

Freestyle 1 - 5



Freestyle 1

Forward Inside Pivot
Two-Foot Spin
Forward Arabesque
Backward Outside Edges
Backward Inside Edges
One-Half Flip
Waltz Jump



Freestyle 2

Ballet Jump
Jump Sequence:
Waltz jump
Tap-toe jump
3-turn or Mohawk turn
One-Half Flip jump
One-Half Lutz
One-Foot Spin
Two Forward Arabesques
(On either foot, on outside or inside edge)
Dance Step Sequence



Freestyle 3

Backward Outside or Backward Inside Pivot
Salchow Jump
Change Foot Spin
Backward Arabesque
Toe Loop Jump or Toe Walley Jump
(Choice of One)
Dance Step Sequence



Freestyle 4

Flip Jump
Loop Jump
Sit Spin
One-Half Loop Jump
Two Backward Arabesques
(One each on the Right and Left foot)
Three Turns / Dance Step Sequence
(Backward Outside and Backward Inside)



Freestyle 5

Lutz Jump, Axel Jump, Camel Spin
Camel-Sit-Upright Spin
Fast Back Scratch Spin
Left Forward Outside Closed Swing Choctaw
Left Forward Inside Open Choctaw
Left Forward Outside Bracket
Right Forward Inside Bracket
Right Forward Inside Twizzle
Right Back Outside Twizzle
Dance Step Sequence