|  |  |
| --- | --- |
| **Tiny tots 1** | * *correct way to fall and stand up* (<iframe src="https://player.vimeo.com/video/171839723" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>*)* * *Dip in place* (<iframe src="https://player.vimeo.com/video/171839720" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>) * *march forward* (<iframe src="https://player.vimeo.com/video/171839676" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>) * *March, then glide (<iframe src="https://player.vimeo.com/video/171839722" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *Backward wiggles ()* * *Rocking horse ()* |
| **Tiny tots2** | * *dip while moving (<iframe src="https://player.vimeo.com/video/171839734" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *forward swizzles ()* * *T position and push (<iframe src="https://player.vimeo.com/video/171839738" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *2-foot hop in place (<iframe src="https://player.vimeo.com/video/171839733" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *forward skating (<iframe src="https://player.vimeo.com/video/171839735" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *forward 2 foot glide on a curve (<iframe src="https://player.vimeo.com/video/171839736" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Tiny tots3** | * *Forward 1-foot glide (<iframe src="https://player.vimeo.com/video/171839813" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *forward swizzles (<iframe src="https://player.vimeo.com/video/171839816" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *backward swizzles (<iframe src="https://player.vimeo.com/video/171839814" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *backward 2-foot glide (<iframe src="https://player.vimeo.com/video/171839812" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *moving snowplow stop (<iframe src="https://player.vimeo.com/video/171839817" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *2 foot spin (<iframe src="https://player.vimeo.com/video/171839815" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Basic 1** | * *Correct way to fall and stand up on ice (<iframe src="https://player.vimeo.com/video/171839579" width="640" height="360" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *Dip in place (<iframe src="https://player.vimeo.com/video/171839573" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *march forward across the ice (<iframe src="https://player.vimeo.com/video/171839576" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *forward 2-foot glide (<iframe src="https://player.vimeo.com/video/171839580" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *rocking horse (<iframe src="https://player.vimeo.com/video/171839577" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *forward swizzles <iframe src="https://player.vimeo.com/video/171839575" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *backward swizzles (<iframe src="https://player.vimeo.com/video/171839574" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *snowplow stop standing still (<iframe src="https://player.vimeo.com/video/171839572" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Basic 2** | * *dip while moving (<iframe src="https://player.vimeo.com/video/171839840" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *forward 2-foot glide on a curve (<iframe src="https://player.vimeo.com/video/171839842" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *backward swizzles (<iframe src="https://player.vimeo.com/video/171839625" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *backward 2-foot glide (<iframe src="https://player.vimeo.com/video/171839839" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *moving snowplow stop (<iframe src="https://player.vimeo.com/video/171839844" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *forward alternating half swizzle pumps, in a straight line (<iframe src="https://player.vimeo.com/video/171839843" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *2 foot turn from forward to backward standing still (<iframe src="https://player.vimeo.com/video/171839838" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * *2 foot hop in place/jump on the spot. (<iframe src="https://player.vimeo.com/video/171839623" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Novice 1** | * *forward stroking, showing correct use of blade. (<iframe src="https://player.vimeo.com/video/171840651" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* * forward slalom (<iframe src="https://player.vimeo.com/video/171840650" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>) * forward 1-foot glide (<iframe src="https://player.vimeo.com/video/171840648" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>) * Forward half swizzle pumps on a circle (<iframe src="https://player.vimeo.com/video/171840649" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>) * Backward 1-foot glides (<iframe src="https://player.vimeo.com/video/171840647" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>) * Backward alternating half swizzles pumps in a straight line (<iframe src="https://player.vimeo.com/video/171840646" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>) * 2 foot spin (<iframe src="https://player.vimeo.com/video/171840645" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>) |
| **Novice 2** | *Forward crossovers (<iframe src="https://player.vimeo.com/video/171840730" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *backward stroking (<iframe src="https://player.vimeo.com/video/171840725" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *backward slalom (<iframe src="https://player.vimeo.com/video/171840724" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *backward half swizzle pumps on a circle (<iframe src="https://player.vimeo.com/video/171840722" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *2 foot turn from forward and backward moving (both directions) (<iframe src="https://player.vimeo.com/video/171840721" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *FO edge on a circle (<iframe src="https://player.vimeo.com/video/171840728" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *FI edge on a circle (<iframe src="https://player.vimeo.com/video/171840727" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Intermediate 1** | *backward crossovers (<iframe src="https://player.vimeo.com/video/171840398" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *BO edge on a circle. (<iframe src="https://player.vimeo.com/video/171840396" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *BI edge on a circle. (<iframe src="https://player.vimeo.com/video/171840395" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *2 foot turn backward and forward (<iframe src="https://player.vimeo.com/video/171840393" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *FI 3 turn on a semi circle (<iframe src="https://player.vimeo.com/video/171840399" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *FO 3 turn on a semi circle (<iframe src="https://player.vimeo.com/video/171840401" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *FI open Mohawk (<iframe src="https://player.vimeo.com/video/171840400" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Intermediate 2** | * *Forward outside circle stroking*   *Forward inside circle stroking (<iframe src="https://player.vimeo.com/video/171840516" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *FI