge the Lady should be in front of partner to enable her to stroke Step No. 1 of the corner, a RIF 2 beat edge.

In the roller rinks having larger skating surfaces, additional alternate straightaway steps may be added until corner has been reached. The straightaway should be skated from the hips down, with very little movement of the body and arms above the waist.

The take-off placement of the Man's Inner Edges of the straightaway is accomplished by bringing the foot which is about to become engaged into play slightly past the instep and to the side of the engaged foot.

The Dance

Step No.	Man	Beats	Lady
1	LOF	2	RIF
2	RIF-Cut-Step	2	LIB-Open Mohawk
3	LOF	2	ROB
4	RIF	2	LOF
5	LIB-Open Mohawk	2	RIF-Cut-Step
6	ROB	2	LOF
7	LIF-Choctaw	2	ROF-XF
8	RIF	2	LOF-XF
9	LIF	2	ROF-XF
10	RIF	2	LOF-XF



Rotation Fox-Trot

By MARK and EVELYN BERRIOS

Music: Fox-Trot

Tempo: 92 Metronome

Hold: Opening Steps, Hand in Hand Position, Man on right, reverting to Closed Waltz Position after Man's Three Turn.

Lady starts dance with Step No. 1 and continues through the dance to Step No. 30 (Part I and Part II), this will give her one complete revolution around the rink. Man starts dance with Step No. 16, skating Part II and continues through Part I of the dance, so that when he arrives back at the starting point, he will have skated both parts and be ready to again start with his Step No. 16.

Steps No. 3 and 4, 9 and 10, are Closed Mohawks with no swing preceding the turn, free leg going to the front (trailing) immediately upon stroking the back edge.

During Steps No. 4, and 23, (Forward to back swing), the free leg is extended in front during the 1st beat of the music, then a rhythmic swing in time to the music on the 2nd beat (count 4) from front (into line of travel) to back, arriving at the extended position in back on the 4th beat (count 2) of the music, then allowing free foot to drop normally and close to the engaged foot for the next step. The free knee and toe to be well turned out and toe pointed downward during the swings.

The swings during Step No. 8 and 19 are executed in the same manner as Steps 4 and 23, however, in this case the swing is from back to front.

Steps No. 5 and 6 constitutes a Closed Mohawk execution wherein the free leg goes to the front in preparation for Step No. 7, a LOB-XF, which must be executed with smartness and snap.

Steps No. 11, 12, 13 and 29, 30, 1, are progressive Steps.

Steps No. 14, 15-21, 22-26, 27, are Open Mohawks wherein the free leg is held in back after stroking the back edge. Step No. 2, RIF-XB and Step No. 17, LIB-XF are skated with minimum rock back or rock forward.

Opening Steps

Man	Beats	Lady	Beats
ROF-Swing	4	ROF-Swing	4
LOF-Three Turn	2	LOF	1
		RIF	1