

Overview STAR 1 – GOLD Content

	SKILLS	FREESKATE		DANCE	PERFORMANCE
	Elements	Elements	Program	Elements/Pattern Dance	Program – 2:00 (max) for ALL levels
STAR 1	Fwd edges Fwd 3-turns FI-MoH turn sequence STAR 1 stroking (basic) Fwd spiral circles Choice of Field Move: (Fwd 1 ft sit glide, inside spread eagle or Ina Bauer)	Waltz jump Single salchow Single toe loop Fwd upright spin Bwd upright spin	No program	Fwd progressives Fwd chasses Fwd swing rolls Fwd slide chasses Fwd outside cross rolls	NOTE: Attire for Performance category must be ALL Black and simple in nature i.e. black pants/leggings and black top
STAR 2	Bwd edges Bwd 3 turns Fwd circle on circle 2ft to 1 foot multi turns FO turn sequence	Single salchow Single loop Single flip Waltz/toe loop combo Fwd sit spin Change foot upright spin Fwd camel spin	STAR 2 Program	STAR 2a: Dutch Waltz STAR 2b: Canasta Tango	
STAR 3	STAR 3 stroking (power) Fwd spiral circles Choice of Field Move: (Bwd 1 ft sit glide, spread eagle, Y-spiral or Ina Bauer)	Single flip Single lutz Single loop/loop combination Bwd upright spin Bwd sit spin Fwd camel/sit spin	STAR 3 Program	STAR 3a: Baby Blues STAR 3b: Bwd progressives Bwd chasses Bwd swing rolls Fwd inside open mohawk x-roll/x-behind Fwd 3-turn/BO edge	

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STAR 4	Fwd brackets Bwd brackets Fwd double threes Bwd circle on circle Fwd change of edge	Single lutz jump Single axel Single flip/toe loop combo Single loop/loop combo Bwd camel spin Change foot sit spin Flying camel or sit spin Fwd combination spin (change of foot optional)	STAR 4 Program *MUST attempt axel	STAR 4a: Swing Dance STAR 4b: Fiesta Tango	
STAR 5	STAR 5 Stroking 1 (quick edges) STAR 5 Stroking 2 (bwd slalom) Spiral Sequence	Single axel Any double jump (2S – 2Lz) Single lutz/Toe Loop combo Spin in 1 position with any variation Sit or camel spin (entry optional) Combination spin (change of foot optional)	STAR 5 Program *MUST land axel at < or better	STAR 5a: Willow Waltz (M & F) STAR 5b: LFO open Mohawk Double knee bend Fwd progressive/swing roll Bwd progressive/swing roll Tenfox progressive LFO x-behind chasse Bwd rolls Fwd x-roll/3-turn Fwd x-rolls	Program Length: 2:00 (max.) Step Sequence (must include): Fwd 3's Bwd 3's Fwd Brackets Bwd Brackets Choreo Sequence with 2 field moves of choice Spin – Intermediate Position **Pre-Requisite: STAR 4 Skills
STAR 6	Bwd Double 3's Fwd Rockers Fwd Counters Fwd Loops Fwd Choctaws	Axel +C 2 double jumps of any nature SSp or CSp (1 feature) Layback or Crossfoot CCoSp 2 pos per foot	STAR 6 Program	A. Ten Fox B. European Waltz C. Fourteen Step	

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STAR 7	Change 3's stroking Quick Edge stroking (Fwd and Bwd cross) Choreo Seq (1 spiral and another field move) Fwd Twizzles Bwd Twizzles	3 double jumps of any nature Double Jump + C FCoSP SSp or CSp (1 feature) CCoSp (1 feature per foot)	STAR 7 Program	A. Keats Foxtrot B. Harris Tango C. American Waltz	Program Length: 2:00 (max) Step Sequence (must include): Fwd Rockers Fwd Counters Fwd Choctaws Fwd and Bwd Loops Fwd and Bwd Twizzles (may also include all 3's and brackets) Choreo Seq with 2 filed moves of choice Spin – Intermediate Position
STAR 8	Bwd Rockers Bwd Counters Bwd Loops Bracket change Bracket	4 double jumps of any nature Double as second jump in combo SSp or CSp 2 features FCCoSP Spin in 1 pos with 2 features change of foot optional, fly entry optional	STAR 8 Program	A. Rocker Foxtrot B. Kilian C. Starlight Waltz	
STAR 9	Rocker Slalom stroking Counter slalom stroking FI Choctaws stroking 360 Degree challenge (Spiral full circle) (Move of choice full circle)	5 double jumps Double/double + C Layback (women) Sit/sit or Camel/camel (Men) Any spin with 2 different features	STAR 9 Program	A. Paso Doble B. Blues C. Silver Samba	Program Length: 2:00 (max) Step Sequence including all turns Choreo Seq Spin – Intermediate Position

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STAR 10	Loop change Loop 1 ft turn sequence (4 turns min ½ ice) Step Seq (4 types of turns)	1A or 2A Double/double + C Double jump (no double jump may be repeated) 4 Spins of different nature	STAR 10 Program	A. Cha Cha B. Westminster Waltz C. Quickstep	
GOLD	Turn challenge (draw for turn) Step Seq (min 6 different turns) Choreo Seq (3 moves)		GOLD Program	A. Viennese Waltz B. Argentine Tango C. Open Solo Short Dance	Program Length: 2:00 (Max) 2 different Step Sequences Choreo Seq Spin – Intermediate Position 360° field move

***Diamond Dances will remain unchanged**

**** This is a draft and is intended for information purposes only at this time**