

# 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:	<b>HStSq</b>
No Hold Step Seq:	<b>NHStSq</b>
Travelling Sequence:	<b>TrSq</b>
Hold Cluster Sequence:	<b>HCISq</b>
No Hold Cluster Sequence:	<b>NHCISq</b>
Pattern Step Sequence:	<b>PtSq</b>
Stationary Lift:	<b>StLi</b>
Rotational Lift:	<b>RoLi</b>
Combo Lift:	<b>CoLi</b>
Choreo Lift:	<b>ChLi</b>

### **Solo**

Circular Step Sequence:	<b>CStSq</b>
Straight Step Sequence:	<b>SStSq</b>
Travelling Sequence:	<b>TrSq</b>
Cluster Sequence:	<b>ClSq</b>
Choreo Step Sequence:	<b>ChStSq</b>
Pattern Step Sequence:	<b>PtSq</b>

## FORMULAR FOR TECHNICAL ELEMENTS CONTENT

Competitor's NAME	
CATEGORY :	
Federation	

<b>FREE DANCE</b>		
<b>MUSIC NAME</b>	<b>COMPOSER</b>	

### ELEMENTS FREE DANCE PROGRAM

1		
2		
3		
4		
5		
6		
7		
8		

## FORMULAR FOR TECHNICAL ELEMENTS CONTENT

Competitor's NAME	
CATEGORY :	
Federation	

<b>STYLE DANCE</b>		
	<b>MUSIC NAME</b>	<b>COMPOSER</b>

### ELEMENTS STYLE DANCE PROGRAM

1		
2		
3		
4		
5		