

**UPRIGHT SPIN**

- Minimum 2 rotations

FORWARD or BACKWARD SPIRAL

- Any foot / any pattern

FORWARD ALTERNATING SIMPLE (open) CHASSE' & SLIP CHASSE' x3

- Both directions/feet on circle

BACKWARD ALTERNATING SIMPLE (open) CHASSE' & SLIP CHASSE' x3

- Both directions/feet on circle

FORWARD PROGRESSIVE RUNS

- Both directions/feet on circle (foxtrot rhythm)

COMBO STEPS

- A series of 5 linking steps/turns

SKATE STAR



ICE DANCE
SILVER

FORWARD INSIDE TWIZZLE MOVEMENT

- Minimum 1 revolution, both directions/feet

FORWARD OUTSIDE & INSIDE SWINGS

- Both directions/feet (waltz rhythm)

SERPENTINE FORWARD SIMPLE (open) CHASSE' x3

- Both directions/feet (waltz rhythm)

FORWARD OUTSIDE 3-TURN x2 with a SUSTAINED BACKWARD OUTSIDE EDGE

- Both directions/feet

BACKWARD PROGRESSIVE RUNS

- Both directions/feet on circle (foxtrot rhythm)

INTRODUCTION TO DANCE POSE

- Spiral, Attitude, Crouching Pose, Ina Bauer, Lunge/Drag, T-pot, Spread Eagle

Skate **UK**

SKATE STAR



ICE DANCE
GOLD

DANCE POSE

- On an edge

FORWARD CONTINUOUS CLOSED CHASSE' x3

- Both directions/feet on a circle

SERPENTINE BACKWARD SIMPLE (open) CHASSE' x3

- Both directions/feet (waltz rhythm)

BACKWARD OUTSIDE SWINGS

- Both directions/feet (waltz rhythm)

BACKWARD INSIDE SWINGS

- Both directions/feet (waltz rhythm)

7 DANCE STEP SEQUENCE

- (Swing rhythm)

Skate *UK*

SKATE STAR



ICE DANCE
PLATINUM

FORWARD CROSS ROLLS

- (Blues rhythm)

BACKWARD CROSS ROLLS

- (Blues rhythm)

SET OF TWO TWIZZLES

- Different edge entry, minimum one rotation on each twizzle

UPRIGHT SPIN

- Minimum 5 revolutions, with correct entry and exit

BACKWARD OUTSIDE CLOSED MOHAWK

- Both directions/feet

9 DANCE STEP SEQUENCE

- (Any rhythm)