

STAR 4a – Swing Pattern Dance

Suggested Introductory Steps:

Two sets of introductory steps are suggested for this dance (A) using a mohawk, and (B) using a three.

(A) Man: RFO (2), LFI (2), RFO (4)

Woman: LFI (2), OpMo RBI (2), LBO (4)

(B) Man: RFO (2), LFO (2), RFO (1), LFI (1), RFO (2)

Woman: RFO (2), LFO (2), RFO3 (2), LBO (2)

In both of these examples, the woman will start to the left of the man (in hand-in-hand hold) if the dance is executed with a partner.

Music	Tempo	Pattern
Foxtrot 4/4	<ul style="list-style-type: none"> · 24 measures of 4 beats · 96 beats per minute 	Set
Inventor	First Performed	
Hubert Sprott	Unknown	

Hold (optional)	Step No.	Male Steps	# of beats	Female Steps	
Closed	1	LFO	1	RBO	Focus Area #1
	2	RFI-Ch	1	LBI-Ch	
	3	LFO	2	RBO	
	4	RFO	1	LBO	
	5	LFI-Ch	1	RBI-Ch	
	6	RFO	2	LBO	
	7	LFO- SwR	4	RBO- SwR	
	8	RFO- SwR	4	LBO- SwR	
Hand-in-hand	9	LFO	2	RBO	
	10	RFI-Pr	2	LFO	
	11	LFO	2	RFI-Pr	Focus Area #3
	12	RFI-Pr	2	*LFO	

		OpMo			
Closed	13	LBI	2	*RFI-Pr	
	14	RBO	2	LFO	
	15	LBO-SwR	4	RFO-SwR	
	16	RBO	1	LFO	Focus Area #1
	17	LBI-Ch	1	RFI-Ch	
	18	RBO	2	LFO	
	19	LBO	1	RFO	
	20	RBI-Ch	1	LFI-Ch	
	21	LBO	2	RFO	
	22	RBO- SwR	4	LFO- SwR	Focus Area #2
	23	LBO- SwR	4	RFO- SwR	
Hand-in-hand	24	RBO	2	LFO	
	25	LFO	2	RFI-Pr	
	26	RFI-Pr	2	LFO	
	27	*LFO	2	RFI-Pr	
				OpMo	
Closed	28	*RFI-Pr	2	LBI	
	29	LFO	2	RBO	
	30	RFO- SwR	4	LBO- SwR	
*LFO, RFI progressive step optionally a slide chasse					

This is a dance designated for beginners consisting of all basic edges, forward and backward. It presents a relaxed method of changing from forward to backward skating, requires the man to learn to lead while skating backward as well as forward, makes the steps of each skater identical, even though similar steps are not skated at the same time, and makes it possible for two women to learn to dance or practice it as a couple.

The dance is skated down the length of the rink and contains four curvatures or lobes, and is skated in closed hold if partnered. The one skating forward during the first set of lobes in the straightaway will be skating backward when these four lobes are skated on the opposite side of the rink.

The chasse sequences apply to both forward and backward skating. First step of the sequence is an outside edge of one beat. Second step is an inside edge of one beat, during which the free foot is lifted slightly from the ice and is not allowed to move to a position either in front of or behind the skater, but

should be held directly beneath the skater in readiness to accept the skater's weight at the start of the third step. The third step is an outside edge of two beats. At the end of the second beat, the skaters must change of edge slightly in order to stroke smoothly into the next edge or lean.

The third and fourth lobes of the straightaway consist of two four-beat swing rolls that are skated as in the Fourteenstep, but must be skated in each direction.

The end sequences consist of seven steps at each end of the rink. Each step of the sequence is held for two full beats except the last step (steps 15 and 30) which is a swing roll of four beats. Skate the end steps with soft knee action, be relaxed, and try to give the appearance of having fun.

TIPS for partnering (optional)

Step 9 or 24:

The person skating backward releases his or her left hand and curves his edge away from the partner in order to be in position to step forward on the next step.

Step 10 or 25:

Both skate forward. Skater to the left is the one who has just stepped from backward to forward. Hold nearest hand, but do not crowd each other.

Step 11 or 26:

Both still skate forward. Skater to right skates slightly faster than his partner.

Step 12 or 27:

Both still skate forward. Skater to the right should now be slightly in advance of skater to left, and should be ready to skate a RFI open mohawk. At the same time, the skater to the left has the option of either skating a LFO, RFI progressive or a LFO, RFI slide chasse, in which case the free foot slides off the ice in front of the skater to match the partner's back extension.

Forward inside open mohawk is required. The balance and control must be good, and the execution pleasing to watch.

Step 13 or 28:

The person to the right skates a RFI mohawk and finishes the mohawk in front of the partner.

Step 14 or 29:

Skater who did the mohawk is now skating backward directly in front of the partner.

Step 15 or 30:

Change curvature and skate four beat swing roll in closed position.

The dance positions are closed hold when skating the lengths of the rink and hand-in-hand position at end sequences to allow both skaters to skate forward on steps 10, 11, 12 or 25, 26, 27. Separate by at least twenty-four inches (24") and hold arms relaxed. Appearance of arms during end sequences up to step 14 or 29 is left to discretion of skaters. Assume closed position in time for step 15 or 30.

