

KEY POINTS SOLO DANCE

2 Foxtrot – Intermediate Novice

Each Sequence (FO1Sq, FO2Sq, FO3Sq & FO4Sq)	Key Point 1 Lady steps #11, 12, 13 & 14 (LFO, CIMo, RBO, LFI, RFI) Man steps #11a, 11b, 12, 13 & 14 (RBO, LBI-Pr, RBO, LFI, RFI)
Key Point Features	<ol style="list-style-type: none"> 1. Correct edges 2. CIMo: Correct turn 3. CIMo: Correct placement of the free foot

8 European Waltz – Intermediate Novice

Each Sequence & (EW1Sq & EW2Sq)	Key Point 1 Lady steps #6, 7 & 8 (RBO, LBO, RFO3) Man steps #6, 7 & 8 (LFO, CR-RFO3*, LBO)
Key Point Features	<ol style="list-style-type: none"> 1. Correct edges 2. Correct turn 3. Correct Cross Roll*

*Cross Roll (Forward/Backward) – Requirement/Description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

13 Starlight Waltz – Advanced Novice

Each Sequence (SW1Sq1Se & SW1Sq2Se) Step #1-17	Key Point 1 Lady steps #9 & 10 (RBOI, LBO-SwR) Man steps #9 & 10 (LFOI, RFO-SwR)	Key Point 2 Lady steps #16 & 17 (LFO CIMo, RBO) Man steps #13 & 14 (LFO3, RBO)
Key Point Features	1. Correct edges 2. Correct change of edge	1. Correct edges 2. LFO3: Correct turn (man) 3. CIMo: Correct turn (lady) 4. CIMo: Correct placement of the free foot (lady)
Each Sequence (SW2Sq1Se & SW2Sq2Se) Step #18-32	Key Point 1 Lady steps #21 & 22 (LFI OpMo, RBI) Man steps #27 & 28 (Cr-RFO*, Cr-LFO3*)	Key Point 2 Lady step #31 (Cr-RFO-SwR*) Man step #31 (Cr-RFO-SwR*)
Key Point Features	1. Correct edges** 2. OpMo: Correct turn (lady) 3. LFO3: Correct turn (man)	1. Correct edges 2. Correct swing movement of the free leg*

*Cross Roll (Forward/Backward) – Requirement/Description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

**For Cross Rolls, while the free foot is passing the skating blade/foot, the placement on the ice with the new skating blade/foot is not required to be on an outside edge.

19 Quickstep – Advanced Novice

Each Sequence (QS1Sq, QS2Sq, QS3Sq & QS4Sq)	Key Point 1 Lady and Man Steps #5 & 6 (LFO Sw-CICho, RBIO)	Key Point 2 Lady and Man steps #11 & 12 (LFI, RFI)
Key Point Features	1. Correct edges 2. Correct turn 3. Sw-CICho: Correct placement of the free foot 4. Sw-CICho: Correct swing movement of the free leg	1. Correct edges

19 Quickstep – Junior

Each Sequence (1QS, 2QS OR 1PD & 2PD)	Key Point 1 Lady and Man Steps #5 & 6 (LFO Sw-CICho, RBIO)	Key Point 2 Lady and Man steps #11 & 12 (LFI, RFI)	Key Point 3 Lady and man steps #15 & 16 (CR-RFO, XB-LFIO)
Key Point Features	<ol style="list-style-type: none"> 1. Correct edges 2. Correct turn 3. Sw-CICho: Correct placement of the free foot 4. Sw-CICho: Correct swing movement of the free leg 	<ol style="list-style-type: none"> 1. Correct edges 	<ol style="list-style-type: none"> 1. Correct edges 2. Correct CR 3. Correct change of edge

20 Finnstep – Senior

Each Sequence (1FS) Step #1-33	Key Point 1 Lady Steps #10, 11 & 12 (LFO, RFI-Pr, LFO-Tw1½)	Key Point 2 Lady Steps #20 & 21 (XB-LBO, XF-RBI/RBI Tw1½/RFO)	Key Point 3 Lady Steps #32 & 33 (LFO Sw-CICho, RBI/RBO/RBO Tw1½ RFI slide to stop)
Key Point Features	<ol style="list-style-type: none"> 1. Correct edges 2. Tw1½: Correct turn 	<ol style="list-style-type: none"> 1. Correct edges 2. Tw1½: Correct turn 3. XB-LBO: Free leg crossed behind the skating leg below the knee 4. XF-RBI: Free leg crossed in front of the skating leg below the knee 	<ol style="list-style-type: none"> 1. Correct edges 2. Sw-CICho: Correct turn 3. Sw-CICho: Correct placement of the free foot 4. Sw-CICho: Correct swing movement of the free leg
Each Sequence (1FS) Step #1-33	Key Point 1 Man Steps #10, 11, 12 & 13 (LFO, RFI-Pr, LFO, RFI-Ch, LFO)	Key Point 2 Man Steps #20 & 21 (XB-LFI, RFO-Sw3/RBI Tw1/RBI)	Key Point 3 Man Steps #32, 33a, 33b & 33c (LFO Sw-CICho, RBI OpMo LFI slide to stop)
Key Point Features	<ol style="list-style-type: none"> 1. Correct edges 	<ol style="list-style-type: none"> 1. Correct edges 2. Sw3, Tw1: Correct turn 3. XB-LFI: Free leg crossed behind the skating leg below the knee 4. Sw3/RBI: Correct swing movement of the free leg 	<ol style="list-style-type: none"> 1. Correct edges 2. Sw-CICho, Tw1: Correct turn 3. Sw-CICho: Correct placement of the free foot 4. Sw-CICho: Correct swing movement of the free leg