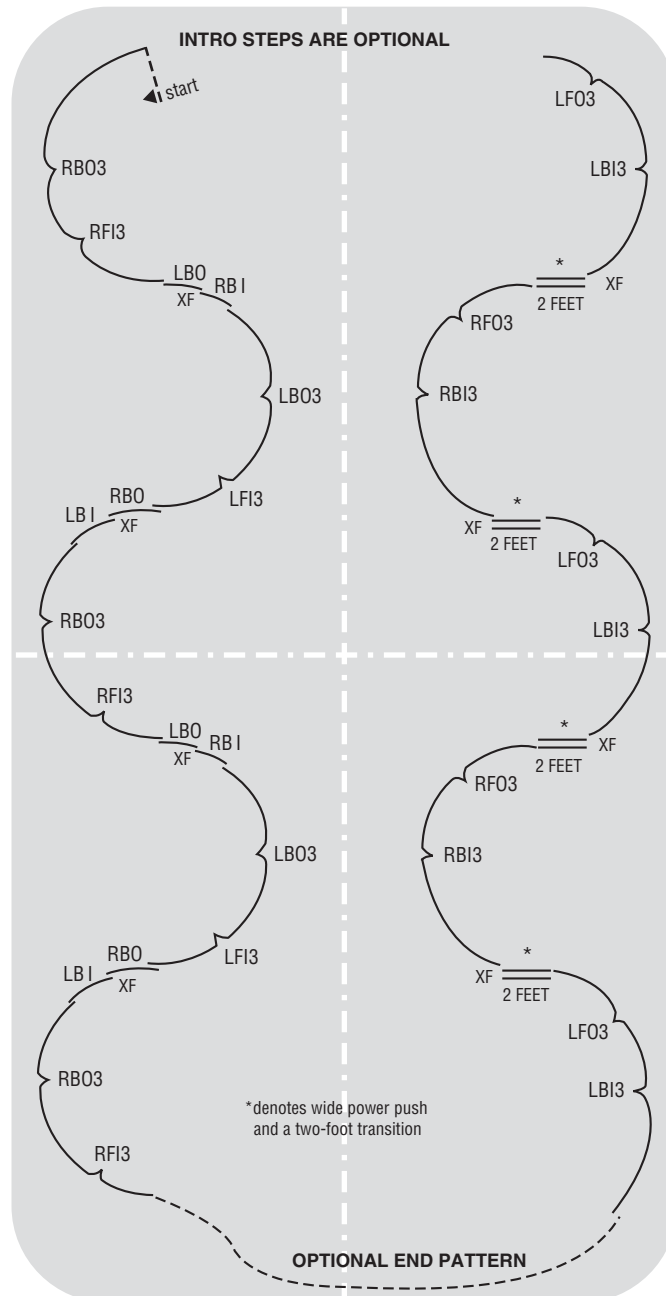


Intermediate 1

Backward Double Three-Turns

The skater will perform consecutive backward double three-turns on half circles with alternating feet. Four to six half circles will be skated depending on the length of the rink and strength of the skater. The sequence begins with backward outside double three-turns covering the first length of the rink. The backward inside double three-turns will cover the second length of the rink. Introductory steps and end patterns are optional.

Focus: Edge quality and extension

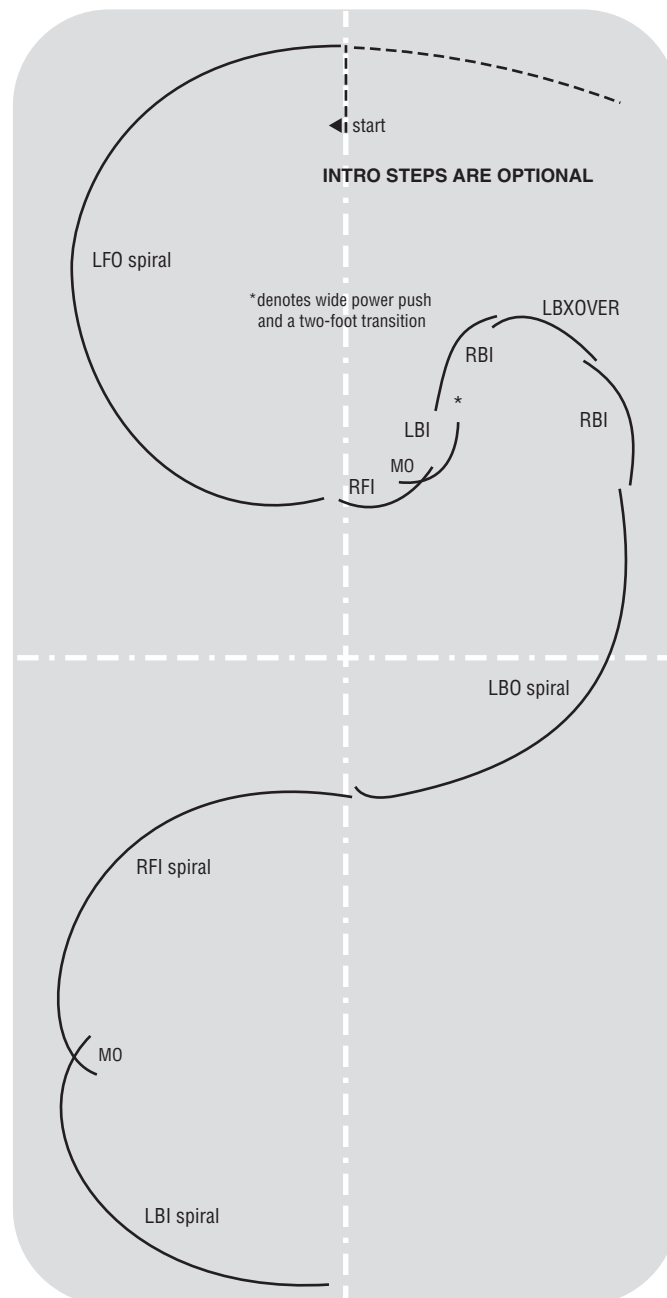


Intermediate 2

Spiral Sequence

The skater will begin with a LFO spiral that should be held until the long axis of the rink. The skater then brings the free leg down into a RFI open mohawk and steps wide with a two-foot power push transition to a backward right over left crossover. The skater will then push into a LBO spiral to be held until the long axis of the rink. Skater must step immediately into a RFI spiral. The free leg will drop into a RFI mohawk and lift again into a LBI spiral, also to be held until the long axis. Optional steps to repeat pattern in opposite direction starting with RFO spiral. Note: All spirals should be sustained with an extended free leg to demonstrate the skater's form and flexibility. Introductory steps are optional. This move may start on either foot.

Focus: Extension and edge quality



Intermediate 4

Forward Twizzles

Forward outside twizzles: The skater will begin from a standing start with a LFO roll, forward cross stroke to a RFO twizzle which ends on RBI after 1½ revolutions. The skater will then step LFO to complete the set. Three twizzle sets are to be repeated across the width or down the length of the rink, and they should be repeated on the opposite foot in the same manner.

Forward inside twizzles: For the second part of the move, the skater will begin from a standing start with a LFI roll to a RFI twizzle which ends on RBO after 1½ revolutions. The skater will then step LFI to complete the set. Three twizzle sets are to be repeated across the width or down the length of the rink, and they should be repeated on the opposite foot in the same manner. This move may start in either direction.

Focus: Turn execution and continuous flow

