

Palais Glide

source: Skate Guard magazine

Music: Glide or March 4/4

Tempo: 24 bars/minute - 96 BPM metronome

MAN AND LADY SKATE SAME STEPS			
Step	Edge	Beats	Position
1	LFO	1	KILIAN
2	XB-RFI	1	
3	LFO	2	
4	RFO	1	
5	XB-LFI	1	
6	RFO	2	
7	LFO	1	
8	XB-RFI	1	
9	LFO	2	
10	RFO	1	
11	XB-LFI	1	
12	RFO	2	
13	XR-LFO	2	
14	XR-RFO	2	
15	XR-LFO	2	
16	XR-RFO	2	
17	LFO Swing Roll: swing free leg forward on count 2, back on count 3 and hold to end of step	4	
18	RF Scissors: left foot forward, weight on right	1	
19	LF Scissors: right foot forward, weight on left	1	
20a	RF Scissors: left foot forward, weight on right	1	
20b	RFI: [continuation of RF flat (step 20a)]: left foot lifted off the ice and held forward	1	

NOTE: In a normal size rink, this dance can be skated in groups of any number up to six (usually 4) with arms linked at the back or over the shoulder. The Palais Glide can also be utilized as a formation dance in a carnival as several teams may be used at intervals around the rink.

