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RELACIÓN CON DANZAS ROLLART PARA VALORES

DANZA PANAMERICANA	DANZA ROLLART
Glide Waltz	City Blues
Progressive Tango	City Blues
Luna Blues	La Vista Cha Cha
Casino Tango	La Vista Cha Cha
California Swing	Canasta Tango
Quickstep Boogie	Canasta Tango
Southland Swing	Canasta Tango
Ten Fox	Canasta Tango
Viva Cha Cha	Canasta tango
Willow Waltz	Canasta Tango



1. GLIDE WALTZ

Music: Waltz $\frac{3}{4}$

Tempo American: 108bpm

Tempo International: 120bpm

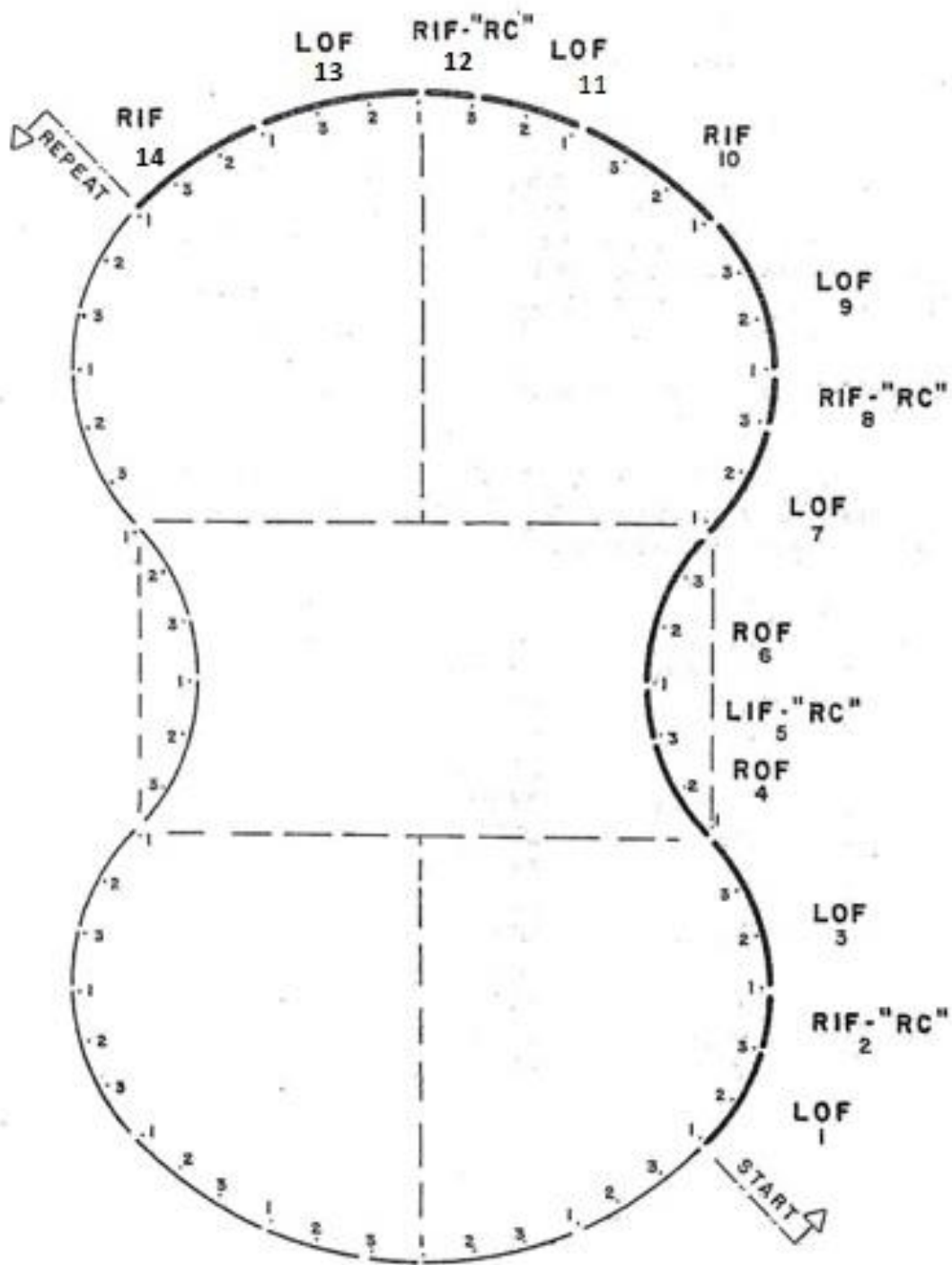
Key points American Glide Waltz

1. Step 2 and step 3: step 2, a Raissé Chassé must be well executed with the foot being raised parallel to the floor on an inside edge (maintained for 1 beat). Step 3, a stroke taking the floor in parallel AND position, on outside edge maintained for 3 beats.
2. Step 5 and step 6: step 5, a Raissé Chassé must be well executed with the foot being raised parallel to the floor on an inside edge (maintained for 1 beat). Step 6, a stroke taking the floor in parallel AND position, on outside edge maintained for 3 beats.
3. Step 10: an inside edge where the foot has to pass through the skating foot without stroking for 3 beats.
4. Step 14: an inside edge where the foot has to pass through the skating foot without stroking for 3 beats.

