

Overview Star 1-5 Content

	Skills	Freeskate		Dance
	Elements	Elements	Program	Elements/Pattern Dance
STAR 1	Fwd edges Fwd 3-turns Fl MoH turn sequence Star 1 stroking (basic) Fwd spiral circles Choice of Field Move: Fwd 1 foot sit glide, inside spread eagle or ina bauer	Waltz jump Salchow Toe loop Fwd upright spin Bwd upright spin	No Program	Star 1: Fwd progressives Fwd chasses Fwd swing rolls Fwd slide chasses Fwd outside crossrolls
STAR 2	Bwd edges Bwd 3-turns Fwd circle on circle 2ft to 1ft multi turns FO turn sequence	Salchow Loop Flip Waltz/toe loop combo Fwd sit spin Fwd camel spin Change foot upright spin	Star 2 Program	Star 2a: Dutch Waltz Star 2b: Canasta
STAR 3	Star 3 stroking (power) Fwd spiral circles Choice of Field Move: Bwd 1ft sit glide, spread eagle, Y spiral or ina bauer	Flip Lutz Waltz/Loop combo Loop/Loop combo 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 Mohawk Cross roll/cross behind Fwd 3-turn/BO edge
STAR 4	Fwd brackets Bwd brackets Fwd double threes Bwd circle on circle Fwd change of edge	Lutz Axel Flip/toe loop combo Loop/loop combo Bwd camel spin Change foot sit spin Fwd combination spin Flying camel or sit spin	Star 4 Program	Star 4a: Swing Star 4b: Fiesta Tango
STAR 5	Star 5 stroking 1 (quick edges) Star 5 stroking 2 (bwd slalom) Spiral squence	Axel Any double jump Lutz/toe loop combo Sit or camel spin Spin in 1 pos. with any variation Combination spin Flying camel or sit spin	Star 5 Program	Star 5a: Willow Waltz Star 5b: LFO open Mohawk Double knee bend Fwd progressive/swing roll Bwd progressive/swing roll Ten fox progressive LFO cross behind chasse Bwd rolls Fwd cross roll/3-turn Fwd cross rolls