

# Solo Compulsories for 2012 Robert Unger ISI Skating Competition

(Subject to change -- please verify that you have the latest list. )

Skaters will have a 1 minute time limit.

Please note: Solo compulsories do not need to be skated in the order listed. In addition, there is no penalty for the quantity of swizzles, wiggles, or crossovers performed in the Pre-Alpha through Beta levels. Only the quality of these maneuvers is judged.

There should be only one attempt per maneuver.

## Pre-Alpha

1. Forward Swizzles
2. Backward Wiggles
3. One-Foot Glide (On Right Foot)

## Alpha

1. Forward Stroking
2. Snowplow Stop
3. ROL Forward Crossovers

## Beta

1. Right T-Stop
2. LOR Backward Crossovers
3. Backward Stroking

## Gamma

1. Hockey Stop
2. RFO 3-Turn
3. LFI Mohawk Combination

## Delta

1. Forward Inside Edges
2. LFI 3-Turn
3. Lunge or Shoot-the-Duck

## FS 1 (1/2 ice)

1. Forward Arabesque
2. Waltz Jump
3. Two-foot Spin

## FS 2 (1/2 ice)

1. Half Lutz Jump
2. Dance Step Sequence
3. One-foot Spin

## FS 3 (1/2 ice)

1. Salchow Jump
2. Backward Arabesque
3. Change-foot Spin

## FS 4 (full ice)

1. Loop Jump
2. Dance Step Sequence
3. Sit Spin

## FS 5 (full ice)

1. Axel Jump
2. Camel Spin
3. Fast Back Scratch Spin

## FS 6 (full ice)

1. Double Salchow Jump
2. Split Jump
3. Sit-Change-Sit-Spin or Layback Spin

## FS 7 (full ice)

1. Double Toe Loop or Double Toe Walley Jump
2. Dance Step Sequence
3. Flying Camel

## FS 8 (full ice)

1. Split Lutz Jump
2. Circular Dance Step Sequence
3. One 1/4 Flip into 1/4 Flip into Double Salchow Jump

## FS 9 (full ice)

1. Double Lutz Jump
2. Double Axel or Axel in the Opposite Direction
3. Flying Camel into a Jump Sit Spin

## FS 10 (full ice)

1. Double Axel/Double Toe Loop Jump Combination
2. Triple Edge Jump
3. Death Drop

# Dances for 2012 Robert Unger Skating Competition

(Subject to change -- please verify that you have the latest list.)

**Dance:** Skaters will do two (2) patterns of each dance listed for their level.

Dance 1: Forward Progressives\*  
Forward Chasses\*  
(\*Kilian position or solo;  
each one length of the rink)

Dance 2: Dutch Waltz (once around rink)  
Forward Swing Rolls\*  
(\*Kilian position or solo;  
one length of the rink)

Dance 3: Canasta Tango  
Rhythm Blues

Dance 4: Swing Dance  
Cha Cha

Dance 5: Ten Fox  
Hickory Hoedown

Dance 6: Fourteen Step  
European Waltz

Dance 7: American Waltz  
(Choice of short or long pattern)  
Tango

Dance 8: Kilian  
Blues

Dance 9: Starlight Waltz  
Quickstep

Dance 10: Argentine Tango  
Westminster Waltz

## Figures & Stroking:

Figures: Skaters will choose one figure with turns to perform for competition.

Stroking: Patterns may include figure eights, changes of direction, and backwards skating, depending upon the skill levels of the skaters in each group.