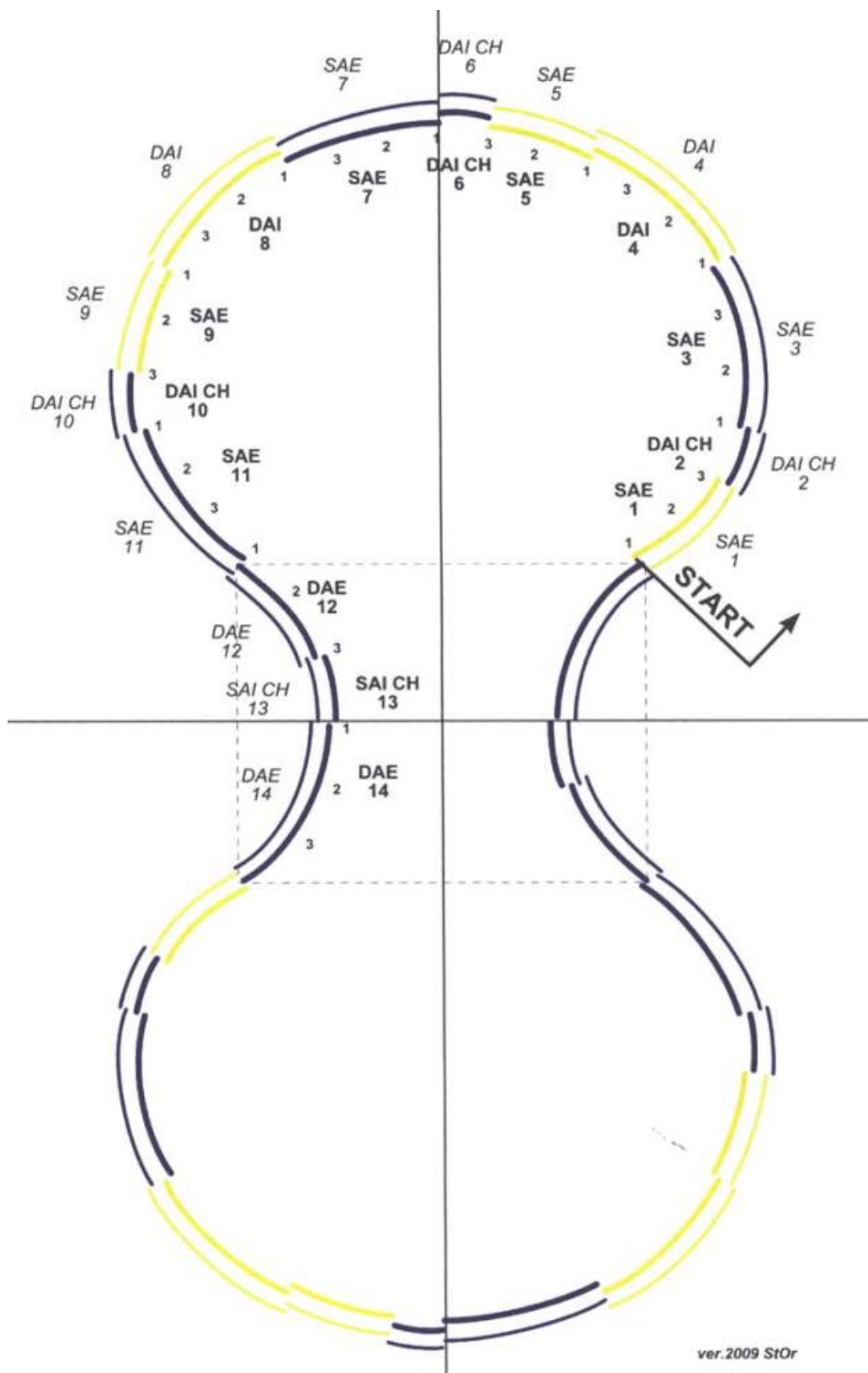
Key points International Glide Waltz

1. Step 2, step 3 and step 4: step 2, a Raissé Chassé must be well executed with the foot being raised parallel to the floor on an inside edge (maintained for 1 beat). Step 3, a stroke taking the floor in parallel AND position, on outside edge maintained for 3 beats. Step 4 an inside edge Open Stroke for 3 beats, started with feet close (no wide), free leg should extend behind at the end of the push, with the toe slightly open.
2. Step 6, step 7 and step 8: the Raissé Chassé must be well executed with the foot being raised parallel to the floor on an inside edge (maintained for 1 beat). Step 7, a stroke taking the floor in parallel AND position, on outside edge maintained for 3 beats. Step 8 an inside edge Open Stroke for 3 beats, started with feet close (no wide), free leg should extend behind at the end of the push, with the toe slightly open.
3. Step 10 and step 11: the Raissé Chassé must be well executed with the foot being raised parallel to the floor on an inside edge (maintained for 1 beat). Step 11, a stroke taking the floor in parallel AND position, on outside edge maintained for 3 beats.
4. Step 12, step 13 and step 14: the outside edge stroke on step 12 should be maintained for 2 beats. Step 13, a Raissé Chassé must be well executed with the foot being raised parallel to the floor on an inside edge (maintained for 1 beat). Step 14, a stroke taking the floor in parallel AND position, on outside edge maintained for 3 beats.

