

<p><b>Forward and Backward Outside Rockers</b></p>	<p><b>Description</b></p>	<p><b>Focus</b></p>	<p><b>Comments</b></p>
<div data-bbox="130 256 632 1266"> </div> <p data-bbox="142 1299 619 1485">The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, complete freedom is permitted to the skater with respect to arm and free leg positions.</p>	<p data-bbox="655 256 947 430">The skater will perform forward outside rockers followed by a cross in front, then feet together to push to a back outside rocker.</p> <p data-bbox="655 462 947 584">This back outside rocker is followed by two forward outside crossrolls to a forward rocker.</p> <p data-bbox="655 617 947 738">The skater has the option of starting the first length with either the right or left foot forward rockers.</p> <p data-bbox="655 771 947 925">The second length will be performed with the forward and backward outside rockers on the opposite foot.</p> <p data-bbox="655 958 947 1015">The end sequence of steps is optional.</p> <p data-bbox="655 1047 947 1136">There should be two forward and two backward rockers.</p> <p data-bbox="703 1266 903 1323">Introductory steps are optional</p>	<p data-bbox="966 178 1050 211"><b>Focus</b></p> <ul data-bbox="966 243 1491 795" style="list-style-type: none"> <li>• <b>Power</b> – Bilateral ability to generate continuous power with equal and even strength from solid edges with flexible skating knees throughout the entire pattern.</li> <li>• <b>Core Body</b> – Head, upper body/ torso, and arm control coordinated with free leg extension</li> <li>• <b>Extension</b> – Head, upper body/ torso, and arm control coordinated with free leg extension that does not affect the torso and elevate the free hip.</li> <li>• <b>Edge Quality</b> – Bilateral flowing edges with excellent control on transitions from lobe to lobe.</li> <li>• <b>Turn Quality</b> – Bilateral solid edges without sub-curves into or out of turns and balanced lobes</li> <li>• <b>Quickness</b> - even rhythm or tempo</li> </ul> <p data-bbox="966 828 1071 860"><b>Errors</b></p> <ul data-bbox="966 868 1491 1136" style="list-style-type: none"> <li>• Inability to maintain flow throughout</li> <li>• Lots of scraping and skidding through rockers</li> <li>• Poor posture</li> <li>• Major changes of edge before or after rockers</li> <li>• Inability to obtain an even rhythm &amp; quickness</li> </ul> <p data-bbox="966 1169 1155 1201"><b>Expectations</b></p> <ul data-bbox="966 1209 1491 1461" style="list-style-type: none"> <li>• Clean Rockers on correct edges - Sometimes stronger on one side than other</li> <li>• Complete required sets as stated in the rulebook</li> <li>• Demonstrate an even rhythm with no loss of speed</li> <li>• Accomplished control and an undisturbed upper body carriage, particularly the arms</li> </ul>	

