

## GBSA Free Dance Test Element Sheet – Solo Dance

Membership Number:	
Name:	
Club Name:	
Contact Email Address:	

### Free Dance Elements

Element Number	Element Code	Start time
1		
2		
3		
4		
5		

### Code List – Solo Dance

Body Movements	BM-<Postion) ie. BM-H for high
Choctaw	CH
Spread	SP
Footwork Squence	FoSQ
Artistic Footwork Sequence	ASq
Travelling Sequence	Tr
Cluster Sequence	CISq
Choreo Step Sequence	ChStS