Pattern American Glide Waltz



Pattern International Glide Waltz





2. PROGRESSIVE TANGO

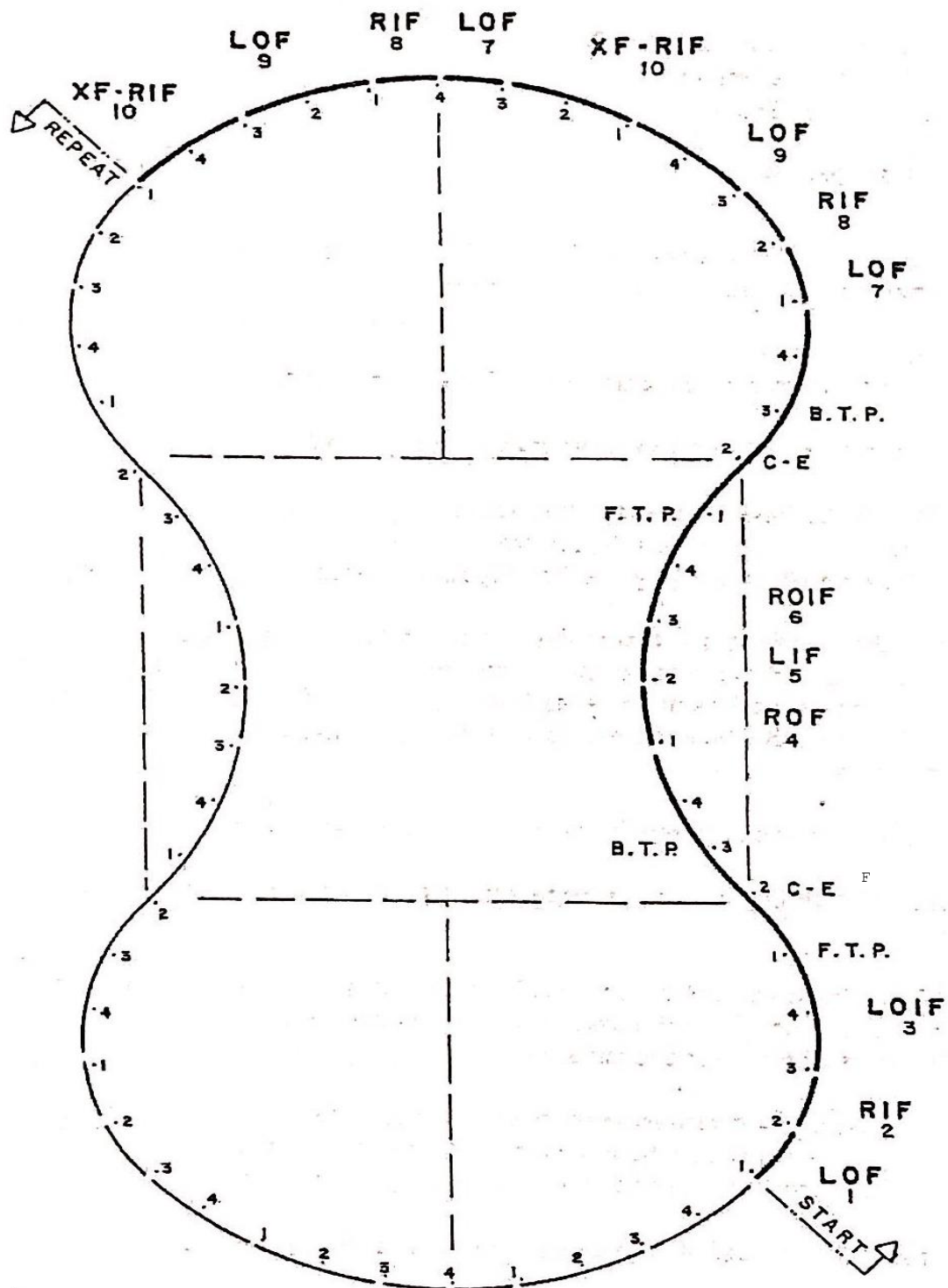
Music: Tango 4/4

Tempo: 100bpm

Key points Progressive Tango

1. Step 3: stroke must start on the outside edge and the touch in front should be executed just with the outside toe wheel only on beat 1, third count of the step the change of edge should be on beat 2, fourth count of the step and the touch back should be executed with the inside toe wheel only on beat 3, fifth count of the step.
2. Step 6: stroke must start on the outside edge and the touch in front should be executed just with the outside toe wheel only on beat 1, third count of the step the change of edge should be on beat 2, fourth count of the step and the touch back should be executed with the inside toe wheel only on beat 3, fifth count of the step.
3. Step 10: Crossed in front must align at least the back wheels of the right skate with the front wheels of the left skate in order to be considered, and the simultaneous extension of the left leg behind with the toe of the free leg slightly open.
4. Step 14: Crossed in front must align at least the back wheels of the right skate with the front wheels of the left skate in order to be considered, and the simultaneous extension of the left leg behind with the toe of the free leg slightly open.

