

# Moves in the Field – Implementation Sept 2, 2010



## ***Pre-Preliminary Moves in the Field***

1. Forward Perimeter Stroking
2. Basic Consecutive Edges
3. Forward Right and Left Foot Spirals
4. Waltz 8

## ***Preliminary Moves in the Field***

1. **Forward and backward crossovers**
2. Consecutive outside and inside spirals
3. Forward power three-turns
4. Alternating forward three-turns
5. **Forward circle 8**
6. **Alternating Backward Crossovers to Backward Outside Edges**

## ***Pre-Juvenile Moves in the Field***

1. **Forward and backward Perimeter Stroking**
2. FO-BI three-turns in the field
3. FI-BO three-turns in the field
4. Forward and backward power change of edge pulls
5. **Backward circle 8**
6. **Five-step mohawk sequence**

## ***Juvenile Moves in the Field***

1. **Stroking: Forward power circle**
2. **Stroking: Backward power circle**
3. **Eight-step mohawk sequence**
4. Forward and backward free skating cross strokes
5. Backward power three-turns
6. Forward Double three-turns

## ***Intermediate Moves in the Field***

1. Backward double three-turns
2. **Spiral sequence**
3. Brackets in the field sequence
4. **Forward twizzles**
5. Inside slide chassé pattern

## ***Novice Moves in the Field***

1. **Backward and forward inside three turns/rocker-choctaw sequences**
2. Forward and backward outside counters
3. Forward and backward inside counters
4. **Forward loops**
5. Backward rocker choctaw sequence
6. **Backward twizzles**

## ***Junior Moves in the Field***

1. Forward and backward outside rockers
2. Forward and backward inside rockers
3. Power pulls
4. Choctaw sequence
5. **Backward loop pattern**
6. **Straight line step sequence**

## ***Senior Moves in the Field***

1. Sustained edge step
2. **Extension spiral step**
3. Backward outside power double three-turns to power double insidrockers
4. Backward inside power double three-turns to power double outside rockers
5. **Serpentine edge step**