

All ages Freestyle 1 – 6

Freestyle 1 – Prerequisite: Delta

- Forward Inside Pivot
- 2 foot spin
- Arabesque
- Backwards edges
- ½ flip
- Waltz Jump

Freestyle 2 – Prerequisite: Freestyle 1

- Ballet Jump
- Jump Sequence
- ½ Lutz
- 1 foot spin
- 2 Arabesques
- Dance Step sequence

Freestyle 3 – Prerequisite: Freestyle 2

- B O/I Pivot
- Salchow jump
- Change foot spin
- Back Arabesques
- Toe loop jump or toe walley
- Dance step sequence

Freestyle 4 – Prerequisite: Freestyle 3

- Flip jump
- Loop jump
- Sit spin
- ½ Loop jump
- 2 Arabesques
- Back 3 turns – Dance Step Sequence

Freestyle 5 – Prerequisite: Freestyle 4

- Lutz jump
- Axel jump
- Camel spin
- Camel sit spin
- Back scratch spin
- Turns – Dance Step Sequence