



Open Adult Team Audition Skills

Pre-Preliminary Moves in the Field preferred

Pre-Bronze Dance 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 T-stops

B. Turns Needed

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

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

- a. Strong backward power pulls
- b. Chasses (Forward & Backward)
- c. Mohawks (Outside & Inside)

D. Field Moves Needed

- a. Ina Bauers (outside and inside)
- b. Spread Eagles (outside and inside)

E. Freestyle Elements Needed

- a. Scratch Spin
- b. Sit Spin

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