

Name: _____

Practice Sheet Freestyle 2

Elements for Freestyle 2

1. Basic back outside edges, 4-6 consecutive
2. Basic back inside edges, 4-6 consecutive
3. Continuous forward progressive chasse sequence, both directions
4. Waltz threes
5. Beginning back spins, 2 revolutions in position
6. Waltz jump, side toe hop, waltz jump sequence
7. Toe loop

Elements I Need or Want to Work On

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