

Name: _____

Practice Sheet Freestyle 1

Elements for Freestyle 1

1. Advanced forward stroking
2. Basic forward outside edges, 4-6 consecutive
3. Basic forward inside edges, 4-6 consecutive
4. Advanced back outside three turns, right and left
5. Scratch spin from back crossovers, 3+ revolutions
6. Waltz jump from 2-3 back crossovers
7. Half flip

Elements I Need or Want to Work On

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____