

THE 14 STEP PLUS for Solo Dance

Originated as 14 Step by Franz Scholler

Adapted to 14 Step Plus for Solo Dance by Ron Gibbs

Music: March 6/8 or 4/4

Tempo: 108 Metronome

Pattern:

Set (as stated by CIPA)

Competitive Requirements - 2 sequences (for one circuit pattern)

The Dance:

- This dance has been adapted from the 14 Step (for couples), incorporating both the Ladies' and Men's Steps.
- Steps 1, 2 (RFI run), 3, and 14, 15 (LBI run), 16 form barrier lobes and must be skated with good edges and deep curves first aiming to the long side barrier and finishing toward the long axis.
- Step 3 and Step 16 are strong outside edges toward the center of the rink and must not change edge in preparation for step 4 and step 17.
- Steps 4(RFO swing) and 17 (LBO swing) are aimed toward the long axis, become parallel to it, and finish toward the long side barrier. These outside swing steps must be skated on strong outside edges for 4 beats each, with the free leg swinging on beat 3 of the steps and finishing in line with the tracing of the skating leg.
- Steps 5 and 18 must be aimed initially toward the long side barrier and begin a perfect circular arc that travels around the short side of the rink.
- Steps 7 and 20 are outside edges for two beats which begin parallel to the long side barrier and finish away from it.
- Step 8 (RFI) and 9 (mohawk LBI) are each for one beat. In executing the open Mohawk (Step 9) the left foot must be placed at the instep of the right foot.
- Care must be taken to aim the next three steps up toward the peak of the arc, with Step 12 (RBO) beginning at the long axis.
- Step 13 (XF-LBI-3t-3t) is a three beat step consisting of:
 - on the first beat: a cross front to a LBI (XF-LBI);
 - on the second beat: a three turn from LBI to LFO;
 - on the third beat: a three turn from LFO to LBI.
- The position of the free leg during these turns is free to interpretation. The rotation of the upper body must be controlled to enable the proper execution of the turns while remaining on the prescribed arc.
- Step 14 (RBO) must be stepped in time with the music and not late due to a loss of control on the double three turns.
- Step 21 is a mohawk to a LFO which, along with steps 22 (Xch-RFI), 23 (LFO) and 24 RFI (run), aim up toward the peak of the arc of the corner.
- Step 25 is LFO and step 26 is an open mohawk RBO, each for one beat. Step 25 begins at the long axis, with the open mohawk (step 26) executed just after the long axis. These edges must be outside edges without any flattening or deviation of the arc. At the finish of this open mohawk, the toe of the free foot must be brought behind the heel of the right (skating) foot and placed on the outside of it for step 27, a closed mohawk LFO for one beat.
- Step 27 must be a closed mohawk with the free leg extended in front at the finish of the turn.
- Step 28 is a RFI run for one beat (not a chasse) and must not be crossed. Timing of this step is very important, as is also the timing on the entire sequence of steps 25, 26, 27, 28.

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

- Accuracy of timing, step technique, and the prescribed pattern.
- Steps 3 and 16 must be skated on outside edges, without deviation from the edge in preparation for the next step.
- Steps 4 (RFO swing) and 17 (LBO swing) are aimed toward the long axis and must be skated on a strong outside edge, finishing aiming toward the long side barrier.
- Steps 5 and 18 must be aimed initially toward the long side barrier.

- Step 9 (open mohawk LBI) should be executed correctly, with the heel of the left foot placed at the instep of the right foot at the end of step 8 (RFI).
- Proper timing and accuracy of Step 13 (XF-LBI-3t-3t), a three beat step, XF on beat 1, 3t-LFO on beat 2 and 3t-LBI on beat 3.
- Outside edges must be performed on step 25 (LFO for one beat) and 26 (mohawk RBO for one beat), with step 26 (open mohawk) being placed at the instep of the left foot. At the completion of step 26, the free leg must be placed to the outside of the heel of the right foot in preparation for step 27 (closed mohawk LFO, not heel-to-heel).
- Step 27 must be a closed mohawk and not a step forward. The free leg must finish in a forward position in preparation for step 28 (RFI run).
- Step 28 (RFI run for one beat) is not a chasse and must not be crossed.
- Accurate timing of steps 25, 26, 27 and 28 is important.

14 STEP PLUS—KEY POINTS

Section 1: Attention Points

1. **STEP 4 (RFO swing):** proper execution of Roll (outside forward edge to outside forward edge) aimed toward the center of the rink and ending toward the long side barrier, drawing a symmetrical edge of 4 beats, with the free leg swing on beat 3 of the step (at the top of the lobe), without deviation from the outside edge during the step.
2. Proper execution of **steps 8 (RFI)** and **9 (Open mohawk LBI)**, with the left foot placed at the instep of the right and close to it, keeping the inside edge before/after the turn.
3. **STEP 13 (XF LBI-3t-3t):** proper execution of the XF and three turns, crossing with feet parallel and close together and keeping the correct edge before/after the turns, and with correct timing.

Section 2: Attention Points

1. **STEP 17 (LBO swing):** proper execution of Roll (outside backward edge to outside backward edge) aimed toward the center of the rink and ending toward the long side barrier, drawing a symmetrical edge of 4 beats, with the free leg swing on beat 3 of the step (at the top of the lobe), without deviation from the outside edge during the step.
2. **STEP 21 (LFO) & 22 (Xch RFI):** proper execution of the Mohawk and Xch, keeping the correct edge on each step, crossing with feet parallel and close together and immediately returning to the “and” position after the Xch.
3. **STEPS 25 (LFO) and 26 (open mohawk RBO):** proper execution of the mohawk, each step for one beat and must be done on clear outside edges with **Step 26** being placed at the instep of the left foot.
4. **STEP 27:** at the finish of **Step 26**, the toe of the free foot must be brought behind the heel of the right foot and placed on the outside of it for **Step 27**, a closed mohawk for one beat. The free leg must be extended in the forward position at the finish of **Step 27**.
5. **STEP 28:** is a RFI run for one beat. This is not a chasse and should not be crossed.
6. Attention must be paid to the timing of **steps 25, 26, 27, 28**.

14STEP Plus (108bpm)

No.	SKATER's Step	BEATS of Music
1st SECTION		
1	LFO	1
2	Run RFI	1
3	LFO	2
4	RFO Sw	2+2
5	LFO	1
6	Run RFI	1
7	LFO	2
8	RFI	1
9	OpMk LBI	1
10	RBO	1
11	Run LBI	1
12	RBO	1
13	XF LBI-3t-3t	1+1+1
2nd SECTION		
14	RBO	1
15	Run LBI	1
16	RBO	2
17	LBO Sw	2+2
18	RBO	1
19	Run LBI	1
20	RBO	2
21	Mk LFO	1
22	XCh RFI	1
23	LFO	1
24	Run RFI	1
25	LFO	1
26	OpMk RBO	1
27	CIMk LFO	1
28	Run RFI	1

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