

Footwork Sequences for Junior and Senior Men & Women Freestyle Skating and Junior and Senior Pairs

General - 2000

All footwork step sequences must be executed according to the character of the music using advanced footwork. Each step of the footwork must be progressive. No retrogression is permitted. Short stops in accordance with the music are permitted. **NO RECOGNIZED JUMPS WITH AN APPARENT TAKEOFF ARE ALLOWED IN ANY STEP SEQUENCE.**

1. Circle Patterns "A" or "B" for year 2001 and 2004

Skated on a complete circle or oval utilizing at least three quarters (3/4) of the full width of the skating surface, using advanced footwork.



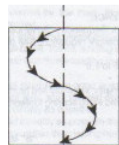
"A" Pattern



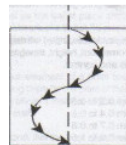
"B" Pattern

2. Serpentine Footwork Step Sequence "A" or "B" for year 2002 and 2005

Starting at any end of the skating floor and progress in at least two (2) Bold Curves of not less than one-half (1/2) of the width of the skating floor and ends at the opposite end of the skating floor using advanced footwork.



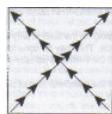
"A" Pattern



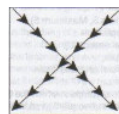
"B" Pattern

3. Diagonal Pattern "A" or "B" Straight Line Footwork Step Sequence for years 2000 and 2003

Start at one end corner of the skating floor and ends near the diagonal opposite corner of the skating floor. To cover at least three quarters (3/4) of the floor with advanced footwork.



"A" Pattern



"B" Pattern

aus:
Artistic Roller Skating
Special Regulations & Sports Rules
2003 Edition
CIPA

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