pivots (<iframe src="https://player.vimeo.com/video/171840514" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Tap-toe jump (<iframe src="https://player.vimeo.com/video/171840520" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Bunny hop (<iframe src="https://player.vimeo.com/video/171840517" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *T-stops (<iframe src="https://player.vimeo.com/video/171840518" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *2-foot spin (<iframe src="https://player.vimeo.com/video/171840512" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Free skate 1** | *Rink stroking (<iframe src="https://player.vimeo.com/video/171840070" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *1-foot spin (<iframe src="https://player.vimeo.com/video/171840055" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Lunge (<iframe src="https://player.vimeo.com/video/171840065" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Waltz jump (<iframe src="https://player.vimeo.com/video/171840069" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Ballet jump (<iframe src="https://player.vimeo.com/video/171840057" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Mazurka (<iframe src="https://player.vimeo.com/video/171840066" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Forward attitude (<iframe src="https://player.vimeo.com/video/171840059" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *FO spirals (<iframe src="https://player.vimeo.com/video/171840061" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Basic FO consecutive edges (<iframe src="https://player.vimeo.com/video/171840058" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Basic FI consecutive edges (<iframe src="https://player.vimeo.com/video/171840063" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Free skate 2** | *Forward cross leg spin/Scratch spin (<iframe src="https://player.vimeo.com/video/171840195" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *BO pivot (<iframe src="https://player.vimeo.com/video/171840193" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *BI pivot (<iframe src="https://player.vimeo.com/video/171840197" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Spread-eagle (<iframe src="https://player.vimeo.com/video/171840205" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Half flip jump (<iframe src="https://player.vimeo.com/video/171840200" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Half lutz jump (<iframe src="https://player.vimeo.com/video/171840202" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Salchow jump (<iframe src="https://player.vimeo.com/video/171840204" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Waltz 3’s (<iframe src="https://player.vimeo.com/video/171840207" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Basic forward change of edge-consecutive pattern (<iframe src="https://player.vimeo.com/video/171840189" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *FI spirals (<iframe src="https://player.vimeo.com/video/171840198" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Free skate 3** | *Backspin with free foot in crossed leg position (<iframe src="https://player.vimeo.com/video/171840366" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Sit spin (<iframe src="https://player.vimeo.com/video/171840367" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Advanced forward stroking (<iframe src="https://player.vimeo.com/video/171840368" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Forward power 3-turns (<iframe src="https://player.vimeo.com/video/171840370" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *BO 3-turns (<iframe src="https://player.vimeo.com/video/171840371" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *BI 3-turns (<iframe src="https://player.vimeo.com/video/171840372" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Toe loop jump (<iframe src="https://player.vimeo.com/video/171840374" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Basic BO consecutive edges (<iframe src="https://player.vimeo.com/video/171840373" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Basic BI consecutive edges (<iframe src="https://player.vimeo.com/video/171840375" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *BO sprirals (<iframe src="https://player.vimeo.com/video/171840376" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Free skate 4** | *Camel spin (<iframe src="https://player.vimeo.com/video/171840284" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Change of foot Upright spin (<iframe src="https://player.vimeo.com/video/171840285" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Advanced backward stroking (<iframe src="https://player.vimeo.com/video/171840286" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Forward outside cross rolls 4-6 consecutive (<iframe src="https://player.vimeo.com/video/171840287" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *5 step Mohawk pattern (<iframe src="https://player.vimeo.com/video/171840288" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *loop jump (<iframe src="https://player.vimeo.com/video/171840290" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *waltz jump (<iframe src="https://player.vimeo.com/video/171840291" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *flip jump/Lutz jump (<iframe src="https://player.vimeo.com/video/171840295" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Ina Bauer (<iframe src="https://player.vimeo.com/video/171840296" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *BI spirals (<iframe src="https://player.vimeo.com/video/171840297" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Pair 1** | *Hand to hand hold and position (<iframe src="https://player.vimeo.com/video/171840809" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Advanced rink stroking hand to hand hold both directions (<iframe src="https://player.vimeo.com/video/171840812" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Advanced forward crossover in figure eight hand to hand hold <iframe src="https://player.vimeo.com/video/171840811" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Bunny hops side by side <iframe src="https://player.vimeo.com/video/171840813" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *1-foot spin side by side (<iframe src="https://player.vimeo.com/video/171840814" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Pair 2** | *Waltz hold and killian hold (<iframe src="https://player.vimeo.com/video/171840877" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Advanced backward crossovers in figure eight hand to hand hold (<iframe src="https://player.vimeo.com/video/171840878" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Cross leg/Scratch spin side by side (<iframe src="https://player.vimeo.com/video/171840879" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Waltz jump/toe loop jump combination side by side (<iframe src="https://player.vimeo.com/video/171840882" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Pair circling spin (<iframe src="https://player.vimeo.com/video/171840883" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Pair 3** | *Open dance lift position with armpit hold (<iframe src="https://player.vimeo.com/video/171840917" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Forward pull spiral (<iframe