

KEATS FOXTROT (Youth)

Modified for solo dance ONLY

MUSIC: Foxtrot 4/4
PATTERN: Set

TEMPO: 96 beats per minute
START: Step 1 on count #1

DANCE NOTES

- a. In the Keats Foxtrot 14 steps complete one sequence of the dance.
- b. There are no optional steps for this Solo dance. All skaters will skate the 28 beat pattern as diagrammed.
- c. Steps 1, 2 and 3 are a cross chasses sequence.
- d. Steps 6, 7, and 8 are runs.
- e. Steps 4, 5, and 9 are started as cross rolls.
- f. On steps 11 and 12 (LOF-ROB) closed Mohawk, the skater does not swing the free leg, but after extending it behind, merely brings the foot down beside the skating heel (keeping it well turned out) during the count #4 and then on count #1 places it on the skating surface on the outer edge side of the skating foot.
- g. On step 12 the free leg is extended forward and then drawn evenly so that, by the end of the count #4 it is at the heel of the skating foot ready for the LIF takeoff.
- h. To facilitate the Mohawk, attention should be given to skating good edges on steps 10 and 11, with the free foot coming close to the skating foot before the take off on step 11, so that a slight rock over at the end of step 10 will give the skater a good curving edge on step 11.
- i. Step 13 should be stepped close to the heel of the skating foot.

COMMON ERRORS

1. Wide stepping or lunging on steps 13 and 14.
2. The three turns will be stepped on inside edges.
3. Shaky closed Mohawk or incorrect edges on the turn (steps 11 and 12)
4. Wide stepping or flats on two inner edges (steps 13 and 14)
5. Uncontrolled shallow edge on step 12 ROB.
6. Lack of speed at the restart of the dance.

GENERAL.

When skating SOLO DANCE good timing is expected while showing the character of the rhythm. Very good skating skills will help in achieving the overall flow, while executing the fundamentals and technical requirements of the dance. Good posture baseline and carriage should be maintained at all times. A much higher reward will be given to the skater who "skates" the dance and has mastered all components as opposed to the skater who simply steps through the dance and shows very poor skating skills.

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