

## **CASTEL MARCH - COUPLE**

By Odoardo Castellari

Music: Tango 4/4 or 2/4

Tempo: 100 BPM

Hold: Kilian, Reverse Killina, Waltz

Pattern: Set

Competitive Requirements - 2 sequences

**Step 1** LFO aims in the direction of the long side barrier and becomes parallel to it; **Step 2** Run RFI starts parallel to the long side barrier and aims toward the center of the rink; **Step 3** LFO is in the direction of the long axis.

**Step 4** XR RFO (1 beat) aims in the direction of the long axis and requires an obvious change of lean and the immediate recall of the left foot, close behind the skating foot in preparation of the next step.

**Step 5** XB LFI (2 beats): feet should be close and parallel to each other in the direction of the long axis and the free leg extends in front.

**Step 6** CIMk RBI (2 beats) is a closed mohawk parallel to the long axis.

**Step 7** LBO (2 beats) skated with the free leg extended in front and in line with the skating leg, is initially skated toward the short axis and then toward the long side barrier. With **step 8** RBO (1 beat), the skater exceeds the short axis, aiming toward the barrier.

On **Step 9** XF LBI (1 beat), in the direction of the long side barrier, partners release Kilian position to separate their hold, turning counterclockwise to execute an inverted mohawk, **step 10** lvMk RFI (2 beats). The inverted mohawk ends with the free legs crossed behind the skating legs, aimed parallel to the long side barrier and the couple assumes Reverse Kilian position, which is maintained until step 12.

**Step 12** XR RFO (1 beat) is a cross roll for both skaters.

On **steps 13** XR LFO 3t (2 beats, 1+1) for the man and **13a** XR LFO (1 beat) and **13b** Ch RFI (1 beat) for the woman, the partners both execute a cross roll, followed by a three turn for the man while the woman performs a chasse at the same time.

**Step 14** is RBO for the man and LFO for the woman (1 beat for both). **Step 15** is Run LBI (1 beat) for the man and Run RFI (1 beat) for the woman. Steps 13b, 14 and 15 are skated in Waltz position.

On **steps 16a** RBO (1 beat) and **16b** Ch LBI (1 beat) for the man and **step 16** LFO 3t (2 beats, 1+1) for the woman, the couple switches from Waltz position to Reverse Kilian position. Step 16b crosses the long axis.

**Steps 17** RBO (1 beat), **18** XB LBO (1 beat) and **19** XB RBO Sw (2 beats, 1+1) are cross rolls in Reverse Kilian position. Step 19 is a cross roll on the 1st beat followed by a swing of the free leg from front to back on the 2nd beat, finishing in line with the skating leg.

During the swing, the couple turns their torsos to the left while keeping the shoulders parallel to prepare for the next step.

On **step 20** CIMk LFO (2 beats), a closed mohawk for both skaters with the free leg extended in front, the couple assumes Kilian position which will be maintained until step 28b.

**Step 21** Run RFI (1 beat) and **step 22** LFO (1 beat)

**Step 23** XF RFO (1/2 beat) and **24** XB LFI (1/2 beat) are crosses which are performed with feet close and parallel.

**Step 25** DCh RFO (1 beat) is a dropped chasse with the free leg sliding in front off the floor.

**Step 26** XF LFI (2 beats) is a left inside cross in front, in the direction of the long side barrier, executed with the free leg, at the end of the step, crossed behind the skating leg.

**Step 27** RFI (1 beat) is an open stroke.

**Step 28 a-b-c-d**, which intersects the short axis is comprised of 5 beats:

- **28a** LFO on the 1st beat: the right free foot is rapidly brought close and parallel to the skating foot, lifted from the floor into "and" position to prepare for the next step;
- **28b** LUNGE\* (or Thrust) on the 2nd beat: the right foot is placed next to the left foot to perform a forward lunge, LFO (with skating leg bent) and simultaneously RFI (with leg extended in back).
- **28c** LFO Sw (on the 3rd beat): skaters remain with the weight of the body on the outside edge of the left foot while the right foot, sliding on the floor, is moved forward in contact with the floor (both feet remain resting on the floor until they are under the center of gravity and parallel to each other). The couple then executes a forward swing on the 3rd beat with the free legs lifted from the floor and in line with the skating legs.

