



Free Dance 7 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 7 Program: Duration 3:00 min.

Dance Spin _____

4 x Dance Lifts _____

Serpentine Dance Step (min. 16 steps) _____

Side by Side 1 Ft Twizzles (2 1/2 rotations) _____

Series of 8 steps(Rocker Foxtrot or Am Waltz) _____

(Scoring 1-10)

Posture _____ Position _____ Correctness _____ Pattern _____

Timing _____ Unison _____ Duration _____ Interpretation _____

FREE DANCE 7 Test Result: PASS _____ INCOMPLETE _____

Notes:

