3.35 KEATS FOXTROT - Solo (woman's steps)

By Eva Keats & Erik Van Der Weyden

Music: Foxtrot 4/4 **Tempo: 96 bpm**
Pattern: Set

Step 1, LFO (1 beat), 2, XCh RFI (1 beat) and 3, LFO (2 beats), form a sequence of steps which begins toward the long side barrier, becomes parallel to it and finishes aiming perpendicular to the long axis at the baseline.

Step 4 XR RFO (4 beats) forms a lobe that starts and ends on the baseline, aiming initially toward the long axis and finishing toward the long side barrier. It is a cross roll on the first beat with the movement of the free leg optional during the step

Steps 5 to 8 form a lobe which begins toward the long side barrier, beginning at the baseline, and ends with step 8, perpendicular to the long axis and ending on the baseline.

Step 5, XR LFO 3t (2 beats 1+1) is a cross-roll on the first beat followed by a three turn on the second beat.

Steps 6 RBO (1 beat), **7** Run LBI (1 beat) and **8** LBO (2 beats) complete the lobe, ending at the baseline and almost perpendicular to the long axis.

Step 9 XR LBO (2 beats) begins on the baseline, toward the long axis and **Step 10** Mk RFO (2 beats) finishes aiming almost perpendicular to the short side barrier.

The next lobe, formed by **steps 11**, LFO (2 beats) and **12**, ClMk RBO (4 beats) strongly curves to finish parallel to the long axis. Step 12 should be executed before the long axis and the skater intersects the long axis on the 2nd beat of the step.

Step 12, ClMk RBO (4 beats total on outside edge): After the first beat, which ends with the free leg in front, the movement of the free leg during the remaining beats is optional.

At the end of step 12, the free foot is brought close to the heel of the skating foot to enable the skater to correctly execute **step 13**, Cw LFI (2 beats), on a good inside forward edge aiming toward the long side barrier.

Step 14 RFI 3t 3t (1+1/2+1/2)is an open stroke and two 3 turns skated with an angular takeoff in the direction of the long side barrier.

Key Points - Keats Foxtrot Solo Woman's steps

SECTION 1:

1. **Step 2** XCh RFI (1 beat):
   - Correct technical execution of the XCh with feet close and parallel.
   - Without lightening of the edge before or after the cross.
2. **Step 5** XR LFO 3t: (1+1beats):
   - Correct technical execution of the cross-roll on the first beat followed by a three turn on the second beat with feet close together.
   - Proper attention to the lean and inside edge at the end of the three turn.
3. **Step 12** ClMk RBO (4 beats):
   - Correct technical execution of the closed mohawk, with proper positioning of the free foot placed to the outside of the skating foot.
   - Attention to the feet placed close (not wide) and the maintenance of the outside edge during the 4 beats, without deviation from the edge.
   - Outside edge before and after the turn
4. **Step 14:** RFI 3t-3t (1+ ½ + ½) open stroke + two 3 turn:

- correct technical execution of the quick 3 turns (not hopped);
- control of the body line during the 3 turns, without a break in the body posture baseline at the end of the 2nd three turn
- correct timing in order to restart the dance on the 1st beat.

List of steps - Keats Foxtrot Solo Woman's steps

STEP NO.	STEP	MUSICAL BEATS
SECTION 1		
1	*LFO*	1
2	XCh RFI	1
3	LFO	2
4	XR RFO*	4
5	XR LFO 3t	1+1
6	RBO	1
7	Run LBI	1
8	RBO	2
SECTION 2		
9	XR LBO	2
10	Mk RFO	2
11	LFO	2
12	ClMk RBO*	4
13	CW LFI	2
14	RFI 3t 3t	1+1/2+1/2

Pattern – Keats Foxtrot Solo Woman's steps