

## Proficiency

- 1.) Pivot
- 2.) Step Sequence
- 3.) Spin or Salchow  
(right handed skaters = spin, left handed skaters = jump)
- 4.) Forward Spiral (on a curve)
- 5.) Backward Spiral (on a curve)
- 6.) Spin or Salchow  
(right handed skaters = spin, left handed skaters = jump)
- 7.) Toeloop

### Step Sequence:

- 1.) Right inside twizzle
- 2.) Left 3-turn + side hop
- 3.)  $\frac{1}{2}$  hop + cross
- 4.) 2x circular toe steps
- 5.) 2x power 3's
- 6.) Drag
- 7.) Left inside twizzle
- 8.) Mohawk + cross

