DANCE

Skill	Description	Minimum Performance Standard
STAR 5b		
LFO Open MoHawk	The LFO open Mohawk is executed on a LFO edge with full extension of the free foot held behind the skater. The skater will then bring the heel of the free foot to the instep of the skating foot before transferring the weight onto a RBO edge with the left free leg then staying close to the skating leg in preparation for the next step which would be a LBI edge. The timing for this Mohawk is 1 beat on the LFO edge and 1 beat on the RBO edge.	**Only 1 required.** **Minimum of:** **- 100% of steps must be correct** **- 75% blade pushes or more** **- 75% of steps must have reasonable balance and control** **- Body carriage and line should be reasonable for this level**
FO Double Knee Bend	A FO double knee bend initiates on a FO edge that is created by a blade push with the free leg fully extending behind the skater at an approximately 30-degree angle. The skating knee at the beginning of the edge is bent and held for 1 count before it rises for 1 count and then returns to a bent position for 2 additional counts. The edge is 4 counts in total (1+1+2).	**Must do one on each foot:** **Minimum of:** **- 100% of steps must be correct** **- 75% blade pushes or more** **- 75% of steps must have reasonable balance and control** **- Body carriage and line should be reasonable for this level**
Forward Progressive/Swing Roll Sequence	The skater may gain speed before commencing this sequence. Start the sequence with a LFO Pr exiting on a LFO edge (LFO −RFI Pr, LFO edge) with a timing count of 1+1+2. The skater will then bring their feet together before performing a RFO SwR with the free foot behind for 2 counts on a bent skating knee and then rise up as the free foot passes to the front and hold for 2 counts (2+2). Repeat this sequence.	**Minimum of 2 sequences rolls must be performed per foot** **Minimum of:** **- 100% of steps must be correct** **- 75% blade pushes or more**

		- 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level
Backward Progressive/Swing Roll Sequence	The skater may gain speed before commencing this sequence. Start the sequence with a RBO Pr exiting on a RBO edge (RBO-LBI Pr + RBO edge) with a timing count of 1+1+2. The skater will then bring their feet together before performing a LBO SwR with the free foot in front for 2 counts on a bent skating knee and then rise up as the free foot passes to the back and hold for 2 counts (2+2). Repeat this sequence.	Minimum of 2 sequences rolls must be performed per foot Minimum of: - 100% of steps must be correct - 75% blade pushes or more - 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level
Ten Fox Progressive	A Ten Fox progressive is performed exactly like forward progressives with the exception of the upper body position. For this progressive the upper body will be externally rotated to face outside of the circle with the left arm in front and the right arm behind. This progressive is only performed CCW (LFO – RFI Pr). To introduce this skill to the skater, the skater will perform this skill on a circle the approx. size of a hockey circle.	Skater to perform a minimum of ½ of the circle with this element. Minimum of: - 100% of steps must be correct - 75% blade pushes or more - 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level
LFO Cross Behind	The LFO cross behind step is initiated by a LFO edge with the free leg fully extended behind the skater. The right foot then draws toward the skating foot to cross behind (inside the lobe) to step on a RFI edge. The left free foot then extends to the front before coming back beside the skating foot in preparation for a LFO edge (neat feet).	Only 1 required. Minimum of: - 100% of steps must be correct - 75% blade pushes or more

		- 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level
FO Cross Rolls	FO cross rolls can be initiated from either a RFO or LFO edge. The free foot is extended behind the skater and internally rotates as it crosses the path of the skating foot to step on an outside edge. To ensure the proper edge is achieved, the free foot may cross in front at a right angle to the skating foot. Once the weight is transferred to the other foot, the free leg is extended again and repeats the same action, thus creating a rolling feeling from one edge to the other.	**Must do a sequence of 4 rolls (2 on each foot)** **Minimum of:** - 100% of steps must be correct - 75% blade pushes or more - 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level
FO Cross Roll/3-Turn	The FO cross roll 3-turn is executed by a FO edge on either foot with the free leg extended behind the skater. The free foot is extended behind the skater and internally rotates as it crosses the path of the skating foot to step on an outside edge. The skater will rise up on the skating knee as they bring their free foot to the skating foot while performing the 3-turn. The feet will remain close together as the skater transfers their weight to the BO edge of the free foot. Once the weight is transferred the free foot will then fully extend forward. The skater will perform both FO 3-turns (LFO 3-turn, RBO edge + RFO 3-turn, LFO edge).	**Skater must perform one 3-turn on each foot** **Minimum of:** - 100% of steps must be correct - 75% blade pushes or more - 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level
BO Rolls (insert pic)	A roll is a term used to describe an edge. Backward rolls can be initiated on either foot and start with a BO edge with the free leg extended fully in front. As the skater prepares for the next roll they will draw their free foot towards their skating foot and step closely beside it onto the new edge. During these rolls the skating knee will remain bent.	**Must do a sequence of 4 rolls (2 on each foot)** **Minimum of:** - 100% of steps must be correct - 75% blade pushes or more

	For proper technique execution, ensure the free foot does not pass the skating foot.	- 75% of steps must have reasonable balance and control - Body carriage and line should be reasonable for this level