

ELEMENTS

Level 1:

Forward two foot glide

Dip

Forward swizzles

Backward wiggles

Level 2:

Forward one foot glides R&L

Backward swizzles

Two foot turn - in place

Moving snowplow stop

Level 3:

Forward slalom

Two foot spin

Forward $\frac{1}{2}$ swizzle pumps on the circle

Moving forward to backward two foot turn on the circle

Level 4:

Forward outside three turns R&L

Backward stroking

Forward crossovers

Backward $\frac{1}{2}$ swizzle pumps on the circle

Level 5:

Side toe hop (both directions)

Backward crossovers

Hockey stop - either foot

Beginning one foot spin

Level 6:

Forward inside three turns R&L

Bunny hop

Forward spiral - either foot

Forward lunge - either foot

Level 7:

Forward inside Mohawks R&L

Backward outside edge to forward outside edge on the circle

Ballet jump

Forward inside pivots - either foot

Level 8:

Combination move – once through; clockwise
One foot spin
Waltz jump
Mazurka – either foot

Freestyle 1:

Basic forward outside and forward inside edges
Scratch spin – from backward crossovers
Waltz jump – from three backward crossovers
Half flip

Freestyle 2:

Forward outside spirals – on the circle; clockwise
Beginning back spin
Waltz jump, side toe tap, waltz jump sequence
Toe loop

Freestyle 3:

Backward crossovers in a figure eight
Salchow
Back spin
Half lutz jump

Freestyle 4:

Spiral sequence: forward inside spiral, forward inside Mohawk, backward outside spiral – clockwise
Loop jump
Sit spin
Waltz jump/Loop jump combination

Freestyle 5:

Flip jump
Camel spin
Waltz jump/Falling leaf/Toe loop sequence
Scratch spin/Back spin

Freestyle 6:

Lutz jump
Five step Mohawk sequence
Camel/Sit spin combination
Waltz jump/Half loop/Salchow