**Programme Content Sheet**

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| **BLACKBURN OPEN Solo Dance IJS** | **Please complete in type or write in capital letters. Please only use correct element codes.**  |
| **28th & 29th March 2022** |
| **Rink / Club:** |
| **Event:** Solo/Couples Beginner/Juvenile/Basic Novice  Intermediate Novice/Advanced Novice/Junior/Senior |
| **Your event:** |
| **Competitor(s)** |
| **ELEMENTS IN ORDER OF SKATING** |
|  | **Time\*** | **Elements RD** |  |  | **Time\*** | **Elements FD** |
| **1** |  |  | **1** |  |  |
| **2** |  |  |
| **2** |  |  | **3** |  |  |
| **4** |  |  |
| **3** |  |  | **5** |  |  |
| **6** |  |  |
| **4** |  |  | **7** |  |  |
| **8** |  |  |
| **5** |  |  | **9** |  |  |
| **10** |  |  |
| **6** |  |  | **11** |  |  |
| **12** |  |  |
| **7** |  |  | **13** |  |  |
| **14** |  |  |
| **8** |  |  | **15** |  |  |
| **16** |  |  |

\*Time during program PLEASE COMPLETE & EMAIL THIS FORM TO admin@blackburnblades.co.uk (before the closing date)

**Signature:** **Date:**

**Solo Dance Element Codes:**

Diagonal Step Sequence – DiSt

Circular Step Sequence – CiSt

Midline Step Sequence – MiSt

Serpentine Step Sequence – SeSt

One Foot Step Sequence – **Lady** – OFStL **Man** – OFStM

Synchronized Twizzles – **Lady** – SyTwL **Man** - SyTwM

Sequential Twizzles – **Lady** – SqTwL **Man** - SqTwM

Spin – Sp

Combination Spin – CoSp

Attitude Pose – sApo

Lunge Pose – sLpo

Spread Pose – sSpo

Tea Pot Pose – sTPo

Ina Bauer Pose – sIpo

Choreographic Spin – ChSp

Choreographic Character Step – ChSt

Choreographic Slide – ChSl