

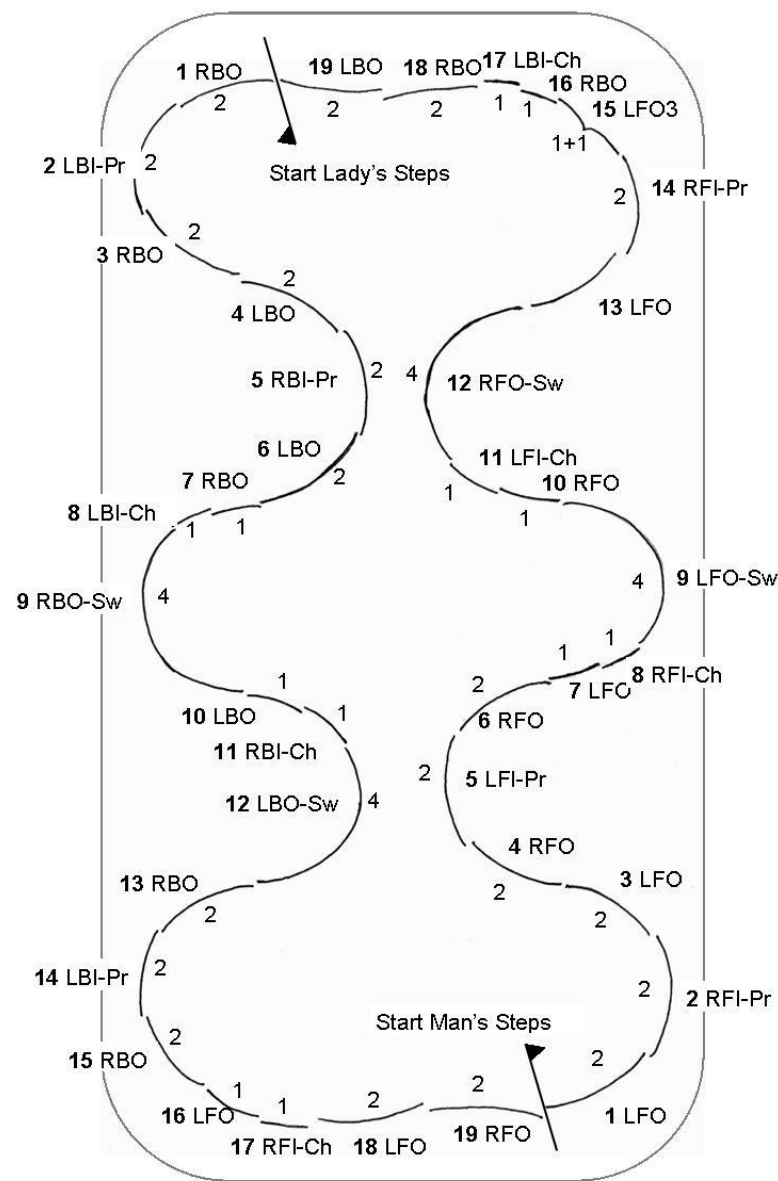
Major Dance

Hold	Step Number	Man's Steps	Number of beats of music		Lady's Steps
Closed	1	LFO	2		RBO
	2	RFI-Pr	2		LBI-Pr
	3	LFO	2		RBO
	4	RFO	2		LBO
	5	LFI-Pr	2		RBI-Pr
	6	RFO	2		LBO
	7	LFO	1		RBO
	8	RFI-Ch	1		LBI-Ch
	9	LFO-Sw	4		RBO-Sw
	10	RFO	1		LBO
	11	LFI-Ch	1		RBI-Ch
	12	RFO-Sw	4		LBO-Sw
	13	LFO	2		RBO
	14	RFI-Pr	2		LBI-Pr
	15	LFO3	1+1	2	RBO
	16	RBO		1	LFO
	17	LBI-Ch		1	RFI-Ch
	18	RBO		2	LFO
	19	LBO		2	RFO

List of abbreviations

R	right foot
L	left foot
F	forward
B	backward
O	outside
I	inside
Sw	swing
Pr	progressive
Ch	chassé
3	three turn

MAJOR DANCE



CSNDG 2009

c) Major Dance

Music : March 4/4
Tempo : 25 measures of 4 beats per minute
 100 beats per minute
Pattern : Set
Durée : In competitions : 2 sequences (1'30)

The Major Dance is skated in Waltz Hold and starts backward for the Lady and forward for the Man. However, it can be skated in solo. One step sequence covers both sides of the rink : the Lady repeats the Man's steps and vice versa. The dance includes Steps easy to skate on a music with a relatively slow tempo.

To make the start easier, the couple can skate the introductory steps directly in Waltz Hold.

Steps 1 to 6 are skated on two Lobes progressing from the long barrier to the Long Axis and vice versa. The Lady starts the sequence backward and the Man forward. The duration of each Step is two beats.

On the next two Lobes, skaters perform Steps 7 to 12. Two beats on the Chassés, four beats on the Swing Rolls.

Steps 13 and 14 are skated as a Progressive towards the long barrier : this Progressive takes four beats (two beats on the outside edge and two beats on the inside edge).

On Step 15, the Lady skates a two beat right backward outside edge while the Man skates a left forward outside Three Turn (one beat on left forward outside and one beat on left backward inside). Then the couple skates a Chassé (Steps 16 and 17) (one beat + one beat), forward for the Lady and backward for the Man.

The next two Steps are two outside edges (Steps 18 and 19) on the short side of the rink.

The dance goes on with the Lady skating from the Man's Step 1 and with the Man skating from the Lady's Step 1.

The skaters' carriage shall be upright and firm, in order the couple skates with constant spacing. Movements shall be synchronized on the music and in unison.

Scale of Values:

Sections	Steps	+++	++	+	Base	-	--	---
Major Dance								
1st Sequence	1 – 19	2.0	1.3	0.6	2.4	- 0.6	- 1.3	- 2.0
	20 - 38	2.0	1.3	0.6	2.8	- 0.6	- 1.3	- 2.0
2nd Sequence	1 - 19	2.5	1.6	0.8	3.2	- 0.8	- 1.6	- 2.5
	20 - 38	2.5	1.6	0.8	3.6	- 0.8	- 1.6	- 2.5