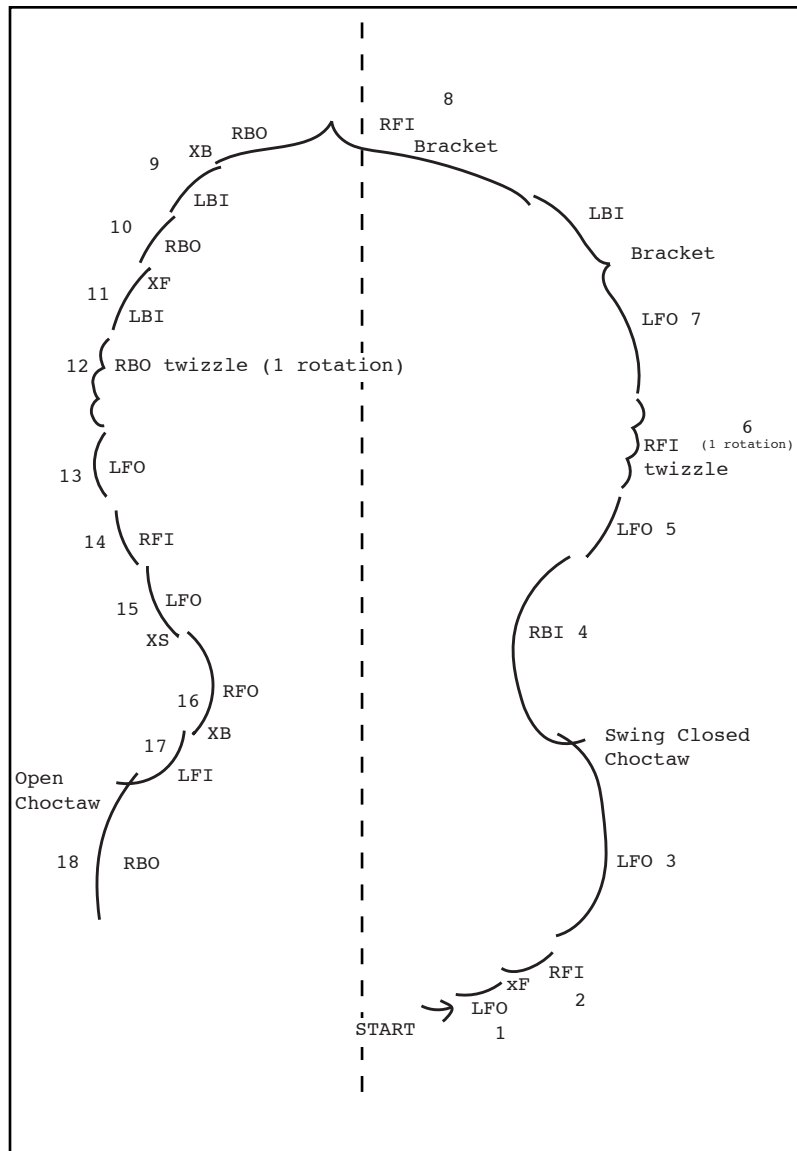


ISI Freestyle 5, Couple 5 and 6

Dance Step Sequence



ISI Freestyle 5, Couple 5 and 6

Dance Step Sequence

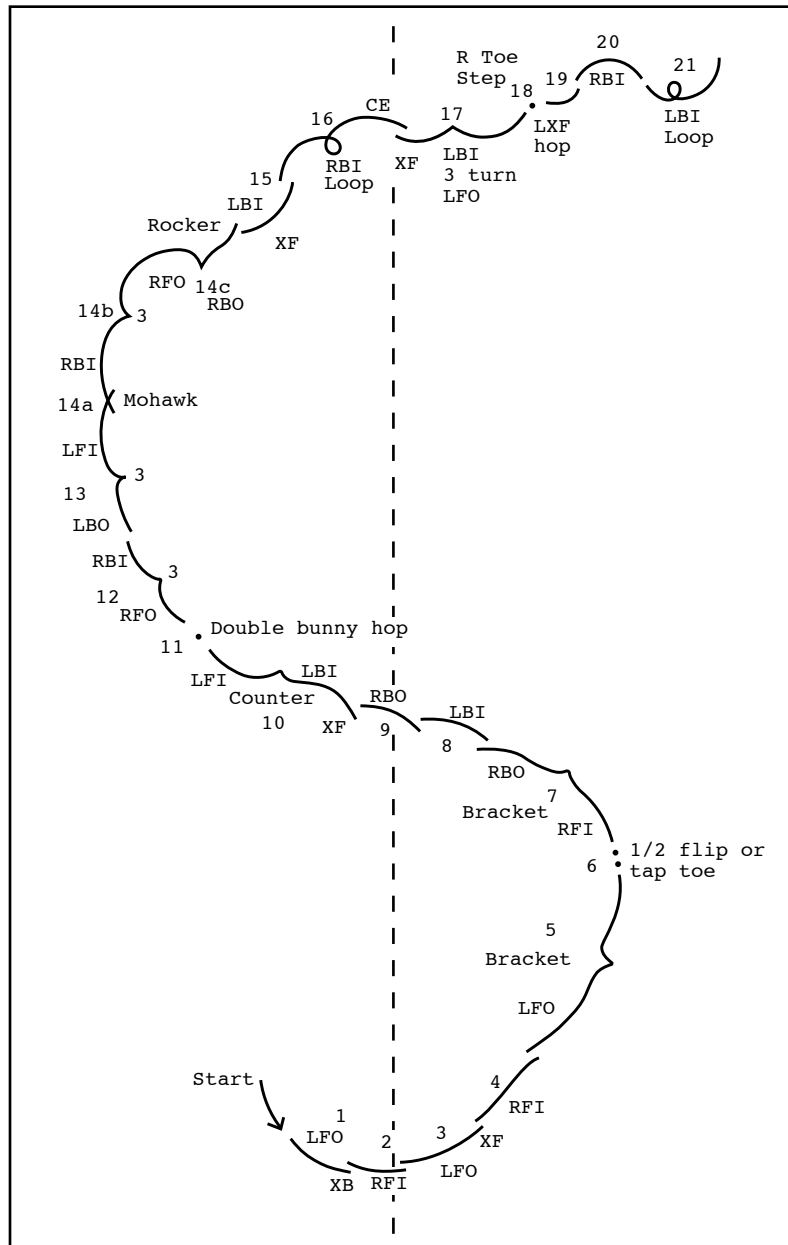
The skater must demonstrate all required turns separately for the compulsory part of the test: Left Forward Outside Swing **Closed** Choctaw, Left Forward Inside Open Choctaw, Left Forward Outside Bracket, Right Forward Inside Bracket, **Right Forward Inside Twizzle**, **Right Back Outside Twizzle**. In the program part of the test, the skater must demonstrate the Dance Step Sequence shown in the diagram in continuous flowing movement. The pattern must be well-balanced on both sides of the long axis of the rink, as shown in the diagram. The pattern should be proportionate to the skater's size. This pattern may not be reversed. This pattern may not be reversed.

The skater should demonstrate correct (clean) turns and edges throughout the Dance Step Sequence.

- a. **Left Forward Outside Swing **Closed** Choctaw** A change foot turn from LFO to RBI, where the free foot moves forward past the skating foot before being brought back to the **outside** of the skating foot for the turn to backward inside. The skater rotates in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.
- b. **Left Forward Inside Open Choctaw** A change foot turn from LFI to RBO, in which the heel of the free foot moves to the inner edge side of the skating foot before the turn to backward outside. The skater rotates in the direction opposite the curve of the entry edge. Entry and exit edges for LFI Choctaw must be held at least one time the skater's height.
- c. **Left Forward Outside Bracket** A turn from LFO to LBI, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.
- d. **Right Forward Inside Bracket** A turn from RFI to RBO, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.
- e. **Right Forward Inside Twizzle** A traveling turn initiated on the forward inside edge of the right foot with one rotation, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the right foot with the left foot in any position during the turn, and then is placed beside the right foot to skate the next steps.
- f. **Right Back Outside Twizzle** A traveling turn initiated on the back outside edge of the right foot with one rotation, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the right foot with the left foot in any position during the turn, and then is placed beside the right foot to skate the next steps.

