

GUIDELINES ON HOW TO FILL THE FORM

Please follow the guidelines to fill up the Technical elements table

1. Use the column 'Element Code' to write the code of the element that you can choose from the list that follows.
2. Use the column 'Notes' for some particular situations that need explanations.
3. It is not necessary to know the steps are used in the elements or the feature, it is just needed the code.
4. You can specify the level of the step sequences or of the other elements in the 'Note' field but it is not mandatory.

Codes List for Dance

Couple

Hold Step Sequence:	Ho
No Hold Step Seq:	NoH
Travelling Sequence:	Tr
Hold Cluster Sequence:	HClSq
No Hold Cluster Sequence:	ClSq
Pattern Step Sequence:	PtSq
Stationary Lift:	StLi
Rotational Lift:	RtLi
Combo Lift:	ClLi
Choreo Lift:	ChoLi

Solo

Circular Step Sequence:	SqSt
Straight Step Sequence:	StrSt
Travelling Sequence:	Tr
Cluster Sequence:	ClSq
Choreo Step Sequence:	ChSt
Pattern Step Sequence:	PtSq

FORMULAR FOR TECHNICAL ELEMENTS CONTENT

Competitor's NAME	
CATEGORY :	
Federation	

FREE DANCE	
MUSIC NAME	COMPOSER

ELEMENTS FREE DANCE PROGRAM

1		
2		
3		
4		
5		
6		
7		
8		

FORMULAR FOR TECHNICAL ELEMENTS CONTENT

Competitor's NAME	
CATEGORY :	
Federation	

STYLE DANCE		
MUSIC NAME		COMPOSER

ELEMENTS STYLE DANCE PROGRAM

1		
2		
3		
4		
5		