



# Free Dance 5 & 6 Test Form

**Skater #1** Name \_\_\_\_\_ ISI # \_\_\_\_\_

Skater Age \_\_\_\_\_ Home Rink \_\_\_\_\_

**Skater #2** Name \_\_\_\_\_ ISI # \_\_\_\_\_

Skater Age \_\_\_\_\_ Home Rink \_\_\_\_\_

Test Date \_\_\_\_\_ Test Location \_\_\_\_\_

Judge Signature \_\_\_\_\_ Prof. # \_\_\_\_\_

**FREE DANCE 5 Program:** Duration 2:00 min.

Dance Spin \_\_\_\_\_

2 x Dance Lifts \_\_\_\_\_

Dance Step Sequence (min. 10 steps) \_\_\_\_\_

Alternating Drop 3's \_\_\_\_\_

Series of 8 steps (Willow Waltz or Ten Fox) \_\_\_\_\_

**(Scoring 1-10)**

Posture \_\_\_\_\_ Position \_\_\_\_\_ Correctness \_\_\_\_\_ Pattern \_\_\_\_\_

Timing \_\_\_\_\_ Unison \_\_\_\_\_ Duration \_\_\_\_\_ Interpretation \_\_\_\_\_

**FREE DANCE 5 Test Result:** **PASS** \_\_\_\_\_ **INCOMPLETE** \_\_\_\_\_

**FREE DANCE 6 Program:** Duration 2:30 min.

Dance Spin \_\_\_\_\_

2 x Dance Lifts \_\_\_\_\_

Side-by-side 1-foot Twizzles \_\_\_\_\_

Serpentine Dance Step Sequence \_\_\_\_\_

Series of 8 steps (14-Step or Tango) \_\_\_\_\_

**(Scoring 1-10)**

Posture \_\_\_\_\_ Position \_\_\_\_\_ Correctness \_\_\_\_\_ Pattern \_\_\_\_\_

Timing \_\_\_\_\_ Unison \_\_\_\_\_ Duration \_\_\_\_\_ Interpretation \_\_\_\_\_

**FREE DANCE 6 Test Result:** **PASS** \_\_\_\_\_ **INCOMPLETE** \_\_\_\_\_

**Notes:**

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