



SCALE OF VALUES - ORIGINAL and FREE DANCE

Version 9.01

Code	Description	Minus 3	Minus 2	Minus 1	Base	Plus 1	Plus 2	Plus 3
Lifts								
StaLi	Stationary Lift	0.0	0.0	0.0	0.0	0.0	0.0	0.0
StaLi1	Stationary Lift	-1.5	-1.0	-0.5	3.0	0.5	1.0	1.5
StaLi2	Stationary Lift	-1.5	-1.0	-0.5	3.5	0.5	1.0	1.5
StaLi3	Stationary Lift	-1.5	-1.0	-0.5	4.2	0.5	1.0	1.5
StaLi4	Stationary Lift	-1.5	-1.0	-0.5	5.0	0.5	1.0	1.5
Straight Line Lifts								
SILi	Straight Line Lift	0.0	0.0	0.0	0.0	0.0	0.0	0.0
SILi1	Straight Line Lift	-1.5	-1.0	-0.5	3.0	0.5	1.0	1.5
SILi2	Straight Line Lift	-1.5	-1.0	-0.5	3.5	0.5	1.0	1.5
SILi3	Straight Line Lift	-1.5	-1.0	-0.5	4.2	0.5	1.0	1.5
SILi4	Straight Line Lift	-1.5	-1.0	-0.5	5.0	0.5	1.0	1.5
Curve Lifts								
CuLi	Curve Lift	0.0	0.0	0.0	0.0	0.0	0.0	0.0
CuLi1	Curve Lift	-1.5	-1.0	-0.5	3.0	0.5	1.0	1.5
CuLi2	Curve Lift	-1.5	-1.0	-0.5	3.5	0.5	1.0	1.5
CuLi3	Curve Lift	-1.5	-1.0	-0.5	4.2	0.5	1.0	1.5
CuLi4	Curve Lift	-1.5	-1.0	-0.5	5.0	0.5	1.0	1.5
Rotational Lifts								
RoLi	Rotational Lift	0.0	0.0	0.0	0.0	0.0	0.0	0.0
RoLi1	Rotational Lift	-1.5	-1.0	-0.5	3.0	0.5	1.0	1.5
RoLi2	Rotational Lift	-1.5	-1.0	-0.5	3.5	0.5	1.0	1.5
RoLi3	Rotational Lift	-1.5	-1.0	-0.5	4.2	0.5	1.0	1.5
RoLi4	Rotational Lift	-1.5	-1.0	-0.5	5.0	0.5	1.0	1.5
Reverse Rotational Lifts								
RRoLi	Reverse Rotational Lift	0.0	0.0	0.0	0.0	0.0	0.0	0.0
RRoLi1	Reverse Rotational Lift	-1.5	-1.0	-0.5	4.8	0.5	1.0	1.5
RRoLi2	Reverse Rotational Lift	-1.5	-1.0	-0.5	5.6	0.5	1.0	1.5
RRoLi3	Reverse Rotational Lift	-1.5	-1.0	-0.5	6.7	0.5	1.0	1.5
RRoLi4	Reverse Rotational Lift	-1.5	-1.0	-0.5	8.0	0.5	1.0	1.5
Serpentine Lifts								
SeLi	Serpentine Lift	0.0	0.0	0.0	0.0	0.0	0.0	0.0
SeLi1	Serpentine Lift	-1.5	-1.0	-0.5	4.8	0.5	1.0	1.5
SeLi2	Serpentine Lift	-1.5	-1.0	-0.5	5.6	0.5	1.0	1.5
SeLi3	Serpentine Lift	-1.5	-1.0	-0.5	6.7	0.5	1.0	1.5
SeLi4	Serpentine Lift	-1.5	-1.0	-0.5	8.0	0.5	1.0	1.5
Spins								
Sp	Spin	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sp1	Spin	-1.5	-1.0	-0.5	3.0	0.5	1.0	1.5
Sp2	Spin	-1.5	-1.0	-0.5	3.5	0.5	1.0	1.5
Sp3	Spin	-1.5	-1.0	-0.5	4.0	0.5	1.0	1.5
Sp4	Spin	-1.5	-1.0	-0.5	4.7	0.5	1.0	1.5
Combo Spins								
CoSp	Combo Spin, Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
CoSp1	Combo Spin, Level 1	-1.5	-1.0	-0.5	3.0	0.5	1.0	1.5
CoSp2	Combo Spin, Level 2	-1.5	-1.0	-0.5	3.5	0.5	1.0	1.5
CoSp3	Combo Spin, Level 3	-1.5	-1.0	-0.5	4.0	0.5	1.0	1.5
CoSp4	Combo Spin, Level 4	-1.5	-1.0	-0.5	4.7	0.5	1.0	1.5