Pattern Progressive Tango





3. LUNA BLUES

Music: Blues, counting 1-2-3-4

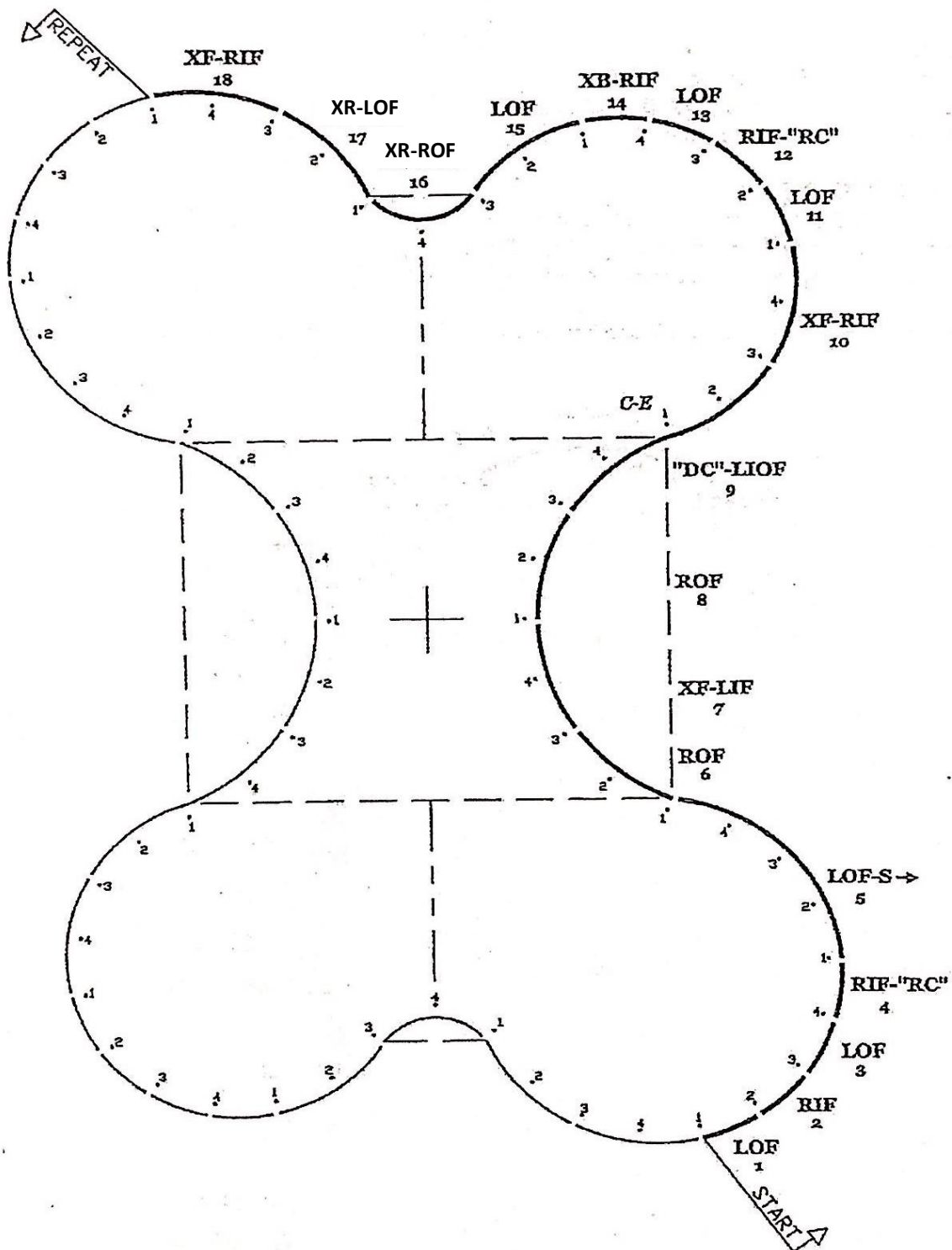
Tempo: 88bpm

Key points Luna Blues

1. Step 4 and step 5: the step 4 a Raised Chasse must be well executed with the foot being raised parallel to the floor on an inside edge. Step 5, a stroke taking the floor in parallel AND position with a swing of the free leg on the 3rd beat of the step without deviation from the edge.
2. Step 9: a 4 beats Dropped Chasse (2 inside +2 outside), at the beginning of the step the free leg is extended to the front on the inside edge and maintained for 2 beats. The change of edge to the outside occurs on the third beat of the step, musical count 1, this outside edge should be maintained for 2 beats. Movement of the free leg is optional.
3. Steps 16: a Cross Roll, outside to outside, sustained for 2 beats. The takeoff for this step is close and angular executed with a clear change of lean; there is no rockover or change of edge accepted preceding this step. Should begin (aimed to the center) and end on the same baseline (aimed to the short barrier).
4. Step 17: a Cross Roll, outside to outside, sustained for 2 beats. The takeoff for this step is close and angular executed with a clear change of lean; there is no rockover or change of edge accepted preceding this step. Should be aimed to the short barrier.



Pattern Luna Blues





4. CASINO TANGO

Music: Tango 4/4.
Pattern: Set

Tempo: 100pbm

Key points Casino Tango

1. Step 4 XR-RFO a Cross Roll, outside to outside, sustained for 2 beats. The takeoff for this step is close and angular executed with a clear change of lean.
2. Step 8: a swing forward executed on the third count of the music; the swing backward is on the fifth count also with a simultaneous change of edge.
3. Step 13: is a LFO swing for 4 beats, the outside edge should be maintained for 4 beats. No flats will be accepted. The swing occurs on the third beat of the step.
4. Step 14: is a Dropped Chassé for 4 beats, which is made with the free leg extending forward into the direction of travel and then utilizing a tango swing to the rear on the third beat of the step.





