

EDGES AND DANCING

Forward inside edges	INSTRUCTOR/DATE
Forward outside edges	INSTRUCTOR/DATE
Backward outside edges	INSTRUCTOR/DATE
Backward inside edges	INSTRUCTOR/DATE
Forward progressive	INSTRUCTOR/DATE
Forward chasse	INSTRUCTOR/DATE
Forward slide chasse	INSTRUCTOR/DATE
Forward swing roll	INSTRUCTOR/DATE
Backward progressive	INSTRUCTOR/DATE
Backward chasse	INSTRUCTOR/DATE
Backward swing roll	INSTRUCTOR/DATE
Dutch Waltz	INSTRUCTOR/DATE
Canasta Tango	INSTRUCTOR/DATE
Baby Blues	INSTRUCTOR/DATE
Swing Dance	INSTRUCTOR/DATE
Fiesta Tango	INSTRUCTOR/DATE
Ten Fox	INSTRUCTOR/DATE
Willow Waltz	INSTRUCTOR/DATE

SPINS

One foot spin	INSTRUCTOR/DATE
Sit spin	INSTRUCTOR/DATE
Camel spin	INSTRUCTOR/DATE
Corkscrew spin	INSTRUCTOR/DATE
Back spin	INSTRUCTOR/DATE
Layback spin	INSTRUCTOR/DATE
Combination spin	INSTRUCTOR/DATE

JUMPS

Toe Loop	INSTRUCTOR/DATE
Waltz / Toe Loop combination	INSTRUCTOR/DATE
Salchow	INSTRUCTOR/DATE
Salchow / Toe Loop combination	INSTRUCTOR/DATE
Split jump	INSTRUCTOR/DATE
Flip jump	INSTRUCTOR/DATE
Loop jump	INSTRUCTOR/DATE
Waltz / Loop combination	INSTRUCTOR/DATE
Flip / Loop combination	INSTRUCTOR/DATE
Lutz jump	INSTRUCTOR/DATE

URNS

RBO three turn	INSTRUCTOR/DATE
LBO three turn	INSTRUCTOR/DATE
RBI three turn	INSTRUCTOR/DATE
LBI three turn	INSTRUCTOR/DATE
FO Mohawk - left to right	INSTRUCTOR/DATE
FO Mohawk - right to left	INSTRUCTOR/DATE

FOOTWORK, PATTERNS, PROGRAMS

Footwork sequence straight	INSTRUCTOR/DATE
Footwork sequence curved	INSTRUCTOR/DATE
Edge pattern	INSTRUCTOR/DATE
Mohawk pattern	INSTRUCTOR/DATE
Three turn pattern	INSTRUCTOR/DATE
1.5 minute freeskating program	INSTRUCTOR/DATE
2 minute freeskating program	INSTRUCTOR/DATE

Please return your progress card at the start of each session