

18 ára og eldri

Dómari:

Nafn	STÖKK	PÍRÓETTUR	StSq	ChSq	Tækni- einkunn	Samtals
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Athugasemdir:	Efnispættir prógrams			Margfeldi	Efnisp. Prógrams	
	Grunnskautun	Framkvæmd og túlkun		x 2.0		
Nafn	STÖKK	PÍRÓETTUR	StSq	ChSq	Tækni- einkunn	Samtals
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Stökk: Hámark 4 stökk, 1Lz

Kóreo/Spor: "Step Sequence" (StSq) OG "Choreographic Sequence" (ChSq); þar sem a.m.k. hálfur ísinn nýttur

Píróetta: Hámark tvær píróettur (lágmark 3 hringir)

Tími: 2:30 mín. +/- 10 sek.

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