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| ROCKER FOXTROT (SOLO) | |
| By: Erik Van Der Weyden & Eva Keats | |
| *Music:* | *Foxtrot 4/4* |
| *Tempo:* | *104 beats per minute* |
| *Pattern:* | *Set* |

The dance, which begins at the midline of the rink (half of the short side), forms three lobes toward the long side barrier and two toward the center of the rink. The pattern of the dance covers half of the rink, therefore one time around the rink is composed of two sequences of the dance.

Steps 1 through 4 form a lobe that initially opens toward the long side barrier and successively becomes parallel to it. This lobe consists of a LFO (step 1) a crossed chasse XCh-RFI (step 2), a LFO progressive (run, step 3), followed by a RFI progressive (run, step 4).

Step 5 is a progressive LFO-swing-rocker for four beats total aimed initially toward the center of the rink, then parallel to the long axis, and finally toward the long side barrier.

The rocker, performed on the second beat (of step 5), is preceded by a forward swing of the right free leg, which facilitates the execution of the turn, and is executed by the skater only after the free foot has passed the skating foot. At the end of the rocker, the skater performs a soft bend of the skating knee, and the movement of the skater’s free leg on the third and fourth beats is free to interpretation.

On step 6 the skater performs a two-beat RBO aimed toward the long side barrier.

Step 7 is a mohawk LFO for four beats that begins parallel to the long side barrier and then moves away from it, finishing toward the long axis; the movement of the free leg is free to interpretation during the third and fourth beats of this step.

Step 8 is a XR-RFO aimed toward the long axis where the skater should perform an evident change of lean of the body baseline and a change of trajectory from the previous step.

Step 9 is a LFI progressive (run) for two beats that begins toward the long axis and becomes parallel to it.

Step 10, a RFO progressive that is brought toward the long side barrier, completes the lobe begun by step 8.

With step 11, a two-beat LFO executed with the free leg extended in back, the skater aims toward the long side barrier in preparation for the following step (step 12).

Step 12, closed mohawk RBO (two beats), performed with the toe of the free foot placed to the outside of the heel of the skating foot, is executed parallel to the long side barrier and finishes away from it. After the closed mohawk, the skater continues a slow clockwise rotation of the body combined with sufficient pressure on the outside edge in preparation for step 13.

Step 13 is XF-LBI, maintaining the curve on an inside edge for two beats.

Step 14 is a mohawk RFI that concludes the dance, bringing the skater parallel to the short side of the rink.

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

* Accuracy of timing, step technique, and the prescribed pattern and positions.
* Execution of the crossed chasse (step 2) with feet close and parallel.
* Step 5: correct technical execution of the progressive-swing-rocker on beat two (2) with well-defined edges.
* Step 6, RBO, is aimed toward the long side barrier and not parallel to it; the step is a stroke.
* Step 11 must be an outside edge aimed initially toward the long side barrier, and successively parallel to it.
* Correct technical execution of the closed mohawk (step 12).
* Step 13 is a XF-LBI maintaining the inside edge without changing to an outside edge.
* Step 14, mohawk RFI: correct technical execution.

**ROCKER FOXTROT (SOLO) - KEY POINTS**

**SECTION 1:**

1. **STEP 5:** proper execution of the Run-Swing-Rocker, keeping the outside edge before/after the turn, aimed toward the center of the rink. The rocker must be preceded by a forward swing of the free leg (not a dropped chasse), all on beat one (1) of the step. The execution of the rocker is on beat two (2) with well-defined edges.
2. **STEP 6:** proper execution of the RBO with a stroke.
3. **STEP 8:** XR-RFO: proper execution of the cross-roll with a clear change of lean.

**SECTION 2:**

1. **STEPS 11-12:** (LFO run and RBO): Proper execution of the closed mohawk (the free foot becoming the employed foot placed to the outside of the skating foot and successive stroke of the left foot to a forward position).
2. **STEP 13:** proper execution of cross front, Step 13, for both partners a XF-LBI maintaining the inside edge throughout.
3. **STEP 14:** proper execution of mohawk RFI. The edge must be an inside edge; it is often incorrectly skated on an outside edge or flat.