

STEPS	Edges	Take Off	Parallel And-position	
			Angular And-position	
			Wide (W)	
		Stroke (S)	Open	
			Swing (Sw)	Forward (F)
				Backward (B)
	Change of Edge	Change of Edge (/)	Change of curvature without changing direction	
			X-Stroke (XS)	Forward (F)
		Backward (B)		
		Cross (X)	Forward (F)	
			Backward (B)	
		Roll (R)	Outside (O)	
	Inside (I)			
	X-Roll (XR)	Forward (F)		
		Backward (B)		
	Set of Steps	Ballroom	Hh Mohawk + Iv Mohawk	
			Chasse (Ch)	Raised
		(Parallel)		
Dropped (D)				
(Cut-Step)				
Cross (X)				
Run (R)		Forward (F)		
	Backward (B)			
Slip (SI)	Slide (Sd)			
	Flat (Ft)			
	Thrust (Tt)			
URNS	2feet	Mohawk (Mk)	Heel to Heel (Hh)	
			Closed (Cl)	
			Open (Op)	
			Inverted (Iv)	
		Choctaw (Cw)	Heel to Heel (Hh)	
			Closed (Cl)	
			Open (Op)	
			Inverted (Iv)	
	1foot	Three (3t)	Outside (O) Forward (F)	
			Outside (O) Backward (B)	
			Inside (I) Forward (F)	
			Inside (I) Backward (B)	
			Travelling	
			European	
		American		
		Bracket (Bk)	Outside (O) Forward (F)	
			Outside (O) Backward (B)	
			Inside (I) Forward (F)	
			Inside (I) Backward (B)	
		Counter (Ct)	Outside (O) Forward (F)	
			Outside (O) Backward (B)	
			Inside (I) Forward (F)	
			Inside (I) Backward (B)	
		Rocker (Rk)	Outside (O) Forward (F)	
Outside (O) Backward (B)				
Inside (I) Forward (F)				
Inside (I) Backward (B)				
Loop (Lp)	Outside (O) Forward (F)			
	Outside (O) Backward (B)			
	Inside (I) Forward (F)			
	Inside (I) Backward (B)			
Twizzle (Tw)	Outside (O)			
	Inside (I)			
HOLDS	Dance Positions	Hand-in-Hand	Side by Side	
			Face to Face	
		Foxtrot (OPEN)	Regular	
			Kilian (SIDE)	Regular
		Reverse		
		Cross		
		Cross Reverse		
		Tandem	Regular	
			Tango (OUTSIDE)	Regular
		Reverse		
Partial				
Promenade				
Waltz (CLOSED)	Regular			
	ELEMENTS	Dance Lifts	DLf	Dance Lift
StaDLf			Stationary position	
RtDLf			Rotational	
CbDLf			Combination	
Dance Jumps		Jp	Dance Jumps	
		JpA	Dance Assisted Jumps	
Dance Spins		Sp	Dance Spin	
		HSp	"In hold" Spin	
Separation	//	Maximum of 8 seconds and 5 meters distance (including at beginning and end of the program, Stops or while skating during the program)		
	Step Sequences	PdSq	Pattern Dance Sequence	
NhSq		"No hold" Step Sequence		
DhSq		"Dance Hold" Step Sequence		
StrSq		"Straight line" Step Sequence		
CcSq		"Circular" Step Sequence		
RtSq		"Rotational Turns" Sequence		
Stop	Stp	Remaining stationary movements from 3 seconds to a Maximum of 8 seconds		
	StpTd	Touching down the floor (lying down, kneeling, roll over, ect.)		