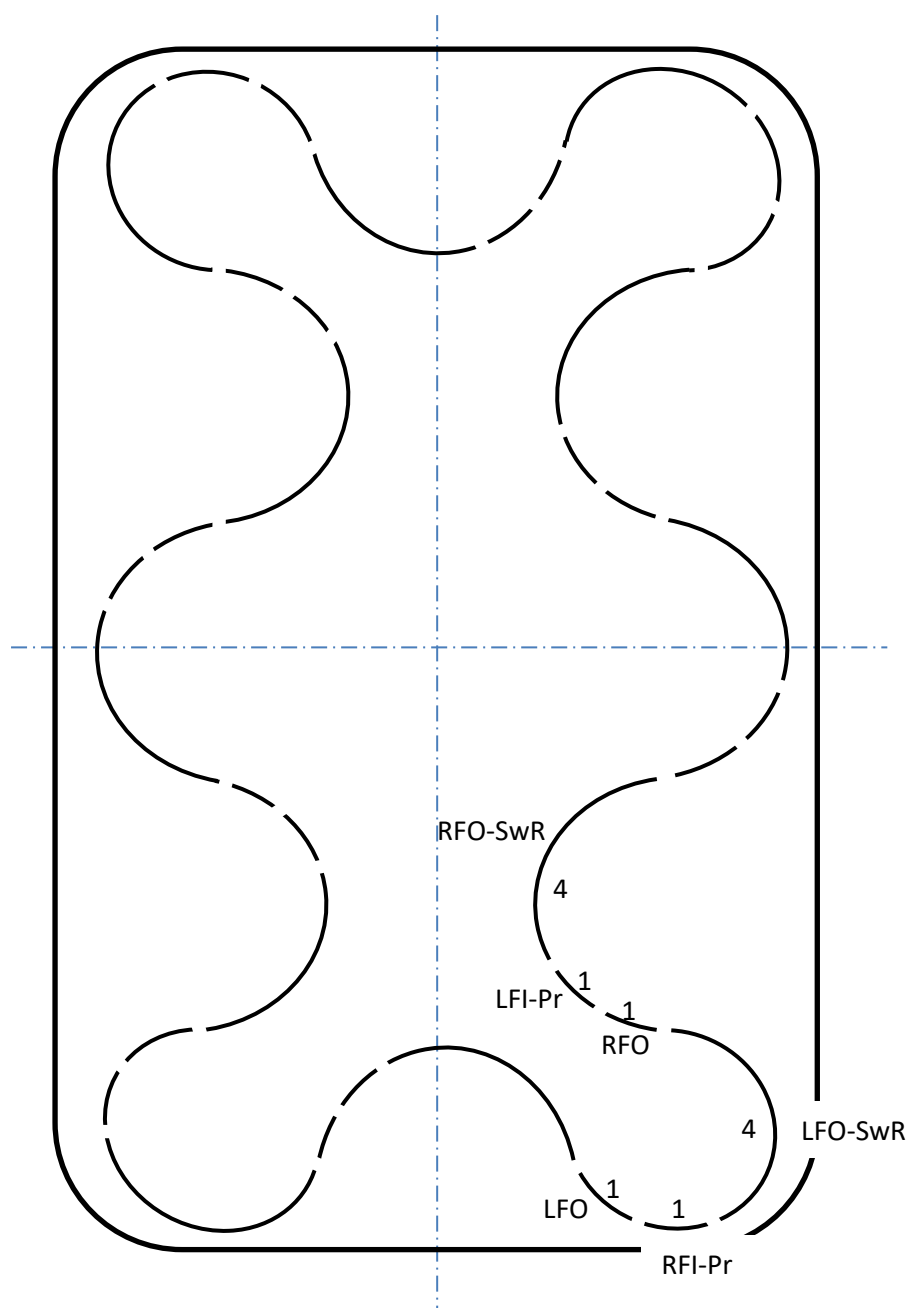


Preliminary Foxtrot



Music: 100 bpm

Hold: Kilian

Both partners skate the same steps.

Step	Beats
LFO	1
RFI-Pr	1
LFO-SwR	4
RFO	1
LFI-Pr	1
RFO-SwR	4
Repeat as indicated	
Total 6 times	

Key items:

- Distribute the 6 beats evenly over the half circles, such that the swing-rolls are skated on the outside edge almost until the end. To achieve this, skate the runs towards the barrier.
- In the four corners, bend your knees, bring the lady forward, use strong edges and try to skate the pattern as indicated.