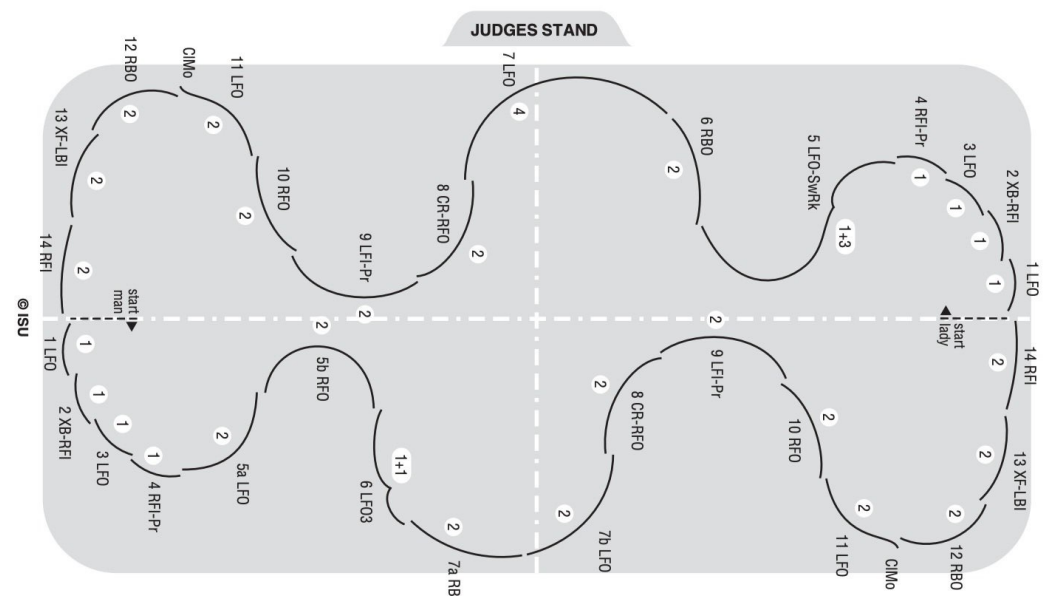


Category: **Ice Dance**
 Subject: **Drawings and Pattern Dances**

Description, chart and diagrams of Rocker Foxtrot



Music: 4/4	Tempo: 104 bpm	Time to skate per sequence	No of steps in percent	100	10	25	50	75	90
Rocker Foxtrot	102 - 106 bpm	15.8-16.5	2 Sequences	14	1	4	7	11	13

ROCKER FOXTROT — STEP CHART

Hold	Step No.	Man's Step	Number of beats of music	Lady's Step
Open	1	LFO	1	LFO
	2	XB-RFI	1	XB-RFI
	3	LFO	1	LFO
	4	RFI-Pr	1	RFI-Pr
Closed	5a	LFO	2	1+3
	5b	RFO	2	LFO-SwRk
	6	LFO3	1+1	RBO
Open	7a	RBO	2	4
	7b	LFO	2	LFO
	8	CR-RFO	2	CR-RFO
	9	LFI-Pr	2	LFI-Pr
	10	RFO	2	RFO
	11	LFO-CIMo	2	LFO-CIMo
	12	RBO	2	RBO
	13	XF-LBI	2	XF-LBI
	14	RFI	2	RFI

The **Rocker Foxtrot** is a **set** pattern dance.

For the definition of steps and holds refer to the *General Regulations 2022*, Rule 704-705 and for the dance itself to the *Handbook of Ice Dance 2003*.

1RF is skated according to the *Handbook of Ice Dance 2003*. Variation of holds outside KPs is allowed.
 In 2RF woman skates the man's steps and man the woman's step and they switch tracking sides. Prescribed holds in KP (**except hand-in-hand**). Variation of holds outside KPs is allowed.

Pattern Dance Element (1RF) Steps # 1-14	Key Point 1 Woman Step 5 (LFO-SwRk)	Key Point 2 Man Steps 5b- 7a (RFO, LFO3, RBO)	Key Point 3 Woman Steps 11-13 (LFO – CIMo, RBO, XF-LBI)	Key Point 4 Man Steps 11-13 (LFO – CIMo, RBO, XF-LBI)
Key Point Features Must include correct edges and holds	Correct Turn Correct Swing movement	1. Correct Turn	1. Correct Foot placement 2. Correct Cross in front	1. Correct Foot placement 2. Correct Cross in front
Pattern Dance Element (2RF) Steps # 1-14	Key Point 1 Man Steps 5b - 7a (RFO, LFO3, RBO) SKATED BY THE WOMAN	Key Point 2 Woman Step 5 (LFO-SwRk) SKATED BY THE MAN	Key Point 3 Man Steps 11-13 (LFO – CIMo, RBO, XF-LBI) SKATED BY THE WOMAN	Key Point 4 Woman Steps 11-13 (LFO – CIMo, RBO, XF-LBI) SKATED BY THE MAN
Key Point Features Must include correct edges and holds	1. Correct Turn	1. Correct Turn 2. Correct Swing movement	1. Correct Foot placement 2. Correct Cross in front	1. Correct Foot placement 2. Correct Cross in front