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Code	Description	Minus 3	Minus 2	Minus 1	Base	Plus 1	Plus 2	Plus 3
Step Sequences								
DiSt	Diagonal Line in Hold	0.0	0.0	0.0	0.0	0.0	0.0	0.0
DiSt1	Diagonal Line in Hold	-3.0	-2.0	-1.0	4.6	1.0	2.0	3.0
DiSt2	Diagonal Line in Hold	-3.0	-2.0	-1.0	5.4	1.0	2.0	3.0
DiSt3	Diagonal Line in Hold	-3.0	-2.0	-1.0	6.2	1.0	2.0	3.0
DiSt4	Diagonal Line in Hold	-3.0	-2.0	-1.0	7.0	1.0	2.0	3.0
Mid Line in Hold								
MiSt	Mid Line in Hold	0.0	0.0	0.0	0.0	0.0	0.0	0.0
MiSt1	Mid Line in Hold	-3.0	-2.0	-1.0	4.6	1.0	2.0	3.0
MiSt2	Mid Line in Hold	-3.0	-2.0	-1.0	5.4	1.0	2.0	3.0
MiSt3	Mid Line in Hold	-3.0	-2.0	-1.0	6.2	1.0	2.0	3.0
MiSt4	Mid Line in Hold	-3.0	-2.0	-1.0	7.0	1.0	2.0	3.0
Straight Line in Hold								
SISSt	Straight Line in Hold	0.0	0.0	0.0	0.0	0.0	0.0	0.0
SISSt1	Straight Line in Hold	-3.0	-2.0	-1.0	4.2	1.0	2.0	3.0
SISSt2	Straight Line in Hold	-3.0	-2.0	-1.0	4.8	1.0	2.0	3.0
SISSt3	Straight Line in Hold	-3.0	-2.0	-1.0	5.5	1.0	2.0	3.0
SISSt4	Straight Line in Hold	-3.0	-2.0	-1.0	6.2	1.0	2.0	3.0
Midline Not Touching								
NtMiSt	Midline Not Touching	0.0	0.0	0.0	0.0	0.0	0.0	0.0
NtMiSt1	Midline Not Touching	-3.0	-2.0	-1.0	5.0	1.0	2.0	3.0
NtMiSt2	Midline Not Touching	-3.0	-2.0	-1.0	6.0	1.0	2.0	3.0
NtMiSt3	Midline Not Touching	-3.0	-2.0	-1.0	7.0	1.0	2.0	3.0
NtMiSt4	Midline Not Touching	-3.0	-2.0	-1.0	8.0	1.0	2.0	3.0
Circular Step Level								
CiSt	Circular Step Level 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
CiSt1	Circular Step Level 1	-3.0	-2.0	-1.0	5.6	1.0	2.0	3.0
CiSt2	Circular Step Level 2	-3.0	-2.0	-1.0	6.4	1.0	2.0	3.0
CiSt3	Circular Step Level 3	-3.0	-2.0	-1.0	7.2	1.0	2.0	3.0
CiSt4	Circular Step Level 4	-3.0	-2.0	-1.0	8.0	1.0	2.0	3.0
Serpentine Step								
SeSt	Serpentine Step 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
SeSt1	Serpentine Step 1	-3.0	-2.0	-1.0	5.6	1.0	2.0	3.0
SeSt2	Serpentine Step 2	-3.0	-2.0	-1.0	6.4	1.0	2.0	3.0
SeSt3	Serpentine Step 3	-3.0	-2.0	-1.0	7.2	1.0	2.0	3.0
SeSt4	Serpentine Step 4	-3.0	-2.0	-1.0	8.0	1.0	2.0	3.0
Diagonal Line in Hold - OD								
ODiSt	Diagonal Line in Hold - OD	0.0	0.0	0.0	0.0	0.0	0.0	0.0
ODiSt1	Diagonal Line in Hold - OD	-3.0	-2.0	-1.0	5.6	1.0	2.0	3.0
ODiSt2	Diagonal Line in Hold - OD	-3.0	-2.0	-1.0	6.4	1.0	2.0	3.0
ODiSt3	Diagonal Line in Hold - OD	-3.0	-2.0	-1.0	7.2	1.0	2.0	3.0
ODiSt4	Diagonal Line in Hold - OD	-3.0	-2.0	-1.0	8.0	1.0	2.0	3.0
Twizzles								
STw	Synchronized/Sequential Twizzle	0.0	0.0	0.0	0.0	0.0	0.0	0.0
STw1	Synchronized/Sequential Twizzle	-1.5	-1.0	-0.5	3.5	0.5	1.0	1.5
STw2	Synchronized/Sequential Twizzle	-1.5	-1.0	-0.5	4.0	0.5	1.0	1.5
STw3	Synchronized/Sequential Twizzle	-1.5	-1.0	-0.5	4.7	0.5	1.0	1.5
STw4	Synchronized/Sequential Twizzle	-1.5	-1.0	-0.5	5.5	0.5	1.0	1.5
Sequential Twizzles - OD								
SqTw	Sequential Twizzles - OD	0.0	0.0	0.0	0.0	0.0	0.0	0.0
SqTw1	Sequential Twizzles 1 - OD	-1.5	-1.0	-0.5	4.5	0.5	1.0	1.5
SqTw2	Sequential Twizzles 2 - OD	-1.5	-1.0	-0.5	5.0	0.5	1.0	1.5
SqTw3	Sequential Twizzles 3 - OD	-1.5	-1.0	-0.5	5.7	0.5	1.0	1.5
SqTw4	Sequential Twizzles 4 - OD	-1.5	-1.0	-0.5	6.5	0.5	1.0	1.5