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| **Overview STAR 1-5 Test Content** | | | | |
|  | **SKILLS** | **FREESKATE** | | **DANCE** |
|  | Elements | Elements | Program | Elements/Pattern Dance |
| **STAR 1** | Fwd edges  Fwd 3-turns  FI-MoH turn sequence  STAR 1 stroking (basic)  Fwd spiral circles  Choice of Field Move:  (Fwd 1 ft sit glide, inside spread eagle or Ina Bauer) | Waltz jump  Single salchow  Single toe loop  Fwd upright spin  Bwd upright spin | No program | Fwd progressives  Fwd chasses  Fwd swing rolls  Fwd slide chasses  Fwd outside cross rolls |
| **STAR 2** | Bwd edges  Bwd 3 turns  Fwd circle on circle  2ft to 1 foot multi turns  FO turn sequence | Single salchow  Single loop  Single flip  Waltz/toe loop combo  Fwd sit spin  Change foot upright spin  Fwd camel spin | STAR 2 Program | STAR 2a: Dutch Waltz  STAR 2b: Canasta Tango |
| **STAR 3** | STAR 3 stroking (power)  Fwd spiral circles  Choice of Field Move:  (Bwd 1 ft sit glide, spread eagle, Y-spiral or Ina Bauer) | Single flip  Single lutz  Single loop/loop combination  Bwd upright spin  Bwd sit spin  Fwd camel/sit spin | STAR 3 Program | STAR 3a: Baby Blues  STAR 3b:  Bwd progressives  Bwd chasses  Bwd swing rolls  Fwd inside open mohawk  x-roll/x-behind  Fwd 3-turn/BO edge |
| **STAR 4** | Fwd brackets  Bwd brackets  Fwd double threes  Bwd circle on circle  Fwd change of edge | Single lutz jump  Single axel  Single flip/toe loop combo  Single loop/loop combo  Bwd camel spin  Change foot sit spin  Flying camel or sit spin  Fwd combination spin (change of foot optional) | STAR 4 Program  \*MUST attempt axel | STAR 4a: Swing Dance  STAR 4b: Fiesta Tango |
| **STAR 5** | STAR 5 Stroking 1   (quick edges)  STAR 5 Stroking 2  (bwd slalom)    Spiral Sequence | Single axel  Any double jump (2S – 2Lz)  Single lutz/Toe Loop combo  Spin in 1 position with any variation  Sit or camel spin (entry optional)  Combination spin (change of foot optional) | STAR 5 Program  \*MUST land axel at < or better | STAR 5a: Willow Waltz   (M & F)  STAR 5b:  LFO open Mohawk  Double knee bend  Fwd progressive/swing roll  Bwd progressive/swing roll  Tenfox progressive  LFO x-behind chasse  Bwd rolls  Fwd x-roll/3-turn  Fwd x-rolls |