Poised for Success Freestyle



Guide to the Rose Cotillion

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Introducing Etude Titles!

Etude Titles are "Special Event" Titles that are offered by Poised for Success Freestyle for a limited time.

In music, an "etude" is a short musical composition that is designed to provide practice material for perfecting a particular musical skill in an aesthetically pleasing way.

Likewise, the Etude Titles provide Poised for Success Freestyle teams with the opportunity to create short practice exercises to perfect a particular Freestyle skill in an enjoyable way and to earn titles for performing those exercises.

These are offered through Poised for Success Freestyle at certain times throughout the year, and each one is offered for a limited time.

Anyone is eligible to enter submissions for Etude Titles. No prerequisite titles are necessary. All you need is a Poised for Success Registration number. For information on how to register, see the "Titling in Musical Freestyle" page on the Poised for Success website.

http://www.poisedforsuccessfreestyle.com/titling-in-musical-freestyle

Titling Classes

Three titling classes are offered for the Etude Titles:

- **Debut Class:** Puppies and adult dogs who are new to training are eligible to enter the Debut Class

- **Laude Class:** Senior dogs and dogs with disabilities are eligible to enter the Laude Class

- **Performer Class:** All dogs are eligible to enter the Performer Class

For teams in the Debut and Laude Classes, treats may be visible to your dog during a performance, and you may treat at any time during the performance. Handlers are encouraged to reinforce in a way that maintains as much flow as possible within the performance, although loss of flow for reinforcement will not cause a team to NQ.

For teams in the Performer Class, treats may not be visible to your dog during a performance, although you can have them in a pocket or bait bag, and you may not treat until after the performance is fully complete.

A team may enter any given Etude event in one titling class only per offering of that event.

However, a team that enters in the Debut Class one year can enter the same event in the Performer Class in another year, once the dog is ready to do so. And a team that enters in the Performer Class in one year can enter the same event in the Laude class in a later year, once eligible to perform in that Class.

The Rose Cotillion
Title Open for Entries from June 15th – September 15th

This title is now open at three levels:

- First Level – Rose Cotillion
- Second Level – Rose Cotillion – Sonata



"The Dog is the Master of Rhythm and Flow"

– Judy Gamet

Movement – the Heart of the Rose Cotillion

Your dog is an artist, and the art of the dog is expressed uniquely through his or her movement.

Have you ever noticed that different dogs move differently?

Some dogs bounce as they move. Some move smoothly. Some are energetic. Some are very elegant. Some dogs express a lively sense of fun. Some express a more serious working attitude. Some express tenacity and determination. And some even express a sense of the music through their movement.

The objective of the Rose Cotillion is for you to design a movement sequence that demonstrates your dog's unique style of movement.

How, exactly, does one do this? Read on!

Types of Movement

When I think of my dog's movement, the first thing that comes to mind is the dog moving forward at a fast-moderate pace with an open and natural gait in long straight lines and on big outside curves.

Of course, that requires a decent amount of space, or a dog who is very comfortable moving in small spaces.

However, that is not the only way that one can showcase movement.

For the first level of the Rose Cotillion title, you and your dog will need to incorporate three elements of movement from the following list of "Movement Elements" into your performance.



Limited Mobility

Dogs and handlers with limited mobility are welcome and encouraged to participate in the Rose Cotillion.

While those who can are encouraged to feature dynamic movement, those who need to take a more low-key approach due to limited mobility on the part of dog or handler are very welcome to do so.

Moreover, if more time is needed in order to incorporate three of the movement elements comfortably, please indicate that when you enter, and that allowance can be made.

Performance Videos for the Rose Cotillion

- Video editing is permitted for the Rose Cotillion, although it is not required,
- Music overlays are permitted.
- Remember, as always in Poised for Success Freestyle, all of you and your dog should be in the picture throughout the performance. If you "lose" a bit of yourself or your dog briefly, or you briefly lose a bit of the top of your head, or your dog's feet or tail in the picture, it is OK, but the overall impression of the performance should be that you and your dog are both performing.
- No food or toys may be in your hand in your submission clips unless your dog is performing in the Debut or Laude Classes. You may have food in a pocket or bait bag, or a toy concealed for the Performer Class.

Note Well: When you enter the Rose Cotillion, please indicate which three movement elements you have included in your performance in the order in which they appear in one of the following:

  - A title screen on your video.
  - Captions within the video
  - The video description on YouTube.
  - Your entry email.

- Movement Element numbers have been provided for your convenience.

