

## THE DENCH BLUES - SOLO

By Robert Dench and Leslie Turner

Music: Blues 4/4  
Tempo: 88 Metronome  
Pattern: Set (as stated by CIPA)  
Competitive Requirements - 2 sequences (for one circuit pattern)

### CHANGES:

- Step 1 is a XR-LBO - before it was a XB.
- Step 8 is a XR-RFO-Sw - before it was only a XR.

Clarification: step 17 LFO-3t begins on the long axis.

### The Dance:

- Step 1 of the dance is a XR LBO followed by a XF RBI. Step 1 is directed towards the long axis, beginning a lobe that points to the center of the rink and ends (with step 3) in the direction of the long side barrier.
- Step 4 is a XR RBO aiming towards the long side barrier and Step 5 a Xch LBI. When skated in team dance, Steps 4 and 5 are Steps 4a and 4b for the woman.
- Step 6 is a RBO stroke step that begins aiming slightly toward the long side barrier, then parallel to it and finishes aimed toward the center of the short side barrier. The movement of the free leg on this step is optional.
- Step 7 (mohawk LFO) should be skated on a deep edge that must finish aiming towards the middle of the long side barrier.
- Step 8 (XR-RFO-Sw) intersects the long axis at the third beat and finish aiming towards the short side barrier. On beat 3 of this step, the free leg swings in front
- Step 9, LFO, is held for 2 beats and begins a large lobe that finishes with a direct aim to the long axis in preparation for the closed choctaw.
- Steps 10, 11, 12 form a progressive run sequence and must be skated with smoothness and careful attention to timing.
- Step 13 is aimed to the center of the rink and skated on deep edge so as to finish with a long side barrier aim. The following turn, a closed choctaw to a RBO, Step 14, must be placed to the outside of the left foot, aimed to the long side barrier and finishing to the long axis.
- Step 15 is a XR-LBO aimed to the long axis and gently curved to finish to the long side barrier. The movement of the free leg on this step is optional.
- The aim of step 16, choctaw RFI, must be to the long side barrier and skated on a deep curve, finishing parallel to the short axis
- Step 17 (LFO-3) must be skated strongly to take the pattern around the top of the corner lobe so that step 18 can begin towards the long side barrier and finish towards the long axis in preparation for the correct aim for the restart of the dance.

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

- Accuracy of timing, step technique, and the prescribed pattern.
- Step 6 must be a strong RBO edge.
- Step 8 (XR-RFO-Sw) must maintain a strong outside edge for all four beats of the step, without changing the edge at the end.
- Attention to the timing during steps 9, 10, 11, and 12.
- Steps 13 and 14 (which comprise the closed choctaw) must be lobes of approximately equal size.
- Step 13 (LFI for two beats) must be maintained on a strong inside edge, without changing the edge before the choctaw (step 14).
- Step 14 (closed choctaw RBO) must begin aiming toward the long side barrier, not parallel to it.

- Step 15 (XR-LBO) must maintain a strong outside edge for all four beats of the step, without changing the edge before the choctaw (step 16).
- Step 16 is a choctaw RFI for two beats.
- Step 17 (LFO-3 for two beats) is aimed toward the long side barrier, and step 18 must finish toward the long axis to correctly aim the restart of the dance.

### DENCH BLUES SOLO - KEY POINTS

#### Section 1: Attention points

1. **Steps 1 (XR-LBO) & 4 (XR-RBO):** proper execution of Cross-Rolls, on outside edges with matching body posture baseline, (Step 1 aimed toward the long axis and Step 4 aimed toward the long side barrier)
2. **Steps 2 (XF RBI) & 5 (Xch-LBI):** proper execution of the steps, performed with feet parallel and close together. (Note: Step 5, the free leg must return immediately to the “and” position.
3. **Steps 6 (RBO) & 7 (Mk LFO):** proper execution of Step 6 RBO for 4 beats, aiming initially toward the long side barrier, without deviation from the outside edge during the entire step, allowing for the correct execution of the Mohawk (**Step 7**), with feet close together and with the correct lean, beginning toward the short side barrier and ending toward the long axis.
4. **Step 8 (XR-RFO-Sw):** proper execution of the Cross-Roll Swing, skating on an outside edge for all 4 beats (without changing the edge at the end of the step), skated with flow on a deep edge. On beat 3 of this step, the free leg swings in front.

#### Section 2 Attention points

1. **Step 9-10-11-12:** proper execution and correct timing of steps 9 (two beats), 10 (one beat), 11 (one beat) and 12 (two beats), without deviation from the prescribed edges.
2. **Step 13 (LFI) & 14 (CICw RBO):** proper execution of these steps. **Step 13** (LFI for two beats) must be maintained on a strong inside edge, without deviation from the edge prior to the choctaw (**Step 14**), which should be placed behind the heel and to the outside of the left foot, aiming toward the long side barrier on a strong outside edge (of approximately equal size to Step 13).
3. **Step 15 (XR LBO)** must maintain an outside edge for four beats, without changing the edge before the choctaw RFI (step 16).
4. **Step 16 (Cw RFI) 17 (LFO-3t) & 18 (RBO):** proper execution of the choctaw, with feet close together and keeping the correct edges before/after the turn, allowing a powerful stroke on **Step 17**, followed by a three turn performed at the top of the lobe. **Step 18** is aimed toward the long side barrier must finish toward the long axis to correctly aim the restart of the dance.

### Solo BLUES (88bpm)

No.	SKATER's Step	BEATS of Music
<b>1st SECTION</b>		
1	XR LBO	1
2	XF RBI	1
3	LBO	2
4	XR RBO	1
5	XCh LBI	1
6	RBO *	4
7	Mk LFO	2
8	XR RFO Sw	2+2
<b>2nd SECTION</b>		
9	LFO	2
10	Run RFI	1
11	LFO	1
12	Run RFI	2
13	LFI	2
14	CiCw RBO	2
15	XR LBO *	4
16	Cw RFI	2
17	LFO-3t	1+1
18	RBO	
* free leg free movement		

**DENCH BLUES**

