



## **Group B Tryout Skills**

### **Individual Skills**

- Forward stroking
- Forward and backwards power stroking (Pre-Juvenile MIF pattern)
- Forward and backwards chasses
- Forward and backwards crossovers in both directions
- Forward and backwards power pulls (Pre-Juvenile MIF pattern)
- T-Stops using the right foot and left foot
- Tango stop with the right foot leading
- Bunny hops leading with the right foot and left foot
- Side toe hops in both directions
- Forward Outside 3-turn exercise on both feet
  - LFO chasse, LFO 3-turn, lean R, cross R over L, repeat
  - RFO chasse, RFO 3-turn, lean L, cross L over R, repeat
- Alternating Forward Inside mohawk exercise
  - LFO stroke, RFI mohawk, pump, crossover, RFO stroke, LFI mohawk, pump, crossover, repeat

### **Field Moves**

- Forward spirals on an outside and inside edge (Preliminary MIF pattern)
- Forward lunges leading with the right foot and left foot
- Back lunge with the right foot extended behind
- Inside and outside spread eagle leading with the left foot and right foot
- Forward shoot the duck on the right foot and left foot

### **Team Skills**

- Warm-up Block
- Crossovers in a wheel

### **Freestyle Moves**

- Upright 1-foot spin
- Sit spin