

QUICKSTEP

by R.J. Wilkie and Daphne Wallas

Music: Quickstep
 Position: Kilian Position
 Competitive Requirements – 4 Sequences

Tempo: 112 Metronome
 Pattern: Set

CHANGES:

- Step 9 (XF-LBO): in the new diagram, this step exceeds the short axis – previously step 10 exceeded the short axis.

Clarification: step 6 (LBI-O); the change of edge must be on beat 3 of the step – before it was not specified.

The Dance:

- The steps are the same for both skaters.
- The dance begins at the long axis with a sequence of steps from 1 to 4 directed toward the long side barrier, of which step 2 is a chasse and step 4 is a progressive (run).
- Step 5 is a four-beat LFO characterized by a swing in which the skaters begin parallel to the long side barrier and finish toward the long axis. During the forward swing of the free leg, through the strong pressure of the outside edge combined with a slight twist of the torso, the woman moves slightly behind her partner and follows his tracing.
- Step 6 (RBIO), for three beats, forms a lobe that begins with a closed choctaw aimed toward the center of the rink on an inside edge (for two beats) followed by a change to an outside edge (on the third beat) at which point the skaters cross the baseline of the dance. During this step, the free skate is extended in front on the first beat, it is brought beside the employed skate to “and” position on the second beat, and on the third beat it moves outward to assist the execution of the change of edge. The aim of step 6 is initially toward the long axis, becoming parallel to it, and finally coming toward the long side barrier.
- Step 7 is a cross behind (XB-LBI) which brings the couple from parallel to the long side barrier toward the center of the rink.
- Steps 8 and 9 form a lobe that opens toward the center of the rink and concludes on the baseline at the short axis in which step 8 (RBI) should show a strong change of lean with respect to step 7, and step 9 (XF-LBO) should continue the arc of curvature with respect to the preceding step.
- The above steps 7, 8, and 9 must be executed in a lively manner and the edges should be well defined.
- Step 10 (XB-RBO), for four beats, which begins with a cross behind toward the long side barrier and finishes toward the long axis, must be on a prominent outside edge with an appropriate bend of the skating knee. During this step the movement of the free leg may be interpreted freely.
- Step 11, for two beats, begins with a choctaw LFI in which the partners must maintain control with the woman remaining beside the man. This step forms a lobe that begins on the baseline and returns to it.
- Step 12 is a two-beat RFI, which brings the couple toward the long side barrier.
- Steps 13 through 18 are each one-beat steps and must be well-cadenced and skated in a lively and confident manner.
- Step 14 is a progressive (run).
- Step 16 is a XF-RFO executed with a change of lean and aimed toward the short side of the rink.
- Step 17 (XB-LFIO), a cross behind and a change of edge from inside to outside, is executed in one beat of music and aimed toward the short side of the rink.
- Step 18 (XF-RFI), is a right inside cross front aimed toward the short side of the rink and finishing parallel to it.
- The dance must be skated in perfect adherence to the tempo of the music, which is fast and lively.

During the evaluation of this dance particular attention should be paid to the following elements (Key Points):

- Correct distribution of the lobes with respect to the baseline of the dance.
- Accuracy of timing, step technique, and the prescribed pattern and positions.
- The dance must be skated in perfect adherence to the tempo of the music, which is fast and lively.

- Step 5 must be executed on a good outside edge maintained until the execution of the closed choctaw (step 6).
- The closed choctaw (step 6) must be executed with defined edges on the entrance and exit.
- The change of edge to outside (step 6) is executed on the third beat of the step.
- Step 7 XB-LBI must be crossed and an inside edge
- Step 8 RBI has an evident change of lean.
- Steps 9 and 10 must be crosses.
- Steps 11 and 12 must be pronounced inside edges.
- The change of edge on step 17 must be quick and pressed directly toward the short side barrier.
- The dance must show deep LOBES distributed equally to the left and right of the baseline of the dance.

QUICKSTEP – KEY POINTS

SECTION 1: Attention Points

1. **STEP 5 (LFO-Sw):** pronounced outside edge, LFO swing for 4 beats, avoiding a change of edge before executing the choctaw.
2. **STEP 6 (Cw-RBI-O):** proper execution of the Closed choctaw, keeping the outside edge on Step 5 and skating on a strong inside edge for Step 6 (defining the baseline of the dance). During the choctaw, the right foot is brought behind the heel of the left foot and placed on the outside of it, finishing with the free leg extended in the forward position. This step has 3 beats total, of which two (2) beats are on an inside edge and one (1) beat with a change to an outside edge.
3. **STEP 7 (XB-LBI):** proper execution of cross behind with definition of the inside edge, crossing with feet parallel and close together on a strong inside edge.
4. **STEP 8 (RBI):** proper execution of the inside edge, (on the baseline of the dance) with an evident change of lean with respect to the preceding step.
5. **STEPS 9(XF-LBO) & 10 (XB-RBO):** proper execution of the cross in front and cross behind, must be performed with close feet and evident changes of lean. Step 10 must remain on an outside edge in order to properly execute the choctaw.
6. **STEP 11 (Cw-LFI):** proper execution of the choctaw LFI, executed on the baseline, on a strong inside edge, for two (2) beats.
7. **STEP 16 (XF-RFO):** proper execution of cross front, with feet close together aimed toward the long axis and finishing toward the middle of the short side of the rink.
8. **STEP 17 (XB-LFIO):** proper execution of cross behind and change of edge to outside, which must be quick and aimed to the short side barrier.
9. **STEP 18 (XF-RFI):** forward inside cross front parallel to the short side of the rink.

NOTE: THE DANCE MUST SHOW DEEP LOBES DISTRIBUTED EQUALLY TO THE LEFT AND RIGHT OF THE BASELINE OF THE DANCE.

QUICKSTEP (112bpm)

HOLD	No.	WOMAN's Step	BEATS of Music	MAN's Step
1st SECTION				
Kilian	1	LFO	1	LFO
	2	Ch RFI	1	Ch RFI
	3	LFO	1	LFO
	4	Run RFI	1	Run RFI
	5	LFO Sw	2+2	LFO Sw
	6	CICw RBI/O	2+1	CICw RBI/O
	7	XB LBI	1	XB LBI
	8	RBI	1	RBI
	9	XF LBO	1	XF LBO
	10	XB RBO *	4	XB RBO *
	11	Cw LFI	2	Cw LFI
	12	RFI	2	RFI
	13	LFO	1	LFO
	14	Run RFI	1	Run RFI
	15	LFO	1	LFO
	16	XF RFO	1	XF RFO
	17	XB LFI/O	1/2+1/2	XB LFI/O
	18	XF RFI	1	XF RFI
* free leg free movement				

THE QUICKSTEP

