

# A Vision at the Rink

Score by Sean Thomas Boyt  
STBDancing.com

*Visit an ice rink or skating rink during peak hours  
and situate yourself in the center.*

*Stretch the hamstrings, glutes, triceps, groin, and  
calves.*

*Begin skating backwards.*

*Run into fellow skating fan.*

*Form couple to skate backwards with.*

*Win all medals.*