

Ages 4-6

TOT 1/2 – Complete Beginner

- Marching while moving
- Proper way to fall
- Proper way to get up
- Marching in place
- Beginning 2-foot glide
- Two foot jump in place
- Forward swizzles

TOT 3/4 – Prerequisite: TOT 1/2

- Push and glide stroking
- Prepare for snow plow stop
- Dip
- Forward Swizzle
- Backward Swizzle
- T-Position and Push Right
- T-Position and Push Left
- One foot or two foot snow plow stop
- Backwards Wiggle

TOT 5 - Prerequisite: TOT 3/4

- Forward Swizzle
- Backward Swizzle
- Backwards Wiggle
- Right One foot glide
- Left One foot glide

Alpha - Prerequisite: TOT 5

- Forward Stroking
- Forward Crossover (Right foot over left)
- Forward Crossover (Left foot over right)
- Snowplow stop

Beta - Prerequisite: Alpha

- Backwards Stroking
- Backwards (Right foot over left)
- Backwards (Left foot over right)
- T-Stop Left
- T-Stop Right

Gamma - Prerequisite: Beta

- 3-Turn right forward outside
- 3-Turn left forward outside
- Mohawk Combination RFI
- Mohawk Combination LFI
- Hockey Stop

Delta - Prerequisite: Gamma

- 3-Turn right forward inside
- 3-Turn left forward inside
- Forward outside edges
- Forward inside edges
- Bunny Hop
- Lunge or Shoot the Duck