During the forward swing, the couple moves out of Kilian position, to assume Tandem position (with woman in front of the man), left skates in line, free legs extended, with the man's right hand on the right side of the woman and the left hands of the couple joined together, at the height of the woman's hip (in Tandem position allowing for a slight shift of the woman to the man's left to avoid the man hitting the knee of his right leg against the woman's buttocks).

- **28d** LFI (4th and 5th beat on an inside edge): on the 4th beat the couple changes edge from LFO to LFI and on the 5th beat remains on the inside edge; during these two beats, the right leg is brought back to the left and the foot is placed next to the left in "and" position. On this change of edge, the woman moves to the man's left side and in this position the left hands of the skaters are raised above the woman's head while the right hands are joined on the right side of the woman.

**Step 29** is a RFO (2 beats) that begins parallel to the long axis and aims toward the long side barrier, with the man's right hand on the right side of the woman while the left arms of both skaters are optional.

**Step 30** XR LFO 3t (2 beats) is a cross roll on the 1st beat with the man's right hand on the right side of the woman, and on the 2nd beat a three turn, where the couple assumes Kilian position.

**Step 31** RBO (2 beats) begins in Kilian position, and then there is a rapid passage of the couple into Tandem position to execute the next step.

**Step 32** Mk LFO (1 beat) is followed by a crossed chasse, **step 33** XCh RFI (1 beat).

**Step 34** is a LFO (2 beats) that intersects the long axis, followed by **step 35** XR RFO (2 beats).

**Step 36** SI Sd LFI/RFO - LFO (2 beats total, 1+1) is distributed as follows:

- On the 1st beat (**step 36a**) the couple executes a SLIDE with both skates on the floor (LFI of the supporting leg and RFO of the extended leg).
- On this step the skaters will initially place the left foot next to the right, resting on the floor, then transfer their weight onto the left (LFI) by stretching the right leg forward simultaneously on an outside edge (RFO).
- The edges are pressed so as to form an arc that aims in the direction of the long side barrier.
- On the 2nd beat (**step 36b**) the skaters perform a change of edge with the left foot to LFO, while lifting the right leg off the floor. The direction is perpendicular to the long side barrier.

**Step 37** DCh RFI (2 beats) is a dropped chasse that curves in preparation for the restart of the dance.

**\*Lunge or thrust:** both feet of the skaters are resting on the floor, the left knee is clearly bent in front while the right leg simultaneously slides in back, leg extended, on a RFI edge.

**KEY -POINTS**

**Section 1:**

1. **Steps 5 – 6:** Correct technical execution of **step 5 XB LFI** (2 beats) and **step 6 CIMk RBI** (2 beats), a closed mohawk executed with feet close together. Attention to the proper placement of the free foot with respect to the skating foot during the closed mohawk with control of the position of the couple during the turn.
2. **Steps 8-9-10:** Correct technical execution of **step 9 XF LBI** and **step 10 IvMk RFI** with feet close together. Attention to the precise execution of the change of position as the partners release hold during the inverted mohawk and at the end of the transition, assume Reverse Kilian position.
3. **Steps 12 XR RFO (1 beat) for both skaters and 13 XR LFO 3t (2 beats, 1+1) for the man and 13a XR LFO (1 beat) and 13b Ch RFI (1 beat) for the woman:** Correct technical execution of the Xrolls with deep edges and correct lean, with attention that the couple maintains Reverse Kilian position with no separation during these steps.
4. **Steps 18 XB LBO and 19 XB RBO Sw:** correct technical execution of these steps on required edges with feet close together, with attention that the couple maintains Reverse Kilian position with no separation during these steps.

**Section 2:**

1. **Steps 20 and 21:** correct technical execution of **step 20 CIMk LFO** for both skaters, exiting with the free legs extended forward; attention to the proper foot placement and the required outside edge on the closed mohawk and Kilian position of the couple; correct execution of **step 21 Run RFI**, which must not be crossed.
2. **Steps 23-24-25:** Correct technical execution of **Step 23 XF RFO (1/2 beat)** and **24 XB LFI (1/2 beat)**, cross steps performed with feet close together and **step 25 Dch RFO (1 beat)**. Attention to the correct timing of each step.
3. **Step 28 Lunge (thrust):** correct technical execution of the lunge, in Kilian position; proper control of the timing required during the execution of the step and the required edges; attention to the outside edge in the swing, in Tandem position and the change of edge, with the movement of the woman to the man's left while the hands are brought over the head of the woman and the right hands are together on the right side of the woman.
4. **Step 36a/b LFI/RFO-Sd- LFO:** correct technical execution of the Slide on the 1st beat with the required edges (LFI of the supporting leg and RFO of the leg extended in front); attention to the evident change of edge to outside (LFO) on the 2nd beat with the right legs lifted in front.

