

STRAIGHT WALTZ – SOLO & COUPLES

By Gaston Pasini

Music: Waltz 3/4

Tempo: 120 bpm

Hold Position: Crossed Kilian

For couples the hold position is Crossed Kilian: this position is a variation of Crossed Arm Kilian position where, instead, the woman's left arm will go behind the man's back to complete the hold. The steps are the same for both skaters.

Step 1 is a LFO towards the long barrier (2 beats).

Step 2 is a RFI Chasse (1 beat).

Step 3 is a LFO Sw (6 beats) directed towards the short barrier and curving towards the long axis, the free leg swing is performed on count 4 of the step.

Step 4 is a RFI Open Stroke, maintaining the line of the lobe when changing support to the right forward inside edge.

Step 5 is a LFO towards the long axis (2 beats).

Step 6 is a RFI Chasse (1 beat) ending on the long axis.

Step 7 is a LFO Sw (6 beats) directed towards the long barrier and curving towards the short axis, the free leg swing is performed on count 4 of the step.

Step 8 is a RFI Open Stroke, maintaining the line of the lobe when changing support to the right forward inside edge.

Step 9 is a LFO curving towards the long axis (2 beats).

Step 10 is a RFI Chasse (1 beat) directed towards the long axis on a clear inside edge. Step 11 is a LFO (3 beats) towards the long axis.

Step 12 is a RFO (2 beats) that starts the center lobe directed towards the short axis. Step 13 is a LFI Chasse (1 beat) ending on the short axis.

Step 14 is a RFO (3 beats) that starts the short axis and finishes the center lobe on a clear outside edge.

Open Stroke: on this step the new skating foot takes the floor on an angular "and-position" behind the heel or on a parallel "and-position" - it's optional.

REFERENCE STEPS:

Step 7 LOF Sw: Must start by the long axis.

Step 14 RFO: Must start by the short axis.

Key Points – Straight Waltz Solo & Couples

1. **Step 3 LFO Sw (3+3 beats):**
 - Correct timing (6 beats) without deviation from outside edge in advance. •
The free leg swing is performed on beat 4 of the step.
For couples:
 - Attention to the Crossed Kilian position of the couple.
 - Simultaneous movement of the free leg in the swing of both skaters.
2. **Step 8 OpS RFI (3 beat):**
 - Correct timing (3 beats) without deviation from inside edge in advance.
 - Correct technical execution of the open stroke on an inside edge without deviation from the line of the lobe with adequate inclination towards the center of the lobe.
 - Optional “and-position” (angular or parallel)
For couples:
 - Attention to the Crossed Kilian position of the couple.
 - Maintain closeness between the partners.
3. **Step 10 Ch RFI (1 beat):**
 - Correct timing of the step.
 - Correct technical execution of the Chasse with clear lift from the floor of the free skate on an inside edge.
For couples:
 - Attention to the Crossed Kilian position of the couple.
 - Maintain closeness between the partners.
4. **Step 14 RFO (3 beats):**
 - Correct timing (3 beats) without deviation from outside edge in advance. •
Correct technical execution of stroke on outside edge.
For couples:
 - Attention to the Crossed Kilian position of the couple.
 - Maintain closeness between the partners.

List of Steps – Straight Waltz Solo & Couples

Step Number	Steps	Musical Beats
1	LFO	2
2	Ch RFI	1
3	LFO Sw	3+3
4	OpS RFI	3
5	LFO	2
6	Ch RFI	1
7	LFO Sw	3+3
8	OpS RFI	3
9	LFO	2
10	Ch RFI	1
11	LFO	3
12	RFO	2
13	Ch LFI	1
14	RFO	3

Diagram – Straight Waltz Couples

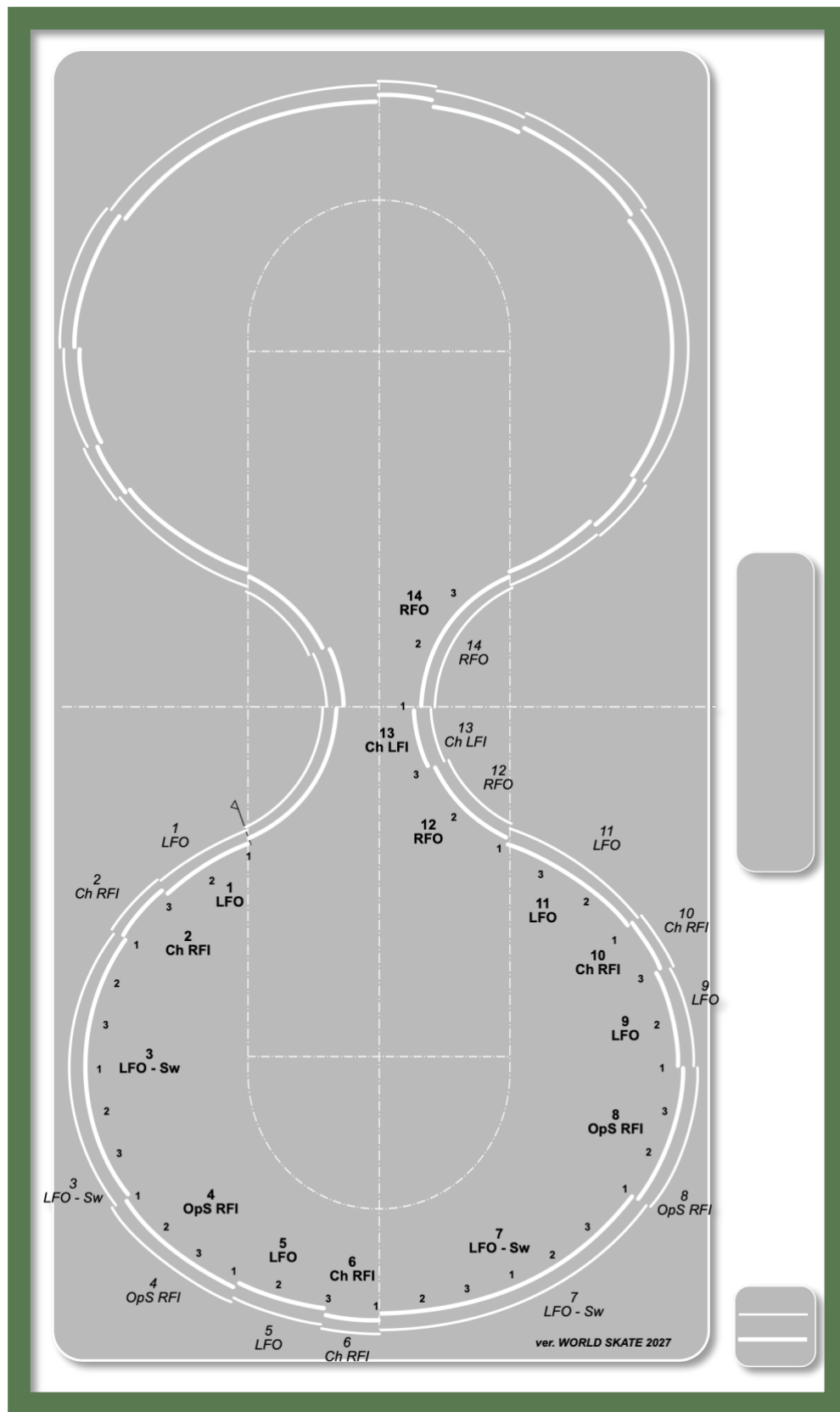


Diagram – Straight Waltz Solo

