



Ice Skating Institute

ISI Free Dance 5 & 6 Test Sheet

Skater #1 Name _____ ISI # _____

Skater Age _____ Home Rink _____

Skater #2 Name _____ ISI # _____

Skater Age _____ Home Rink _____

Test Date _____ Test Location _____

Judge Signature _____ Prof. # _____

FREE DANCE 5 Program:

Duration 1.5 min.

Dance Spin _____
2 x Dance Lifts _____
Dance Step Sequence (min. 10 steps) _____
Alternating Drop 3's _____
Series of 8 steps (Willow Waltz or Ten Fox) _____

(Scoring 1-10)

Posture _____ Position _____ Correctness _____ Pattern _____
Timing _____ Unison _____ Duration _____ Interpretation _____

FREE DANCE 5 Test Result: **PASS** _____ **INCOMPLETE** _____

FREE DANCE 6 Program:

Duration 2 min.

Dance Spin _____
2 x Dance Lifts _____
Side-by-side 1-foot Twizzles _____
Serpentine Dance Step Sequence _____
Series of 8 steps (14-Step or Tango) _____

(Scoring 1-10)

Posture _____ Position _____ Correctness _____ Pattern _____
Timing _____ Unison _____ Duration _____ Interpretation _____

FREE DANCE 6 Test Result: **PASS** _____ **INCOMPLETE** _____

Notes:

