

STAR 3a – Baby Blues Pattern Dance

Suggested Introductory Steps:

LFO (2) RFO (2) LFO Swing Roll (4)

The dance starts in one corner of the rink facing the centre of the ice, progressing down the side across the end and around the corner where it repeats, thus requiring two sequences of the dance for one round of the rink.

The dance consists mainly of two beat progressive sequences. Step 7 (RFOI) and Step 14 (LFO- SwR) are the only 4 beat edges. The free leg swing forward and back on Step 7 is executed as follows: forward on count 2 and back on count 3.

The simple steps allow beginners to get the feel of the music and enjoy rhythmical motion in their skating. Because of the use of slow Blues music, this dance promotes the use of long edges.

Upright position, good carriage and easy flow without too much effort are desired in the dance. The presence of a soft knee action throughout the dance is desired.

Music	Tempo	Pattern
Blues 4/4	<ul style="list-style-type: none"> 22 measures of 4 beats 88 beats per minute 	Set
Inventor	First Performed	
Unknown	Unknown	

Hold (optional)	Step No.	Step (same for both)	# of beats	
Kilian	1	RFO	2	Segment #1
	2	LFI-Pr	2	Focus Area #1
	3	RFI	2	
	4	LFO	2	
	5	RFI-Pr	2	
	6	LFI	2	

