



## Gold Solo Free Dance Test Sheet

Skater Name \_\_\_\_\_ ISI # \_\_\_\_\_

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

Date Tested \_\_\_\_\_ Location \_\_\_\_\_

Judge's Signature \_\_\_\_\_ Prof # \_\_\_\_\_

The skaters will perform a 2:00 minute creative program to music.

### **Required Elements**

Short Edge Elements (2) (1) \_\_\_\_\_ (2) \_\_\_\_\_

Spin \_\_\_\_\_

Step Sequence \_\_\_\_\_

Twizzle Series \_\_\_\_\_

Choreographic Character Step Sequence \_\_\_\_\_

### **Scoring 1 to 10**

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

Interpretation \_\_\_\_\_ Timing \_\_\_\_\_ Duration (2:00 min) \_\_\_\_\_

**Test Results:** Pass \_\_\_\_\_ Incomplete \_\_\_\_\_

**Notes** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**\*ISI \***

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