Movement Elements – Rose Cotillion – First Level

- **ME1 – Outside Curve** – dog and handler perform forward heelwork in straight or curved patterns, featuring the dog on the outside of the curve.
- **ME2 – Prop Send** – handler sends the dog around, or to, a prop, either from a distance, or from movement with handler.
- **ME3 – Circles** – the dog circles the handler, or circles a prop (particularly a wide one) multiple times. If dog is circling handler, the handler may be stationary, or pivoting in the opposite direction as the dog is moving, or moving forward or backward as the dog makes the circles.
- **ME4 – Rally-Style Turns** – dog and handler perform rally-style turns with the dog on the outside of the curve. (Recommended Turns: 270 degree, 360 degree, 450 degree, Double Schutzhund). These will be judged for showcasing movement, not precision, and it is recommended to perform them wider than in Rally if space permits.
- **ME5 – Movement in Center** - dog moves toward handler (either the two moving together, or the dog returning from a send) in a straight line or curve.
- **ME6 – Figure 8s** – dog performs Figure 8s around props, a prop and the handler, or possibly even the handler's legs. No distance is required.
- **ME7 - Open Figure 8** – moving toward the handler, the dog performs a spin in one direction, immediately followed by a spin in the opposite direction, as the handler moves backward away from the dog.
- **ME8 - Send-Weave Combination** – handler sends dog around a prop, and then the dog flows into a single leg weave. Handler immediately sends dog around the prop again, and then has the dog flow into another leg weave. At least two sets should be performed, with emphasis on movement and flow.



The Rose Cotillion – First Level

- Design a Freestyle performance that is up to 2 minutes long.

  For the most part, this is a "free form" performance.

  This may be one continuous performance, or you may edit clips together to create the performance. A music overlay is permitted. Props are permitted, and they may appear and reappear throughout the performance.

  Stationary moves, transition moves, more "collected" movement, and dog movement in directions other than forward are allowed and welcome in the performance, but do not count as movement elements.

- Within the course of the performance, you should have your dog perform at least three of the movement elements from the list above.

  Really strive to feature these elements. You can do that by having your dog perform a movement element for some duration (Example: Two or three Figure 8s instead of just one, having your dog circle you two or three times instead of just once) or by using contrast (Example: Have your dog perform something with more collected movement and then "burst" into the movement element).

  If you are featuring movement by having your dog perform heelwork, be sure that the heelwork stands out, and does not appear to be just a connection between other moves.

- Opening and closing poses are optional at this level but are encouraged.

Rose Cotillion Demo Video:

https://www.youtube.com/watch?v=TTyDXGgYfQI

Title Offered

The Title consists of only this one leg, and teams who qualify on this single submission will earn the Rose Cotillion Etude Title.

PFS – RC

Or

PFS – RC - Debut

Or

PFS – RC - Laude



Movement Elements – Rose Cotillion - Sonata

For the Rose Cotillion Sonata title, you and your dog will need to incorporate three elements of movement. At least **two** must be from this Sonata List. The other one may be from the first level list (above), or from the Sonata List.

Movement Elements:

- **MES1 - Distance Prop Circle** - dog circles a prop at a distance from the handler, making at least one full circle. Handler should be about two (or more) arms-lengths away from the prop, and the dog should maintain a distance of about one (or more) arm-lengths from the handler.
- **MES2 - Pivot** - dog performs a pivot moving toward the handler with either the dog's front feet as the pivot point, or the handler's feet. Regardless, the back end should be making the pivot movement toward the handler. Dog may be in heel, side, or center position. Dog should pivot at least 180 degrees.
- **MES3 - Back Away** - dog backs away from handler (either the two moving together, or the dog backing away from the stationary handler). No specific distance of backing is required, but dog should clearly back up at least a short distance with purpose. This backing can be "sandwiched" in between other Freestyle moves.
- **MES4 - Distance 8s (Single Prop)** – dog is sent to a prop that is about two arm-lengths (or more) from the handler, upon return to the handler, the dog "crosses" the path to create the Figure 8 and circles around behind the handler. Dog is sent to the prop again, and again, upon return to the handler, crosses the path in front of the handler to create the figure 8 and circles behind the handler. Dog is sent around the prop one last time to finish.
- **MES6 - Open Figure 8/Circle Combination** - dog performs a spin and a twirl while moving toward handler and then circles behind handler to the left or to the right.
- **MES7 - Spiral-Send** (requires two standing props) – handler sends dog around one prop, picks dog up in heel or side position and performs a 360 degree turn (tight or wide) with dog on the outside of the curve. Without stopping, handler sends dog around the second prop and picks the dog up on the opposite side (heel or side position), and performs another 360 degree turn with dog on the outside of the curve. Handler immediately sends the dog around the first prop again, and that finishes this movement element.

- **MES7 - Double Send-Weave Combination** (requires two standing props) – handler sends dog around one prop, and then the dog flows immediately into a Figure 8 Leg Weave. Then dog is immediately sent around the second prop, and the dog flows immediately into a second Figure 8 Leg Weave. To finish, the dog is sent around the first prop a second time.

Teams performing in the Debut and Laude Classes are welcome to use all of the Movement Elements listed above. In addition, Debut and Laude classes only may use the following:

- **MES8 - Inside Curve** – dog and handler perform continuous forward heelwork in a curved pattern, featuring the dog moving comfortably on the inside of the curve.
- **MES9 - Back With** – the dog backs up in heel or side position with dog and handler moving backwards together. No specific distance of backing is required, but dog should clearly back up at least a short distance with purpose.
- **MES10 - Modified Spiral-Send** – Spiral-Send is performed as described above, but the change of side for the second 360 turn is not required. Dog may perform both turns in either heel or side position.
- **MES11 - Modified Paper Clip** – (requires two standing props) – the two props are placed in a line, with some distance between them. Dog is sent around one prop, and handler picks up the dog in heel or side position after the dog completes the send. The team moves toward the second prop, and the dog is sent around the second prop and picked up on the same side. This is repeated until the dog has been sent at least 4 times. This should be completed with no stops or significant pauses.
- **MES12 - Modified Distance 8s (Single Prop)** – dog is sent to a prop that is about one arm-lengths (or more) from the handler, upon return to the handler, the dog "crosses" the path to create the Figure 8 and circles around behind the handler. Dog is sent to the prop again, and again, upon return to the handler, crosses the path in front of the handler to create the figure 8 and circles behind the handler. Dog is sent around the prop one last time to finish.
- **MES – 13 - Outside Pivot** - dog performs a pivot moving with the handler with handler's feet as the pivot point. Handler feet do not have to remain on one spot, but the dog should move clearly with the handler. Dog may be in heel or side position. Dog should pivot at least 365 degrees. Dog does not have to pause at the end before moving into the next move or movement in the performance.

The Rose Cotillion - Sonata

- Design a Freestyle performance that is up to 2 minutes and 30 seconds long.

  For the most part, this is a "free form" performance.

  This may be one continuous performance, or you may edit clips together to create the performance. A music overlay is permitted. Props are permitted, and they may appear and reappear throughout the video.

  Stationary moves, transition moves, more "collected" movement, and dog movement in directions other than forward are allowed and welcome in the performance, but do not count as movement elements.

- Within the course of the performance, you should have your dog perform a total of at least three movement elements. At least two must be from the Sonata list (above). The third may be from the list from Level 1, or from the Sonata list.

  Really strive to feature these elements. You can do that by having your dog perform a movement element for some duration (Example: Two or three Figure 8s instead of just one, having your dog circle you two or three times instead of just once) or by using contrast (Example: Have your dog perform something with more collected movement and then "burst" into the movement element).

  If you are featuring movement by having your dog perform heelwork, be sure that the heelwork stands out, and does not appear to be just a connection between other moves.

- **For teams in the Performance Class**: If you are editing your performance together from video clips, try to show the movement elements as part of a continuous movement phrase instead of single elements edited in on their own.

  For example, instead of simply editing in an Open Figure 8/Circle Combination (MES5), you could send your dog around a prop, pick your dog up in front of you, have your dog perform the Movement Element, and then move into heelwork forward, or perform a leg weave, etc.

  This is not expected at this level for dogs in the Debut or Laude Classes.

- The performance should begin with an opening pose or move and end with an opening pose or move.

Title Offered

The Title consists of only this one leg, and teams who qualify on this single submission will earn the Rose Cotillion Etude Title.

PFS – RC - Sonata

Or

PFS - RC- Sonata - Debut

Or

PFS - RC - Sonata - Laude

Submit Your Entry

The entry fee for each submission is $15.00. One video makes up a single submission for this Title. The Title consists of only this one leg, and teams who qualify on this single submission will earn the Rose Cotillion Title.

Each qualifying team will receive a printed certificate and flat ribbon in the mail. If you prefer to have your certificate emailed, please indicate that preference when you submit.

To enter, please submit payment of $15.00 to:

pfsfreestyle@gmail.com

Then, fill out the following entry form and submit online:

https://form.jotform.com/253188116592058

Entries – The Rose Cotillion

Entries for the The Rose Cotillion will open on June 15, 2026.

Entries must be received no later than September 15, 2026.

If corrections are needed to the entry, all corrections must be submitted by October 15, 2026

Enjoy! I look forward to seeing your entries!