ISI Freestyle 6 and Pair 5

Mandatory Serpentine Dance Step Sequence



ISI Freestyle 6 and Pair 5

Mandatory Dance Step Sequence

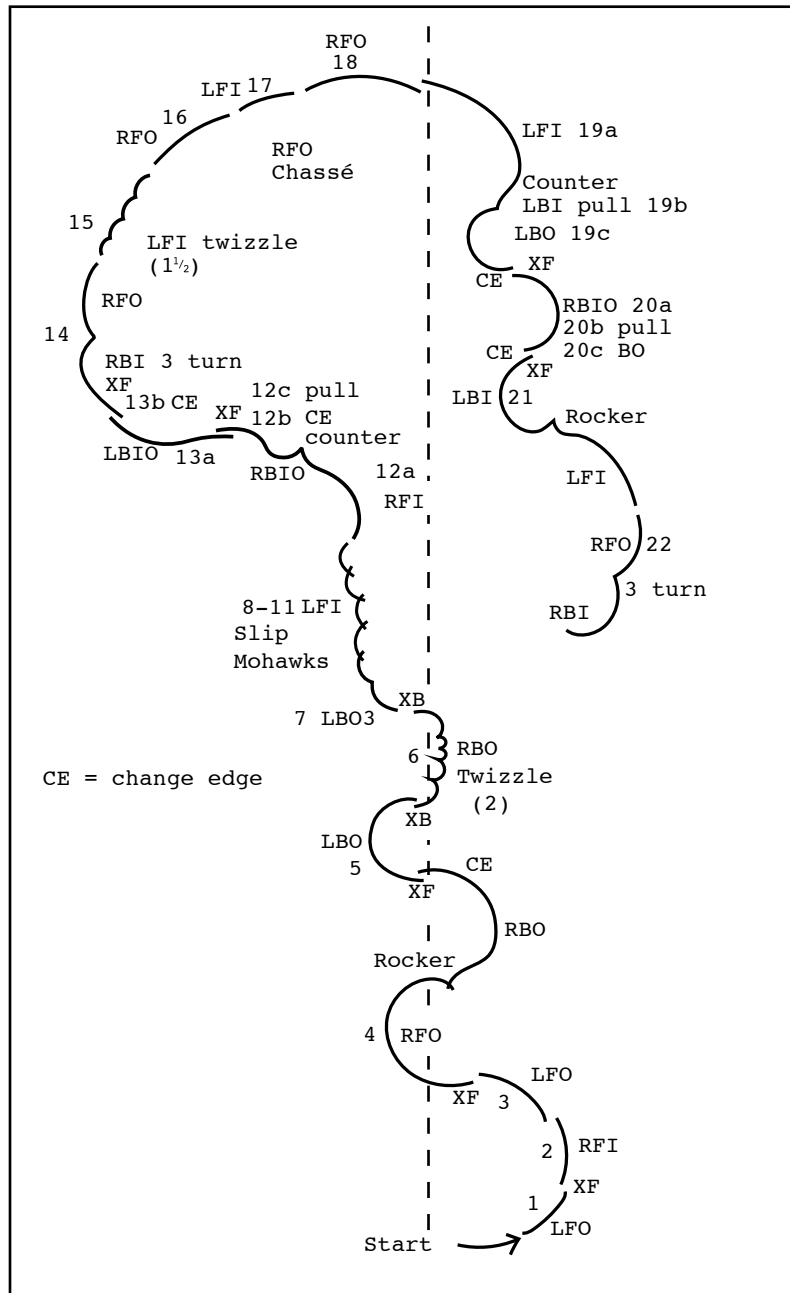
The skater must demonstrate all required turns separately for the compulsory part of the test: Right Forward Outside Rocker, Left Backward Inside Counter, **Right Back Inside Loop**, **Left Back Inside Loop**.

