**Programme Content Sheet**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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](mailto: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