

GUIDELINES ON HOW TO FILL THE FORM

Please follow the guidelines to fill up the Technical elements table

1. This is an editable PDF, enter your information into the form and then save a copy of this file for each competitor. Best viewed in Adobe Acrobat Reader as it will highlight fields.
2. Use the column "Element Code" to select the code of the element and enter the time for the element in "m:ss" format.
3. Use the column "Notes" for any particular situations that need further explanation (e.g. Difficult entry).
4. It is not necessary to list the steps used in the elements or the feature, only the code is required.
5. You can specify the level of the step sequences or of the other elements in the "Notes" field but it is not mandatory.
6. You can clear form data using the clear form button.

Codes List for Couple Dance

Hold Footwork Sequence:	HoSq
No Hold Footwork Seq:	NHoSq
Travelling Sequence:	Tr
Hold Cluster Sequence:	HCISq
No Hold Cluster Sequence:	CISq
Pattern Step Sequence:	PtSq
Stationary Lift:	StLi
Rotational Lift:	RoLi
Combo Lift:	CLiLi
Choreo Lift:	ChoLif

FORMULAR FOR COUPLE DANCE ELEMENTS CONTENT



Competitor's NAME	
Category	
Federation	

FREE DANCE	
MUSIC NAME	COMPOSER

ELEMENTS FREE DANCE PROGRAM

#	Element Declared Code	Element Performed Code (Filled by Technical Panel)	Notes
1			
2			
3			
4			
5			
6			
7			
8			

FORMULAR FOR COUPLE DANCE ELEMENTS CONTENT



Competitor's NAME	
Category	
Federation	

STYLE DANCE		
MUSIC NAME		COMPOSER

ELEMENTS STYLE DANCE PROGRAM

#	Element Declared Code	Element Performed Code (Filled by Technical Panel)	Notes
1			
2			
3			
4			
5			