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| QUICKSTEP- SOLO | |
| By: R.J. Wilkie & Daphne Wallis | |
| *Music:* | *Quickstep 2/4* |
| *Tempo:* | *112 beats per minute* |
| *Pattern:* | *Set* |

The dance begins at the long axis with a sequence of steps from 1 to 4 directed toward the long side barrier, of which step 2 is a chasse and step 3-4-5 are progressives (runs).

Steps 3 and 4 are one-beat steps.

Step 5 is a four-beat LFO characterized by a swing in which the skater begins parallel to the long side barrier and finishes toward the long axis, performing a swing with strong pressure on the outside edge combined with a slight twist of the torso.

Step 6 (RBIO), for three beats, forms a lobe that begins with a closed choctaw aimed toward the center of the rink on an inside edge (for two beats) followed by a change to an outside edge (on the third beat) at which point the skater crosses the baseline of the dance. During this step, the free skate is extended in front on the first beat, it is brought beside the employed skate to “and” position on the second beat, and on the third beat it moves outward to assist the execution of the change of edge. The aim of step 6 is initially toward the long axis, becoming parallel to it, and finally coming toward the long side barrier.

Step 7 is a cross behind (XB-LBI) which brings the skater from parallel to the long side barrier toward the center of the rink.

Steps 8 and 9 form a lobe that opens toward the center of the rink and concludes on the baseline at the short axis in which step 8 (RBI) should show a strong change of lean with respect to step 7, and step 9 (XF-LBO) should continue the arc of curvature with respect to the preceding step.

The above steps 7, 8, and 9 must be executed in a lively manner and the edges should be well defined.

Step 10 (XB-RBO), for four beats, which begins with a cross behind toward the long side barrier and finishes toward the long axis, must be on a prominent outside edge with an appropriate bend of the skating knee. During this step the movement of the free leg may be interpreted freely.

Step 11, for two beats, begins with a choctaw LFI. This step forms a lobe that begins on the baseline and returns to it.

Step 12 is a two-beat RFI, which brings the skater toward the long side barrier.

Steps 13 through 18 are each one-beat steps and must be well-cadenced and skated in a lively and confident manner.

Steps 13-14-15 are progressives (runs).

Step 16 is a XF-RFO executed with a change of lean and aimed toward the short side of the rink.

Step 17 (XB-LFIO), a cross behind and a change of edge from inside to outside, is executed in one beat of music (½ beat inside and ½ beat outside) and aimed toward the short side of the rink.

Step 18 (XF-RFI), is a right inside cross front aimed toward the short side of the rink and finishing parallel to it.

The dance must be skated in perfect adherence to the tempo of the music, which is fast and lively.

**During the evaluation of this dance particular attention should be paid to the following elements:**

* Correct distribution of the lobes with respect to the baseline of the dance.
* Accuracy of timing, step technique, and the prescribed pattern and positions.
* The dance must be skated in perfect adherence to the tempo of the music, which is fast and lively.
* Step 5 must be executed on a good outside edge maintained until the execution of the closed choctaw (step 6).
* The closed choctaw (step 6) must be executed with defined edges on the entrance and exit.
* The change of edge to outside (step 6) is executed on the third beat of the step.
* Step 7 XB-LBI must be crossed and on an inside edge.
* Step 8 RBI has an evident change of lean.
* Steps 9 and 10 must be crosses.
* Steps 11 and 12 must be pronounced inside edges.
* The change of edge on step 17 must be quick and pressed directly toward the short side barrier.
* The dance must show deep LOBES distributed equally to the left and right of the baseline of the dance.

**QUICKSTEP (SOLO) - KEY POINTS**

**SECTION 1: Attention Points**

1. **STEP 5 (LFO-swing):** pronounced outside edge, LFO swing for 4 beats, avoiding a change of edge before executing the choctaw.
2. **STEP 6 (choctaw RBIO):** correct technical execution of the closed choctaw, maintaining the outside edge on step 5 and skating a strong inside edge on step 6 (defining the baseline of the dance). During the choctaw, the right foot is brought behind the heel of the left foot and placed to the outside of the left foot, and the free leg is extended in front at the end upon completing the choctaw. This step is three (3) beats total of which two (2) beats are on an inside edge and one (1) beat is on an outside edge.
3. **STEP 7 (XB-LBI):** correct execution of the left cross behind with evident definition of the inside edge from a proper crossed position with the feet close and parallel.
4. **STEP 8 (RBI):** correct execution of the inside edge (on the baseline of the dance) with an evident change of lean with respect to the preceding step.
5. **STEPS 9-10 (XF-LBO and XB-RBO):** correct execution of the front and back crosses; must be crosses performed with close feet and evident changes of lean.

Step 10: must remain on an outside edge to be able to correctly execute the choctaw that follows.

**SECTION 2: Attention Points**

1. **STEP 11 (choctaw LFI):** correct execution of the choctaw to LFI, performed on the baseline, held for two (2) beats.
2. **STEP 16 (XF-RFO):** correct execution of the cross front with close feet aimed toward the long axis and finishing toward the middle of the short side of the rink.
3. **STEP 17 (XB-LFIO):** correct execution of the cross behind and change of edge to outside, must be quick and aimed toward the short side barrier.
4. **STEP 18 (XF-RFI):** forward inside cross front parallel to the short side of the rink.

**NOTE: THE DANCE MUST SHOW DEEP LOBES DISTRIBUTED EQUALLY TO THE LEFT AND RIGHT OF THE BASELINE OF THE DANCE.**