**CASTELMARCH (100 bpm) Couples**

| Position         | No | Woman's Steps | Musical Beats | Man's Steps |
|------------------|----|---------------|---------------|-------------|
| <b>SECTION 1</b> |    |               |               |             |
| Kilian           | 1  | LFO           | 1             | LFO         |
|                  | 2  | Run RFI       | 1             | Run RFI     |
|                  | 3  | LFO           | 1             | LFO         |
|                  | 4  | XR RFO        | 1             | XR RFO      |
|                  | 5  | XB LFI        | 2             | XB LFI      |
|                  | 6  | CIMk RBI      | 2             | CIMk RBI    |
|                  | 7  | LBO           | 2             | LBO         |

|                         |                 |                     |     |     |     |                  |
|-------------------------|-----------------|---------------------|-----|-----|-----|------------------|
| see notes               | 8               | RBO                 |     | 1   |     | RBO              |
|                         | 9               | XF LBI              |     | 1   |     | XF LBI           |
| Reverse Kilian          | 10              | IvMk RFI            |     | 2   |     | IvMk RFI         |
|                         | 11              | LFO                 |     | 1   |     | LFO              |
|                         | 12              | XR RFO              |     | 1   |     | XR RFO           |
|                         | 13a             | XR LFO              | 1   |     | 1+1 | XR LFO 3t        |
| Waltz                   | 13b             | Ch RFO              | 1   |     |     | (to LBI)         |
|                         | 14              | LFO                 |     | 1   |     | RBO              |
|                         | 15              | Run RFI             |     | 1   |     | Run LBI          |
|                         | 16a             | LFO 3t              | 1+1 |     | 1   | RBO              |
| Reverse Kilian          | 16b             | (to LBI)            |     |     | 1   | Ch LBI           |
|                         | 17              | RBO                 |     | 1   |     | RBO              |
|                         | 18              | XB LBO              |     | 1   |     | XB LBO           |
| <u>See notes</u>        | 19              | XB RBO Sw           |     | 1+1 |     | XB RBO Sw        |
| Kilan                   | 20              | CIMk LFO            |     | 2   |     | CIMk LFO         |
|                         | 21              | Run RFI             |     | 1   |     | Run RFI          |
|                         | 22              | LFO                 |     | 1   |     | LFO              |
| <b>SECTION 2</b>        |                 |                     |     |     |     |                  |
|                         | 23              | XF RFO              |     | ½   |     | XF RFO           |
|                         | 24              | XB LFI              |     | ½   |     | XB LFI           |
|                         | 25              | DCh RFO             |     | 1   |     | DCh RFO          |
|                         | 26              | XF LFI              |     | 2   |     | XF LFI           |
|                         | 27              | RFI open stroke     |     | 1   |     | RFI open stroke  |
|                         | 28a             | LFO                 |     | 1+  |     | LFO              |
|                         | 28b             | 28b Thrust(LFO/RFI) |     | 1+  |     | Thrust( LFO/RFI) |
| <u>Tandem</u>           | 28c             | LFO Sw              |     | 1+  |     | LFO Sw           |
| See notes               | 28d             | LFI                 |     | 2   |     | LFI              |
|                         | 29              | RFO                 |     | 2   |     | RFO              |
|                         | 30              | XR LFO 3t           |     | 1+1 |     | XR LFO 3t        |
| <u>Kilian to Tandem</u> | 31              | RBO                 |     | 2   |     | RBO              |
| Kilian                  | 32              | Mk LFO              |     | 1   |     | Mk LFO           |
|                         | 33              | XCh RFI             |     | 1   |     | XCh RFI          |
|                         | 34              | LFO                 |     | 2   |     | LFO              |
|                         | 35              | XR RFO              |     | 2   |     | XR RFO           |
|                         | 36 <sup>a</sup> | SI Sd(LFI/RFO)      |     | 1+  |     | SI Sd (LFI/RFO)  |
|                         | 36b             | LFO                 |     | 1   |     | LFO              |
|                         | 37              | DCh RFI             |     | 2   |     | DCh RFI          |



