



## **Adult Team Audition Skills**

### **Pre-Preliminary Moves in the Field Required (Juvenile/Intermediate preferred)**

#### **A. Skating Skills Needed**

- a. Soft skating knees
- b. Great posture (low knees, shoulders down, head up)
- c. Strong, secure edges
- d. Ability to create speed with a minimum of crossovers
- e. Tango and one foot stops

#### **B. Turns Needed (all done on both Right and Left feet)**

- a. Double 3 turns (Forward & Backward, Outside & Inside)
- b. Power 3 Turns (Backward)
- c. Brackets (Forward & Backward, Outside & Inside)
- d. Counters (Forward & Backward, Outside & Inside)
- e. Rockers (Forward & Backward, Outside & Inside)

#### **C. Steps Needed (all done on both Right and Left feet)**

- a. Strong backward power pulls
- b. Twizzles (Forward & Backward, Outside & Inside)
- c. Choctaws (Forward & Backward)
- d. Back Inside Loops

#### **D. Field Moves Needed**

- a. Ina Bauers (outside and inside)
- b. Backward Lunge (Either right or left foot)
- c. Spread Eagles (outside and inside)
- d. Forward Change of Edge Spiral (outside to inside to outside)

#### **E. Freestyle Elements Needed**

- a. Camel, sit, back scratch spin
- b. Laybacks
- c. Flying camels

All elements will be introduced and demonstrated in the manner we would like to see them done at the Open Houses.