- a. **Right Forward Outside Rocker** A one-foot turn from RFO to RBO, with the skater rotating in the direction of the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.
- b. **Left Backward Inside Counter** A one-foot turn from LBI to LFI, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.
- c. **Right Back Inside Loop** A one-foot movement initiated on the right back inside edge where the skater skates an oval pattern within a circle without changing direction or edge. The entry and exit of the loop must cross.
- d. **Left Back Inside Loop** A one-foot movement initiated on the left back inside edge where the skater skates an oval pattern within a circle without changing direction or edge. The entry and exit of the loop must cross.

In the program part of the test, the skater must demonstrate the Dance Step Sequence shown in the diagram in continuous flowing movement. The pattern must be well-balanced utilizing the full surface of the ice, as shown in the diagram. Pattern should be proportionate to the skater's size. This pattern may not be reversed.

ISI Freestyle 7, Couple 8 and Pair 6

Dance Step Sequence



ISI Freestyle 7, Couple 8 and Pair 6

Dance Step Sequence

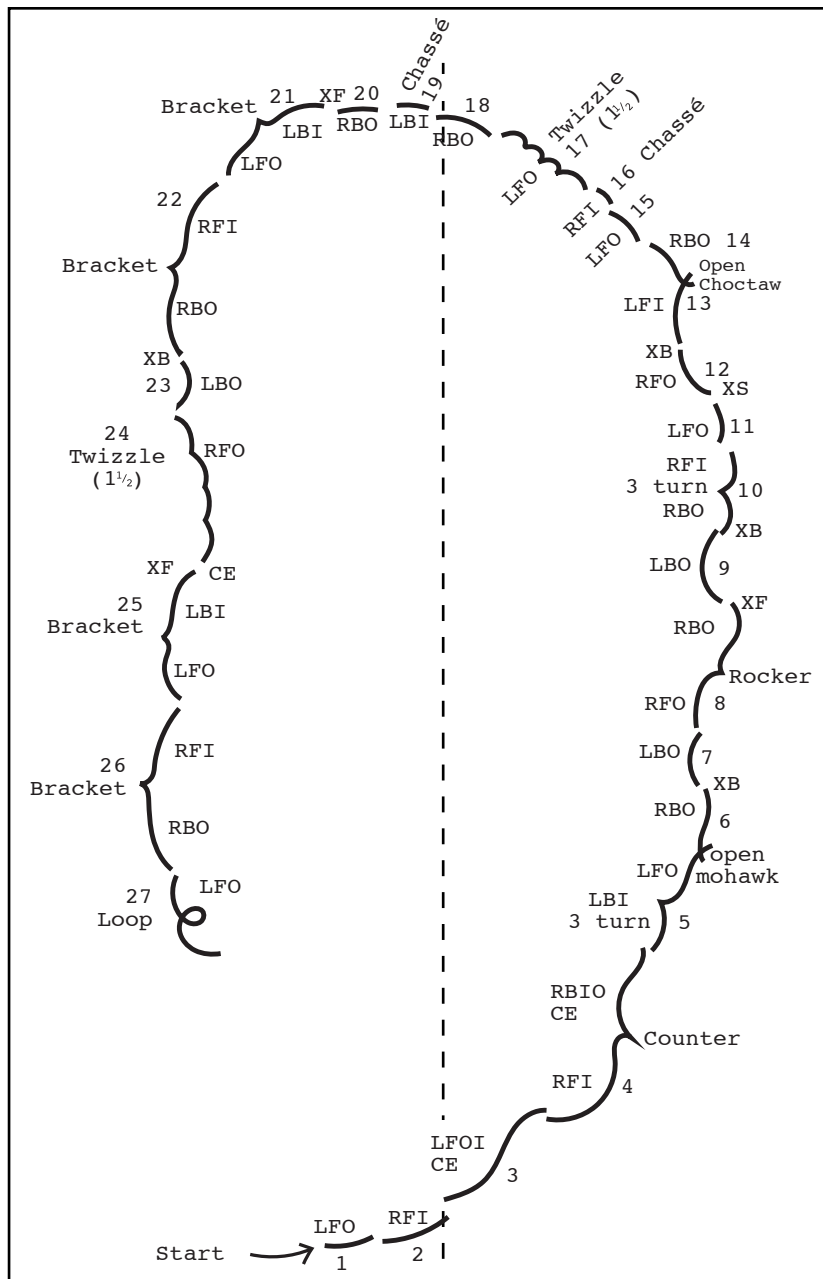
The skater must demonstrate all required turns separately for the compulsory part of the test: Right Forward Outside Rocker, Right Forward Inside Counter, Left Forward Inside Counter, Left Back Inside Rocker, **Right Back Outside Double Twizzle**, **Left Forward Inside 1½ Twizzle**. In the program part of the test, the skater must demonstrate the Dance Step Sequence shown in the diagram in continuous flowing movement. The pattern must be well-balanced utilizing the full surface of the ice, as shown in the diagram. Pattern should be proportionate to the skater's size. This pattern may not be reversed.