5. CALIFORNIA SWING

Music: Waltz $\frac{3}{4}$

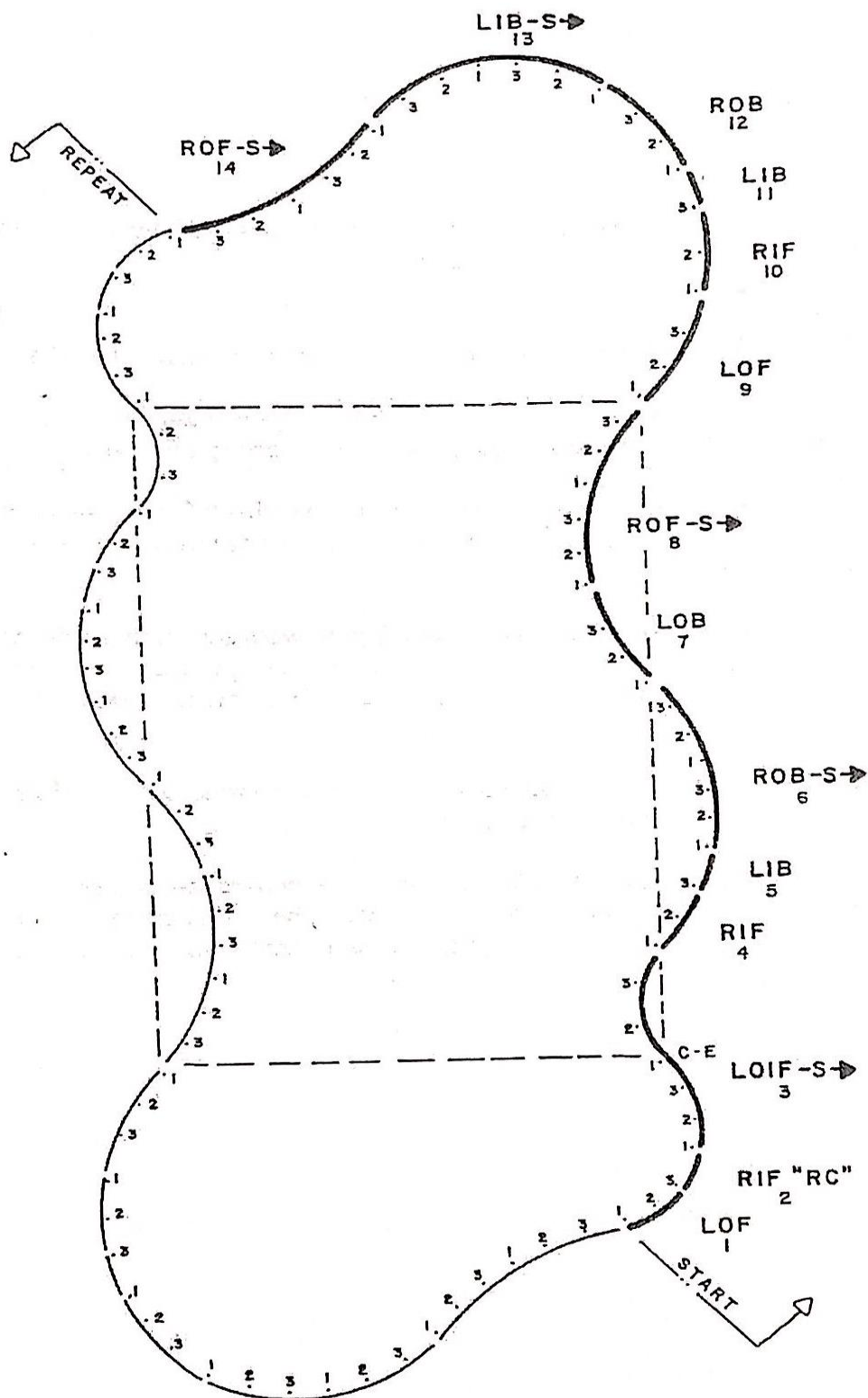
Tempo: 138bpm

Key points California Swing

1. Step 3: a swing with change of edge must be made on 4th count of the step.
2. Step 4 and 5: comprise a heel to heel open Dropped Mohawk and take off of step 4 must be from the "angular AND position". The 2+1 beats rhythm must be carefully respected.
3. Step 10 and step 11: comprise a heel to heel open Dropped Mohawk and take off of step 10 must be from the "parallel AND position". The 2+1 beats rhythm must be carefully respected.
4. Step 13 y step 14: comprise a behind the heel open held Choctaw. Step 13 an inside edge swing on the fourth count of the step. Step 14 an outside edge swing on the fourth count of the step.



