

North Shore Cup 2021

SATURDAY 20TH NOVEMBER 4-7PM

**\$15
entry
fee**



Beginner only events - Free & Dance Level 1 - 3

**Entry forms and fees due 20th October
Clubs email NSARSC@outlook.com**

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Schedule & Event Requirements

Level 1 Free - T start, chair, crouch, t stop, backward scissors

Level 1 Dance - Skate 1 width of the floor (no music)

Level 2 Free - scooter, shoot the duck, glide, 2ft jump (1/2 turn optional), backwards chair, toe stop pivot spin. At least 4 steps of skating in between elements

Level 2 Dance - Skate 1 length of floor to 138
Waltz

Level 3 Free - 1min routine including:
waltz jump, bunny hop, ship, backwards glide, cross pulls, cabbage, 2ft or attempted 1 ft spin, half toe loop

Level 3 Dance - 1 Round Waltz Sequence (120 waltz)

Best glide and Best shoot the duck

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Clubs email: NSARSC@outlook.com

Bank Transfer: 12-3035-0044533-00