The skater should demonstrate correct (clean) turns and edges throughout the Dance Step Sequence.

- a. **Right Forward Inside Counter** A one foot turn from RFI to RBI, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.
- b. **Left Forward Inside Counter** A one foot turn from LFI to LBI, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.
- c. **Left Back Inside Rocker** A one foot turn from LBI to LFI, with the skater rotating in the direction of the curve of the entry edge. Entry and exit edges must be held at least one time the skater's height.
- d. **Right Back Outside Double Twizzle** A traveling turn initiated on the back outside edge of the right foot with two rotations, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the right foot with the left foot in any position during the turn, and then is placed beside the right foot to skate the next steps.
- e. **Left Forward Inside 1½ Twizzle** A traveling turn initiated on the forward inside edge of the left foot with 1 ½ rotations, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the left foot with the right foot in any position during the turn, and then is placed beside the left foot to skate the next steps.

Freestyle 8, Couple 9 and Pair 7

Mandatory Dance Step Sequence



Freestyle 8, Couple 9 and Pair 7

Mandatory Dance Step Sequence

The skater must demonstrate all required turns separately for the compulsory part of the test: Right Forward Outside Rocker, Right Forward Inside Counter, Left Forward Inside Counter, Left Back Inside Rocker, **Left Forward Outside 1½ Twizzle**, **Right Forward Outside 1½ Twizzle**, **Left Forward Outside Loop**. In the program part of the test, the skater must demonstrate the Dance Step Sequence shown in the diagram in continuous flowing movement. The pattern must be well-balanced utilizing the full surface of the ice, as shown in the diagram. Pattern should be proportionate to the skater's size. This pattern may not be reversed.

The skater should demonstrate correct (clean) turns and edges throughout the Dance Step Sequence.

- Left Backward Inside Bracket** A turn from LBI to LFO, with the skater rotating in the direction opposite the curve of the entry edge. Entry and exit edges must be at least one time the skater's height.
- Left Forward Outside 1½ Twizzle** A traveling turn initiated on the forward outside edge of the left foot with 1½ rotations, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the left foot with the right foot in any position during the turn, and then is placed beside the left foot to skate the next steps.
- Right Forward Outside 1½ Twizzle** A traveling turn initiated on the forward outside edge of the right foot with 1½ rotations, which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the right foot with the left foot in any position during the turn, and then is placed beside the right foot to skate the next steps.
- Left Forward Outside Loop** A one-foot movement initiated on the left forward outside edge where the skater skates an oval pattern within a circle without changing direction or edge. The entry and exit of the loop must cross.