src="https://player.vimeo.com/video/171840916" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Back spin side by side (<iframe src="https://player.vimeo.com/video/171840918" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Look jump side by side (<iframe src="https://player.vimeo.com/video/171840919" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Pair camel spin in Killian position (<iframe src="https://player.vimeo.com/video/171840922" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Pair 4** | *waist lift position (<iframe src="https://player.vimeo.com/video/171840979" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Backward pull spiral (<iframe src="https://player.vimeo.com/video/171840983" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *sit spin side by side (<iframe src="https://player.vimeo.com/video/171840984" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Flip or Lutz jump side by side (<iframe src="https://player.vimeo.com/video/171840985" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Pair camel spin in Killian position (<iframe src="https://player.vimeo.com/video/171840987" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Loop Lift (<iframe src="https://player.vimeo.com/video/171840988" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Dance 1** | *Fo swing rolls to count of 6 (<iframe src="https://player.vimeo.com/video/171839868" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Alternating forward progressives to count of 6 (<iframe src="https://player.vimeo.com/video/171839869" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Description and demo of Killian hold (<iframe src="https://player.vimeo.com/video/171839871" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Corner steps in Dutch Waltz (<iframe src="https://player.vimeo.com/video/171839872" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Dutch Waltz pattern (<iframe src="https://player.vimeo.com/video/171839873" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Dance 2** | *Consecutive forward progressive chasse sequences (<iframe src="https://player.vimeo.com/video/171839965" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Forward slide chasse to count of 4 on a circle (<iframe src="https://player.vimeo.com/video/171839967" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Consecutive forward swing to rolls to count of 4 (<iframe src="https://player.vimeo.com/video/171839966" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *FO cross rolls (<iframe src="https://player.vimeo.com/video/171839969" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Description and demo of reverse Killian position (<iframe src="https://player.vimeo.com/video/171839970" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Canasta Tango pattern (<iframe src="https://player.vimeo.com/video/171839972" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Dance 3** | *Forward swing rolls to count of 4 (<iframe src="https://player.vimeo.com/video/171839983" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *FI open Mohawk (<iframe src="https://player.vimeo.com/video/171839984" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Back swing rolls to a count of 4 (<iframe src="https://player.vimeo.com/video/171839986" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Backward chasse (<iframe src="https://player.vimeo.com/video/171839987" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Demonstrate waltz position (<iframe src="https://player.vimeo.com/video/171839988" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Dance 4** | *Swing roll with change of edge in relation to an axis (<iframe src="https://player.vimeo.com/video/171840020" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Advanced open Mohawk with closed free foot position on exit. (<iframe src="https://player.vimeo.com/video/171840023" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Cross behind inside chasse (<iframe src="https://player.vimeo.com/video/171840022" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Rounded end pattern step sequence (<iframe src="https://player.vimeo.com/video/171840025" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Two outside edges (<iframe src="https://player.vimeo.com/video/171840026" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Demonstrate Killian position and reverse Killian position. (<iframe src="https://player.vimeo.com/video/171840028" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Synchronized 1** | *Circle (<iframe src="https://player.vimeo.com/video/171841029" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Line (<iframe src="https://player.vimeo.com/video/171841030" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Block (<iframe src="https://player.vimeo.com/video/171841031" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Wheel (<iframe src="https://player.vimeo.com/video/171841035" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Intersection (<iframe src="https://player.vimeo.com/video/171841034" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Synchronized 2** | *Circle (<iframe src="https://player.vimeo.com/video/171841272" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Line (<iframe src="https://player.vimeo.com/video/171841278" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Block (<iframe src="https://player.vimeo.com/video/171841274" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Wheel (<iframe src="https://player.vimeo.com/video/171841275" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Intersection (<iframe src="https://player.vimeo.com/video/171841280" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Synchronized 3** | *Circle (<iframe src="https://player.vimeo.com/video/171841398" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Line (<iframe src="https://player.vimeo.com/video/171841395" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Block (<iframe src="https://player.vimeo.com/video/171841399" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Wheel (<iframe src="https://player.vimeo.com/video/171841401" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Intersection (<iframe src="https://player.vimeo.com/video/171841402" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Synchronized 4** | *Circle (<iframe src="https://player.vimeo.com/video/171841448" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Line (<iframe src="https://player.vimeo.com/video/171841449" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Block (<iframe src="https://player.vimeo.com/video/171841450" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Wheel (<iframe src="https://player.vimeo.com/video/171841453" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)*  *Intersection (<iframe src="https://player.vimeo.com/video/171841451" width="640" height="480" frameborder="0" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe>)* |
| **Hockey 1** | * *Forward Crossovers on a circle ()* * *Hockey turns to be done with speed in and out of turn ()* * *Backward slalom ()* * *Forward stop and starts ()* * *Backward V-stop ()* * *Lateral marching crossovers ()* |
| **Hockey 2** | * *Forward 1-foot pushes in a circle ()* * *Forward crossover glides-hold free in crossed position for 2 counts ()* * *Forward crossovers ()* * *Alternating backward crossovers in a line ()* * *Backward 1-foot glide holding for the height of skater ()* * *Mohawks ()* * *Hockey stop ()* |