Pattern California Swing





6. QUICKSTEP BOOGIE

Music: Boogie 2/4

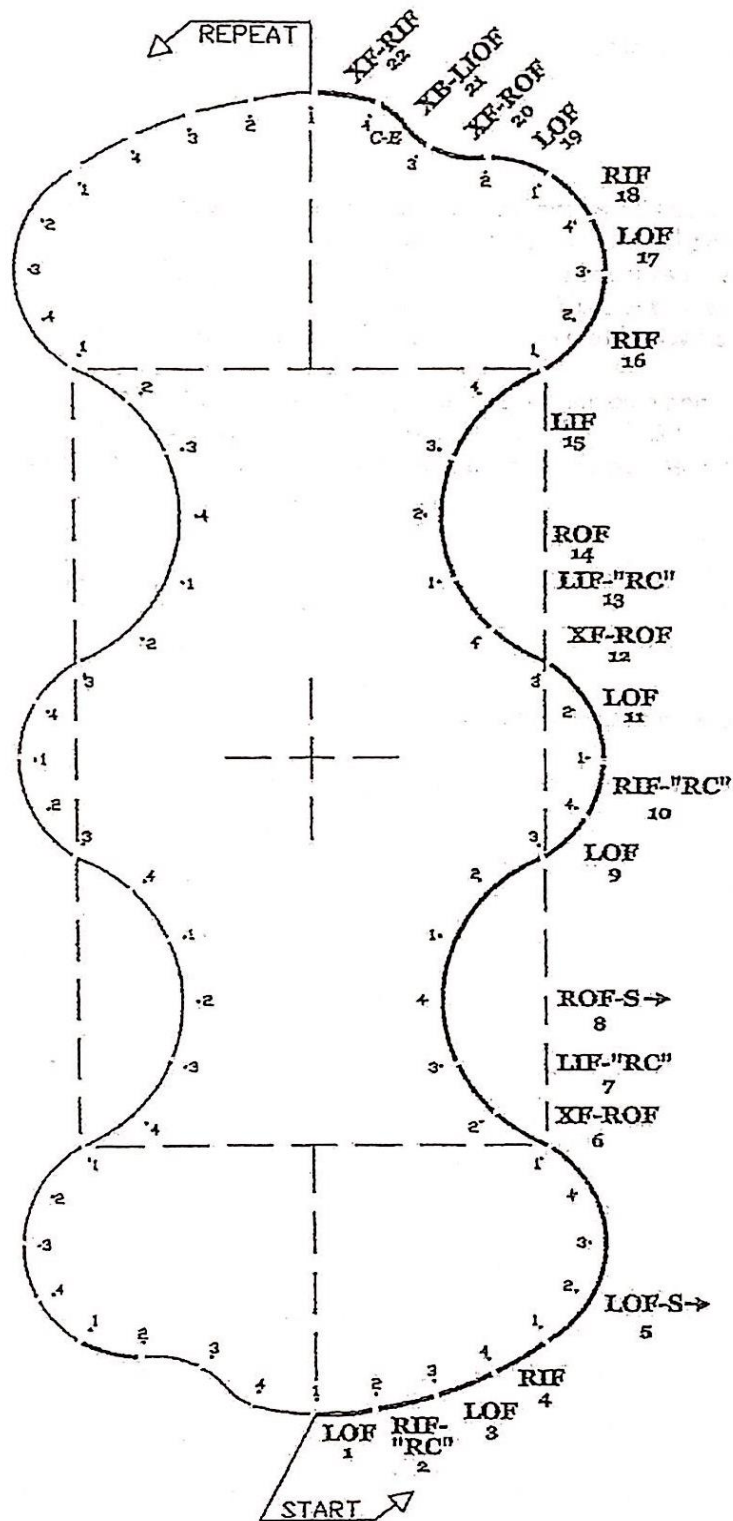
Tempo: 100bpm

Key points Quickstep Boogie

1. Step 6 and step 7: is a Cross Roll, outside to outside, sustained for 1 beats. The takeoff for this step is close and angular executed with a clear change of lean; there is no rockover or change of edge accepted preceding this step. Step 7 is a Raissed Chassé for 1 beat, must be well executed with the foot being raised parallel to the floor on an inside edge.
2. Steps 10 and step 11: is a Raissed Chassé and must be well executed, with the foot being raised parallel to the floor on an inside edge (maintained for 1 beat). Step 11, a stroke taking the floor in parallel AND position, on outside edge maintained for 2 beats.
3. Step 20: is a crossed in front and must be executed with a clear change of lean.
4. Step 21: 1 beat (1/2 inside + 1/2 outside) XB-LFOI, crossed back, with a definite change of edge from inner to outer must occur, after the XB.



Pattern Quickstep Boogie





7. SOUTHLAND SWING

Music: Blues 4/4

Tempo: 88bpm

Key points Southland Swing

1. Step 4: is a swing on an outside edge ~~and~~ held for 4 beats. The swing must occur on the third beat of the step.
2. Steps 6 and step 7: step 6 is an Crossed back inside and must align at least the front wheels of the right skate with the back wheels of the left skate in order to be considered ~~and~~. Step 7 comprise a heel to heel open held Mohawk, executed on a clean inside edge.
3. Steps 9 and step 10: step 9 is an inside Crossed in front and must align at least the back wheels of the left skate with the front wheels of the right skate in order to be considered. Step 9 is a behind the heel open held Mohawk, must be on a clean inside edge.
4. Steps 12 and 13: comprise a heel to heel open Dropped Mohawk.





8. TEN FOX

Music: Foxtrot 4/4

Tempo: 100bpm

Key points Ten Fox

1. Steps 4a and step 4b: constitute a behind the heel open held Choctaw, from a left outside edge to a right inside edge.
2. Step 9: is a three turn of 2 beats (1 outside + 1 inside) and must be executed correctly with feet closed together.
3. Step 12 and step 13: constitute a behind the heel open held Mohawk.
4. Steps 17 and step 18: (for 1 beat each step) constitute a heel to heel open Dropped Mohawk.





