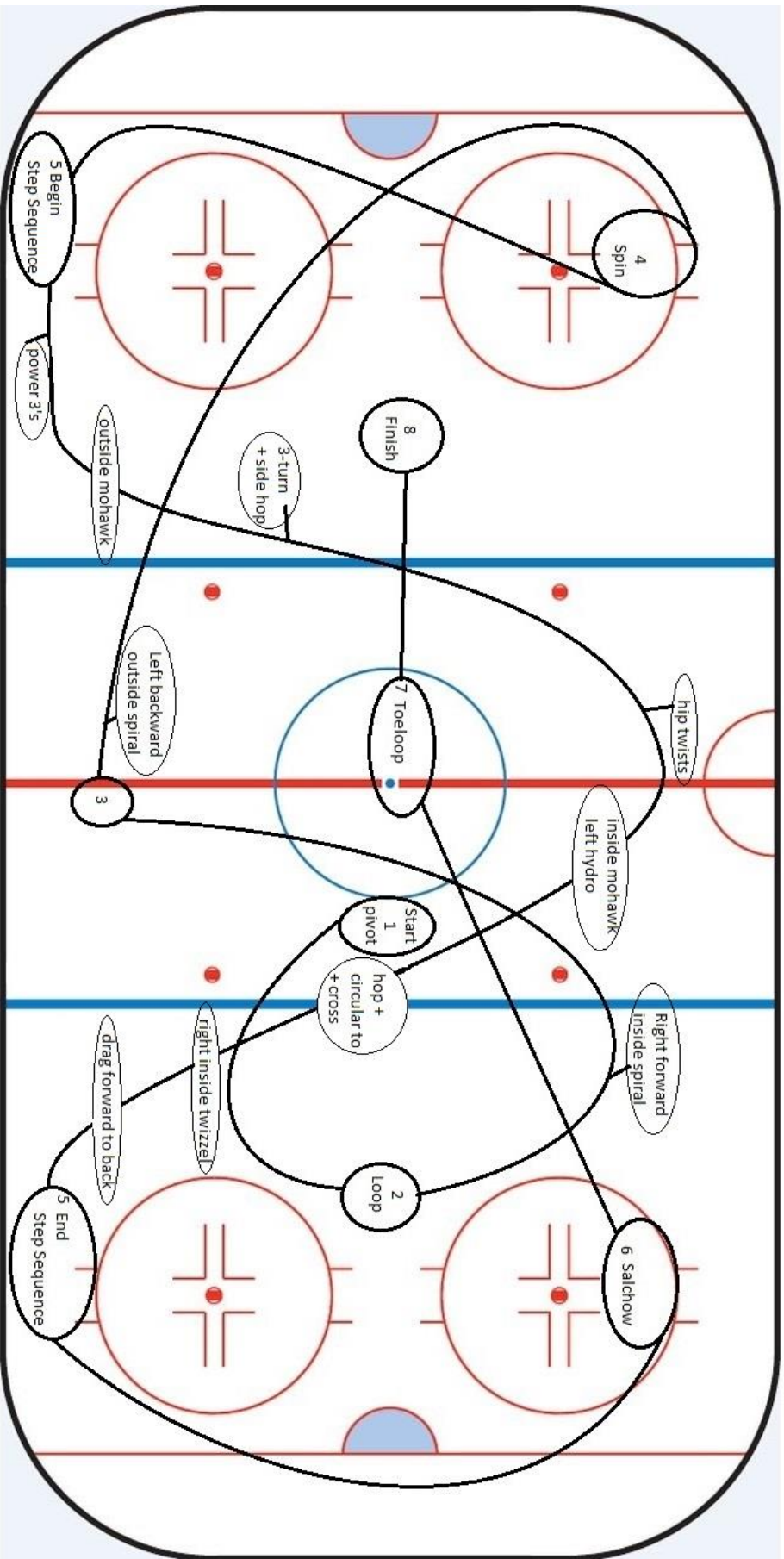


**Free Skate** (2min 15 sec +/- 10 sec)

- 1.) Pivot
- 2.) Optional Jump (Loop, Flip or Lutz)
- 3.) Right forward inside spiral
- 4.) Left backward outside spiral
- 5.) Upright/ sit or camel spin (Minimum 3 revs)
- 6.) Step sequence
- 7.) Salchow
- 8.) Toeloop
- 9.) End

Step Sequence:

- 1.) 2x Power 3's (counter clockwise on right leg)
- 2.) Outside mohawk (step forward on left leg)
- 3.) Left forward 3-turn + side hop
- 4.) 2x right backward crossover + hip twist
- 5.) Inside Mohawk to left forward hydro-glide
- 6.) ½ turn hop + left backward cross
- 7.) 2x circular toe steps + cross (counter clockwise toe steps with left backward crossover)
- 8.) Right inside forward twizzle
- 9.) Drag forward to backward



Cafe

Bleachers