

# **Ages 7-13 and 14&UP**

## **Prealpha – Complete Beginner**

- 2 Foot glide
- Right foot glide
- Left foot glide
- Backwards Wiggle
- Forward Swizzle
- Backward Swizzle

## **Alpha - Prerequisite: Prealpha**

- 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