9. VIVA CHA CHA

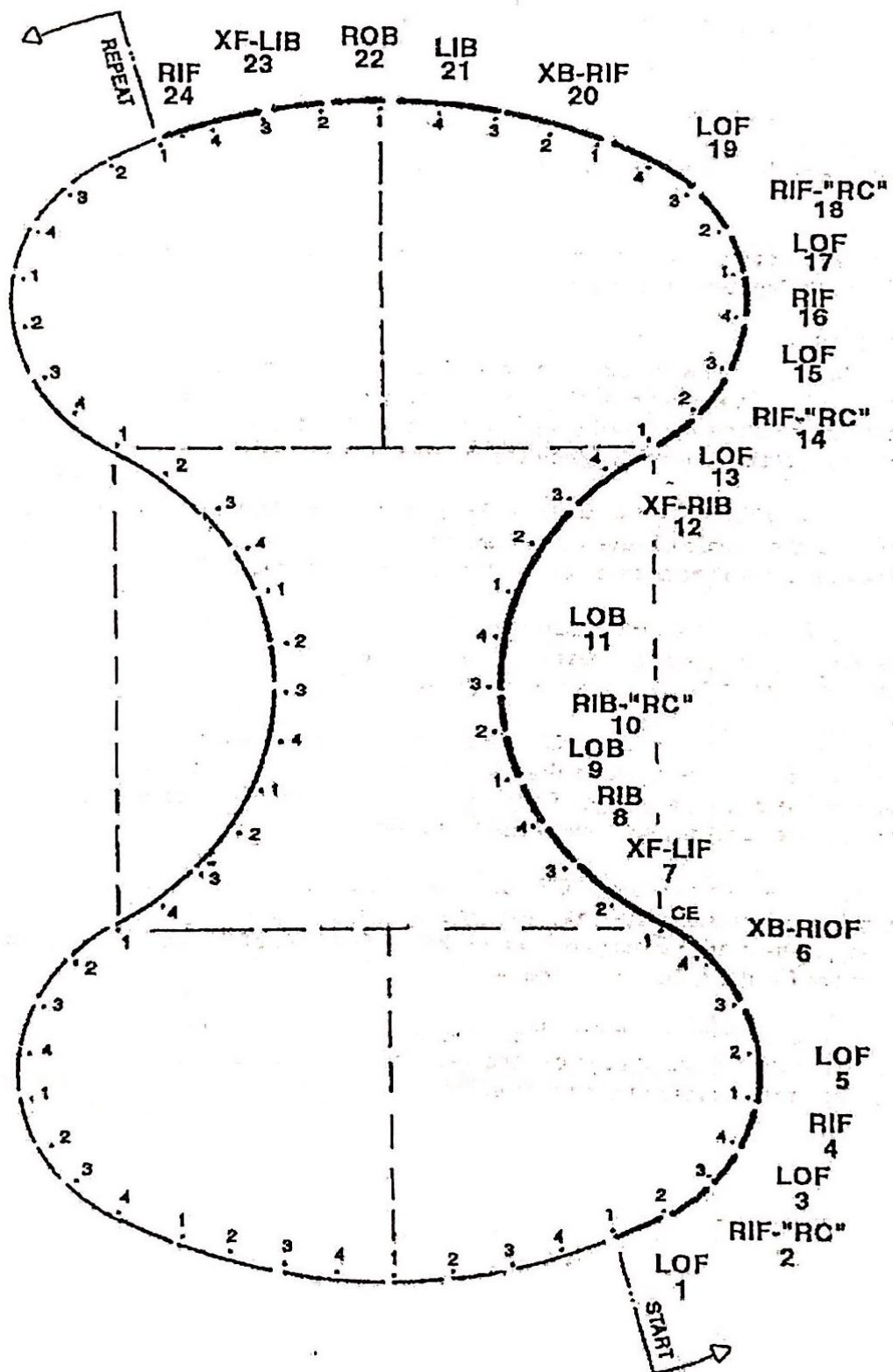
Music: Cha-cha 4/4

Tempo: 100bpm

Key points Viva Cha Cha

1. Step 6 (XB-RFIO): the change of edge occurs in the 3rd beat of the dance and establishes the base line of the dance.
2. Steps 7 and 8: constitute an open Dropped Mohawk that must be done heel to heel.
3. Step 11: LBO the free leg is extended in front on the 1st beat, and then brought alongside the skating leg in the 2nd beat and extended again in front on the 3rd and 4th beat.
4. Steps 20 and 21: constitute an open held Mohawk that must be done heel to heel. Step 20 is a Crossed back and must align at least the front wheels of the right skate with the back wheels of the left skate in order to be considered.

Pattern Viva Cha Cha





10. WILLOW WALTZ

Music: Waltz 3/4

Tempo: 138bpm

Key points Willow Waltz

1. Step 2: is a Raissé Chassé (maintained for 1 beat) and must be well executed with the foot being raised parallel to the floor on an inside edge.
2. Step 8: RFO dropped three turn (2 beats outside + 1 beat inside), is executed on the third count of the step with feet closed together.
3. Step 10: is one beat progressive step.
4. Steps 18 and 19: comprise a heel to heel open held Mohawk turn with each step being held for 3 beats of the music.

Pattern Willow Waltz

